



CONCORDIA NEWS

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

November 2016

IN THIS ISSUE

Chair's corner	2
Concordia murals	3
Lead poisoning	4
Appeal demolition	5
LUTC activities	6
Development 101	7
Interpret dreams	9
Ask the historian	11
Neighborhood events	12

Concordia News

is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia neighborhood.

Mission Statement

To connect Concordia residents and businesses — inform, educate and report on activities, issues and opportunities of the neighborhood.

Website

ConcordiaPDX.org

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

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

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

P.O. Box 11194
Portland, OR 97211

Make your voice heard locally Nov. 8

- Elect board members
- Talk with city commissioner Amanda Fritz
- Discuss truly local issues

Details on Page 3

CNA Annual Membership Meeting
Tuesday, Nov. 8, 7 p.m.
McMenamins Kennedy School Community Room

Photos examine life along Line 75



By Riley O'Boyle

Living in Portland for two decades, photographer Geoffrey Hiller rarely rode the bus until last year.

When he lived in New York back in the 1980s, he had worked on a photo essay featuring the A-Train. But it wasn't until returning home to Portland from a 2015 trip to Myanmar that he really noticed Bus 75.

"I wanted the energy from the trip to keep going, so I began The Hidden Portland project, which captures life along the 75 route, and it developed organically," he said.

In May 2015, Geoffrey boarded the 75 — the bus closest to his home — getting on and off at different stops to strike up conversations at various businesses, as well as focusing his camera on the cityscape.

With a grant from the Regional Arts and Culture Council, he produced a blog and exhibit, featuring locations within a city block of the bus route, a 20-mile stretch between downtown Milwaukie and St. Johns. That includes the length of Concordia neighborhood on 42nd Avenue.

Hiller brought on board writer Tom Vandel to contribute text to the work, and the pair published an illustrated post every Monday on Bus75.org.

"While I certainly acknowledge there's an aspect of the project that focuses on the disappearing Portland, I didn't intend to make overt commentary on it," Geoffrey explained. "A lot of people are trying to pick up on the gentrification aspect of the project, and we can't deny that. We know it exists. We allude to it."

"But at the end of the day, we are trying to get at something beyond that," he added. "I'm looking for a different angle, something that will fill in the blanks between the story of gentrification and the celebration of the old Portland."

"There are ideas and themes that a photograph can hint at, even when words



Geoffrey Hiller (left) and Tom Vandel rode TriMet Line 75 for months to cover — in photos and words — the pulse of society along its route from Milwaukie to St. Johns via 42nd Avenue. The project is on exhibit at Concordia University.

"I'm looking for a different angle, something that will fill in the blanks between the story of gentrification and the celebration of the old Portland."

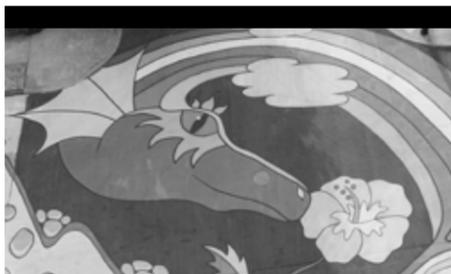
Geoffrey Hiller

fail to describe them. That's what I seek out."

The project blog will continue until the end of December. The Hidden Portland exhibit is on display in the George R. White Library Learning Center at Concordia University through Dec. 18. It includes several photos that never made it into the blog.

Riley, certified engineer in train-

ing, graduated from Oregon Institute of Technology with a degree in civil engineering, with an extracurricular focus and interest in community engagement through written and visual media. New to Portland, he pursues a career in stormwater management, while he continues the practice of written and visual media production. Contact him RSOB-boyle13@gmail.com.



STREET MURAL MEMORIAL

This mural at 32nd and Sumner honors neighbor Brook Irwin, who lost her fight with cancer.

See Page 3



GOALS CAN ALIGN

Communities and developers can work together to build great projects today.

See Page 7



DREAM INTERPRETER

Chyrese Soubasis helps unlock the mysteries of dream symbols and imagery.

See Page 9

CHAIR'S CORNER

ISAAC QUINTERO
Chair
Concordia Neighborhood Association



Nov. 8 is our chance to work toward real change

Hello neighbor. Thanks for checking back in. With the upcoming presidential election just around the corner, many will be voting against someone as opposed to voting for someone – a sorry state of affairs when so many believe they are voting not for the one who would best represent them, but to keep the other from getting into office.

How did this happen? Some can say the two major political parties were asleep at the wheel and not in touch with the people. Party establishments still believe what worked in the past works today. (In the '50s the thinking was "What's good for General Motors is good for the U.S.A. – and vice versa!" But... As GM went, so did the nation).

While we will more than likely look back on this upcoming election as a sad commentary on our political system, it is also a wake-up call for us to consider what we as individuals must do to bring about change. Or will we continue to have our "leaders" continue on the path of making policy for us based on what lobbyists are able to sell? I think Portlanders and Concordia neighbors particularly are ready for the challenge.

CNews has run articles of deep concern, the board has been the place where neighbors have brought grievances to be championed for them at city hall and those are the stories that get the headlines. But take another look and you will find behind the scenes many success stories of people doing what neighbors do: coming to the assistance of others and finding ways of making this a better place for all of us.

We think globally and so many of you act locally. Can we say what works for the Concordia neighborhood works for the population of the larger Portland? Well I think so! And I believe we can make positive change as long as we remember this will not happen if we wait for a written invitation.

This is no time to wait for leadership to come from top down, but instead an inversion with city representatives in the audience listening to us on the podium speaking our goals and dreams for a better life.

We have a unique opportunity to have direct input when city commissioner Amanda Fritz attends our Nov. 8 CNA Annual Membership Meeting in the Kennedy School Community Room. Rare, if ever, has a city commissioner come to us to hear us out. So do not let this occasion pass us by. And, just as important, let her understand by seeing a large number of you that night how important it is for her to stay in touch with us.

The CNA Annual Membership Meeting is on the same day as the presidential election, when many will be glued to the TV for results. But nothing we do at that point will make a difference. HOWEVER.... your attendance in greater numbers than ever before will let the commissioner hear what is really on your mind.

CNA Annual Membership Meetings usually have attendance of 40. Let's make it 90 this time and be the start of real change.

By the way, I'm still considering which are my favorite Concordia alleys.

Isaac

Concordia Neighborhood Association

MEETINGS

Board Meeting

Tuesday, Nov. 8, 6 p.m.
2nd Tuesday of the month
McMenamins Kennedy School Community Room

Annual Membership Meeting

Tuesday, Nov. 8, 7 p.m.
McMenamins Kennedy School Community Room

Social Committee

If you'd like to help plan the annual CNA Holiday Party for December and/or plan other fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team

Tuesday, Nov. 15, 6 p.m.
3rd Tuesday of the month
4910 N.E. 34th Ave. (private home)
Contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

Wednesday, Nov. 16, 7 p.m.
3rd Wednesday of the month
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org

CONTACTS

CNA Chair

Isaac Quintero, Chair@ConcordiaPDX.org, 503.351.4585

CNA Vice Chair Chris Lopez

ViceChair@ConcordiaPDX.org

CNA Secretary

Ali Novak, Secretary@ConcordiaPDX.org

CNA Treasurer

Robert Bowles, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator

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

Neighborhood Response Team Officer

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

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

CNA Board Advisers: Steve Elder & Daniel Greenstadt

Interim Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503-515-8209

CNews Editor: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245

CNews Graphic Designer: Gordon Riggs

Multi-Media Graphic Designer: Tom Faulkner

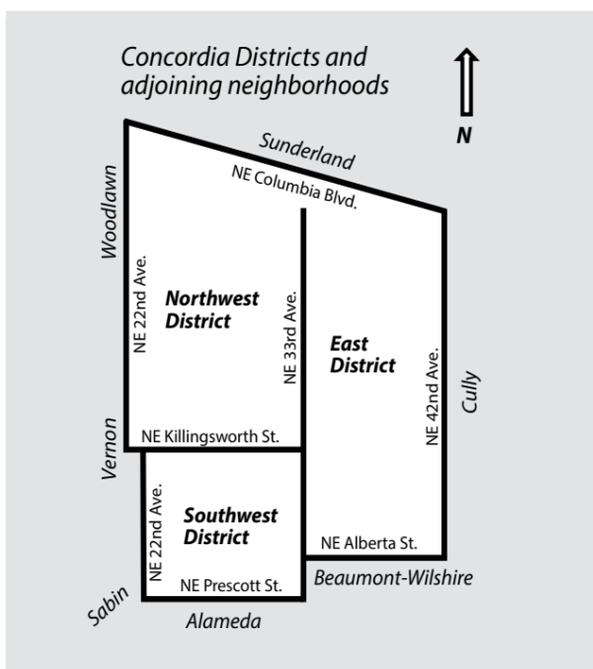
Media Team Writers: Kathy Crabtree, Susan Trabucco,

