

# CONCORDIA NEWS

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

November 2015

# **Annual Meeting & Board Elections**

# Tues., Nov 10th at 7 pm

Join with other members of our Concordia neighborhood community at our Annual Meeting to fill openings on the Concordia Neighborhood Association (CNA) Board of Directors, and find out how to become involved in the exciting and worthwhile projects and events that the CNA has planned for the coming year.

The Concordia Neighborhood Association elects approximately half of its Board members annually, for two-year terms, at our Annual Meeting in November. Board candidates must be members of the Concordia Neighborhood Association (that probably includes you if you live or own property in the neighborhood). The CNA nominating committee has already received several applications for Board candidates. However, there is still time and opportunity to throw your hat into the ring! If you have a passion for volunteering and know that you want to make a positive change right here where you live, please contact Steve Elder, our Nominating Committee Chair at East1@concordiapdx.

org. Additionally, if you are unsure, want to know more, or moved by the electric nature of CNA Election Night to become involved, you can always be nominated or even nominate yourself at the meeting!

Concordia Neighborhood Association members must be a resident, own property, or a business within our boundaries. You will be asked to sign in at the meeting and confirm your membership in the neighborhood association. At this time, there is a minimum age limit for election; 14 years of age and nominees under 18 must have written permission from a parent.

Terms begin in January 2016 and run 1-2 years depending on the position being filled. Board members commit to attending board meetings each month, attending regular and special membership meetings, attending CNA-sponsored events, and becoming a contributing member of a CNA committee. A CNA board member represents our community on issues such as land use, livability, and safety. We partner with local government through

our association with the Office of Neighborhood Involvement (ONI), Northeast Coalition of Neighborhoods (NECN), and other local community groups.

Here are the open positions eligible for election November 10th: Thanks to all past, serving and future CNA Board Members. Hope to see YOU on CNA Election Night!

- CNA Chair (1 year term)
- NW District position 1 (2 year term)
- SW District position 1 (2 year term)
- SW District position 2 (1 year term)
- CNA at-large position 1 (2 year term)
- CNA at-large position 2 (1 year term)
- CNA at-large position 3 (2 year term)
- CNA at-large position 6 (2 year term)



# Fappy Thanksgiving 90666

#### ₻ This Issue 🥴

- 1. Annual Meeting, Board Elections, Would you Survive
- 2. CNA Board News
- 3. Alley Update, Veteran's Day Parade
  - 4. Community News
- 5. Seniors
- 6. Crafting, Kids
- 7. Health, Nature
- B. Local Events

# **Would You Survive**

Can you survive a catastrophic week on your own?

Perhaps equally important, do you have the skills, knowledge and supplies to help your family and neighbors survive? Scientists are confident that a major earthquake is coming to our region sooner than later. Compounded by a complex world of oil trains and other potential dangers, it's high time for all of us to prepare. CNA's General Meeting on November 10th at 7 pm in the Community Room at the Kennedy School will feature the leader of the Concordia Neighborhood Emergency Team (NET), Amy Gard, who will address these issues and answer your questions.

Amy will discuss what to do in the event of a citywide or regional emergency such as a severe winter storm, flood or the impending major earthquake and what households need to do to be prepared to be on their own for at least a week. Neighborhoods need to be prepared for self-sufficiency. Volunteer neighborhood rescuers will likely be first on-the-scene when firefighters and police are slowed by impassable streets or overwhelmed by calls for help. This will be an opportunity for you to determine if you are going to be a victim of an incident or someone who will be proactive.

You will also learn what you can do to be part of the Neighborhood Emergency Teams (NETs). The NETs are Portland residents trained by the Bureau of Emergency Management and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. NET members are trained to save lives and property until professional responders can arrive. These volunteers are specially trained to help others without putting themselves in harm's way. NET members are:

- Prepared to be self-sufficient for two weeks during any emergency.
- Able to provide emergency assistance to their family and immediate neighbors.
- Able to work within an emergency response team to save lives and property in their neighborhood.
  - Able to guide untrained volunteers who want to help others during a disaster.

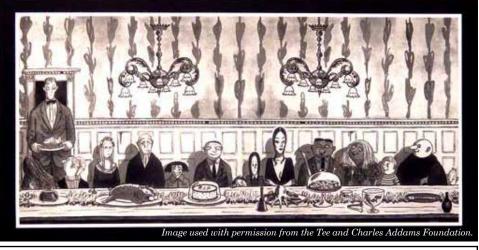
Come to the meeting and learn more!

# CHARLES ADDAMS: FAMILY AND FRIENDS

October 29th – December 13th, 2015 Thursdays & Fridays 4:00pm – 8:00pm Saturdays & Sundays 12:00pm – 4:00pm Closed Monday – Wednesday and Thanksgiving Day

"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. 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.

Large groups & field trips please reserve: reservations@cerimonhous. org Funding for this exhibit has been provided by Pomegranate Communications, Inc. and The Concordia Neighborhood Association.



#### Charles Addams Exhibit: 2 for 1 Coupon

The Concordia Neighborhood, Charles Addams: Family and Friends, an art exhibit featuring 52 original works by the beloved New Yorker comic illustrator, Charles Addams. At Cerimon House  $-\,5131$  NE 23rd Avenue, Portland, OR 97211 (at the crossroads of NE 23rd Ave. and NE Sumner St.)

### October 29th – December 13th, 2015 \$10 general admission, \$8 students & seniors

Cut out this coupon and bring it in to the exhibit to get 2–for–1 admission! Special thanks to the Concordia Neighborhood Association for sponsoring this exhibit.

# 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.

#### **CNA Annual Meeting Board Elections**

- November 10th at 7:00pm
- **Board Elections**
- Emergency Presentation McMenamin's Kennedy School Community Room

Come join the Holiday CHEER! CNA Holiday Party December 8th Cerimon House 5131 NE 23rd Ave In lieu of Dec Board Meeting

HELP WANTED

Independent Contractor, Pay is

Recording Secretary for

Meetings

\$15/hour

required.

