



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

April 2021

## 5 lots on 27th may return to residential zone

Five properties bordering the Concordia University campus on 27th Avenue are scheduled for an April public hearing about a proposed zone change from institutional use to residential.

The properties are owned by the Concordia University Foundation, and they are not part of the Concordia University foreclosure. Visit [ConcordiaPDX.org/CUFBDS](http://ConcordiaPDX.org/CUFBDS) for an explanation of the public hearing process.

### CNA Mission Statement

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

### Concordia News

This free, monthly publication of CNA will abstain from publishing anything that could be construed as libel.

Copies are delivered to all residences and many community and business locations in the Concordia neighborhood.

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

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## City monitors for health, safety



Untold numbers of vehicles, tents and other shelters line 33rd Avenue between Columbia Boulevard and Marine Drive. It's one of many encampments patrolled, monitored and served by the Portland Homelessness and Urban Camping Impact Reduction Program. Photo by Gordon Riggs

By Nancy Varekamp  
CNews Editor

The encampment on 33rd Avenue between Columbia Boulevard and Marine Drive is just one on the radar of the city. And there's no easy solution for risks any of

*“Our response is based on risks posed, not volumes of complaints generated.”*

– Jonathan Lewis

them may pose for the campers and/or their housed neighbors.

Assemblies of cars – ones burned to uselessness – are one concern, Jonathan Lewis told 30 Concordians at the March 3 neighborhood association general meeting.

“Whenever they go to remove a vehicle, it only seems to make space for people to bring in another vehicle,” added the Portland Homelessness and Urban Camping Impact Reduction Program coordinator.

Health and safety are the chief concerns of his agency, which is assigned to provide services related to homelessness.

“Our vision is to achieve a community where everyone has a safe and lawful place to sleep, access to basic hygiene, and public sanitation standards are maintained,” he said.

Reporting on the One Point of Contact system anything contrary to that vision is how everyone can help.

“It's designed to identify where the camps are that pose the greatest risk to public health and safety,” Jonathan said. Report-generated assessments are averaging 1,500 per week.

“Our response is based on risks

Story continued on Page 4

## What is camping like?

By Tara Williams  
CNA Media Team

When Oregon native Chris Gibbons was a child, he often stayed with his grandparents who lived at 32nd Avenue and Killingsworth Street. Since last August, Chris has been living in a homeless camp at 33rd and Dekum Street.

“A couple friends of mine were staying here. They told me ‘Hey, we got a spot open down here if you need it.’ I didn't have anywhere else to go. I was thinking to myself, ‘Wow, how ironic is this?’”

Concordians may have passed Chris' camp and noted its whimsical touches – holiday lights and the outfits of the day displayed by Manny the mannequin. Neighbors who frequent Nextdoor.com may know Chris from his posts that offer snow shoveling and handyman services.

Some have contributed to his GoFundMe.com requests, which he started in November to raise money to clean up piles of trash left in the camp by previous residents.

“It looks so much better,” Chris observed.

Challenges facing the houseless include taking care of basic needs.

“When I first got here, I was trying to figure out, ‘Where does everyone use the bathroom at?’” He and his campmates take turns walking to a nearby gas station, store or restaurant, or they



Chris Gibbons

use the compost toilet they made.

“That's one of our biggest challenges. A bathroom would be just awesome, and that would be a big step. I heard they put a lot of port-a-potties out last summer. But a lot of them got destroyed or vandalized, and those people kind of ruined it for the rest of us.”

Chris said the camp could use a generator to provide electricity. “It gets so dark here,” he said. “There's no outdoor lighting in this area.”

Food storage is also a problem. “We get a lot of rats here.” One of his campmates' cat kills several per night. And Chris now has a device placed in the ground outside his tent that keeps the rats from digging under and up.

In March, Chris's 1994 red Mustang was stolen. “You gotta watch your stuff 24/7. It's not a good situation.”

He could also use a more durable tent, and he is very interested in tiny homes. A friend of his in another camp was offered a job building tiny homes on Powell Boulevard and received housing when the project was completed.

Related story on Page 5



Tara Williams is new to Concordia and loving life on Liberty Street. She's a writer and English professor, not always in that order. Contact her at [Eudaimonia.Dr.Williams@gmail.com](mailto:Eudaimonia.Dr.Williams@gmail.com).

