



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

November 2022

## UO officials meet Concordia



An Oct. 12 public meeting between University of Oregon officials and Concordia residents drew more than two dozen residents to the new UO campus. Story on Page 3.

## 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.

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## Food providers

# Groups open hearts to hungry

By Rob Cullivan  
CNews Editor

When asked whether her clients at the St. Vincent de Paul food pantry hope to get free turkeys for Thanksgiving this year, Catherine Perkins noted that's not the case.

"Most of the people in the population we serve don't have a large enough oven to cook a turkey or can't afford to cook a turkey that long."

Perkins is president of the St. Vincent de Paul Conference at St. Charles Borromeo Catholic Church, 5310 NE 42nd Ave. The conference is part of an international Catholic group devoted to serving the poor and pays a nominal rent of \$1 yearly to St. Charles for pantry space.

Perkins said as many as 27 to 30 individuals or families currently visit the pantry weekly. The pantry, located in the same building that houses the church, is open Saturdays 10 a.m. to noon and Mondays 4–6 p.m.

Clients can fill a box monthly with 60 pounds worth of food items from the pantry, and some visit weekly to get snacks, nutritious food bars or soup pouches, including homeless folks who can't provide an address that shows they live in the pantry's service area, from Northeast 28th to 82nd avenues.

"You don't have to be Catholic," Perkins said, adding that many clients are seniors on fixed incomes with children and grandchildren living with them. "You just have to be a person who needs a little help. We don't say 'No' when people show up."

## Inflation blues

Perkins and others who serve the hungry in Concordia and its neighboring communities said the rising costs of rent, utilities and groceries are some of the reasons folks are seeking food assistance.

The Rev. Lynne Smouse Lopez, pastor of Ainsworth United Church of Christ, 2941 NE Ainsworth St., said her church members are feeling the pinch of inflation.

"A lot of people aren't used to asking for help, but I know that with inflation it's been harder on people," she said.

The church is home to the HIV Day Services Center, operated by Ecumenical Ministries of Oregon, an interdenominational organization. Among its services, the center provides breakfasts and lunches to its clientele, says Chautauqua Cabine, program coordinator.

Like Pastor Smouse Lopez and Perkins, Cabine said the spike in food prices has affected the people the center serves.

"We have a lot of clients running out



*CNews Editor Rob Cullivan is a veteran journalist, publicist and grant writer who has written about everything from rock 'n' roll to religion. He possesses a deep affection for writers and photographers who hit deadline.*



Catherine Perkins oversees the food pantry operated by the Society of St. Vincent de Paul at St. Charles Borromeo Catholic Church. Photo by Rob Cullivan

of their Food Stamps a lot quicker," she said. "A lot of our clients can't afford meat products."

Both she and Perkins noted their food programs now don't get as much donated meat products as they once did. Where once her food pantry could provide beef, pork, sausage and fish to clients, now it's mostly only chicken she can give, Perkins said.

## Food bank insights

Jason Stephany serves as director of strategic communications for Oregon Food Bank, which supplies food to such area programs as the pantry at St. Charles, as well as One H.O.P.E. Fellowship, 5425 NE 27th Ave. and Sharon Seventh Day Adventist Church, 5209 NE 22nd Ave. Stephany said economic disruption, starting with the Covid lockdowns coupled with shocks to global supply chains by such events as the Ukraine War, have made the world inside and outside Concordia hungrier.

"Nearly one in four Oregonians experienced income- and job loss over the past two-plus years," he said. "We saw an unprecedented need for emergency food assistance in rural, urban and suburban communities alike in 2020 and 2021."

Stephany said these disruptions have made struggling folks suffer even more than usual.

"The cost of groceries in our communities is up at least 10% overall, even higher when we look at the cost of meat, fish and dairy," he said. "And this is happening at a time when lower-income households already spend more than a third of their budgets on food."

Fortunately, one bright spot amidst the current turmoil is that benefits from SNAP, the federal food assistance program, increased 12% last month. For example, the maximum food benefit for a household of four has increased from \$835 to \$939.

"This will at least ensure most families won't face a loss of cash to spend on groceries at the same time prices are increasing," Stephany said.

## Giving, receiving

Joann Whitten has seen both sides of the hunger equation, getting help from the Vincentian pantry at St. Charles as well as volunteering there to help others.

A divorced mother who lives with four family members, Whitten wanted folks to know she has always been employed and that she and other food pantry clients are not just "takers." Currently she works as a kitchen aide at an area school.

