



CONCORDIA NEWS

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

April 2019

Mark your calendar – and
set your alarm clock.

The CNA Annual Spring
Egg Hunt begins at
10 a.m. (sharp)
Saturday, April 20.



See Page 4 for details.

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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PPS prepares for the ‘big one’



Portland Public Schools students practice earthquake drop, cover and hold precautions twice each year. Demonstrating how they would take cover under tables in the Vernon School library are students (left to right) Mabel Graham, Diaminique Barker, Harley Rose Almeter and Elijah Pitre. Photo by Nancy Varekamp

By Nancy Varekamp
CNews Editor

Local groups, organizations and individuals continue to prepare for the “big one” – an earthquake with a magnitude as much as 9.0 – expected to hit within the next 50 years. So does Portland Public Schools (PPS).

The focus is on adding safety to buildings and teaching earthquake response to students. Drills are held twice each year in each school.

Called “drop, cover and hold,” students shelter themselves under their desks – or tables or against interior walls – to be shielded from falling objects.

“Part of the issue is whether you’re better off to leave,” said Vernon School principal Ben Keefer. “A lot of that’s going to be based on situational awareness, especially with our building. The brick fascia and glass windows hold some issues.”

Teachers and staff train in situational awareness to make those judgment calls. Walkie talkies are based throughout the building to support communications. And, for evacuations, the playground blacktop is marked for classes to meet and take roll call.

In PPS offices, earthquake prepared-

ness efforts tackle the resilience of school buildings.

Financed by bond measures, aging schools are being modernized. Madison High School is next, beginning this

Called “drop, cover and hold,” students shelter themselves under their desks to be shielded from falling objects.

summer. And assuring the building meets current life safety seismic codes is a major element of that work.

Faubion modernization completed in 2017 brought the school up to current seismic code. Design plans for Jefferson High School are underway, financed by a 2017 bond, and will also include a seismic retrofit.

Seismic reinforcement is included in all maintenance, reconstruction and repair plans. There’s no end in sight.

Vernon and Rigler elementary schools

are not yet on a list for overall modernization. However, any improvements and/or replacements made at those schools would include seismic attention, according to PPS spokesman Harry Esteve.

For instance, Rigler will get a new roof this summer. “When we replace a roof, we make sure it is seismically strengthened,” he said. “The whole roof is tied together, then connected directly to the walls, making it stronger and better able to withstand the shaking caused by an earthquake.”

That was the case at Jefferson in 2016 when work was required on a TV studio building wall. Seismic reinforcement was part of the job.

“All of our buildings, except the ones we’ve modernized, could use more,” he added. “We do it as we can, and as we have funding.”

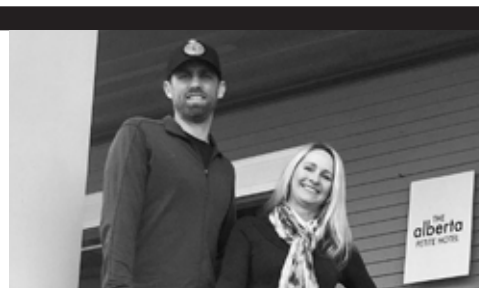


Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.



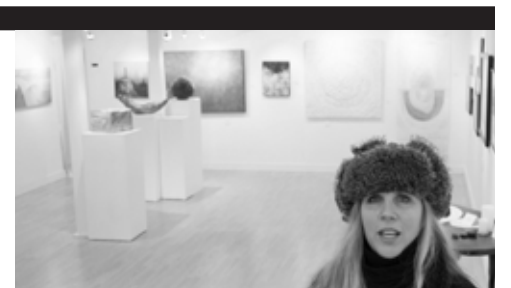
SC AIMS AT HOLISTIC LIFESTYLE
Strength Camp offers more than just strength training.

See Page 4



HOTEL IS HUGE ON COMFORT
The Alberta Petite Hotel is big on community too.

See Page 6



GALLERY CELEBRATES 5TH YEAR
Miss a show? Verum Ultimum keeps book(s) on them.

See Page 8

CNA VOICES

By Dean Tilles
Concordia Tree Team



Concordia Neighborhood Association

Board Meeting
1st Wednesday of the month, Wednesday, April 3 , 6:30 p.m., McMenamins Kennedy School Community Room

General Membership Meeting
Wednesday, April 3, 7 p.m., McMenamins Kennedy School Community Room

Social Committee
If you'd like to volunteer to help plan the CNA Spring Egg Hunt and other fun, community building events, contact Sonia Fornoni at SoniaGF419@gmail.com.

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

Land Use & Transportation Committee
3rd Wednesday of the month, Wednesday, April 17, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee
Last Wednesday of the month, Wednesday, April 24, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental
For info and scheduling, visit ConcordiaPDX.org/community-room-rental or contact Sonia Fornoni at CNARoomKennedy@gmail.com.

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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Will you help your tree team keep Concordia green?

Did you ever see a street tree in need of TLC, but didn't know where to turn? Such trees can be pruned by expertly trained volunteers with the Concordia Tree Team later this year. Read more to learn how!

The Concordia Tree Team, of which I am one of its newest members, is now in planning stages to pursue the Urban Forestry's (UF) Portland Pruners Program in the Concordia neighborhood. This program outfits willing tree teams with the tools, resources and support needed to care for younger and smaller trees.

Our overall goal is to improve the survival rate of newly planted trees and foster proper tree structure for less young trees so they thrive longer term.

This is a very large endeavor! The Concordia neighborhood encompasses 3,835 households according to the 2010 census, more than 1.33 square miles according to Wikipedia, with 4,636 trees according to the 2010 UF Street Tree Inventory for our neighborhood.

Of those trees, 56 percent were considered in good condition. The balance are fair to poor. Also, 50 percent of the trees surveyed back in 2010 are small enough to participate in the program.

What are the fundamentals of this program? The item in question must, in fact, be a tree – not a shrub and not shooters from an ill-performed tree

removal.

The tree must be located on a city street right-of-way, essentially the area between the sidewalk and street.

The tree must be no greater than six inches in diameter at breast height –measure a length of dental floss 18 inches long and wrap it around the tree at 4.5 feet above the base. If the ends touch or overlap, the tree is a candidate.

A signed UF permission slip from the homeowner allows us to perform the work – the tree team will facilitate this.

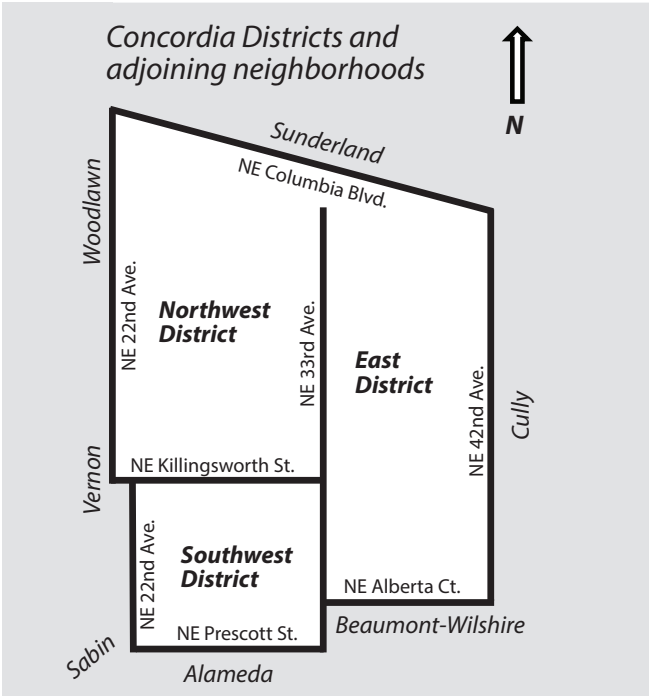
The size of tree is limited to only six inches in diameter because such trees are easier for volunteers to help and have minimal need for care.

