



CONCORDIA NEWS

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

October 2018

Community grants program apps welcome

The 2018-2019 Portland Community Grants Program opens soon for applications. Northeast Coalition of Neighborhoods and the Office of Civic and Community Life partner to provide grants to neighborhood and community organizations working to make northeast Portland a stronger, more inclusive community.

What you need to know:

- Oct. 11 applications begin being accepted
- Jan. 15 is the deadline to apply
- March 7 award announcements are expected
- \$2,000 is the maximum grant per applicant
- Details are at NECoalition.org/grants/

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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ADUs offer homes to homeless

By Vanessa Miali
CNA Media Team

How far are you willing to go to help your community deal with the homelessness crisis? Would you put a 200-square-foot accessory dwelling unit (ADU) on your property and house a homeless family for

“This program seemed like a good fit for us, plus it’s mutually beneficial for people who need housing.”

— John LaMar

five years? What if the construction was free, and you could purchase the ADU at the end of your contract for fair market value?

This is the strategy behind an innovative housing project called A Place for You, created by the Multnomah Idea Lab, part of the Multnomah County Department of Human Services. The lab tests new policies and innovations to help people and communities thrive.

“The first and greatest benefit of this program is it directly creates housing for families,” said Tim Miller, Enhabit CEO, the nonprofit that administers the pilot project.

“Secondly, it’s bringing public partners and nonprofits together in a move toward creating a scalable housing solution for those who need it.”

Last spring, four homeowners were selected from 1,100 applicants to test the concept.

Concordian John LaMar had decided building an ADU was not within his means. Instead, he applied to take part in the project.

“This program seemed like a good fit for us, plus it’s mutually beneficial for people who need housing,” John said. In late July, the preassembled ADU was



Concordia homeowner John (left) is sharing his property with Tom’s family in an accessory dwelling unit, thanks to a Multnomah County pilot project to help the homeless. Photo by Chris Baker

installed in his back yard, and the new family moved in.

He sees his connection with the ADU occupants as more than just the landowner. “We have a neighborly relationship, and they are a very nice family.”

The four project locations were chosen based on proximity to key services like transit, public schools, grocery stores and daycares.

“Part of the magic is figuring out how housing can be integrated into the community because housing is what ends homelessness,” said Denis Theriault, county Joint Office of Homeless Services communications coordinator.

During the project, the four families will receive social service support from the county, such as help if a car breaks down, medical bills or job placement assistance. They will also be expected to contribute a small amount to their rent

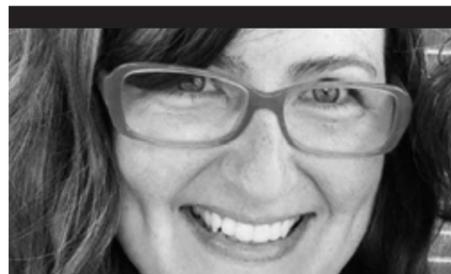
for maintenance and upkeep.

According to the Department of Housing and Urban Development, the vast majority of homeless who transition into supportive housing situations are able to remain housed in the community. They are also less likely to be incarcerated or use costly emergency health care systems.

If the pilot project is successful, the county’s aim is to eventually build 300 tiny homes and promote the program across the country.



Vanessa Miali has lived in Concordia for 18 years. She is a former public relations professional with two kids who cooks every day and gardens occasionally.



ALBERTA BIDS FOND FAREWELL
Concordia, Alberta Main Street lose Sara Wittenberg.

See Page 3



BIKE POLO FEATURED FRIDAYS
Bike polo isn’t as difficult as it looks. It’s more so.

See Page 9



WHERE DID VERNON AVENUE GO?
The sidewalk says it’s Vernon Avenue, but the city says no.

See Page 12

CNA VOICES

By Sonia Fornoni
CNA board member



This room can offer more

As a Concordia Neighborhood Association (CNA) board member, social committee chair and coordinator of McMenamins Kennedy School Community room... I'm loving my involvement in CNA.

I especially enjoy the synergies we're identifying between the very active social committee and the community room that McMenamins allows us to use, and to rent out for various uses.

Both fulfill the CNA mission to connect Concordia residents and businesses:

- Community room rentals raise dollars that we give back to the neighborhood in community-building and fun activities – the holiday party, spring egg hunt, Fernhill Park Concert Series, workshops, community grants and more.
- The social committee creates many of those community-building events.

So I'm reaching out to people willing to give one-time classes, or series of classes.

I want to see the community room become more than a money maker – to become a community builder. Many hours the room sits empty when we could book free activities that fill our mission to connect people by engaging adults and/or children.

So I'm reaching out to people willing to give one-time classes, or series of classes. Perhaps new businesses will offer samples of their wares and/or services.

How about a once-a-week session devoted to art – creating it, viewing it or talking about it? What

about a seasonal gardening meeting? Celebrations of ethnic traditions?

I'm also looking for morning "motion" classes – yoga, tai chi and others to offer free to adults.

Parents of children with autism plan to gather there. You can pop in and see what it's all about.

Foster parent information sessions are starting. So are craft and other creative sessions to strengthen intergenerational relations.

Some of our current, regular renters may want to open their activities to the public. Sacred Harp is one. It's a group of people who love to sing – using a shape note system – with no auditions, no performing. This form of music-making traces its origins to New England in the late 1700s.

A monthly game night begins Oct. 19 – for children ages 8-12, accompanied by parents or guardians – to play board games. (Electronics are banned!)

CNA has already begun conversational Spanish classes there on Thursday evenings. All levels are welcomed.

We are not allowed to give the room free for political and religious events; otherwise, the opportunities are endless.

If something pops into your mind that you – or someone you know – could offer in the community room, please email me at CNARoomKennedy@gmail.com.

I encourage you to check out our Community Room Calendar column on Page 8.

