



CONCORDIA NEWS

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

March 2017

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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

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Post 134 opens doors to the cold



By Riley O'Boyle
CNA Media Team

A dry-erase sandwich board stood defiantly in the cold during this winter's storms, inviting people into American Legion Post 134 to find warmth.

Several friends of the post, alongside community members, gave time and resources during two weeks to ensure the post stayed open and warm for people with nowhere else to go.

Kelly Davis, wife of Post 134 commander Sean Davis, said, "He came home late one night and told me he was opening up the post as a warming shelter. People were dying in the streets."

Within the span of eight hours Sean — alongside key players Seth Grant and Al Artero — organized the bar into a proper warming shelter with food, beds and donated clothes for the cold and hungry.

Clothing donations and food items were served to the people inside seeking warmth. Mattresses were laid out at night for people to sleep across available floor space. Kelly and Sean took volunteers into their Concordia home for rest between shifts.

All the while, Post 134 mostly remained open for normal business. Karaoke night and regular patrons intermingled with the homeless, the cold, the weary, bringing a unique sense of dignity and neighborliness to the bar, Kelly



Photo by Marcus Murray

"There's a certain fantastic potential in a crisis that people forget about veterans in an everyday context."

— Kelly Davis

recalled.

"What was really beautiful about it was that when you give veterans a mission — a sense of urgency and purpose in life or death — they positively bloom.

"I've never seen anything quite like it," Kelly added. "There's a certain fantastic potential in a crisis that people forget about veterans in an everyday context."

Kelly is the social program peer supervisor for FolkTime, a leading nonprofit in Portland which addresses mental illness by establishing common ground and relationships between people experiencing similar hardship.

She said a lot of her work shows up in the culture in Post 134, which offers community to people who would otherwise be alone.

Clayborn Collins, 19 and a regular member of the Post 134 community, said one afternoon he came in to find coats, mattresses and food all over the floor. Undeterred, Clayborn helped sort the clothes for donation and return the establishment to regular order by moving tables and packing beds away as the snow melted.

"The whole experience was very dark, very real," Kelly explained. "But that's what made it all the more wonderful that the post was able to step up and shine a warm and bright light in a cold time."

Riley, certified engineer in training, is new to Portland. He pursues a career in stormwater management while he continues the practice of written and visual media production. Contact him at RSOBoyle13@gmail.com.

Help welcome spring



You can help make the CNA Annual Egg Hunt happen. Volunteers — lots of volunteers — are needed Friday and Saturday, April 14 and 15. See Page 2 for details.
Photo by Carl Jameson



WHAT'S ALL THAT NOISE?

Get answers to questions about the noise generated by PDX.

See Page 7



SHE PUSHES RELATIONSHIPS

Donna Maxey uses the 'R' word. Attend RACE TALKS to learn why.

See Page 8



HE PUTS THE IRISH IN 'PUB'

Tom O'Leary & wife Siobhan open authentic pub on Alberta.

See Page 9

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CNA VOICES

By Katie Ugolini
CNA Social Committee Chair
Concordia Neighborhood Association



Spring's in the air, and on our social slate

It's been a tough winter, but spring is on its way. That means your CNA Social Committee is gearing up for a handful of events we think will appeal to you and your family.

Saturday, April 15, is the annual CNA Spring Egg Hunt in Fernhill Park. It doesn't happen without a host of volunteers to stuff candy into 6,000 eggs (no eggsageration!) at American Legion Post 134 Friday evening, April 14. Then volunteers head to the park early Saturday morning to hide those eggs. If you're available for either or both volunteer activities, we'd welcome your help and promise you'll have a blast!

And don't forget to bring your favorite youngsters to the park Saturday morning at 10 a.m. to find and claim the eggs. They get scooped up in a blink of the eye, so don't be late! Look at the ad below for specifics.

The annual CNA Spring Clean Up is scheduled for Saturday, May 20. We need our fellow Concordians to volunteer at the event, to contribute your cast offs, and to buy the reusable bargain-priced treasures your neighbors donate. CNA will take the rest and recycle, or dump any of the household items for which we can't find new homes.

This is our biggest annual fundraiser, and the proceeds help pay for community-building activities like the holiday party, egg hunt and Fernhill Concert Series.

While I'm asking for your help, we also need it for that Fernhill Concert Series. This year we'll have

live music in the park on four evenings in July, and we'll conclude the series with a fifth concert in early August for our annual CNA National Night Out celebration.

But that's not all! This year the CNA is proud to announce our first ever Movie in Fernhill Park, which will be held in early August! Please join us for the Concordia premiere of the Lego Batman Movie!

So stay tuned for an announcement of the dates for the concerts and movie.

We're already signing up sponsors. See the story on Page 4 of this issue of CNews for individual and business sponsorship opportunities.

These events and others – organized by your CNA Social Committee – support the association's mission to organize the human and physical resources of Portland's grooviest neighborhood. We deploy said resources to build community and enrich livability in the neighborhood we all share. I'm proud to live in Concordia. I have no doubt any of us here would help a neighbor in need, or band together in times of tragedy or natural disaster. What better way is there to build connections and unite neighbors than with fun, family-friendly social events?

That's what your CNA Social Committee is all about – building community! I invite you to join the committee. Email me at Social@ConcordiaPDX.org and/or simply show up at these great events!

Concordia Neighborhood Association

MEETINGS

Board Meeting

2nd Tuesday of the month
Tuesday, March 14, 5:30-7 p.m., McMenamins Kennedy School Community Room

General Meeting

Tuesday, March 14, 7-9:00 p.m., McMenamins Kennedy School Community Room

Social Committee

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

Media Team

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

Land Use & Transportation Committee

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

CONTACTS

CNA Chair

Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair

Daniel Greenstadt
ViceChair@ConcordiaPDX.org

CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator

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

Neighborhood Response Team Officer

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

SUBMISSIONS & ADVERTISING

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

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

Advertising: CNewsBusiness@ConcordiaPDX.org,
503.891.7178

MEDIA TEAM

CNA Board Advisers: Steve Elder & Daniel Greenstadt

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

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

CNews Graphic Designer: Gordon Riggs

Multi-Media Graphic Designer: Tom Faulkner

Media Team: Kathy Crabtree, Will Goubert, Gina Levine, Marcus Murray, Riley O'Boyle, Gordon Riggs, Rob Rogers, Susan Trabucco, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle

Website Managers: Michael French, Tami Fung

Facebook Manager: Eric Hoyer

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

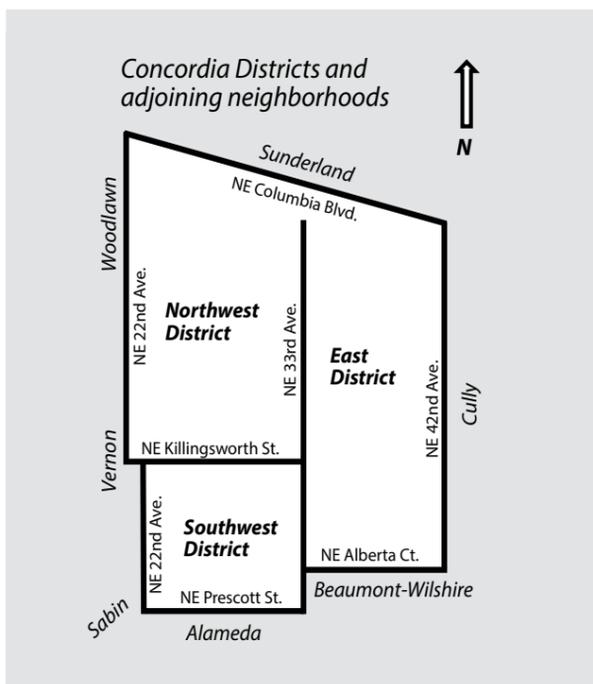
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- Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
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- Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
- Southwest 2 | SW2@ConcordiaPDX.org Daniel Greenstadt
- At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
- At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
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- At Large 5 | AL5@ConcordiaPDX.org Truls Neal
- At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Need a place for your party?

