



CONCORDIA NEWS

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

April 2016

IN THIS ISSUE

Chair's Corner	2
Community & Association	3
Land Use & Real Estate	9
History & Culture	11
Business	12
Family & Kids	13
Health & Wellness	14
Gardening	15
Local Events	16

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. To inform, educate and report on activities, issues and opportunities of the neighborhood.

Website

www.ConcordiaPDX.org

Concordia Neighborhood Association
P.O. Box 1194
Portland, OR 97211

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

A race to the finish!

Hundreds attend the 2016 Spring Egg Hunt



Photo by Carl Jameson



Photo by Carl Jameson



Photo by Carl Jameson

The Concordia Neighborhood Association and American Legion Post 134 sponsored this year's Spring Egg Hunt on March 26. Volunteers spent several hours the night before, filling and hiding around 7,000 candy-filled eggs in Fernhill park.

The event started at 10 a.m. under sunny skies. As usual, when children and a quest for candy are involved, the event was over in minutes as hundreds of children raced to find the brightly-colored plastic eggs.

The candy and prizes delighted children and caused trepidation in parents who feared sugar meltdowns later in the day.



Photo by Carl Jameson



CNA Social Committee member Katie Ugolini gets in the spirit of the 2016 Egg Hunt. Photo by Peter Gearin



Chris Sanchez, CNA Vice-Chair, helps out at the 2016 Spring Egg Hunt. Photo by Carl Jameson



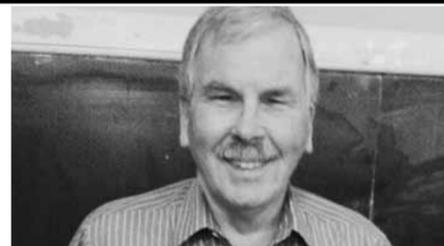
American Legion volunteers stuff 7,000 candy-filled eggs for the event. Photo by Carl Jameson



TOXIC POLLUTION HERE?

Columbia Slough is "on the map."

See page 7



WHO'S MAKING IT WORK?

Donn Dennis: YOUR neighborhood association volunteer.

See page 8



HISTORY & CULTURE

Part 2: The Alberta District and its bungalow grocery.

See page 11



Challenges & opportunities face our neighborhood — you CAN make a difference!

ISAAC QUINTERO
President
Concordia Neighborhood Assoc.

CHAIR'S CORNER

Hello Neighbor,

It's been a busy month for your Board so let me take a moment to get you caught up with what your Directors have been up to.

Homelessness & toxic air

At the General Membership Meeting on March 8th, speakers addressed the latest events connected with the Mayor's Homeless Plan and provided an update on Toxic Air issues. Adam Lyons, Associate Director- Neighborhoods Program and Manager- Northeast Coalition of Neighborhoods, spoke to both issues. Officer Anthony Zoeller with the Portland Police Bureau's North Precinct (and a regular attendee) gave additional perspective to the Homeless Issue.

In order to address some immediate needs, the Mayor has been active in coming up with solutions for the Homeless issue with little input from the community. However, Lyons has been very active in championing alternative solutions with a focus on neighborhood input. We expect to be hearing more from Adam regarding strategies for ensuring that the neighborhood is represented. As of this writing, no final decision has been made regarding locations of City-owned property selected for "camps" or for final policies to manage these sites. If you have a desire to get involved with this process, please let me know. I will make sure you are connected to the appropriate party.

What I know for sure is that communication within City Hall is inadequate. You can make the request, but you never know if anyone is really listening at the other end. Importantly, there appears to be a lack of understanding priorities.

St. Johns shelter challenges

Take for instance the red tape and bureaucratic morass the St. Johns Neighborhood Shelter has been experiencing. It is apparent that City Staff is looking only at codes and regulations, not the human condition. Why else would the City not allow a variance for a 5-foot-wide sidewalk but insists on a 6-foot-wide sidewalk at the rear of the property that is rarely used. Why is the City imposing permitting fees and other charges that make shelters too expensive to build when homeless mothers and children remain on the street? Get your priorities straight, Planning Department and those Commissioners who have their hands on the steering wheel! What we should

remember is that many of these "Homeless" people had homes in our neighborhood but were not as fortunate as the rest of us who survived the economic meltdown created by Wall Street.

Toxic air potential in Concordia

Toxic Air in Southeast and North Portland should not be seen as some other neighborhood's issues when the likelihood of the Concordia Neighborhood hearing about its own bad air is pretty high. Given our proximity to the Columbia Industrial Corridor, we should not be surprised to learn that we face a similar situation. Adam Lyons identified straight answers and real transparency with the Department of Environmental Quality as being the biggest obstacles in confronting the issues. He believes that once there is some real communication from DEQ and related agencies, we will learn how deep this problem really is. We will be providing additional information as it is uncovered and will keep you posted. Please keep an eye open for news; and, if you are growing your own veggies, make sure you are cleaning them thoroughly before putting them on a plate.

Use it or lose it & other items

While this newspaper has gone through a major upgrade in professional journalism, it sits on very brittle ground. We now have a temporary volunteer Editor through June of this year. If we do not find a replacement, we will see the end of our neighborhood newspaper, i.e., the lights go out. Same can be said for our Board of Directors. Many are now in the last 6 months of their tenure with no new volunteers in sight.

We need to hear from those of you who are willing to step up to the plate for all of us. We did get a Board Member to volunteer as Vice-Chair (Chris Lopez). Chris has been extremely active in our community, and we welcome his assistance in moving us forward. We are still down two Board Members, and I certainly see an under-representation of women.

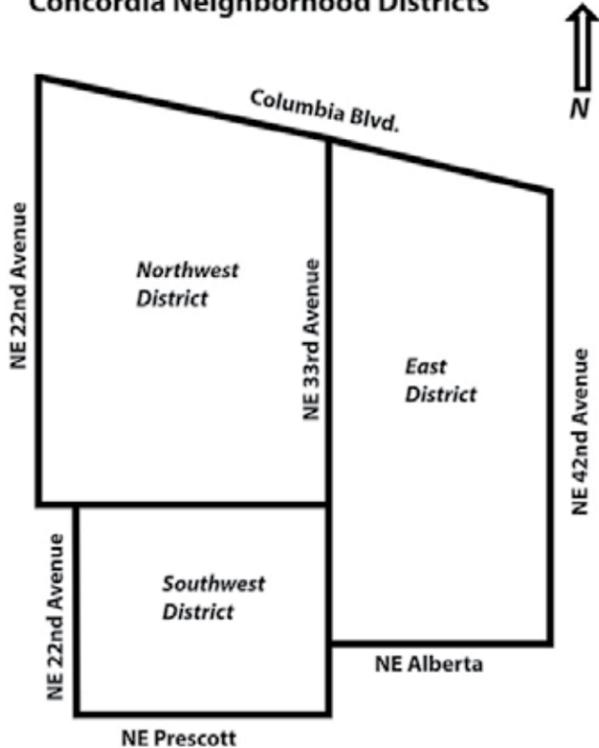
Use it or lose it, isn't that the way the saying goes and never so true as today. We need to keep this paper going to make your wishes known. The alternative is to let someone in an office downtown or an unknown in government position make our decisions for us.

Thanks for listening in; let's make this neighborhood great by YOU becoming a force of one.

Happy Spring!

Isaac Quintero, Chairman CNA

Concordia Neighborhood Districts



Concordia Neighborhood Association Board of Directors (Elected Jan 1, 2016)

East1 east1@concordiaPDX.org	Steve Elder
East2 east2@concordiaPDX.org	Vacant
NorthWest1 nw1@concordiaPDX.org	Isham "Ike" Harris
NorthWest2 nw2@concordiaPDX.org	Vacant
SouthWest1 sw1@concordiaPDX.org	Garlynn Woodsong
SouthWest2 sw2@concordiaPDX.org	Daniel Greenstadt
At Large1 al1@concordiaPDX.org	Robert Bowles
At Large2 al2@concordiaPDX.org	Donn Dennis
At Large3 al3@concordiaPDX.org	Joe Culhane
At Large4 al4@concordiaPDX.org	Ali Novak
At Large5 al5@concordiaPDX.org	Chris Lopez
At Large6 al6@concordiaPDX.org	Truls Neal

Neighborhood Community Room

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

Concordia Neighborhood Association

Meetings & Updates

Board Meeting

April 12 @ 6:00 PM - 8:00 PM
Second Tuesday of the Month
McMenamin's Kennedy School Community Room

General Membership Meeting

May 10 @ 7:00 PM - 9:00 PM
Second Tuesday Bi-Monthly
McMenamin's Kennedy School Community Room

Social Committee

If you would like to volunteer to help organize the CNA Neighborhood Clean-Up &/or unload vehicles and direct traffic the day of the event; or volunteer to help with the Fernhill Concerts in the Park, please email Katie Ugolini at ktugolini@gmail.com or call (503) 449-9690.

Finance Committee

Policies/Procedures visit our website or email: Treasurer@ConcordiaPDX.org

Media Team

April 19 @ 6:00 PM
3rd Tuesday of the Month
Volunteer and join the Media Team to work on the newspaper or Website. Skills in In Design, Photoshop, newspaper layout, writing or editing are desired. For more info & meeting location contact Susan Trabucco at susan@trabucco.biz or call (503) 440-7732

Land Use, Livability and Transportation Committee

April 20 @ 7:00 PM
Third Wednesday of the Month
This month only our meeting will be held in the Concordia University Library, room GRW 310. Find the library (#19) on the Concordia University map. View the map by visiting www.cu-portland.edu/documents/campus_map.pdf

For more info email LandUse@ConcordiaPDX.org. The land use committee grants approval for neighborhood projects. We learn of, and attempt to solve, Concordia quality of life issues brought to us by community members.

CNA Chair

Isaac Quintero
(503) 352-4585 | Chair@ConcordiaPDX.org

CNA Vice Chair

Chris Lopez | Vicechair@ConcordiaPDX.org

CNA Secretary

Ali Novak | Secretary@ConcordiaPDX.org

CNA Treasurer

Robert Bowles
(503) 490-5153 | Treasurer@ConcordiaPDX.org

Concordia Community Room

Rental | CommunityRoom@ConcordiaPDX.org

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 Monthly publication.

Advertising/Business Manager

Please send ad inquiries to: Susan Trabucco
CNewsBusiness@ConcordiaPDX.org

Graphic Design/Layout (Interim) Susan Trabucco

Editor (Interim) Susan Trabucco

Please send article submissions to:
CNewsEditor@ConcordiaPDX.org

2nd annual spring alley clean-up April 16th!

For the second year in a row, the Concordia neighborhood is partnering with Concordia University, Metro, and SOLVE to host an alley cleanup event from 10a.m. to 4p.m. on Sat., April 16. We learned last year that it would be particularly helpful for neighbors who own trucks and live on an alley to show up and help to transport the debris collected in the alleys to the Metro Central Transfer Station. The costs are “comped” by the event sponsors, so we just need the volunteers with trucks to show up! Last year, we did not have enough trucks or drivers, and some volunteers had to continue making the dump runs with too few trucks on into Sunday. We would like to avoid asking that of our volunteers this year.

Neighbors, students performing a day of service, and others will gather between 9:45 a.m. and 10 a.m. at the intersection of the 28th/29th alley and Emerson street to receive supplies and instructions, then split off to clean up various alleys around the neighborhood.

The cleanup is the first step in a long-term process of building community momentum towards alley improvement efforts. Alleys are a public right-of-way, but, like sidewalks, their maintenance is the responsibility of adjacent private property owners. Historically, alleys were used to provide automobile access to homes. There is now a growing community consensus that these spaces can be enhanced to not only serve this original function better, but also be community spaces that provide many opportunities for residents that enhance the

quality of life. The specifics of the vision for the future of each alley must be developed and owned by the neighbors on each block.

There are over 120 alley blocks in the Concordia neighborhood. Of these, alleys will be prioritized for cleanup on April 16th where adjacent neighbors have reached out in advance, and/or show up on the day of the event.

