



CONCORDIA NEWS

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

July 2019

Upcoming CNA Events

CNA Mixer

Thursday, July 11, 6-8 p.m.,
Lovejoy's Tea Room,
5013 N.E. 42nd Ave.

Concerts in the Park

Fridays, July 12, 19, 26,
Fernhill Park, 6:30-8:30 p.m.
Details: Pages 2 & 4

CNA Yard Sale

Saturday, Aug. 10
Details & registration: Page 10

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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'Love' isn't just a word to Byron

By Marsha Sandman
CNA Media Team

When Byron Spice creates a three-dimensional wood sign that says LOVE it's more than just a word. It's his life purpose.

Byron calls his sign building business "Blind Expressions by Byron" because he is, in fact, legally blind. When he lost his ability to see completely, due to age-related macular degeneration, he qualified for training at the Oregon Commission for the Blind, where he learned to operate the power tools he

How do his creations demonstrate his love? They are symbols of the generous and caring life he has lived.

uses to make his various assemblies with scraps of lumber.

Byron said "When I look at a piece of scrap lumber I ask, 'What would you like to become?' I'm guided by the grain, shape, aroma and feel of it."

How do his creations demonstrate his love? They are symbols of the generous and caring life he has lived.

As a teenager Byron attended a Christian youth camp near his home in Fort Wayne, Indiana. There he dedicated his life to Christian beliefs and missionary work in Mexico, Paraguay



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.



Ironically, Byron Spice didn't learn to operate power tools until after he became legally blind. The skill gave him a new focus to continue ministering to the lives and spirits of others. Photo by Marsha Sandman

and throughout the United States.

During his time in Mexico he directed the Mountain of Light Farm, which provided housing and educational opportunities for Mexican youth. He is proud that many of his students went on to be educators and community leaders.

Fluent in Spanish, Byron supported ministers and provided leadership to U.S. churches with Spanish-speaking congregants.

Byron said he's had 33 different addresses in his lifetime.

When he retired from the ministry in 1970, he became a housing consultant for the National Education Association where he developed housing for retired teachers in several states. He also became a practitioner and leader in The Trager Approach, a form of gentle touch

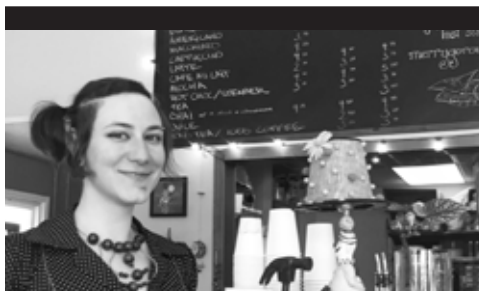
and movement.

He has retired quite a few times and thought he and his wife of 40 years would remain at their oceanfront condo in Florida. But with children and grandchildren in the Northwest, he and Kathryn moved to Portland in 2010.

Byron, an engaging and spry 93 year old, said "I've gained independence and was introduced to the safe operation of power tools. This opened the door of my creativity and provided a focus for my life."

Many neighbors and friends are proud owners of signs that shout LOVE, CHERISH, TRUST, JOY, JUSTICE, PEACE, EASE, among other expressions.

Although he's not looking for orders, you can reach him at Spice.Byron@gmail.com.



CAFÉ HAS NEW NAME, OWNER

Erin Katchuk didn't want the community-minded café to close.

See Page 4



BUY NOTHING IS HYPERLOCAL

Internet-based trading forum fills countless needs.

See Page 6



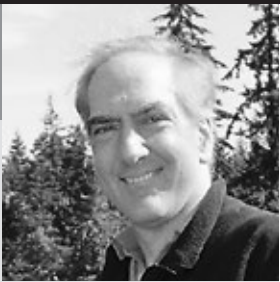
HE'S MADE COMMUNITY A CAREER

Bob Boyer's contributions to community are limitless.

See Page 7

CNA VOICES

By Gordon Riggs
CNews Graphic Designer



Can you develop passion?

The expression, “Find your passion,” leaves me thinking that all I need to do is find it, like finding a gas station. How about passion development?

For much of my secondary education, and into college, I avoided (or performed poorly in) classes that required reading and writing or anything in the creative arts.

I was much more comfortable in the worlds of math and science. This division continued to reinforce itself. I kept working at what I enjoyed doing and which came pretty easily, leaving the reading and writing for another day.

But there was something else going on. In my first year of college, I signed up for a class with the deceptively simple title: “Color.” It was an art class, but I was curious and had heard the professor made the class worth it.

I also thought I’d get off easy, compared to my other classes. But that reasoning turned out to be false. I spent vast amounts of time on the weekly color projects – often completely losing track of time. Even so, I continued to discount my interest, telling myself I wasn’t a real artist, and that I didn’t really belong.

For more than 30 years I worked in software development, designing and maintaining systems used by businesses for accounting. Then, about 11 years ago, I was diagnosed and treated for leukemia. During recovery, I started asking myself, “What can

I do? What matters to me? How do I want to spend my time?”

With my feet under me again, I found a community college art class in basic design, with projects using black and white construction paper. I thought, “I can do that. No drawing necessary!” That experience led to more design classes.

What happened? Once again, I kept losing track of time while working on the weekly class projects.

Through these classes, I discovered that I loved the challenge of conveying something through a two-dimensional graphic medium.