The tree team is now considering how to identify candidate trees, how to cull that list to trees in need, and how to approach homeowners for approval to “make the cut” – candidate, cull, cut.

You can learn more by visiting PortlandOregon.gov and use the search bar for Portland Pruners Program, or contact me at ConcordiaDean@gmail.com.

Dean Tilles has lived in Concordia since 2016 and became a neighborhood tree steward in 2017. He dreams in trees and hopes to come back one day as a J.R.R. Tolkien Ent.

Our overall goal is to improve the survival rate of newly planted trees and foster proper tree structure for less young trees so they thrive longer term.



CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Chris Lopez

East 1 | East1@ConcordiaPDX.org Heather Pashley

East 2 | East2@ConcordiaPDX.org Steve Elder

Northwest 1 | NW1@ConcordiaPDX.org Isham “Ike” Harris

Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian

Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong

Southwest 2 | SW2@ConcordiaPDX.org Ali Novak

At Large 1 | AL1@ConcordiaPDX.org Robert Bowles

At Large 2 | AL2@ConcordiaPDX.org Donn Dennis

At Large 3 | AL3@ConcordiaPDX.org John McSherry

At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni

At Large 5 | AL5@ConcordiaPDX.org Truls Neal

At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

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

The concerts are coming!
The concerts are coming!



Ready, set, start planning those picnic basket feasts. Concert dates are now set for three Fridays in Fernhill Park: July 12, 19 and 26.

Stay tuned for details on the performers and how you can help fund these enjoyable evenings.

All concerts are scheduled for 6:30 to 8:30 p.m. Additional entertainment for children those evenings is also being planned, and food and beverage vendors will be on hand. Admission, as always, is free.

CNA Spring Clean Up

Save the Date

Saturday, June 1
8 a.m. – 12:30 p.m.



PCC Workforce Training Center
at NE 42nd & Killingsworth

Tired of seeing all the clutter & junk in your closet, basement & garage? Drop it all off at the PCC Workforce Training Center.

CNA's Biggest Fundraiser of the Year

Concordia murals

Multiple scenes move across L-shaped wall

By Vanessa Miali
CNA Media Team

The mural outside DarSalam, the Mediterranean restaurant at 2921 N.E. Alberta St., is accurately titled, “Old Bagdad Market.” It’s named after Al-Sarai, the buzzing, Middle Eastern outdoor market featuring classic Persian architecture.

The pastel-hued mural depicts shoppers walking throughout cobblestone streets and archways among the specialty items for sale. Vendors offer dates, nuts, fresh spices, honey, vibrant rugs, books and woven baskets among their treasures.

To achieve their vision of a multi-scene painting across the tricky “L” shaped wall, DarSalam owners worked with Pablo Gonzalez, a well-known Portland mural artist who’s completed more than 65 murals.

“My brother and I showed him tons of pictures from our culture and described our ideas,” said Shaymaa Alqurigchee, co-owner. “We wanted people to see the mural and know that inside is a classic Arabic restaurant.”

DarSalam owners loved it so much that they commissioned him to paint ancient Babylon’s Ishtar Gate – a lapis-colored brick mural with golden mosaic lions – inside their downtown restaurant.

“I immerse myself in the customer’s culture and then mix in my style of rich colors with proportion and balance,” Pablo pointed out.

He’s painted several other murals in Concordia, including roses above the golden brocade on Alberta Street between 22nd and 23rd avenues, and around the same corner is the massive

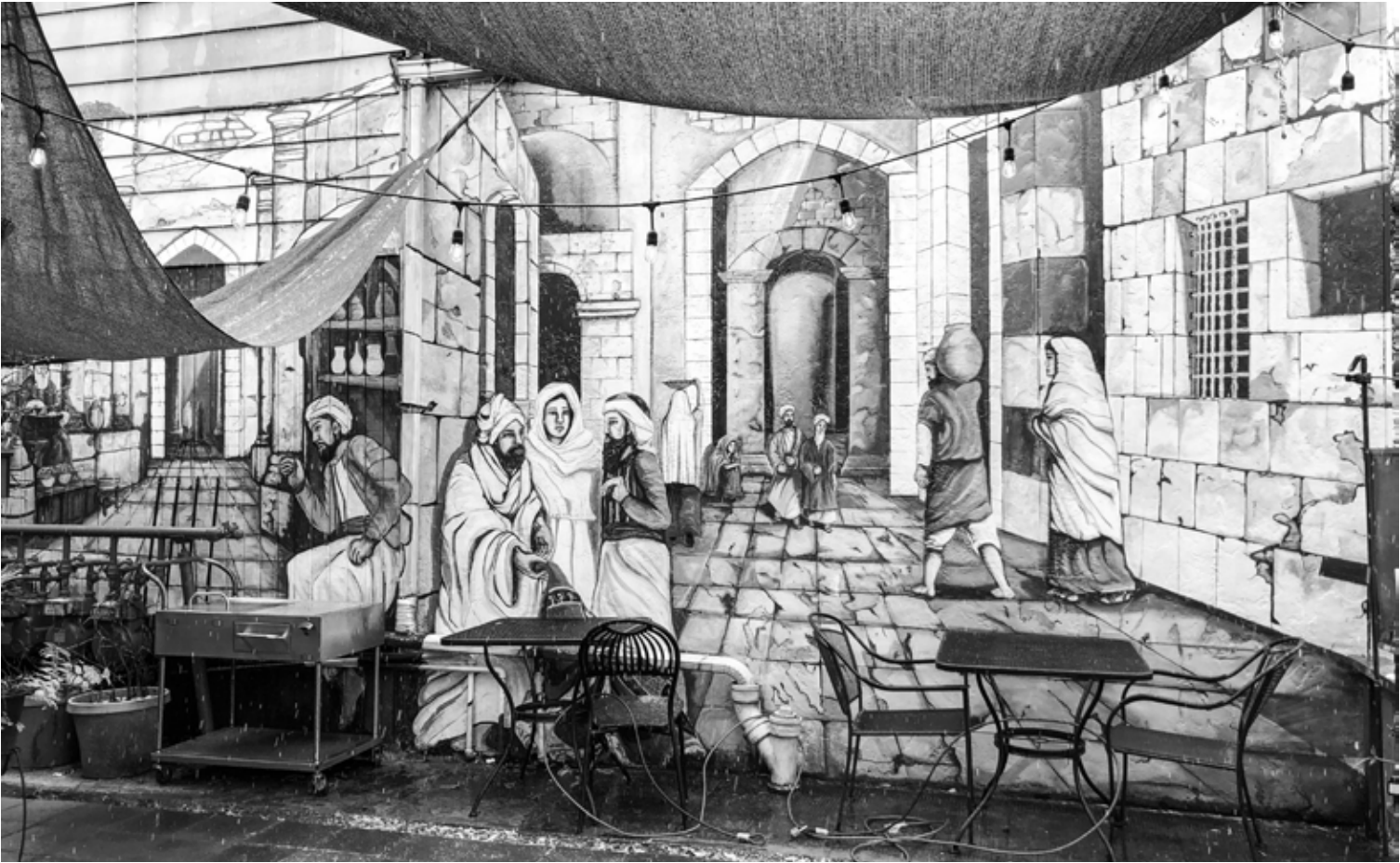


Photo by Vanessa Miali

turquoise panorama elephant taking flight toward one red rose.