Nancy Varekamp, Carrie Wenninger, Dan Werle

Website Managers: Michael French, Tami Fung

Facebook Manager: Eric Hoyer

Advertising Representative: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178



CNA Board of Directors (Elected Jan. 1, 2016)

- East 1 | East1@ConcordiaPDX.org Steve Elder
- East 2 | East2@ConcordiaPDX.org Vacant
- Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
- Northwest 2 | NW2@ConcordiaPDX.org Sean Duffy
- Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
- Southwest 2 | SW2@ConcordiaPDX.org Daniel Greenstadt
- At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
- At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
- At Large 3 | AL3@ConcordiaPDX.org Joe Culhane
- At Large 4 | AL4@ConcordiaPDX.org Ali Novak
- At Large 5 | AL5@ConcordiaPDX.org Chris Lopez
- At Large 6 | AL6@ConcordiaPDX.org Truls Neal

Need a place for your party?
The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.
\$15/hr. for nonprofits. All others just \$25/hr.
Email: CommunityRoom@ConcordiaPDX.org

The holidays are coming! The holidays are coming!

Before your calendar fills up, mark **Tuesday, Dec. 13**, for the **Concordia Neighborhood Association Holiday Party**, from **7 to 9 p.m. at Cerimon House**, 5131 NE 23rd Ave.

Come for scrumptious desserts and savory treats, with plenty of nonalcoholic beverages. Holiday music, with special performance by the **Faubion School Choir**, and festivities for the tykes top off the event.

All residents and business owners of the Concordia neighborhood are invited to the free holiday festivities.

The holiday party is a great way to meet new neighbors and mix and mingle with friends – old and new – in a festive and family-friendly atmosphere.

If you would like to help organize the annual event, contact Katie at Social@ConcordiaPDX.org or 503.449.9690.

Concordia murals

The Rainbow Dragon graces intersection

By Carrie Wenninger
CNA Media Team

At right, intersection of
Sumner Street and 32nd
Avenue. Photo by Rob
Rogers, Above Imaging

This month's featured mural is unusual because its canvas is not the side of a building, but the blacktop!

Mural location: Intersection of Sumner Street and 32nd Avenue

Artists: This mural was created in conjunction with the Village Building Convergence (VBC), part of the City Repair Project. Good neighbor Taylor Nehrling spearheaded the effort, bringing the community together to paint a tribute to Brook Irwin, who lost her fight with cancer the year prior, and to honor Brook's husband and son, who reside in the family home at the corner of this intersection.

What the artwork represents: In a word: community. The design was inspired by the things that Brook loved...

from stones for her affinity for geology, and hibiscus and waterfalls representing her affection for Hawaii. Even her name runs through it as moving water. The dragon motif evolved spontaneously as neighbors worked together on the design.

Age of mural: It was painted in spring 2015 with donations from VBC, Concordia Neighborhood Association, local realtor Mark Charlesworth and neighbors.

Fun fact: The stepping stones running through the brook offer both the idea of safety as well as a playful, skipping opportunity for passersby.



Make your voice heard Nov. 8 at annual meeting

While national, state and local election results are rolling in Tuesday, Nov. 8 – and when you're waiting to hear the results – you can make a big difference far more locally.

Attend the Concordia Neighborhood Association (CNA) Annual Membership Meeting at 7 p.m. in McMenamins Kennedy School Community room.

Portland city commissioner Amanda Fritz is invited to share her vision for the area's future, and to listen to yours.

And you can cast your votes to fill openings on the board of directors. Plus you can become involved in the exciting and worthwhile CNA projects and events planned for 2017.

CNA members elect approximately half of the board positions every November at the CNA Annual Membership Meeting. This year, those positions are:

- Chair, one year

- Southwest2, two years
- Northwest2, two years
- East1, one year
- East2, two years
- At-large2, two years
- At-large 4, two years
- At-large 6, two years

The nominating committee has already received several applications, and there is still time to throw your hat into the ring.

If you have a passion for your community and know you want to make a positive change right here where you live, send an email to East1@ConcordiaPDX.org or nominate yourself at the meeting.

A candidate must be a CNA member – the primary qualification is residency or owning property or a business within the neighborhood. See the map on the opposite page for CNA and district boundaries. The age minimum is 14 years, and any nominee younger than 18 must have

written permission from a parent.

You will be asked to sign in at the meeting and confirm your CNA membership.

Terms begin in January 2017. Each board member commits to attending monthly board meetings, attending regular and special membership meetings, attending CNA-sponsored events and membership on at least one CNA committee.

Board members should be willing to

represent the community to the city on issues such as land use, livability and safety. They are also ambassadors within the neighborhood and at association events.

CNA partners with local government through the Office of Neighborhood Involvement, Northeast Coalition of Neighborhoods and other local civic groups.

For complete details on CNA elections and positions, visit ConcordiaPDX.org/about-cna/bylaws/.

METICULOUS
PLUMBING
HOME SERVICES LLC

“Portland’s Painless
Professional Plumber”

(503) 208-2812
www.meticulousplumbing.com

We really are pretty likable.





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

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

KENNEDY SCHOOL McMenamins

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

Thursday, November 3

Michael Berly and the Yellers

Americana, folk, bluegrass
Gym • 7 p.m.

Tuesday, November 8

RACE TALKS: An Opportunity
for Dialogue
"REDEEMING THE SOUL OF
AMERICA: RACE, JUSTICE AND
RECONCILIATION": THE 2016
COLLINS LECTURE BY
Rev. Dr. Otis Moss III

Gym • 6 p.m. doors; 7 p.m. event

Thursday, November 10

PREMIERE OF OPB'S
OREGON EXPERIENCE:
"VANPORT"

With an introduction and
Q&A with producer
Nadine Jelsing

Theater • 6:30 p.m. doors, 7 p.m. event

Thursday, November 10

**MEXICAN
GUNFIGHT**

Seasoned & soulful songcraft
Gym • 7 p.m.

Friday, November 11

RELEASE OF
**KRIS KRINGLE
SEASONAL ALE**

On tap and in bottles through the holidays.

Thursday, November 17

GREAT NORTHWEST MUSIC TOUR
**freak mountain
ramblers**

Hilltop rock
Gym • 7 p.m.

Thursday, November 17

**LIMITED-EDITION
BEER TASTING**

5 p.m. 'til 7 p.m.
Brewery • 21 & over

Thursday, November 24

**THANKSGIVING
BUFFET**

Classic dishes plus unique sides.

1 p.m. 'til 7 p.m.
\$32 adults, \$20 kids 5-12
Reservations required

Monday, November 28

HISTORY PUB:
"The Story of the
Triple Nickle: Black
Paratroopers in
Washington State"

Theater • 6 p.m. doors; 7 p.m. event



Water isn't the only risk for lead poisoning



By Nancy Varekamp
CNews Editor

Last spring's reports about lead in the water at local schools heightened awareness about lead poisoning risks.

But exposure from lead solder in home plumbing systems is more likely to appear in homes built after 1970. The threat in the older housing stock in Concordia – and an estimated 80 percent of Multnomah County – is from lead-based paint that wasn't banned until 1978.