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

Pricing: \$25/hr (nonprofit rates available)
Email: CNARoomKennedy@gmail.com



SPRING EGG HUNT SATURDAY, APRIL 15 FERNHILL PARK

(Playground along NE 37th Avenue)

The hunt begins at 10 am SHARP.
Don't be late – it ends in a flash!

Volunteers needed to:

- stuff 6,000 plastic eggs with candy on Friday, April 14
- hide 6,000 candy-filled eggs on Saturday, April 15

Sponsored by Concordia Neighborhood Association & American Legion Post 134

Contact Katie Ugolini at Social@ConcordiaPDX.org or 503.449.9690.

Concordia Murals

'Psychedelic Owl' perches on bus bench

By Karen Wells
CNA Media Team

Bus benches provide mini mural space? Yes! Bus benches make perfect locations for displaying murals in limited spaces. In 2015, Alberta Art Works launched Alberta Benchmarks Project, in collaboration with the city of Portland "Adopt-A-Landscape" program. Bus benches between 18th and 30th avenues along TriMet Line 72 feature the work of six muralists.

Location: "Psychedelic Owl" graces the bus bench at Alberta Street and 18th Avenue. It's a mini mural by Concordia muralist Matt Schlosky.

Artist: Matt arrived to Portland nine years ago. His hometown is Rochester, New York, and he holds a bachelor's degree of fine arts in industrial design from Columbus College of Art and Design. Matt has completed more than

100 murals. Currently, he is working on an 8-by-8-foot panel on the Black United Fund building that depicts the vibrancy of "Last Thursday on Alberta," the monthly cultural and arts celebration.

What the mural represents: The owl is one of several spirit animal guides that appear in Matt's work. This one is a composite of different elements that express how everyone is interconnected. All are on the same team in life – animals, trees and people are all intertwined in the ecosystems of the earth. Vibrant blues dominate the piece, and huge piercing eyes at the center draw you into the work.

Installation: 2015

Fun facts: The "Psychedelic Owl" has made an installation appearance in Tigard. Matt leads Alberta Art Work's "Mural 101" class. You can see more of his work on his Facebook page.



"Psychedelic Owl" is by Matt Schlosky, one of six muralists to liven up bus benches on Alberta Street between 18th and 30th avenues. Photo by Marcus Murray

You set the agenda for March 14 CNA meeting

The next Concordia Neighborhood Association (CNA) general meeting is Tuesday, March 14, from 7 to 9 p.m. in the McMenamins Kennedy School Community Room.

"Everyone in Concordia – residents, property owners and business people – are welcome at all monthly

CNA Board meetings, and to speak during the public comment period," said Chris Lopez, CNA president.

"But this one is special. The agenda is all about the people who attend," he added. "After a few brief committee reports, you take the lead. So bring your questions, suggestions, comments and concerns and speak up."

Board bullet points: news from your neighborhood association board

Highlights from the Feb. 14 Concordia Neighborhood Association (CNA) Board meeting include:

- Board members agreed to sponsor five concerts and a movie on five consecutive Friday evenings in July and August for the Fernhill Park Series. See Pages 2 and 4 for details about fundraising.
- They also agreed to support May 20 prom plans at Alliance High School at Meek.
- Beaumont Middle School art students received the board's support for their application for a grant from Northeast Coalition of Neighborhoods (NECN). The grant would fund supplies to paint a mural on the restroom in Fernhill Park.
- Faubion Elementary School PTA also received board support for its grant application to NECN. As part of the reconstruction at Faubion, the PTA plans to build and maintain a community garden.
- The board agreed to serve as fiscal sponsor for a group headed by David Greenberg to install a dog water foun-

tain in Fernhill Park. CNA will receive the donations the group collects, provide tax deduction receipts to donors and forward the funds to the city. For details, contact David at SillyDG@gmail.com.



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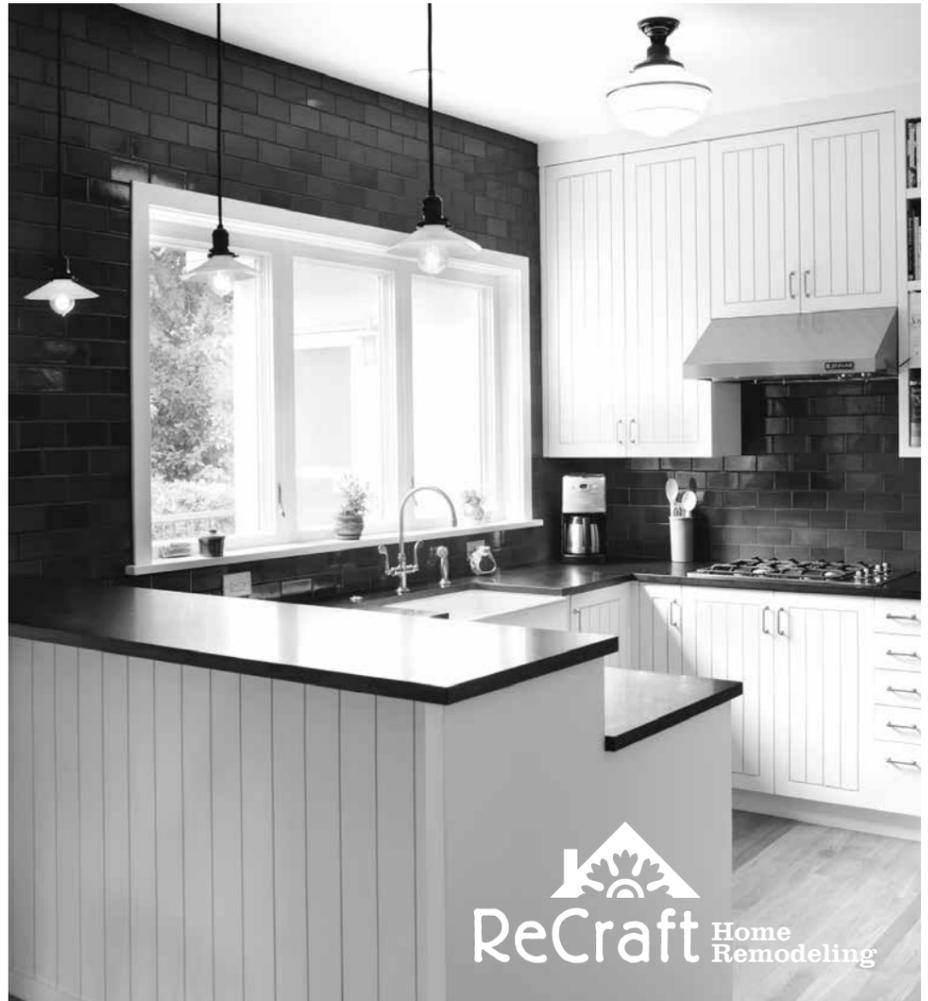


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It isn't too early to sponsor Fernhill Concerts

There's no better way to spend a warm and breezy summer evening than gathering with friends and neighbors in Fernhill Park for picnic dinners, music, dancing and family fun.

"This is lucky year 13 for the Fernhill Concert Series," said Katie Ugolini, CNA Social Committee chair. "We expect another smashing success with the finest musical talents Portland has to offer – admission free. There will be four crowd-pleasing concerts in July with the series ending in early August with a big shebang – including a movie in the park – for the CNA National Night Out."

The CNA Fernhill Concert Committee needs your help to raise enough money to fund all five concerts. You are asked to donate anything you can to help make

the concerts happen.