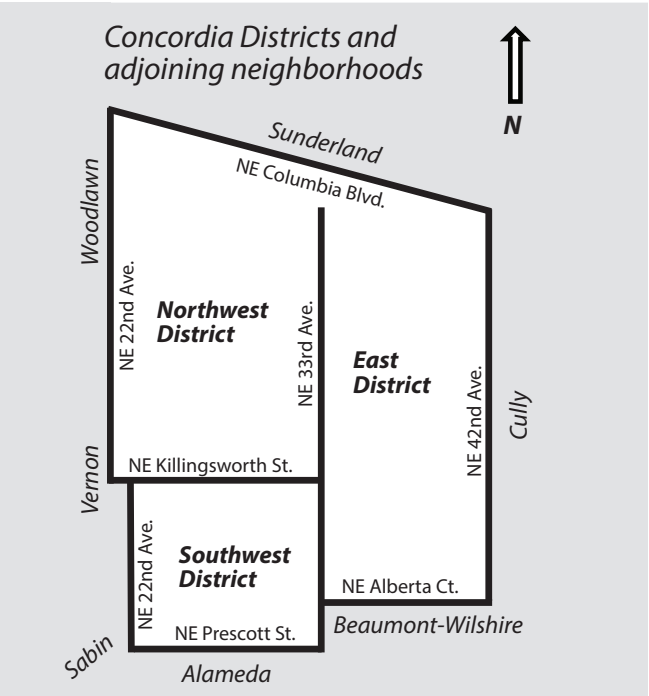
Now, every month, I get to solve the puzzle of laying out the 12 pages of this paper, so that you – the reader – can be drawn in and (hopefully) navigate the pages easily.

So here’s the thing: although you may not be very good at something or you may discount yourself in some way, try to notice how you feel when you engage in the activity. For me, it was noticing that I was totally invested in the task and that everything else disappeared.

So please join me in reading this paper – you might discover something in yourself.

Gordon Riggs has lived in the Concordia neighborhood for the past six years. On any given day, you are likely to find him walking around the neighborhood admiring the trees.

“What can I do? What matters to me? How do I want to spend my time?”



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Need a place for your event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

Pricing: \$25/hr (\$15/hr. for nonprofits)
Info: ConcordiaDPX.org/community-room-rental

Concordia Neighborhood Association

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

General Membership Meeting
Wednesday, Sept. 4, 7 p.m., McMenamins Kennedy School Community Room

Social Committee
If you’d like to volunteer to help plan fun, community building events, contact Sonia Fornoni at SoniaGF419@gmail.com.

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

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

Finance Committee
Last Wednesday of the month, Wednesday, July 31, 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.

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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
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Get ready! Three park concerts in July

Mark your calendar for the annual Concerts in the Park series in Fernhill Park:

Friday, July 12, 6:30 - 8:30 p.m.
The Sirens of Blues: female blues legends and rising stars

Friday, July 19, 6:30 - 8:30 p.m.
Tony Starlight Showcase: music and laughter from Sinatra through the 1980s

Friday, July 26, 6:30 - 8:30 p.m.
Bloco Alegria: high-energy Brazilian music and dance



Tony Starlight Showcase



Bloco Alegria

As always, admission is free. But donations are appreciated, and they defray the costs for the entertainers, sound system, etc. The three-member volunteer Fernhill Concerts Committee has begun the long, arduous task of raising funds for the concert series.

For details, contact Sonia at soniagf419@gmail.com or call 305.812.5280.

Want to donate or become a sponsor? See Page 4.

Concordia murals

Zenka’s ceramic beetle is more than an insect

By Nancy Varekamp
CNews Editor

It’s not easy to find. A ceramic dung beetle, maybe 12 inches in diameter. But if you do find it – clinging to the east wall of Back to Eden Dessert Shop at 2217 N.E. Alberta St. – you may become a fan of Zenka.

She’s based in Los Angeles. “As a street artist, it’s always really important

tie between the idea that we are ‘bugged’ today. Everything’s being recorded, but it’s OK because nobody’s really listening. We have to go boldly into our lives and communicate what we want to communicate.”

Her ceramic installments hold another fascination for Zenka. They contain augmented reality, digital images you can see only after using QR codes

“I wanted to draw the tie between the idea that we are ‘bugged’ today.”

– Zenka

to spread your work to other cities,” she said. “Whenever I travel, I look for places to install my work.”

In addition to Portland, Zenka’s work is there for the finding in North, South and Central America as well as Antarctica and Europe.

She left behind several pieces on a 2013 visit to the Alberta Arts District. “I love Portland. You have the most artsy, unusual, wonderful culture there.”

So she installed ceramic accordions and bugs, and even some invisible sidewalk stencils.

“Bugs are a fascination with me,” Zenka explained. “I wanted to draw the

– square matrix barcodes – which download related apps to your smart phone or tablet. The beetle’s QR has gone missing, but you can view the images at [YouTube.com/watch?v=Cj14pS35iC8](https://www.youtube.com/watch?v=Cj14pS35iC8).

The QR for her ceramic pizza on the east wall of Alberta 14 Apartments, 1451 N.E. Alberta St., is intact. But it’s inaccessible during construction next door.

Her invisible rain stencils on a few sidewalks are well-suited to Portland’s climate. The medium is a sealer.

“If you spray it on your boots, water rolls off like a duck. Paint it on a sidewalk, like I did in Portland, and the secret message stays dry when the rest of the sidewalk is wet from rain.”



At least two ceramic installations are still on Alberta Street from Zenka’s 2013 visit. This dung beetle no longer has its QR code to offer a view of its augmented reality. The plated pizza farther west has an intact QR, but a construction fence currently prevents access.

CNews updates

Community mourns Rob Guill

Concordians and loved ones June 8 celebrated the life of Robert Eugene Guill. The 65-year-old died of a heart attack May 12 while watching TV coverage of the Trail Blazers’ trouncing the Nuggets. His obituary appears at TerryFamilyFuneralHome.com/notices/Robert-Guill. Rob was featured in the April CNews, after he announced retirement from his handyman/construction company Jobs by Rob. Visit that story at ConcordiaPDX.org/rob-guill.

Cannon’s Ribs has new home

Cannon’s Ribs Express found a new home in recent months. Wayne Cannon had operated it on 33rd Avenue between Killingsworth and Emerson streets since 1995, after buying the 10-year-old business.

Find him now in a food cart at 3625 N.E. Martin Luther King Jr. Blvd., open 11 a.m.–7 p.m. Mondays-Saturdays and 11 a.m.–6 p.m. Sundays. CNews featured Wayne and his business in 2016. Visit that story at ConcordiaPDX.org/cannons-ribs.