Neighborhood Association

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

minutes. Applicants asked to provide

outline of qualifications. Resume not

If interested, send email to

is for attendance and generating

contact information and a brief

east1@concordiapdx.org

#### Social Committee

Please contact Katie Ugolini if you are interested in helping with the planning of the CNA Holiday Party. Please contact Katie Ugolini at ktugolini@gmail.com or

#### Finance Committee

For Meeting times and location visit our website or email: treasurer@ concordiapdx.org

Policies/Procedures Contact Katie Ugolini 503-449-9690 for meeting time & place

Tree Team Meeting First Thursday of Every Month November 5th at 6 pm Dining Area at New Seasons www.concordiatreeteam.wordpress.com

#### Media Team

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

Land Use, Livability and **Transportation Committee** Third Tuesday of the Month November 19th at 7:00 pm McMenamin's Kennedy School

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.

# Chair's Corner

Welcome to the season of the long shadows. By now school has been in session long enough to determine if your student has been paying attention or if it's time for serious intervention. You have run out of time for saying summer has put a hold on projects. This is also when we look forward to spending time with family and playing Sunday morning

In September, I had the unique opportunity to take 3 1/2 weeks travelling in Europe, experiencing how long-established communities have been considering and working on issues similar to ours. One of the most common reminders of what we have been discussing is how housing density and design have worked in those communities to develop a culture that accommodates everyone. This is quite a different approach from here in the States where ideologues have created an "I win, you lose" mantra that currently drives political will and governance. Both Amsterdam and London are probably two of the most densely populated cities on earth whose rapid growth over the last 35 years is mind boggling. Rapid population growth and density require that space be maximized and styled to accommodate various groups within the larger community. While not perfect, their solutions appear to be working.

As Chair for the neighborhood association, I am not a voting member but do provide direction and raise agenda items for consideration. So while the argument over skinny

> houses and demolition will continue, I have to state that skinny houses and derelict-home demolition will continue and are here to stay so trying to stop or prohibit them is much like a leaf blowing in the wind, providing some resistance but will still be carried along the destined direction.

> However, I am not saying we should allow for indiscriminate construction or demolition. I believe it is more productive to weigh in on architectural style and historical preservation of homes worthy of consideration and not a flat-out "no." Consider what density has produced on Amsterdam canals or on the streets of London and know that what does survive is that which eventually is appreciated as classic design and good architecture and not "trendy" that goes out of favor after the next season of what is new and fashionable. Yes, skinny houses can look good without overwhelming neighboring homes; they do work if designed well. At the same time, there are homes that no

longer have any redeeming qualities or structural integrity and do present opportunities for something better. Let's begin focusing on how we want the future to look instead of fighting every effort to change. Change can be good as long as we have a hand in creating it. Change will happen whether we like it or not, so best for you to happen to change rather than change happen to you.

The neighborhood association will continue to take up those issues you care about, and I am certain that skinny houses and demolition will continue as topics, and I hope they will. But let's place those issues as pending items and emphasize the critical issues of community safety, crime prevention, education of our youth and placing those in need with resources available by the City. However, most important than all of these and a topic that has been given some attention of late but not nearly enough for its severity and critically time-sensitive nature is EARTHQUAKE PREPAREDNESS. Given that government representation will continue the "I win, you lose" approach, I would say that if you are waiting for government to take care of your earthquake concerns, you are burying your head in the sand. Eventually, municipalities will come up with ordinances and maybe even resources for earthquake emergencies, but more than likely that will happen after the "Big One" has hit.

At this point, if a major quake were to occur today. . . You will be on your own for at least 2 weeks before help will begin to arrive. Did you know there is a designated meeting place for those who can't find family members after a major calamity? If you don't know, then you have an indication of how well you are prepared. Fortunately there are some real and ready strategies for being prepared for the next big shake. (All studies say in our lifetime.) These ideas and strategies will help you and your family. If we act as a community and develop a strategy for mutual support and protection, we will dramatically increase survival during and, importantly, after the earthquake. How do we do this? I suggest you come to the next neighborhood association meeting on Tuesday, October 12th, to ask the question and drive the agenda to get answers.

Looking forward to seeing you at there. - Isaac Quintero

#### Community Room

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.

Concordia Neighborhood Districts

East

District

Northwest

Southwest

District

CONCORDIA NEWS

#### 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!

CNA Chair Isaac Quintero Chair@concordiapdx.org 503-351-4585

**CNA Vice Chair** VACANT vicechair@concordiapdx.org 503 545 2313

**CNA Secretary** VACANT Secretary@concordiapdx.org

**CNA Treasurer** Robert Bowles Treasurer@concordiapdx.org 503-490-5153

Crime Prevention Officer Mary Tompkins 503-823-4764 mary.tompkins@portlandoregon.gov

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

#### ~~~ Submissions ~~~

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

#### ~~~ Advertising ~~~ **Business Manager** Please send ad inquiries to:

Mary Wiley (advertising) CnewsBusiness@concordiapdx.org

#### ~~~ Editor ~~~

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

Concordia News is printed on 40% postconsumer 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!



#### Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower? CNA manages the rental space & benefits from the proceeds. Non-Profit Organization for or \$15 an hour All others for \$25 an hour CNAroomKennedy@gmail.com

# Alley Names Ballot

By Garlynn Woodsong, Chair, CNA Land Use & Transportation Committee

After months since the CNA Alley Naming effort began, it's finally time to vote! You can pick from amongst the names already submitted, or write-in your own favorite.

Voting starts the beginning of November and continues until midnight December 31st, 2015. Voting is open to Concordia residents and businesses, and you can pick a name for each alley, some, or just one. All entries will be counted – just one per person please – with the winners announced early in the new year! For background info, see the Portland Alley Project at: https://dsdauphin.wordpress.com/2013/12/25/alley-allies

There are three ways to vote:

- 1) Go to kwiksurveys.com/s/kfINWMOw, and vote online!
- 2) Email this ballot to: landuse@concordiapdx.org (either type in your choices, or take a digital photo of your completed ballot and attach it to the email).
- 3) Fill out this ballot, cut it out, place it in an envelope, and mail it to:

Concordia Neighborhood Association

Attn: Alley Names Ballot Entry

PO Box 11194

Portland, Ore 97211

| N. | Ainsworth | Allev: |
|----|-----------|--------|
|    |           |        |

- 1. Tin Pan Alley
- 2. Laurel Lane
- 3. Olmsted Alley
- 4. Write-In:\_\_\_\_
- 5. No Name. Do not name this alley.