"It doesn't matter if you are a business owner, a family or a lover of music, because every donation – large and small – will help produce another memorable concert season in Fernhill Park," Katie said.

If you are a family or individual and would like to contribute to this spectacular summer series, visit PortlandPF.org and click "donate" in the upper left menu.

- Select "SFEA Summer Concerts in Parks" from the "I would like to give to" menu
- Type "Fernhill Park" in the next field
- Complete the remaining fields

"Any contribution – even \$5 or \$10 – is greatly appreciated," Katie said. "Please help support the power of live music to bring our community together."

If you are a family or individual and would like to contribute to this spectacular summer series, visit PortlandPF.org and click "donate" in the upper left menu.



Tony Starlight performed "Singing in the Rain" at last year's Fernhill Concert Series. Look for him again this year, and hopefully the weather will change its tune.

Needed: concert sponsors

All businesses and organizations that want to be a Fernhill Concert Series sponsor by contributing \$300 or more, will receive these benefits of sponsorship:

- An opportunity to host a promotional table at all five concerts to display, give or sell items
- The chance to give to your neighborhood
- A tax-deductible contribution that stays close to home
- Recognition for your business name

"The more you give, the more name recognition for your business," Katie explained. "CNA strives to create a benefits package that meets your philanthropic and marketing needs. Please join us at the concert sponsorship level that is comfortable for you!"

Sponsorship levels are:

- Good Neighbor Sponsor: \$300 and more
- Contributing Sponsor: \$600 and more
- Major Sponsor: \$1,250 and more
- Champion Sponsor: \$3,000

Sponsorship commitments are needed ASAP, but payment is not due until June 1 to be included in promotional material. Contact Chariti Montez, concert production manager, at Concerts@PortlandOregon.gov or 503.823.5059.

Credit cards are accepted, and checks should be payable to Portland Parks & Recreation/Fernhill Concerts and mailed to: Portland Parks & Recreation, Attn: Concerts, 6437 S.E. Division St., Portland, OR 97206.

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Save the Date

CNA SPRING CLEAN UP

Saturday, May 20, 8 am – 12:30 pm
PCC Workforce Training Center at 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 20 for

CNA's BIGGEST FUNDRAISER OF THE YEAR!

Find more news on our website
ConcordiaPDX.org

City launches inclusionary housing rules



By Garlynn Woodsong
Chair, CNA LUTC

As of Feb. 1, the city of Portland has a new inclusionary housing program that applies to projects with 20 or more housing units that are:

It is unclear whether this new program will have a chilling effect on the production of new overall housing units in Portland.

These requirements will be phased-in outside of the central city and Gateway Action Plan districts, where the inclusion rates will start at 15 percent of units at 80 percent AMI or 8 percent of units at 60 percent AMI. These rates will increase to the full levels Jan. 1, 2019.

- New buildings
- Alterations to existing buildings
 - As implemented by changes to the zoning code approved by city council Dec. 21, there are three ways for projects to comply with the new program:
- Provide the required affordable housing units on-site
- Provide them off-site
- Pay a fee in lieu of providing them
 - Incentives are available to projects that comply with the program:
- Density bonus of up to 50 percent
- 10-year property tax exemption on affordable units
- System development charge waivers on more-deeply-affordable units
- Construction excise tax exemption for affordable units

- Exemption from parking requirements for affordable units
 - The mandatory inclusionary requirement may be met by providing:
- On-site within a project:
 - 20 percent of the units are affordable to a household making no more than 80 percent of area median income (AMI), or
 - 10 percent of the units are for households making no more than 60 percent of the AMI
- Off-site construction of new units:
 - 20 percent of the units provided off-site by a project are affordable to households making no more than 60 percent of the AMI, or
 - 10 percent of the units are for households making no more than 30 percent of the AMI

- Off-site dedication of existing units:
 - 25 percent of the units provided off-site by a project are affordable to households making no more than 60 percent of the AMI, or
 - 15 percent of the units for households making no more than 30 percent of the AMI
- The Portland Housing Bureau will determine the amount of the fee-in-lieu, and will collect payment and administer the use of the funds:
- Mandatory fee-in-lieu to any project that does not provide affordable housing units
 - Voluntary fee-in-lieu to any project with extra density floor area ratio (FAR), as available to projects under this program, but fall under the 20-unit threshold

These requirements may be met by providing either the threshold number of units, or the threshold number of bedrooms, at the requisite affordability rate. This is meant to encourage more family housing (units with two or more bedrooms) in multi-unit developments.

An exemption from minimum parking standards will be provided for all housing units in projects where the affordable units are provided on-site.

This new program was made possible by the adoption of Senate Bill 1533 in the 2016 legislative session, which lifted the state pre-emption on inclusionary housing.

It is unclear whether this new program will have a chilling effect on the production of new overall housing units in Portland. It may instead be successful at encouraging the production of new affordable units by the private sector.

Land use, transportation & livability update



By Ben Earle
Secretary, CNA LUTC

As winter storms and heavy rain happily recede, so far at least, we have a number of traffic safety and land use developments to look forward to.

30th & Killingsworth crossing signal

The Portland Bureau of Transportation has confirmed that two pedestrian-activated warning signals are slated for installation at the 30th Avenue and Killingsworth Street intersection in late spring or early summer. Replacing the previous unreliable solar-powered units, these will have “hard-wired” power and the new style of rectangular rapid flashing beacon yellow LED lights, such as those at the 33rd and Emerson New Seasons crossing. A new street light near the northeast corner will provide additional illumination.

Short-term rental fines

Starting March 31, the Bureau of Development Services (BDS) will begin issuing citations for violations of accessory short-term rentals (ASTRs) permitting and operations requirements. The goal is to provide for better guest safety and behavior, and to set reasonable rental limitations to ensure properties retain a primarily long-term

residential use.

BDS has received an increasing number of citizen complaints about ASTR rentals operating without permits, nonresident property owners, and renting more rooms and overnight guests than allowed. Validated in large part by last December’s public hearing, with 78 percent of the attending 40 citizens and almost 200 written comments in support, the administrative rule establishing the new fines and enforcement process was adopted Feb. 9.

Concordia Design Initiative

At its mid-February launch meeting, the Concordia Design Team’s first decision was to adopt the Concordia Neighborhood Design Initiative as the best way to describe this important effort to help provide guidance for both residential and commercial development in our community.

The principal task is drafting design recommendations specific to the built environment within Concordia boundaries. Focusing the effort as an initiative

allows flexibility to address other future community design-related needs. There are also important technical and conceptual distinctions between design recommendations and standards, each with unique usages that need to be considered carefully and agreed to.

The resulting documents will be made readily accessible by residents, designers and developers as a resource to help inform development at the outset of a project’s planning. These guidelines will be tailored to promote both the distinct historical and current character of our neighborhood as well as addressing expected growth and change.

Concordia residents are always welcome at CNA LUTC meetings, every third Wednesday – except December – at 7 p.m. in the 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.

Lombard & 42nd off-street bike lane

Construction began in early February on a 450-foot off-street bike lane east-bound on Lombard Street / U.S. Highway 30B under the 42nd Avenue bridge, as part of the Oregon Department of Transportation Safety and Active Transportation Enhancements project. This 6-foot wide lane will be behind a barrier that also protects the bridge piers, and there will be new signage as well. Expected to be completed by the end of April, there will be single lane closures between 9 a.m. and 3 p.m. when work is taking place.

What's Selling in Concordia?