"Homes built before 1940 have a 90 percent chance of containing lead-based paint," estimated Sherrie Pelsma, Community Energy Project (CEP) program director. The nonprofit organization works to empower people to maintain healthier, more livable homes.

CEP offers workshops year round to help Portland-area residents understand and reduce the risks of lead exposure.

Children from the womb to age 6 are especially vulnerable because lead in the

"Homes built before 1940 have a 90 percent chance of containing lead-based paint."

Sherrie Pelsma

blood can affect brain development. Recent studies concluded lead-related cognitive decadence in children can lead to:

- Brain and nerve damage
- Learning disabilities
- Behavior and/or attention deficit disorders
- Organ, blood, muscle and/or bone damage
- Hearing loss

The U.S. Centers for Disease Control and Prevention estimates 535,000 of the country's children ages 1-5 have lead poisoning. Blood tests are recommended for children ages 6 to 12 months and again at 24 months.

Lead settles anywhere

According to Pelsma, lead dust – from



Residents of Concordia neighborhood are at larger risk of lead poisoning from paint than water, due to the age of the housing stock. Photo by Rob Rogers, Above Imaging

paint and even gasoline fumes prior to 1986 – can settle anywhere. From paint, that's most likely below a roof's drip line, and from gas fumes it's in gardens near street curbs. In the soil, lead never breaks down.

Newer paint wears through at points of friction, like double-hung windows. Even mini blinds manufactured before 1997 contain lead and shed the dust as they deteriorate.

"Lead that is inhaled is absorbed at 100 percent strength by children and adults," Pelsma said. "If consumed – in foods or liquids – adults absorb 10 percent and children 50."

"The only way to be sure of recent lead exposure is to have your blood tested."

Lead workshops abound

CEP delivers about 80 "Lead 101" workshops per year and 15 "Lead-Safe Home Projects" sessions for do-it-yourself remodelers. (Workshops open to the public are listed on Page 12.)

They cover much more than lead poisoning risks. They feature detection,

prevention, and basic lead-safe work practices. They also introduce the several organizations that partner to help residents and businesses mitigate hazards.

Check back with CNews next month for details on tips and services to help you curb lead in your home.

Help for you and your home

Community Energy Project

CommunityEnergyProject.org/services/lead-poisoning-prevention-workshops/503.284.6827

Multnomah County Health Department

MultCo.us/health/lead-poisoning-prevention
503.988.4000

Oregon Health Authority

Public.Health.oregon.gov/
971.673.0440

Portland Water Bureau

PortlandOregon.gov/water/29587
503.823.1547

Want to Write?

Be a beat reporter for CNews, and experience the thrill of bringing relevant info to Concordia readers!

Pick a subject of your choice: events, new businesses, schools, etc.

Interested? EMAIL US TODAY!
CNewsEditor@ConcordiaPDX.org



Find more news on our website.
www.concordiapdx.org

GINA LEVINE: Ad Sales Rep with Attitude

Smart, Funny, Confident & Concordia Resident

To advertise in CNews contact her TODAY!

CNewsBusiness@ConcordiaPDX.org
503.891.7178



Here's the DIY process to battle demolition



By Steve Elder
CNA Media Team

It started when neighbors of a house on 35th Avenue got notice that a development group had applied to demolish the house.

A permit is issued in 35 days if no one appeals. There is a \$1,318 filing fee to apply for delay unless a neighborhood association seeks a waiver. Concordia Neighborhood Association Board members unanimously went along, and a neighbor, Tricia, signed as appellant to seek the delay.

You must closely follow the rules to successfully pursue a demolition delay. Start by reading the appeal application carefully. Read the guide by Restore Oregon and Portland Bureau of Development Services. Attend a hearing or listen to an online recording of a previous

hearing.

There are four requirements for a successful delay appeal, which must be met or the appeal will be denied without a hearing.

- Notify all permit applicants by certified mail. Ask for a meeting. Keep copies for the appeal.
- Show the property's significance. This was tricky. The target looked ordinary but was affordable by first time homebuyers.
- Describe a plan to save the house. The target was ready for occupancy – maybe remodel the kitchen or add an auxiliary dwelling unit.
- Show you can afford to buy the house. The sale to the developer was not recorded, so Tricia had to guess the price. She used the tax value plus an estimate for a kitchen remodel and ADU. Tricia

is an investor and showed she could borrow against the value of her property on short notice for enough to buy and improve the target house.

If your written appeal meets the four criteria, a hearing date is set. In this case, the hearings officer was polite, but very firm. Your hearings officer may only consider the four core issues, and courtroom procedure is followed. In this case, the developer didn't object, so Tricia's evidence was accepted by default.

She won the delay, so no permit could be issued for 60 days. The ostensible purpose of the delay is to let parties seek an alternative to demolition, but the developer isn't required to negotiate.

Editor's note: This is the first in a CNews series of stories about local housing challenges and solutions. If you have ideas for future installments, send them to CNewsEditor@Concordia.org.

Opinion:

We need green spaces throughout Concordia



By Kimasue Garrison

With the changes happening in our neighborhood, including the demolition of small(er) houses replaced with big(ger) houses – that have virtually no yard –

I'm inclined to write about the benefits of green spaces.

Trees provide so many benefits:

- They provide habitat for birds and other wildlife, help to keep the city and houses cool in the summer months and thus reduce energy bills, clean the air, reduce global warming, and reduce noise pollution and dust.
- Fruit and nut trees can be a food source for humans and wildlife. Studies show that tree-lined streets instead of barren streets have less crime, including domestic violence.
- Children with attention deficit hyperactivity disorder can perform and concentrate better when there are trees outside their classroom windows.
- Drivers tend to maneuver their cars slower on tree-lined streets, and that

provides traffic calming.

- Trees help reduce storm water runoff and soil erosion. Studies show residents walk more on streets with trees, and houses with trees – especially mature trees – have higher property values. There are so many studies regarding trees, and all point to advantages and benefits for people and the planet.
- Leaving some room for a yard when building a new house can provide a place for kids to play. It allows garden space – a chance for old and young alike to get their hands in the dirt, and to experience the miracle of growing your own veggies!
- Research shows being in nature can immediately lower blood pressure and improve mental health. If we can make our city and neighborhoods feel more like a nature reserve, we'll all benefit!

This could include building with intention – smaller houses perhaps – plus reclaiming alleyways and planting along the parking strips. Check with Friends of Trees for trees that are appropriate to plant along parking strips.

Fall is a great time to plant trees for a greener Portland!

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

Share the story of your life

Alberta Main Street's Equitable Placemaking Historical Marker Outreach Project is seeking stories that document the history of the African American community on Alberta Street.

Stories will be included on the Alberta Main Street website, and selected stories will be the basis of historical and cultural markers on Alberta Street between 10th and 31st avenues.

If your story is selected for a historical marker on Alberta Street, you will receive a \$500 stipend to participate in the marker design process.

Business owners, residents, and visitors are all invited to submit stories. You may submit a written story, photographs or other documents: on AlbertaMainSt.org, send them to

Stories@AlbertaMainSt.org or 1722 N.E. Alberta St., 97211. All stories require a signed Life History Form and Informed Consent and Copyright Permission Form, available at AlbertaMainSt.org.

Oral Histories may be recorded at a Wednesday, Nov.9, community meeting from 6:30 to 8 p.m. at Cerimon House, 5131 N.E. 23rd Ave. RSVPs may be made at AlbertaMainSt.org. Other oral histories may be uploaded electronically at AlbertaMainSt.org or by scheduling an appointment by calling 503.683.3252, ext. 2.

For details and/or to ask questions, Kenya Budd, Alberta Main Street Equity and Engagement coordinator, may be reached at that phone number and at Kenya@AlbertaMainSt.org.