#### S. Ainsworth Alley:

- 1. Oop Alley
- 2. Beethoven Alley
- 3. Write-In:\_
- 4. No Name. Do not name this alley.

#### $21\mathrm{st}$ Ave & $22\mathrm{nd}$ Ave Alley

- 1. Michelangelo Alley
- 2. Write-In:\_\_\_\_
- 3. No Name. Do not name this alley.

#### 22nd Ave & 23rd Ave Alley

- 1. da Vinci Alley
- 2. Write-In:\_\_\_\_
- 3. No Name. Do not name this alley.

#### 23rd Ave & 24th Ave Alley

- 1. The Back Nine
- 2. Dali Alley
- 3. Write-In:\_\_\_\_\_
- 4. No Name. Do not name this alley.

#### $24 \mathrm{th}$ Ave & $25 \mathrm{th}$ Ave Alley

- 1. Duncan Alley
- 2. Kandinsky Alley
- 3. Write-In:
- 4. No Name. Do not name this alley.

#### 25th Ave & 26th Ave Alley

- 1. Blackberry Alley
- 2. King Cat Alley
- 3. Little Ohio Alley4. Song Bird Alley
- 5. Lester Lane
- 6. Tchaikovsky Alley
- 7. Write-In:\_\_\_\_\_

#### 8. No Name. Do not name this alley.

#### 26th Ave & 27th Ave Alley

- 1. Forgotten Lane
- 2. Frank Cobb Jr Alley
- 3. Adventure Alley
- 4. Bach Alley
- 5. Write-In:\_\_\_\_
- 6. No Name. Do not name this alley.

#### 27th Ave & 28th Ave Alley

- 1. Chicken Alley
- 2. Harriet Lane
- 3. Love Fest Lane
- 4. Raspberry Lane

Write-In:

5. Coltrane Alley

6.

7. No Name. Do not name this alley.

# ROSS HOLLYWOOD CHAPEL

# VETERANS DAY PARADE

November 11, 2015 - 9:45am

Parade Route: Parade assembles on NE 40th and NE Tillamook and proceeds along NE 40th turning East onto NE Sandy Blvd. The parade concludes at 48th and Sandy Blvd at the flag pole in front of Ross Hollywood Chapel.

Portland's only Veterans Day parade started in 1974. Vernon E. Ross, proprietor of Ross Hollywood Funeral Chapel, founded this parade to honor all veterans, past and present, living and deceased. At the conclusion of the Parade there is a Flag raising ceremony along with comments from dignitaries, music from local High School bands, Dove release and a military flyover from the Oregon Air National Guard 142nd Fighter Wing. Many groups and organizations from in and around Portland participate in the Parade, such as the Royal Rosarians, local High School marching bands, military groups, motorcycle groups, bagpiper marching bands, senior living groups and various local dignitaries, such as the Mayor, congresspersons, and councilpersons when their schedule allows.





28th Ave & 29th Ave Alley

- 1. Fir Way
- 2. Beatles Alley
- 3. Write-In:\_
- 4. No Name. Do not name this alley.

#### 29th Ave & 30th Ave Alley

- 1. Ice Cream Alley
- 2. Guardino Lane
- 3. Fox Chase Alley
- 4. LeGuin Alley5. Write-In:
- 6. No Name. Do not name this alley.

## 30th Ave & 31st Ave Alley

- 1. Mozart Alley
- 2. Write-In:\_\_\_
- 3. No Name. Do not name this alley.

#### 31st Ave & 32nd Ave Alley

- 1. Oakley Alley
- 2. Marley Alley
- 3. Write-In:\_\_\_\_
- 4. No Name. Do not name this alley.



32nd Ave & 32nd Pl Alley

- 1. Charollet and Walter's Run
- 2. Santana Alley
- 3. Write-In:\_\_\_\_
- 4. No Name. Do not name this alley.

#### 32nd Pl & 33rd Ave Alley

- 1. Scrap Alley
- 2. Alley Cat Alley3. Cat Alley
- 4. Hendrix Alley
- 5. Write-In:
- 6. No Name. Do not name this alley.

Concordia residents interested in discussing this or any other issue related to land use and transportation are invited to attend the Concordia Neighborhood Association Land Use and Transportation Committee (CNA LUTC) meetings at 7pm on the third Wednesday of the month, in the Community Room in the SE corner of McMenamins Kennedy School. To join the LUTC mailing list, send an email to: pdx\_cna\_lu\_and\_t\_committee@googlegroups.com

# ~ Community ~

## **Family Ghosts**

SCARED IN PDX WELCOMES FAMILY GHOSTS by Anne Rutherford

Come tell us a story that scares you! Join other scary story fans Thursday November 19 from 7-9 pm for a scary story performance & open mic at the Lucky Lab Taproom, 1700 N. Killingsworth. Kick back with food or libation available from the Lucky Lab

Hear some classic folktales and tales of terror performed by your hosts Anne Rutherford and Norm Brecke, THE OREGON TELLERS, then shiver to an open mic where audience members step up to "tell us a story that scares you!"

Our theme for November is "Family Ghosts." Audience members have eight minutes to terrify the crowd (eyeball to eyeball — no reading or notes allowed.) \$5 donation requested at the door.

Scared in PDX meets every 3rd Thursday at the Lucky Lab Taproom; for more info www.oregontellers.com.

# **CNA Holiday Party**

Tuesday, December 8th, 7:00 p.m. - 9:00 p.m. Cerimon House, 5131 NE 23rd Ave

(corner of NE 23rd & Sumner St.)