Walking by La Sirenita, you’ve likely seen his mermaid with iridescent fins made of DVDs.

Shaymaa said Iraq is her family’s

country of origin. It’s also the birthplace of the date palm which can be seen in the mural’s background.

Historically with the palm, nothing is wasted. The dates bring people sugar and energy. The palm trees provide shade.

The woven fronds make brooms and baskets. Even the wood is used to make furniture.

This mural is a warm reminder of traditional Middle Eastern times and a welcoming entrance to the restaurant.



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.

CNews updates

‘Priced Out’ is due an encore



In February 2018, CNews writer Joel Dippold told you about the production of “Priced Out.” Refresh your memory at ConcordiaPDX.org/2018/02/priced-out-due-local-screenings. The award winning documentary film covers gentrification in northeast Portland.

Thursday, May 2, it’s showing again, along with a discussion with director Cornelius Swart. Admission is free at 7 p.m. at the Leaven Community, 5341 N.E. 20th Ave. Sponsors are Alberta Co-Op Grocery, and Vernon and Woodlawn neighborhood associations.

General meeting features elections and Hardesty

Elections and a newly-elected city commissioner are agenda headliners at the Wednesday, April 3, Concordia Neighborhood Association (CNA) general membership meeting.

It’s at 7 p.m. – preceded by a board of directors meeting at 6:30 p.m. – in McMenamins Kennedy School Community Room. Attendance is not only free – it’s encouraged.

Portland city commissioner Jo Ann Hardesty will report on her first three months in office and her aspirations for the city. She oversees Portland Fire & Rescue, Portland Bureau of Emergency Management, Bureau of Emergency Communications, Fire &

Police Disability and the city’s retirement fund.

The meeting opens with annual board elections. Seven incumbents will run for re-election. However, you’re invited to nominate yourself or other Concordians for any of these positions (see zone map and board list on facing page): East 2, Northwest 2, Southwest 2, At Large 2, At Large 4, At Large 6 and chair.

According to CNA bylaws, one representative from each residence or business is eligible to vote at the annual meeting, and voting members can be as young as 14 years old as long as they have permission from parents or guardians.



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is an arts & humanities organization at the heart of the Alberta Arts District, offering dynamic programming for the community.

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cerimonhouse.org

CERIMON HOUSE

creativepathwalk.org

Ongoing events include:

- Art Exhibits - Textile Tuesdays: a weekly evening of crafting & camaraderie

- Creative Path Walk: a restorative indoor labyrinth every month

Find us at the corner of NE 23rd Ave. & Sumner St.

SC training offers more than physical strength

By Tamara Anne Fowler
CNA Media Team

Strength Camp (SC) is for more than just physical strength. The program combines strength, structure, speed and silence.

Operating at 5224 N.E. 42nd Ave., owner Phillip Adler focuses on correcting form, bringing back dynamic meditation, and an all over holistic lifestyle.

Phillip began his study when he was eight years old. He didn't resonate with school and started practicing martial arts. His physical education teacher told him to start writing out fitness programs. That sparked his interest. Phillip had found his calling.

After graduating from school, he joined the military.

He learned how to cook in the Navy. And, even closer to his heart, he would personally train those who couldn't pass the fitness test that troops must master every six months to stay in the military.

A huge compliment to his personality and style, Phillip still has clients from his early training days more than 10 years ago. They joke, "You think he's mean now!" Phillip admitted he had to learn how to be nice.

SC holds discussion groups the first week of every month. Led by Phillip, he opens the group by sharing his story. In the open forum setting, the group focuses on habits and topics including nutrition, body image, food as medicine, and self love – the way you talk to yourself.

Phillip hadn't dreamed of owning an SC franchise, but he had imagined working out at SC International in Florida. A few years ago he was on a trip to Florida and decided to extend his stay to fulfill his dream.

An enthusiastic Phillip talked to all the SC coaches and studied what they did.

His mentor, the founder of SC, took him aside and asked if he wanted to apply for an SC franchise. Although 100 people submitted applications, only six throughout the world were chosen. Phillip, proudly, was one.

He is always looking for opportunities to add value to the community.

In fact, Phillip and Jenn Pereau, neighboring business owner at Tiny Moreso, are hoping to ally to teach a self defense class beginning soon.

For open hours and class schedule, contact information and other details, visit StrengthCampPortland.com.



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.



Strength Camp, the neighborhood's newest fitness center, stresses a holistic lifestyle. Photo by Sue Adler-Keiper

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CNA Annual Spring Egg Hunt

Saturday, April 20, 10 a.m. (sharp)
Fernhill Park Playground near 37th Avenue

Latecomers – by even a few minutes – lose out on the candy (seriously). BYOBasket.

Adult volunteers are needed the evening before to stuff several thousand plastic eggs with treats and prizes.

Join the party, 5-8 p.m., American Legion Post 234, 2104 N.E. Alberta St.

No registration or RSVP is required for either event.

Share your creativity

CNews is introducing a new feature in upcoming issues. "Concordia creates" will display the creative side of people who live and/or work here.

Send your creative work to CNewsEditor@ConcordiaPDX.org at any time. Your piece may be selected to appear in CNews. If not, look for it on [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).

Heart in Hand Preschool

Waldorf in the neighborhood since 2002

OPEN HOUSE EVERY FIRST WEDNESDAY!
rsvp: heartinhandpreschool.com

Parent- Child Classes Starting Monthly

gnomeshome.org

CNA board update

Board, committees to try remote attendance

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

At its February meeting, the CNA Board of Directors voted to authorize a pilot program to extend for the remainder of 2019. Board and committee members are now authorized to participate in meetings using electronic means, including for the purposes of meeting quorum and taking votes.

This move follows up on months of discussions concerning how the board



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.

What this policy now enables is for more people to join committees, or even the board...without fear of travel, etc. potentially causing missed meetings.

might be able to better encourage community participation. Because this is an ongoing conversation, the board felt it best to begin experimenting with policy changes that might help CNA activities be more accessible to community members.

The initial step authorized by the board is to allow CNA to learn incrementally how various technological solutions might be best used. Board and committee members will begin conducting business the way any other modern business does: using a combination of in-person and electronic means.

Using a conference line is a fact of life in business and government, so it makes sense for CNA to also begin allowing business to be conducted in this manner.

Previous to this act, CNA policy had

been in line with guidance, called the ONI Guidelines, from city’s bureau that oversees neighborhood associations, which indicated that in-person attendance was required for participation.

The board urges board and committee members to use the policy responsibly, and encourages in-person attendance as much as possible. However, a conference line is being made available for use when members are out of town or otherwise cannot be physically present.

The hope of the board is to allow people with busy lives, juggling many responsibilities, to have various participation options available to them. What this policy now enables is for more people to join committees, or even the board – elections are scheduled for April 3 (see

Page 3) – without fear of travel, etc. potentially causing missed meetings.

If this pilot project goes well, the community may wish to encourage the board to take the next step: to allow Concordians to “tune in” to meetings they can’t attend in person.

We invite the community to let us know if there are any additional suggestions for encouraging participation.

Contact CNA board members via email addresses listed on Page 2, attend a committee or board meeting also listed on Page 2, or post on Facebook.com/groups/ConcordiaPDX.

News from the NET

The quake may hit after bedtime

By Amy Gard, team leader
Concordia/Vernon/Woodlawn NET

Our area had a significant anniversary Jan. 26: the 319th year following the most recent Cascadia Subduction Zone earthquake.

It’s estimated to have occurred at 9 p.m. at 8.7-9.2 magnitude. With most of us spending about eight hours a day in bed, that isn’t an unlikely place to be when the next Cascadia quake rolls in.