Sonia Fornoni, born in Bariloche, Argentina, moved 1½ years ago to Concordia. After enduring 36 years of hot humid south Florida, she feels at home in Portland. Sonia is passionate about gardening, cooking/baking, art, meeting new people and sharing time with the people she loves.

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Oct. 3, 7 p.m., McMenamins Kennedy School Community Room

Annual Meeting

Wednesday, Nov. 7, 7:30 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to volunteer to help plan other fun, community building events, contact Sonia Fornoni at Social@ConcordiaPDX.org.

Media Team

1st Tuesday of the month, Tuesday, Oct. 2, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Oct. 17, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Nov. 28, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

CONTACTS

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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

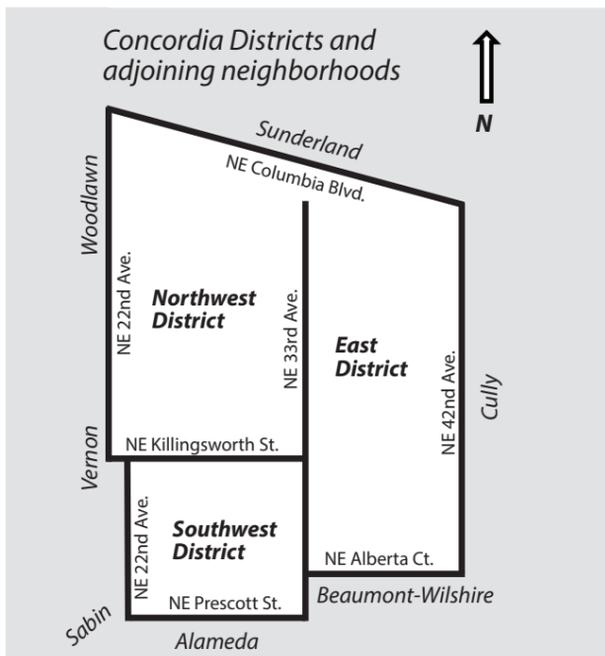
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- At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

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

Want to work as a beat reporter?

As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers! Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.



CONTACT US TODAY!
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Concordia pays tribute to Sara Wittenberg

Sara Wittenberg, Alberta Main Street executive director, passed away Aug. 25 at age 48, following her courageous battle with cancer.

She served Alberta Main Street from its 2010 inception, after nearly 20 years serving in other public service and community development roles.

Immediately prior to joining Alberta Main Street, she was the AmeriCorps VISTA project leader for Main Street projects in Oregon.

Concordia Neighborhood Association – along with the entire community – mourns the loss of Sara’s passion, her energy and her sparkling sense of humor.

In lieu of flowers, her family suggests donations to Alberta Main Street at AlbertaMainSt.org/get-involved/give/ or the local humane society at OregonHumane.org/donate/.

Alberta Main Street has lost a member of our immediate family. Sara Wittenberg, our one and only executive director since the formation of our organization in 2010, passed peacefully in August.

Her presence will be missed, but the legacy of her work lives on.

Sara was dedicated to and believed in the power of community. She worked tirelessly, aiding and assisting the scores of residents, business owners and property owners who sought assistance at her door.

She was giving of self, and we are all better for it.

Running a Main Street program is no easy task, one needs to consider the past, be present today and maintain a vision for the future – Sara did this all with aplomb. She embraced Alberta Street – understood its rhythm and rhyme – was able and willing to rise to the challenge of the work and offered a seat at the table for all who were concerned.

Her dedication to our organization’s mission was real, tangible and lasting.

The National Main Street Center recently announced Alberta Main Street is a semifinalist for the 2019 Great American Award. The full list of winners will be announced at the National Main Street Council in March. We are thankful to share with you that Sara was all smiles when she learned of the news last month.

As founding board members of Alberta Main Street, that is how we will choose to remember her – being passionate about the community she served. All of us are better off for her time, efforts and dedication.

Thank you Sara, from the bottoms of our hearts.

Robert W. Cross and Larry Holmes
Founding board members of Alberta Main Street



“Sara was a compassionate and dedicated leader in our neighborhood. She was a driving factor in the changes on Alberta with business coordination and communications.”

Belinda Clark
Former CNA Board of Directors co-chair

“Over the six years that I have worked with Sara at Alberta Main Street, I’ve never seen anyone put more time and passion into their work. Her efforts to build relationships and develop a community on Alberta Street were integral in maintaining the unique vibrant nature of the street.”

James Armstrong
Alberta Main Street board member
& former chair

“Sara always worked toward an inclusive, community-serving Alberta Street. So much about what’s right on Alberta is dotted with her fingerprints. She was one of my favorite thought-partners, always lending her compass to friends navigating difficult circumstances. The gap created by her absence is exceeded by the legacy she leaves.”