Contributed by Alberta Main Street

25% OFF
your next
visit

*Flowers
in
flight*

Your Neighborhood Florist

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

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

Remodeling In Your Neighborhood Since 2001

ReCraft Home Remodeling

recrafthome.com
503.680.0939

Licensed, Bonded, Insured • CCB #206087

CNA adopts residential infill project position



By Garlynn Woodsong
Chair, CNA LUTC

Homes in our single-family residential zones have ceased to become affordable to the average Portland family.

Demolitions are rampant. Yet, they mostly consist of the replacement of one smaller, older single-family home with one larger, new single-family home. Developers seek to increase the amount of square footage to multiply by the cost per square foot of comparable nearby homes to make a profit.

This results in more large, expensive homes that aren't affordable to most of the families who might be able to fully use their space, and generally are purchased by people of means who don't actually need all that space.

Supply is not meeting demand, and it is prevented from doing so by our existing zoning code.

The decision point we find ourselves

at is: do we allow this situation to continue and worsen, or do we take steps to fix it?

Concordia Neighborhood Association (CNA) has chosen to proactively seek to fix it.

After the Land Use & Transportation Committee (LUTC) spent months reviewing the Residential Infill Project in great detail, the CNA Board enthusiastically voted to support its recommendation. That is to fully endorse and support the Housing Diversity Perspective supported by the vast majority of the Residential Infill Project's Stakeholder Advisory Committee.

This position is based on an overriding belief that our neighborhoods should be regulated based on the form and scale of buildings (using a "form-based code"), rather than limiting the number of units within a structure or on a lot with density-based regulations.

One way that scale is regulated is using floor area ratio (FAR), which is calculated as the area of above ground building to lot area. A 2,500 square foot house

on a 5,000 square foot lot thus has an FAR of 0.5. One way to encourage affordability as an outcome would be to incentivize the construction of multiple units by providing FAR bonuses when multiple units are proposed instead of detached single-family houses.

CNA endorses the Housing Diversity Perspective with three caveats:

1. In the R2.5 zone, minimum front setbacks should remain at 10 feet, except where less is allowed due to the context of neighboring properties. The maximum allowable height in the R2.5 zone should remain at 35 feet. The R2.5 zone is the transition zone between the lower-intensity R5 zone and adjacent centers and corridors. As such, it should have a more urban feel, including taller allowed heights, smaller allowed setbacks, and higher FARs.
2. Neighborhoods shall have the ability to work with city staff to devise and adopt – and have the Bureau of Development Services regulate and

oversee – neighborhood or area-specific design standards. This will allow neighborhoods to articulate their own visions for the characters of development within their boundaries, and thus fine-tune elements of building form to incrementally achieve that vision.

3. Allowable FAR should be 0.9 – not 0.5 – in the R5 zone (and thus, it should be even higher in the R2.5 zone). This would allow for a full two-story house that covers 45 percent of a lot.

CNA thus seeks to encourage the city to adopt term sheets this year, to guide code development next year to implement the Housing Diversity Perspective with these caveats and adjustments.

This would allow neighborhoods to determine their future destiny in terms of the character of future development, while allowing for the diversity of housing types that must be built for supply to come back into balance with the changing demographic demands of future generations.

Land use, transportation & livability update



By Ben Earle
Secretary, CNA LUTC

Once again, there're lots of land use winds blowing, so it's time to forge ahead before the clocks fall back.

(for) transporting or storing fossil fuels" in the city. Eight months later, the resulting Proposed Draft of Fossil Fuel Terminal Zoning Amendments unfortunately falls short.

The CNA Board approved submitting a letter in support of keeping fuel storage capacity within limited parameters and dedicating staff and resources to meet the required regulatory oversight and enforcement.

To find out more and weigh in, visit PortlandOregon.gov/bps/71118 or call 503.823.3527.

Portland 2035 Comprehensive Plan

See the story above about the CNA letter supporting a modified version of the Residential Infill Project's (RIP) Housing Diversity Perspective. The city council will hold a public hearing Nov. 9 on the final RIP "term sheets," and a hearing plus possible vote Nov. 16. The last hearing on commissioner-sponsored amendments to the plan's "Early Implementation Package" will be Nov. 17 with a final vote sometime in December.

For more information and to comment, visit [PortlandOregon.gov/bps/ar-](http://PortlandOregon.gov/bps/ar-ticle/57352)

[ticle/57352](http://PortlandOregon.gov/bps/ar-ticle/57352) or call 503.823.7700.

Bighouse developments

We are pleased to report that communications with Brian Spencer, developer of the mixed use residential and commercial project underway at 30th Avenue and Killingsworth Street, recently took a welcome turn when he met with Land Use, Transportation & Livability Committee chair Garlynn Woodsong and Portland-based urban development consultant Michele Reeves (see her story on Page 7). They discussed this new building's important role in the evolving growth of this unique urban corner.

We appreciate Brian meeting in good faith to help us better understand not just the business realities of the undertaking, but also bring us into the loop regarding practical considerations impacting the neighborhood throughout the construction process, projected for completion mid next year. He additionally expressed willingness to look into beneficial options, such as possible dedicated car-share space on the 30th Avenue side.

Look for ongoing project status and key construction milestones in future LUTC Updates and on ConcordiaPDX.org.

[org/category/land-use-livability/](http://ConcordiaPDX.org/category/land-use-livability/).

Concordia Design Standards

We've come a long way since early 2015 when the LUTC began to confront the full impact on our neighborhood of both increased residential and mixed use developments and the looming Portland 2035 Comprehensive Plan changes. Bolstered by the many lessons learned, we are now ready to launch early next year the much needed Concordia Design Standards initiative. The goals are to engage developers and planners early on, establish positive relationships that allow for constructive community input to the design of new buildings, and craft good neighbor agreements when appropriate for commercial properties.

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

Highway 30 traffic safety

Although the Safety and Active Transportation Enhancements project the Oregon Department of Transportation (ODOT) is undertaking for the U.S. Highway 30 corridor from St. Johns to Northeast 162nd Avenue is encouraging, serious pedestrian and bicyclist safety issues remain. The Concordia Neighborhood Association (CNA) Board therefore authorized sending a letter to ODOT management and state leaders asking for specific solutions to address the serious safety deficiencies along the highway's Concordia stretch.

Fossil Fuel Terminal Rezoning

Last November, the Portland City Council passed a historic resolution to "oppose expansion of infrastructure ...



Trinity Lutheran Christian School



Pre-school–8th Grade • Enroll At Anytime

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

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

503.288.6403 • TrinityPortland.org
5520 NE Killingsworth

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



What's Selling in Concordia?

197

Homes sold in RMLS in last 12 months as of Oct 7th

Avg. Days on Market:..... 26	Average List:\$493,193
Avg. Cumulative Days on Market26	Median List:\$452,500
Median Days on Market:8	Average List \$ per square foot:\$255
Median Cumulative Days on Market8	Average Sold \$ per square foot:\$259
Avg. square feet:1,931	Median Sale Price:\$488,500
Median square feet:1,912	Average Sale Price: \$500,521

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

Developer realities, neighbors' goals can align



By Michele Reeves
Civilis Consultants

Portland's neighborhoods are going to see a lot of new development and density over the next decade because our region has both an urban

growth boundary and a high demand for housing due to a sizeable influx of people moving here.

So how can communities and developers work together to build great projects today that people will be fighting to save in 50 years? It's pretty straightforward: we all have to share the same vocabulary about how mixed-use districts function, and also share an understanding of the economic issues that govern new construction.

Here are some of the lessons I have learned in regard to developing that shared lexicon between cities, neighborhoods and property owners around the country:

1. **Get educated.** If you are going to be interacting with owners and opining on their business – which is making money from real estate – you better know something about the economic, policy and market realities of what they do so you can have a productive conversation rooted in realism.

2. **Just the facts, ma'am.** Owners and developers care about economics above all else because, despite what the public thinks, development is very risky. (In the recent recession, many developers lost everything.) As a result, owners really don't want to hear suggestions from the community that aren't pragmatic and that don't make financial sense. Happily, most of the fundamentals of good placemaking make financial sense too, so there is a lot of common ground to explore.