Residents return to Oak Leaf

Three years ago, residents of Oak Leaf Mobile Home Park faced the threat of eviction from their affordable housing. A community partnership led to efforts by St. Vincent DePaul of Lane County to rehab the homes and park. CNews reported on the effort in the December 2016 issue, online at ConcordiaPDX.org/oak-leaf. See Page 12 of this issue for details about the July 20 welcome back party for residents and the community.

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LUTC update

Bond could fund Coast to the Gorge Trail

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

For years, neighbors in Concordia have joined with folks in other northeast Portland neighborhoods to advocate for the construction of more regional bicycle and pedestrian trail connections.

One trail in particular has captured the imagination of many: a trail connecting downtown Portland, through northeast Portland east to the Rocky Butte area and beyond, ultimately to the Columbia River Gorge to connect up with the historic highway state trail there.

This was called the Sullivan’s Gulch Trail Project when Portland City Council voted in 2012 in favor of it. It has since evolved to become known as the Rose Quarter to the Gorge Trail Project, and now the Coast to the Gorge Trail.

Indeed, Metro has previously discussed a concept known as the Infinity Loop for multi-day excursions. It would involve multiple trails heading out of Portland in all directions, connecting

All of these visions for greater bicycle and pedestrian network connectivity could soon take one step closer to reality.

with one another at their ends to loop back and return to Portland without needing to retrace steps.

All of these visions for greater bicycle and pedestrian network connectivity could soon take one step closer to reality.

In June the Metro Council voted to send a ballot measure to voters to renew the parks and nature bond. If voters approve the bond measure in November, it would maintain the current tax rate of 19.cents per \$1,000 of assessed value (about \$4 a month for a home assessed at \$250,000).

Among many other worthy funding categories – such as the purchase and

restoration of new land from willing sellers to improve water, fish and wild-life habitat – the bond would include \$40 million in funding for walking and biking trails. Metro would secure rights to build new trails and construct missing trail sections to complete projects identified in Metro’s regional plan for a network of walking and biking paths.

The Coast to the Gorge Trail would fall entirely on trail sections identified in Metro’s regional trail plan, so this funding could be applied to begin acquiring rights of way and engaging in trail planning if the bond passes.

Voters approved Metro parks and nature bond measures in 1995 and 2006, and local-option levies in 2013 and 2016, to protect and care for land, improve water quality and increase access to nature for people close to home.

As with those measures, all spending

of a potential 2019 bond would be monitored by a community oversight committee and subject to annual audits.



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.

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News from the NET

Let’s take the mystery out of fire extinguishers

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

In creating a safe household, having quality, functioning fire extinguishers and smoke alarms are at the top of the list for most people. They are key parts of a solid earthquake preparedness kit as well.

Fire is one of the top four sources of major quake-related damage, as shaking

What do all those mixed numbers and figures mean?

can break gas lines and turn over combustibles. Additionally, post-quake road and water line damage can prevent firefighters from being able to respond effectively and turn even smaller fires into uncontrollable events.

Portland Bureau of Emergency Management recommends the installation of automatic gas shut-off valves on gas meters and the use of household fire extinguishers to help mitigate potential fire hazards on a household level.

But buying a fire extinguisher can be confusing. What do all those mixed numbers and figures mean? Which is the best choice for your house?


Well, let’s look at a common model, 2A10BC. The number before A multi-

plied by 1.25 gives you the number of water gallons to which the extinguisher is equivalent (e.g., 2=2.5 gallons of water, 3=3.75 gallons, etc.). The number before B indicates the square footage of fire the extinguisher can put out (10 square feet in our example).

‘A’ indicates it is appropriate for fires of trash, wood or paper; ‘B’ indicates burning liquids and gases; ‘C’ indicates energized electrical sources; and ‘D,’ combustibles metals (‘D’ is rarely needed in a home setting).

For the typical home, one or more 2A10BC units is a great start, with larger options like 3A40BC and 4A60BC recommended as funds allow. Most will last five-15 years, though note the expiration date, if given, and whether it is ‘rechargeable’ or not.

A rechargeable unit can be refilled and pressurized by a professional. Replace a nonrechargeable unit once it loses pressure from use or age. Go for rechargeable!



What’s Selling in Concordia?

183	Homes sold in RMLS in last 12 months as of June 10
- 1.6%	Decrease in Average Sale Price since 2018
Avg. Sale Price in 2018: \$523,453	
Avg. Sale Price currently:\$515,044	
Avg. Days on market:29	

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



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



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concordiahomeprices.com
Keller Williams, Portland Central

Concordia Buy Nothing site fuels community

By Carrie Wenninger
CNA Media Team

Hyperlocal. It's a term that's been trending for a while now. It can mean spending your dollars at neighborhood businesses or eating fresh produce grown miles or blocks, away.

It can also mean putting a call out to your most immediate neighbors for art supplies, or offloading that ill-fitting but oh-so-cute sundress that you know would look great – on someone else.

Enter the BuyNothingProject.org, an organization focusing on the creation of hyperlocal gift economies – the giving and receiving of goods and services without charge – neighbor to neighbor.

With a founding principle of “Give Where You Live,” the Buy Nothing Project believes the true wealth of the network is found in the web of connections created when people give to, receive from (and thank) their neighbors.

Curious? Consider joining the Concordia Buy Nothing Facebook group by visiting Facebook.com/groups/245385902705257. You'll be asked to provide cross streets to assure you're in the right group because the Concordia group's boundaries mirror the neighborhood association's boundaries. Also note: you may be a member of only one Buy Nothing Project group.

From the BuyNothingProject.org website, here are the types of posts that fit the mission:

- Offers of any goods or services you'd like to share, loan or give away

- Requests for services or any goods you'd like to borrow or keep
- Gratitude posts to fuel the magic
- Gifts of self, talent and time

Sarah Brice, volunteer administrator with the thriving Concordia group, once posted an ask for broken mirrors to use as mosaic for an art project titled Gatto della Verità.

Neighbors responded and reflective shards began flowing in, allowing her to complete the piece, which was displayed at the Portland Winter Light Festival 2018.

On why she loves Buy Nothing, Sarah said, “It's a great way to get to know my neighbors. The communications are typically positive, and it's lovely to see my neighbors through such a generous lens.”