Michael DeMarco
Our 42nd Avenue executive director



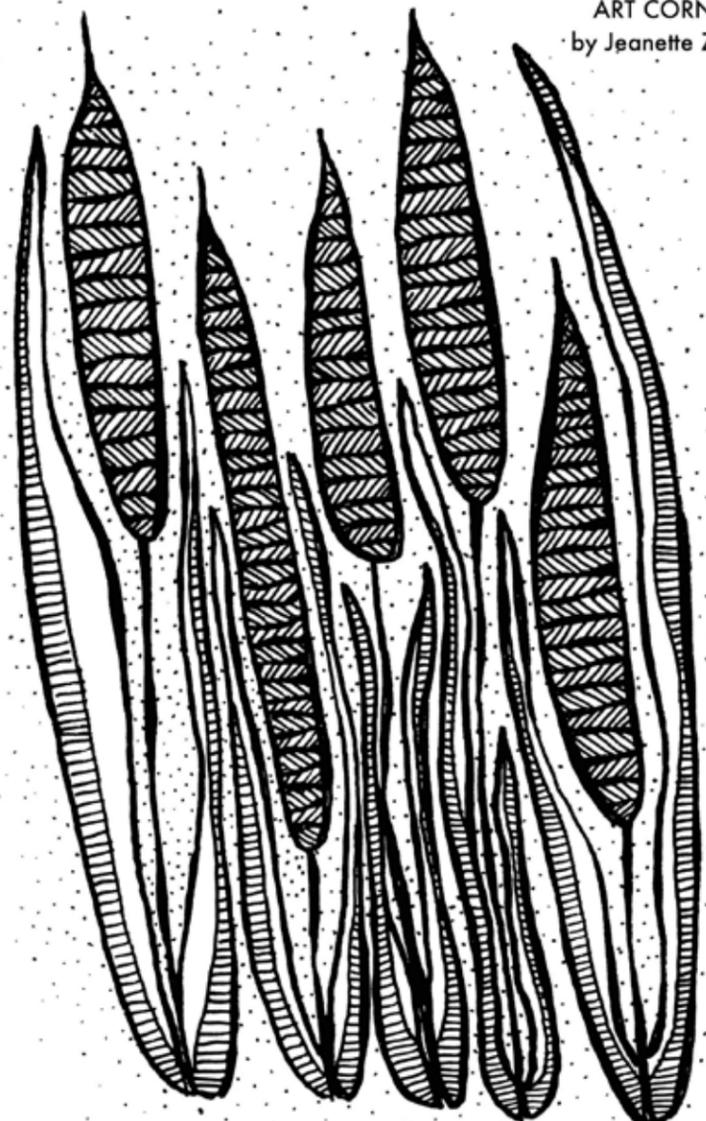
“I admired Sara’s deep concern for the community and her desire to share her vision for Alberta and the Main Street program with everyone she met. Sara was invested in this community in every way. I speak for all of us at Prosper Portland in saying we will miss her energy, passion and spirit.”

Kimberly Branam
Prosper Portland executive director



You’d always find Sara pitching in to help, a smile on her face and surrounded by others.

ART CORNER
by Jeanette Zeis



Neighborhoods, city retool for 21st century

By Steve Elder
CNA Media Team

The name change from Office of Neighborhood Involvement to Office of Community and Civic Life (OC&CL) reflects the Portland bureau's mission. It's to involve all Portlanders to shape their individual communities and affect the policies of the city to reflect their community and

director noted, was prompted partially with the defeat of the Mount Hood Freeway in 1974.

"The defeat of the Mount Hood Freeway was a high point," she said. "A low point might have been the construction of the Interstate MAX line that bifurcated a neighborhood."

The issue was raised whether neighborhood associations are actually

"'Homeowner' is not a dirty word but, when homeowner interests are all that's represented, that's a problem."

— Suk Rhee

neighborhood needs and concerns.

That's what OC&CL director Suk Rhee told Concordians at the neighborhood association's quarterly general membership meeting last month.

OC&CL is involved in programs ranging from cannabis and crime prevention to noise and alternative shelter. The neighborhood association system, the

homeowner associations and whether the interests of nonhomeowners are represented.

"That's not unique to Portland," Suk pointed out. "'Homeowner' is not a dirty word but, when homeowner interests are all that's represented, that's a problem."

Garlynn Woodson, Concordia Neighborhood Association (CNA) board member, reported all the but one of the current board members are homeowners. Until recently CNews was delivered only to houses, not to multi-family dwellings. "We weren't getting the word out."

The need to engage in electronic communications – and the need to update city guidelines to allow them – was also discussed by meeting partici-



Suk Rhee, Office of Community & Civic Life

The director agreed. "We need to change those rules."

If someone developed the communications software and hardware for online participation in neighborhood association meetings, she suggested, OC&CL would be in the perfect position to share it among all the associations.

Another matter which requires updating to 21st century standards is cannabis. According to Suk, it's not just an Oregon Liquor Control issue. Cannabis has become a social issue.

It took generations to decriminalize marijuana and set a new reality. "Now it is an industry where entrepreneurs can get a piece of the action," she said.

Those are just some of the new issues that face a 44-year-old institution of neighborhoods.

And that, she said, is expressed in her bureau's mission: "Promoting a culture of civic engagement by connecting and supporting all Portlanders working together and with government to build inclusive, safe and livable neighborhoods and communities."

pants and the director.

For instance, when board member Truls Neal is out of town on business, he could attend board meetings if video conferencing wasn't prohibited by city guidelines.

You have the power to change your story

By Penny Hill
Licensed massage therapist

It all comes around to your thoughts. Everything begins as a thought.

Buildings, cars, clothes – all began as blueprints and patterns that some one thought of. The Peace Corps, The Salvation Army, the internet all began as thoughts that had never been thought before.

The story of you has been being written in your nervous system and body your whole life – your inclinations, strengths and foibles, the thoughts that stream continuously in your mind.

When you were old enough to start having your own independent experiences, even more "story" pathways were established.

How does your story affect your life?

Let's take an example of going out on stage. For most people it's nerve wracking. Let's say you had an embarrassing incident. Depending on the inclinations of your nervous system, you could respond very differently. You could be very embarrassed and decide that you're never going to put yourself out there like that again. Or you could enjoy

that you made people laugh and you'd choose to do more of that.

Both of those paths are perfectly fine choices. But any choice we make without any consciousness that we actually made a choice becomes a pattern, then a habit and then just who we think we are.

But it may not be a pattern that in the end serves us well. It may never occur to us that we can change our story, that we have that power.

You are still writing your story. What are your thoughts becoming? There is no line between reactive and creative thought. There are no idle thoughts. There is only creative thought.

You are a creator, of the shape of your body, life, and relationships.

As Mike Dooly said, "Thoughts become things, pick the good ones!"



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



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

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WHAT WE SAY
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Concordia murals

Find this home, Airbnb by mural on a post

By Nancy Varekamp
CNews Editor

It isn't always easy to see the addresses on houses. But visitors – and now Airbnb guests – no longer have difficulty finding the home of Roger Fitzsimon on northeast 31st Avenue.