From the Board

By Peter Keller, CNA Chair



# It's tax time, again

Hi neighbors. I hope everyone is enjoying the early spring weather. The occasional sun breaks and sporadic rain showers make it hard to figure out how to dress when headed outside.

Like the spring weather, life is unpredictable. One thing that is predictable is taxes. Yes, that's one thing we adults all have in common. Whether you don't like paying them, preparing the forms or don't agree with where the money goes, chances are more than likely we share a common dread about them.

Taxes are on my mind because I'm taking a break from working on mine to write this column. As a self-employed person, I manage my bookkeeping and prepare everything for my accountant.

Technology has improved the process quite a bit but it still takes time. If you're like me, you wait until the end of the year to sort it all out. Reminds me of Travis Bickle from "Taxi Driver," "One of these days I gotta get myself organezized." He's a creepy character, but it's a memorable line and movie.

Obviously some people really enjoy working with numbers and spreadsheets and make careers of this, namely bookkeepers and accountants. I'm sure we have a few living in the neighborhood.

I know bookkeepers and accountants are busy right now, but I hope they see this column because the Concordia Neighborhood Association (CNA) also has to file tax forms. While we have a volunteer trea-

surer who works very hard to manage our finances, we could use a little help with our taxes and bookkeeping.

Speaking of numbers, we could also use some help with our ones and zeros. CNA had a volunteer IT person, Will Goubert, who managed our modest IT needs for several years. Will is retiring and also retiring from his volunteer IT work. We'd like to thank Will for all of his help over the years.

If you or someone you know has bookkeeping, accounting or IT skills and is interested in volunteering, we would love to hear from you. You can email me directly at Chair@ConcordiaPDX.org

In other news, we had a great turnout at our March general meeting, where we heard from the city about some of the programs and ongoing planning to address the housing emergency.

We really appreciate the participation and I want to remind neighbors that you are encouraged and welcome to join our monthly meetings (CNA Board of Directors, Land Use & Transportation Committee, Media Team and Finance Committee). Find details about those meetings to the right on this page.

Happy Spring!

*Native Portlander Peter Keller has lived in Concordia since 1997. He runs a small marketing agency with partner Max, out of their home studio. He loves exploring outdoors with and without his dogs.*

*If you or someone you know has bookkeeping, accounting or IT skills and is interested in volunteering, we would love to hear from you.*

## Concordia Neighborhood Association

### Board Meeting

1st Wednesday of the month, Wednesday, April 7, 7 p.m., venue: see box below, contact Peter Keller, Chair@ConcordiaPDX.org

Future meeting dates: 5/5, 6/2, 7/7, 8/4

### General Membership Meeting

Wednesday, June 2, 7 p.m., venue: see box below

### 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, April 6, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

### Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, April 21, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

### Finance Committee

Last Wednesday of the month, Wednesday, April 28, 7 p.m., venue: see box below, 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

#### CNA Chair

Peter Keller, Chair@ConcordiaPDX.org

#### CNA Vice Chair

Garlynn Woodsong, SW1@ConcordiaPDX.org

#### CNA Secretary

John Fitzgerald, Secretary@ConcordiaPDX.org

#### CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

#### North Community Safety Team

Jacob Brostoff & Daniel Franco-Nunez, north.pdxteam@PortlandOregon.gov, 503.823.4064

### 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

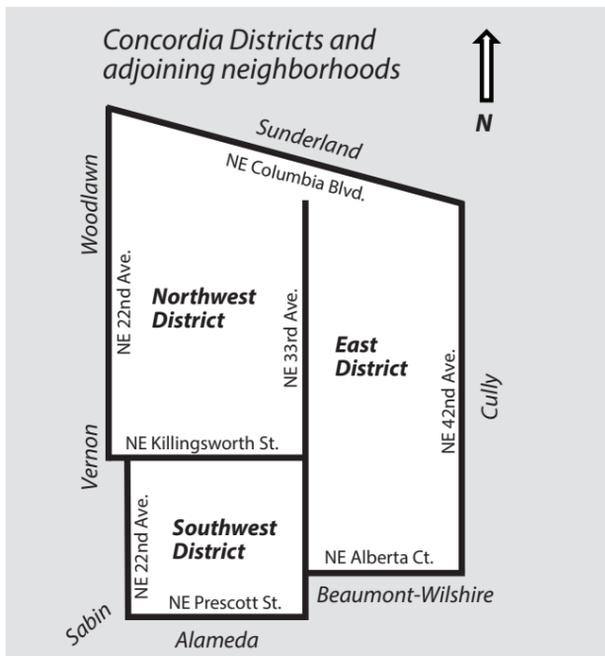
### MEDIA TEAM

**CNA Board Liaisons:** Heather Pashley, John McSherry  
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### CNA Board of Directors