The CNA HOLIDAY PARTY is just around the corner on December 8th, so please mark your calendars! This year, the newly renovated Cerimon House will be the site of this festive event! All residents and business owners of the Concordia Neighborhood are invited to the free holiday festivities! The holiday party is a great way to meet new neighbors and mix and mingle with friends, old and new, in a festive and family-friendly atmosphere. We will be serving scrumptious desserts and plenty of nonalcoholic beverages. Festive holiday music will also be provided! Additionally, we will have a Cookie Decoration Station for the tykes so that they may create their own tasty treats. We hope to see you all there!

If you would like to help out with our annual event, please contact Katie at (503) 449-9690.

# WORLD AIDS DAY 2015 HIV Day Center Lunch

As we close out 2015, please join Ecumenical Ministries of Oregon's HIV Services for World AIDS Day.

This is an opportunity to honor and celebrate those in our communities who live daily with HIV/AIDS, and those who support the work we do at EMO's Daily Bread Express and HIV Day Center—the only HIV drop-in center serving greater Portland's most vulnerable, low-income, HIV-positive individuals.



- Special recognition will be given to Russ Miller, EMO's Food Services Manager, for his 20 years of service within EMO's HIV Services community.
- As our guest, there is no charge to attend the lunch; donations will be solicited. All contributions go towards sustaining the HIV Day Center.

If you can't attend the event please consider making an online donation at www.emoregon.org (click "donations" and specify HIV Services).

#### **Concordia University**

Second Floor Hagen Center 2811 NE Holman St., Portland. Limited parking at NE 27th & Holman.

Wednesday, December 2 12:30 to 1:30 p.m.

Please RSVP to EMO's HIV Day Center by Nov. 25:

email hivcenter@emoregon.org phone (503) 460-3822 fax (503) 460-3933

#### **Generously Sponsored by**



CONCORDIA
UNIVERSITY
PORTLAND • OREGON

# Diary of Demolition: Pt 3

 $By\ Luke\ Griffin$ 

Everyone in Concordia has had the opportunity to watch a house be torn down to make way for new houses, duplexes, and "skinnies", for better and/or for worse. This, after a summer hiatus, is the continued chronicle of my personal experience.

It was now April, the old house was completely demolished, and nothing remained but an empty lot of weeds and cement. One sunny Saturday my neighbor, who lives on the other side of the soon-to-be developed lot, was enjoying time with his children in the front yard. One of the developers pulls up, and walks onto my neighbors lawn, and tells him that the existing, fenced property line they share is a little bit off according to the developer's survey. The developer tells my neighbors that he will be taking "his" property back. tearing out the old fence, and making a new one on the survey line thereby shaving 2.5 feet off of the front off of my neighbor's property. The developer just told him he was taking 200 square feet of property for the new development. The fence had been built 15 years ago by the former owner of the now demolished house and my neighbors justifiably assumed it to be the correct line when they bought their house 12 years ago. The new developer then tells my neighbor that he is also going to have to dig out many of the plants from their certified habitat garden. My neighbor was shocked and tried to argue but the developer insisted that the land was his based on his own site survey done seven months earlier. The developer offered no apology, no compensation, and no courtesy.

In all the years living in Concordia my neighbors had never suspected that their property line was "off." The realtors who sold the house a decade earlier certainly thought it was the true line as did the former neighbor who made the fence. My neighbors

contacted tried to talk with the developer via phone. They did not want to give up their land and were not entirely sure who really owned it. The developer responded by telling them that if they did not relinquish the land the City of Portland would force them to do it. The developer was unwilling to buy the land, making no offer to compensate them for their loss of uprooting of plants, livestock, and sacrificing green space. In subsequent conversations the developer threatened them with legal proceedings told them that if in the end he could not build his "modest" duplex, he would build a giant, single-unit home at maximum allowable height and width that would negatively impact not just my neighbors but other surrounding neighbors (Such a structure would block all light and remove any privacy for my entire property.) The bullying tactics failed for the developer. My neighbors dug deeper and learned of the concept of "adverse possession" and at an impasse with the developer, they hired an attorney.

As it turns out, the City of Portland would not be forcing my neighbors to give up their land largely because, as they suspected, the land was technically theirs. While the property line was off of the fence line and presumed property line by a few feet, Oregon law seemed to support the assertion that the land was my neighbors', not the developer's. ORS 105.620 states that a person may acquire a title by adverse possession if the person has maintained actual, open, notorious, exclusive, hostile and continuous possession of the property for a period of 10 years (the neighbors had) & at the time the person entering into possession had the honest belief that the person was the actual owner of the property and that belief (which they did). My neighbors were not giving up without a fight and with both parties retaining attorneys, the wrangling began with an initial offer from the developer being a fraction of the land's assessed value.

So time passed. The neighborhood waited. The development stalled. Spring turned into sweltering summer. Weeds and an occasional sunflower grew

# Giving Tree for Holidays

Help Brighten the Holidays for Clients at EMO's HIV Day Center

Holidays are a time for giving, especially for those who are less fortunate than you! If you are looking for a charitable opportunity, why not help brighten the holidays for clients at the HIV Day Center, here in the Concordia Neighborhood, by contributing to the Giving Tree or donating needed clothes or hygiene items.

The HIV Day Center is a non-denominational project of the Ecumenical Ministries of Oregon (EMO) and is housed at the Ainsworth United Church of Christ located at NE 30th Avenue and Ainsworth Blvd. This center provides over 700 meals each month to low income people dealing with HIV in addition to providing counseling, clothing, showers, recreational therapy, access to computers and phones, and mutual support.

Two Opportunities for Giving:

1) For the Giving Tree, Day Center clients write out what they would like for the holidays on sheets of paper, with a \$35 maximum. Day Center staff then transpose those wishes onto paper ornaments and deliver to individuals who would like to fulfill them. Gift requests will be distributed the week of Thanksgiving, and we will collect the gifts the week before Christmas.