Please contact Garlynn if you would like to be involved in the cleanup, if you can offer the use of a truck for the day of the event, and to learn more about how your alley could be improved to become a better community resource, email lan-duse@concordiapdx.org.

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 7 p.m. on the third Wednesday of the month, generally held in the Community Room in the SE corner of McMenamins Kennedy School.

Our meeting this month, however, will be held on April 20 in the Concordia University Library, room GRW 310. Find the library (#19) on the Concordia University map. View the map by visiting www.cu-portland.edu/documents/campus_map.pdf.

To join the LUTC mailing list, send an email to: pdx_cna_lu_and_t_committee@googlegroups.com

—Garlynn Woodsong
Chair, CNA Land Use & Transportation Committee (LUTC)

4935 N.E. 42ND AVE.
IN CONCORDIA & CULLY



503-288-4899

DINE IN • TAKE OUT • DELIVERY DUDES

CNA SPRING CLEAN-UP Saturday, May 14th

8:00 AM to 12:30 PM

PCC Workforce Training Center on NE 42nd Ave & Killingsworth!



Tired of seeing all the clutter & junk in your closet, basement & garage?
Drop it all off at the PCC Workforce Training Center on May 14th for
CNA's BIGGEST FUNDRAISER OF THE YEAR!

Spring Cleaning has come to Concordia and the CNA will dump, recycle and find a new home for your household items! Your trash, may just be your neighbor's treasure!

WE WILL TAKE : Household Waste, Metal, Furniture, Electronics, Lamps, Batteries, Mattresses, Clothes, Bicycles and other Household Stuff.

WE WON'T TAKE: Light Bulbs, Refrigerators & Freezers, Large Appliances/ White Goods, Tires, Rocks, Concrete, Paint, Oil, Kitchen Garbage, Residential Yard Debris & Trimmings, Styrofoam (Block & Peanuts), Waste & Recyclables Collected Curbside (including Plastics), & Hazardous Waste.

Also, METRO is prohibiting the disposal of construction, remodeling or demolition materials (see examples below) suspected of containing asbestos at all Neighborhood Clean-Ups in 2016!

Please see below for examples of High Risk Materials Suspected of Containing Asbestos that will be prohibited at the CNA Clean-Up this Year:

Flooring: vinyl tiles, vinyl sheet, mastic
Walls: plaster, decorative plaster
Siding: cement siding shingles "Transite"
Ceilings: acoustical tiles, "popcorn" and spray-on texture

SUGGESTED DONATION FOR CLEAN-UP VEHICLE LOADS:

\$10/car
\$15/truck, van, & SUV
\$20/large truck
\$30/oversized load
Extra \$5 Donation for Electronics & Batteries

CONTACT:

VOLUNTEERS NEEDED to help organize event, & unload vehicles & direct traffic the day of the event. If interested, please email:
Katie Ugolini at ktugolini@gmail.com or call 503-449-9690!

THANK YOU TO OUR GENEROUS SPONSORS!

Metro • Portland Bureau of Planning & Sustainability
NECN • Metro Metals

E & A Recycling • PCC Workforce Network
Community Warehouse



BREAKING GROUND: A CELEBRATION OF PARTNERSHIP AND PROGRESS

The future of education is at hand – and you're invited.

Please join the Faubion School community, Portland Public Schools, Concordia University, Trillium Family Services, along with neighbors, partners and friends, for a free community event to celebrate the partnership and progress on 3 to PhD® and the new \$48.5 million dollar investment in Northeast Portland!

Thursday, April 7th | 9:30 a.m.

3039 NE Rosa Park Way (at 29th)

Let us know you're coming! RSVP to events@cu-portland.edu.

Thanks to significant input from the community, the facility will combine Faubion School, the Concordia University College of Education, and wrap-around mental and behavioral health services by Trillium Family Services.



Alliance High School requests, receives temporary adjustment to Good Neighbor Agreement with CNA



By Ali Novak
CNA Board Member

At the March 8th CNA board meeting, Concordia's Alliance High School Meeks Professional Technical Campus principal Lorna Fast Buffalo Horse, presented our board with a proposal to allow modification of an existing Good Neighbor Agreement, dating to 2004. The agreement, signed when Alliance took over the Meeks campus, prohibits school activities after 5 p.m. It also has restricted students from extended hours for social events or even tutoring.

The students of Alliance are seeking permission to host a prom on campus for about 75 students sometime in May. Attempts to find an alternate location have failed, due to high costs of venue rental.

Alliance High School is described in their executive summary as "an alternative educational experience for students who have not experienced success in traditional high school environments. The program seeks to provide academic, social-emotional, and professional-technical opportunities that motivate students to remain in school to learn the knowledge, skills and attitudes needed to become a contributing member of so-

ciety." The curriculum mixes group and individualized instruction in the pursuit of relevant career-technical education.

The Alliance program includes an emphasis on social skills and community in the Alliance Meeks program, where students participate in a social-emotional "boot camp" for their first six weeks of enrollment. Students are encouraged to organize and champion themselves, with a Black Student Union, Hispanic Student Union, and Gay-Straight Alliance now present on the campus. The request for a prom seems a natural step in developing the social experience for Alliance students, and was met with positive response from the CNA board.

The board approved an event to take place on a date to be determined in May, on either a Friday or Saturday, that will end at 10:30 p.m. Clean-up and campus closure will be concluded by 11 p.m. The board hopes that the positive relationship between Alliance with its neighbors can continue, and requested that Alliance communicate with its neighbors to present the proposed event, and bring any significant concerns to the board for consideration.

The CNA Board will also consider expansion of the activity hours for future events based on the success of this new addition.



Concert-goers enjoy the popular summer concerts held in Fernhill Park. Plans continue to gel for the 2016 series, but funding is still needed. File photo

Fernhill Summer Concerts line-up is set; funds still needed

Greetings fellow Concordians! Your friendly neighborhood Fernhill Summer Concert Committee here. It's a particularly beautiful springtime in Concordia. Time to get your "seeds and starts" in the ground.

The same is true for your concert committee. Time for us to dust off our Rolodex, and get the old 'Hat Passing' hat out of mothballs! This year we need to raise just about \$20,000 to fund this year's Fernhill Concert Series & we are still \$9000 short! So, if you have the desire and/or the means, PLEASE DONATE! We have a fantastic NW All-Star lineup lined up for you this year, and here's who we have tapped:

We get off to a rollicking start on:

**FRI, JULY 8TH:
THE TONY STARLIGHT SHOW!**

**FRI, JULY 15TH:
THE QUICK & EASY BOYS**

This year's tent pole show on **FRI, JULY 22ND:
The fabulous LaRHONDA STEELE!**

Join us South of the border on **FRI, JULY 29TH with the world renowned MARIACHI VIVA MEXICO!**

And as always, finish out the season with us on: **TUES, AUGUST 2ND
WANDERLUST ORKESTRA for CNA's National Night Out 2016!**

This is a really wonderful concert season that we are extremely excited about. However, we need the support of ALL CONCORDIANS (and any other F.O.C.) to make it happen!

If you are a family or individual and would like to contribute to this Spectacular Summer Series at Fernhill Park please visit: parkland.org/give-concerts to DONATE!

Choose SFFA Summer Concerts in the Park from the Pull down menu under "I would like to give to:"

Type in Fernhill Park when

asked "Is there a specific park you'd prefer to support?"

Donate now & get an immediate tax receipt

If paying by check, please make checks payable to Portland Parks & Recreation/Fernhill Concerts and mail to:

Lynn Shisler
Neighborhood Concerts
in Portland Parks
6437 SE Division St.
Portland, OR 97206

Any contribution (e.g. \$5 or \$10) is greatly appreciated!!

WE STILL NEED BUSINESS SPONSORS!

If you are a business or institution and want to be a Fernhill Concert Series Sponsor by contributing \$300 or more, you will receive these awesome benefits of sponsorship:

- Opportunity to have promotional table at all 5 concerts to display, give or sell items.
- A chance to give to your neighborhood.
- A tax deductible contribution staying "close to home."
- Your business name recognized.

If you own or manage a business, please let us know how you would like to participate as a sponsor by contacting Lynn Shisler; Coordinator, Neighborhood Concerts in Portland Parks at (503)317-2062 or via email at lynn.shisler@portlandoregon.gov.

Please help support the power of live music to bring communities together and thank you!

—Katie Ugolini
CNA Board Member

Steel frame

disc brakes

shop cat

STEVE approved

Step-Thru

Masi bikes now at

CAT.SIX

42nd & Alberta Ct - 503.282.1178
catsixcycles.com



The Jarret Grove street painting event, a program of Village Building Convergence, is in need of leadership this year. Pictured here is work in progress at last years event at NE 28th & Jarret. Photo by Joe Culhane

Help Wanted: Jarret Grove intersection painting 2016!

Hello good fine folks of Concordia! My name is Joe Culhane, I am one of the new board members of the CNA and had the pleasure of coordinating the first-ever street painting at the intersection of NE 28th Ave and NE Jarrett St. this last year. It was one of over 40 street paintings that took place here in Portland through City Repairs annual Village Building Convergence. It was a great success and many of you may have been there and participated in the project. We had well over 100 people come out to help make this beautiful street mural come to life! We called the sight Jarrett Grove and have started a Facebook page where you can see pictures and a time-lapse of the painting from last year as well.

This is intended to be an annual project and is a great way to get together and meet more of our neighbors and build a greater sense of community. While I was delighted and honored to lead this project last year the reality that is literally in my hands (on my chest sleeping actually) right now is my newborn son, and he has taken center stage in my life these days. His care and that of my whole family has become my highest priority as you may well imagine. This year's VBC is from June 3rd-12th, the paintings all happen during these 9 days, usually on one of the two Saturdays during that stretch.

So, this is a call out to you good people of the Concordia Neighborhood to please step up in to a leadership role this year to help make sure this year is a suc-

cess as well. What that means is helping set up a few preliminary meetings with the neighbors involved, go to a few VBC meetings, and also help organize a small fundraiser for supplies. We held one at Wilder last year and it was really fun and very successful, many of the local businesses contributed prizes and we had a raffle, tons of people showed up and it was great!

It takes a lot for me to admit when I'm overwhelmed and have too much on my plate but alas, that is exactly where I find myself at the moment. I'm afraid this year's painting may not happen if one or more people don't step up and take the reins so by all means, please do! I'll be available to give direction and guidance where I can and will absolutely help in the painting day and preparation leading up but really that will be the extent of my time and energy I realistically will be able to offer.

Thank you to all who helped make this happen last year, we couldn't have done it without you! It really is a great time; last year we had donuts, coffee donated from Extracto, pizza, lemonade and iced tea, delicious treats, face painting, music, laughter, and community goodness abounding. May this be another successful year and maybe turn out to be even better as well!

Thank you again! You can email me at al3@concordiapdx.org or text/call me at (503) 446-2925 for more details.

—Joe Culhane
CNA Board Member

Alberta Street's 'Operation Clean Sweep' April 23

The sixth annual Alberta Earth Day Clean Up, presented by Pacific Power and organized by Alberta Main Street, takes place on April 23 this year. Operation Clean Sweep 2016 provides an opportunity for friends and neighbors to get involved with their community.

Rain or shine, neighborhood volunteers will focus on cleaning up litter and removing graffiti along NE Alberta Street between MLK Jr. Boulevard and NE 33rd Avenue and finish with a post-cleanup celebration featuring food and prizes.

New this year, through a partnership with Pacific Power, volunteers and anyone that signs up for paperless billing will receive a \$5.00 coupon valid for any purchase at participating Alberta Street businesses.

Volunteers are expected from all over Portland, from student groups and youth organizations, to neighbors and local businesses. Sara Wittenberg, Alberta Main Street Executive Director, promises another year of camaraderie.

