



CONCORDIA NEWS

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

May 2018

It's time for spring cleaning

CNA Spring Clean Up

Saturday, May 19
8 a.m. – 12:30 p.m.

PCC Workforce Training Center

CNA will help you out by dumping, recycling and/or finding new homes for those household items you no longer need.

Check out the details on Page 4

CNA Mission Statement

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

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.

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Portland, OR 97211

Faubion families share culture, food



By Rachel Richards
CNA Media Team

Faubion School now offers monthly community cooking classes through the 3 to PHD program.

That program is a collaboration of five different agencies: Portland Public Schools, Concordia University, Kaiser Permanente, Trillium Family Services and Basics (formerly Pacific Foods) with the shared mission to create safer, healthier and more educated communities.

The goal of 3 to PHD is to close the opportunity gap for the most vulnerable children and families, and to restore school as the heartbeat of the community.

Jacklyn Sisto, 3 to PHD services coordinator, created the community cooking classes and taught the first one in December about making tamales. She feared no one would show up, but 50 people came together and shared feedback that they really enjoyed the event.

Jacklyn obtained funding for the cooking classes to be ongoing throughout the school year through the Northeast Coalition of Neighborhoods Community Grant program.

"With so many partners and agencies involved, our community cooking



Community cooking classes are now monthly fare at Faubion School, thanks the 3 to PhD program and a grant from Northeast Coalition of Neighborhoods. Photo courtesy of 3 to PhD

The program is accepting donations of food (3 to PHD also provides a food pantry for Faubion families in need)

taught a class on Ethiopian food. In March, Faubion parent Ana Rosa Gonzalez taught a class on how to make albondigas, which are Mexican turkey meatballs.

April featured Southern cooking with Andre, who is the school's night custodian. Another April class taught community members how to make Argentinian empanadas.

"The community cooking classes give people the opportunity to do something they are good at and share it with others," Jacklyn pointed out. "It is a great way for community members to share culture in a way that is accessible — food. Who doesn't love food?"

May's cooking class is pizza on Wednesday, May 16, at 3:30 p.m. in the 3 to PHD demonstration kitchen.

Rachel is a 16-year Concordia resident who loves her community. She has a background in counseling/education and uses her passion for helping others in her work as a real estate broker. Contact Rachel or learn more about her at RachelRichardsRealtor.com.

"The community cooking classes give people the opportunity to do something they are good at and share it with others. It is a great way for community members to share culture in a way that is accessible — food. Who doesn't love food?"

— Jacklyn Sisto

classes bring them together with Faubion families to build community and share cultural knowledge through sharing culturally specific food," Jacklyn said.

or financial support. Donations can be made by contacting Jacklyn at JSisto@cu-portland.edu or 971.804.9125.

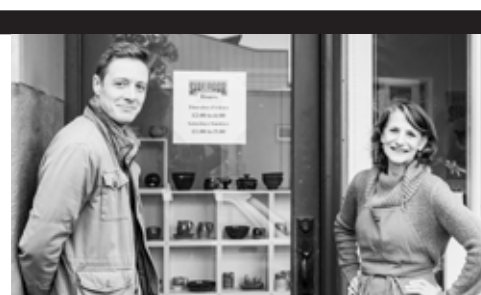
In February, three Faubion parents



DARUMA MOVES CLOSER

Andy Diaz moves sushi restaurant to Killingsworth Street.

See Page 6



FUNCTIONAL, NOT PRECIOUS

Find functional ceramics at Side Door Ceramics Gallery.

See Page 7



BACKYARD SPICES GO VIRAL

Geno Hill is spicing up the neighborhood with his "gorilla" retail.

See Page 8

CNA VOICES

By Katie Ugolini, CNA Social Committee Chair

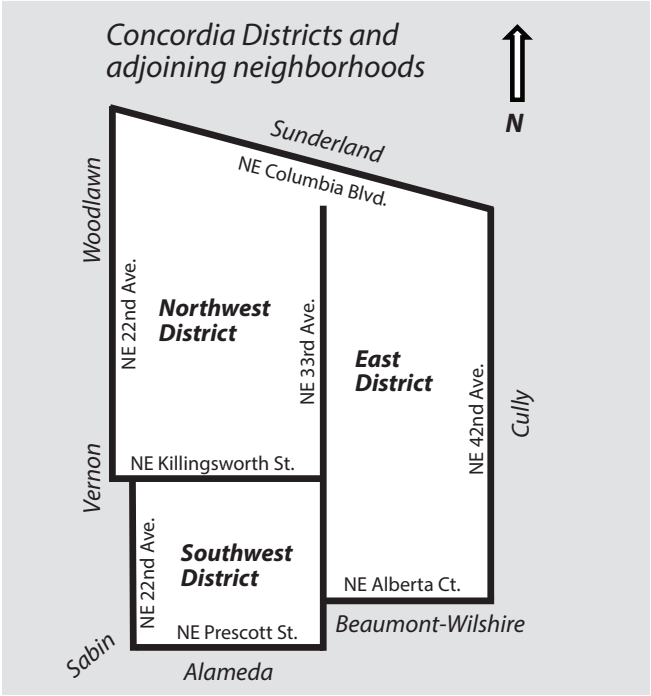


It’s fundraising season for community-building events

It’s spring, and fundraising is in full bloom in Concordia. As you know, your Concordia Neighborhood Association (CNA) raises funds to sponsor events and activities that fit our mission to build community. Last month, we sponsored the Spring Egg Hunt and coming up soon are our booth at the July Fernhill Concert Series, the summertime neighborhood yard sale, the Aug. 3 National Night Out celebration, the Sept. 23 Northeast Sunday Parkways and the CNA Holiday Party in December. Only one event each year makes money. That’s the Neighborhood Clean Up, scheduled for Saturday, May 19, at the PCC Workforce Center. See Page 4 for details on what household items we can help you dispose of, and which we can’t. Our budget also receives a modest annual donation from the city’s Office of Neighborhood Involvement and the rental income from the McMenamins Kennedy School Community Room. (Need a venue for a meeting or party? Visit ConcordiaPDX.org/community-room-rental for details.) By far our largest expense each year is the concert

series. It costs about \$16,000 to pay for the bands and equipment. Yes. That’s no small amount. And one of the sources of income for it won’t be available this year. That’s income from passing the hat during intermission at each concert. In the past, the hat provided \$5,000 to \$6,000 to help defray concert costs. This year, however, all funds from the “hat” will go to the Portland Parks & Recreation general fund for programs. Although supporting all of our Portland parks activities is important, this means that one of our most dependable sources of revenue for the Fernhill Concert Series – the audience – will disappear in 2018. So fundraising is especially important this spring and the three people who traditionally raise money – two CNA Board members and yours truly – need some recruits. Please help us keep this family-friendly Concordia summer tradition alive. See Page 4 for details about how to sign on as a sponsor and/or make donations. And contact me at KTUgolini@gmail.com if you can lend us some time to approach local businesses and organizations to request donations and sponsorships.