2) If you would like to donate clothes or hygiene items to the Day Center, they are in need of the following items:

- Men's Pants, especially Jeans
- · New socks & underwear, especially Men's
- Toothbrushes & Paste
- · Sleeping bags & blankets

These are wonderful opportunities to help an indigent population in the Concordia Neighborhood! It is an opportunity for the community to come together to make sure everyone has a warmer holiday season. If you are interested in participating in the Giving Tree or donating items, please contact the EMO Day Center at 503-460-3822 or mferguson@emoregon.org

# Helping the Homeless

On any given night, about 4,000 people sleep on the streets or in shelters across Portland. Homeless people can be adults, young people, couples or families with children. They are living on the streets, either temporarily or for the long term, for a variety of reasons. They may be homeless because of an untreated mental illness, a physical disability, domestic violence, the loss of a job, or a drug addiction. Charlie Hales and Multnomah County Chair Deborah Kafoury announced a \$30 million commitment by the City and County to "A Home For Everyone" a community partnership that is working to achieve a shared value: No one should be homeless; everyone needs a safe, stable place to call home. A Home For Everyone will use the \$30 million to fund shelter beds for women and families, and for new affordable housing units, including mental health housing and protections for tenants who are facing housing instability because of a dramatic rise in rents.

How can you help? Hand out or make a donation to local homeless shelters for "Care Kits." A typical Care Kit consists of a watertight gallon-size zipper lock plastic bag filled with items like: water bottle, socks, gloves, hand wipes, tissues, tooth brush, toothpaste, band-aids, deodorant, aspirin, chap stick, mints, gum, granola bar, fruit snacks, crackers, gift certificate for fast food, pen and paper, flashlight. Learn more at: http://www.portlandrescuemission.org/get-involved/pack-a-care-kit/. When you give your Care Kit, remember to smile.

in the vacant lot. From my view, it wasn't entirely bad though. The expected, undoubtedly disruptive construction did not intrude on summer BBQs and I took a break from writing these articles.

Finally, in late summer, my neighbors and the developer reached an agreement. The old fence was removed along with many plants but my neighbors at least were compensated and had time to adjust. Nothing happened until the beginning of October. First, the design company staked the layout. Then an outhouse was dropped off on the parking strip. Right now as I write, an Earth mover is leveling the yard and loading dirt into a dump truck. Looks like the project is back online.

Next month: Construction Begins

# ~ Seniors ~

# Preventing Falls for Elders

by: Rebecca Miller, MPA

Falling is the leading cause of fatal and nonfatal injuries for older adults in Oregon. One in three older adults falls each year, with the risk skyrocketing with age. More than 5,800 Oregonians over the age of 65 were hospitalized for bruises, head traumas, hip fractures, and other moderate to severe injuries related to a fall in 2013, at a cost of \$219 million.

The number of falls is likely to continue to increase as the population ages and life expectancy increases, but that doesn't mean falls can't be prevented. In fact, most falls are preventable with a few simple steps:

- 1) Exercise to improve strength and balance
- 2) Have your health care provider review your medications
- 3) Get your vision checked
- 4) Make your home safer by removing trip hazards, increasing lighting, clearing obstacles from stairs, and installing grab bars in key areas.

To help with the first step, try a FREE class proven to improve strength, flexibility, and balance such as "Tai Chi: Moving for Better Balance." Classes are offered at the Urban League Multicultural Senior Center, Hollywood Senior Center, NAYA Family Center, or Charles Jordan Community Center. This program and others found throughout Multnomah County work to significantly reduce older adults' fall risks and falls. Contact the Aging & Disability Resource Connection (ADRC) Helpline at (503) 988-3646 to find a class near you. To assess how well a home meets the safety needs of an older friend or relative, go to this link: http://assets.aarp.org/external\_sites/caregiving/ checklists/checklist\_homeSafety.html and complete the Caregiving Checklist developed by AARP.

#### Watch out for Abuse

It can be difficult to tell whether abuse is occurring, and it can be even more difficult to get the people in the situation to talk about it. Abuse may be hidden by isolation or disguised by what seems to be a pleasant home or facility setting. Abuse can begin with seemingly normal negative interactions, but gradually escalate to abusive situations. Usually, in a situation where abuse occurs, one person is providing care to the other, while the other relies on that person for much or all of their care.

What is the Gatekeeper Program? The Gatekeeper Program is an organized outreach effort designed to identify, refer, and respond to at-risk older adults and people with disabilities living in our community.

#### 503.988.3646

#### 24 hours a day, 7 days a week

Aging, Disability & Veteran Resource Connection (ADRC) Helpline provides 24-hour information and assistance to seniors, people with disabilities, and caregivers by assessing their needs, identifying services to meet those needs and linking them with providers of those services, or go online: https://multco.us/ads/ warning-signs-abuse-or-neglect

Self-neglect may be the most common form of abuse among seniors. Seniors and people with disabilities who neglect themselves usually have certain characteristics. They are more likely to live alone. They are also more likely to suffer from mental or physical illnesses such as Alzheimer's disease, decreased physical ability, and alcohol and drug problems. More women than men neglect themselves, but this may be because more women than men live alone.

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# Families Talk About Elder Care

Free Workshops — Open to the Public

#### **Taking Care of Business**

Tuesday, November 3, 2015, 5:00pm-6:00pm

An overview of legal issues related to long-term care, advanced directives, power of attorney, and estate planning.

Whitney Yazzolino, Attorney at Law

#### **Tools for Tough Conversations**

Tuesday, November 10, 2015, 5:00pm-6:00pm

Conversations with family members about memory loss and changes in behavior can be challenging and uncomfortable. Join us to learn tips to reducing the stress related to doctor's visits, deciding when to stop driving, and making legal and financial plans.

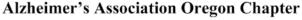
Tony Borcich, LCSW, Social Worker, Parkinson's Resources of Oregon

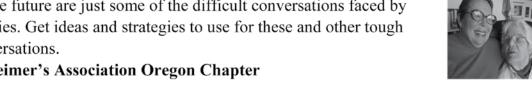


#### **Conversations about Memory Loss**

Tuesday, November 17, 20, 5:00pm-6:00pm

Care issues, giving up the car keys, and planning for the future are just some of the difficult conversations faced by families. Get ideas and strategies to use for these and other tough conversations.