Stocking and safety checking your bedroom(s) is one of the more impactful things you can do to ensure your earthquake readiness.

Don’t get smashed or stuck – If a quake begins while you’re in bed, you’re probably safest holding on and covering



Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET and Oregon Food Bank.

your head until the shaking stops. So assure your bed is a safe space to ride it out. Secure or relocate anything that has a potential to fall on you or block your exit. Brace or replace your masonry chimney if its fall zone is through your bedroom. A fire ladder may be needed to exit your second floor rooms.


Have an evacuation bag – Lacerations of hands and feet from broken glass are the most common injuries after a night quake. Keep a bag with sturdy shoes, socks, helmet, work gloves, flashlight, whistle, N-95 mask (think drywall/asbestos dust) and a bottle of water near each bed. A pry-bar is a bonus! You will want to secure the bag so it doesn’t migrate and you can find it easily in the dark.

Practice situational awareness – There are likely to be hazards following a major quake, including aftershocks. Having good flashlights to inspect and verify your surroundings is essential. Plan your steps carefully and expect falling debris.

Have a plan and practice it – Once you’ve exited your house, is your family accounted for? Are your other supplies

accessible? Think through your response and designate a spot for your household to congregate. Practice = muscle memory = successful response under stress.

Want more resources? Visit PrepOregon.org.



What’s Selling in Concordia?

184	Homes sold in RMLS in last 12 months as of March 11
1.4%	Increase in Average Sale Price since 2018
Avg. Sale Price in 2018: \$523,453	
Avg. Sale Price currently: \$530,912	
Avg. Days on market: 33	

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

Syrian Home Cooking

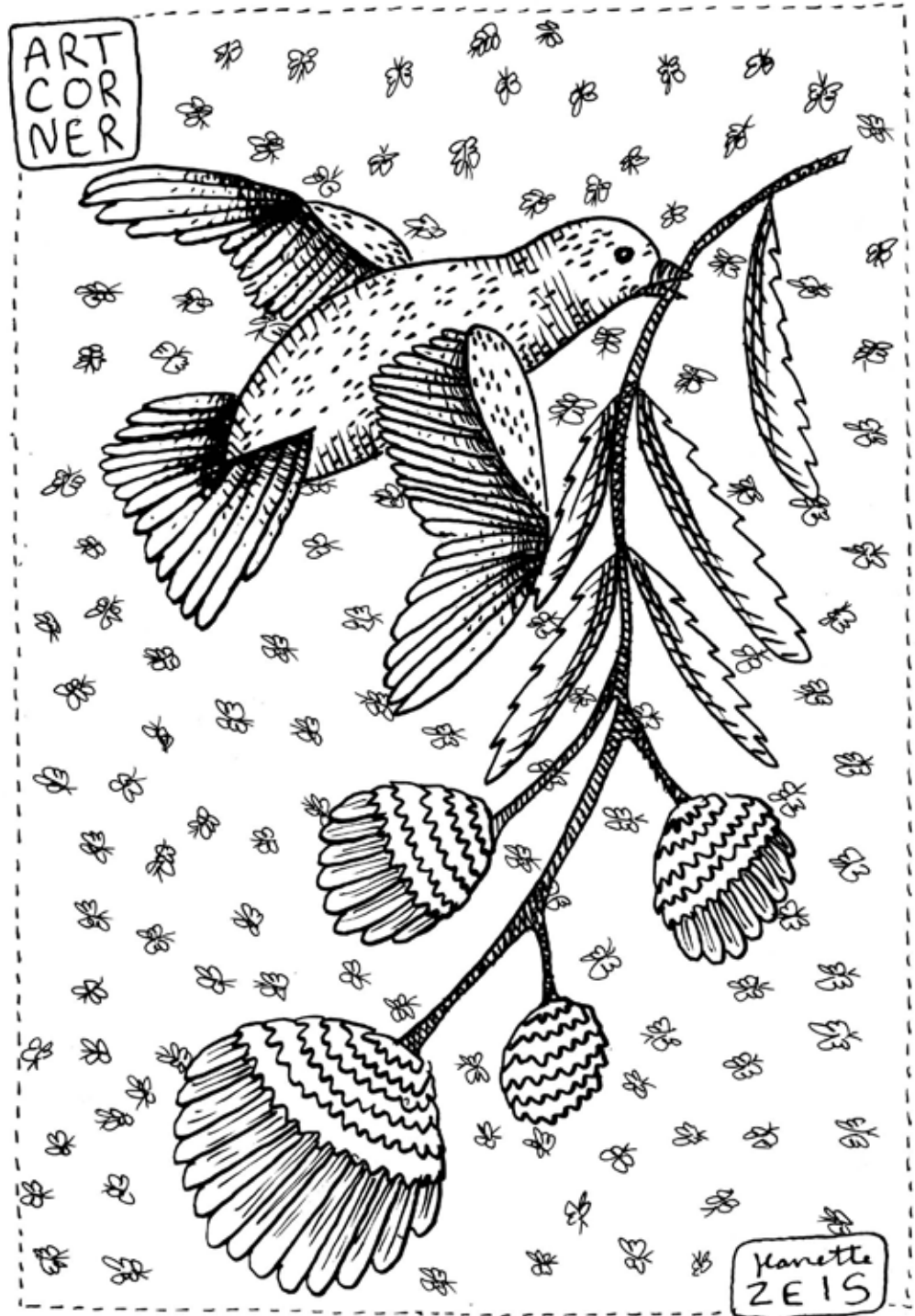


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Leila Piazza
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syrianhomecooking@gmail.com



KENNEDY SCHOOL
McMenamins

Tuesday, April 2
Happy 24th Birthday,
Black Rabbit Red

Sunday, April 7
**Kennedy School
Book Club**



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



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Vision to become reality at Las Adelitas

By Karen Lotts
CNA Media Team

Dedicated community members are working to bring more low-cost housing to the Cully neighborhood. Their latest accomplishment is redeveloping the site of the former adult entertainment complex Sugar Shack into an affordable housing and community space called Las Adelitas.

Construction is scheduled to begin this summer at the now-vacant lot at the intersection of Cully Boulevard, Killingsworth Street, and Portland Highway. It is projected to last about 18 months and cost about \$47 million.

Las Adelitas will house 141 units, common areas and about 5,000 square feet of community facility space.

It is the vision of Living Cully, a coalition of four Portland nonprofits: Hacienda Community Development Corporation, Habitat for Humanity Portland/Metro East, Verde, and the Native American Youth and Family Center (NAYA).

It is being led by Hacienda CDC, a Latino community development corporation that, among other goals, focuses on affordable housing.

The Cully neighborhood is one of the

most diverse census tracts in Oregon. When it was annexed into the city of Portland in 1985, the neighborhood lacked basic amenities and, until recently, investment in Cully has been minimal.

Being home to the former Sugar Shack complex complicated matters, as the establishment was occasionally the epicenter of crime in the neighborhood.

“Technically there is nothing wrong with any of those businesses,” said Ernesto Fonseca, Hacienda CEO. “But the kind of activities that were believed to be happening weren’t necessarily the right ones. Also, the fact they were across from 200 family homes, that was kind of a problem.”

For years community members fought for redevelopment of the Sugar Shack. When it went on the market in 2015, Hacienda, Habitat, and Verde created Living Cully Plaza LLC and bought the property.

In their ongoing mission to strengthen the Cully neighborhood, they wanted to ensure that whatever was built in that location enhanced Cully’s livability. Hacienda CDC then bought the property from Living Cully Plaza in 2017.