By far our largest expense each year is the concert series. It costs about \$16,000 to pay for the bands and equipment. Yes. That’s no small amount.



CNA Board of Directors

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At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Need a place for your event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.
Pricing: \$25/hr (\$15/hr. for nonprofits)
Info: ConcordiaDPX.org/community-room-rental

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, May 2, 7 p.m., McMenamins Kennedy School Community Room

General Meeting

Wednesday, June 6, 7 p.m., McMenamins Kennedy School Community Room

Social Committee

If you’d like to volunteer for the May 19 CNA Spring Clean Up 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, May 1, 6 p.m. For location, contact Gordon Riggs at MediaTeamLead@ConcordiaPDX.org or 503.515.8209.

Land Use & Transportation Committee

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

Finance Committee

Last Wednesday of the month, Wednesday, May 30, 7 p.m., McMenamins Kennedy School Community Room, contact Jody Pollack at East1@ConcordiaPDX.org

CONTACTS

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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: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

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FeastCommunityChoir.com



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OPEN HOUSE EVERY FIRST THURSDAY!
rsvp: heartinhandpreschool.com

Parent- Child Classes Starting Monthly



gnomeshome.org

Concordia murals

Local mural honors street writer, artist



By Karen Wells
CNA Media Team

RIP Smoky, a 2015 mural, is located on a storage structure adjacent to The Hilt facing 20th Avenue off Alberta Street. This is a tribute memorial to prominent street artist and graffiti writer Nicholas “Smoky” Barclay. He died in an auto accident in Humboldt County, California, in September 2015.

He was originally from the big island of Hawaii, lived in the San Francisco Bay area and occasionally visited Portland. A full face portrait of Barclay, with signature stretched earlobe, is positioned as a cameo in this mural. Thoughtful dark eyes have a strength of character, and engage the viewer.

The frame of the cameo is reminiscent of the dynamic graffiti “writer” style employed by Barclay in his body of work.

The background color is a shade of seaside blue, populated with bubble letters. Veteran Portland artist and friend, “Life of Jon,” painted the mural.

Barclay’s work can be seen in various industrial/commercial areas and transportation corridors of Alameda, San Francisco, San Bernardino, Los Angeles and Maricopa counties. He worked with several crews – groups of writers working together to produce a piece.

Barclay’s work has been featured in a variety of venues. In 2011, Railyard Gallery of southeast Portland hosted “Special Delivery,” a showcase of several Bay Area writers including Barclay. In 2014, his work was featured in an Oakland gallery photo exhibit. In 2017, Mg Roberts used his work in her book of poetry “Anemal Uter Meck.”

The majority of writers are males younger than 25, from middle-income families. They are driven to get their names or messages seen by peers and the public. It’s a “boys club” phenomenon stretching back to antiquity.

Barclay’s mother, Alexa, thought of him as a muralist. He will be missed this Mothers’ Day.



Photo by Karen Wells

Karen is a retired early childhood community educator, health and safety trainer.

Editor’s note: Love street art? Really don’t care for it? Just plain don’t understand it? If you’re interested in learning more about it, Karen compiled a list of local resources about Barclay’s work and street art in general. Find it at ConcordiaPDX.org/murals.

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

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CNA SPRING CLEAN UP
Saturday, May 19
8 a.m. – 12:30 p.m.



PCC Workforce Training Center at NE 42nd & Killingsworth

Spring cleaning comes to Concordia, and CNA will dump, recycle and/or find new homes for your household items.

ACCEPTED MATERIALS

- Household waste
- Metal
- Styrofoam (no peanuts)
- Furniture
- Electronics
- Lamps
- Mattresses
- Clothes
- Bicycles
- Other household items

SUGGESTED DONATIONS:

- Car: \$10
- Truck, van, SUV: \$15
- Large truck: \$20
- Oversized load: \$30
- Electronics: \$5

PROHIBITED MATERIALS

- HAZARDOUS WASTE, including batteries and chemicals
- Construction, demolition, roofing & remodeling debris
- Kitchen garbage
- Residential yard debris
- Commercial landscaping materials
- Waste & recyclables collected curbside
- Light bulbs
- Refrigerators & freezers
- Large appliances/white goods
- Tires, rocks & concrete
- Paint & oil

METRO prohibits the disposal of construction, remodeling or demolition materials suspected of containing asbestos at all neighborhood clean ups. Examples of prohibited materials:

Flooring: vinyl tiles, vinyl sheet, mastic

Walls: plaster, decorative plaster

Siding: cement siding shingles “Transite”

Ceilings: acoustical tiles, “popcorn” and spray-on texture

Insulation: spray-applied, blown-in, vermiculite, pipe, HVAC and lagging

Electrical: wire insulation, panel partitions

Other: fire doors, fire brick, fire proofing

SPECIAL FEATURES IN 2018

“You Price It” Yard Sale:

See something you like among the reusable household goods, say what it’s worth to you and it’s yours.

Professional tool & knife

sharpening: Look elsewhere on this page for details.

All proceeds support CNA’s mission to organize human and physical resources, build community and enrich livability here.

THANKS TO THE CNA SPRING CLEAN UP’S
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Better Bargains Thrift Store



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Concert series in need
of some serious funding



Photo courtesy of Portland Interfaith Gospel Choir

Five fabulous groups are scheduled this year for the free-to-the-public Fernhill Concert Series. All that’s needed now is \$16,000 to pay the expenses.

“One of our traditional sources of funding for the concerts – passing the hat during each intermission – won’t be available to us this year,” said Katie Ugolini, CNA Social Committee chair. “So that’s \$5,000 to \$6,000 we must add to reach the \$16,000 fundraising goal.”