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- East 1 | East1@ConcordiaPDX.org Heather Pashley
- East 2 | East2@ConcordiaPDX.org Joseph Fraley
- 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 Matt Boyd
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- At Large 2 | AL2@ConcordiaPDX.org John Fitzgerald
- 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 Brittany van der Salm

### CNA meeting venues

Phone numbers and/or URLs to attend virtual CNA meetings:

- Facebook.com/groups/ConcordiaPDX
- ConcordiaPDX.org/CNAMeetings



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Concordia Art Works

# Thrift store offers huge canvas for local artists

By Maquette Reverts  
Alberta Art Works

It's time to recharge the community, and our artists and creatives are ready to jump. For the past year there has been a void in the arts which rely heavily on an audience. Luckily a street artist's audience is the passerby.

With a do-ocracy attitude, the multi-disciplined artist Campo, of Campographic Murals & Design, stuck his head in the door and met Aisha Keita building out a thrift store in the former Island Foods Market building at 1436 N.E. Killingsworth St.

"Understanding the importance of having an approachable facade, I offered her my services to hire a team of artists to paint her building and boost her visibility," he reported. Faced with 2,500 square feet of surface to paint, Campo turned to GoFundMe.com to raise funds to buy supplies and pay expenses for participating artists.

Local businesses GreenHAUS Gallery and OpenHAUS, the Alberta Main Street organization and others helped promote the effort to reach the target goal.

The team of artists include Calm, Flash, Cead, Case 12, Bose, Rong, Heysus, Eyedrawp, @Mungala\_Nao and Campo. Each artist is working on a different space on the building.

Campo is painting the largest span, which faces the intersection. Following Aisha's suggestion, the young poet Amanda Gorman – with lines from her poem read on Inauguration Day – was chosen as the subject for his section of the mural.

With all the changes happening to the landscape, this site too is in flux. But the artists take it in stride.

"Nothing is forever. For me this is OK, as it allows me to enjoy something temporarily and then release it someday," Campo said.

Their work is for you to enjoy while it remains.



Aisha Keita saw the makings for a thrift store inside the former Island Foods Market at 1436 N.E. Killingsworth St. Artist Campo, of Campographic Murals & Design, saw the exterior as a 2,500-foot canvas. Photo by Maquette Reverts



Michel Reverts, aka Maquette, holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as a board member. She is also a practicing artist. Contact her at Maquette@AlbertaArtWorks.org



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# City monitors encampments for health, safety

Continued from Page 1

posed, not volumes of complaints generated,” Jonathan reported. Flooding One Point with the same complaint doesn’t move a site to the top of the list.

Depending on conditions of camps, some are removed, and others receive services that include garbage removal. “When you’re in a crisis mode, you literally cannot be concerned with garbage,” Jonathan explained.

With the pandemic’s economic ravages have come a dramatic increase in campers, and their waste. Garbage removal prior to the pandemic averaged 60,000 pounds per month, but January’s

was 800,000 pounds.

The unhoused aren’t alone in increasing that situation. “We have gotten reports where unhoused people are telling us housed folks are driving by and dumping their garbage.”

Other health and safety concerns related to homelessness also have no easy solutions.

“Our program is just one spoke on the wheel,” Jonathan said. City, county and regional governments and organizations work together in their efforts to make Portland safe for its residents, housed and unhoused.

He also pointed to individuals’ efforts to help each other during the ongoing pandemic, the February ice storm and especially to projects like the Free Fridges popping up across the city

“I feel there’s no shortage of creative solutions within the Portland community,” he noted.

“There’s no shortage of opportunities for folks like yourself to get involved. What that looks like is for you all to decide.”



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



Community members use One Point of Contact to report burned out cars like these two on 33rd Avenue. When the city removes one, “It only seems to make space for people to bring in another vehicle,” a city representative reported at the Concordia Neighborhood Association general meeting last month. Photo by Gordon Riggs

Community members may report unsafe conditions to the city’s One Point of Contact system via:

- Email: ReportPDX@portland.Oregon.gov
- Online: via the Campsite Reporting link on [PortlandOregon.gov/toolkit/article/562214](http://PortlandOregon.gov/toolkit/article/562214)
- Phone: 503.823.4000

For details about One Point of Contact, visit [bit.ly/1pc-cna](http://bit.ly/1pc-cna).