Registration Required: Call Loriann McNeill at 503.988.8210

Multnomah County Aging, Disability & Veterans Services, Family Caregiver Support Program

The workshops will be held at Concordia University's George White Library, 2800 NE Liberty St, Room GRW 318A. Signs will direct you to the room.

# ~ Crafts, Fun & Kids

## **Gnome Made**

# Gnome Made for the Holidays! Special November Classes!

Gnome's Home has opened it's doors last month, and is now ready with inspiring classes for the Holidays! Check out our website gnomeshome.org for new offerings and updates!

Sunday classes are \$10 each, plus a \$5 material fee. Sign up at gnomeshome.org is required! Classes are small in a gnome's home! Children may attend with an adult, the Simplicity Holidays is an adult only class.

Make your own perfume! Liz Borowski will teach you about creating delicious notes with essential oils. Tuesday, November 10th 7:00-8:30 pm. You will take home a roller with the scent you created!

Make your child's doll! Ms Yvonne will show you how to make an adorable soft doll. Start now and have it done for the holidays! Thursdays, October 29th-November 19th, 7 to 9pm.

Make your holidays Simple and Sweet

Practical Simplicity Parenting Ideas! What if, in one evening, you could design the holidays of your dreams? Sweet, simple and slow? Learn about the basics of Simplicity Parenting and then apply it to your family! Sunday, November 8th, from 3 to 5pm

Make your own holiday cards

Learn embossing, creative stamping and paper techniques. Ms Yvonne will share her vast collection of stamps, paper working tools and experience with you! Sunday, November 22nd, from 3 to 5pm.

Make Springerle Cookies! Ms Yvonne will share her beautiful springerlecollection of Springerle molds with you. Learn how to emboss these delightful German biscuits! Sunday, November 15th at 3pm. Yes, gluten free and dairy free options available!



# Faubion, Be Mine

On February 20, 2016, Faubion PTA will hold its second annual silent auction & raffle fundraiser. Please join us in showing the love for our sweet school at "Faubion, Be Mine"

Faubion School is a PK-8 public school located in the heart of Portland's Concordia neighborhood. While a new, modern Faubion is being built at 3039 NE Rosa Parks Blvd, our students, teachers, and staff have temporarily relocated to the Tubman campus at 2231 N Flint Ave. The Faubion@Tubman community — rich with diversity, cultural heritage, and academic success — is deeply committed to students and their achievement.

Faubion@Tubman aspires to provide a full range of educational opportunities for all of its students. At the same time, enrollment has grown, with over 480 children in attendance. Over 90% of students qualify for free or reduced-price lunches, and many families are struggling. Resources are stretched thin. The PTA raises funds to supplement basic classroom needs for student enrichment including: reimbursing teachers who purchase supplies out-of-pocket, funding arts programs, and providing transportation for field trips.

We are proud to announce that the 2015 "Faubion, Be Mine" Auction raised over \$15,000, exceeding our original goal by nearly 50%. This year, we know we can do more. Please help us raise \$25,000 so we can continue to support our students and our community.

## Vernon Maker's Fair



Do Your Holiday Shopping Locally While Supporting Our Neighborhood School At The 1st Annual Vernon Maker's Fair

Would you like to avoid the traffic, long lines and all the time spent driving from store to store looking for those perfect holiday gifts? Or crossing your fingers hoping the gifts you ordered online will arrive in time?

This year, there is a new place to get your holiday shopping done without having to leave your neighborhood. Give unique, one-of-a-kind gifts to your friends and family. Support your local crafts people, and make an investment in your neighborhood school.

Skip the holiday crowds and attend the 1st Annual Vernon Maker's Fair. The Fair takes place on Saturday, December 5th from 1:00-5:00 PM at Vernon School (2044 NE Killingsworth Street).

Find authentic, unique gifts hand-made by Vernon students, staff, family members and alumni. Your friends and family will love the one-of-a-kind gifts available at the Fair.

Gifts They'll Remember

The Vernon Maker's Fair is sure to have something for everyone on your list.

Some of the handcrafted items on sale include: organic jams and pickles, jewelry, wood crafts and toys, greeting cards, art prints, ornaments, shirts, stationary and much more.

The Maker's Fair features door prizes, music, food and drinks. Enjoy kid activities and fun for the whole family. Mark it down as a fun annual event on your holiday calendar.

Support Our Local Kids

The Maker's Fair is organized by the Vernon PTA. A percentage of the proceeds support the PTA's mission to improve the learning conditions at Vernon. So, not only can you get your holiday shopping done locally and support neighborhood crafts people, you can help our community build a better place for our kids to learn.

Money raised by the Maker's Fair will help fund field trips, classroom support and improvements to school facilities. Funds raised will support music education, art enhancements and educational clubs for Vernon students.

"The Maker's Fair is a great opportunity for community residents to support our kids, our school and our local crafts people. Since a percentage of the proceeds go back to the school, the whole community



Please help make our 2016 "Faubion, Be Mine" Auction a success by becoming a sponsor, making a financial contribution, or donating an auction item. Your donation will have a positive impact on students, and your business will get some great visibility. Faubion PTA is a 501(c)(3) non-profit organization, so your donation is tax-deductible.

There are many ways that you can show your support and help make this a successful event! 1. Donate an item or service for the auction 2. Offer you or your home for a dinner or theme party. 3. Procure an item or service or sponsorship donation for the Auction 4. Work with your child's homeroom teacher to create a classroom art project. Thank you in advance for your support of Faubion@Tubman. Questions or wish to volunteer, please contact paisleydoc@gmail.com





benefits by helping our school become a destination of choice for neighborhood families. When our kids have greater opportunities to learn, it creates stronger schools. And stronger schools mean stronger communities," said Greg Rochford, Vernon parent and PTA member.

One Day Only: December 5th

Join your neighbors at the 1st Annual Vernon Maker's Fair on Saturday, December 5th from 1:00 - 5:00 PM at Vernon School.