There are three ways you can help bring these shows to Concordia:

- Make a donation on behalf of yourself or your family online or by mailing a check. For instructions on both, visit ConcordiaPDX.org/concerts.
- Help the concert series fundraisers. “There’re only three of us, and we

could use some more help visiting businesses and organizations to solicit their support,” said Katie Ugolini. To volunteer, email her at KTUgolini@gmail.com.

- If you own or manage a business, become a sponsor. “You’ll not only make a big difference in your community, but your business will receive plenty of publicity and appreciation,” Katie pointed out. For details, contact Jed Arkley, event producer, at Jed.Arkley@PortlandOregon.gov, 503.823.5059 or go online to the Portland Parks and Recreation Sponsorship Opportunities page at PortlandOregon.gov/parks/article/663668. Make sure to pull down the menu to “Fernhill Park” in the “Sponsorship Designation” field.

Mark your calendar now for:

July 6: Portland Interfaith Gospel Choir

July 13: Sonny Hess & Lady Kat

July 20: Trujillo

July 27: The Slants

Aug. 3: National Night Out Celebration: concert by Eric John Kaiser, The Amazing French Troubadour, followed by Wes Anderson’s animated movie “Isle of Dogs”

Don’t use dull blades for
your home spring clean up

Bring your kitchen and garden tools to the May 19 CNA Spring Clean Up for professional sharpening. Between 8 a.m. and 12:30 p.m., 1Sharptool Edge Service will donate a percentage of the proceeds from sharpening:

- | | | |
|-----------------|-----------------|-----------------|
| • Knives | • Scissors | • Machetes |
| • Pruners | • Loppers | • Axes |
| • Pocket knives | • Garden shears | • Shovels |
| • Hoes | • Chisels | • Rotary mowers |

Services are first come first served. Prices start at \$6.25 for garden tools and \$7.50 for kitchen knives. 1Sharptool Edge Service accepts cash, checks and credit cards.

For details, contact 1Sharptool Edge Service at 360.606.7062 or visit 1SharpTool.com.

Initiative aims to tax rich for environment



By Steve Elder
CNA Media Team

Portland voters will soon have the opportunity to fight climate change while promoting social and economic equity. The Portland Clean Energy Fund (PCEF) would generate an estimated \$30 million annually to do things like weatherize and solarize Portland homes and businesses. It would also provide energy efficiency upgrades for low-income housing, job training, minority contractor support, green infrastructure assistance, and local food production.

The ballot initiative is what some call pure democracy: people can vote directly to make a law that affects them, not going through the legislature or other governing body.

The PCEF ballot initiative would impose a 1 percent business license surcharge on retail corporations, such as Apple, Starbucks and Wells Fargo, that do a \$1 billion worth of business nationwide and \$500,000 of business in Portland annually.

The ballot initiative is what some call pure democracy: people can vote directly to make a law that affects them, not going through the legislature or other governing body.

To get on the November 2018 ballot 45,000 signatures of Portland registered voters are required. A citizen's commission, appointed by the city council, will distribute the money. The commission will oversee competitive proposals for use of funds.

Each commission member must have strong interest and experience in reducing greenhouse gas emissions, acting on climate change, and advancing racial and economic justice.

Detractors say the measure sounds like a sales tax. Technically it is not, although corporations will pay based on meeting a certain sales volume threshold. Corporations already pay license fees. PCEF is a surcharge. Most of the affected corporations already collect charges in other states that they pass on to Port-

landers in the form of standard prices all over the country.

PCEF is a little like Measure 97, the tax initiative which lost statewide after a campaign that broke Oregon's spending record for ballot initiatives. The measure won handily in two counties, Multnomah and Benton.

According to the Department of Energy, every dollar invested in weatherization generates \$1.72 in energy benefits and \$2.78 in nonenergy benefits such as fewer medical bills and less labor time lost. Landlords who upgrade properties will be required to limit any rent increases.

The PCEF steering committee has among its members the Sierra Club, 350PDX, the Audubon Society, NAYA Family Center, the NAACP, Oregon

Physicians for Social Responsibility, and more than 100 neighborhood associations, including Concordia.

Signatures will be collected from Portlanders who will be old enough to vote in the November 2018 election. Signature collectors should be able to explain the initiative and provide copies for review.

Volunteers are needed to help collect signatures. If you'd like to help, google contact information for any of the sponsors.

Steve, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.

News from the NET

Advance planning, prep are key



By Tom Phillips
Concordia/Vernon/Woodlawn NET

In case of a personal emergency, your first act might be to call 911. However, in the case of a large-scale emergency affecting Portland, calling 911 may not bring the help you need.

In such an event the Portland police and fire departments will likely be busy with other critical priorities. Here's why. Approximately 17,000 people live in the Concordia, Vernon and Woodlawn neighborhoods.

To serve that many people, their homes and businesses, there are four fire fighters on duty at Fire Station No. 14. That is the only fire station to cover our three neighborhoods, but they must also cover King, Sabin, Alameda and Sunderland neighborhoods.

They, along with Portland police, must prioritize their responses to include fighting large fires, overseeing critical infrastructure, or responding to impor-

tant population centers, such as our local schools – Vernon, Faubion and Woodlawn.


Therefore, our best resource for dealing effectively with a natural disaster is advance planning and preparation. Each person and family will have to answer several questions:

- Do you have food and water supplies sufficient to sustain yourself for at least three days to two weeks, if not much longer?
- Do you have a plan for evacuation of your house or a plan to locate family members who are working or engaged outside their homes?
- Do you have medical supplies sufficient to treat potential injuries?

If you take the responsibility of preparing in advance, you will not only help yourself and your family to cope, but you'll be in a position to help your neighbors as well.

You can find details on advance planning and preparation – such as how to make a plan for you and your family and how to build an emergency kit – as

well as much more information by going to the Portland Bureau of Emergency Management site at PortlandOregon.gov/pbem/46475.



What's Selling in Concordia?