3. **Start early.** If you want to have an impact on a project, you have to begin forging relationships early. Time is money in any type of development, and a developer can't change gears late in the game without incurring devastating economic impact.

4. **Start small.** Take a few of your most educated and knowledgeable neighborhood folks and have small meetings with developers in the early stages to voice neighborhood concerns, give market-based feedback, and get to know one another as human beings. You can slowly work up to larger public meetings after trust is established and real bonds have been formed.

5. **Help with public relations.** A district association can become the



Community members from around the state gather to learn about development so they can positively contribute to the improvement of their own neighborhoods and towns. Photo courtesy of 2015 Oregon Main Street Conference, The Dalles.

trusted conduit for information about the development to the community, providing updates on timelines, helping to hammer out good neighbor issues during construction, scheduling sneak peek tours, etc. This is a great way to develop a productive relationship with an owner.

feels and functions economically. So don't alienate owners. Work with them instead. Be prepared, be informed and make your case that there's a real economic benefit to pursue the development approaches that make neighborhoods happy.

Michele is an urban strategist and founder of Civilis Consultants, whose representatives collaborate and consult with cities around the United States on issues related to economic development, placemaking and business.

Remember, property owners control how buildings look and what types of tenants go into those buildings, which is pretty much game, set and match when it comes to how a mixed-use district looks,

Board bullets: news from your Neighborhood association board

At its Oct. 11 meeting, the Concordia Neighborhood Association (CNA) Board:

- Discussed the board election and open board positions: The election is at the CNA Annual Membership Meeting Tuesday, Nov. 8, at 7 p.m. in the McMenamins Kennedy School Community Room. See details about the election – and how you can get involved – in the CNews story on Page 3.
- Heard from the Social Committee: Planning has begun for the annual holiday party scheduled for Dec. 13 from 7 to 9 p.m. at Cerimon House. Approval was given for the Portland Backpack Lunch Program – which helps feed kids in need at Faubion Elementary and other schools in northeast Portland – to be the designated charity for the holiday party. Donations of food or

money will be accepted at the party to support this important program.

- Reviewed Land Use and Transportation Committee (LUTC) updates: The recommendation was presented for board action to submit a letter to the city related to the draft fossil fuel policy being considered by city council. The LUTC also gave an update regarding follow up with the Oregon Department of Transportation related to bicycle and pedestrian safety on Highway 30, in response to a cyclist death at 42nd Avenue and Highway 30 last year.
- The next board meeting is Tuesday, Nov. 8, at 6 p.m. in McMenamins Kennedy School Community Room at 6 p.m., followed by the CNA Annual Membership Meeting at 7. The meeting is open to all.

“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



Need a place for your PARTY?

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

\$15/hour for nonprofit organizations.
All others just \$25/hour.

Email: CommunityRoom@ConcordiaPDX.org



“Arise, shine, for your light
has come, and the glory of the
Lord rises upon you!”
Isaiah 60:1

The Christmas Chorale

A Service of Lessons
and Carols

Featuring Concordia’s
music ensembles



CONCORDIA
UNIVERSITY

—PORTLAND, OREGON—

Concordia University’s 66th Annual Christmas Tradition

The Christmas Chorale

Friday, December 2 | 7–8:30 pm

Saturday, December 3 | 7–8:30 pm

Sunday, December 4 | 3–4:30 pm

St. Michael’s Lutheran Church | 6700 NE 29th Avenue, Portland

ADMISSION IS FREE. DONATIONS ARE ACCEPTED.

Also, please join us on Tuesday, November 29 from 6–7 pm

Community Christmas Tree Lighting
Featuring Concordia Brass Ensemble and Concert Choir

George R. White Library & Learning Center | 2800 NE Liberty Street, Portland

WWW.CU-PORTLAND.EDU/CHRISTMASCHORALE

‘Being Mortal’ author does great service for all ages



Keren Brown Wilson

Those familiar with life in the Northwest tout September and October as having some of the nicest weather – Indian summer as it is fondly called. The cool temperatures at the beginning of September make us hope we will have many more warm sunny days that describe an Indian summer.

Later life can be like an Indian summer. While chronic conditions might cause days when we don’t feel up to snuff, most of us enjoy prolonged periods when we feel good, have lots of energy and a long list of things to do. But for many, life eventually catches up. We find ourselves faced with tough situations, if not for ourselves, for those we care about – our spouse, life partners, siblings and friends. These situations may result in profound loss, including disability or even death.

For days ahead, when the weather makes you want to stay indoors, I suggest reading a book that will give you lots

to think about. “Being Mortal” by Atul Gawande is a best seller that explores the topics of aging, death and dying. He aptly recognizes that too often our society is focused on disease, not living life, when talking about aging.

We only need to think of many conversations we have had when talk is exclusively about tests, prognosis and treatment. Gawande does a great service by helping us examine a complex and emotionally fraught topic.

This book can help clarify our own views and share them with people we care about. Gaining such insight helps us get on with the job of living the remainder of our life as fully as possible. So make the most of your Indian summer and fill your life with purpose.

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

Holiday event slated for Dec. 13

The holidays are coming! The holidays are coming! Before your calendar fills up, mark Tuesday, Dec. 13, for the Concordia Neighborhood Association (CNA) Holiday Party, from 7 to 9 p.m. at Cerimon House, 5131 NE 23rd Ave. – the corner of 23rd Avenue and Sumner Street.

All residents and business owners of the Concordia neighborhood are invited to the free holiday festivities, reported Katie Ugolini, CNA Social Committee chair. “The holiday party is a great way to meet new

neighbors and mix and mingle with friends – old and new – in a festive and family-friendly atmosphere.

“This is the second year in a row the Cerimon House has generously offered to host this festive event,” she added.

You’ll find desserts, savory treats, nonalcoholic beverages and a special performance by the Faubion School Choir.

“We hope to see you there,” Katie said. If you would like to help organize the annual event, contact Katie at Social@ConcordiaPDX.org or 503.449.9690.

Festivities for the tykes top off the event.

Nextdoor.com hot topic round up



By Carrie Wenninger
CNA Media Team

No Doug updates, no sightings. Anyone interested in keeping tabs on the situation may check in at [Facebook.com/helpfindougthedog/](https://www.facebook.com/helpfindougthedog/).

Is nothing sacred? Statue nappers earning themselves bad karma by carting resident’s Buddha off in the night. Two other neighbors say they’ve experienced the very same thing.

Neighbors chip in via GoFundMe.com/dance-france to help a talented local senior achieve his dream of dancing in France with the Jefferson Dance Company. Congratulations and bonne chance, Vincent Prom!

Crime Alert: Ding dong, anyone home? Doorbell ringers may be casing your house, checking routines and whereabouts. Be aware and report suspicious behavior to police. (Also good to

note: political canvassers are active right now.)

Reminder on when to call 911 vs. when to call non-emergency: Call 9-1-1 when you or someone else needs IMMEDIATE police, fire, or ambulance response, such as a crime in progress (someone in your yard, trying to enter your home, breaking into a vehicle), a fight, a shooting, or a medical emergency.

Call NON-EMERGENCY 503-823-3333 to report stolen property or suspicious activity that is not life threatening.

Avian hoots-n-hollers: A local screech owl was heard and appreciated by many. Other notables seen and heard include a Cooper’s hawk, red-tailed hawk, and flocks of mallards, geese, cedar waxwings and egrets.

Curb appeal: More than 200 neighbors weigh in on how they view the street parking space in front of their homes. Passionate reactions run from “Fair game for anyone” to “Hey, buddy, move your car, that’s MY spot!”

Fill your pantry with bulk goods at Nov. 6 event

Friends of Family Farmers hosts its second Portland Fill Your Pantry event Sunday, Nov. 6, from 11 a.m. to 2 p.m. at Rigler Elementary, 5401 N.E. Prescott St.

The event supports Oregon farmers and ranchers, and it provides individuals with the opportunity to stock pantry shelves with local beans, grains, winter squash, root veggies, pasture raised meat and more.