Receive, give help

## Mutual aid groups offer wide range of services

**Black Food Sovereignty Coalition** is a group of Black farmers creating new food distribution networks between farms and tables, and convening a growing dialogue about food and racial justice. Donate: [BlackFoodNW.org/donate](http://BlackFoodNW.org/donate)

**The Black Resilience Fund** is a Black-led organization investing in the local African American community with direct cash assistance. Donate, apply: [BlackResilienceFund.com/request-mutual-aid](http://BlackResilienceFund.com/request-mutual-aid)

**The Equi Institute** works on advocacy work around queer and trans health care, including a medical committee at the Creating Conscious Communities with People Outside (C3PO) villages. It also offers resource advice for folks writing in for healthcare. Email: [Info@Equi-Institute.org](mailto:Info@Equi-Institute.org), donate: [Equi-Institute.org](http://Equi-Institute.org)

**Don’t Shoot Portland** hosts food and clothing giveaways, resource fairs, art shows, historical archiving workshops for BIPOC communities – too many things to mention. Coming soon are Black mental health services through Safer Spaces for Black Lives Matter. Donate or participate: [linktr.ee/DontShootPortland](http://linktr.ee/DontShootPortland). Don’t Shoot Portland/Fires Igniting the Spirit/Chuush Action Fund/Symbiosis/Snack Bloc action for indigenous water and grocery distribution, donate: [DontShootPDX.org](http://DontShootPDX.org)

**Equitable Giving Circle** is a Black-led organization about economic change from the roots up, feeding BIPOC families with food from BIPOC farms. Donate: [EquitableGivingcircle.org](http://EquitableGivingcircle.org)

**Free Hot Soup** is a growing network of volunteers cooking and delivering meals to unhoused and vulnerable people within the Portland metro area. Donate, volunteer: [Facebook.com/groups/FreeHotSoup](https://www.facebook.com/groups/FreeHotSoup)

**PDX Mutual Aid** is a hub of grassroots projects most specifically sharing food. Visit: [linktr.ee/PDXMutualAid](http://linktr.ee/PDXMutualAid)

**PDX Wood Bloc’s** Twitter profile says: “Mutual aid in PDX, hoping to keep the community warm during the winter. DM for firewood delivery yard clean-up: [Twitter.com/PDXWoodBloc](https://twitter.com/PDXWoodBloc)”

**The Portland Free Fridge** movement is just one of many mutual aid projects that have emerged over the past few months around the city. Volunteers encourage neighbors to donate new, unused food items, books and warm clothing: Contact: [Twitter@PDXFreeFridge](https://twitter.com/PDXFreeFridge), [Facebook.com/PDXFreeFridge](https://www.facebook.com/PDXFreeFridge)

**Snack Bloc** started out sharing food in protest spaces, including snacks, water and basic supplies. Now it also collects and deliver aid to indigenous groups, climate fire survivors and others throughout the region. Donate: [Venmo.com/SnackBloc](https://www.venmo.com/SnackBloc)

**Symbiosis Hub & Resource Exchange** is a local chapter of a larger organization agitating for social change but also running a local hub and resource exchange offering groceries, hot meals and more on Tuesdays and Thursdays, noon to 6 p.m. at the Social Justice Action Center. Donate: [OpenCollective.com/Symbiosis-PDX](https://www.opencollective.com/Symbiosis-PDX)

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



# This is what led to one man's houselessness

By Tara Williams  
CNA Media Team

Chris Gibbons became unhoused last August, six months after being released from prison. An attempt to make hash oil in his apartment kitchen had ended in an explosion and three years in prison.

"I wasn't out burning anyone or anything up. It was due to me doing something stupid, and it blew up in my face," Chris said.

"I got burned up really bad. I was nine days in Emanuel's intensive care burn unit."

He had been out of the hospital for a week. "The police came at 2 a.m. I was still all bandaged up and looked like a Q-tip, but they handcuffed me anyway. I was terrified.

"I didn't know what to do. I couldn't talk to anybody. The court declared my wife and two daughters victims because they were there. I had no contact with any of them until I was sentenced and placed into prison."