183	Homes sold in RMLS in last 12 months as of April 3 rd
3.99%	Increase in Average Sale Price since 2017
Avg. Sale Price in 2017: \$503,593	
Avg. Sale Price currently: \$523,275	
Avg. Days on market: 28	



This information provided by
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Daruma doll inspires Daruma sushi fare

By Tamara Anne Fowler
CNA Media Team

Daruma (duh-roo-muh): a hollow, round traditional Japanese doll. Daruma dolls are seen as symbols of perseverance and good luck. When acquired, the figure's eyes are both blank/white. An owner will then select a goal or wish and paint in one of the figure's two eyes to "keep an eye on it." Once the

"Jiro Dreams of Sushi." The next morning, his real estate agent called to tell him Ristretto Roasters was moving. Andy thought, "That would be a great space for a sushi restaurant." Although he did not have much experience in sushi, he jumped right in. Andy has always cheered the underdog. Daruma Sushi has been open for four years. With the move, Daruma went from a 20-seat restaurant to one that is

Andy soon learned that rice is the most important thing in the restaurant. If the rice is not right he cannot open that day.

desired goal is achieved the second eye is filled in. Daruma is also the name of a local sushi restaurant. It moved recently from 42nd Avenue and Fremont Street to 1640 N.E. Killingsworth St. Owner Andy Diaz, originally a broadcast engineer at NYU Law School, had no food background when he opened it. He had moved to Seattle in 1991, but returned to New York City in 1999. He didn't stay long. He missed the West Coast and sought a more affordable city here. "I also wanted clean air and access to good food," Andy beamed. "It's wonderful here." One night, he fell asleep watching

more obliging and contains 40 seats. At the 42nd Avenue location, he would have to turn away parties of more than four or shut the restaurant to accommodate larger groups. His staff is good at taking initiative and at being creative. He has given each member of his staff a Daruma doll. "To help them stay focused on their objective," Andy explained. His current chef, Devin Jacobson, came into his old location wanting to apply as a waitress. He looked at her resume and was impressed by her experience. Devin is in her late 20s and had been preparing sushi for 10 years. Andy asked his original chef if Devin could be his assistant. Eventually, after



the chef moved to Seattle, Devin was running the sushi board. Andy soon learned that rice is the most important thing in the restaurant. If the rice is not right he cannot open that day. Undercooked or overcooked rice can ruin good fish. It's all trial by fire. He recently added cooked food. Andy would like the kitchen staff to continue to evolve, like his menu and the wishes on the Daruma doll.



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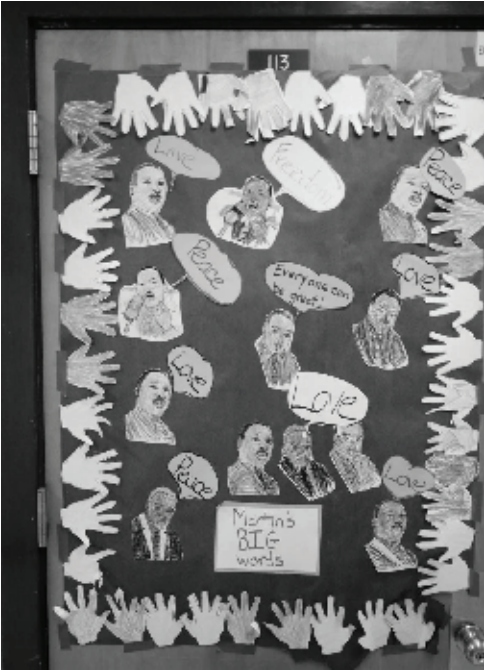


PORTLAND
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Creative Concordia!

Featured art from the halls of Vernon School



Visit ConcordiaPDX.org/concordia-creative to view more Vernon School art

Stay tuned for featured Rigler School art next month!

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Gallery offers functional, not precious



By Judith A. Ross
CNA Media Team

ably contain your morning brew, it will serve as a small piece of art on your shelf.

Wil Labelle and Manya Wubbold of Side Door Ceramics Gallery aim to create

“I started doing those because I wanted to change people’s perspective about how they embrace a piece of handmade pottery during the day.”

– Wil Labelle

household items that do just that.

The two opened the gallery, located at the corner of 30th Avenue and Alberta

Street, in January. The 235-square-foot space is lined with shelves of useful objects made from stoneware or porcelain in colors ranging from blues and greens to creams etched in brown.

A pottery wheel, where Wil and Manya often work during business hours, sits behind the front counter.

Their offerings include – but are not limited to – cups, bowls, serving platters, teapots, candleholders, Chemex-shaped coffee makers, olive oil pourers and salt shakers.

All are designed and priced for everyday use.

“Our prices range from \$15 for cups, to \$50 for bowls, and \$70 to \$90 for teapots and more complex projects,” Wil pointed out.

Hanging on one wall is his signature item, tall, narrow to-go mugs – each with a generously-sized handle and a cork plug on top.

“I started doing those because I wanted to change people’s perspective about how they embrace a piece of handmade pottery during the day,” he added. “This piece is meant to leave your safe zone, your castle, and go with you in your coach.”

Although Wil has spent the bulk of his career in the pottery business both as a teacher and maker, Manya came to the craft while teaching Spanish at the university level. Last month she was in North Carolina attending the John C. Campbell Folk School, where she took an intensive course in making large works in porcelain.