<p>201 Homes sold in RMLS in last 12 months as of Feb 10th</p> <p>Avg. Days on Market:..... 18</p> <p>Avg. Cumulative Days on Market21</p> <p>Median Days on Market:6</p> <p>Median Cumulative Days on Market7</p> <p>Avg. square feet:2,065</p> <p>Median square feet:2,120</p>	<p>18% Increase since 2015 <i>2015 Average Sale Price: \$398,273</i></p> <p>Average List: \$469,544</p> <p>Median List: \$449,000</p> <p>Average List \$ per square foot: \$227</p> <p>Average Sold \$ per square foot: \$236</p> <p>Median Sale Price: \$465,000</p> <p>Average Sale Price: \$487,161</p>
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Diesel pollution hot topic here, Salem

By Nancy Varekamp
CNews Editor

Mary Peveto, self-described “accidental activist,” has worked eight years with volunteers and government officials to reduce toxic air pollution, including diesel particulate air emissions like those in Concordia.

She cofounded Neighbors for Clean Air (NCA) in 2009. Now she has high hopes for the 2017 Oregon Legislature.

Mary lives in northwest Portland, where she learned in 2008 her daughters’ school was among the 2 percent worst nationwide for industrial pollution.

Northeast Coalition of Neighborhoods (NECN) hosted a workshop in nearby Humboldt neighborhood recently for Mary to educate residents from northeast and north Portland, and to recruit volunteers to lobby the Legislature.

Although much was made of high industrial metals pollution last year, Oregon Department of Environmental Quality (DEQ) determined diesel particulates is a far greater risk to more people.

“This pollution doesn’t come from just one source, but from road traffic – long-haul trucks, delivery trucks and construction equipment – all powered by diesel engines,” she said.

That’s the case in Concordia, especially Columbia Boulevard between 33rd and 44th avenues. According to a NECN report, about 178 unfiltered diesel trucks are owned and operated within or near Concordia. Visit NECoalition.org/report/.

“Reducing diesel engine pollution is a lynchpin to achieving clean air in Oregon,” Mary said. “California and Washington have taken steps to reduce diesel pollution by requiring cleaner engines.

“Unfortunately that means Oregon is inheriting their old diesel engines.” One in five diesel trucks that receive new licenses in Oregon is coming from California, where filters are now required on diesel engines, she said.

Last April, the state launched the Cleaner Air Oregon program and assigned the Oregon Health Authority and DEQ to establish health-based standards and regulations to cover a range of industries, and to address a variety of pollutants. Find details at CleanerAir.Oregon.gov

Additionally, the city of Portland plans to install roadway sensors and, at press time, was building its own priority list for legislative lobbying. Sixteen air-related bills are expected to be considered by this year’s Legislature, some of them related to diesel emissions.

NCA’s own priority list includes: cutting diesel emissions, transitioning to health-based standards for industrial air regulations and funding DEQ adequately.

Mary pointed out funding for diesel-related air quality improvements will come from Oregon’s \$84 million of the Volkswagen (VW) diesel settlements.

“Industry so often opposes increased regulations because of cost,” she noted. “That’s why the incoming VW funds are the key to pass strong health protection standards for engines this year.”



Neighbors for Clean Air (NCA) volunteers are lobbying the Oregon Legislature to cut diesel emissions, transition to health-based standards for industrial air regulations and fund DEQ adequately. Photo courtesy of NCA

Diesel particulate air pollution stats from Neighbors for Clean Air

- Oregon has the 6th highest diesel emissions in the country.
- Multnomah County has the 4th highest diesel emissions in the country.
- Portland area levels of diesel particulate emissions exceed EPA’s acceptable risk standard by 100.
- 2011 Environmental Justice analysis by the Oregon DEQ found low-income populations and communities of color in Portland area are disproportionately exposed to diesel emissions.
- Concordia, according to a DEQ map, has among the highest concentrations of diesel particulates in the Portland metro area.

Visit WhatsInOurAir.org for details

Middle school bullying hurts everyone involved



By Karen Wells
CNA Media Team

Middle childhood and early adolescence are exciting and emotionally turbulent times for kids. Beaumont is our neighborhood middle school, and its student body is a rich blend of ethnicities and cultures.

Beaumont kids are exploring and developing their unique personalities and friendship groups. If a kid unfortunately has an encounter with bullying, how he or she copes with and/or resolves the issue will shape a perception of trust and personal safety.

Bullying hurts everyone involved: the perpetrators, targets and witnesses. Hallmarks of bullying are: a specific kid (group) is repeatedly targeted across time, there is intentional harm (real or perceived), the target is made to feel inferior, and the perpetrator acts with an audience (buddies, witnesses, the web).

Bullying breaks trust.

Kids are not born with bullying skills. Those skills are learned with time, experience and exposure. A recent, simple questionnaire on bullying distributed to a local group offered a sense of perceptions on how/where kids learn bullying.

Common themes were:

- Attention (negative or positive) was wanted.
- Parents bullied.
- Role models (entertainers, siblings, older kids, public figures) bullied.
- Communities tolerated bullying.
- Social media publicized/enabled bullying.

Bullying is a complex social dynamic. There are no easy answers as to what triggers a kid to bully. Likewise, there are no easy remedies. Asking and listening are the first steps to resolution, and there is local help available.

Beaumont offers a multi-layered intervention protocol incorporating the family, targeted child(ren), and witnesses. Other resources include Portland Public Schools website information for parents, teachers and kids on bullying and prevention; Facebook guidance on how to deal with cyber-bullying; Oregon YouthHotline and DoSomething.org offer 24/7 help for teens/kids via text or phone. (See the box below for contacts.)

Read CNews next month for bullying and the high school experience.

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.

Resources

- DoSomething.org: Text “support” to 741-741, or “DS” to 741-741
- Facebook: [Facebook.com/safety/bullying](https://www.facebook.com/safety/bullying)
- Oregon State University Extension Service: “Middle Childhood and Adolescent Development,” Oregon YouthHotline: 877.968.8491 or text “teen2teen” to 66746
- Slang vernacular for bullying: UrbanThesaurus.org/synonyms/bullying

Tap, breathe, stomp your way to cultivating vitality



By Penny Hill
Rising Sun Massage

Rather than the physical body, let’s address the energy body today.

You probably have some understanding that the body is both physical and energetic in nature. You know about acupuncture meridians. You know the energy of the heart and brain can be read with electrocardiograms and electroencephalograms.

It’s important to our vitality that our energy be cultivated and cleared of blocks as well.

Here are some energy cultivating tapping and thumping techniques to loosen stuck energy and start moving energy in the hips and lower chakras, and to build that proverbial fire in the belly.

- Toe tapping: Lay on the bed or floor. Using the hip, rotate your legs inward to tap the toes together at the bases of

the big toes. Tap fairly vigorously for several minutes.

- Belly thumping: Take your loose fists and thump yourself near the midline just below the belly button, vigorously for 2 to 3 minutes.

Visualization and breathing are also important energy movers. Sit with your eyes closed and your hands nested in your lap, palms up and thumb tips touching. Breathe into your belly. See a fire or cauldron flare up as the air blows into it. Stoke the fire with your breath.

One of my favorites is stomping the feet. There are energy centers in the feet where we exchange energy with the Earth. See a circle of light spreading around your feet as you stomp around, then relax and visualize Earth’s energy rising up into your body to your hips, feeding that fiery cauldron. See it flow up and nourish your heart.

Penny Hill, LMT, certified EFT practitioner may be reached through PennyHilleFT.CoachesConsole.com.



Need a place for your party...or?

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Email: CommunityRoom@ConcordiaPDX.org



PDX is part of Concordia soundscape

Living near airport has its pluses, but neighbors want to know — can you quiet it down a bit?

By Steve Dodge

Planes, trains and automobiles. When you live in the city, it's pretty much a given that you're going to hear one or all of those, plus the kid with the oversize sub woofer in his car — sometimes in the middle of the night.

And, when you live near an international airport, most people figure a little noise goes along with the convenience of a short trip to catch a flight. But what happens when a little becomes a lot?