Chris pled guilty to the arson charge, which reduced his sentence.

His marriage did not survive his prison term.

Recently an organization that had denied him housing in the past notified Chris he is eligible for a grant to pay for two years of housing.

"They said the problem now is finding a place that is suitable and will accept me. Some places won't accept me because of my arson charge. That's my biggest barrier. That's why I'm still here at the camp.

"I know someone who had an arson charge, and it took him four years."

Chris acknowledged not all campers would rather be housed. Some are happy with how they're living.

"They're content being here. I'm not trying to sound rude, but it's like they don't care. That kind of threw me for a loop.

"They don't care that they might have to move spontaneously, so they just create these big giant messes. Then they leave it for people like us, and we get stereotyped because we're stuck with it.

"It's kind of sad, you know? I guess I'm trying to emphasize that we're not the type that don't care.

"A lot of people come up to us and ask, 'Hey, do you mind if I post a tent up over here?' At this camp, we're really selective about who we're going to have here," he said. "We don't want trouble."

Chris shares camp space at 33rd Avenue and Dekum Street with a couple who live in another tent. "We talk a lot. We want to change. We do care. We know that this is just a step we have to take in order to move up or to improve.

"Unfortunately we're here. We're going to try to make the best of it."



Whimsical touches – like the outfits of the day worn by Manny the mannequin – can make campsites more homey, according to Chris Gibbons. He and the mannequin live at 33rd Avenue and Dekum Street. Photo by Tara Williams



Tara Williams is new to Concordia and loving life on Liberty Street. She's a writer and English professor, not always in that order. Contact her at Eudaimonia.

Dr.Williams@gmail.com.

## Sojourn Church collects diapers for foster kids

If you have baby diapers and wipes to spare – or want to add it to your shopping list this month – Sojourn Church will put them in the hands of foster families that need them.

Church members are collecting those supplies for Every Child. It's a program of The Contingent, a venture nonprofit that addresses injustices and vulnerabilities. The specific focus of Every Child is to work with the Oregon Department of Human Services to both help children in foster care and to support foster families.

Donations of diapers and wipes may be dropped off at the Oregon Stamp Society building at 4828 N.E. 33rd Ave. between 8 and 11 a.m. Sundays in April. For pick up from your porch, contact Sojourn at Info@SojournPDX.org or 971.317.9892.



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Urbanism

# Council considers Shelter to Housing plan

By Garlynn Woodsong  
CNA Board Member, SW1  
CNA LUTC Chair

The city of Portland has been in a state of housing emergency since first declared on Oct. 7, 2015. (See ProsperPortland.us/wp-content/uploads/2017/04/Housing-Emergency.pdf.)

It has been extended roughly annually by successive city councils since then. In this context, Jan. 26, the Portland Planning and Sustainability Commis-



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.

sion voted to send Shelter to Housing Continuum (S2HC) zoning code changes to council for adoption before the city's current housing emergency declaration expires April 4.

The word "continuum" is used to emphasize the project goal to provide housing pathways for everybody. That includes temporary shelter for persons experiencing homelessness to longer-term transitional shelters with onsite supportive services to a wider variety of more affordable types of permanent housing.

The changes the S2HC proposal would make the code include:

- Waive system development charges for outdoor shelters and for utility hookups for tiny homes on wheels
- Allow day storage units and hygiene facilities to be located in the public right-of-way, such as in the parking strip
- Eliminate the need for a conditional use permit to operate a meal program
- Clarify the difference in the code

between "housing," which is intended for permanent occupancy, and "shelter," which is intended to serve transitional or emergency needs

- Allow longer-term occupancy of smaller shelters, such as tiny home villages, in certain zones
- Allow outdoor shelters on small sites on publicly-owned land in industrial zones, except in general employment 1 & 2
- Exempt outdoor shelters from design review
- Allow as many as 20 individual shelters as a conditional use on a site that previously allowed one
- Remove the concept of a "household" – with its existing limitation on the number of people who may legally live in a dwelling unit – as a basis of regulation under the code
- Replace the above with regulation of structure type and/or the number of bedrooms contained therein, as well as require a minimum amount of habit-

able floorspace per resident

- Establish a threshold of as many as eight bedrooms in a dwelling unit for "household living" to distinguish it from "group living"
- Provide the possibility to legalize as many as one tiny home on wheels per residential lot without having it count as a dwelling unit in density standards and regulate it as a vehicle and not a structure, but maintain the prohibition on using it as an accessory short-term rental