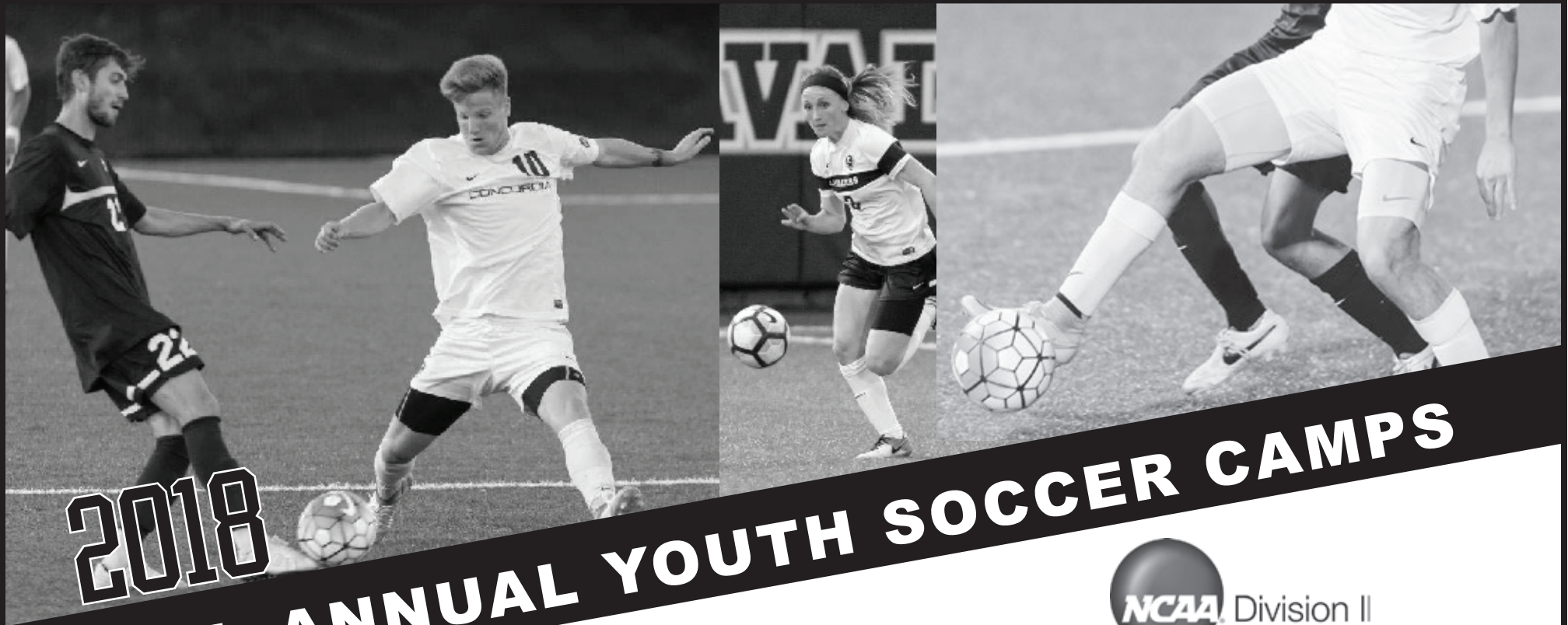
Wil Labelle and Manya Wubbold opened Side Door Ceramics Gallery recently. Located at 5001 N.E. 30th Ave., it’s just around the corner from Alberta Street. Photo by Chris Baker

They met when Manya was Wil’s student at Georgies Ceramic and Clay Co. on Lombard Street. After a few years as Wil’s student, Manya invited him to share a studio on her property. Two years later, upon learning that the gallery space on Alberta was available, the two decided to go in together. They continue to make the bulk of their products at the private studio and view the gallery as a showroom for their work.

“We both saw this as an opportunity to take our work to the next level,” Wil explained. “It was a way for us to showcase functional pottery that is affordable.

“There’s no greater accolade than someone saying, ‘I started using your salt shaker, and I love it.’”

Judith is a freelance writer, who relocated from Massachusetts to Portland in 2016.



2018 29th ANNUAL YOUTH SOCCER CAMPS



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

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



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YOUTH CAMP A
June 18 – 22, 2018
Boys & Girls, Ages 5 – 14

YOUTH CAMP C
July 23 – 27, 2018
Boys & Girls, Ages 5 – 14

YOUTH CAMP B
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Boys & Girls, Ages 5 – 14

YOUTH CAMP D
July 30 – August 3, 2018
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Friday, May 4

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Saturdays: May 5, 12, 19 & 26

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Live opera singers in & around
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Tuesday, May 8

RACE TALKS

An Opportunity
for Dialogue
Gym • 6 p.m. doors; 7 p.m. event

Thursday, May 10

Robin Jackson and the Caravan

Folk
Gym • 7 p.m.

Sunday, May 13

Mother's Day Brunch

Call for reservations
\$34 adults, \$21 kids 5-12, 4 & under free
Gym • 9 a.m. 'til 3 p.m.

Wednesday, May 16

3RD ANNUAL OREGON BREWSHED BREWFEET

Clean water fundraiser
Gym • 5:30 p.m. 'til 9:30 p.m. • 21 & over

Thursday, May 17

LIMITED-EDITION BEER TASTING

Come sample this month's featured beer.
Brewery • 5 p.m. 'til 7 p.m. • 21 & over

Thursday, May 17

Matthew Szlachetka

Rock, blues, country and folk
Gym • 7 p.m.

Thursday, May 24

The Last Revel

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

Monday, May 28

HISTORY PUB:

Memories of Vanport

Theater • 6 p.m. doors; 7 p.m. event

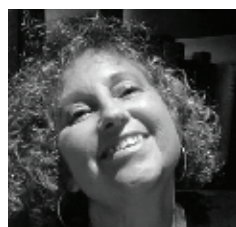
Thursday, May 31

MEXICAN GUNFIGHT

Soulful songcraft
Gym • 7 p.m.



Geno adds spice to Concordia



By Marsha Sandman
CNA Media Team

Concordia resident Geno Hill has a palette for the tasty and the spicy.

His unique “not too hot” chili powder found its origin in his own back yard. Friends and family begged for the leftovers. After he took extra to share with his coworkers at United Parcel Service, they encouraged him to package and sell his chili powder.

Then, five months ago, Geno's NW Underground Chili Powder was born and introduced on the sidewalks of Concordia and surrounding neighborhoods.

He believes in “gorilla retail.” You won't find his product in stores or online. He sets up his display anywhere and just offers tastes to passersby.

You'll often see him on the Alberta Street sidewalks with a big smile and a case of his chili powders.

“Strange things happen on sidewalks,” Geno reported. His Facebook page bears witness to that statement, with many pictures of satisfied customers. You'll often find him on Last Thursdays in front of the Alberta Street Gallery.

Geno's NW Underground Chili Powder also offers free delivery in Portland and Vancouver, as well as free shipping within the US.

Geno says he's a “tasty” rather than a “foodie.” He believes it's all about taste, which should enhance flavor rather than cover it up. “My chili makes endorphins jump, is an aphrodisiac, clears the nasal

passages and wakes you up,” he said.

He uses African chilies and offers 11 flavors, including raspberry, strawberry and mango. Each is packaged in an aluminum screw top tin that fits conveniently in pocket, purse, or on kitchen shelf – ready to sprinkle on a variety of foods.

He is especially proud of his chili powder in the perfect Bloody Mary.

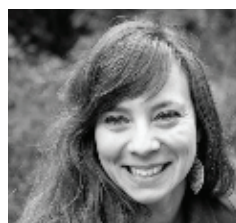
If you don't find him on the sidewalks of Alberta Street, reach Geno at 503.477.0533 or StaySpicy503@gmail.com.

After living east, south, north and west, Marsha is home at last. And she wants to hear your story. Contact her at MarshaJSandman@gmail.com.