The Golden Garbage Awards and post-cleanup festivities will take place immediately following the clean up with pizza for lunch, Salt & Straw Ice Cream, and a raffle featuring prizes from local businesses including a gift certificate good for 2 nights at Vacasa's Hidden Villa Cottages at Cannon Beach. The celebration will end around 1:30 p.m.

Volunteer check-in is at 10 a.m. at Alberta Central (NE 18th and Alberta) and clean up starts at 10:30 a.m. Volunteers are asked to bring their own water bottle, gloves and any tools like screwdrivers, pliers and razor blade scrapers.

For more information and to pre-register to volunteer, visit: albertamainst.org/whats-happening/earth-day.

★
RETIRED SUPERHERO

—TURNED PERSONAL ASSISTANT—

NOW AVAILABLE TO ASSIST YOU WITH

- Organizing and De-cluttering
- Interior Design, Furniture Placement, Color Consultation
- Party Planning and Serving
- Personal Shopping and Errands
- Meal Preparation and Baking
- Gardening~Planting and Weeding

Concordia~Woodlawn~Freemont

585 924 1660

RetiredSuperhero6208@gmail.com

mc mark charlesworth
real estate team

Last year the average home in Concordia sold for \$424,274.

What's Your Home Worth in 2016?
GO TO:
www.ConcordiaHomePrices.com
AND INPUT YOUR INFO TO FIND OUT.

503.807.9911
charlesworthhomes@gmail.com

CONCORDIA

You tell us. We tell *everyone*.

If it's relevant to the neighborhood, we want to know....and tell!

Send News To:
CONCORDIA NEWS
CNewsEditor@ConcordiaPDX.org

Springtime always brings a chance for growth and renewal...and for the giving of thanks (no offense, November). Concordia Neighborhood Association would like to acknowledge a couple of recent and noteworthy changes.

First, the intrepid and overachieving editor of our community's beloved Concordia News is moving on after leading our newspaper publishing efforts for the better part of five years. Under **Mary Wiley's** leadership, every household in Concordia has been treated to news, information and opinion impacting life and business in our dynamic neighborhood. Often serving well beyond the call of duty, Mary has been wrangling CNews contributors and advertisers during a period of great growth and development for both CNA and the neighborhood we serve.

While Mary will be sorely missed, her focus on other obligations and challenges also creates opportunity for budding media moguls who may be looking to gain experience and serve their community. If you've got a knack for organization, deadlines and breaking news, email cnewseditor@concordiapdx.org.

THANK YOU

MARY WILEY
ASHLEY MCKINNEY
MARK CHARLESWORTH

&

OPPORTUNITY

A second change at CNA is the departure of board member **Ashley McKinney**, who was also serving as the manager of CNA's Community Room at the McMenamin's Kennedy School. Since taking over from CNA's Luke Griffin almost two years ago, Ashley has been juggling masterfully everything from baby showers to corporate retreats and community events. The community room is not only an important, convenient and bargain-priced meeting place for Concordia residents but also a major source of revenue that helps support CNA programs and projects.

While Ashley is off to tackle other challenges, her departure means opportunity for anyone who might like to take the helm of the community room and help manage this critical part of CNA's operations. If you've got a few hours a month that you'd like to contribute, you can be a big part of maintaining CNA's financial well being. Interested? Email chair@concordiapdx.org.

Alas, another of our board members, **Mark Charlesworth**, is also moving on to other endeavors. As a local real estate agent, Mark especially contributed some very valuable perspective to CNA discussions of local residential property and development issues.

He'll be missed at CNA but his departure does open up another seat for a community volunteer who might like to bring their own interests, expertise and enthusiasm to the party. Could that be you? Email chair@concordiapdx.org.



CONCORDIA
NEIGHBORHOOD
ASSOCIATION

Homelessness: Understanding this community crisis

Some of your neighbors don't have a home. There's been a lot of talk recently in Portland, in the region and nationally regarding the challenges of people living on our streets.

On the night of the most recent count in 2015, Multnomah County had 3,800 people sleeping on the streets, in shelters, or in temporary housing, and an estimated 12,000 people were doubled up, many in overcrowded and often unsafe conditions. Hundreds of children have no place to go.

According to the city's new and deeply informative Homelessness Toolkit (www.portlandoregon.gov/toolkit/), over the past two years, there has been a 17% decline in chronic homelessness among individual adults; a decrease in unsheltered veterans; and a 27% reduction in the percentage of people experiencing homelessness for two or more years. However, the latest count found a 48% increase in the number of unsheltered

African-Americans from two years ago.

Due to differences in the definition of "homeless" between HUD and Multnomah County, it is still a work in progress to find more accurate numbers of homelessness among communities of color. Nevertheless, supplemental data indicates that levels of homelessness have increased in these communities, including, Native Americans, Latinos, and Asians.

Our city and our neighborhoods are facing some rather immediate policy and programmatic questions that are going to be answered with your tax dollars and with implications for your street. To learn more, to report concerns and to make sure that your voice is heard, visit the link above or email reportpdx@portlandoregon.gov or call the new hotline (503) 823-4000.

— Daniel Greenstadt,
CNA Board Member

Alberta Arts Answers - just some conversation about living in the district

By Mark Charlesworth

I wanted to get a sense of what residents saw when they first arrived versus how they experience the Concordia neighborhood today. So I called around and asked a few questions of residents in the Alberta Arts District. I moved into Alberta Arts in 1995 because rent was cheap, and my friends and I could afford the house if we split it four ways. Affordability was a common theme amongst many of the residents I spoke to.

It was a truly diverse population at that time and affordability was a big part of the attraction to the neighborhood. I'm not sure that many people had any idea of the changes to come. To some extent the diversity is still here and to a large extent the affordability is evaporating.

In my calls to the neighbors many of them expressed their perspective on what has changed.

Steven on NE 23rd had some answers for my survey questions. When I asked the Question, "What do you like about Alberta Arts?" He answered, "The energy of the neighborhood is different here than in any other part of North or North East Portland...mix of population." and he later added "I'm not comfortable with the west side." To the same question — Sara on NE 18th said, "I like that it's a large residential neighborhood with lots of older homes with diversity, even though lots of African Americans have had to leave."

Another question that I asked people was, "Is there anything in our area that you would like to change?" A long term resident named Virginia said, "Yes. I would like to see more color in the business section on Alberta." In an answer to the same question Sara on NE 18th said, "While I appreciate that people are coming here to eat, it impinges on parking.

Also I wish that businesses that serve residents here where not being driven out." She later elaborated that services like dry cleaners and such are what she was referring to. It seems that she has a point when residents have to go outside of the neighborhood for such services, while people who want to wait 45 minutes for breakfast have their choice of which line to stand in.

To look at the bright side, I have enjoyed some of the changes. Some. Alberta is still a section of this neighborhood with at least a notion of identity. Maybe even some of the edginess, although a good part of that is gone and some of the good part is gone as well. It would

"Alberta is still a section of this neighborhood with at least a notion of identity."

—Mark Charlesworth

be a shame to have another version of Division St. here. Progress can be good, but at some point like the Lorax, we came too far.

There is still some very affordable food here, in between the high-end bars and sheik little spots you can still find a bit of the old school affordability in the food scene. I am grateful that I can still go there and that I do not have to park in front of a Starbucks to get there. Some of the restaurants have actually been here 20 years or more.

The restaurants are not the only ones here with roots. It was striking how many of the people that I talked to have lived here long term. 20 years, 23 years and since 1983- these were people's stories. As someone who really likes living in Concordia, I get it. I can think of no other neighborhood that I would rather live in than Concordia. Also I can relate to an answer given to the final question on my survey, "If you were to move, where would you go?" Robert on NE 16th said, "Heaven."

Mark Charlesworth lives in Concordia and works here as a residential Realtor. Reach him by emailing charlesworthhomes@gmail.com.

Moss studies provide map of Portland's toxic pollution



By Carl Jameson
CNA Media Team

Lately the news that for decades two Portland glass companies discharged the toxic chemicals cadmium, arsenic and chromium into the city's air have filled

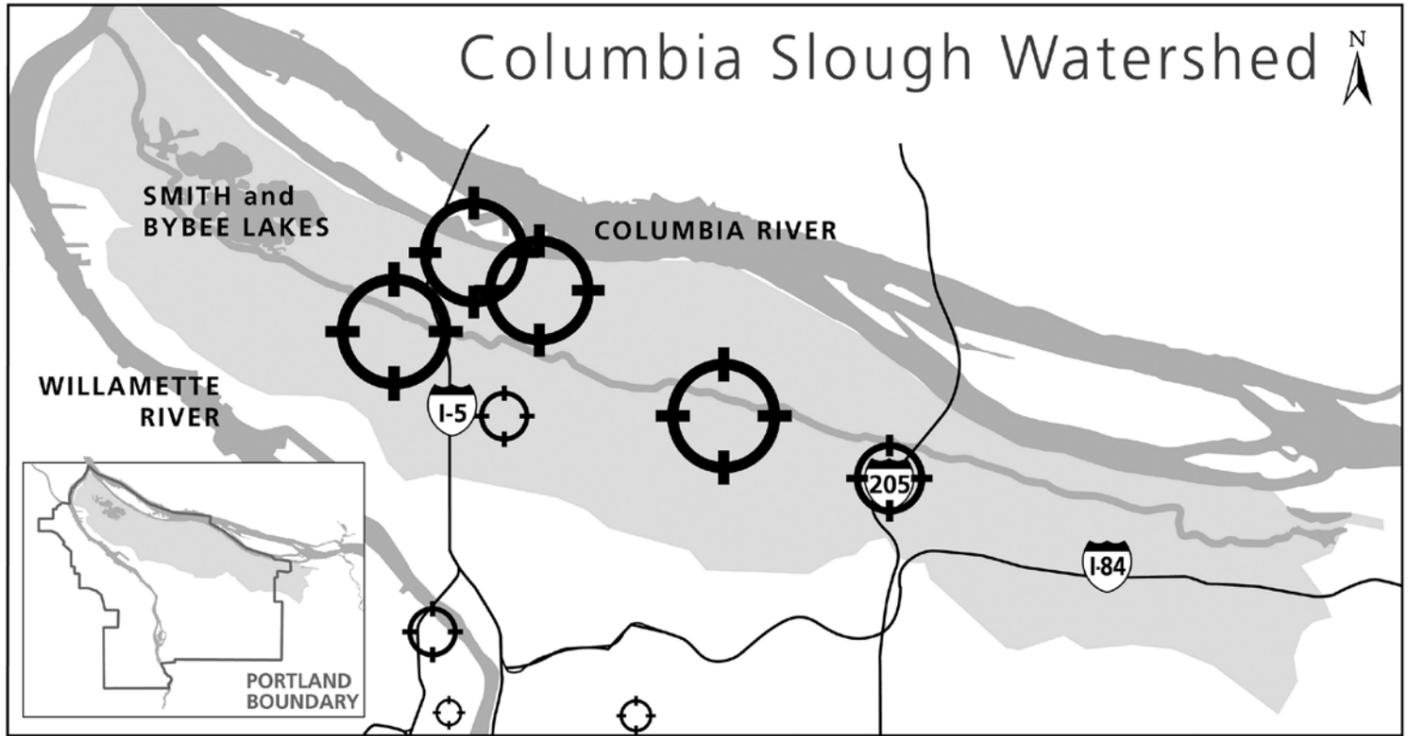
the media with stories of citizen outrage. State, county and local governments and community groups have suddenly demanded action from the Oregon Department of Environmental Quality (DEQ).

Less talked about is that the same toxic chemicals found in Portland's air eventually make it into its rivers, lakes and wetlands through the process known as atmospheric deposition (or rain) and become an ingredient in a toxic stew.

Local waterways flow with legacy pollutants from dirty industrial sites, including DDT and PCBs [Polychlorinated biphenyls - a group of highly toxic organic compounds used in the manufacture of plastics and other products that are highly toxic to aquatic life and persist in the environment for long periods of time,] and emerging contaminants like pharmaceuticals and flame retardants, pesticides, and heavy metals like mercury and arsenic from coal fired power plants.