“People always surprise me with how thoughtful and kind they are. I know that when I ask for something, I will not be traveling far. Likewise, I know that when I offer something, it is going to someone in the neighborhood.”

“Also, I am sure that I'm not the only one who is happy to consume less and save some money too. Finally, it's a great way to move along things that no longer serve my needs.”



Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact her at WurdGurl@gmail.com.



Sarah Brice proved her point that fellow members of Buy Nothing Concordia would supply her with sufficient broken mirrors for this mosaic. Photo by Sarah Brice



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SOJOURN Neighborhood Cookout

Sunday, July 14 at 6:30pm @ 4828 NE 33rd Ave

We invite you to come enjoy a neighborhood cookout as you interact with neighbors as we enjoy free food (including vegan options), drinks, and yard games. For more information please email us at info@sojournpdx.org or call us 971-317-9892.

SOJOURN Kids Camp, July 22-26

Who: Kids Ages 5+ | **Time:** 9am-12pm

Where: Alliance High School at Meek, 4039 Alberta Court, Portland

Cost: \$25 for entire week, \$10 for each additional camper

Registration: sojournpdx.org/kidscamp

The camp will consist of a variety of activities for kids to have fun and interact with others in the community. There will be sports, group games, and crafts. Don't miss this great opportunity to help raise money for our neighborhood school, Vernon.



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Community builders

Bob Boyer’s career is all about community

By Mischa Webley
Northeast Coalition of Neighborhoods

Bob Boyer never thought he’d be here.

A former boxer from West Philadelphia, he was 22 years old in 1961 when the U.S. Air Force transferred him to the local airbase vehicle maintenance division.

At the time, Oregon wasn’t a welcoming place for African Americans, having only then begun to finally upend

When Bob comes in the door, he steps all the way through. But he makes sure to leave it open for those coming behind him.

the many segregation laws.

Nonetheless a tight-knit black community had formed in northeast Portland and, after he was discharged, Bob found work in an auto shop on Union Avenue and made himself at home.

At nearly age 80, Bob doesn’t need a resumé. If he did, it would read more like a short novel.

Among titles he’s held are: boxer, airman, auto mechanic, railyard worker, shipyard foreman, first African American elected president of the Inland Boatmen’s Union, community organizer, property manager, car salesman, small business owner, Concordia Neighborhood Association (CNA) president, Northeast Coalition of Neighborhoods (NECN) chairman, NAACP Northwest Region vice president, and state senator.

It’s the intangibles that matter to him more: husband, father of eight, grandfather of 18; community linchpin, keeper of local history.

He’s grateful for the opportunities he’s been afforded. And he subscribes to the slogan, “When one door closes, another opens,” but added that you have to look for those openings.

When Bob comes in the door, he steps all the way through. But he makes sure



CNews honors Bob Boyer in this Community builders story, the first in a series that features people and organizations responsible for enormous differences in the neighborhood and beyond. Photo by Mischa Webley

to leave it open for those coming behind him.

While pounding spikes in the railyards, working the docks as a long-shoreman and starting a family in the 1960s, he found time to get his associates degree from Cascade Christian College, which he and others lobbied to rename Portland Community College.

Without missing a day of work, he became the first African American to graduate from Marylhurst University with a degree in business management.

Involvement in his union gave him a taste for politics, which he put to use. In the 1970s, ‘80s and ‘90s, it was hard to get the city government to pay attention to the needs of northeast Portland, but it wasn’t for lack of trying.

As a member of the planning board for the mid-1960s Model Cities Initiative, an outgrowth of Lyndon Johnson’s War on Poverty, Bob helped organize the first neighborhood associations in northeast Portland. That included CNA.

The community identified a way to speak as one to demand positive change,

including renaming Union Avenue to Martin Luther King Jr. Boulevard.

The way Bob sees it, if you want things to be different, you have no choice but to dive right in.

Editor’s note: This story was shortened for space considerations. For the full-length story that appeared in NECN’s Hey Neighbor! newsletter, visit ConcordiaPDX.org/bob-boyer.

Cerimon House

is an arts & humanities organization at the heart of the Alberta Arts District, offering dynamic programming for the community. The history-filled building is ADA compliant, climate controlled, and welcomes rentals including classes, activities, and life celebrations.