Many neighbors, judging from conversations in the neighborhood and a flood of responses to a question on Nextdoor.com, expressed concern about the noise generated from small Federal Express "cargo feeders" as the Port of Portland calls them, and the fighter jets operated by the Air National Guard.

Others wondered why the cargo planes flew so low. FedEx planes have been observed flying only slightly higher than utility poles, which Pacific Power representative estimates are 150 feet tall.

In some cases the planes are so low, the plane's belly rivets can be clearly seen.

To be fair, some residents said they actually like the National Guard jet noise, finding it comforting in these uneasy times. Others figure they moved in knowing full well they'd be near an airport.

When the planes or jets roar over, people may pause their conversations, try to comfort their kids and pets, and later straighten the pictures on the wall.

CNews sent questions to the city of Portland, FedEx, the Air National Guard and the port. Only the port responded.

Kama Simonds, aviation media relations manager, said cargo feeder approaches are designed by the Federal Aviation Administration for safety, and that a Concordia resident living a mile away should see aircraft "at or very near 300 feet." She said pilot discretion or an order from air traffic control could explain some aircraft flying under 300 feet.

As for noise, she said, 24/7 moni-



Concordians' opinions about being neighbors to an airport are mixed. But most agree their neighbor generates noticeable noise.

toring at Concordia University for arriving small planes averages 73 decibels, which she compared to standing next to a vacuum cleaner or a truck passing outside.

Asked why propeller planes were allowed to rev their engines on the tarmac, sometimes in the wee hours of the night, she said, the small cargo planes are required to test engines at full throttle — but are not required to use sound insulating hangars.

Steve is a veteran journalist, writer, editor and former Concordia Neighborhood Association board member. He has lived 17 years in the neighborhood. Contact him at CyStev33@yahoo.com.

Editor's note: Visit ConcordiaPDX.org/port-q-a for the full list of questions asked and responses from the port, along with comments from neighbors published on Nextdoor.com.

Socrates' advice is still effective for your health

Are you easily overwhelmed? Is it difficult to be fully present in the moment? Are you having trouble connecting with your creative side?

If you answered yes to any of these it might be time to invest in a little self-care. It isn't some new age concept. Self-care is as old as Western civilizations, and even the ancient philosopher Socrates spoke of "care of the soul."

Modern medicine recognizes the power of self-care to improve health and wellness in individuals and their families while saving healthcare costs. For every \$1 spent on encouraging self-care, \$2 are saved on health care.

Self-care is defined as the actions one takes on a regular basis to reduce stress and maintain and improve well-being. They focus on finding balance in mind, body, spirit, emotions, work and relationships.

Each person has to identify what self-care means individually, and what actions are needed to find balance and enhance wellbeing. Here are some examples of simple self-care actions that you

can take to start improving your wellness.

Physical health: Eat regularly, eat healthy, exercise, get enough sleep, engage in preventative healthcare.

Psychological health: Take a break from electronics, take time for yourself, write in a journal, be creative.

Emotional health: Spend time with friends, love yourself, do things you enjoy, cry, get angry, laugh.

Spiritual health: Be hopeful, meditate, pray, experience awe, engage in causes in which you believe.

Relationships: Spend time with family, friends and pets. Allow others to do things for you and ask for help.

Work: Take a break during the workday, chat with coworkers, make time to complete tasks, say "no" sometimes, celebrate the completion of projects.

Self-care isn't selfish. There is truth to the old adage that you can't take care of someone else if you aren't taking care of yourself first.

Contributed by Concordia University College of Health & Human Services

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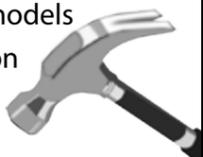


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Discussions evolve from race to activism



By Nancy Varekamp
CNews Editor

Talk to Donna Maxey – founder of RACE TALKS held monthly in Concordia neighborhood – and you’ll hear what she calls “the R word.”

RACE TALKS small groups give voice to all participants to share their different perspectives on the same issue. Each group must have at least one person of color.

“Otherwise, discussion of race by white people only is similar to men holding a birthing conference. They may be sympathetic and involved, but they have no idea what it’s really like.”

Not only do different ethnicities comprise each RACE TALKS session, so

A lot.

“People need to develop relationships. They need to know each other,

RACE TALKS small groups give voice to all participants to share their different perspectives on the same issue.

and they need a safe place to do that,” she explained. McMenamins Kennedy School contributes the venue and Donna provides the programs and speakers.

McMenamins offers a gym menu for participants to purchase food and drink. “I like for people to meet over food, otherwise they can get indigestion if they get contentious while eating,” she said with a smile.

The goal – people of different races getting to know each other – is the same each month, as is the format. The second Tuesday of each month, doors open at 6 p.m. so participants can socialize preceding the 7 p.m. speaker. From 8 to 9, the crowd breaks into groups of 10 to discuss the topic addressed by the speaker – or topics of their choice.

do ages – from 3rd graders, high school and college students, and even Donna’s 97-year-old mother.

Last month was RACE TALKS’ sixth anniversary, and it has grown in participants and evolved in topics. “The first year we just talked about race, starting with where the concept comes from,” Donna said. “In Europe, there’s no country called ‘Whiteland.’ They have nationalities there, not races.”

This year the discussions are incorporating activism. February’s topic was “Joining the Social Justice Movement: Pink Power, Politics and Race.” The March 14 topic is “Kin Killin’ Kin: Resolving Gun Violence in America.”

Donna encourages participants to get involved in social justice by signing



Donna Maxey (left) structures each RACE TALKS session with a social hour prior to a speaker’s presentation and small group discussions after. Photo by Marcus Murray

pledges to volunteer. “There are organizations that need your volunteer hours – the Women’s Movement, the NAACP, Planned Parenthood and plenty more.

“RACE TALKS is a gateway activity for learning about race and getting involved in the social justice movement,” she added. “RACE TALKS is an evolving activity. I plan it, and there are new

things I learn every month about diverse people and situations.”

Editor’s note: Donna Maxey is no newcomer to building interracial relationships and activism. To read more about her and the origins of RACE TALKS, visit ConcordiaPDX.org/race-talks.

NextDoor.com hot topic round up



By Carrie Wenninger
CNA Media Team

Caution! Wild, wet and windy weather can topple trees and loose limbs. Call 503.823.TREE for downed trees, branches and other tree-related emergencies.

Windfalls of a different sort: Nextdoor Lead Peter recommends checking Oregon’s unclaimed property site for missing moolah. This writer reconnected with a check for \$31.00... enough for dinner out in Concordia! Be sure to check other states you’ve resided in as well. Search them all at Unclaimed.org.

Not by the hair of my chinny-chin: Is CenturyLink still soliciting service at your front door? Diane from Sabin suggests putting yourself on the Do Not Knock list by messaging to Facebook.com/centurylink.

Missing turtle, \$200 reward! Despite disappearing more than two years ago, Susie the Malaysian box turtle’s owner, Jana, still holds hope for a happy homecoming. Search Nextdoor for

“missing turtle” for pics and contact info should you stumble upon Susie.

Mindfulness at pedestrian crosswalks: Nearly 200 neighbors thanked poster “Scrutch” for his gentle, graceful reminder to drivers to be alert to and considerate of any and all pedestrians attempting to cross at corners and marked crosswalks. Be colorblind, shift into a state of awareness, stop for everyone. A simple gesture, deeply felt.

What’s driving you crazy? Have something to say about our streets and sidewalks? The Portland Bureau of Transportation wants to hear from you. Take the Neighborhood Streets Program Community Survey at SurveyGizmo.com/s3/3279969/city-of-portland-neighborhood-streets-program-community-survey.

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

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Sunday, March 26th
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Labyrinth Walk

On the final Sunday of each month we host a self-care event. It’s a large-scale contemplative walking labyrinth. Unplug. Restore your spirit by walking the pattern.



Make your appointment at our website.