The Columbia Slough is one such locally-affected waterway. The Columbia Slough basin extends from Blue Lake and flows toward Kelly Point Park where it meets the confluence of Willamette and the Columbia River. The Concordia neighborhood is contained in the slough's watershed.

Today the slough is cleaner than it has been for over a century. The biggest change came in 2000, when the city's sewers stopped dumping raw sewage and untreated wastewater into the slough during heavy rain storms. Portland's Department of Environmental Services works with Oregon DEQ to investigate and eliminate sources of fish contamination in the Columbia Slough. They also partner with The Columbia Slough Watershed Council on habitat restoration. There's a fish consumption advisory, however, on the Columbia



A Portland Department of Environmental Services map modified with targets marking lead and arsenic pollution as identified by moss studies.

Slough and it's been that way for years.

Pregnant women and children are especially vulnerable to the toxins in the slough's resident fish. Many Portlanders know that local waters are polluted and they wouldn't dare eat fish from the Columbia Slough. Other community members, warning or not, have little choice in the matter. The houseless and poor often supplement their diet by eating the most toxic

EPA limit, mercury 3.5 times the EPA limit, flame retardants and other heavy metals.

"Fish advisories are not the answer. We need to clean up the river and stop toxic pollution from entering our river so that people can eat fish without the fear of getting sick," said Epstein.

The Portland City Council passed a resolution in March 2016 to sue the Monsanto Company for contaminating Portland waterways with PCBs from the 1930-70's. There are still multiple point sources of arsenic and lead near the Columbia Slough according to recent moss

studies. The Oregon Department of Environmental Quality used the studies to pinpoint the glass companies as sources of toxic air pollution. The moss studies could also provide the map the DEQ needs to locate the owners of toxic water sources in the Columbia Slough watershed.

Carl Jameson is a writer/director/videographer at Craftmaster Productions, a full service creative production company. He's lived and worked in the Concordia neighborhood since 2001. Reach him by emailing carlj@craftmasterpro.com



A fisherman cleans a carp caught in the slough. Photo by Carl Jameson

of fish: carp, bass and catfish.

In 2012, Lorri Epstein, the Water Quality Director at Columbia Riverkeeper, a non-profit dedicated to protecting the Columbia River, took a catfish from the slough to the lab. The results were stunning. The catfish contained PCBs 27,000 times the Environmental Protection Agency (EPA) limit for unrestricted consumption and flame retardants. A carp from nearby Vancouver Lake tested in 2014 contained PCBs 30 times the



A sign at Kelly Point describes habitat improvement projects near the confluence of the slough with the Willamette and Columbia Rivers. Photo by Carl Jameson

ReThink. ReDesign. ReBuild.

mac-bo 503.282.1841

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



the only tool you need.
mac-bo.com

ccb 166263

Annual 'Dining Out For Life' event April 28th funds local HIV/AIDS programs

It's easy –step out to eat breakfast, lunch, dinner or enjoy a cocktail hour and you'll help people in need! The 8th annual Dining Out for Life event takes place on April 28 this year. Dining at a participating restaurant on that date will result in a donation of between 20 to 30 percent of your dinner tab directly to the Partnership Project and Ecumenical Ministries of Oregon's HIV Day Center in the Concordia Neighborhood. These two organizations work closely together to provide vital programs and services to thousands of individuals living with HIV/AIDS.

EMO's HIV Day Center, located on NE 30th & Ainsworth, celebrated its 26th anniversary this year. It is the oldest multi-service drop in center for low income individuals infected and affected by HIV/AIDS in the United States. The Center serves approximately 300 people yearly, providing them with two hot meals a day, information and referral services, computer and internet access, phones, shower and laundry facilities and recovery support as well as volunteer professionals who provide services such as massage therapy, acupuncture and haircuts. The Daily Bread Express program delivers weekly meals and supplemental groceries to more than 60

homebound individuals.

Partnership Project is entering its 20th year of providing critical services to HIV positive individuals in the Portland Metro area. Last year 900 people living with HIV/AIDS were served through its Medical and Nursing Case Management services. Partnership Project helps individuals get into medical care, maintain insurance, take their medications and connect to essential supportive services. The organization also provides risk reduction counseling.



Dine Out, Fight AIDS

For more information visit www.emoregon.org/HIV-day_center and www.ohsu.edu/xd/health/services/partnership-project.

On April 28th, a dinner walk on over to Concordia Neighborhood's **McMenamins Kennedy School Courtyard Restaurant or Red Sauce Pizza**, two participating restaurants that are donating 20 percent of their dinner proceeds to this cause. Or, all day, saunter on over to **Extracto** (Killingsworth & Prescott locations), both of which are donating 20% of their receipts all day. Find other participating restaurants in Portland by visiting www.diningoutforlife.com/portland/restaurants. *—Katie Ugolini*

Who's Making it Work? YOUR Neighborhood Association Volunteers

Donn Dennis CNA Board Member

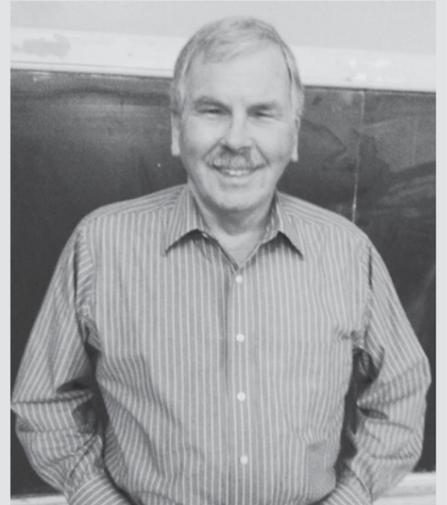
Board Position: At Large 2

Lives in: Fern Hill Park area

Has lived in Concordia: Since 2014

Has lived in Portland? Same

Served on the CNA Board: Since January, 2016



What inspired you to run for a CNA Board position?

I had been attending Board meetings on a visitor basis and was impressed with the knowledge and dedication of its members regarding the neighborhood's well-being.

A little about Donn:

I recently retired from a career which saw me toiling in both for-profit and not-for-profit settings—primarily in human resources administration and related functions. I have looked forward to getting involved in my neighborhood in a city where this is actually both pos-

sible and rewarding. My wife and I and our two mutts have tackled the restoration of a mid-century house in the area. That, and our semi-fruitless battle against a band of marauding squirrels, keeps us very, very busy.

What do you MOST love about living in the Concordia neighborhood?

The diversity of the people who comprise it and the convenience of doing business with local merchants.



ReCraft Home Remodeling



Remodeling in your neighborhood Since 2001

recrafthome.com
503.680.0939

Licensed, Bonded, Insured • CCB #160319

Alberta Main Street seeks performers, sponsors & vendors for annual street fair

The 19th Annual Alberta Street Fair is Saturday August 13, 2016. Alberta Main Street is currently seeking performers, sponsors and vendors for the event.

The Alberta Street Fair is a daylong celebration of community, art and music that brings over 25,000 people to Alberta Street. Hosted by Alberta Main Street, the street fair includes three stages of entertainment and over 300 vendor spaces between NE 10th Ave and NE 30th Ave.

Call for Performers

Alberta Main Street seeks a diverse array of performers appropriate for a family-friendly event. The non-profit seeks performers of all kinds: musicians, dancers, children's performers and other acts that appreciate and represent the cultural diversity of our neighborhood. Performers are invited to learn more and apply online: albertamainst.org/whats-happening/street-fair/call-performers/. All acts must perform original material or works that are clearly in the public domain. The application deadline is April 17, 2016.

Sponsorship Opportunities

The eclectic mix of entertainment and craft at The Alberta Street Fair epitomizes the Portland draw and is a fantastic opportunity for exposure for your business. By sponsoring Alberta Street Fair, you can: directly connect with an active and engaged audience, showcase products, bolster your brand by partnering with a respected event and support your consumer's community. For more information visit albertamainst.org/whats-happening/street-fair/sponsorship/.

Vendor Registration

Local artists, crafters, makers, organizations and food vendors are invited to participate in this popular event. Vendor registration fees vary by the type of vendor and size of booth. More information and registration is now available online: albertamainst.org/whats-happening/street-fair/vendors/. Register before June 15, 2016 for early bird pricing!

For additional information about Alberta Main Street contact Sara Wittenberg at sara@albertamainst.org or visit albertamainst.org.



heartinhandpreschool.com

Heart in Hand Preschool

Waldorf in the neighborhood since 2002

Now enrolling!



gnomeshome.org

Gnome's Home

Classes for Kids and their Kinfolk

ADUs over the back fence?



By Spencer Parsons, P.C.

Take a look over your back fence. In addition to seeing your neighbors starting their spring gardening, you may see them breaking ground on some new construction in their backyards. They may be building new accessory dwelling units (ADUs), some may even be building them inside their property line “setbacks”.

Generally, construction is restricted around a property’s boundaries by setbacks specified in zoning regulations. However, in December Portland revised its own Zoning Code regulations regarding ADUs, including relaxing height restrictions and setback requirements for new ADU construction. Homeowners in Portland are now allowed to build their ADUs within the five foot property line setback.

Portland Zoning Code Section 33.205 contains the updated ADU requirements. ADUs can be created by converting existing space in a home to separate living quarters, by finishing unfinished but existing space in the home (like in an attic or basement), by adding to an existing structure (like a detached garage) or by building a new structure.

Is an ADU the right springtime/summertime project for you? There are some considerations to weigh. Like all new construction, building a new ADU (or converting an existing structure into an ADU) will typically be subject to all applicable City permit fees, as well as system development charges (SDCs) that are levied by the Portland Parks, Environmental Services, Transportation, and Water Bureaus to offset the impact of the new development on the services provided by those City bureaus. However, some SDCs may be waived by the City for ADU projects if certain criteria are met and the project is submitted on or before

July 31, 2016 and receives final inspection approval on or before June 30, 2017. If you are considering undertaking an ADU project, your first call needs to be the City for details on the SDC waivers.

Your next call may need to be to Multnomah County. The question of how new ADU construction may impact a homeowner’s property tax bill is still up in the air. The following disclaimer by the City of Portland, or similar versions, appear in multiple places all over the City’s web page:

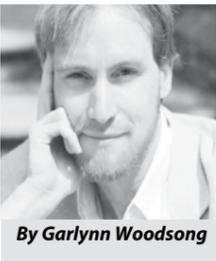
“Construction of an ADU could result in a significant increase in property taxes under Oregon tax law. So before you start an ADU project, it’s important to contact the Multnomah County assessor’s customer service line at 503-988-3326 or visit their website at <https://multco.us/assessment-taxation/news/are-you-considering-building-accessory-dwelling-unit> for more information.”

For some, the potential tax implications may be a deal-breaker for building

a new ADU. For others, while it is something to watch it will not be enough to deter the addition of an ADU in the basement or backyard. Eventually, the dust will settle on the ADU property tax question. Whether that time will come before the SDC waiver window closes this July is still up in the air. Stay tuned...

Spencer Parsons is a land use attorney whose home and law office are both in the Concordia Neighborhood. To reach him email spencer@sqplaw.com or call (971) 279-2018.

Concordia Neighborhood Association land use update



By Garlynn Woodsong

It’s been another busy month of important land use and transportation issues affecting Concordia residents.

protecting housing affordability, preserving neighborhood character, stopping demolitions of viable homes, and ensuring compatible density development are all top citizen priorities. Other key concerns are increased strains on parking, traffic, infrastructure, green & open spaces, and tree canopies. Finally, respondents want genuine input opportunities that result in positive changes to plans and specific code guidelines.

The “Bighouse Building”

Led by Jeff Hilber, a small team of dedicated neighborhood architect and development professionals is crafting cost-effective alternative design improvement suggestions to the 4-story, 30 apartment building planned for the “Bighouse” corner at NE 30th and Killingsworth that developer Brian Spencer, of 30th & K Properties LLC, agreed to consider when he presented preliminary design concepts at the February LUTC Meeting.