cerimonhouse.org

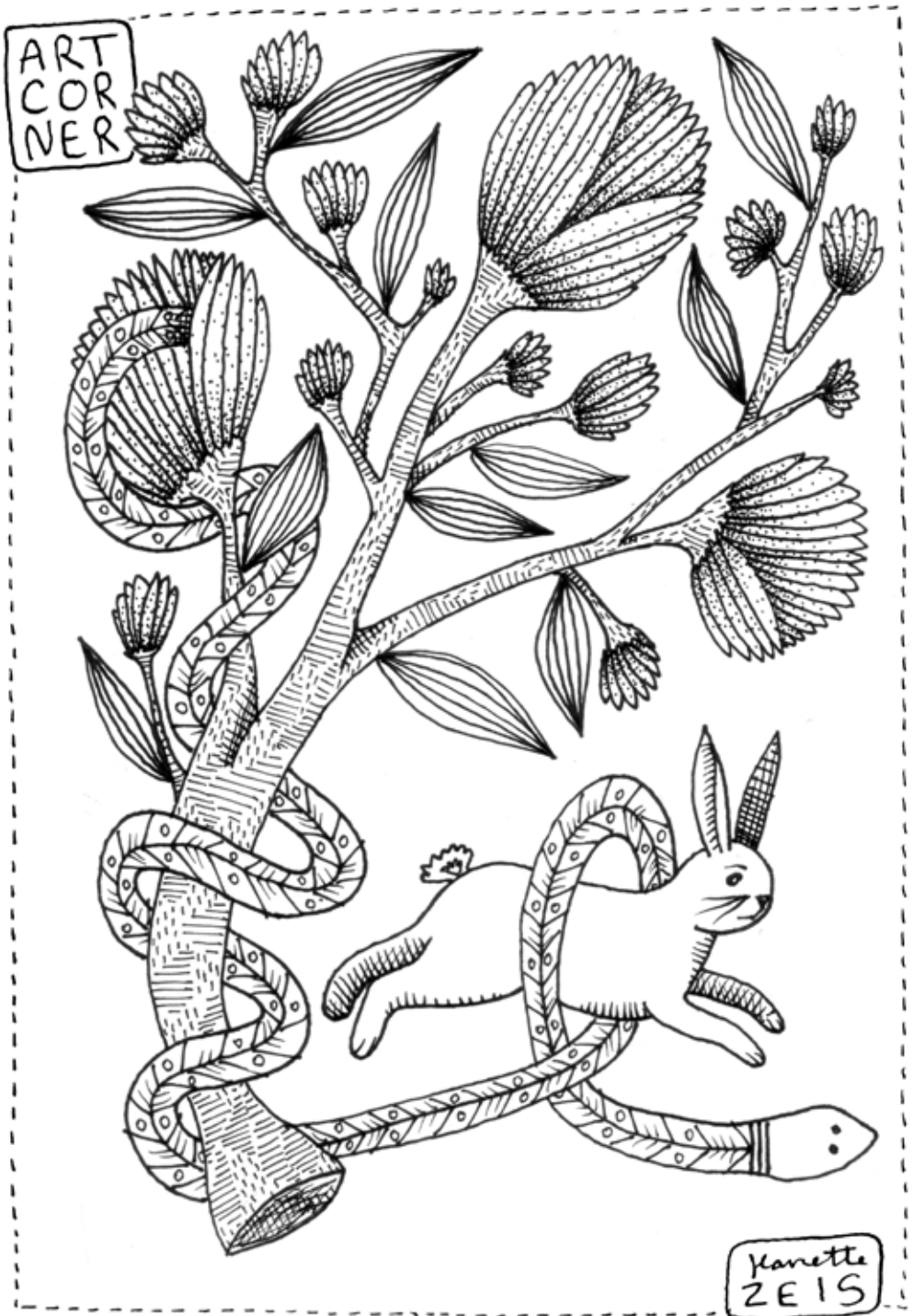
CERIMON HOUSE

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.



Green honors CU, CNA patriarch Art Wahlers

By Nancy Varekamp
CNews Editor

Longtime Concordians may recall Art Wahlers as a university patriarch and neighborhood association co-founder. Students at Concordia University now see his name on the Art Wahlers Green, the wide expanse of lawn, gardens and recreational area in front of the school's library.

Art died in 2004 at age 91. He had moved to Portland to join the faculty in

senior Wahlers for playing football in a restricted area instead of the green.

When he did engage in sports on the green, Joel remembers baseball right field was close to the house on campus reserved for university presidents. "If you hit the ball hard enough, it went into the president's patio."

Now an exercise and sports science instructor at the university, he finds it fitting to name the area for Art.

Living just a block off campus, Art was one of the neighbors to convince the

"Art had a knack for bringing people to a common understanding and purpose in a very soft handed way."

— Denny Stoecklin

1946 when Concordia was an all-male high school, and retired in 1986.

Mark Wahlers, his son, remembers playing soccer, football and baseball on the green as a student.

Joel Schuldheisz, a classmate of the younger Wahlers, recalls being one of several students punished by the

city in the early 1970s to repair outdated sewers that were endangering several houses. That effort also resulted in forming Concordia Neighborhood Association (CNA). Art served as the first CNA president.

The university's involvement with CNA continued for decades, with staff and faculty members serving on the board of directors.

Denny Stoecklin, retired university chief financial officer, was among them. "Art had a knack for bringing people to a common understanding and purpose in a very soft handed way," he said.

"Art was a collaborator, very good at connecting people, and he was a social activist before the term became popular,



Carol and Mark Wahlers, widow and son of Art Wahlers, honored him at a recent reception overlooking the Concordia University campus green. It is now named the Art Wahlers Green.



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

but without demonstrations," Joel agreed. Like Denny, Joel served on the CNA board.

So did George Bruender, who said Art and wife Carol were an institution in the neighborhood. "Fastidious is a great word for Art," he said. "He had the fanciest yard in the neighborhood."

What would Art think of being

honored?

"Art was a very humble individual, so my guess is that he might be embarrassed by all of the 'fuss,'" Denny predicted. "But privately he probably would feel a certain sense of pride, knowing the institution carries on the mission and traditions he helped shape, and that he continues to be held in such high regard."

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Gardening guidelines

Now it's time to maintain and plan your edible garden

By Jolie Ann Donohue
The Gardening Goddess

By the time July rolls around, most gardeners are ready to put up their feet and enjoy a glass of iced tea. Spring was a frantic, exciting season packed with planting and gardening tasks.

When the planting is complete the ongoing tasks of summer are: watering, weeding, monitoring for pests and disease, and harvesting.

For maximum absorption and efficient use of resources, watering is best done in the morning. Watering the soil, not the plants, by using a watering wand, drip irrigation or soaker hose will help prevent fungal disease that can be spread by overhead watering.

If powdery mildew establishes on your squash family plants, you can use compost tea as a foliar spray and soil drench every three to four weeks throughout summer. Look for brewed compost tea in gallons or compost tea bags at local nurseries.

Frequent harvesting will keep your vegetable and herb crops producing longer. Pinching the flowers off basil plants will encourage them to develop bushier leaf growth.

Summer is the time to plan and plant

for autumn and winter harvests. Our average first frost ranges between Oct. 15 and Dec. 15, and we aim to have all autumn/winter crops at harvestable maturity by the first frost.

This means, if a broccoli variety states 60 days to maturity, we count back from the Oct. 15 and plant in the garden Aug. 15. It is important to remember the autumn day lengths are shorter, and the sun is farther away. So plants do not grow as quickly as they do in spring and summer.

A wide range of autumn/winter vegetables can be planted in August and September. Crops to plant in July are Brussels sprouts and leeks from transplants, and parsnips and rutabagas from seeds.