Fiddler plays to home crowd



By Steve Elder
CNA Media Team

Kevin Burke lives in a walkable neighborhood. From his house he can walk for groceries, pizza, a pint, barbecue ribs and to fill a prescription. He can walk to church or get a manicure. He can walk to a number of restaurants, shops and art galleries.

On St. Patrick's Day, he can even walk to work. That's when Kevin performs at Alberta Rose Theatre.

Kevin is an Irish master fiddler, considered one of the finest of the genre. He's spent nearly 40 years at the forefront of Irish traditional and Celtic music, performing and recording with the likes of the Bothy Band, Patrick Street and the Celtic Fiddle Festival.

In 2002 he was awarded a National Heritage Fellowship from the National Endowment of the Arts, the highest honor given in the United States for Folk and traditional music. In 2016, he was named Musician of the Year by the Irish TV channel TG4.

Kevin was born in London to parents from Ireland's County Sligo. He took up the fiddle at the age of eight and by age 13 he was playing with Irish music groups.

In 1972 he met the American singer-songwriter Arlo Guthrie in a pub in County Clare. Impressed with Kevin's fiddling, the singer songwriter best known for "Alice's Restaurant" invited him to Los Angeles to play on an album.



Kevin Burke chose Concordia as home base in 1988, and Irish master fiddler continues to travel the world to perform and teach. Photo courtesy of Kevin Burke

Since then Kevin has played on tour, taught around the world and offers lessons on Skype and by video recording.

KevinBurke.com lists stops on his current tour in the UK and Spain, as well as the east coast of the U.S., plus Washington and California.

One of the first places Kevin played in the U.S. was Portland. The songwriter Hoyt Axton told Kevin he would like Portland. Kevin recorded an album here, named "Portland" and moved here in the early 1980s.

"Almost 40 years after first setting

foot in Oregon, I am still living here and often think how right Hoyt had been," he said.

In 1988 he bought a house in Concordia, which he shares with wife Elfreide, daughter Emma, who attends the University of Oregon, son Michael, and dog Tommy.

The March 17 event is a Kevin solo performance. April 28 he'll play again at the Alberta Rose. Then it will be with the Celtic Fiddle Festival, a quartet of the world's premier fiddlers, for a night of Celtic and Scottish traditional music.

Pub offers family-friendly welcome



By Susan Trabucco
CNA Media Team

Have a hankering for beer-battered haddock and chips? Bent on ingesting a blaa?

Satisfy your Irish appetite at Alberta Street's newest family-friendly pub to find these and other traditional Irish delicacies, made with local ingredients.

T.C. O'Leary's opened recently at 2926 NE Alberta St., in space formerly occupied by Branch. Owners of the pub are Dubliner-turned-northeast-Portland Tom O'Leary and wife Siobhan. Although Siobhan has a day job, both are involved in all aspects of the business. Four-year old daughter Aine rounds out the family.

Tom's transition to Portland and launching the pub was streamlined due to Siobhan's roots here. She's the granddaughter of Neil Kelly, founder of the Portland-based home remodeling company.

Tom offered up special thanks for the support of Siobhan's dad Dick Feeney, mom Anne Kelly Feeney, and Brian Steelman, owner of the local ¿Por Qué No? restaurants.

Evidence of craftsmanship greets diners immediately upon entry with the "snug," an intimate dining room off to the right of the entrance door. This snug fits as many as 11 people, and was built by Portland's 8 Penny Nail company with Tom assisting. The thrill of a snug is that food for the group is passed in through a small window, and diners pass plates for each other down the row of small tables



Tom O'Leary (above) and wife Siobhan recently opened T.C. O'Leary's, "a little Irish pub," on Alberta Street. Find authentic Irish food and surroundings at this family-friendly restaurant. Photo by Amanda Barnett

to make a festive, participatory experience.

"It's great fun," Tom said emphatically with a trademark twinkle in his eyes and an unmistakable Irish brogue.

In addition to the snug greeting you upon entry, Tom will do so, too. He strives to meet everyone who comes in, to provide an introduction to his pub. Coupled with the food served, Tom said this is part of what makes T.C. O'Leary's authentic.

"If you've been to Ireland and enjoyed the pub experience, our pub will give you that feeling. If you haven't been, then you'll get the idea. We want to infect people with a sense of welcome."

To deliver the full Irish experience,

the main pub sports soft lighting, dark-hued walls and smallish round tables – all designed to cultivate close, spirited conversation in the convivial O'Leary's environment.

With children allowed until 11 p.m., there's a family feel to the place that debunks the myth of hard-drinking Irishmen as an Irish pub's mainstay.

For more information – including the menu, Monday night music line-up, fish and chips walk-up window hours – poke your head into the pub, visit TCOLearys.com or call 503.477.5969.

Susan is a freelance communications consultant who lives in Beaumont-Wilshire. Reach her at Susan@Trabucco.biz or 503.440.7732.

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Sonny Hess

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Thursday, March 9

ANITA MARGARITA & THE RATTLESNAKES

Hillbilly jazz
Gym • 7 p.m.

Tuesday, March 14

RACE TALKS: An Opportunity
for Dialogue
"KIN KILLIN' KIN: RESOLVING
GUN VIOLENCE IN AMERICA"
Gym • 6 p.m. doors; 7 p.m. event

Thursday, March 16

JOHN CRAIGIE

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

Thursday, March 16

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Tuesday, March 21

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Thursday, March 23

THE JUNEBUGS

Pop folk
Gym • 7 p.m.

Monday, March 27

HISTORY PUB

Theater • 6 p.m. doors; 7 p.m. event

Thursday, March 30

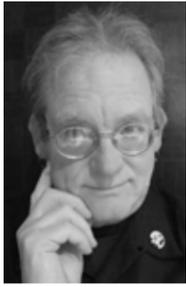
DEBRA ARLYN

Pop-rock & R&B
Gym • 7 p.m.



AMS continues going strong in 7th year

Editor's note: Media Team member Jeff Hilber discussed Alberta Main Street (AMS) with founding executive director Sara Wittenberg.



Tell us about your volunteers.

Volunteers are the lifeblood of our organization! About 45 people volunteer on our committees or board, and another 200-plus at events like Earth Day and Alberta Street Fair. Our volunteers are primarily residents, business owners and commercial property owners, and we always welcome new volunteers.

Has AMS' mission changed?

Not significantly. In 2014 we added "equitable" to our mission statement and created an equity committee. From the start, we've been committed to equity; however, we want to be intentional in this area and ensure all the work we do is looked at through an equity lens.

We are continuously adapting how we approach our mission. It's important we work on what is within our capacity to accomplish. We can't undo what's been done in the past, but we can focus on how we move forward. For example, when new businesses open, we help convey the message they are not just starting a business, they are also joining a community, and with that comes a responsibility.

We also want to increase the number of minority-owned businesses and the diversity of employees at existing businesses. If you are a minority small business owner, we want you to open your business here and, to the extent we can, we'll help you.

Describe AMS.

Founded in 2010, AMS is a nonprofit community and economic development organization advancing efforts to develop Alberta Street as a vibrant, creative, equitable and sustainable commercial district serving residents and visitors. The Main Street approach is rooted in a commitment to broad-based community engagement, a holistic understanding of the factors that impact the quality of life in a community, and a strategic focus on economic development at the neighborhood scale.

How is AMS funded?

We receive grant funds from the Portland Development Commission (PDC) and, for that, we are grateful – we are working to become less dependent on these dollars. In 2010, PDC funding was approximately 50 percent of our budget. Today it is closer to 30 percent, thanks to increased support from residents, business and property owners, and successful fundraising events.



Helping make Alberta Street more vibrant includes the 2011 installation of 21 artistic trash receptacles. Posing with the first are (left to right) sculpture artist Ivan McLean, former AMS design chair Larry Holmes, AMS executive director Sara Wittenberg, and CleanScapes representatives Denay Love and Jim Carr.