Preordering by Oct. 31 is recommended because it's both easier on the farmers –

knowing exactly what to bring to market – and offers you the best selection, since many items sell out. However, drop ins are welcome.

“The Fill Your Pantry event is an excellent opportunity to stock your shelves for the winter months, support Oregon producers, and save a bit of money by purchasing in bulk,” said urban organizer Erinn Criswell.

“Splitting large orders of grains,

beans, etc. with your friends and family is pleasing and an affordable way to ensure access to local, healthy products all winter long,” she added.

Every vendor from last year's event will return, along with three new farms. The product inventory is comprehensive, creating a one-stop shopping experience for folks looking to fill their pantry and freezer shelves for the winter.

During the 2015 online preorder period, local farmers sold more than 1,711 pounds of winter squash, 1,380 pounds of grains and beans, 3,851 pounds of storage veggies, and 840 pounds of pasture raised meats. Even more sales occurred the day of the event.

For more information and ordering details, visit FriendsofFamilyFarmers.org or call Erinn at 503.581.7124.

Contributed by Friends of Family Farmers

“The Fill Your Pantry event is an excellent opportunity to stock your shelves for the winter months.”

Erinn Criswell

Equity effort receives grant

Alberta Main Street received recently a \$5,000 grant from the Pacific Power Foundation to support Equitable Alberta Street.

The funds will support the organization's four equity goals:

Leadership: Skilled and dedicated community leaders comprise the Alberta Main Street Board of Directors. They reflect the diversity and they understand the needs of the community it serves.

District resources: Alberta Main Street distributes organizational re-

sources equitably to stakeholders.

Outreach: Through our events, programs and partnerships, Alberta Main Street welcomes and engages a diverse group of community members.

Volunteers: Alberta Main Street actively seeks and supports a diverse volunteer base and provides volunteers with meaningful opportunities.

If you are interested in supporting the organization's efforts, visit: AlbertaMainSt.org.

Community Room profiles

Chyrese Soubasis specializes in dreams

By Carrie Wenninger
CNA Media Team

Editor's note: Have a group meeting to host, fancy a space to teach a class, or simply need a gathering point for up to 49 people? CNews invites you to consider booking the Kennedy School Community Room for your upcoming event

For more information, visit ConcordiaPDX.org/community-room-rental/ or email CNARoomKennedy@gmail.com.

This month, CNews profiles monthly Community Room renter Chyrese Soubasis, a Portland-based dream professional who teaches individuals more about the important role that dreams play in their personal growth.

Specializing in the nature of dreaming itself, she offers tips and insights to help individuals unlock the mysteries of their own dream symbols and imagery.

This calling developed from her discovery that dreams can assist with every facet of the life, from letting go of habits and beliefs that don't serve, to creating better relationships, career opportunities and financial abundance. That can also improve physical health, mental clarity, creativity and enthusiasm for daily life.

Calling all dreamers: Have you ever wondered how understanding more about your dreams by tracking them



Chyrese Soubasis

in a dream journal can enrich, enliven and bring more clarity and purpose to your waking hours?

Chyrese is passionate about serving her community and is offering classes. The next monthly series begins Nov. 24 from 7 to 9 p.m. in the Kennedy School Community Room. It will explore the topic, Honoring Dream Journals, followed by open discussions. Cost is donation based.

For additional information visit the Concordia Neighborhood Association Facebook page events listing, [Facebook.com/ConcordiaNeighborhoodAssociation/events/](https://www.facebook.com/ConcordiaNeighborhoodAssociation/events/).

Find more news on our website
ConcordiaPDX.org

Feel the THRILL!

Be a beat reporter for CNEWS, and experience the thrill of bringing relevant info to Concordia readers!

Pick a subject of your choice: Events, restaurants, new business, schools, etc.

Interested? EMAIL US TODAY!
CNewsEditor@ConcordiaPDX.org

www.concordiapdx.org

mc
mark charlesworth
real estate team

DO YOU NEED TO SELL BEFORE THE END OF THE YEAR?

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

WANT EXPERIENCE?
Mark sells more homes than anyone else in 97211.

Call today! 503.807.9911

mark charlesworth
503.807.9911
charlesworthhomes@gmail.com

kw PORTLAND CENTRAL
KELLER WILLIAMS

Your touch may make big difference to loved one



By Kim McGraw
L.M.T.

When I arrived, she was in a hospital bed staring blankly at nothing in particular. I wondered how long she had been alone. I approached my grandmother and rested my hands on her stockinged feet. Her eyes flickered and she focused on me. Recognition.

In her final years – and more so in her final months – it became more difficult to

reach her by talking. My touch assumed an extra important role in communicating my presence and my love.

This experience in 2007 ushered a deeper awareness of the emotional and physical need for caring touch among the elderly and those suffering from progressive diseases, and it was a major factor in my becoming a massage therapist.

These individuals often receive less caring touch than the average person. This may be because their spouse has passed, they live in a nursing facility away from family, their loved ones fear

that touch is harmful or unwelcome, or for other reasons.

The benefits of caring touch are immense, and they accrue to the receiver and the giver. They reduce stress and pain – mental or physical – plus a sense of belonging, loving and being loved.

If someone in your life is elderly or suffering from a progressive condition, consider how often they receive touch – not functional touch, assistive touch, treatment touch or judgmental touch, but caring touch. Is there a deficit, a void? Could you provide that comfort?

You might make all the difference.

Pointers:

- Less may be more: for frail people, gently holding a hand may be the most appropriate and powerful option.
- For those facing imminent mortality, this can be a scary, overwhelming time. If possible, receive permission first. Accept a “no” answer with compassion. Try not to take a neutral or negative response personally.

Kim Magraw, LMT, may be reached via the ConcordiaMassagePros.com directory.

Need a place for your book club to meet?

The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion.

- Free Wi-Fi
- Capacity for 49 people
- Private off street parking

Pricing: \$25/hr. (Nonprofit rates available upon request)

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

Pack safety along with your out-of-town visits



By Karen Wells

Thanksgiving, the first major family celebration of the season, is just around the corner. With it comes memories of traveling to visit family and/or friends for the holi-

day feast.

Before you pack up the family car and check the GPS, take a few moments to check your little one's car safety seat.

I visited Tammy Franks, child passenger safety coordinator at Randall Children's Hospital, in September to get the lowdown on safety seat must DOs. She recommends that we thoroughly

read the safety seat owner's manual. The manufacturer is required to provide it in plain language.

Take time to really do this before you hit the road, or when you have to advance to the next level of protection. Proper installation is a must. If you need help, the Child Passenger Safety Program can help you. Call 503.413.4005 to schedule a time.

When buckling your precious one in, make sure the harness is snug with no slack at the collarbone to protect the core. Children should be able to extend their arms, not their core/torso.

If you're expecting a baby, have the shoulder belt snug across the middle of your shoulder and across your chest (above your belly) and the lap belt under your belly.

If your plans include an overnight visit, be wise and pack a resealable plas-

tic bag of child safety aids: outlet covers, night lights, cabinet door locks, etc.

Sharing with adult family members WHY these little gizmos should stay in place while you're visiting will safeguard that the items do their job. Be hand sanitizer-use safe, not poison-control-panic-call-sorry. Is poison control's number on your speed dial? It's 800.222.1222.

Again, your pre-take-off checklist includes:

- Safety seat securely installed?
- Safety harnesses positioned correctly?
- Child safety aids packed?

Make good memories! Stay safe.

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

Manage time to have more of it

“Lost, yesterday, somewhere between sunrise and sunset, 24 golden hours, each set with 60 diamond minutes. No reward is offered, for they are gone forever.”

– Horace Mann

Many of us face challenges including work demands, school schedules, and now the looming demands of the holidays. In reaction, we may experience stress triggers – like work pressure, commuting in traffic, balancing family and professional demands, etc. – that impact our health.

The keys are to keep things in check, know what you are carrying and, of course, keep things balanced.

One key is to practice daily time management – managing ourselves and our lives to do and have the things that are most important to us. When we successfully manage our time, we counter the perception of not having enough of it!