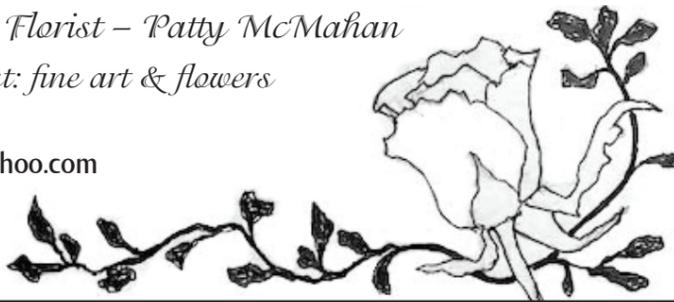
S2HC is an effort to change parts of the city code to facilitate a larger, multi-jurisdictional effort to provide safe, decent and affordable shelter and housing to every Portlander who needs it.

It will allow a range of shelters that have already been sited as temporary, emergency uses under the emergency ordinance to be reviewed and considered for approval through permanent code provisions and to allow them to be legalized and to remain once the emergency expires.

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To learn more about the Land Use and Transportation Committee, visit [ConcordiaPDX.org/lutc](http://ConcordiaPDX.org/lutc) or use this QR code.

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## Finally...A Way To Put a Permanent End To Back Pain Without Pills, Injections, Or Endless Doctor Visits

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



Portland, OR – If you or a loved one suffer from chronic back pain – the kind of back pain that limits your ability to be as active as you like and hasn't resolved with months (or even years) of traditional therapy – then reading this report may be the most important thing you do this year. It may provide the answer to getting you back to the life you deserve.

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– A life where you'll never have to worry about **missing out** on the next outing or adventure with your friends and family

– A life where you can **sleep at night** without tossing and turning hoping to find the one comfortable position

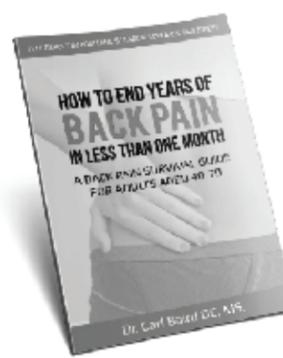
– A life where you can **get back to enjoying your favorite activities** without having to constantly worry about your back pain.

My name is Dr. Carl Baird and over the last 10 years I've been working with adults aged 40-70 to find solutions to chronic back pain and help them build the strength and confidence to live active, healthy, and happy lives.

The truth is that too many people are being limited by back pain being told that it's 'part of getting older' and they have to live with it. When rest, pills, injections, and endless doctor visits don't work they're being sent to surgery and dealing with the long-term complications of going under the knife... still not any closer to the active, healthy, and happy lifestyle they're after.

If back pain is keeping you from being as active as you would like and you're unsure what to do about it...I wrote a free report to provide valuable resources you can start using right away to put an end to back pain for good.

The 100% free report, entitled, **"How To End Years Of Back Pain In Less Than One Month – A Back Pain Survival Guide For Adults Aged 40-70"** reveals the leading causes of back pain that are overlooked by 95% of doctors.



This report exposes why endless massages and chiropractic visits are NOT always needed and how rest, pills, and injections will NOT be the answer to keeping you active, strong, and doing what you love in the long run.

And for a limited time, we're giving away free copies for readers of the Concordia Neighborhood Newsletter.

**Here's just a few things you'll learn inside this free report:**

- The root causes of back pain overlooked by most doctors
- Five back pain mistakes that keep you in pain longer than you should.
- Simple, actionable advice that

you can start using right away.

- The EXACT exercise progressions we use in the clinic to get our clients out of pain, back to their favorite activities, and feeling confident again.

If your back pain is leaving you feeling frustrated and confused about what you should do next – request a copy of my free report and get started on the road to building strength and confidence to live active, healthy, and happy life.

**Want Your Own Copy? Here's What To Do Next.**

To have your copy of the FREE BACK PAIN REPORT mailed directly to your door you can do any of the following:

- Call us at (503) 954-2495 to request your 100% free copy... you can leave a message 24/7
- Or, simply fill out the form at [www.performancehealthcarepdx.com/back-pain-report](http://www.performancehealthcarepdx.com/back-pain-report)

**P.S.** We only have **10 free copies available**, so get yours now and get back to the active, healthy life you want and deserve.