To get all the dirt on July edible gardening visit: JolieAnnDonohue.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. Reach her at her website, JolieAnnDonohue.com.

Practicing safety is key on Fourth

By Vanessa Miali
CNA Media Team

What is it about fireworks that brings out the worst in some people? Either it's an enthusiast – with hours of illegal fireworks blasting throughout the night, shrapnel and burning embers flying onto adjacent lawns and rooftops – or it's a neighbor – stressed out by the fireworks and making verbal threats.

Tony Reyes, American Legion Post 134 commander compared using an occasional legal firework to celebrating with candles on a birthday cake.

“It’s part of our heritage, a ceremony and a tradition. But Fourth of July fireworks become an issue because people are not educated on safety, and that’s their responsibility.”

According to Portland Fire & Rescue, fireworks season is June 23-July 4. During the past five years, fireworks have caused more than \$3 million in property damage.

“Fireworks upset domestic animals and urban wildlife, and they distress the elderly,” said Dianne Foster, a Concordian for the past 21 years. In 2011, she witnessed a rooftop fire on the Fourth of July above a business on Alberta Street.

“It made me aware of our close proximity to one another and the damage that can occur in a moment,” she said. “The potential for destruction is great. People can lose their homes.”

Oregon law bans possession, use or sale of fireworks that fly, explode or travel more than six feet on the ground or 12 inches in the air. Fines are hefty, as much as \$1,000 per violation.

An Oregon Public Broadcasting



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.

Do you have a room to lend to an international student?

ANDEO is looking for Concordians to host high school and university students from Japan, France or Spain for one to four weeks in July, August or September.

The name ANDEO is a word coined by the nonprofit organization that’s easy to pronounce in any language.

The international students are coming to share cultures, practice English and join American households. Most will attend English classes weekdays at Concordia University or Portland State University. Others will be immersed in

report indicated a legal smoke bomb, thrown by a teenager, may have been responsible in part for the Eagle Creek blaze devastating 10,000 acres of the Columbia Gorge landscape in 2017.

Under Oregon law, parents are liable for fireworks damage caused by their children, including costs to suppress the fire.

“Fireworks in neighborhoods stresses people out,” said April Thibault-Phil-

lips, American Legion member and bartender. “I hear it from our customers who are veterans and I see how it affects them, especially those with PTSD. I’m not opposed to fireworks but I prefer going to the event downtown and think others should too.”

All types of fireworks can cause injuries. In 2017, illegal mortars and legal fountains and sparklers accounted for more than two-thirds of all fireworks-related injuries according to Portland Fire & Rescue.

It recommends using legal fireworks, supervising children, having water nearby and placing fireworks debris in closed metal cans stored away from combustibles and buildings.

Legal fireworks in Oregon



Image courtesy of Portland Fire Bureau

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Want to get to know your neighbors?

Want to get involved locally?

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

Generally, meetings are held on the 1st Wednesday of the month.



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

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

CBD Curious?
Get your questions answered at the Cully Farmers Market.
Thursdays from 4-8 p.m.
NE 42nd and Alberta.

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CNA 21ST ANNUAL YARD SALE



Saturday, Aug. 10
One day only!

Follow these simple steps to participate:

- Register with the coupon below or electronically.
- Gather all your unwanted items.
- Display those items in your yard Saturday, Aug. 10.

Register by Thursday, Aug. 1, to be on the yard sale map.

Your packet is available to pick up after 1 p.m. Saturday, Aug. 3, at 5120 N.E. 27th Ave.

The printed map will be available after Aug 1. The pdf version and an interactive version of the map will also be available on ConcordiaPDX.org, the CNA Facebook page at Facebook.com/groups/ConcordiaPDX and on Nextdoor.com.

Register:

Paper

- Complete and mail/deliver to the address listed in the coupon below.
- Don't forget to insert in the envelope a \$7 check, payable to Concordia Neighborhood Association.

Electronically

- Email the information requested in the coupon below to StephSherman@gmail.com or text it to 503.593.3642.
- Visit ConcordiaPDX.org/yard-sale to make your \$7 payment through PayPal.

Questions? Email Stephanie Sherman, yard sale coordinator, at StephSherman@gmail.com, or text her at 503.593.3642.



CNA Yard Sale Registration

Name: _____

Address: _____

Phone: _____ Cell: _____

Email: _____

The yard sale is scheduled for Saturday, Aug. 10.

Enclose a check for \$7, payable to
Concordia Neighborhood Association
mail/deliver to: **Stephanie Sherman**
5120 N.E. 27th Ave., Portland, OR 97211

To your wellness

Move your breath to massage your organs

By Penny Hill
Licensed massage therapist

The breath moves into and out of the body. It connects us to the outside world. It is vital energy. In my previous column, I wrote about the diaphragm and its role in expanding and contracting the lungs. And I mentioned the importance of letting

fully and allow the diaphragm to contract, initiating the next breath, feeling the abdomen expand. Filling your lungs fully and deeply, feel the subtle expansion of the rib cage to the sides, back and lifting in the front.

Imagine your shoulders rising like they're floating on a rising tide. Then let the air flow out without any further

*As the lungs fill and expand, they
give the abdominal organs a bit of a
massage.*

the lungs fill from the bottom to the top, allowing the abdomen to expand with the inhale. As the lungs fill and expand, they give the abdominal organs a bit of a massage.

This is part of the grand design and helps the organs maintain their flexibility. Yes, even the internal organs benefit from massage.

That's all happening below the diaphragm. There are important things going on above the diaphragm as well. Visualize the air filling the lungs from the bottom, but expanding them in all directions.

There is even a little tiny bit at the top – above the collar bone – if you need to really get every bit in. To accommodate that volume of air, the ribs must also move out and up.

Try this awareness exercise: exhale

muscular help. If you can feel the ribs moving you're doing great. If you are lifting your shoulders to make room for the expansion, not so great.

As the ribs expand the many muscles that attach to and around them get a stretch too. This constant expansion and contraction also drives lymph circulation.

Let the breath move you and breathe in the benefits.