"I've always had low-paying jobs where the money I made was barely

Story continued on Page 7



From the Board

By Peter Keller, CNA Chair



Community partners, November election

A few columns back, I talked about community partners. Concordia Neighborhood Association (CNA) Community Partners are defined as people, businesses or organizations that provide a free or low-cost service to the Concordia neighborhood. An example of such a partner would be the recovery group AA.

At the October CNA Board meeting, the board voted to approve the new Community Partner agreement and application. This puts in place a policy that enables Community Partners to apply to use the McMenamins Kennedy School Community Room free of charge. We will roll this program out in 2023. Please see the draft of the agreement on the CNA website, ConcordiaPDX.org.

The Board also approved the Community Room rent increase, which is approximately 50 percent. While this may sound like a lot, rates have not increased since 1997. The new rates will go into effect Jan. 1 2023.

CNA Community Room Rates

CNA Community Room Rates			
Entity	Old Rate (1997)	New Rate (2023)	Day Rate
Non-Profit	\$15/hr	\$25/hr	\$200
For profit	\$25/hr	\$40/hr	\$300

For-profit entities will see an increase in rent from \$25 per hour to \$40 per hour, and can rent the room for a day for \$300.

Our hope is that more neighbors will use the

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.

community room and provide activities for the Concordia neighborhood.

Elections

In addition to the national and local elections, CNA holds its annual board elections in November.

In even years, such as 2022, even-numbered board seats are up for election. Board members serve a two-year term. In addition to these positions, the chair position is up for election annually, and the chair serves a one-year term. This year, the open positions are: chair; Northwest 2; Southwest 2; East 2; and At Large 2, 4 and 6.

Join us at the upcoming CNA General meeting at 7 p.m. Wednesday, Nov. 2, in the Kennedy School Community Room or on Google Meet to cast your vote. You can find log-on information at ConcordiaPDX.org/CNAMeetings.

All members of the neighborhood have one vote, so show up and make yours count!

For all the details, please see the CNA election primer on page 3.

In addition to the election, we are also looking for someone interested in heading up the Land Use and Transportation Committee (LUTC) as chair. Ben Taylor has been acting as the interim chair, and we're very thankful for the time Ben has put in. This is a vital position, and we hope to find someone with the passion and time to fill it. Please reach out or join us at our November meeting if you're interested.

Finally, the upcoming local election is significant. We have a tight governor race and can change our city charter with ballot measure 26-228. Please exercise your right to vote!

CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Peter Keller  
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 Javier Puga-Phillips  
Southwest 2 | SW2@ConcordiaPDX.org Matt Boyd  
At Large 1 | AL1@ConcordiaPDX.org Robert Bowles  
At Large 2 | AL2@ConcordiaPDX.org John Fitzgerald  
At Large 3 | AL3@ConcordiaPDX.org John McSherry  
At Large 4 | AL4@ConcordiaPDX.org Kieran Lee  
At Large 5 | AL5@ConcordiaPDX.org Ben Taylor  
At Large 6 | AL6@ConcordiaPDX.org Brittany van der Salm

CNA meeting venues, how to attend

To learn how to attend CNA meetings in-person (when available) or remotely, visit:

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

Concordia Neighborhood Association

**Board Meeting**  
1st Wednesday of the month, Wednesday, Nov. 2, 6 p.m., McMenamins Kennedy School Community Room with call in option, see box below, contact Peter Keller, Chair@ConcordiaPDX.org

**Annual Membership Meeting**  
Wednesday, Nov. 2, 7 p.m., McMenamins Kennedy School Community Room with call in option, see box below, contact Peter Keller, Chair@ConcordiaPDX.org

**Social Committee**  
If you'd like to volunteer to help plan fun, community-building events, contact Javier Puga-Phillips at Social@ConcordiaPDX.org.