Most planning and time management methods begin with planning for how you will spend your hours and minutes each day. That could be a traditional to-do list, planner you carry with you, or an app on your phone.

Ask yourself:

1. What are my priorities – relation-

ships, work, school, exercise – this week and this month?

2. What is urgent and what is important? Most days, we put the urgent things before the important things, leaving us feeling unfulfilled at the end of the day.

3. What do I need more in my life?

4. What are my greatest time zappers – surfing the internet, looking for something you misplaced, playing video or computer games, text messaging?

Then plot out your week highlighting your priorities, listing your urgent tasks, scheduling some time for what you need in your life.

Slowly reduce the time zappers from your life by identifying them and making a personal commitment to spend time more wisely.

Three websites and apps that provide useful strategies on how to manage your time are:

- FCS.UGA.edu/docs/time_management.pdf
- MentalHelp.net/articles/time-management-to-prevent-stress
- WunderList.com/en

Contributed by Concordia University

HONORING OUR PAST CREATING OUR LEGACY

SHARE YOUR STORY OF LIFE ON ALBERTA STREET

Alberta Main Street's Equitable Placemaking Historical Markers Outreach Project seeks to collect stories that document the history of the African American community on Alberta Street.

Stories will be included on the Alberta Main Street website, and selected stories will inform the creation of historical and cultural markers to be installed on Alberta Street between NE 10th – 31st Avenues.

If your story is selected to inform the creation of a historical marker on Alberta Street, you will receive a \$500 stipend to participate in the marker design process.

All stories are welcome. We are particularly interested in the following:

- Stories from current or former King, Vernon, Sabin or Concordia residents whose lives and families have been impacted by social and economic changes in the area.
- Stories about historically significant events on or impacting Alberta Street.
- Stories that recollect a personally significant event or experience on Alberta Street.

WEDNESDAY, NOVEMBER 9, 2016, 6:30 – 8 PM

Cerimon House, 5131 NE 23rd Ave RSVP online: albertamainst.org

All are welcome – please join us!
Diverse community wide participation is critical to our success.

Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative, equitable, and sustainable commercial district serving residents and visitors to our community.

Upcoming Events on Alberta Street

December 3rd: 5th Annual Alberta Street Tree Lighting

December 3rd - 20th: Gnome for the Holidays

Visit albertamainst.org to learn more

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

www.facebook.com/concordianeighborhoodassociation

Woodlawn history dates to 1888

The question:

Can you give us the history of the Dekum/Woodlawn neighborhood?

— Marisa DeMull

The Historian reports:



By Doug Decker
Historian



What a great neighborhood with such a rich fabric, experiencing change today just as it has throughout its history. Definitions are important here. Woodlawn is the name for the broader neighborhood, and Dekum — often referred to as the “Dekum Triangle” or “Woodlawn Triangle” — is a smaller subset at the heart of the

neighborhood, and its commercial core. Woodlawn is Concordia’s neighbor, with the area bounded by Columbia Boulevard, Ainsworth Street, on the south, MLK and 22nd Avenue. That’s some 467 acres and encompasses 1,850 households and about 5,700 people.

It was platted in 1888 by the Oregon Land and Investment Company, organized by Frank Dekum, George Durham and H.C. Stratton. You might recognize at least two of those names: streets at the core of the neighborhood today.

The three real estate developers bought the property, which was originally a donation land claim homestead dating to 1855 and consisted of open fields and Douglas-fir forest. That was a time when Portland was experiencing significant growth and the real estate market was heating up.

Originally part of the town of Albina, Woodlawn was annexed into Portland in 1891. Its commercial district had a small town feel, and was distinctive at the time, featuring its own post office, ice cream parlor, drug store and grocery, water tower and wooden sidewalks — along with very muddy streets.

You’ve noticed how the streets in the “triangle” break with the grid that covers most of northeast Portland? This is an artifact of the rail line that once ran down Dekum. The ornate railroad station that once stood at the corner of Dekum and Durham was built for the long-defunct Portland and Vancouver Railway.

That narrow-gauge steam rail business was owned by Frank Dekum. It took commuters from downtown to the Columbia River near the base of today’s Interstate Bridge, and then by ferry across the river.

During the 1890s and early 1900s, Woodlawn was on the radar screen as



Woodlawn Fire Station opened in 1913 in the Woodlawn Triangle — also known as the Dekum Triangle — on the site of an earlier public train station for the steam-powered Portland and Vancouver Railway. Built at a cost of \$8,000, the original fire station housed horse-drawn fire apparatus. Today, it’s the thoughtfully restored Firehouse restaurant. Photo courtesy of City of Portland Archives and Doug Decker

You’ve noticed how the streets in the “triangle” break with the grid that covers most of northeast Portland? This is an artifact of the rail line that once ran down Dekum.

an important business district and way-point on the trip to Vancouver.

Construction of the Interstate Bridge in 1917 changed all that.

Dekum left his stamp on the Woodlawn neighborhood with the triangle’s unique northwest-southeast alignment. He was also one of the lead developers of the historic Dekum Building downtown at Third Avenue and Washington Street, plus many contemporary buildings in

that area that are now gone.

For a good pictorial look at the evolution of the neighborhood, we recommend Anjala Ehelebe’s photo book “Portland’s Woodlawn Neighborhood,” published by Arcadia Publishing.

Have a question for the neighborhood historian? We love solving mysteries. Send your question to CNewsEditor@ConcordiaPDX.org and we’ll ask Doug Decker to do some digging.

Heart in Hand Preschool
Waldorf in the neighborhood since 2002

OPEN HOUSE EVERY FIRST THURSDAY!

PARENT-CHILD CLASSES STARTING MONTHLY

@ **Gnome's Home**

gnomeshome.org

GINA LEVINE:
Ad Sales Rep with Attitude

Smart, Funny, Confident & Concordia Resident

To advertise in CNews contact her TODAY!

503.891.7178
CNewsBusiness@ConcordiaPDX.org

ARYNE + DULCINEA
— WE KNOW CONCORDIA —

Earth Advantage Brokers
+
ADU Certified Specialists
with Living Room Realty

503-449-1630 | 503-380-5124
aryne@livingroomre.com | dulcinea@livingroomre.com
aryneanddulcinea.com

Oregon Licensed Brokers

Throughout November, 2 - 4 pm

ART EXHIBITS

Location: George R. White Library, Learning Center, Concordia University

Two exhibits are on display through Dec. 18: Bus #75/ Hidden Portland: Geoffrey Hiller photography: unique photographic exploration follows route of TriMet route 75 route 18 miles between St. Johns & Milwaukie, & traverses through Concordia neighborhood. Visit Hiller's blog: bus75.org.

Boycott! The Art of Economic Activism: More than 50 posters from historical & contemporary boycott movements demonstrate power of poster art to provide visual history of economic activism spanning 60 years.

Details: cu-portland.edu/academics/libraries

Thursday, Nov. 3, 11 am - 2 pm

FRESH CHANCE CAREER FAIR

5600 NE 42nd Ave

Our 42nd Avenue sponsors this career fair for people launching their careers and others looking for the next step in their careers.

Details/registration: 42ave.org

Thursday, Nov. 3, 6 - 8 pm

ST. MIKE'S KITCHEN

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

Join others in the kitchen to make & enjoy a variety of Thanksgiving side dishes.

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

Thursday, Nov. 3 & Saturday, Nov. 12

WEATHERIZATION WORKSHOPS

Various venues

Workshops for homeowners & renters teach participants how to stop drafts in their homes, especially around doors & windows to save energy & increase comfort.

Details/registration: communityenergyproject.org, 503.284.6827 ext. 108

Nov. 3, 6 - 8 pm; César Chávez School, 5103 N Willis Blvd.

Nov. 3, 6:30 - 8:30 pm: East Portland Community Center, 740 SE 106th Ave.

Nov. 12, 1 - 3 pm: Gresham Library, 385 NW Miller Ave., Gresham

Friday, Nov. 4, 6:30 - 8:30 p.m.