The Maker's Fair is a one-day only event, so make sure you don't have to wait till next year to support your neighborhood school, crafts people and community. See you on December 5th!

For information on participating in the Maker's Fair as a vendor, please submit a Maker's Fair Registration Form (http://www.vernonpta.org/makersfair/) to the PTA

# **Giving Thanks**

When the crisp fall mornings make us think of turkey and mashed potatoes, our thoughts also turn to giving thanks. Gratitude puts everything in a fresh perspective; it enables us to see the many blessings all around us. And the more ways we find to give thanks, the more things we find to be grateful for. Here are a few ideas to make November a month of Thanks.

Write someone a note, send a card or pick up the phone and call an old friend or an elderly family member, or someone that is alone.

Show your gratitude for the gifts of nature by incorporating some of them — leaves, twigs, acorns, rocks, sand — into a table centerpiece.

In gratitude for the good service of a grocery store, coffee shop, or a gas station, tell your friends about the place so that their business can grow.

Write in your journal about a difficult person (even an enemy) who has taught you something you needed to know about yourself and/or your community.

Thank a person at work for doing his or her job well.

As you begin to prepare the food for Thanksgiving Day, share stories with other cooks of memorable feasts you have enjoyed.

Clean out a closet or draw, donate what you no longer use to charity and appreciate what you do have.

# ~ Health & Nature ~

# **Community Kitchen Events**

November Community Kitchen Events at St. Michael's Lutheran Church:

1st Thursday Cooking Group: We will meet on November 5th from 6-8 p.m. to make Squash au Gratin (tart apples and sweet squash complement Gorgonzola cheese), Spicy Pumpkin-Coconut Bisque (light, nutritious and delicious), Pumpkin Oven Fries with Spicy Salsa, and Pumpkin Chipotle Hummus! All of these dishes are vegetarian. Suggested donation \$5. Contact Rachel Schweitzer at st.mikes@ kitchencommons.net with questions or to RSVP.

3rd Thursday Cooking Group: We will meet on November 19th from 6-8 p.m. to make Individual Pork & Cranberry Potpies as well as homemade applesauce! We will share this meal for dinner and will also make portions to take home. Suggested donation \$10. Contact Rachel Schweitzer at st.mikes@kitchencommons.net with questions or to RSVP.

# PDX Tennis Cnt. ReOpens

Portland Tennis Center Indoor Courts open for play:

Revenue from development pays for 4 new courts to enhance City's tennis offerings, citywide outdoor courts expected to benefit as well

Portland Parks Commissioner Amanda Fritz and Portland Parks & Recreation (PP&R) Director Mike Abbaté welcomed tennis enthusiasts of all ages to celebrate the new indoor tennis courts at PP&R's Portland Tennis Center, 324 NE 12th Ave. Portland Parks & Recreation, partners, tennis players from across the region and other guests celebrated the completed project at a free celebration on Saturday, October 17, 2015.

The new, air-supported, covered playing surfaces bring the total of indoor courts at the Portland Tennis Center (PTC) to eight. An accessible ramp to the facility has been completed as well, to improve access for all.

"These beautiful indoor courts allow for greater recreational opportunities for everyone," says Parks Commissioner Fritz. "That's how we achieve our mission of 'Healthy Parks, Healthy Portland'. And with the rainy season coming, it's great to have more indoor play options in our system."

Both PTC's indoor and four outdoor courts are available for public use, and for lessons and tournament rental.

"A lot of hard work went into this valuable project," says PP&R Director Mike Abbaté. "And we thank our staff and partners for their tremendous efforts. The new tennis bubble will provide more places to play tennis, a lifelong sport, no matter what sort of Northwest weather shows up outside."

Funding for the project came from Parks System Development Charges (SDCs), one-time fees assessed to new development. Parks SDCs cover a portion of the cost of providing new parks, trails, natural areas and other recreational facilities to keep pace with a growing city. PP&R expects that court fees will cover the cost of the project, and that any additional revenue will be further invested in the rehabilitation of outdoor City courts across Portland—many of which are in dire need of repair and enhancement.

PP&R hired Richard Brown Architect to lead a team of design professionals to provide construction drawings for the project. Yeadon Fabric Domes was selected through a competitive process to furnish and install the air supported structure.

Portland Parks & Recreation opened the Portland Tennis Center (PTC) in 1973. It is located at 324 NE 12th Ave., adjacent to Buckman Field and Benson High School in northeast Portland.



## Get Out to Nature

The Columbia Slough is a wonderful place. The Slough waterways were historically utilized by native peoples for seasonal fishing and hunting and safe canoe passage. In 1805, Lewis and Clark expedition members complained they could not sleep due to the noise created by massive numbers of geese and swans, "their noise horid." The Hudson's Bay Company began trapping otter and beaver in 1820. Today, this urban watershed provides recreation, greenspace, drainage, and habitat. It is home to 4,200 businesses, 170,000 people, a marine terminal and two airports. The watershed collects stormwater runoff, rainwater, and groundwater. Its streams, sloughs, wetlands, grasslands and woodlands provide wildlife corridors and migratory routes for over 175 species of birds.

#### Groundwater 101

#### Saturday November 14, 9:00am - 1:00pm

Join the Portland Water Bureau and the Columbia Slough Watershed Council for Groundwater 101-a FREE educational workshop that teaches groundwater basics including local geology and hydrology, the role groundwater plays in our drinking water system, and what we can do to protect this important resource. This interactive workshop is presented with a mix of handson and classroom-style teaching and is appropriate for adults and high school students aged 14~ & up. Light refreshments will be provided. Pre-registration is required.