North Portland Highway Safety

In response to the tragic death of a bicyclist hit by a car in December, please comment at Ask ODOT for “safe passage of all N. Portland Highway users, especially at the 33rd Ave. and 42nd St. crossings” by calling (888) 275-6368 or at www.oregon.gov/ODOT.

Concordia residents are always welcome at CNA LUTC meetings, generally held at 7pm every third Wednesday in the Community Room in the SE corner

of McMenamins Kennedy School.

Our meeting this month, however, will be held on April 20 in the Concordia University Library, room GRW 310. Find the library (#19) on the Concordia University map. View the map by visiting www.cu-portland.edu/documents/campus_map.pdf

To get on the LUTC notification list, send email to: pdx_cna_lu_and_t_committee@googlegroups.com; send your questions to landuse@concordiapdx.org.

Garlynn Woodsong is a Concordia resident and the Chair of the Concordia Neighborhood Association’s Land Use & Transportation Committee.

It PAYS to Advertise in Concordia News!

CNewsBusiness@ConcordiaPDX.org

Proposed R5 to R2.5 Zoning change

Many neighbors talked with Nan Stark, NE District Liaison for the Bureau of Planning Services (BPS), March 16th at the Kennedy School Community Room about this “upzoning” that would allow properties between NE Killingsworth and Jarrett from NE 22nd to NE 33rd to be more easily sub-divided from the current one dwelling per 5,000 square foot lot into two 2,500 square foot lots. Though the CNA Land Use & Transportation Committee (LUTC) is on record opposing this change, BPS still believes it should be in the Comprehensive Plan.

Submit comments about these and other planned changes by testifying, in person or writing, for the Planning and Sustainability Commission Public Hearing at 12:30 pm April 12 and the City Council Hearing at 6 pm April 14. For more info, call 503) 823-7700 or visit www.portlandoregon.gov/bps/50531.

Residential Infill Project

The RIP Online Survey, that 7,200+ Portlanders responded to, reveals that

Trinity Lutheran Christian School

Open House | Thursday · April · 28
6:30 pm - 8:00 pm

Pre-school-8th Grade

Small Class Size • Family Centered
Challenging Curriculum • Computer Lab
Spanish • Sports • Music • Drama • Art
Licensed Extended Care & Child Care

Enroll Now!

Trinity Lutheran Summer Day Camps

June 9 Until August 26 • 3-12 yrs.

New! Summer Art Camps
Five week-long camps • 8-13 yrs
See site for details!

Tigers
Year-Round Extended Care & Child Care
Eligible for DHS Child Care Assistance & Army Child Care Fee Assistance

503.288.6403 • TrinityPortland.org
5520 NE Killingsworth

GRANNY’S GARDEN COTTAGE VACATION RENTAL



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

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

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

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

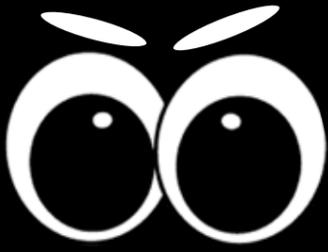
www.grannysgardencottage.com
(503) 287-7690

METICULOUS PLUMBING
HOME SERVICES LLC

“Portland’s Painless Professional Plumber”

(503) 208-2812
www.meticulousplumbing.com

Look!



This
ad
space
is
waiting
for
YOUR
message!

Reserve it
now!



CONCORDIA NEWS

To advertise
contact us TODAY!
CNewsBusinessManager@
concordiaPDX.org

OPINION: Diary of demolition & development - Part 6



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 is the continued chronicle of my personal experience.

Unlike last year, this winter has been very Portland: rainy, dreary, and chilly. It seems it has rained every day since November. The rain is great though, especially after a year of drought, unless you have a poorly designed duplex next to you with no gutters. Then, you get a pounding waterfall cascading down onto your side yard, foot deep water the length of your house where your grass and flowers once lived, and a serious potential for dreaded basement flooding.

One morning during a deluge, I went outside to assess the damage. Because the building was poorly designed, the roof did not send water down the front, back and sides, off many peaks like normal houses in the area, but instead directed the waters into the center and then off to each side. Without gutters, there was a sheet of water pouring off and into my yard. Witnessing this, it was obvious there was a real chance of the water swamping my basement.

I had yet to complain to the developer about anything but thought he should do something now to keep my house from flooding. I called him and without any apology he told me they would do some-

thing “sometime soon.” I explained he really needed to do something ASAP, but he dismissed my worry. And in many ways, why wouldn’t he? There is no city code mandating that developments have gutters, real flood control, or anything that would protect neighbors. If my house was flooded, it wasn’t his problem. There would be no fines or actions taken by the city according to officials. And, as the developer does not live in the neigh-

borhood, he wouldn’t have to deal with me at all. Panicked, I tried one last time to get him to do something. He hung up on me.

“I am not against building but I personally believe it should be in harmony with the neighborhood it occurs in.”

—Luke Griffin

I called the city inspector and was told there was nothing against the law, the city had inspected the site during the survey and would not return until final inspection. I was transferred to erosion control. They told me I could dump sand

in my yard. Later that day workers had covered the swampy mess with hay. The rain continued. The next month was continuously wet. Though no visual water seeped into my basement, the humidity got to 90%. I know: I can’t prove the cause, so said the City, but the conclusion is obvious to most. On top of this issue, one Sunday loud construction began at 8am, a violation of the noise ordinance. Numerous neighbors complained. The police finally showed up around noon but the work did not stop until about four. At most, the developer received a \$250 fine for the incident, a tiny drop in the bucket compared to the expected profits of over half a million dollars. The workers kept piling trash in front. They repeatedly blocked my driveway and rudely told me they’d eventually move.

And the City? Well, there wasn’t much they would do about any of it. With few regulations, minuscule fines for infractions, a maze of uncommunicative bureaucracies, and little motive to hinder the development boom, they were of no help, even if the lady at ONI was nice. “The City That Works”... but for whom?

Five weeks of almost continuous rain after the yard flooding began, they finally put up gutters.

Luke Griffin was born and raised in NE Portland. He’s been a Concordia resident for the last four years, and is a former CNA board member. Luke works primarily in the legal field engaging in social justice in the areas of employment, housing and the environment.

OPINION: Will new development continue legacy of work in Concordia Neighborhood?

By Jon Engelsman

At first glance, the four-story apartment building slated for construction at NE 30th & Killingsworth feels like an all too familiar tale in Portland’s busy infill development market. But in the case of the 30th & K apartments, it’s the cast of characters involved and their existing relationships with the Concordia neighborhood that make it interesting.

In fact, the three key players involved with this new project have a well-established legacy here, specifically through their recent involvement in numerous expansions of nearby Concordia University campus.

Brian Spencer - The Developer

Brian Spencer is the owner of Ascend Holdings and newly formed 30th & K Properties LLC. He is also the owner of a former Best Buy in NE Portland now leased to Concordia University as their Columbia River Campus. Renovations of that campus expansion were built by...

Union Corner Construction The Contractor

Union Corner Construction was signed on to build the new 30th & K apartments. The company is also the general contractor for recent Concordia University campus expansions, including the library and community stadium, as well as the university’s new law school and library in Boise, Idaho. All of these campus expansions were designed by...

Mackenzie - The Architect

Mackenzie is a long-standing Portland architectural firm that is the designer of the new NE 30th and Killingsworth apartment building. A preliminary drawing of the building was included in the March 2016 edition of the Concordia News. Of their previous work with Union Corner Construction and Concordia University, Mackenzie boasts designs that are LEED certified, “sensitive to the residential context,” and “respectful to the surrounding community.”

In light of this significant history with Concordia University, it begs the question of how these three parties came together for the new 30th & Killingsworth development and whether the university is somehow involved. Considering the university’s involvement in the new Concordia Student Housing, currently under construction only thirteen blocks away on 17th & Killingsworth, it’s not a stretch of the imagination to wonder what might be in store for the new 30th & K apartments.

And while there is no doubt that this development group has built an impressive legacy of work in our area, one thing is certain: the Concordia neighborhood hopes that those involved in the 30th & K apartments will build upon their legacy of work by creating something that meaningfully integrates with the community and becomes something that the neighborhood will point to with pride.

Jon Engelsman is a Concordia resident.

Part 2: The Alberta District and its bungalow grocery

Second of Three Parts: The life and times of a neighborhood store and its people



By Doug Decker
Historian

This is the second of a three-part series about the early days of the Alberta business district, written by Northeast Portland neighborhood historian Doug Decker.

To read more of Doug's research and writing—or to read the full text of the early news stories mentioned here—visit his blog: www.alamedahistory.org

A quick Alberta District History 101 refresher from Part 1, which ran last month: In 1910, the Alberta District feels a bit thrown together and rough-and-tumble. But investment and expansion are impressive. A strong sense of neighborhood identity is emerging thanks in part to early business owners, residents and real estate developers. People are arriving in the district from near and far because property is cheaper here than in other eastside neighborhoods and there's a new streetcar that provides dependable service.

Plus, plans underway for a new Willamette River crossing that in 1913 would become the Broadway Bridge were changing the way people thought about living and working in Portland.

Built and Run by the Smyths

Enter Michael and Mary Jane Smyth, shopkeepers from Ireland who were running a mom-and-pop grocery near 79th and Southeast Stark (then known as Baseline Road). Michael was born in Ireland in 1842 and immigrated to the US in 1864. Mary Jane was born in 1850 and arrived in the US in 1875.

By 1910, the Smyths had run several

small retail shops in Portland and at least one in eastern Oregon. The couple never had children and may have seen the Alberta District investment as setting themselves up for retirement. At ages 68 and 62, they were starting their new venture on the northwest corner of NE 27th and Going somewhat late in life.

The original plumbing permit for the building shows construction complete at the end of September 1910, three years before the curbs and sidewalks were installed by local contractor Geibisch and Joplin, and well before the streets were even paved. According to the Polk City Directory, the Smyths opened their business in 1911 as a men's furnishings store. By 1914, the listing had changed to dry goods and the Smyths were living six doors to the north, with the residence side of the new building rented out.

Mary Jane died on October 12, 1917 and her funeral mass was held at St. Charles Catholic Church, which was then located near the corner of NE 33rd and Webster, two blocks south of today's Concordia New Seasons (the parish church relocated to NE 42nd years later following a devastating fire and financial hardships). After Mary Jane died, Michael took a rented room in the neighborhood and continued to run the dry goods store on his own until 1921 when he sold it for \$3,375. Michael died on February 20, 1922.

The Coulters Take Over: Alameda Park Grocery

William and Isabella Coulter, immigrants from England via Canada, bought the business from Michael Smyth, having seen it advertised in the March 2, 1921 edition of The Oregonian as a "very

fine bungalow-grocery." They had shop-keeping experience from several years in Missoula, Montana. It's unclear if they gave the store its name, or if they adopted the name used by the Smyths, but there it is, listed in the 1928 Polk Directory as the Alameda Park Grocery.

This is unusual for a couple reasons: 27th and Going is near but not actually inside the Alameda Park plat; and, there was a much more prominent store on the southwest corner of 24th and Fremont known as Alameda Grocery. This must have been confusing, at least. No word about what that rivalry may have been like, but the 24th and Fremont business advertised widely with its name, and the bungalow grocery with its slight variation never shows up in any newspaper advertising or any other annual Polk Directory.

While the naming convention might have been confusing, we know it to be fact thanks to a photograph from David White, grandson of the Coulters, that clearly shows the name Alameda Grocery painted in big black letters on the side of the store.

William Coulter passed away in the mid 1920s, and Isabella took over the business on her own, with help from daughter Agnes, until 1943. This 22-year period was probably the best era for this little building and its business: Isabella ran a tight ship and took good care of the place.

Next up: After the Coulter years, as shopping patterns change and big grocery chains emerge, the bungalow grocery slides almost to oblivion before being rescued from the wrecking ball.