Geno Hill's “not too hot” chili powders are all about adding taste to a variety of dishes. Photo by Marsha Sandman



Here's why you might meditate



By Jenn Noble

I'm going to take a leap and assume we all have stuff about ourselves we'd like to change. That could be anything from lowering stress, healing an ailment or increasing our overall sense of wellbeing. It's part of the human condition to want to grow, but sometimes it's tough to know where to start.

How would you feel if I told you that, in as little as 30 minutes a day, you could make meaningful progress toward those goals? Meditation is being proven as a powerful tool in the quest for personal betterment and science is backing this up.

One Harvard study showed that

meditation literally changes the physical structure of the brain. According to Sue McGreevey, in her article in the Harvard Gazette “Eight Weeks to a Better Brain,” meditation resulted in changes to different parts of the brains of study participants.

Magnetic resonance images were taken of the brain structure of 16 study participants before and after an eight-week Mindfulness-Based Stress Reduction Program. Findings included increased gray-matter density in the hippocampus – the part of the brain associated with learning, self-awareness and compassion – and decreased gray-matter density in the amygdala – the part of the brain associated with anxiety and stress.

This means that, when we stick to a consistent meditation practice, we may

start to see positive results in as little as two weeks.

I'm not saying it's a cure-all; however, it is a method of shifting the way we look at things – figuratively and literally – which goes a long way in supporting healthy change.

There are many techniques you can try, and Portland offers ample opportunities to learn through group meditations, workshops and private lessons. You can also find techniques online.

I advise choosing something you enjoy and slowly building on it. I think you'll be pleasantly surprised with the results.

Jenn, R.Y.T. 500, is a Concordia resident who teaches yoga and meditation. Want to work with her or learn more? Visit JennNobleYoga.com or contact her at JennNobleYoga@gmail.com.

NE Village provides services to local seniors

Now in operation for 1½ years, Northeast Village PDX (NEV) boasts 120 members and a new office.

The virtual village offers memberships to seniors and people with disabilities who are 18 years and older.

The grassroots, nonprofit organization deploys trained, background-checked volunteers to provide services to help members remain in their homes as long, happily, and inexpensively as possible. NEV also offers a menu of social, well-

ness and educational activities. There are groups for visually-impaired people and for walking, dining out, men's cooking and more.

Of the more than 1,000 services NEV has provided to date, the most popular are transportation – to medical appointments, shopping, volunteer work and errands – house and yard maintenance, in-home support and technology assistance.

To receive a service, a member calls the NEV office, where an office volun-

teer matches a service volunteer with the member's request, and the service is confirmed.

NEV recently moved its office to Room 205 in the Rose City Park United Methodist Church building at 5830 N.E. Alameda St. This new space provides access to other rooms needed for committee work and social gatherings.

For details about membership – and/or to volunteer – visit NEVillagePDX.org or contact Info@NEVillagePDX.org or phone 503.895.2750.

Lighthouse is 100 miles from open sea



By Tamara Anne Fowler
CNA Media Team

Richard Roberts sure loves his brother Jerry. Sadly, Jerry passed away in summer 2016. The only thing Richard loves more than the memory of his brother is the legacy Jerry left behind: a 38-foot-tall lighthouse in Richard's backyard at 4334 N.E. Holman St.

Jerry, who suffered from alcoholism most of his life, moved in with Richard five years ago. Richard wanted his kitchen remodeled, and Jerry offered to

There are a series of ladders inside, along with a number of empty chairs.

construct it. Richard agreed – but only if Jerry stopped drinking. Jerry did.

The job included rebuilding the cabinets and installing new tile.

Jerry shared his basement apartment with his collection of about 100 mini lighthouses.

He mused to Richard he would like to build one. A big one. A life-size one.

Richard knew he could not say “no” to his brother.

“If you want to build one, build one,” Richard told him.

Jerry set about to build himself a lighthouse.

There was an existing concrete slab in the backyard in the middle of tall waves of grass. That formed the perfect base. Jerry nailed together large 2-by-4-inch pieces of pressed wood, and painted them twice. It had to be perfect. He bought the best fitting windows from Goodwill

Once he completed construction, he added a turntable from a record player and placed large light bulbs on it facing outward. He nailed metal plates inside the top of the lighthouse so it would shine and lights would revolve out into the night.

There are a series of ladders inside, along with a number of empty chairs. It resembles the bottom interior of a Disneyland space ship, large enough to throw a small cocktail party of five to six guests.

“If it floods again, we're the only ones going to have a lighthouse,” Richard recalled Jerry telling him.

“We need a ship,” Richard responded. “Well,” Jerry said, “We've got a lighthouse.”

Richard acknowledged that people think he is crazy. He has a lighthouse that is 100 miles from the ocean.

Tamara is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors – Armani, Max Factor and Spicey'D – are also her cats. Visit her at EditKitten.com or contact her at Tamara@editkitten.com.



Richard Roberts may have the only backyard lighthouse in Portland. It stands as a memorial to his late brother, Jerry. Photo by Chris Baker

Self love is foundation to changes



By Penny Hill
Rising Sun Massage

You know, you are supposed to take care of yourself but, although your health care team can support and inform, it falls to you to do the self care activities day in and day out. In the end, there's no one who can do as much for you as YOU can.

A self care regime can sometimes be challenging to stick to. I have a guided meditation I'm using now, and there is a sentence in there that rings in my heart every time, “Love yourself enough to do this.”

It is the foundation of making lasting

changes, be they physical or emotional. If you can stand in front of a mirror and say, comfortably, “I love you” to yourself then you're on solid ground. If not, that is the first exercise you have to master.

Whatever you're trying to grow into, there is probably a big goal drawing you into the future. It's the “state of being” that's going to make you happy, feel better, look better, etc. It's hard to be patient, because everything is going to be so much better “then.”

I saw a YouTube video of a man in India doing spinal adjustments with a hammer and small post. Yikes! The exact opposite of how lasting change works. Not usually with dramatic big blows nor with big flamboyant proclamations but with small, consistent changes.

Small changes are more easily incorporated and more sustainable. Do one after the other and you can build stable lasting change.

True lasting transformation happens like the sun rise – a slowly increasing influence that eventually changes the entire landscape. Big, dramatic changes, while splashy, can fall apart without the foundation of small, steady adjustments to support them.

Taking small consistent steps toward your goal wins the prize.