After the workshop, interested participants are invited to take a guided tour of the Portland Water Bureau Groundwater Facility (approximate tour time - 30 minutes).NECA-IBEW Training Center, 16021 NE Airport Way, events@columbiaslough.org / 503-281-1132

#### Fall Bird Walk

#### Sunday November 22, 8:30am - 12:00pm

Join local birding enthusiast Jason Wolf and the Columbia Slough Watershed Council for an earlymorning bird walk around Whittaker Ponds. Late Fall is a great time for waterfowl, raptors and resident songbirds, as well as the possibility of birds that are only in our area in winter. Beginners welcome. Please dress for the weather and bring your own binoculars, if you have them. This trip will go rain or shine. Registration is required. Group is limited to 15. Whitaker Ponds Nature Park, 7040 NE 47th Ave, events@columbiaslough.org / (503) 281-1132

The Columbia Slough Watershed Council's Stewardship program is dedicated to improving watershed health by combining local residents, natural areas, and restoration activities in locations throughout the watershed. Volunteer activities include native plantings, weed pulls, and litter cleanups in and along waterways. Stewardship Saturdays typically occur from 9am to noon, and tools and refreshments are provided. Please dress accordingly for the type of activity and the weather. Learn more at: http://columbiaslough.org/



Happy Thanksgiving - Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.





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# **Neighborhood Events**

carols.



#### <u>Guardino Gallerv</u>

October 29 - November 21 MAIN GALLERY

Adriene Cruz is a textile artist with a passion for color and texture. Ancestral roots real and imagined offered the base to channel her ideas of healing and blessings. Amulets formed of mirrors, cowries, beetle wings, sequins, stones and beads stitched to fabric present this offering of love, light and good intention. **FEATURE AREA** 

Noah Starer ceramic works, which he calls "Ceremony and Ritual", was inspired by tribal bowls and vessels, often seen in natural history museums. He approaches the clay with a sense of exploring, tearing, breaking, expanding, in order to discover what the clay came to teach.

Anne Mavor's encaustic medium is a technique that allows her use watercolor in a flexible manner. She layer watercolor washes on top of the wax surface, then seals it with a final layer of clear wax. The spontaneous and watery nature of this style also captures the odd and ancient qualities of the images.

2939 NE Alberta St | 503 281-9048 www.guardinogallery.com

#### <u>Verum Ultimum Art Gallery</u>

5 Artists, 5 works each...

Portland is saturated with artists. Despite their diverse approaches, the 5 artists chosen have one thing in common, their work creates a conversation with the viewer and it can feel like a discovery or revelation to them. In addition to easily creating that elusive connection with the art fan, each artist also brings a playful quality to their work. This freshness begs the viewer to fall in love with the

Richard Cutshall is a visionary artist that pierces the veil whenever he picks up a pencil or a brush.

Beth Kerschen sees place like no other. Her multi plate photographic etchings capture the essence of neighborhoods and cities in a way that feels fresh and somehow nostalgic at the same time.

Ron Mills-Pinyas' work is illuminated layers of rich color evoke the elemental qualities of fire, water, and minerals, while the subtle details within the layers spark the idea of an underlying narrative or mythology. **Sara Swink's** guirky ceramic sculptures are to love! Her work flirts with the viewer engaging attention from all. **Scott Erwert** paints our city melodic with his brush. He captures mood and lighting in his abstracted scapes like the most revered masters. Verum Ultimum Art Gallery

3014 NE Ainsworth Blvd www.verumultimumartgallery.com

#### Concordia Univ Holiday

Dec. 1, 6 p.m.

Community Christmas Tree Lighting. Join the NE Portland community under the portico at Concordia University's George R. White Library & Learning Center featuring Christmas music by Concordia's brass ensemble, carols sung by all led by Concordia's choirs, and a special visit by Santa & Mrs. Claus.

Dec. 4 & 5 at 7 p.m. Dec. 6 at 3:00 p.m. Concordia University's Christmas Chorale at St. Michael's Lutheran Church, 6700 NE 29th Ave. The Concordia University choral and instrumental ensembles will extol the Christmas story through music and Scripture as they present their 65th annual Christmas Chorale. All in attendance will be encouraged to join in the singing of Advent and Christmas

#### Oregon Humane Society

Special events in November for pets and the people who love them include the following, visit http://www. oregonhumane.org for more info. Fore the Animals Wine Tasting November 7:

Join the Oregon Humane Society for at ArborBrook Vineyards, 17770 NE Caukins Lane, Newberg, from 3-6 pm. Your dog is welcome to come with you to this fun event and 100% of proceeds benefit the pets at OHS. For tickets visit foretheanimals.org.

**Santa Paws Pet Portraits** 

November 14-15: Santa is coming to several Fred Meyer locations on Saturday, November 14 and Sunday, November 15 from 11 am - 3 pm! Cats, dogs and other pets can pose with Santa to whisper their wishes and have a great holiday picture taken. \$20 covers the sitting fee, two professional 5x7 portraits, a holiday card and a copy of the images. Best of all, the proceeds benefit the animals at the Oregon Humane Society. Saturday, November 14 from 11 am - 3 pm at the following Fred Meyer Garden Centers: Hollywood, Sunday, November 15 from 11 am - 3 pm at the following Fred Meyer Garden Centers: Gateway, Beaverton, & Hawthorne

Portland's Next Top Dog Model, November 19:

Does your dog have style and personality? Enter your dog in Portland's elite contest for pooches. All sizes and breeds (and mutts) are welcome to enter. Twenty-four finalists will compete at the 9th annual Portland's Next Top Dog Model Finale on November 19, 5:00 pm, at the Hotel Monaco, where two Top Dog Models (a small dog and a large dog), will be chosen. The Grand Prize packages are valued at over \$1,000! Visit www. oregonhumane.org<a href="http://www.">http://www.</a> oregonhumane.org/events> for entry rules and forms.

#### <u> Alberta Street Gallery</u>

October 29 - November 26 Roots - Featuring the work of Jacob Wachira Ezigbo Creating life through art. Figurative abstractions in beautiful palettes, inspired by the life of a transplanted Kenyan artist. "Growing up in the oldest slum, Mathare Valley, in Nairobi, Kenya allowed me the opportunity to live with every tribe of my country. I learn by watching people and living in this communal environment allowed me the chance to see more than most." 2724 NE Alberta St | 503-280-6329 albertastreetgallery.com



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