Penny Hill provides stress relief to her neighbors through her businesses, Rising Sun Massage, and Tapping for Less Stress. Find other resources and contact information at CalmHealthEase.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, SoniaGF419@gmail.com. Unless noted otherwise, events are admission free.

Mondays, July 1, 15, 10-11am

**EFT TAPPING STRESS
RELIEF**

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, July 11, 25, 8-9pm

**SURVIVORS OF SEXUAL
ASSAULT**

This new, twice-monthly meeting provides support to survivors, friends & family of those who have been affected by sexual violence. The group is not affiliated with

any current recovery program & is open to format suggestions.
Details: Jessica Churchill jessica.churchill3@gmail.com

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

SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whoever attends, including every possible level of musical experience & ability – even those who were asked not to sing in their church choir.

Details: portlandsacredharp.org

Tuesday, July 30, 6-8pm

THE INTENTIONALS

This semi-regular gathering strengthens intergenerational community by identifying opportunities to live intentionally & create traditions. Meetings are open to all ages & genders, & they allow participants to share stories, craft & create meaning together.

Details/RSVP: Caitlin Quinn, reframenw@gmail.com

No classes in July

SPANISH CONVERSATION

CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome. Classes will resume next month: Thursdays, Aug. 1, 8, 15, 22, 6-7:30pm

Details: soniagf419@gmail.com

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

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

Ask the historian

You can find Foxchase, but not on a map

By Doug Decker
Historian

If someone asked you to find Foxchase on a map, could you? Here’s a clue: it was one of a dozen different subdivisions created more than 100 years ago which, taken together today, make up what we think of as the Concordia neighborhood. (For a visual clue, check out the 1954 photo on this page.)

Foxchase (not Fox Chase) was a subdivision platted in 1889 by J. Carroll McCaffrey that contains 15 square

McCaffrey turned out to be a scoundrel who was arrested and imprisoned for land fraud.

blocks, from Alberta to Killingsworth streets between 29th and 33rd avenues. Today, some might refer to the 30th-Killingsworth intersection as Foxchase, but it’s actually a much larger chunk of the neighborhood.

McCaffrey was a Georgetown-educated attorney, born and raised in Philadelphia, who kept a small practice there as well as here in Portland. He and wife Eugenie were busy on the social scene in both communities and frequent travelers back and forth.

Speculating in property was his specialty and he was getting ready for Portland’s boom times by buying up nearby open lands.

At that point in our history, there wasn’t much up here on these gentle slopes of the Columbia Slough and the Columbia River beyond. Fields, forests, a few dairies here and there, Homestead Act claims from the 1860s held by a couple dozen families.

Alberta was a dirt track meandering 10 blocks between what is now Martin Luther King Jr. Boulevard (Union Avenue then) and what is today’s 15th Avenue.

McCaffrey sold lots in Foxchase and used that money to buy up other open land for the eventual grids of streets and lots that would follow.

Fox Chase is the name of a comfortable neighborhood in northeast Philadelphia, named for an 18th century inn. During McCaffrey’s timeframe of reference – the 1870s-1880s – Philadelphia’s rich and famous were building their mansions in Fox Chase. He and Eugenie were trying to call that to mind.

McCaffrey turned out to be a scoundrel who was arrested and imprisoned for land fraud. Homebuilding in the Foxchase plat didn’t really take off until



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.



This photo looks west on Killingsworth Street at 30th Avenue in 1954. The Alberta Streetcar that traveled up and down 30th to Ainsworth Street had been gone six years but, as the stop sign denotes, the “through street” mentality was still more with 30th than with Killingsworth. Photo courtesy of City of Portland Archives

after the turn of the century, years after his departure from Portland and his death.

But the name stuck and seems to be experiencing a bit of a renaissance at the moment. For more on McCaffrey and a look at the Foxchase plat, visit AlamedaHistory.org and enter “Foxchase” in the search box.

Doug Decker is taking a breather during the August and September CNews issues. But don’t let that discourage you from sending in questions about the history of the neighborhood and its buildings. Drop a line to CNewsEditor@ConcordiaPDX.org. CNews will save them for when Doug resumes and ask him to do some digging.

Thursdays 4-8pm | June-Sept
NE 42nd Ave & NE Alberta St.

cullyfarmersmarket.org

Have you checked out CNA’s Facebook page?

Keep informed of CNA activities and your neighbors’ comments.

Check out the page for:

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



[Facebook.com/groups/ConcordiaPDX/](https://www.facebook.com/groups/ConcordiaPDX/)



Care about transportation or land use issues affecting our Concordia neighborhood?



Want to get involved?

It’s easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, July 17 at 7 p.m. in the Kennedy School Community Room. (Generally, meetings are held on the 3rd Wednesday of the month.)

Meetings are open to the public. Just show up or contact LandUse@ConcordiaPDX.org.

Info: ConcordiaPDX.org/lutc



Concordia community events calendar



Tuesday, July 2, 10am-noon
AARP NEIGHBOR WALKS
Location: Meet at Alberta Park basketball court
AARP Neighbor Walks visits the Alberta Arts District. During the 2.2-mile, 4,646-step walk, you'll learn the storied history of the area & check out the many art studios, unique shops & eateries. Bring some extra change for a treat from Salt & Straw.
Details: states.aarp.org/neighborwalks2019pdx

Tuesdays, July 2, 9, 16, 23, 30, 4-8pm
TIME TOGETHER: TUESDAYS AT CERIMON HOUSE
Location: 5131 NE 23rd Ave
Stitch, knit, craft, fold, sing, chat, be. Gather, connect & peruse the art gallery exhibits in a simple & free format. Most Tuesdays also include a 22-foot Chartres pattern for a 7-circuit contemplative walk.
Details: cerimonhouse.org



Thursdays, July 11, 18, 25, 4-8pm
CULLY FARMERS MARKET
Location: 5011 NE 42nd Ave
Farmers market is back every Thursday (except July 4) through September. Meet continuing & new vendors, enjoy entertainment, grab dinner with friends, connect with your community, buy fresh veggies, support local farms & artisans, trade/sell your homegrown/handmade items at the Community Table. Check for weekly events announcements on Facebook.
Details: cullyfarmersmarket.org, facebook.com/cullyfarmersmarket