Last summer he installed a post in his front yard, complete with the house address and scenes he had painted on the four sides of a 45-inch-tall bed post.

a challenge.” The Portland skyline, for instance, flows across three sides of the post.

Other scenes include Portland's food carts, Multnomah Falls and Cannon Beach. “There are so many great things in this state to paint,” he pointed out.

Roger painted the post while awaiting final licensing on the Airbnb. Both were in place by August. The post not only catches the attention of out of towners in search of his Ye Olde Tiny House. It also

“Painting scenes that continued around the corners was quite a challenge.”

– Roger Fitzsimon

“I've painted all my life,” he explained. “When I emigrated from England 10 years ago, I removed a canvas from its frame for easier transport. Then I learned how expensive framing can be.”

So he began buying used windows and redeploying them as frames. Then his efforts evolved to painting directly on the glass. “That stemmed from wanting to add some color and life to my back yard,” he said.

Roger noticed painted fence posts in a few local yards, and decided to give it a try with a bedpost.

“I'm always looking for a new challenge,” he said. “Painting scenes that continued around the corners was quite

offers them part of a fun challenge.

Guests post selfies on Instagram – YeOldeTinyHouse2018 – at scenes and/or with things depicted on the post to win drinks and food at Roger's favorite local pub, T.C. O'Leary's.

“Guests love the idea.”



Nancy Varekamp is semiretired from her career in journalism, public relations – and her favorite work engagement – writing and editing targeted newsletters.



Migration summit on tap Nov. 1

Concordia venues host the Thursday, Nov. 1, Ecumenical Ministries of Oregon summit on migration.

This 2018 Collins Summit is from 1 to 9:15 p.m. at St. Michael's Lutheran Church and Concordia University. The topic is “Human Migration: Claiming roots in an uprooted world.”

The event includes an afternoon seminar with a plenary and workshop sessions on the causes of migration, what the journeys entail, challenges faced upon arrival, and the intersectionality of community concerns

such as racism, profiling and criminal justice. The afternoon events begin at 1 p.m. at St. Michael's Lutheran Church, 6700 N.E. 29th Ave.

The evening session begins at 7 p.m. in the Concordia University gymnasium, 6430 N.E. 27th Ave. Featured are Rev. David Vásquez-Levy, Pacific School of Religion president, and Ellen Rosenblum, Oregon attorney general.

For details and tickets, visit EMOregon.org/event/2018-collins-summit-human-migration-claiming-our-roots-in-an-uprooted-world.

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Measures could impact Concordia

By Garlynn Woodsong
Chair, CNA LUTC

This election isn't a national presidential election, so some folks may be tempted to tune out. I would like to encourage you instead to engage, pay attention and make your voice count.

Here's a run-down of ballot measures that may impact Concordia neighbors.

Measure 26-200 imposes campaign finance contributions and expenditures, and requires campaign communications to identify funder, within the city.

Measure 26-201 imposes a 1 percent surcharge on Portland retailers with more than \$1 billion in total annual revenue and Portland annual revenue more than \$500,000. It would create the Portland Clean Energy Community Benefits Fund for Clean Energy Projects (renewable energy, building efficiency upgrades, green building design, tree canopy expansion); clean energy job training efforts for traditionally underemployed/disadvantaged workers; and future innovation efforts.

Measure 26-199 issues bonds to fund affordable housing in the metro region. If Measure 102 is also approved, these bonds could be used to enter into public-private partnerships to deliver

more housing units than would otherwise be possible using the same amount of bond proceeds.

Measure 102 allows cities and counties to use bonds to fund privately-owned affordable housing. This is a companion to Measure 26-199, which would issue those bonds within the metro region. This is Metro's effort to "do something" about housing affordability in the Portland region.

Measure 103 permanently exempts a wide range of transactions from any taxes and fees. It was devised as a way to prevent the city, or any other local Oregon jurisdiction, from enacting a tax on soda pop to help to pay for the additional medical expenses imposed on public healthcare by regular soda pop consumption. It has since broadened in scope, however, and now also proposes to block taxes or fees on a broad range of transactions, including Oregon's bottle deposit fee, the fuel tax and restaurant meals. While it is described as banning a grocery tax, it is broadly written and does much more than that.

Measure 104 expands the Legislature's three-fifths supermajority requirement from taxes to fees or tax-loophole-removal efforts. This would make it much more difficult to do the business of government, which includes

setting taxes and fees, and make it possible for the minority party to expand its veto power and thus its influence in the state capitol.

Measure 105 repeals Oregon's sanctuary state laws, which currently limit the ability of local law enforcement to cooperate with federal immigration enforcement. Oregon's 31-year-old sanctuary state laws were enacted originally to ensure that citizens and non-citizens alike would feel free to report crimes and testify in court to assist law enforcement in arresting and prosecuting crimes more serious than immigration violations.

Measure 106 prohibits public funds from being spent on abortions.

No matter how you vote, please vote Nov. 6!



Garlynn Woodsong lives on 29th Avenue, serves on the CNA Board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.

News from the NET

Comms gear is based at Alberta Park

By Tom Phillips
Concordia/Vernon/Woodlawn NET

What is a BEECN? Perhaps you have seen this acronym and could not begin to figure out what it referred to.

Even if you knew it had something to do with emergency planning, you might still have been at a loss. BEECN stands for basic earthquake emergency communications node.

What does that actually mean? Allow me to quote from the Portland Bureau of Emergency Management (PBEM): "A BEECN is a place to go in Portland after a major earthquake to ask for emergency assistance if phone service is down, or report severe damage or injury."

Further, "BEECNs rely on the amateur radio system (HAM), a relatively durable communications system, to help neighborhoods and local governments reach

each other."

The closest BEECN site for the Concordia neighborhood will be located in Alberta Park, near Fire Station 14 at the corner of Killingsworth Street and 19th Avenue.