Penny, LMT, is owner at Rising Sun Massage and CalmHealthEase.com, EFT Tapping for Stress Relief, and, a cofounder of Concordia Area Massage and Bodywork Professionals.



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A humanities & cultural arts organization, we are located in the heart of the Alberta Arts District in Concordia. The building was saved from the wrecking ball, and renovated with care to become a place for community, creativity, curiosity and celebrations. We are fully ADA compliant, and welcome your rentals.

The Creative Path Walk (a monthly series) is Cerimon House's popular community programming on the Third Sunday of each month. This indoor labyrinth walk is an artful contemplative experience.



May Theme: "Yes, You May" (positivity, affirmation, agreement)
Make an appointment for your 30-minute walk at our website.
Sunday, May 20th: 12noon - 4pm

MAY EVENTS

This month marks the ninth birthday of Cerimon House as an organization. Our home, the former Albera Lodge, has been open to the public for two and a half years, and we thank the neighbors of Concordia for welcoming us.

Art Exhibit
Vanport Mosaic Festival 2018
Featuring the work of Henk Pander, images inspired by the Vanport story.
May 23: Artist reception at 6:30pm
May 24 & 25: Viewing 4:00pm-7:00pm
May 26 & 27: Viewing 12noon-3:00pm

Visit our website for details and find us at the corner of NE 23rd Ave. & NE Sumner St.

CERIMONHOUSE.ORG

Egg hunt lures children, volunteers



Hundreds of children claimed thousands of treat-filled eggs at the March 31 Concordia Neighborhood Association Spring Egg Hunt. Thanks to the many volunteers who stuffed and hid the eggs, to Mark Charlesworth Real Estate Team for the coffee and food provided to volunteers, and to Matthew and Andrea Boyd for face painting and corn hole games. Mark your calendar now for next year's event: Saturday, April 20.



Photos by Chris Baker

Have you checked out CNA's Facebook page?



This page keeps you informed of CNA activities and your neighbors' comments. Check out the page for:

- CNA Board meeting invites & meeting minutes
- Neighborhood events
- CNews story highlights
- Community discussions



Visit Facebook.com/groups/ConcordiaPDX

Kids need 10 helmet fitters

Do you know how to fit a child's bike helmet? Don't worry, Randall Children's Hospital will train you. Ten adult volunteers are needed at a Tuesday, May 22, helmet fitting event from 7:30 to 9 a.m. at Faubion School. All Faubion students are welcome to be fitted with free helmets, courtesy of the hospital. Each volunteer is required to attend a brief training session, either May 5 or 20. Interested? Email BEads@pps.net.



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Ask the Historian

Historic listing can stretch to entire block

The question:

Are there any buildings in our neighborhood that qualify for the national historic registry?

– Steve Elder

The historian reports:



By Doug Decker
Historian

Yes, indeed, there are buildings in our neighborhood that would qualify for listing in the National Register of Historic Places, and there may even be whole blocks or groupings of properties that would qualify as a National Historic District.

I’ve written in this column about some of these places, and there are plenty of others.

We have one property already listed:

“A district, site, building, structure, or object must be 50 years of age or older.”

– State Historic Preservation Office

the Northwestern Electric Company’s Alberta Substation at 27th Avenue and Alberta Street, known today as The Station Public House.

Other properties that might rise to the occasion include:

- Particularly intact commercial or community buildings
- Homes associated with notable individuals or groups from the past
- Prominent and intact examples of

architectural styles

- Intact buildings that have been unusually important to the neighborhood as gathering places for cultural practices and events

The National Register of Historic Places is run by the National Park Service and administered here in Oregon by the State Historic Preservation Office (SHPO) – referred to as “ship-o” – a unit of the Oregon Parks and Recreation Department. Oregon has more than 2,000 properties listed on the National Register.

Once listed, the property owner is eligible to apply for a federal tax credit that can assist with a small portion of qualifying building rehabilitation costs. The owner can also apply for a 10-year freeze on assessed property values.

Here’s language directly from SHPO on the question of what makes for a register listing: “A district, site, building,

structure, or object must be 50 years of age or older. Eligible properties must also have ‘integrity,’ or closely resemble their historic appearance. Integrity includes location, design, setting, materials, workmanship, feeling, and association.”

Here are the four criteria upon which nominations are judged:

- Have a connection with an historic event or trend
- Are associated with a notable historic



Back in the day, The Station Public House on Alberta Street was a power station owned and operated by a predecessor of Pacific Power. Photo courtesy of the Station Public House

person

- Offer an example of notable architecture or engineering, distinctive construction, or work of a master
- Provide the potential to yield scientific information, such as an archaeological site

The criteria set a high bar, and the nomination process itself requires extensive research, documentation and writing. SHPO explains that a typical nomination requires 100-150 hours of preparation.

If you’re considering the National Register pathway, check out this helpful online resource to get started: Oregon.

gov/oprd/hcd/natreg.

The city of Portland also designates historic landmarks and historic districts, and uses similar criteria. Learn more about local listings by going to the Portland Bureau of Planning and Sustainability website and searching “historic resources.”

If you’re thinking about this, drop me a note. I’d like to follow your progress.

Editor’s note: If you have a question for the neighborhood historian, send it to CNewsEditor@ConcordiaPDX.org, for Doug to do some digging. Check out his blog for more on local history at AlamedaHistory.org.



Today the 1931 power station serves as a neighborhood pub that serves up food and drink. Photo by Diane Kirkpatrick

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Concordia community events calendar



Wednesdays-Sundays, May 2-Sept 16, 1-4pm
WING LUKE MUSEUM EXHIBIT OF ART OF JIMMY TSUTOMU MIRIKITANI
Location: Emerson Street House, 1006 NE Emerson St
Jimmy Tsutomu Mirikitani was a fiercely independent Japanese American artist who lost his family & friends to the US internment camps during World War II & the Hiroshima bombing. This remarkable exhibition about his art & life is a poignant exploration of the lasting impacts of war & discrimination, & the healing power of creativity.
Details: emersonstreethouse.com/current-exhibit/

Thursday, May 3, 5-8pm
EVENING CANOE THE SLOUGH
Location: Whitaker Ponds Nature Park, 4070 NE 47th Ave
Bring the whole family for a safe & fun canoe trip on the slow-moving Columbia Slough. Using our bimiran configuration & kayaks, this trip is safe for infants & grandparents alike. Boats, lifejackets, paddles, & a canoe captain to steer are provided. You are also welcome to BYOB (bring your own boat).
Details/registration: \$5-8/person, \$15-20/family suggested donation; advance registration required at columbiaslough.org/events/event/102/