Monday, July 8, 7pm
KENNEDY SCHOOL HISTORY & UFO FESTIVAL
Location: McMenamins Kennedy School
This month's topic is "Connecting with the Other Side through the Power of Psychometry." The presenter is psychic medium Ankha-sha Amenti, who believes every object has a hidden history & story. Minors welcome with parent/guardian. Doors open at 6pm.
Details: mcmenamins.com/events/199330-connecting-with-the-other-side-through-the-power-of-psychometry

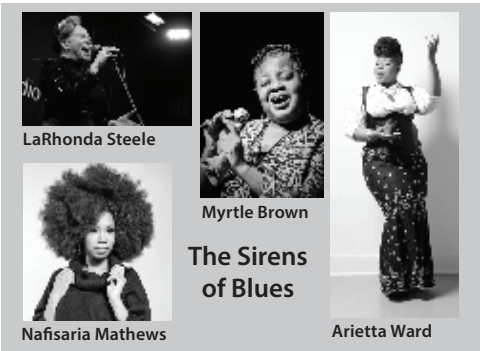


Tuesday, July 9, 6pm
RACE TALKS
Location: McMenamins Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey. Doors open: 6pm; discussion: 7pm
Details: racetalkspdx.com

Thursdays, July 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, July 11, 6-8pm
CNA MIXER
Location: Lovejoy's Tea Room, 3286 NE Killingsworth St
Meet &/or catch up with your neighbors at the CNA Mixer. Lovejoy's is serving a variety of mini sandwiches, scones crumpets & – of course – tea, all for free. The whole family is invited.
Details: soniagf419@gmail.com



Friday, July 12, 6:30-8:30pm
CONCERTS IN THE PARK
Location: Fernhill Park
It's the first of three July Friday nights to enjoy music on a blanket or short lawn chair – among your neighbors, the stars overhead & the stars on stage. The 2019 season debuts with The Sirens of Blues – female blues legends Myrtle Brown, Nafisaria Mathews, LaRhonda Steele & Arietta Ward. Bring a picnic dinner or buy one there. This is family (and dog) friendly & activities are available for the children.
Details: Page 2

Saturday, July 13, 8:30-9:45pm
MOONLIGHT PADDLE
Location: Departs Parkrose Boat Launch, 5432 NE 112th Ave
Under the cover of darkness, hunt for beavers, owls & other nighttime creatures. The full moon – & Columbia Slough Watershed Council – will lead the way through the braided network of slough channels & inlets. Suitable for adults & teens age 14+. Suggested donation \$10-\$35 per individual. If you have your own kayak, canoe or paddle board, BYOB (bring your own boat).
Details: columbiaslough.org/events/event/136, 503.281.1132

Tuesday, July 16, 6-8pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900A 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

Thursday, July 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, July 19, 6:30-8:30pm
CONCERTS IN THE PARK
Location: Fernhill Park
The Tony Starlight Showcase takes the stage for the second Fernhill Park concert. It features music & laughter from Sinatra through the 1980s. Bring a picnic dinner or buy one there. This is family (and dog) friendly & activities are available for the children.
Details: Page 2

Saturday, July 20, 11am-2pm
OAK LEAF WELCOME BACK PARTY
Location: Oak Leaf Mobile Home Park, 4556 NE Killingsworth St
Park residents are being welcomed home to the rehabilitated park & 22 renovated/replaced homes by St. Vincent de Paul of Lane County. Event planners promise food, music, guest speakers & games for kids. The event not only welcomes residents back. It also celebrates the partnership that saved the park's affordable housing, & it offers thanks to everyone who backed the effort.
Details: Park your car at St. Charles Church, 5310 NE 42nd Ave

Thursday, July 25, 6-9pm
LAST THURSDAY
Location: Alberta Street, 15th-30th aves
The summer version of Last Thursdays is back with Alberta Street closed from vehicular traffic for 16 blocks.
Details: LastThursPDX.org



Friday, July 26, 6:30-8:30pm
CONCERTS IN THE PARK
Location: Fernhill Park
Bloco Alegria, with high-energy Brazilian music & dance closes out the 2019 Fernhill Park concert series. Bring a picnic dinner or buy one there. This is family (and dog) friendly & activities are available for the children.
Details: Page 2

Monday, July 29, 7pm
KENNEDY SCHOOL HISTORY PUB
Location: McMenamins Kennedy School
This month's topic is "Oregon, Indigenous Nations, Manifest Destiny & the Doctrine of Discovery." Presenter Robert J. Miller, Arizona State University College of Law professor, will cover the history of the doctrine. That's the international law principle that European nations deployed to claim most of the non-European world. The doctrine was applied against Native peoples in North America by England, France, Spain, Holland & Russia – & then was adopted by the U.S. All ages are welcome & the door opens at 6pm.
Details: mcmenamins.com/events/197514-oregon-indigenous-nations-manifest-destiny-and-the-doctrine-of-discovery



JULY 2019	
1	The Singing OUT Tour with CRYSTAL MATTHEWS & HEATHER MAE featuring JJ Jones & Joe Stevens + Katie Kuffel
3	CHAMBER MUSIC NORTHWEST SUMMER FESTIVAL ROLSTON AT THE ROSE
10	CHAMBER MUSIC NORTHWEST SUMMER FESTIVAL FANTASIA: BRITISH STRING MASTERPIECES
11	RED MOLLY
12	PAUL THORN + BONNIE BISHOP
16	SCIENCE ON TAP AS THE CROW FLIES CORVID BEHAVIOR, PLAY AND FUNERALS
17	CHAMBER MUSIC NORTHWEST SUMMER FESTIVAL FRED FEST NORTHWEST FRED SHERRY & FRIENDS
19	RED WANTING BLUE WITH CHELSEA WILLIAMS
20	A HAWAIIAN EVENING WITH LED KAAPANA
24	CHAMBER MUSIC NORTHWEST SUMMER FESTIVAL DYNAMIC DUOS

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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.