The mission of Las Adelitas mirrors those of its designers, which is to support



A nightclub that was sometimes the epicenter of crime in the Cully neighborhood will transform into affordable housing for 141 families. Rendering courtesy of Salazar Architect

the diverse community. The community space will facilitate economic, youth and family, and small businesses development services.

Additional social services organizations will be encouraged to use the space for everything from wellness to home repair classes.

Through the collaboration with Verde, a sustainable development nonprofit that works in low-income communities, the development will feature green amenities.

Las Adelitas is another successful

step in the community-led collaboration to ensure Cully is a thriving, livable neighborhood that supports its diversity.



Karen Lotts is a local freelance writer who helps local small businesses and nonprofits connect with their audiences through copywriting. She can be reached at KarenLotts.com.

Gardening guidelines

Here’s your April planting guide, from starts to seeds

By Jolie Ann Donohue
The Gardening Goddess

April heralds a bright beginning to the gardening season in Portland. If you did not plant any vegetables or herbs in March, you did not miss out and you are not too late. March weather was super unpredictable. When soil and air temperatures are cold, seeds are slow to germinate and small plants are slow to grow.

Throughout April we are planting cool season vegetables. Wait on planting warm season crops like basil, tomatoes and cucumbers until mid-May when night temperatures are consistently above 55 degrees.

Keep in mind the warm season vegetables you will plant mid-May and reserve garden space for them as you are planting cool season crops this month.

Vegetables to plant in April and the preferred planting method are:

- **Seeds or starts:** Asian greens, celestiac, collards, Florence fennel, kale, lettuce, mustard greens, peas, radicchio, scallions, spinach, Swiss chard
- **Seeds:** beets, carrots, kohlrabi, mesclun mix, parsnips, radishes, salad greens, turnips
- **Starts:** broccoli/broccolini/raab, Brussels sprouts, cauliflower, cabbage, leeks

For garlic, plant cloves or starts; for onions, sets or bunches; and potatoes, certified seed potatoes.

In the herb garden plant cool season annual herbs: cilantro and chervil. Hardy annual herbs include: chamomile, dill, and parsley. Plant all perennial herbs like chives, lavender, oregano, rosemary, sage and thyme. Wait to plant warm season basil until mid-May.

In April annual bedding plants become available at nurseries. Don’t forget to interplant your veggie garden with annual flowers and herbs as companion plants for beneficial bugs.

Some of my favorites are alyssum, calendula, cosmos, marigolds, nasturtium and zinnia. Mid-April is a great time to plant sunflower seeds directly into the garden.

Find detailed spring planting information at MissJolieAnnKitchenGarden.blogspot.com.



Jolie Ann Donohue is a garden educator, consultant and designer. She is the author of *The Gardening Goddess’s Guide to Edible Gardening in Portland* releasing this spring. Reach her at her website, JolieAnnDonohue.com.

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It's what she was 'meant' to do

By Joel Dippold
CNA Media Team

It was just several months prior to the fifth anniversary of Concordia's Verum Ultimatum that it was named Best Art Gallery runner up by the Willamette Week in the 2018 Reader's Poll. The gallery came in second only to the Rental Sales Gallery operated by the Northwest's oldest art museum, 127-year-old Portland Art Museum.

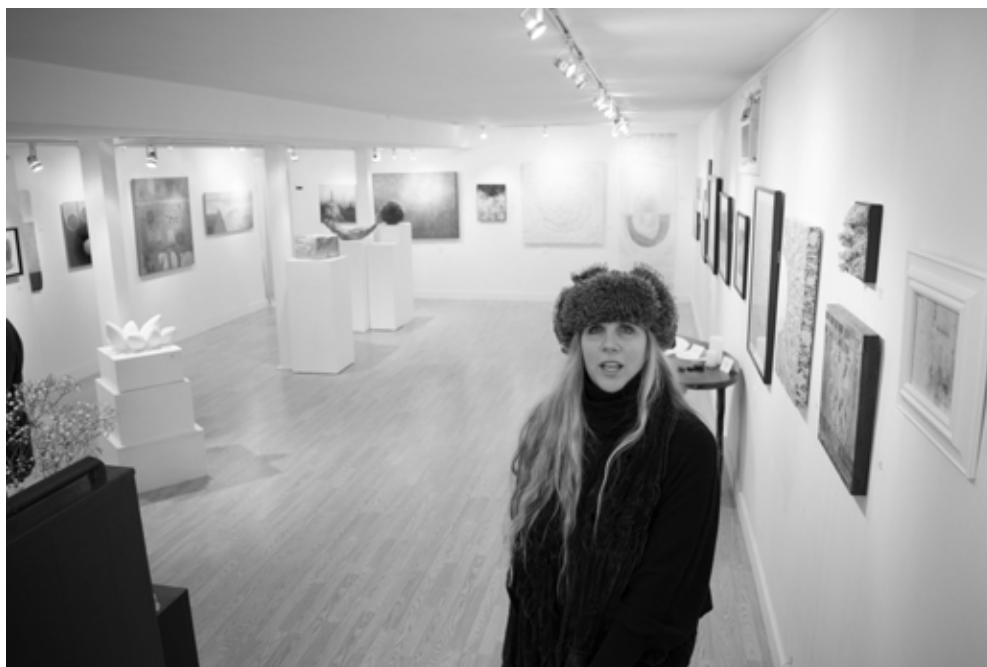
Concordians who have stumbled onto

She now has dozens of volumes, covering the gallery's five years and comprising work from more than 1,100 artists.

the gallery located on Ainsworth Street just off 30th Avenue already knew it was a treasure.

Duck under a big wisteria vine, descend a short set of stairs, and you're in another world. It may be this sense of surprise and discovery that propelled Verum Ultimatum to the top layers of the Reader's Poll – that and the undeniable quality of the art.

Owner Jennifer Gillia Cutshall presents blind-juried works from an international pool of artists, although most are closer to home. Each show is organized around a theme, often one of



Jennifer Gillia Cutshall and her art gallery, Verum Ultimatum, celebrated five years recently. When each show comes down, she captures it all in a hardcover book. Photo by Alexandra Haehnert

a recurring set of themes, and when the art comes down, she captures it all in a hardcover book.

She now has dozens of volumes, covering the gallery's five years and comprising work from more than 1,100 artists.

Jennifer and her husband are both professional artists, and she said there's something of an art to balancing the business and artistic sides of the gallery.

"This feels like what I was meant to do – I've been a collector and an artist my whole life."

The exhibition "Fierce & Frail: of

Beings, Beasts, and Seed" opens April 14 with a reception from 6 to 8 p.m. Find details at VerumUltimumArtGallery.com. Hours are Tuesdays, Wednesdays, Thursdays and Saturdays 11 a.m. to 4 p.m., or by appointment.



Joel is a freelance writer and editor who has lived in Concordia since 2000.

Won't you be my neighbor?

It started as an oft-spoken phrase by TV's Mr. Rogers. Then a 2018 movie documented Fred Rogers' philosophy. Now it's the title of community conversations in conjunction with Oregon Humanities.

One of those conversations is Saturday, May 4, from 4 to 5:30 p.m. in McMenamins Kennedy School Community room. Admission is free; however, RSVPs are appreciated at Piera@AlbertaGrocery.coop.

Sponsors are Northeast Coalition of Neighborhoods and Alberta Co-op Grocery. Look for future details on their websites: NECoalition.org and Alberta.coop.

In the meantime, learn more about these conversations about community interaction and social networks at OregonHumanities.org/programs/conversation-project/catalog/wont-you-be-my-neighbor.

Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs.