Looking back across seven years, how is AMS doing?

Great. It is hard – and very important – work. I think our greatest accomplishments are the relationships we've built and the trust we've established within

our community. Everything becomes easier to accomplish when there is that strong foundation. Our small business owners and community are wonderful – they are engaged, candid and supportive.

Transplanted & thriving Portland gridlock offers reading opportunities



By Kathy Crabtree
CNA Media Team

The excitement of relocation is found in almost daily discoveries. New stores, restaurants, bars and coffee shops to explore. Little boutiques selling everything from crafting items and handmade jewelry to edible marijuana gummies in delightful packages. All right here in Concordia.

The excitement dampens upon leaving the neighborhood. Not because there aren't other charming areas to discover, but because getting to other areas of Portland is time sensitive and seems to require careful planning.

Back where I'm transplanted from, one could get anyplace one wanted or needed to be in 20 minutes or less. Not so much here.

Being a retired relocater means that one really hasn't the need to go anywhere in particular. Maybe some sightseeing or visiting the kids since that is why one moved here in the first place.

Then after a while, one has doctor and dentist appointments to keep, people

to meet across town, a part-time job and possibly some volunteering to do. That's when it gets tricky in Portland.

I always make mid-morning appointments, because travel after rush hour traffic and before evening rush hour is the only sensible way to go. As recently as two years ago, evening rush hour wasn't a problem unless one was on the road by 4 o'clock. Today serious gridlock could happen at any time.

Lunch hour isn't safe, and forget getting anywhere quickly after 2 p.m. But there is an upside to traffic slowdowns: bumper stickers.

In Ohio, bumper stickers declared political support, favorite band or pet preference. Military branch support was common, disease ribbons encouraging awareness and donations, too.

Sitting in Portland traffic, I note many fellow travelers have numerous stickers. Some cars even appear wallpapered with the occupants' manifestos.

At least I have something interesting to read while stuck in traffic.

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

Art corner

Thanks to Concordian Jeanette Zeis, the neighborhood is bidding adieu to winter with the artwork below. Jeanette, a functional potter, is setting out to expand her artistic skills from 3D to 2D, and she has agreed to share her efforts with CNews. Look for her future contributions in "Art corner."

A neighbor for four years, she lives with partner Ken and cats Vickie and Kathy. Jeanette said she comes by her artistic inclinations naturally. "My mother is very crafty and artistic, and my grandfather was a painter. Growing up, I was always encouraged to explore art."





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FEASTCommunityChoir.com Contact Susan at FEASTCommunityChoir@gmail.com

Cars might've camped at Wilshire Park

The question:

How did our three closest parks – Fernhill, Alberta and Wilshire – come to be?

– Calley Dodero

The historian reports:

This sounds like a three-part question, so let's start this month with Wilshire Park.

Today's beloved Wilshire Park nearly became a subdivision/neighborhood, but not before it almost became an automobile campground. Seriously.



By Doug Decker
Historian



for development as the Spring Valley Addition. The plat shows orderly streets

The 15-acre wooded parcel that is today's park was then part of the Jacob Kamm estate. Kamm (1823-1912) was one of Portland's wealthiest residents, making his fortunes in steam navigation. He also dabbled in real estate and had purchased parcels downtown and at the edges of Portland. The latter included 15 acres of woods just north of the Alameda Ridge, which he platted

and lots bisecting the area.

But Kamm died before he could close with developers. His \$4 million estate took years to sort out, which probably delayed development.

In September 1920, developers floated a plan reported in The Oregonian to create a campground for car campers on the property. Northeast 33rd Avenue was a rough county road and at the outer limits of Portland, and the car was a new toy for travelers. Auto campgrounds were popping up all over. Neighbors didn't like the idea and protested loudly enough that the city killed it.

In 1926, the Wilshire Addition Community Club offered a plan to turn the property, referred to as 33rd Street Woods, into a park (because local kids were using the thickly forested and brushy 15 acres anyway). But the city was not interested, nor did it have the money. By 1933, an agreement had been reached that allowed the property to be used as a park – still owned by the Kamm family – as long as the planning and development work was funded and conducted by neighborhood residents and the community club.

By April 1940, Kamm's estate was settled, and the city found a way to take out a loan for acquisition with a two-year \$28,500 loan from First National Bank.

That brought an important chapter to a close, and secured the land for the future. But controversy erupted in February 1941 about naming it. Some residents wanted to call it Jacob Kamm Park, and the majority backed a proposal



Wilshire Park has offered something for nearly everyone – from playful children, to pedestrians, dog walkers and joggers and baseball teams – for nearly a century.

to call it Wilshire Park. After several stormy meetings, city council agreed to the latter.

By 1950, the city had cut and removed much of the underbrush, thinned the Douglas-firs and constructed the ball diamonds still in place. Even a playground was built featuring, among other things, old Fire Engine Number 2, a 1918 model that had been decommissioned from service at the Northwest 3rd Avenue and Glisan Street fire house.

The park keeps many other memories alive: the family home at the far south-

east corner of the woods around the turn of the 20th century; Christmas tree cutting in the 1920s and 1930s from the 33rd Street Woods; the jackstrawed piles of trees and branches left from the 1962 Columbus Day Storm; and the generations of baseball and soccer players, runners, and dog walkers who have loved this place.

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

WE ARE HAVING A
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JOIN US FOR SOME GOOD, CLEAN ENERGY FUN AND INFO.

Where? McMenamins Kennedy School Community Room
When? March 31st, 6 - 9 p.m.
Questions? Contact Robyn at rbuyer@solarcity.com

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Concordia community events calendar

Through early April
THE SOUL OF PHILANTHROPY REFRAMED & EXHIBITED
Location: Concordia University George R. White Library & Learning Center
 The exhibit illustrates black philanthropic experiences & giving traditions, grounded in faith, mutuality, responsibility & social justice.
Details: cu-portland.edu/about/events/campus-calendar

Through early April
LATINO HERITAGE ART EXHIBIT
Location: Concordia University George R. White Library & Learning Center lobby, 2nd & 3rd floors
 The 1½-month-long exhibit encompasses more than 90 paintings, photographs, sculptures & murals – all original works created by Pacific Northwest visual artists representing Mexico, Colombia, Peru, Guatemala & the Dominican Republic.
Details: cu-portland.edu/about/events/campus-calendar

March 1, 9, 11
WEATHERIZATION WORKSHOPS
Locations: 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
 Wednesday, March 1, 6 - 8 pm, Roosevelt High School, 6941 N Central St.
 Wednesday, March 1, 6 - 8 pm, Scott Elementary School, 6700 NE Prescott St.
 Thursday, March 9, 6 - 8 pm, Community Energy Project, 2900 SE Stark St., Suite A
 Sat, March 11, 2 - 4 pm, Community Energy Project, 2900 SE Stark St., Suite A

March 2, 6, 19
LEAD POISONING PREVENTION WORKSHOPS
Locations: Various venues

Participants learn how to prevent lead exposure in their homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.
Details/registration: communityenergyproject.org, 503.284.6827 ext. 109
 Thursday, March 2, 3 - 4:30pm, Northeast WIC Clinic, 5329 NE Martin Luther King Jr. Blvd.
 Monday, March 6, 2 - 3pm, East County WIC Clinic, 600 NE 8th St., Gresham
 Monday, March 6, 6 - 7:30 pm, Gregory Heights Library, 7921 NE Sandy Blvd.
 Sunday, March 19, 1 - 2:30 pm, Community Energy Project, 2900 SE Stark St. Suite A