In the aftermath of an earthquake, Concordia/Vernon/Woodlawn Neighborhood Emergency Team (NET) and BEECN volunteers will proceed to that BEECN site.

The BEECN has an equipment cache which the volunteers will deploy. Knowing that the BEECN site will be available should provide some assurance to us and our neighbors during this time of crisis as well as providing valuable information and assistance.

However, you will still need to prepare yourselves and your homes for a major earthquake event since the BEECN will not be able to provide things like water, food or emergency supplies to take away

from the site.

The BEECN program relies on the help of volunteers to succeed. Volunteers and community partners keep the BEECN caches secure, periodically test the equipment, offer program feedback to PBEM, and will be the neighbors you'll rely on to help facilitate effective communications following an earthquake.

For more information about BEECNs and volunteer opportunities, visit PortlandOregon.gov/pbem.



Tom Phillips completed his volunteer NET certification training 2½ years ago. A retired federal employee, he lives in Woodlawn which – along with Concordia and Vernon – comprises the local NET.

What's Selling in Concordia?

187	Homes sold in RMLS in last 12 months as of Sept. 5 th
5.3%	Increase in Average Sale Price since 2017
Avg. Sale Price in 2017: \$503,593	
Avg. Sale Price currently: \$530,141	
Avg. Days on market: 32	

This information provided by
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More Halloween treats than tricks at university

By Marsha Sandman
CNA Media Team

The Concordia neighborhood loves Halloween. There are treats and tricks all over the place.

Concordia University (CU) invites families with children 12 years old and younger to its Halloween festival at the George R. White Library and Learning Center Wednesday, Oct. 31.

About 140 student volunteers will transform the library into a Halloween carnival with games, booths, crafts, book readings, a coloring corner, treats, toys and prizes.

Faculty and local businesses are generous with their donations to make sure there is plenty for everyone. Moms and dads have not been forgotten. There will be a coffee corner in the library so you can get a little rest from your more independent kids.

From 5 to 8 p.m. assigned groups will be escorted with their parent(s) to the Halloween-decorated eastside dorms where enthusiastic costumed students will dole out the goodies.

Upon request, there will be alternative treats for trick or treaters with allergies. There's nothing scary at this party – all is fun and funny.

Dani Deputy-Grobbel is the CU residence life and community standards division director.

She talked about this event that is more than just free candy. Twelve years ago CU wanted to engage the community with an open campus while it prepares



These are some of the Concordia University students who last year greeted trick or treaters 12 years old and younger in the library and eastside dormitories. Photo courtesy of Concordia University

future leaders. Besides the Halloween event, students are involved in outreach with the newly rebuilt Faubion School and after school programs throughout the community.

“A community event like our Halloween-in-the-Halls is just one way the university engages with neighbors and can promote early awareness about the options of education,” Dani said. “And it provides a fun holiday experience.”

Last year between 1,300 and 1,500 people enjoyed the safe, dry, welcoming Halloween celebration.

According to Dani, CU students are aware their school is mission centered and they understand that, when children come to the college campus, they see what's possible in their future.



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

Twelve years ago CU wanted to engage the community with an open campus while it prepares future leaders.



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Even more Halloween treats on tap

Concordia neighborhood hosts two more Halloween events on Wednesday, Oct. 31:

Alberta Main Street businesses displaying “Trick or Treat Alberta Street” posters provide treats to costumed children 3:30-6 p.m.

McMenamins Kennedy School sponsors Halloween events in the afternoon and evening that offer fun for parents and children. See ad on Page 10.

Find more on our website:
ConcordiaPDX.org

From the pens of kids

The Vernon School student body includes several musicians. Here are the lyrics to songs two 8th graders have written.

Isolation

By Rhett Lapour

Have you ever been locked away for years,
Left with nothing but your thoughts and your tears,
It's everything you've ever feared,
Suddenly nothing is even remotely clear.

Sorrow's creation,
Isolation.
Broken nation's,
Isolation.

You'll never know if it's day or if it's night
There's no window no source of light
Nobody to talk to, nobody to fight
No sense of what's wrong than what's right.
Sorrow's creation,

Isolation.
Broken nation's,
Isolation.

Time Goes On

By Luke Hendrickson

Have you ever wondered if the moon was made of cheese
The world keeps on turning so it's hard to see
I wake up at night and I can see it with ease
But the world keeps on tur-unin'

The world keeps on turnin'
And my heart is burnin'
The world keeps on turni-i-in'
And it keeps me learnin'

Have you ever heard that sound in the middle of night
It wakes you up and makes you ready to fight
You open your eyes and there is nothing in sight
And the world keeps on tur-unin'

Have you ever slammed your face right into a door
Been thrown on the ground and just can't get up from the floor
You want to get up and you are ready for more
But the world keeps on tur-unin'

The world keeps on turnin'
And my heart is burnin'
The world keeps on turni-i-in'
And it keeps me learnin'

Time goes on



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Join us at the next Concordia
Neighborhood Association
Board Meeting on Wednesday,
Oct. 3, 7-9 p.m. in the
McMenamins Kennedy School
Community Room.



For more information, visit
ConcordiaPDX.org/get-involved/

Community Room Calendar

Concordia Neighborhood Association hosts these events in McMenamins Kennedy School Community Room. If you're interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni at Social@ConcordiaPDX.org.

Thursdays, Oct. 4, 11, 18, 6:30-8pm

SPANISH CONVERSATION CLASSES

Free admission
CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome. For, details email social@concordiapdx.org.

Friday, Oct. 5, 6:30-9:30pm

SPIRITUAL ABUSE FORUM

Free admission
This informal, open group meets quarterly to explore issues of abuse that occurs in churches and other religious organizations. Each meeting offers a topic. In October that topic is narcissistic spiritual leaders. For details, email sharongarrettis@gmail.com.