Ready to help? Email Chair@ConcordiaPDX.org

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Camp Director and Concordia Men's Soccer Head Coach

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Boys & Girls, Ages 5 – 14

YOUTH CAMP B
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Boys & Girls, Ages 5 – 14

YOUTH CAMP C
July 22 – 26, 2019
Boys & Girls, Ages 5 – 14

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Handyman Rob and his toolbox part company

By Rachel Richards
CNA Media Team

Rob Guill of Jobs by Rob is retiring. He was between jobs in 2007 when he received a card from wife Elise that said, “What would you do if you knew you would not fail?”

He took it to heart. Because he loved building things, was good with tools and had experience remodeling houses, Jobs by Rob began.

Rob was a pioneer of the DIY movement and it became a natural progression to help others.

As a resident on the border of Concordia and Sabin, Rob has remained focused on fixing homes on Portland’s inner east side. He created a niche market for helping neighbors with their smaller jobs and remodeling projects.

From emergency fence repairs to basement remodels, Rob has helped people in the community tackle their



Rachel Richards is a 17-year resident of Concordia who enjoys helping her neighbors. Get in touch with her at RachelRichardspdx@gmail.com.

honey-do lists with honesty, kindness and skill.

Rob explained a favorite project was building a catio for a neighbor who wanted an enclosed patio for her cats.

His version of the catio was decked out with features for both cats and humans to enjoy. That design was featured in Portland’s catio tour last year.

Rob loves old Portland houses and volunteers for the Architectural Heritage Center of Portland. He found working on bungalow and Craftsman homes both fun and challenging, and he has worked to maintain classic features in clients’ homes.

Jobs by Rob grew to a three-person operation, and his reputation as a professional handyman is well known in the community. Rob is now open to selling his business.

“Everything you need to take over the business is available — tools, truck, website, loyal customer base and even my mentoring,” he said. If you are interested in exploring this business opportunity, contact Rob at JobsByRob@gmail.com.

What’s next for him?

“I’m driving my ‘Airbnb’ and getting back to the natural world, where the original forest projects come from,” he said with a wide grin.

That’s what Rob and Elise call the small motor home they purchased

recently. They plan to use it to continue a national park tour and will soon visit Colorado and Utah. Rob also plans to volunteer for Habitat for Humanity and mentor youth who may be interested in exploring trades as a career.

He plans to help in other areas with disaster relief and is also interested in

being a camp host for the U.S. Forest Service.

Rob has this message: “Thanks for the memories. I enjoyed working for my neighbors, on their houses and I appreciate their business. I have enjoyed helping to maintain the character of the neighborhood.”



Rob Guill and his toolbox have visited probably hundreds of neighborhood homes during the past 12 years. Soon you’ll see him without it. Rob is retiring from his handyman service, Jobs by Rob. Photo by Rachel Richards

To your wellness

What shall we give in return for so much?

By Kim Magraw
Licensed massage therapist

You may know that Oregon’s Secretary of State Dennis Richardson died of brain cancer in February. This disease also took my grandfather. One of my earliest memories is of him reclining in his bed in St. Paul, Minnesota, during his cancer ordeal.

In an article announcing his passing, I read with interest Dennis Richardson’s personal motto: “Pro Tanto Quid Retribuamus,” meaning: “What shall we give in return for so much?” This perspective of gratitude could have been my grandfather’s motto, too.

Forsooth, let us appreciate what we have and allow our gratitude to inspire us to generosity. As a bodyworker, I’ll touch on a few corporal facts that make me thankful and amazed:

- Your heart beats more than 100,000 times with a throughput of more than 7,000 liters every day. Your heart circulates your entire +/- 5 liter blood volume about 1,400 times daily – for 27,000 days in a 75-year lifespan – without taking a rest.
- Due to genetic mutations occurring,

pre-cancerous cells crop up in our bodies constantly. The miracle is that our internal protective systems are incredibly adept at recognizing these mutant cells and removing them.

- We shed – and therefore regenerate – more than one million skin cells per day. The skin is your largest organ and it not only protects your insides from the outside, it also regulates temperature, eliminates waste and is your primary touch organ.
- According to a 2016 study in the journal PLOS Biology, a 70 kilogram (154 pound) person has about 30 trillion cells. That same person harbors about 38 trillion bacteria weighing 0.2 kilograms (0.4 pound).

“We make a living by what we get. We make a life by what we give.” – Winston Churchill



Kim Magraw practices massage at Concordia Wellness. Contact him through ConcordiaWellness.com.

Are You Living With, Or Worried About, Someone Suffering with Chronic Back Pain?

– By Leading Back Pain Expert, Dr. Carl Baird DC, MS



Have YOU ever been told that back pain is just one of those things that comes with age, is part of your job, or that it runs in the family? Worse, do you stress and worry that your back pain may cause you to miss out on your exercise routine, outdoor adventures, or family vacations?

If you’re aged 40+ and answered ‘YES’ to any of these questions and you have suffered with low back pain on **more than 3 separate occasions**, please pay attention to what I’m about to tell you. It could help save you time, money, stress and most importantly... your active lifestyle.

What’s more, if you’re NOT the one who’s suffering, but your husband, wife or partner, mother or father is, then please read on because I have some special information that may benefit you and them...

It’s a shame that so many people are told to rest and mask their pain with pills in the hopes that it goes away. If you’ve experienced similar low back pain on more than three occasions, it’s a sign that there is a problem. And I’d love to show you all the different options available to you – most of which are free, 100% natural, and are overlooked by most doctors and insurance

companies.

We discuss these options in our new report title ‘**Twelve Ways to Take Control of Low Back Pain and Maintain Your Active Lifestyle.**’ Inside is simple, actionable advice that is easy to follow and proven to work...the kind which can often make the difference between those who suffer for weeks and those whose pain lasts a lifetime.

My name is Dr. Carl Baird, a Portland Chiropractor, Sports Therapist, Movement Specialist and Fitness Enthusiast who works with individuals aged 40-60 on a daily basis creating plans to achieve long term solutions to back pain through better movement and increased functional strength.

Here Are a Few Things We Cover Inside This Free Back Pain Report

- The change you make in the bedroom to get a **better night’s sleep.**
- Simple tricks for easing back pain that cost nothing – perfect for if you want to **play golf, cycle longer or jog further.**
- What you can do to stop relying on pain pills and endless doctor visits, and **take control** of your low back pain.

We’ve only printed 15 copies, so be sure to request yours by calling our clinic at (503) 954-2495. Leave a message 24/7. Reminder: This is our gift to you. No one will ask you for money when you call (503) 954-2495.

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Soul Boxes travel from Concordia to Salem



Leslie Lee helped bag the 36,000 Soul Boxes folded to date before volunteers carried them to a demonstration and exhibit in the state capitol. The Soul Boxes were collected at – and many were made at – Cerimon House in Concordia. Photo by Lloyd Kimeldorf

By Tamara Anne Fowler
CNA Media Team

- Terry L. Strawn, 58, a sheriff's office veteran who was once named Officer of the Year, used his service handgun to kill his family before turning the gun on himself.
- Seventeen months before that, a Dundalk, Maryland, man allegedly fatally shot his wife Janice Lynn Dipietrantonio, 47, after she filed a protective order against him.
- DaShawn Johnson, 18, was a member of the Hoola Gang sect of the Black P-Stones street gang before a rival gang member's bullet ended his life.
- Suicide. Gang Violence. Police shooting. Child finding loaded gun under bed.
- Since 2014, gun violence has killed or injured 220,000 people in the United States.

The national epidemic was brought home to Portland – even to Concordia – by Southwest Portlander Leslie Lee, an artist who at nights dreams of ways to save the world.