Thursday, March 2, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.
 Join others in the kitchen to cook & eat a variety of Southern dishes.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Thursday, March 2, 6:30 - 9
URBAN WEEDS
Location: Trillium Charter School, 5420 N. Interstate Ave., Portland
 Learn how to identify the most common garden & landscape weeds along with some of the other more notorious plant invaders of the region. East Multnomah Soil & Water Conservation District walks you through how these aggressive plants take over in your yard, & provide some simple yet effective tips that will help you get the upper hand without turning to synthetic herbicides.
Details/registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

Saturday, March 4, 9 am - 1 pm
RAIN GARDENS 101
Location: Troutdale Police Station, 234 SW Kendall Ct., Troutdale
 Learn how to build your own rain garden. East Multnomah Soil & Water Conservation District will explore the critical role rain gardens can play in urban stream restoration & how they add beautiful landscaping to your yard. Included are learning how to assess your site to determine the best location & size, calculate impervious surfaces, determine soil suitability, choose appropriate plants, & how to maintain your new rain garden. You will also receive a comprehensive

manual that guides you through all the steps in constructing your rain garden.
Details/registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

Saturdays, March 4, 11, 18, 25, 10:30 am
STORY TIME
Location: Concordia University Jody Thurston NW Center for Children's Literature
 All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes, followed by themed crafts. Sessions are drop-in basis.
Details: cu-portland.edu/about/events/campus-calendar

Wednesday March 8, 6:30 - 9 pm
POLLINATORS WORKSHOP
Location: Charles Jordan Community Center, 9009 N Foss Ave.
 Participants learn about the different kinds of pollinators that might be living in their gardens, discover a plant palette to help attract & support pollinators, & go beyond the bloom to consider ways to provide shelter, water, nesting, & overwintering sites. Sponsor are Columbia Slough Watershed Council & East Multnomah Soil & Water Conservation District.
Details/registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

Thursday, March 9, 11:45 am
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church fellowship hall, 6700 NE 29th Ave.
 Seniors are invited to enjoy Reuben soup & side dishes.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

March 9, 18
NATIVE PLANT WORKSHOPS
Locations: varied
 East Multnomah Soil & Water Conservation District will introduce you to common native plant communities, show examples of species that do well in similar growing conditions, share successful planting tips that will help them thrive & more. You'll leave with loads of information to decide which native plants will work well in your yard.
Details/registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

Thursday, March 9: 6:30 - 9 pm, Zenger Farm, 11741 SE Foster Rd.
 Saturday, March 18: 9 - 11:30 am, Lents Village Apartments, 10325 SE Holgate Blvd.

Tuesday, March 14, 7 - 9 pm
CNA GENERAL MEETING
Location: McMenamins Kennedy School Community Room
 Concordia residents, property owners and business people are invited to the quarterly meeting. After a few brief committee reports, the floor will be open to attendees to ask questions and/or make comments and suggestions.

Tuesday, March 14, 6 pm
RACE TALKS
Location: McMenamins Kennedy School gymnasium
 These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6 pm; discussion: 7 pm. March topic: "Kin Killin' Kin: Resolving Gun Violence in America."
Details: racetalkspdx.com



Wednesday, March 15, 6:30 - 9 pm
BENEFICIAL INSECTS WORKSHOP
Location: McMenamins Kennedy School Community Room
 Learn about plant types & management practices that provide food, water & shelter to attract & sustain the beneficial insects that help your garden thrive. Hosted by Concordia Neighborhood Association & presented

by East Multnomah Soil & Water Conservation District.
Registration: emswcd.org/ or 503.222.7645.

Thursday, March 16, 11:45 a.m.
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.
 Join others in the kitchen to share an Irish meal & then prepare an Irish soup to take home to your refrigerator or freezer. Bring a container.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003



Saturday March 18, 9 am - 12:45 pm
SLOUGH 101
Location: TBA
 Ever wonder about that slow-moving channel of water running through northeast & north Portland, Gresham & Fairview? This hands-on workshop explores the unique character, challenges & opportunities of the Columbia Slough & its watershed. Learn about soil & sediment in relation to water quality, how the slough has changed across time, what that means for fish, wildlife, people & businesses, macroinvertebrates (water bugs) that live in the slough; simulate & predict aquifer conditions with an interactive groundwater model; & test water quality through dissolved oxygen, temperature & PH levels. Suitable for adults & teens 14 & older.
Details/registration (preregistration required): columbiaslough.org/events/event/149/

Monday, March 20, 6 - 7:30 pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900 SE Stark St., Suite A
 Before any demolition, scraping, sanding, or remodeling in pre-1978 housing, check out this class. Great for people who want to do a small project that may involve exposure to lead paint or a small construction project in an older home.
Details/registration: communityenergyproject.org, call 503.284.6827 ext. 109

Wednesday, March 22, 6:30 - 9 pm
ATTRACTING POLLINATORS TO THE URBAN GARDEN
Location: Lao Buddhist Center NW, 17676 SE Foster Rd., Gresham
 Learn about the different kinds of pollinators that might be living in your garden, discover a plant palette to help attract & support pollinators, & go beyond the bloom to consider ways to provide shelter, water, nesting, & overwintering sites. Presented by East Multnomah Soil & Water Conservation District
Details/registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

Saturday, March 25, 9 am - 1 pm
NATURESCAPING BASICS
Location: Trinity United Methodist Church, 3915 SE Steele St.
 Naturescaping is the practice of designing (or redesigning) your landscape so it reduces water use & decreases stormwater runoff while saving you time, money & energy. East Multnomah Soil & Water Conservation District's introductory workshop introduces the core concepts of naturescaping. Even if you decide to enlist the help of a contractor, you'll have the framework to make decisions & effectively communicate the vision you have for your yard. Class will visit a nearby naturescaping project to see design principles in action. You'll receive a comprehensive workbook to help you get started.
Details/Registration: "Upcoming Workshops" at emswcd.org/workshops-and-events/

GREAT FOOD MUSIC BEER & WINE

MARCH 2017

1	IGNITE TAO! V8
2	AN EVENING WITH JOHN MCCUTCHEON
3	FRANK OLIVIER'S TWISTED CABARET COMEDY SHOW
4	NRITYA SHUBHA DANCE FESTIVAL
5 PM	
7	ADRIAN LEGG • PAT DONOHUE
8	CHERYL WHEELER + KENNY WHITE
9	LIVE WIRE RADIO WITH LUKE BURBANK
10	THE COMIC STRIPPERS MALE STRIPPER PARODY + IMPROV COMEDY
11	HAWAIIAN SLACK KEY GUITAR FESTIVAL
11	BACK FENCE PDX: MAINSTAGE • SNAPSHOT
14	SCIENCE ON TAP INSIDE THE FELINE MIND
15	OREGON HUMANITIES PRESENTS THINK & DRINK : THIS LAND
16	LIVE WIRE RADIO WITH LUKE BURBANK
17	KEVIN BURKE PRESENTS THE NAKED FIDDLE - AN IRISHMAN'S JOURNEY
18	SCIENCE ON TAP THE NEUROSCIENCE OF PLEASURE & LOVE
19	MAGICAL STRINGS WITH SPECIAL GUESTS
21	"THINK BIGGER!" - SURVIVED FIRST-EVER CIRCUMNAVIGATION OF SOUTH AMERICA BY SEA KAYAK
22	PORTLAND OPERA A SONDHEIM CELEBRATION FEAT. SUSANNAH MARS
23	DERVISH
24	CAITLIN CANTY • ROSE COUSINS
25	PLAY FAIRE - PORTLAND PREMIERE
25	SUZANNE WESTENHOEFER
26	OKAIDJA AFROSO
29	GABY MORENO GOODNIGHT MOONSHINE
UMBRELLA FESTIVAL	
30	7p - KICKOFF PARADE 8p - CONTEMPORARY CIRQUE
31	NEW VAUDEVILLE

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