Friday, Oct. 19, 6-8:30pm

TWEEN MONTHLY POTLUCK/ GAME NIGHT

Free admission
A Concordia family is organizing this game night for children ages 8-12. Throw your favorite card or board games (no electronics please!) in a bag and bring a potluck finger food in any category. Registration is required, due to room capacity limit, and a parent or guardian

must accompany his or her children. Email Johanna at virtualjohanna@gmail.com with: number of attendees, children's ages, type of potluck dish, & indicate if you are able to help with room set up &/or break down.

Thursday, Oct. 25, 7-9pm & Sunday, Oct. 28, 3-6pm

SACRED HARP SINGING

Free admission
This is not a choir, there are no auditions & no performances. Each session is composed of whomever attends, including every possible level of musical experience and ability – even those who were asked not to sing in their church choir. Songs selected come most often from "The Sacred Harp," the most enduring of a series of books that employ the shape note system. For details, visit portlandsacredharp.org.

Sunday, Oct. 28, 10am-1pm PORTLAND CHAPTER OF SINGLE MOTHER'S BY CHOICE

Free admission
This meeting is open to all moms who have pursued motherhood unpartnered, their children and those women considering this path. For details, visit betsyfreeman16@gmail.com.

For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar/.

Bike polo is popular Alberta Park sport

By Tamara Anne Fowler
CNA Media Team

“Beer is very important,” Maria said.

“If you’re not drinking, you’re cheating,” Pete added with one of the rules from the early days of the game.

And so began the Friday night Bike Polo Happy Hour rounds in Alberta Park.

Maria sat on the bench. She is officially retired after playing 1½ times in 1½ years. She was indoctrinated when she started hanging out at a community cycling center.

Next to arrive was Robert – a “super star,” Maria claimed. Robert started playing about three years ago and is back after a long break.

Third and fourth, Jordan and Tim, have both been playing since 2007.

“Bike polo looks hard. It is way harder than it looks.”

– Pete



This photo is from Alberta Street Fair when bike polo players offered a demonstration of their skills. Photo courtesy of Rochford Studios

Jordan started in Eugene. Tim competes in cyclo-cross. He has raced casually for the last couple of years.

Pete has been playing since 2009 and started in Columbia, Missouri.

Brandon, Pete’s roommate, is from Tallahassee, Florida, and has been playing since 2016. His friends got him into bike polo when he worked at a bike shop.

Stu has been playing for seven years. “Back in the day, when bike polo was just

starting out, we used to play with ski poles or gas piping,” he said. “It was definitely DIY. Now bike polo companies are making fancier equipment.”

Black Star Bags, in southeast Portland, makes custom backpacks to hold bike polo gear. It is owned and operated by Dave Stoops, bike camper, bike polo enthusiast, ex-bike messenger and Concordia resident.

Drinking is no longer a requirement, so the current bike polo rules are:

- Don’t be a jerk.
- Only “shots” count (hit like hammer, don’t sweep like a broom).
- Corresponding contact – mallet to mallet, bike to bike, body to body – is the only contact allowed. “A lot of people’s teeth have been knocked out in bike polo,” Maria explained.

“Bike polo looks hard. It is way harder than it looks,” Pete admitted.

Games are typically 12 minutes long with teams of three taking on each other. There is no real set goalie position. Each player just takes up the spot as needed.

Portland Bike Polo has a newbie night once a month. The club brings equipment and rental bikes to instruct beginners. Once trained in the sport, one can become hooked.

If Bike Polo Happy Hour is too tame, the more hardcore games are Sunday mornings. Just check out the calendar at PortlandBikePolo.org and see how you can keep the sport going.



Tamara Anne Fowler 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.

TRICK-OR-TREAT
ALBERTA STREET

3:30-6PM ON HALLOWEEN
The first 500 costumed kids to visit
Green Bean Books (16th & Alberta)
will receive a reusable trick or treat bag!
MORE INFO AT: ALBERTAMAINST.ORG

Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.



Ready to help?

Email: Chair@ConcordiaPDX.org

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Thursday, October 4
FOSTER'S KIDS
Rock
Gym • 7 p.m.

Every Saturday
Opera on Tap
Live opera singers in & around
the Honors Bar.
7 p.m. 'til 9 p.m.

Tuesday, October 9
RACE TALKS: An Opportunity
for Dialogue
**TRAGEDY ON THE MAX:
ONE YEAR LATER**
Gym • 6 p.m. doors; 7 p.m. event

Thursday, October 11
Hawthorne Roots
Americana folk rock
Gym • 7 p.m.

Saturday, October 13
**KENNEDY SCHOOL'S
103RD BIRTHDAY**
Live music in the gymnasium by:
TANNER CUNDY AND SEAN HUDSON
Noon 'til 2 p.m.
RUTHIE'S MOAN
2:30 p.m. 'til 4:30 p.m.
MAURICE AND THE STIFF SISTERS
5 p.m. 'til 7 p.m.
MELVILLE
7:30 p.m. 'til 10 p.m.

Thursday, October 18
**GREAT NORTHWEST MUSIC TOUR
CASCADE CRESCENDO**
Jam grass
Gym • 7 p.m.

Thursday, October 18
**LIMITED-EDITION
BEER TASTING**
W/ BRIAN RILEY & RYAN LUND
5 p.m. 'til 7 p.m. • 21 & over

Thursday, October 25
Opera on Tap
Live opera singers in the Gym.
7 p.m. 'til 9 p.m.

Saturday, October 27
**OREGON BEER RUN
HALLOWEEN 5K**
10 a.m. 'til 1 p.m. • \$30-40 • 21 & over
Register at mcmenamins.com

Saturday, October 27
**HALLOWEEN
DANCE PARTY**
**THE FUNTIME NIGHTMARE
SING-ALONG**
7 p.m. 'til 10 p.m. • 21 & over

Monday, October 29
HISTORY PUB
Theater • 6 p.m. doors; 7 p.m. event

Wednesday, October 31
HALLOWEEN
Willamette Radio Workshop
Live radio show storytelling
Theater • 4 p.m. 'til 5 p.m. and
5:30 p.m. 'til 6:30 p.m.