Sunday & Tuesday, May 3, 15
LEAD POISONING PREVENTION
Locations: Various
Participants learn how to prevent lead exposure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure.
Thursday, May 3, 4:30pm-5:30pm, 5329 NE Martin Luther King Jr Blvd
Tue, May 15, 6pm- 7:30pm, Community Energy Project, 2900 SE Stark St
Details/registration: communityenergyproject.org, 503.284.6827 x109



Fridays, May 4, 11, 18, 25, noon
FEAST
Location: Subud Portland, 3185 NE Regents Ave
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.
Details/fee: feastcommunitychoir@gmail.com



Saturday May 5, 9am-noon
STEWARDSHIP SATURDAY
Location: Alberta Park
Help plant a new Habitat Patch at Alberta Park as a part of Portland Parks & Recreation's Ecologically Sustainable Landscapes

program. Volunteers will add native pollinator plants such as Red-flowering Currant, Western Serviceberry & Mock Orange to complete the understory landscape here. Snacks, tools, training & gloves will be provided. This opportunity is open to volunteers 16 years & older unless accompanied by an adult.
Details/required registration: Kirk Fatland, volunteer@columbiaslough.org, 503. 281.1132



Sunday, May 6, 6-8pm
ARTIST RECEPTION FOR LARRY GROSS, “IMAGING THE RITE OF WAY”
Location: George R. White Library Learning Center, 2800 NE Liberty St
Larry Gross taught art at Concordia University, Portland for 30 years. He has designed stained glass & liturgical furnishings for churches in Oregon & Washington. The artwork in this exhibit explores how faith & art interact through images that illustrate scripture &, in more recent works, juxtapose pictures of earth & the universe.
Details: cu-portland.edu/about/events/



Tuesday, May 8, 6pm
RACE TALKS
Location: McMenamins Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6pm; discussion: 7pm
Details: racetalkspdx.com

Friday May 11, 11am-1pm
BRUNCH WITH THE BIRDS
Location: Smith & Bybee lakes
Join Columbia Slough Watershed Council member Amira El-Cherbini for a lunchtime birding tour at Smith & Bybee lake. Be on the lookout for songbirds & spring migrants before settling down together & eating the brown bag lunches that we bring. Look for blue signs, & meet up at the picnic tables.
Details: columbiaslough.org/events/event/112/

Saturday, May 12, 9-11:30am
ATTRACTING POLLINATORS TO THE URBAN GARDEN
Location: Central Northeast Neighborhoods Coalition Office, 4415 NE 87th Ave
Gardens are pollinated by a variety of insects that help flowers set seed & help fruit & vegetable plants produce edible harvests. Many flies, beetles, moths & butterflies at your doorstep provide critical pollination services. In this workshop, you'll discover a plant palette to help attract & support pollinators & go beyond the bloom to consider ways to provide shelter, water, nesting & overwintering sites.
Details/registration: emswcd.org/workshops-and-events/upcomingworkshops/

Wednesday, May 16, 6pm- 7:30pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900 SE Stark St
This class is for anyone who is planning to complete a small project that may involve exposure to lead paint, such as sanding down an old window frame, repurposing an older door, or any other small construction project in an older home. Each qualified participant receives a free kit of supplies.
Details/registration: communityenergyproject.org, 503.284.6827 x109



Friday, May 18, 7-9pm
OFF THE COUCH EVENTS ACTIVITY NIGHT
Location: St. Charles Catholic Church, 5310 NE 42nd Ave
Differently-abled individuals, 18 & older are invited for games, crafts, dancing & snacks. Admission is \$7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394



Sunday, May 20, noon-4pm
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
Cerimon House hosts a contemplative labyrinth walk the third Sunday of every month. It's a 30-minute immersive indoor experience of light, sound & walking meditation – a place for you to focus, unplug & restore. The April theme is "Yes you may !" \$10 suggested donation
Appointments/details: cerimonhouse.org

Tuesday, May 22, 5pm-close
FRIENDS & FAMILY NIGHT: FAUBION SCHOOL
Location: McMenamins Kennedy School
McMenamins donates 50% of the evening's proceeds from the Courtyard Restaurant to Faubion School. All ages welcome
Details: mcmenamins.com/events/181980-friends-family-night

Wednesday-Monday, May 23-28
VANPORT MOSAIC FESTIVAL 2018
Locations: various
This year's festival commemorates the 70th anniversary of the Vanport Flood & the 50th anniversary of the Fair Housing Act. Activities include live performances, film screenings, multi-disciplinary exhibits, community engagement & historic tours.
Details: vanportmosaic.org/festival-2018/, info@vanportmosaic.org, 510.717.2441



MAY 2018	
1	A TRIBUTE TO CHARLES MINGUS JR. THE ANGRY MAN OF JAZZ AMP JAZZ ORCHESTRA FEATURING DEVIN PHILLIPS
3	MOLSKY'S MOUNTAIN DRIFTERS + JULIE & THE WAYVES
4	BOOKER T. JONES
5	THE ALLEGRO DANCE COMPANY LOST IN PERCEPTIONS
10	PETER MULVEY • BETH WOOD
11	ELDON “T” JONES N TOUCH REUNION CONCERT
12	STEPHANIE SCHNEIDERMAN • CASEY NEILL & THE NORWAY RATS • THE GOODS
15	SCIENCE ON TAP AUTISM, NEUROEDUCATION, AND INCLUSION IN COMPLEX SOCIETY
16	OREGON HUMANITIES THINK & DRINK WITH RINKU SEN
17	THE BUGLE PODCAST LIVE! WITH ANDY ZALTZMAN
18	ROYAL JELLY JIVE + ROBIN JACKSON & THE CARAVAN
19	MORTIFIED PORTLAND
20	SORIAH + CHIRGILCHIN
23	JAY FARRAR DUO (SON VOLT) + JOHNNY IRION
24	ANDY STOKES
25	PORTLAND JAZZ COMPOSERS ENSEMBLE FROM MAXVILLE TO VANPORT
26	PETER BRADLEY ADAMS + LIZZIE WEBER
29	

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Community calendar items

Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.