News from the NET

# NETs are about more than earthquakes

By Erin E. Cooper  
Concordia/Vernon/Woodlawn  
Neighborhood Emergency Team

In Portland, neighborhood emergency teams (NETs) are most often associated with earthquake preparedness and response.

Although that is often what draws people to volunteer and train for NET – and is a focus in training – NETs are also ready to respond to all kinds of large and small emergencies. For instance, in the past year, some of the ways NET members have volunteered include:

- Maintaining a safe perimeter around downed power lines until power company employees arrive
- Controlling traffic and monitoring patients at COVID-19 vaccination clinics
- Staffing warming shelters in the winter and cooling shelters in the summer
- Collecting donations of personal protective equipment and other supplies for first responders in the early stages of COVID-19

- Staffing evacuation shelters during Oregon’s 2020 forest fires
- Organizing and volunteering for mutual aid groups, including organizing and distributing food donations and other supplies
- Assisting at the Multnomah County Emergency Coordination Center with COVID-19 operations

Team members have also participated in thousands of hours of advanced training over the last year. Many of these topics are those associated with traditional disaster preparation, such as first aid and maintaining post-earthquake sanitation.

Other types of training have been made available to NETs in response to the needs of Portland’s population and the evolving role of NETs to assist in our communities. These trainings have covered topics such as diversity and equity in leadership, coping with trauma, building community resilience and building cultural competency.

There are currently over 2,000 active NET members on 87 neighborhood teams across Portland. Joining NET is a straightforward, multi-step process that starts by visiting [PortlandOregon.gov/pbem/31667](http://PortlandOregon.gov/pbem/31667) to sign up.

In-person classes are suspended for the time being, but it’s possible to do the majority of the free training online. You’ll be able to complete the final – and most fun – hands-on portion of the training when it is safe to conduct in-person classes again.



Erin E. Cooper is a marine biologist living in Woodlawn. She spends a lot of time thinking about disasters and has been a NET member for many years.

Contact her at [OceanListener@gmail.com](mailto:OceanListener@gmail.com).

## WE really need an IT ADMIN!

Assist the volunteers serving on the board and committees of the neighborhood association by providing your technical knowledge and help make the association run smoothly!

The neighborhood association depends on Google Workspace for Nonprofits for its email and cloud storage and uses a web hosting service for its Wordpress website.

Come with your expertise and give us a hand, we’re a nice bunch to work with!



Interested?

Contact Peter, Chair of the CNA Board, at: [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org)



## CNews Update

### RGB features taste of Japan

Jason Yovu, left, found designer hot dogs didn’t draw video gamers at the Retro Game Bar (RGB). They also didn’t fare well as takeout during the many months that pandemic restrictions closed indoor dining and gaming. Since so many video games come from Japan, Jason and wife/business partner Shira hired Alec Stevens, right, to concoct Japanese cuisine in the RGB kitchen. Alec’s menu is named Yoshi’s Kitchen for his Japanese great grandmother, who taught his mother to cook. CNews covered the 2019 opening of RGB. Find that story at [ConcordiaPDX.org/2019/11/rgb-is-more-than-just-its-name](http://ConcordiaPDX.org/2019/11/rgb-is-more-than-just-its-name). Photo by Nancy Varekamp



## Local groups ID 135 businesses for relief

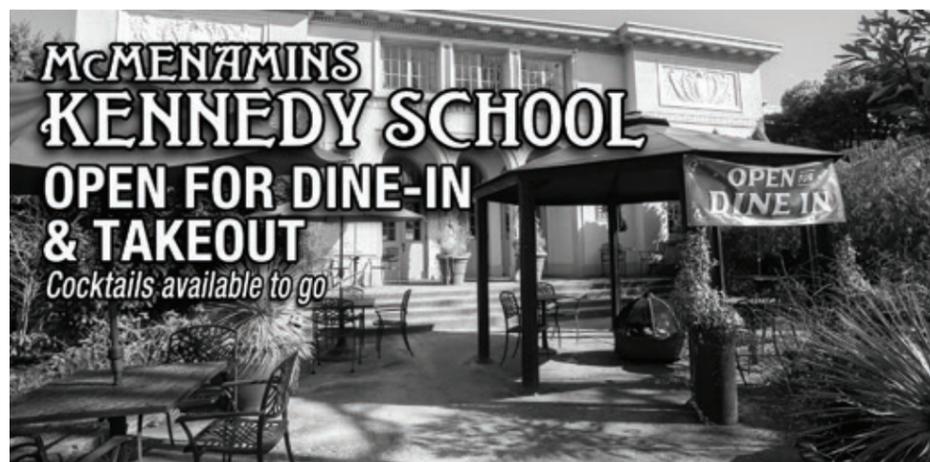
More than 135 local small businesses have received help to survive financially during the COVID-19 pandemic – both technical assistance and funding – thanks to efforts by four local organizations.