The 2017 Las Vegas shooting was the final straw for her, and she struggled to come up with a way to heal.

There are many organizations working to reduce gun deaths, but they have nothing visual to catch people's attention. AIDS fighters have a quilt,

an impressive one. In 1996, when the AIDS Quilt hit the National Mall, there were 37,000 different patches for 37,000 different lives lost.

Like AIDS, gun victims comprise too big of a figure to grasp – without something visual.

Then she realized Soul Boxes – 3-by-3-by-3-inch hand-folded origami boxes – are easy to make and can be folded and mailed to central locations.

Volunteers in organizations across Portland gathered to fold boxes. For months of Tuesday evenings, several of those volunteers have put hands to paper and completed 3,000 boxes at Cerimon House. And they still do.

Leslie's intention is to count and honor victims as well as provide solace for the people participating. By February, 36,000 Soul Boxes had been folded, the number of people killed nationwide in an average year. The goal is 200,000 by 2020.

Cerimon House also served as the depot to collect and bag those Soul Boxes

for travel to Salem and a Feb. 15 demonstration and exhibit at the state capitol.

This month the Soul Boxes are on display in the Multnomah Arts Center and soon they'll be on a U.S. tour.

Oregon Community Foundation has made a grant for \$25,000 from its W. Fields Fund to help the project continue.

According to Leslie, additional funding is needed, \$3,000 a month for office space to continue administering the volunteer project. Donations may be made at SoulBoxProject.org/donate-1.



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.

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 SoniaGF419@gmail.com.

Mondays, April 1, 15, 29, 10-11 am
EFT TAPPING STRESS RELIEF
Admission: free
EFT combines cognitive elements with tapping certain acupuncture points. This allows for quick release of current stress & the release of old, stuck energy that may be affecting your health & well-being.
Details: Penny Hill, pheft22@gmail.com, 503.493.5954, calmhealthease.com

Thursdays, April 4, 11, 18, 6-7:30pm
SPANISH CONVERSATION
Admission: free
CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome.
Details: soniagf419@gmail.com

Friday, April 5, 7-9pm
SPIRITUAL ABUSE FORUM
Admission: free
This informal, open group meets quarterly to explore issues of abuse that occur in churches & other religious organizations. Each meeting offers a topic.
Details: betsyfreeman16@gmail.com

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

Friday, April 19, 6-8:30pm
TWEEN MONTHLY GAME NIGHT
Admission: free
A Concordia family organizes this game night for children ages 8-12. Throw your favorite card or board games (no electronics please!) in a bag & join in the fun. Registration is required, due to room capacity limit, & a parent or guardian must accompany his or her children.
Details/RSVP: virtualjohanna@gmail.com. com and specify the number of attendees, children's ages & indicate if you are able to help with room set up &/or break down

Thursday, April 25, 7-9pm & Sunday, April 28, 3-6pm
SACRED HARP SINGING
Admission: free
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 & 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.
Details: portlandsacredharp.org

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Sojourn Church
A Neighborhood Church
Join us this Easter
Sunday, April 21, 5pm
4828 NE 33rd Avenue

You're invited to join us for our Easter celebration where we will discover the message of True Love that took place on a cross. Afterwards we will have free food and fun kids activities.

Ask the historian

Do you know about the ‘old’ St. Charles?

By Doug Decker
Historian

For more than 40 years, a dignified and simple clapboard-sided wood frame church presided on the corner of 33rd Avenue and Webster Street, serving as a local landmark for its parishioners and for the neighborhood that was steadily growing up around it.

The young St. Charles Parish congregation of 25 families held its first mass Feb. 3, 1914, in a grocery store built and owned by Henry Hall near the corner of Alberta Street and 32nd Place. The congregation held mass there every

However, leaving the old building was hard on some of the established families that had known it all their lives.



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.org.

Ask the historian is a CNews standing feature that encourages readers to ask questions about the history of the neighborhood and its buildings. Is there something you’ve wondered about? Drop a line to CNewsEditor@ConcordiaPDX.org and ask Doug Decker to do some digging.

Sunday from February 1914 until the completed church opened Oct. 1, 1916.

Newspapers of the day covered the dedication and noted the church building was just the first phase of construction that would eventually include a parish school and a rectory.

By 1918, the parish bought the two lots immediately to the south with the future in mind. One was vacant and the other held a house that was used as a rectory.

But in 1924, the parish experienced a major setback when a fire did significant damage to the building, the altar, pews, statues and paintings that added up to almost \$3,500. That was a major loss that would not soon be overcome.

Repairs were made and the building was rededicated, but the wind was out of the sails for any school development fund. That continued to be the case through the Great Depression years and beyond.

By 1950 the parish population had grown significantly – including lots of kids –and the decision was made to relocate to 42nd Avenue and build a school. The final mass at the old church was held Oct. 15, 1950.

The following week the new St. Charles was dedicated with mass held in temporary quarters on the new site



This 1931 photo shows the old St. Charles Church, with the camera looking southeast at the corner of 33rd Avenue and Webster Street. Photo courtesy of the Archdiocese of Portland in Oregon Archives

until the new church building could be completed in 1954.

Longtime parishioner Jeanne Allen remembers there was excitement about the move to a new site and anticipation about the brand new school and fresh start as a community.

However, leaving the old building was hard on some of the established families that had known it all their lives. So many family events –baptisms, weddings,

funerals and every Sunday in between – had been spent there at the corner of 33rd and Webster.

“There was something very comforting about the inside of the old church,” she recalled recently. “It was simple, dignified, spiritual.”

To see more photos of the old St. Charles Church, visit AlamedaHistory.org and enter “St. Charles” in the search box.

De La Salle to share St. Charles parish facilities

De La Salle North Catholic High School in March announced it has signed an agreement with St. Charles Parish to lease space from the parish at 42nd Avenue and Killingsworth Street.

Plans are intended to take effect by autumn 2021, when the school’s lease with Portland Public Schools for the former Kenton Elementary School expires.

Details are still in negotiation; however, the parish and the school report they have signed a letter of intent for a 50-year lease with two 25-year extensions.

The church property includes a former parish grade school that was opened in 1950 and closed in 1986. The new campus will accommodate more than 350 students.

According to a news release from De La Salle, the move ensures the school’s strong and transformative education will continue to change a growing number of students’ lives long into the future.

“We are very grateful to establish this long-term partnership with St. Charles and to become a vital member of the Cully neighborhood,” said Patti O’Mara, chair of the board of trustees for the high school.

A capital campaign will soon launch for the school to raise funds for renovations and additions to its new campus.

According Leif Kehrwald, the pastoral administrator of St. Charles Parish, the church will maintain its existing operations, including parish offices for staff members and the St. Vincent de Paul Food Bank.



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Love Concordia Alleys? Want to help keep them tidy?



For details, contact John McSherry,
CNA board member,
at AL3@ConcordiaPDX.org.

The 5th Annual Concordia Neighborhood Alleyway Clean Up is Saturday, April 13.

Join volunteers from CNA, Concordia University and SOLVE Oregon. We meet at 9:30 a.m. on the CU Green (in front of the library).

We’ll scour 120 blocks, totaling about 13 miles, and we plan to be finished by 12:30 p.m. Last year 700 pounds of trash were collected.

SOLVE provides collection bags, trash grabbers, protective gloves, first aid kits and sharps containers. So just bring yourself, friends, neighbors and family members.