ADVANCE THE POTENTIAL OF OUR STUDENTS

Location: Trinity Lutheran School gymnasium

Trinity calls alumni & friends home for a celebration of past, present & future shared by students, leaders & teachers. Adults only at this fundraiser to continue financial support to current & future students.

Details/RSVP: 503.288.6403, office2@trinityportland.org

Saturdays, Nov. 5, 12 & 19, 10:30 am

STORY TIME

Location: Jody Thurston NW Center for Children's Literature, Concordia University

All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes, followed by themed crafts. Each session is on a drop-in basis.

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

Sunday, Nov. 6, 11 am - 2 pm

FILL YOUR PANTRY

Location: Rigler Elementary, 5401 NE Prescott St.

Friends of Family Farmers hosts its second Portland Fill Your Pantry event to support Oregon farmers & ranchers. It provides the opportunity to fill your shelves with local beans, grains, winter squash, root veggies, pasture raised meat & more. Pre-ordering by Oct. 31 is recommended, but drop-ins are welcome.

Details: friendsoffamilyfarmers.org, 503.581.7124

Monday, Nov. 7, 2016, 5 - 7:30 p.m.

GRANDPARENTS RAISING CHILDREN FOCUS GROUP

Location: North Portland Library, 512 N Killingsworth St.

If you're a grandparent of any age and are the primary caregiver for a child, you're invited to this focus group. An open discussion is planned about resources and support available for you, light refreshments will be served, and you'll receive a \$20 Fred Meyer gift card.

Details/RSVP: grandparents@jfrfoundation.org, 503.515.5905

Mondays, Nov. 7 & Tuesday, Nov. 15 &

Thursday, Nov. 17

LEAD POISONING PREVENTION WORKSHOPS

Various venues

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

Details/registration: communityenergyproject.org, 503.284.6827x109

Nov. 7, 2 - 3 pm: East Multnomah County WIC, 600 NE 8th St., Gresham

Nov. 7, 6 - 7:30 pm: Rockwood Library, 17917 SE Stark St.

Nov. 15, 7 - 8:30 pm: St. Johns Community Center, 8427 N Central St.

Nov. 17, 6 - 7:30 pm: Community Energy Project, 2900 SE Stark St., Suite A

Tuesday, Nov. 8, 2 - 4 pm

TIES THAT BIND

Location: Concordia University, George White Library, Room 120

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

Details: 503.408.4088



Tuesday, Nov. 8, 7 p.m.

CNA ANNUAL MEMBERSHIP MEETING

Location: McMenamins Kennedy School Community Room

Elect your CNA Board chair & seven district positions before you go home to watch the national, state & local election returns. City commissioner Amanda Fritz is invited to share her vision for the area's future, & to listen to yours.

Send nominations to: east1@concordiapdx.org

Tuesday, Nov. 8, doors open 6 pm, discussion 7 pm

RACE TALKS

Location: McMenamins Kennedy School gymnasium

"Redeeming the Soul of America: Race, Justice & Reconciliation." These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey.

Details: racetalkspdx.com/

Wednesday, Nov. 9, 6:30 - 8 pm

HISTORICAL MARKER OUTREACH

Location: Cerimon House, 5131 NE. 23rd Ave.

Record your oral history of life on Alberta Street for the Equitable Placemaking Historical Marker Outreach Project sponsored by Alberta Main Street. Other oral & written histories may be uploaded to AlbertaMainSt.org or schedule an appointment by calling 503.683.3252, ext. 2.

Details/RSVP: albertamainst.org

Thursday, Nov. 10, 11:45 am

ST. MIKE'S KITCHEN

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

All seniors are invited to enjoy a light meal featuring butternut squash soup along with some side dishes.

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



Thursday, Nov. 10, 6:30 - 8:30 pm

BENEFICIAL INSECTS WORKSHOP

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

Meet the beetles, bugs, flies, lacewings and other invertebrates such as spiders and centipedes that work around the clock to provide free pest control. You'll discover plant types and management practices that provide

Events listed are free admission unless otherwise noted. They are community-focused events, secular and are sponsored by nonprofit organizations or for the benefit of nonprofits. Submit calendar items by the 10th of the month preceding the February - December publications to CNewsEditor@ConcordiaPDX.org.

habitat to attract & sustain beneficial insects – and how to identify some of the invasive insect pests that threaten Oregon.

Details/registration: columbiaslough.org/events/event/482/

Thursday, Nov. 10 & Tuesday, Nov. 15

DIY INSULATION WORKSHOP

Various venues

Participants learn how to weatherize a flat attic, including safety, air sealing, ventilation and installing insulation, plus incentives to help cover the costs.

Details/registration: communityenergyproject.org, 503.284.6827 x108

Nov. 10, 6:30 - 8:30 pm: East Portland Community Center, 740 SE 106th Ave.

Nov. 15, 6 - 8:30 pm: Community Energy Project, 2900 SE Stark St Suite A

Thursday, Nov. 17, 6 - 8 pm

ST. MIKE'S KITCHEN

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

Looking for ideas for leftover turkey? Join others in the kitchen to make, eat and take home casseroles. Bring an 8-by-8-inch baking dish.

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



OFF THE COUCH EVENTS

Friday, Nov. 18, 7 - 9 pm

OFF THE COUCH EVENTS ACTIVITY NIGHT

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

Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. This month's theme is Monster Mash, & non-scary costumes are encouraged. Admission is \$7 per participant & first companion is free.

Details: offthecouchevents@gmail.com, 503.702.2394

Saturday, Nov. 19, 9 am - 1:30 pm

GROUNDWATER 101

Location: NECA-IBEW Training Center, 16021 NE Airport Wy.

Portland Water Bureau and Columbia Slough Watershed Council for an educational, interactive workshop on groundwater basics, including local geology & hydrology, the role groundwater plays in local drinking water system, & what you can do to protect the resource. It's appropriate for adults & high school students age 14 & older.

Details/registration (required): columbiaslough.org/events/event/71/

Holiday Wreath Decorating Class

Flowers In Flight

1413 NE Alberta St.

December 3rd, 2016 4-6pm

Kick off the holiday season with a fun and engaging lesson in evergreen wreath decorating. Enjoy a glass of wine and a nosh, all while learning how to adorn your winter wreath with everything from baubles to ornate bows.

Get details/reserve your spot with Lily Hutchins by

Saturday, Oct 29th by calling 503.274.7088 or emailing lily@flowersinflight.com.

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



GREAT FOOD MUSIC BEER & WINE

NOVEMBER 2016

3 **XX DIGITUS DUO**
20 FRAMES PER SECOND

4 **MILK & HONEYS CABARET**
HIDEOUS CREATURES

5 **DARLINGSIDE**

6 **THE VAUDEVILLIANS**
STARRING **JINKX MONSOON & MAJOR SCALES**

9 **GLEN PHILLIPS**
+ **JOHNATHAN KINGHAM**

11 **ACME CONSTRUCTION SUPPLY PRESENTS**
NOTES OF HOPE

10 **FRIENDS OF CHAMBER MUSIC**
PRESENT **collectif9**

12 **MORTIFIED PORTLAND**
9TH ANNIVERSARY SHOW

14 **ANDY MCKEE**

15 **SUZANNE VEGA**
+ **TEDDY THOMPSON**

16 **ALAN DOYLE & THE BEAUTIFUL GYPSIES**

17 **LIVE WIRE**
FANCY PANTS BENEFIT SHOW

18 **ECDYSIAST POLE DANCE COMPANY PRESENTS**
SINNER SINNER

19 **BACKFENCE PDX: MAINSTAGE**
SNOOPING AROUND

20 **ALASDAIR FRASER & NATALIE HAAS**

21 **AN EVENING OF ORANGE SUNSHINE WITH**
MATT COSTA & BAND

25 **THE NEXT WALTZ**

29 **LIZ LONGLEY**
+ **BRIAN DUNNE**

ALBERTAROSETHEATRE.COM
503.764.4131
3000 NE ALBERTA