Shopkeeper Isabella Coulter pauses in front of her bungalow grocery store at NE 27th and Going, about 1930. The Coulter family owned and ran the store during its heyday, from 1921-1943. As grocery store chain stores emerged and shopping patterns changed in the second half of the 20th century, the bungalow grocery eventually slid into disrepair. Photo by David White

KENNEDY SCHOOL

McMenamins

5736 N.E. 33rd Ave. • Portland

(503) 249-3983

mcmenamins.com

Free • All ages welcome
(unless noted)

Saturday, April 2

Happy 21st Birthday Black Rabbit Red

Join us for \$5 glasses of wine,
\$17 bottles and food specials all day!

Thursday, April 7

MEXICAN GUNFIGHT

Seasoned and soulful songcraft
Gym • 7 p.m.

Tuesday, April 12

RACE TALKS: An Opportunity for Dialogue A PRESENTATION BY ATTORNEY BARBARA DIAMOND

Gym • 6 p.m. doors; 7 p.m. event

Thursday, April 14

LIZ VICE

As part of Great Northwest Music Tour
Danceable grooves
Gym • 7 p.m.

Sunday, April 17

POISON WATERS DRAG QUEEN BRUNCH AND A MOVIE

Victor Victoria (PG)
10:30 a.m. doors, 11 a.m. brunch
buffet and show, movie following
\$21 • 21 and over

Advance tickets at cascadetickets.com

Thursday, April 21

EXTRA CREDIT BEER TASTING

Come sample this month's featured beer.
5 p.m. 'til the beer is gone
Brewery • 21 & over

Thursday, April 21

THE DRUTHERS

Heart-sweeping folk/pop
Gym • 7 p.m.

Monday, April 25

HISTORY PUB: "Oregon on Two Wheels: The Story of Cycling in the Beaver State"

Theater • 6 p.m. doors; 7 p.m. event

Thursday, April 28

BRAD CREEL AND THE REEL DEEL

Country
Gym • 7 p.m.

Sunday, May 1

MAY DAY CELEBRATION

Live music, maypole dancers, and more
All day; music starts at 2 p.m.

Sunday, May 8

Mother's Day Brunch

Call for reservations
Gym • 9 a.m. 'til 3 p.m.



Albina Bank organizes Biz Mob at Extracto Roastery & Coffeehouse



Customers line up for coffee during a recent BizMob event. Customers enjoyed complimentary coffee at Extracto Roastery and Coffeehouse, 2921 N.E. Killingsworth, on the morning of March 16 during a BizMob event sponsored by Albina Community Bank. A BizMob is Albina's way of supporting their business customers and reinforcing local connections. Photo by Sharon Jameson



Deanna Allred, right, Albina Bank vice president and market manager for the Beaumont and Rose City market at Extracto's BizMob. Photo by Sharon Jameson

(A little) about two breweries of Concordia



McMenamins Kennedy School at NE 33rd Ave., a block north of Killingsworth, sports a brew operation with an artistic flair. Submitted photo

and entertainment venues. The McMenamins brewery at the Kennedy School opened as part of the rejuvenation of the 1915 neighborhood school in 1997.

The brewery is in what used to be the little girls' room of the old school, and features artwork depicting the history of beer making as well as the antics of schoolgirls. The brewery operation was upgraded in 2011 with the addition of glycol-jacketed fermentation tanks. The brewers produce typical McMenamins standard and seasonal beers, along with rotating selections such as King's Landing IPA, Oatmeal Porter and Concordia Pale Ale. Kennedy School is located on NE 33rd, a block north of Killingsworth.

The recently opened Great Notion Brewing has a claim to the tough independent settlers of northwest Oregon. The name comes from the second novel by Oregon writer Ken Kesey, the author of "One Flew Over the Cuckoo's Nest."

The brewery is in the former location of Mash Tun, around the corner from Pine State Biscuits on NE Alberta and NE 22nd Ave. Great Notion took over the space on New Year's day this year. It's a kid-friendly establishment; an opening celebration Great Notion held in February was like a birthday party – the place was full of grade schoolers and their parents. They even had a balloon man.

In early March the new management rolled out the newest Great Notion offerings. They range from Double Stack, a breakfast stout "aged on a ridiculous amount of Vermont maple syrup and locally roasted coffee beans," to El Chapo, described as "dark and dangerous." This Mexican-inspired Stout is aged on pasilla & anejo peppers, cinnamon, chocolate and vanilla beans.

In addition to its variety of beers and sours, Great Notion's imaginative kitchen turns out starters, salads and sandwiches for every appetite, including vegan and gluten free options.

A February story in the Willamette Weekly ranked 73 Portland IPAs. Two of the top five spots – Ripe and Juice Jr. – went to Great Notion.

If the Concordia neighborhood was a city-state it would go a long way to being self-sustaining. You can get fresh made bread and pastries from Miss Zumsteins, grass-fed meat butchered at Old Salt, and ice cream made on premises at Roses. And that's just on NE 42nd Avenue.

Concordia has two breweries, McMenamins Kennedy School in the east

and Great Notion Brewing on the west side of the neighborhood. McMenamins is part of a bigger operation offering a theater, lodging, bars and restaurants. Great Notion sticks to what it does best.

The McMenamins group has embellished Portland and beyond by buying and refurbishing semi-historic properties and repurposing them into dining

Handyman Services

Specializing in your "Honey Do" list

- General Home Repairs
- Small Remodels
- Restoration



Jobs by Rob, LLC
www.jobsbyrob.com

503-789-8069
email: jobsbyrob@gmail.com

Licensed, Bonded, Insured CCB# 177552



SPENCER Q. PARSONS

Attorney

- Land Use Law
- Representation Before Local Governments
- Legal Counsel for Small Businesses

sqlaw.com • 971.279.2018

Children & media: How much is too much?



By Jennifer Allison
Gnome's Home

Media. This has to be one of the biggest topics in early childhood that everyone wants to know how to define. What is too much screen time?

Let's start with the basic facts about young children, and dive into what is going on developmentally in the newborn and the young child. Children, specifically from 0 to 3 years of age, come into the world very open to life, with heightened sensitivities and completely dependent upon us for love and care. They are not able to filter out the adult world, which is full of stimuli and fast-paced demands. Their brains are in a state of constant flux, reacting to their surroundings, developing and pruning unused neural pathways in their first 3 years of life, and adjusting to the state of immense sensory input they now find themselves in.

When we give our young children a screen to watch, the learning becomes passive, which will change the way the brain process information with long-term exposure. Strong images live deeply in the mind of children under the age of 7, which is also why you will see a child who has seen a lot of TV engage in play that is scripted. Their own imagination is overridden with what they perceive as real and intense images that they have taken into their being when they watch TV. Also, because it is a mental activity, young children who are exposed to a lot of media have trouble being in their bodies. They get agitated easier, and sometimes you can see them bounce around the room right after they have watched a television program or listened to loud

music. I am sure we have all experienced this.

We are also a culture of instant gratification when it comes to media and information technology. We can just pick up a smart phone and get the answer, or pass a short YouTube video off to our child at a grocery store to pacify him/her to get a few extra minutes of quietude as we finish shopping. I wonder if we didn't put so much on ourselves and live the lives we do with all of its demands, there might just be more of us to go around, so these modern conveniences would not need to be our default mode.

Most importantly, what I want to share that has been true from my own experience, as well as from talking to other parents, is that my family is happier when we feel connected to one another. We play games, we go hiking, we laugh, and we read together, we make arts and crafts, we bake, we have mud fights in the garden, and we enjoy snuggling at night. We find other ways to share time together that cultivate relationships beyond the television. I think it is important to know what is happening developmentally with your child, to be aware of how your scheduled home life affects your child, and then to make choices about media in your home that model your values and the life you strive to live. When in doubt, I always lean towards simplicity. The last week in April is TV turn off week, and I challenge you to go for it! Who knows, you may just find a deeper, richer connection with your family if you try going screen-free for one week.

Jennifer Allison is the parent child teacher at Gnome's Home. Gnome's Home is the little brother of Heart in Hand Preschool and focuses on fun and wholesome classes for the littlest ones and their adults! For more info please check gnomeshome.org.

Social media, crowdfunding bring Chromebooks to Faubion School

By Susan Trabucco
CNA Media Team

There's much talk about crowdfunding in business – it's a way to raise small amounts of money from many "investors" or donors. An enterprising Faubion PK-8 sixth grade teacher recently put this fundraising tool to work to raise money for technology in her classroom, spreading the word via social media platform Nextdoor.com. Her project was fully-funded to the tune of around \$1,100 within just a few days of posting her appeal.

Gabrielle Quintana's class room is currently housed at Tubman School while a new school is constructed to replace the recently demolished Faubion School. Quintana was looking to raise money for five Chromebooks. According to an article on Laptopmag.com, a Chromebook is a laptop that doesn't run on Windows 10 or Mac OS X – instead it runs on Google's Chrome OS. These machines are designed to be used primarily while connected to the Internet, with most applications and documents living in the cloud.

Quintana feels that getting this technology in the classroom is vital to the student education process.

"It's logistically difficult to have regular technology in our classroom. With these Chromebooks, I can now provide writing stations so students can actually publish their work in the classroom

and also have access to interactive math games."

Quintana said she is usually hesitant to ask for money for her students, but she feels crowdfunding is "pretty amazing."

"\$5 from many donors adds up, and often other companies will often match funds. Or, if they see that a project is gaining momentum, they will pay the rest," she said.

Quintana used the crowdfunding platform Donors Choose, which she billed as a "very reputable organization that manages the money and purchases materials for classrooms."

Susan Trabucco is a business communications consultant. She lives in the Beaumont Wilshire neighborhood, just a few steps from Concordia. Reach her by emailing susan@trabucco.biz or call (503) 440-7732.



Faubion School teacher Gabrielle Quintana, center, with two students at an outdoor school program. Quintana recently raised around \$1,100 for classroom technology through social media and crowdfunding efforts. Submitted photo



Trinity Lutheran Tigers basketball team score big to win and earn the Metro Christian League championship title recently. The team's coach and players are pictured here, L-R: Coach Brittany Ha (Concordia University Student), Tamea Mitchell, Coach Devon Pearce, Pooja Prasad, Raven Pearce, Anna Ek Juarez, Coach Dylana McGill (Concordia University Student), Janae Boyd, Chevelle Boyd and Sierra Tanner. Photo by Don Seleski

Trinity Tigers go undefeated, earn two championships



By Raven Pearce
7th Grade,
Trinity Lutheran

When the basketball season first started, the lady Trinity Tigers were ecstatic. They dreamed of having an undefeated season.

When the season ended, the Tigers had not only obtained their goal, but they won two different tournament championships. The first was the Lutheran Elementary School Tournament hosted by Concordia University since 1962, and the second was the Metro Christian League championship.

The Metro Christian League is a tough league and the Tigers had remained undefeated going into the playoffs. The first game of playoffs was against Tualatin Valley Junior Academy and did not present much of a challenge for the girls. The next game was against City Christian, whom the Tigers had played before in a very close and competitive game. The lady Tigers had to mentally prepare for a tough game, knowing the Lions were coming to get them. Coach Dylana McGill prepared her team by saying, "It's not about who wants to win this game, both teams want the same thing. The difference is who wants it more."

The Tigers became resolute that they

were the ones who wanted it more. With a combination of winning the jump ball, scoring the first point, and utilizing their trap press gold defense, the team fiercely fought and kept the lead through the game. At the end of the game the score was 55-34 in favor of the lady Tigers.

Two days later the Tigers were in the Metro League Championship game against the Life Christian Lions at the Damascus Christian gymnasium. Both teams entered the game undefeated. The Trinity girls had played all season with only seven players and became intimidated by the size and stature of the Life Christian team. The Tigers knew they were going to have to dig deep if they were going to come out victorious.