**Media Team**  
1st Monday of the month, Monday, Nov. 7, 6 p.m., venue: remote, see box below, contact Shawn Mihalik, MediaTeamLead@ConcordiaPDX.org

**Finance Committee**  
Last Wednesday of the month, Wednesday, Nov. 30, 7 p.m., venue: contact Heather Pashley, Treasurer@ConcordiaPDX.org

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

CONTACTS

**CNA Chair**  
Peter Keller, Chair@ConcordiaPDX.org

**CNA Vice Chair**  
Brittany van der Salm, AL6@ConcordiaPDX.org

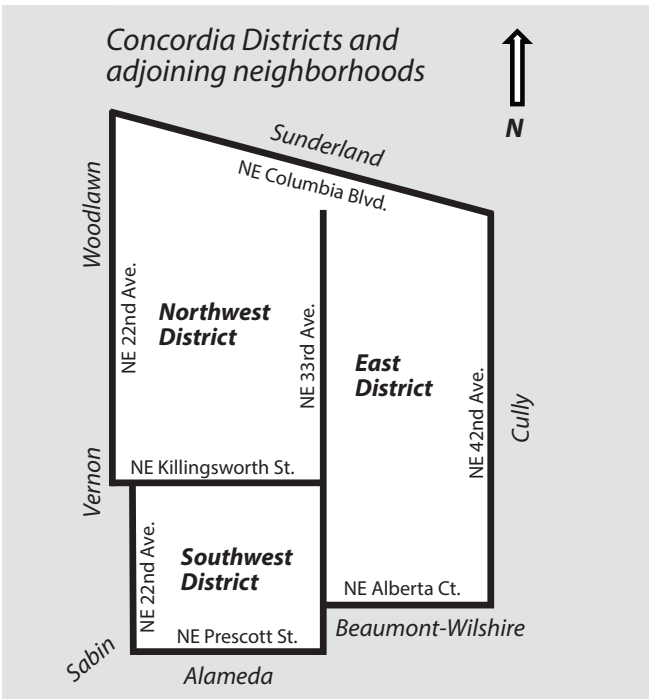
**CNA Secretary**  
Joseph Fraley, Secretary@ConcordiaPDX.org

**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: Leigh Shelton, CNewsBusiness@ConcordiaPDX.org, 503.875.8410

**MEDIA TEAM**  
CNA Board Liaisons: Heather Pashley, John McSherry  
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First Annual CNA Scavenger HUNT!

**What:** Explore a wide variety of locally-owned small businesses in your own neighborhood!

With maps available at Clary Sage, collect stamps at businesses on Alberta Street. Enter your completed map with stamps into a contest for prizes.

**When:** November 25th, 26th, 27th, from 10am to 6:00pm.

**Where:** Starts at Clary Sage Herbarium, 2901 NE Alberta Street



Sojourn Church – A Neighborhood Church



In partnership with the Portland Rescue Mission, Sojourn Church is accepting new, unwrapped toys for donation.

Drop off Sundays in November between 9am-12noon at 4828 NE 33rd Ave. For more information, email info@sojournpdx.org.



sojournpdx.org  
info@sojournpdx.org  
Instagram: @sojournpdx  
Facebook.com/sojournpdx





University of Oregon

# UO officials invite input from neighbors

By Leigh Shelton  
CNews Advertising Representative

With fall sun streaming through floor-to-ceiling windows, about 60 neighbors nibbled on duck-shaped sugar cookies, as they learned Oct. 12 about what’s next for the 19-acre campus at the north end of Concordia neighborhood.

In June, the University of Oregon acquired the former Concordia University campus, which had been shuttered since 2020. The recent public meeting took place in the library of the new UO campus.

At the gathering, community members mingled with a dozen UO staff and listened to remarks from Interim President Patrick Phillips about the University’s intentions.

The Ballmer Institute for Children’s Behavioral Health is seeking to train more professionals in emotional wellness and will occupy the top floor of the library building, he said.

The institute will offer a new degree for undergraduates and aims to ready 200 graduates per year for jobs in schools and healthcare settings. Students partic-



Leigh Shelton is the ad rep for Concordia News. She loves getting to know her Concordia neighbors and exploring ways we can better support each other. Reach out and say hi at [CNewsBusiness@ConcordiaPDX.org](mailto:CNewsBusiness@ConcordiaPDX.org).

### Readers Write!

Tell us how you think the Concordia community should interact with, as well as utilize, the University of Oregon’s new campus. We’ll publish your thoughts in an upcoming issue. Email CNews Editor Rob Cullivan at [CNewsEditor@ConcordiaPDX.org](mailto:CNewsEditor@ConcordiaPDX.org).

ipating in that program will occupy two of the campus’ residence halls starting in Fall 2023

Some UO officials have already started moving into Concordia campus offices and Phillips said that they are keen to get the library building’s first-floor coffee shop up and running.