Partnering for the effort are Our 42nd Avenue, Cully Boulevard Alliance, Native American Youth and Family Center and Oregon Native American Chambers. They provided more than 800 hours of COVID-19 technical assistance to

the businesses, 85 percent of which are owned or operated by people of color.

“We leveraged this technical assistance with direct COVID-19 relief funding for entrepreneurs,” reported Edy Martinez, Our 42nd Avenue district manager.

That included \$820,000 to 104 entrepreneurs in funds from Prosper Portland, Multnomah County and the Oregon Community Foundation. Of the recipients, 82 percent were people of color.



### Kennedy School Theater is now open!

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## Sojourn Church – A Neighborhood Church

Sojourn Church is collecting diapers and wipes this month in partnership with Every Child, who partners with Oregon’s Department of Human Services to aid vulnerable children in foster care and to support foster families.

Donations can be dropped off Sundays between 8-11am at the Oregon Stamp Society building (4828 NE 33rd Ave.) or contact [info@sojournpdx.org](mailto:info@sojournpdx.org) or 971-317-9892 to arrange porch pick up.

[sojournpdx.org](http://sojournpdx.org)  
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# One local gnome tree leads to many more

By Nancy Varekamp & Dan Werle  
CNA Media Team

What began as a weekly visit to a “gnome tree” on Ainsworth Street has become an activity that is now spreading across Concordia and Portland.

Mark Soasey and three-year-old daughter Adya always stop to admire the gnome-size door within a nook of the tree’s roots. It’s adorned with little treasures from other admirers. Their visits not only add some fun to their walks, but also became an interactive pastime that affords social distance.

“My daughter would always bring a gift of her own to leave for the resident gnome,” he reported. Never seeing the miniature, fictional creature who lives inside doesn’t seem to deter her.

Mark and Adya began providing housing to more gnomes, along with treasure exchanges for children. Together, they have decorated five trees so far, and have identified several other pre-existing sites.

“Because of my experience in wood-working, fashioning the wooden doors with metal knobs was a fun and relatively easy project to work on with my daughter,” Mark reported.

Behind those doors, they leave notes to the gnomes they are certain live in each tree and/or greetings to Adya’s fellow gnome tree explorers.

They also fill resealable plastic bags with shells, rocks, handmade jewelry and more – items designed to be exchanged with new gifts from each explorer who discovers them.

The duo makes the effort to respect the surrounding nature during construction of the gnome trees. “We avoid any larger holes that could be used as regular habitat for animals and/or for seasonal food caches,” he pointed out.

“Instead, we attempt to select a recess only large enough to house our treasure bag and accommodate a custom-made door.”

But they didn’t stop with nearby Fernhill Park, Alberta Park and the parking strips of Concordia. Mark created PortlandGnomeTrees.com to share DIY



Three-year-old Adya Soasey and her father share a love for gnomes and the local trees the miniature, fictional creatures inhabit. Photo by Mark Soasey

door-building tips, invite others to create gnome trees and maintain a map that identifies their locations across the city.

He hopes to hear about existing displays and/or treasure trees to add to the map, as well as new locations created by community members.

“The gnome and faerie trees have long since been established throughout Portland and were the key inspiration

behind the development of this project,” he explained. “Our goal is to continue to expand the content of the Portland Gnome Tree Map.

“This is about engaging one’s imagination while exploring nature, and reinforcing creative thinking, sharing and giving,” Mark said. “It’s a means of showing respect to the resident gnomes and fellow participants.”



## Heart in Hand Preschool

Waldorf in the neighborhood since 2002

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rsvp: [heartinhandpreschool.com](http://heartinhandpreschool.com)

\*\*\*\*\*

Parent- Child Classes Starting Monthly



[gnomeshome.org](http://gnomeshome.org)




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