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Concordia community events calendar

Tuesdays, April 2, 9, 16, 23, 30, 4:30-8pm
TEXTILE TUESDAYS & OPEN ART GALLERY
Location: Cerimon House, 5131 NE 23rd Ave
Stitch, knit, crochet & chat in a simple gathering of artful citizens. Peruse the art gallery exhibits. Fold origami with the Soul Box Project to help with the goal of 200,000 small boxes for a national display.
Details: cerimonhouse.org

Wednesday, April 3, 7pm
CNA GENERAL MEMBERSHIP MEETING
Location: McMenamins Kennedy School Community Room
It's election night for Concordia Neighborhood Association. Come vote for members of the board of directors & join in discussion with Portland City Council's newest commissioner, Jo Ann Hardesty.
Details: Page 3

Thursdays, April 4, 11, 18, 25, 7:40-8:40am
TOASTMASTERS
Location: Concordia University Library, 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 improve speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org

Thursday, April 4, 9:30-11am
ALBERTA MAIN STREET SMALL BUSINESS SEMINAR
Location: 1722 NE Alberta St
Topic is "Negotiating Your Commercial Lease," coffee & registration 9:30-10am, program 10-11am.
Details: Ann Griffin, 503.683.3252, ann@albertamainst.org

Fridays, April 5, 12, 19, 26, 10:30am-noon
FEAST COMMUNITY CHOIR
Location: Subud Portland, 3185 NE Regents Dr
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community. New singers welcome. Spring term starts April 5.
Details/fee: feastcommunitychoir.com



Saturday, April 6, 9am-1pm
SLOUGH 101 WORKSHOP
Location: 16790 NE Mason St
Ever wonder about that slow-moving channel of water running through Gresham, Fairview, & northeast & north Portland? Hands-on workshop explores history of indigenous peoples on the slough, its unique character, & environmental challenges & opportunities of the slough & watershed. Open to everyone 16+.
Registration: columbiaslough.org/events/event/149

April 4 & 6
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, April 4, 4:30-5:30pm, WIC Clinic, 5329 NE Martin Luther King Jr Blvd
• Saturday, April 6, 10:30am-noon, Community Energy Project, 2900 SE Stark St A
Details/registration: communityenergyproject.org, 503.284.6827 x109

Saturday, April 6, 12:30-2:30pm
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

Saturday, April 6, 5:30pm
VERNON NIGHT OUT FOR THE OWLS
Location: Melody Ballroom, 615 SE Alder St
Annual fundraising dinner, silent bidding, raffles, games of chance, class art, live music & live bidding. Items donated by Portland businesses, local artists & Vernon students.
Tickets: vernonschool.schoolauction.net/2019

Tuesday, April 9, 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

Saturday, April 13, 9am-noon
STEWARDSHIP SATURDAY
Location: Heron Lakes Golf Course
City-owned golf course operated by Portland Parks & Recreation encompasses 340 acres with ponds, wetlands & natural habitats that provide important ecosystem services in the watershed. Columbia Slough Watershed Council & the golf course are working together to restore micro-habitats throughout. Blueprint Foundation leads the restoration plantings. Volunteers needed.
Details/registration: columbiaslough.org/events/event/546

April 13, 9:30am-12:30pm
5TH ANNUAL CONCORDIA NEIGHBORHOOD ALLEYWAY CLEAN UP
Location: CU Green, in front of library
Join your neighbors to pick up litter from 120 blocks – that's about 13 miles –between 22nd to 33rd avenues & Prescott to Dekum streets. This early Earth Day event is sponsored by Concordia Neighborhood Association, Concordia University & SOLVE
Details: Page 11

Sunday, April 14, 3-5pm
CU SPRING CONCERT
Location: St. Michael's Lutheran Church, 6700 NE 29th Ave
All Concordia University's performing ensembles perform.
Details: cu-portland.edu/about/events/campus-calendar

Thursday, April 18, 6-8pm
FREE CRAFT NIGHT
Location: Atlas Pizza, 710 N Killingsworth St
collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instructors are provided, no registration necessary.
Details: collagepdx.com



Friday, April 19, 5-8pm
CNA EGG STUFFING PARTY
Location: 2104 NE Alberta St
Adults are needed to stuff plastic eggs with treats & prizes for the next day's CNA Annual

Spring Egg Hunt. It's in American Legion Post 234. No RSVP needed.
Details: Page 4

Friday, April 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 April 20, 9am-noon
STEWARDSHIP SATURDAY
Location: 15401 NE Fremont St
Earth day is celebrated at Wilkes Creek Headwaters with Columbia Slough Watershed Council & Portland Parks & Recreation. Volunteers – no experience necessary –needed to mulch & plant native trees, & shrubs & forb understory.
Registration: columbiaslough.org/events/event

Saturday, April 20, 9:30am-2pm
ALBERTA STREET EARTH DAY OPERATION CLEAN SWEEP
Remove graffiti, paint & pick up litter. Registration 9:30-10am, clean up 10am-12:30pm, followed by a pizza party with Salt & Straw ice cream. Meet at plaza between Umpqua Bank & Barista.
Details: Ann Griffin, 503.683.3252, ann@albertamainst.org



Saturday, April 20, 10am
CNA ANNUAL SPRING EGG HUNT
Location: Fernhill Park
Bring your little ones, but don't be late. The hunt begins at 10am and lasts only minutes.
Details: Page 4

Saturday & Sunday, 20 & 21, noon-4:30pm
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
Cerimon House hosts a monthly indoor labyrinth walk installation, each featuring a new theme. The 30-minute immersive & contemplative experience offers a place to unplug, focus & restore. Enjoy the unique replicas of historic patterns from Reims, Chartres & guest patterns. This quiet activity is recommended for walkers 9 years & older, & walk-ins are welcome. Donations are accepted.
Details/reservations: creativepathwalk.org

Saturday, April 20, 6pm
FAUBION NIGHT OUT FUNDRAISING DINNER
Location: Lagunitas Community Room, 237 NE Broadway St #300
Annual fundraising dinner – catered by Tamale Boy – plus school wide raffle, buy-in parties, games of chance, silent auction & live music, featuring a special performance by Faubion's own LaRhonda Steele.
Tickets: charityauction.bid/FaubionNight-Out2019



Sunday April 28, 9am-1pm
BIKE THE LEVEES: WEST ROUTE
Location: Multnomah County Drainage District, 1880 NE Elrod Dr
Tour 12 miles of Portland's levee system with Multnomah County Drainage District & Columbia Slough Watershed Council. Learn about functionality & history of Portland's levee system which protects people & properties from flooding.
Registration: columbiaslough.org/events/event/356



APRIL 2019

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SCIENCE ON TAP
THIS WEEK IN SCIENCE
LIVE PODCAST

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LIVE WIRE RADIO
WITH LUKE BURBANK
NAOMI EKPERIGIN • NADYA OKAMOTO
SHOOK TWINS

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MASON
JENNINGS

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AN EVENING WITH
KARLA BONOFF

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LITTLE
GROW SHOP
OF HORRORS

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CHRISTOPHER NEIL YOUNG

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SCIENCE ON TAP
SCIENCE IS STRANGER THAN
FICTION: DEATH & THE AFTERLIFE

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LIVE WIRE RADIO
WITH LUKE BURBANK
ANIS MOJGANI • JOE ZIMMERMAN
RON ARTIS II & THE TRUTH

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DAWG TRIO featuring
DAVID GRISMAN
SAM GRISMAN
DANNY BARNES

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THE MYSTERY BOX SHOW

25

an evening with
OTTMAR LIEBERT
& LUNA NEGRA

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27
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THE NOWHERE BAND
presents
ABBEY ROAD
50TH ANNIVERSARY

ALBERTAROSETHEATRE.COM
503.764.4131
3000 NE ALBERTA

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.