At the end of a brutal first quarter, the score was tied at 9. The Tigers were able to gain a lead by halftime and in the last half of the game, exploded with a run of points scored off of fast breaks and savvy Euro-steps by the Tiger offense. The Lion defense could not seem to keep up. By the end of the game, the Trinity Lutheran Tigers had secured their undefeated season with a 56-27 win over the Life Christian Lions, naming them the Metro Christian League Champions. This is the second girl's team in Trinity history that has gone undefeated.

Raven Pearce is a 7th grader at Trinity Lutheran Christian School and a Tiger player.

You tell us. We tell everyone.



If it's relevant to the neighborhood, we want to know...and tell!

Send News To:

CONCORDIA NEWS
CNewsEditor@ConcordiaPDX.org





Community acupuncture aims to make acupuncture more accessible to all through sliding scale fees and shared treatment rooms. Above, Hana Lanin, LAc, inserts acupuncture needles into regular patient, Salem resident David Komining. Submitted photo

Community acupuncture is everywhere!

By Hana Lanin LAc, LMT

Did you know that community acupuncture is happening all around Portland? You may have heard someone mention a “community” or “group” acupuncture clinic they’d been to, but wondered what exactly they were talking about.

Community acupuncture is a mission! Its aim is to make acupuncture accessible to a broader economic spectrum than only those who have health insurance or can afford private treatment rates. It’s low cost, low frills, effective acupuncture, facilitated in group

settings by licensed acupuncturists. The community acupuncture movement is alive around the country and it is especially popular here in Portland!

What to expect

At a community acupuncture clinic, there may be from four to a dozen reclining chairs and massage tables arranged for maximum comfort in an aesthetic, if sometimes Spartan, environment. There is usually a waiting and/or payment area. You may hear soft music wafting through the room, the lighting is peaceful; people speak in a slight hush. When you enter, you may notice a few folks who’ve al-

ready been given their treatment by the acupuncturist on staff and are resting with the needles. There is a lulling, nurturing sense brought about by all who are present, who’ve taken an hour out of the rush of the city day, to rebalance the health and flow of their bodies via the gentle yet powerful persuasion of acupuncture treatment.

“The community acupuncture movement is alive around the country and it is especially popular here in Portland!”

—Hana Lanin LAc, LMT

What does it help?

What ailments can acupuncture help? There are many! Acupuncture is best known for its effectiveness in relieving body pain due to injury, aging, arthritis, headaches, menstrual cycle, digestive issues – just about any sort of pain in the body may respond well to acupuncture.

Other conditions include women’s health, sleep issues, health maintenance from pregnancy through labor, childhood and adolescence to healthy aging, immune support, including treatment of wintertime colds and flus, as well as seasonal allergies and asthma, skin problems, mental and emotional rebalancing, adjunct support for cancer patients, the list goes on.

Nowadays, people are learning to turn to modalities like acupuncture to assist in handling day to day life stress, which we know can be disruptive to our health and well-being.

How much does it cost?

Prices for treatments at community clinics will vary – some operate on a sliding scale basis while others offer a flat fee. The usual range for an acupuncture treatment at a community clinic is \$20 to \$40. Some clinics will have a nominal extra fee at the first visit for an initial patient intake.

There are several community clinics in each quadrant of the city, where group treatments are either an option to private treatments, or where group treatments are the sole mission of the clinic. Some of the clinics participate in the Community Acupuncture Network, www.communityacupuncturenetwork.org, others may be located by googling “community acupuncture Portland OR.” Still more clinics may have flyers posted on neighborhood bulletin boards.

So now, when a friend tells you they had a great experience at group acupuncture or when you see a “Community Acupuncture” flyer posted at the corner coffee hub, you’ll know the drill!

Hana Lanin has been an acupuncturist since 2002, LMT since 1993. For more information visit www.kunlunmountainhealing.com or call (503) 432-3322.

*“Journalism will kill you,
but it will keep you alive
while you’re at it.”*

—Horace Greeley

**Feel Alive -
Write for Us!**

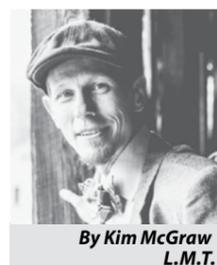


CONCORDIA NEWS

Volunteer writers email:

CNewsBusiness@ConcordiaPDX.org

The convenient (or inconvenient) mirror



By Kim McGraw
L.M.T.

As a massage therapist, I witness the many ways our bodies harbor the stresses that we subject them to. I am also witness to the body’s astounding ability to process and release stress – whether that stress is from physical injury, mental stress from overwork, or emotional trauma – and to relieve that stress seemingly autonomously when circumstances are just right.

More and more, I find myself appreciating the extent to which the body is a reflection of the mind, and the mind a reflection of the body. Stresses on the mind become stresses in the body and healing of the body can facilitate healing of the mind, and vice versa. Taking this another step, our approach to the world around us – our perception of the world – can be seen as a reflection of our minds and our bodies. For example, I might ask myself, “Am I in touch with the world around me? Do I treat it with reverence and respect? Do I take only what I need or do I take what I can? Do I see connections and commonalities or differences and winners/losers? Do I engage and try to make the world a better place, or do I just go along?”

Then, I can take these same questions and pose them about my mind (my inner world) and my body (my interface between inner and outer worlds), and I find a surprising consonance among the answers.

Of late I have often heard: “What you think about, you bring about.” Taken to its logical extreme, this statement seems absurd. I don’t believe that I can bring about world peace, or a hot fudge sundae, just by thinking about it. But, in the proper context this statement speaks powerfully to the connection between our inner landscape (our thoughts and feelings) and the outer landscape. We can’t make ourselves more confident simply by repeating positive affirmations ad nauseam, but we can make room for greater confidence by modeling confident thinking.

For that matter, it could equally be said: “What you bring about, you think about.” For example, a nice walk in the woods is a great way to transform an attitude of frustration into one of possibility and hope.

No doubt, there are plenty of stressors in the world, in our bodies, and in our minds. It also seems to me that we have much to learn by examining our relationship with each of these, and to use one as a mirror to explore and develop another. Maybe my body is lethargic because it has been raining for ten straight days. Maybe that overconfident guy at the gym bothers me because I dislike the same quality that I perceive in myself. Maybe I enjoy the sound of a small airplane engine because it reminds me of trips I took with my father.

Contact information for Kim Magraw, L.M.T., can be found by visiting the www.ConcordiaMassagePros.com directory.

Culinary Herb Gardening



By Jolie Donohue
The Gardening Goddess

Herbs can be used for a variety of purposes, such as for culinary, medicinal and spiritual use. Generally herbs are defined as any plant used for

chives, fennel, lovage, mints, oregano, roman chamomile, sage, tarragon.

Biennials: angelica and parsley

Annuals: basil, chervil, cilantro, dill, and German chamomile

Most herbs prefer well-drained soil and need full sun, 6-8 hours a day. Direct sunlight is needed to achieve

maximum flavor and fragrance. Herbs grown in the shade become leggy and lack intense flavor.

Some herbs that can be grown in partial shade are mints, lemon balm, chervil and wintergreen. Some herbs that can be grown in full shade are angelica, sweet woodruff and yerba buena.

Notorious for thriving in poor soil, most herbs do not need much fertilizer. Watering depends on the season, the location, and the type of herb. In the warm

dry weather of summer, herbs grown in containers dry out more quickly than herbs grown in the ground. Once established, most herbs are quite drought tolerant.

Pinching back new growth as it emerges will develop a bushier growth habit and a fuller appearance for basil, and most other herbs.

Herbs that develop into a woody shrub, like rosemary or lavender, can be pruned after flowering. Herbaceous perennials like mints, bee balm, and sage can be cut back to a few

inches above the soil during the winter. Harvest fresh herbs as needed for cooking. Morning is the best time to harvest herbs, as that's when they have the most flavors. Leaves have the highest levels of oils when the blooms just begin to appear.

To dry herbs, hang small bunches from the ceiling in a dry, dark location with good ventilation for one to two weeks. Store dried herbs in a clean sealed glass jar in a cool dark place. Consider making herbal pesto and freezing in an ice cube tray. These make great winter additions to soups, stews, sauces, and salad dressing.

Some flavorful and fragrant herbs to include in a tea garden are bee balm, German chamomile, lavender, lemon balm, lemon verbena, mints, thyme, and yerba buena.

Herbal teas can be made from dried or fresh herbs. The general proportions are 1 teaspoon dried herbs to 1 cup of water and 1 tablespoon fresh herbs to 1 cup of water. When making iced teas, double the amount of herbs to preserve flavor from ice dilution. To make tea, steep herbs for 3-5 minutes in boiling water, strain and serve. Steeping herbs too long causes tea to get bitter tasting.

For more information visit www.joliedonohue.com.

“Direct sunlight is needed to achieve maximum flavor and fragrance.”

—Jolie Donohue
The Gardening Goddess

flavoring, food, medicine or perfume.

Culinary use typically distinguishes herbs from spices based on the part of the plant that is used. An herb refers to plants used for their green leafy parts—either fresh or dried.

A spice is a culinary product from another part of the plant such as seeds, berries, bark, roots and fruits. Some plants are used both as herbs and spices, such as dill weed and dill seed or cilantro leaves and coriander seeds.

Many herbs are beautiful as ornamental plants in the garden. In addition to their fragrance, herbs have a wide variety of colors, textures and shapes to delight all the senses.

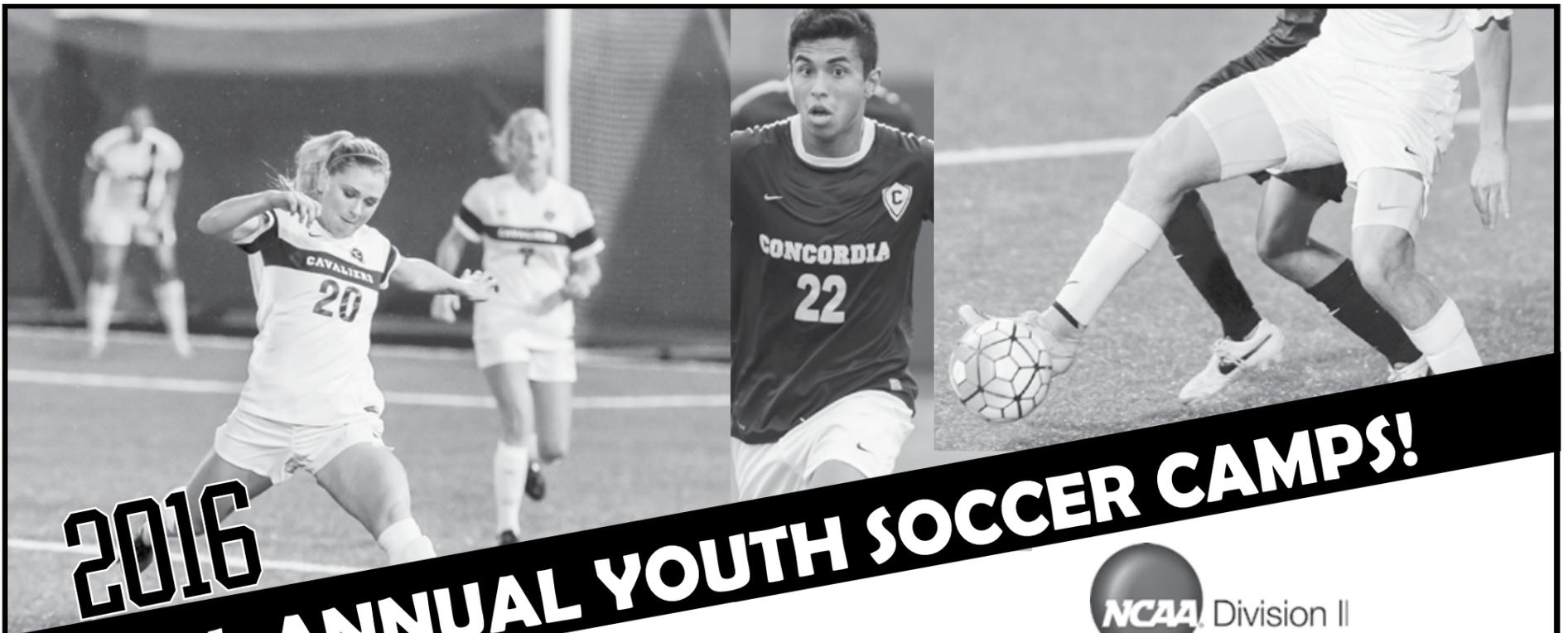
Growth habits of some common culinary herbs are:

Evergreen woody perennials: bay laurel, lavender, rosemary, and lemon verbena

Evergreen perennials: thyme

Herbaceous perennials: bee balm,

GOT NEWS?
email:
CNewsEditor@ConcordiaPDX.org



2016

27th ANNUAL YOUTH SOCCER CAMPS!