TRICK OR TREATING
4:30 p.m. 'til 6:30 p.m. in the halls

THE STRANGE TONES
Crime-a-billy
7 p.m. 'til 10 p.m.



It's all in a day's work for lobbyist

By Tamara Anne Fowler
CNA Media Team

A lobbyist's day at work can be long, and it can be varied, according to Courtney Westling, Portland Public Schools government relations director. In just one day, she:

- Worked on the logistics of an upcoming visit to the school district by the Oregon Joint Legislative Committee on Student Success
- Met with city officials to talk about ways to strengthen the district's relationship with the Portland Parks & Recreation
- Conferred with a colleague from another school district to discuss ways to collaborate during the upcoming legislative session

A lobbyist in Salem hired to move education policies, Courtney works

Courtney also connects with the federal government to keep elected leaders updated about the work happening around the school district.

with legislators and representatives of other school districts, school boards and education-focused associations. Their goal is to improve current policy to better serve students and to find solutions to impediments.

Courtney also connects with the federal government to keep elected leaders updated about the work happening around the school district. She coordinates logistics if an elected leader wants to tour a program, a school or host a school event.

In 2007 Courtney was a grad student in Washington, D.C. She returned home to Oregon and began to work on Jeff



Courtney Westling and husband Mike returned to Oregon for her to begin her job as Portland Public Schools lobbyist. They chose Concordia for their home to begin a family. Photo courtesy of Yasmin Khajavi Photography

Merkley's successful 2008 campaign. The senator called her back to Washington, D.C. – to Capitol Hill – from 2009 to 2011.

Courtney then moved to Michigan and lived in Ann Arbor until 2013. She worked for the Center for Michigan, a nonprofit "think-and-do" tank.

"I led an outreach project to engage communities across the state in a conversation about what they saw as the biggest challenges in public education," she explained. "From that work, we created a strategy to engage lawmakers in ways to address some of the common concerns that came up during our outreach."

When Courtney and husband Mike moved back to Portland in 2013, they definitely wanted to live in northeast. In October 2014, they bought their house just off of Holman Street at 28th Avenue when Courtney was pregnant with their first child, and they needed room to grow.

Courtney and her family enjoy the

neighborhood being so walkable. They like to walk or ride bikes to Tamale Boy on Dekum Street or to Handsome Pizza on Killingsworth. They love being close to parks – for sons Evan, 3½, and Graham, 1½, and for French pointer Seger (as in Bob).

Portland Public Schools are all in the family. Courtney's mom attended Faubion School. Soon Courtney's sons will attend Faubion as well.



Tamara Anne Fowler 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.

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Ask the historian

Vernon Avenue? When? Where? Why?

By Doug Decker
Historian

Last month, we reported on Vernon School in anticipation of its 111th anniversary. Speaking of Vernon, doesn't Vernon Avenue sound like a street that you should know its location – especially since Portland has an entire neighborhood named Vernon?

That street name is just an echo today because the actual Vernon Avenue was silenced Sept. 2, 1931. That's when city council passed Ordinance 61325 readdressing all of Portland's streets and calling for multiple street name changes.

Before the renumbering ordinance, there was no predictable and systematic

That street name is just an echo today because the actual Vernon Avenue was silenced Sept. 2, 1931.

addressing system, which left everyone confused, including police, fire and the U.S. Postal Service. The great readdressing of Portland's streets in 1931 was long overdue and helpful. But losing the name of your street, that one really stung.

One of the 1931 rules aimed at orderliness required that streets between any consecutively numbered street – in our case between 14th and 15th avenues, which is where Vernon Avenue existed – had to be renamed with a number and given the designation "Place."

As a result, the six-block Vernon Avenue went extinct and became today's 14th Place, running between Prescott and Killingsworth streets.

In January 1933, neighbors along Vernon Avenue – angry about the change and still using their original addresses in resistance – presented a petition to city council protesting the switch. But city council denied the petition, saying an exception could not be made.

We haven't yet come across anything on the record about how neighbors responded to that denial. Eventually the passage of time dulled the loss as



Wait, what? There's an actual Vernon Avenue? The name was officially changed in 1931 by city council, resulting in a neighborhood protest and lingering resentment. This view of the evidence is looking southeast at Emerson Street.

Vernon Avenue families grew old, grew up and moved on. But it's worth noting that stories in The Oregonian, well into the 1940s, referred to addresses on Vernon Avenue when reporting births, marriages, deaths and social occasions. Long live Vernon Avenue!



Doug Decker initiated his blog *AlamedaHistory.org* in 2007 to collect and share knowledge about the life of old houses, buildings and neighborhoods in northeast Portland. His basic notion is that insight to the past adds new meaning to the present. If you have a question for him to answer in CNews, send it to CNewsEditor@ConcordiaPDX.com.



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Concordia community events calendar

Monday, Oct. 1, 6-8pm

THE SPACE BETWEEN US IMMIGRANTS, REFUGEES & OREGON

Location: George R. White Library & Learning Center lobby
The Library Multicultural Arts & Events Program, in partnership with the university foundation, presents this Oregon Humanities Conversation Project. Facilitator Manuel Padilla has worked with refugees in Haiti, Chad, & Washington, D.C., & asks participants to consider questions of uprootedness, hospitality, identity, perception & integration, & how to build more informed, responsive, resilient & vibrant communities.
Details: cu-portland.edu/about/events/campus-calendar



Tuesdays, Oct. 2, 9, 16, 23, 30, 6:30-9pm

TEXTILE TUESDAYS

Location: Cerimon House, 5131 NE 23rd Ave

Join other neighbors for camaraderie & craftiness. Bring a textile project you are working on or observe others – as the group stitches, knits, quilts & crafts. It's a simple gathering of artful citizens.
Details: cerimonhouse.org