“Our curriculum encourages fundamental skills, cooperation, and creativity. Our camp environment is upbeat, fun, and positive, yet challenging.”

— D. Birkey,
Camp Director and Concordia Men's Soccer
Head Coach

YOUTH CAMP A
June 13 - 17, 2016
Boys & Girls, Ages 5 - 14

YOUTH CAMP C
July 11 - 15, 2016
Boys & Girls, Ages 5 - 14

YOUTH CAMP B
June 20 - 24, 2016
Boys & Girls, Ages 5 - 14

YOUTH CAMP D
July 25 - 29, 2016
Boys & Girls, Ages 5 - 14

OFFICIAL SPONSOR OF
CONCORDIA CAMPS



**CONCORDIA
UNIVERSITY**

2811 NE Holman Street
Portland, OR 97211

All camps will be held at the Concordia University
HILKEN COMMUNITY STADIUM, TUOMINEN YARD 2715 NE Liberty, Portland, OR

Register Today!: cu-portland.edu/concordia-youth-soccer-camps

Guardino Gallery

March 3-April 21
(Feature Area)
2939 NE Alberta, (503)281-9048
Patrick Noe creates what he terms terracotta paintings. He uses clay as his canvas and ceramic underglazes as the medium with which he paints.

March 31-April 26
(Main Gallery)

Sally Squire works with a variety of materials including clay and aluminum dryer vents to create her show "Collapsing Into Color," marrying color with texture and light.

Janet Ronacher's basket work employs plastic bags of various types; using the colors of the original bags by layering them and fusing them together to make fabric.

Lead-Safe Home Projects Workshop

March 31 & April 30
Before any demo, scraping, sanding, or remodeling in pre-1978 housing, check out this class! Register for the workshop at www.communityenergyproject.org or call (503) 284-6827 x109.

Thurs., March 31, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland

Sat., April 30, 10-11:30am - Home Depot (Mall 205), 10120 SE Washington St, Portland

Alberta Street Gallery: Thoughts Become Words

April 1 - 30
2724 NE Alberta Street, (503) 280-6329 or visit AlbertaStreetGallery.com
Featuring the work of Jordan Tarrant, thoughts become words and words become Jordan Tarrant's vibrant vision. Don a pair of 3D glasses and his paintings take on another realm of interactive perception.

Breaking Ground: A Celebration of Partnership & Progress

April 7, Thurs., 9:30am - 10:30am
3039 NE Rosa Park Way (at 29th). Let us know you're coming! RSVP to events@cu-portland.edu.
The future of education is at hand – and you're invited. Please join the Faubion School community, Portland Public Schools, Concordia University, Trillium Family Services, along with neighbors, partners and friends, for a free, community event to celebrate the partnership and progress on 3 to PhD® and the new \$48.5 million dollar investment in Northeast Portland!

Community Cooking @ St. Mike's

April 7, Thursday, 6-8 p.m.
All About Asparagus!
Want to make use of a seasonal vegetable but not too sure what to do with asparagus? Join us to try five quick and easy dishes that contain asparagus! (Asparagus and Tomato Salad, Roasted Asparagus with Parmesan, Dill Mushrooms and Asparagus, Asparagus Scones and Cream of Asparagus Soup).

April 21, Thurs., 6-8 p.m.
Check out the Czech dishes!
Learn how to make two Czech dishes: potato pancakes and a simple vegetable soup with dumplings! Suggested dona-

tion \$5 to help cover the cost of ingredients. Location is 6700 NE 29th Ave. (at the corner of 29th and Dekum) Questions? Contact Rachel Schweitzer by calling (503)997-2003 or st.mikes@kitchencommons.net with questions or to RSVP.

Learn to be a Lead Paddler

April 7 - Thurs. 5 p.m. - 7 p.m. & April 9 - Sat., 9: a.m. - 1: p.m.
Each year the Columbia Slough Watershed Council hosts dozens of educational paddling events that expose adults and children to the wonders of the Columbia Slough. We're seeking novice to advanced paddlers who would like to volunteer to assist with our Twilight Paddles, Slough School kids' paddles and our summer festivals! **Orientation Part 1** will focus on the logistical aspects of this volunteer team. **Orientation Part 2** on the following Saturday will include on-water skill building. Volunteers must attend each session.

Scheduling is flexible. Volunteers are expected to commit to 1-2 programs per month over the paddle season (May through August) with the option to continue with Fall programming. Before orientation, volunteers complete a short, informal interview with the Council's Volunteer Coordinator. Location is Whitaker Ponds Nature Park, 7040 NE 47th Ave., Portland. Visit www.columbiaslough.org to learn more.

Vernon School Auction 2016

April 9 (Time not provided)
You're Invited to the 2016 Auction on April 9! The evening auction is one of our school's most cherished events with dinner, drinks and bidding on items donated by Portland businesses, local artists and our own students. Past proceeds have paid for Vernon School's music program, new technology and student field trips. Buy tickets, and remember to invite family, friends, and/or prospective Vernon families. Buy a table and bring your own party. The auction is conducted by the Vernon P.T.A. For more information visit www.vernonpta.org/auction/ or email vernonauction2016@gmail.com. Contact Mandy Davis, auction chair by calling (503)724-0939.

Lead Poisoning Prevention Workshops

April 12, 19, 26, 30
See locations and details below. Free workshop where participants learn how to prevent lead exposure in their home. Register for the workshop at www.communityenergyproject.org or call (503) 284-6827 x109.

April 12, Tues., 6-7:30 p.m. - Community Energy Project, 2900 SE Stark St., Suite A, Portland, OR 97214

April 19, Tues., 6-7:30 p.m. - Hollywood Library, 4040 NE Tillamook St, Portland, OR 97212

April 26, Tues., 6pm -7:30 p.m. - Kenton Library, 8226 N Denver Ave., Portland

April 30, Sat., 6-7:30 p.m. - Belmont Library, 1038 SE Cesar E. Chavez Blvd., Portland

Downspout Disconnect Workshop

April 21, Thurs., 6 p.m. - 7:30 p.m.
Presented by the City of Portland Bureau of Environmental Services - Learn how disconnecting and maintaining your downspouts, gutters and storm-water systems benefits the environment and can get you a discount on stormwater utility fees. Hands-on demonstration allows you to learn to disconnect your downspout! Community Energy Project - 2900 SE Stark St, Suite A, Portland

Cermion House & Earth Arts NW host a gathering of Cascadians

April 22, Friday, 6 p.m. Humans from age 6 to 106 are invited to gather at Cerimon House on Friday, April 22 to celebrate Earth Day. Participate in art and ceremonial activities designed to help make a deep, personal connection with this place we call home, and with the plants and animals that live here with us. Festivities begin at 6p.m. Highlights of the evening include:
• Making species masks
• Sharing in a story that honors the natural history of our region
• Co-creating an Earth Song to celebrate the season
• Engaging with local naturalists and learning about the work of eco-innovators
• Becoming an advocate for a particular plant, animal or other part of our natural world

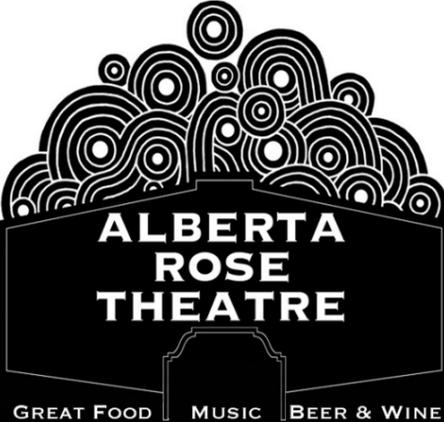
Suggested Donation: Adults \$5, Kids \$2 * Alternative story circle available for our youngest guests. Location is Cerimon House, 5131 NE 23RD Ave, Portland. For more information visit www.cerimonhouse.org or contact Judith Yeckel by calling (503)249-8159 or email judith.yeckel@gmail.com.

Naturescaping Basics

April 23, Sat., 9 a.m. - 1 p.m.
Learn the basics of designing and maintaining an urban yard that saves you time, money, and energy while also conserving water, building soil, and creating habitat for birds and pollinators. Our workshops are taught by a landscape professional and will cover site planning, attracting birds and beneficial insects, and reducing synthetic chemical use. You'll visit a nearby naturescaped project to see design principles in action and receive a comprehensive workbook and a free native plant to get you started. Whitaker Ponds Nature Park (7040 NE 47th Ave). Workshop provided by East Multnomah Soil & Water Conservation District, and is FREE. Please help us plan ahead by registering online at <http://emswcd.org/workshops> or call (503) 935-5368.

Urban Weeds Workshops

May 3, Tuesday 6:p.m. - 8:30 p.m.
Learn how to identify common garden and landscape weeds along with some other notorious plant invaders of the region. Gain an understanding of how these aggressive plants take over - and how to get the upper hand controlling their spread without turning to synthetic herbicides. Whitaker Ponds Nature Park (7040 NE 47th Ave). Workshop provided by East Multnomah Soil & Water Conservation District Workshop and is FREE. Please help us plan ahead by registering online at <http://emswcd.org/workshops> or call (503) 935-5368.



1	CARAVAN OF GLAM	5TH ANNUAL UMBRELLA FESTIVAL
2 PM	FAMILY PUPPET MATINEE	
2	NAUGHTY NAUTICAL ADULT CABARET	
3 PM	THE NEXT GENERATION STUDENT SHOWCASE	
3	CIRCUS FINALE	
5	PORTLAND OPERA PRESENTS A SONDHEIM CELEBRATION	
6	MAKANA & PAULA FUGA SOUL, SLACK, HAWAII	
7	MICHAEL MARTIN MURPHEY	
8	PETER MULVEY + SAM BAKER	
9	THE MYSTERY BOX SHOW	
14	FRIENDS OF CHAMBER MUSIC PRESENT THE HARLEM QUARTET	
15	HEATHER NOVA + CHRIS RIFFLE	
16	SIREN NATION PRESENTS LADY SINGS THE BLUES A TRIBUTE TO BILLIE HOLIDAY	
17	SOUL'D OUT MUSIC FESTIVAL GOGO PENGUIN • IAN ETHAN CASE • KMH'D'S DJ DEREK SMITH	
19	OREGON HUMANITIES PRESENTS THINK & DRINK WITH HÉCTOR TOBAR	
20	KEITH GREENINGER TAYLOR JOHN WILLIAMS DAVID JACOBS-STRAIN	
21	NORTHWEST HORN ORCHESTRA 10TH ANNIVERSARY JUBILEE	
22	JOHN GORKA	
24	"ALL OF ME" RENEE TERILL SINGS THE GREAT AMERICAN SONGBOOK WITH THE MIKE HORSFALL TRIO	
28	AN EVENING WITH GENE LUEN YANG	
29	SEPIATONIC PRESENTS BRIDGE THE GAP	
30	HEART LIKE A WHEEL LINDA RONSTADT TRIBUTE + FUNDRAISER	

ALBERTAROSETHEATRE.COM
503.764.4131
3000 NE ALBERTA