Wednesday, Oct. 3, 6:30-8pm

LEAD POISONING PREVENTION

Location: Community Energy Project, 2900 SE Stark St A

Participants learn how to prevent lead exposure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure.
Details/registration: communityenergyproject.org, 503.284.68

Thursdays, Oct. 4, 11, 18, 25, 7:40-8:40am

TOASTMASTERS

Location: George R. White Library & Learning Center Community Room, 2800 NE Liberty St

Advisors Toastmasters is a small, but active, group that gives members opportunities to try speaking & leadership in a safe, nurturing & supportive environment with feedback that is aimed at helping you improve your speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org



Thursday, Oct. 4, 5:30-7:30pm

VERNON SCHOOL ANNIVERSARY OPEN HOUSE

Location: 2044 NE Killingsworth St
The community celebrates the school's 111th anniversary. The school is updating its list of alumni. If you attended Vernon School, add yourself to the database at Goo.gl/forms/wNUAxO2W3J6Z58aB2 or email CSchwend@pps.net. The school is also collecting pieces of its history. If you have memorabilia to donate, call 503.916.6415.
Details: pps.net/Vernon

Fridays, Oct. 5, 12, 19, 26, 10:30am-noon

FEAST COMMUNITY CHOIR

Location: Subud Portland, 3185 NE Regents Ave
Forget Everything & Sing Together (FEAST) is a community a cappella choir with the goal to build community.
Details/fee: feastcommunitychoir.com

Saturday, Oct. 6, 9-11:30am

CREATING AN EDIBLE LANDSCAPE

Location: Livingscape, 3926 N Vancouver
This workshop will give you insight & tools for thoughtfully incorporating edible plants into your landscape – from annual veggies & herbs to perennial berries & fruit trees.
Details/registration: emswcd.org/workshops-and-events/upcoming-workshops/ or 503.222.7645



Sunday, Oct. 7, 10am-1pm

BIKE THE LEVEES

Location: Blue Lake Park
Bring your bike & your friends for a tour of Portland's levee system. Multnomah County drainage districts & Columbia Slough Watershed Council lead this 15-mile trip on easy terrain. Learn about functionality & history of Portland's levee system that protects people & properties from flooding & the work to ensure that the system meets modern standards for public safety. Helmets required; recommended for ages 12+.
Details: columbiaslough.org/events/event/356, susanne.raymond@columbiaslough.org, 503.281.1132



Tuesday, Oct. 10, 6pm

RACE TALKS

Location: McMenamens Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamens History & Donna Maxey. Doors open: 6pm; discussion: 7pm
Details: racetalkspdx.com



Friday, Oct. 19, 7-9pm

OWL PROWL

Location: Whitaker Ponds Nature Park
Have some little owlets that love owls? Bring them to this family-friendly event to learn more about these nighttime predators. An indoor presentation covers local owls & their adaptations. Then the outdoor night hike lets you look & listen for the great horned Owls (& bats, deer, & beavers).
Details/suggested donation: columbiaslough.org/events/event/129, susanne.raymond@columbiaslough.org, 503.281.1132



OFF THE COUCH EVENTS

Friday, Oct. 19, 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

Saturday, Oct. 20, 6-10pm

AINSWORTH IN THE CITY

Location: Colwood Golf Center, 7313 NE Columbia Blvd
This annual celebration dinner & auction benefits Ainsworth United Church of Christ, a multi-cultural, multi-racial congregation. Activities include: silent & oral auctions, entertainment, raffle, fellowship, & buffet prepared by BBQ specialists Dennis & Angie Harris.
Details/tickets sales: ainsworthucc.com/



Sunday, Oct. 21, noon-4pm

CREATIVE PATH WALK

Location: Cerimon House, 5131 NE 23rd Ave
Cerimon House hosts a contemplative labyrinth walk with a monthly theme. The 30-minute immersive indoor experience of light, sound & walking meditation offers a place for you to focus, unplug, & restore. This is a unique replica of a historic pattern from Reims, France. \$10 suggested donation
Details/reservations: cerimonhouse.org



Wednesday, Oct. 31

HALLOWEEN ACTIVITIES

Boo! See Page 7 for details about Halloween activities in Concordia. If you know of more activities, please post to Concordia Neighborhood Association Facebook page at facebook.com/groups/concordiapdx/.



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2	AN EVENING WITH LED KAAPANA + MIKE KAAWA
3	TERRY BOZZIO
4	LIVE WIRE RADIO WITH LUKE BURBANK
5	TRACY GRAMMER
6	THE MYSTERY BOX SHOW
7	DAVID MALLET
8	TRACE BUNDY + SUNGHA JUNG
9	KEOLA BEAMER + JEFF PETERSON
10	DAVID WILCOX + KARI NEWHOUSE
11	FERRON
12 13	EVIL DEAD THE MUSICAL
16	SCIENCE ON TAP CASCADIA EARTHQUAKES: REALITY, RISKS, AND IMPROVING RESILIENCE
17	MOLLY TUTTLE + ANNALISA TORNFELT & THE TORNFELT SISTERS
19 20	NIGHT FLIGHT'S 8TH ANNUAL 'FRIGHT NIGHT' A HALLOWEEN CIRCUS LIVE MUSIC BY FEVER
22	FAKE RADIO PRESENTS WAR OF THE WORLDS FEAT. PHIL PROCTOR FROM THE FIRESIGN THEATRE
24	OREGON HUMANITIES PRESENTS THINK & DRINK WITH ELI SASLOW
26 27 28	NIGHT FLIGHT'S 8TH ANNUAL 'FRIGHT NIGHT' A HALLOWEEN CIRCUS LIVE MUSIC BY FEVER
29	RICHARD SHINDELL
30	AN EVENING WITH LUCIA MICARELLI

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.

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