In order to create a “campus feel,” Phillips said UO has decided to move all of its Portland programs, currently housed in Old Town’s White Stag building, to the new campus. Those programs include graduate level offerings in business administration, architecture, historical preservation, journalism and law.

The “Innovation Space,” a research and maker lab used by several UO Portland graduate programs, is slated to take over what was Luther Hall, the large brick building and adjoining chapel on Holman Street and NE 28th Avenue.

UO Portland Provost Jane Gordon said the university wants to turn the former Concordia University chapel into a commons, an open space for exhibits and gatherings. The building will require



University of Oregon Interim President Patrick Phillips addresses Concordia neighbors Oct. 12. Photo by Brittany van der Salm

significant renovations, and the university is in the process of selecting an architect to assist in the design phase, she said.

Gordon said she is most excited about the on-campus housing UO will now be able to offer UO Portland students, something it can’t in its Old Town site. She said UO intends to use 400 of the 500 current on-campus beds for students.

Gordon said neighbors will be welcome to use the campus in a variety of ways.

“We want to be a community-

centered campus,” Gordon said. “We will do events that people will be invited to, whether they’re a lecture, conference, music or things the community puts on. We’re open to various ideas.”

Ideas being considered include a weekly farmer’s market, concerts on the lawn and a food cart pod. Gordon says she wants to collaborate with Concordia residents on how to use the campus.

To share your ideas, contact UO by emailing [pdxinfo@uoregon.edu](mailto:pdxinfo@uoregon.edu).

For more information, visit [pdx.uoregon.edu/northeast-pdx-campus](http://pdx.uoregon.edu/northeast-pdx-campus).

## CNA Annual Election Primer

Each November at the annual Concordia Neighborhood Association membership meeting, CNA holds its board election. This year’s election takes place in a general meeting at 7 p.m. Wednesday, Nov. 2, in the Kennedy School Community Room, 5736 NE 33rd Ave.

Votes can also be cast on Google Meet. You can find log-on information at [ConcordiaPDX.org/CNAMeetings](http://ConcordiaPDX.org/CNAMeetings).

In even-numbered years, even-numbered board member seats are up for election, and in odd years odd-numbered board seats are elected. CNA board members serve two-year terms. In addition, the CNA chair is elected every year and serves a one-year term.

### Who can serve/vote?

Any person who is a CNA member can hold an elected or appointed position and vote in CNA elections. Members include everyone residing within the association’s boundaries [see CNA boundaries in map on page 2] as residents or property owners, and one representative each from business licensees, government agencies, education institutions and nonprofit organizations.

You must be 14 years or older to run for election to the board and, if you’re younger than 18, have permission from a parent or guardian.

### Geographic qualifications

To qualify for chair or an at-large board position, you must meet the membership criteria described above. For a specific CNA district position—in this year’s case, Northwest, East or Southwest—your membership criteria

must be based within the boundaries of that district.

### Board responsibilities

Board members are expected to attend monthly meetings and CNA functions, participate in CNA committees, represent the association with partner organizations and otherwise contribute to our mission: to connect Concordia residents and businesses and to inform, educate and report on activities, issues and opportunities of the neighborhood.

In addition to the above responsibilities, the CNA Board chairperson is responsible for drafting agendas, presiding over meetings, working with all the committees and board members and providing neighbors with monthly updates. The chair does not have a vote except in the event of a tie, in which case they cast the tie-breaking vote.

### How you celebrate holidays

As December approaches, schools, religious groups and community organizations are making plans to celebrate the seasonal holidays. If you know of a seasonal celebration, musical performance or theater production open the public you’d like to share with CNews, please send the details to Rob Cullivan, CNews Editor, at [CNewsEditor@ConcordiaPDX.org](mailto:CNewsEditor@ConcordiaPDX.org) by Nov. 10.

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Social Column

# Last Thursday ends; new restaurant opens

By Javier Puga-Phillips  
CNA Social Committee Chair

**H**ello Concordia! We'd like to start our social column thanking all the businesses, neighbors and participants in "Last Thursday" on Alberta this year. We had a lot of fun helping bring this event back, and we would love to hear your feedback.

Also, we'd like to welcome **Abysinian Kitchen** to Concordia. Located on the corner of Northeast Alberta Street and Northeast 30th Ave., this new Ethiopian and Eritrean restaurant has opened its doors, adding more flavors to our neighborhood. Kufom Abbay, the owner of the restaurant, is usually there to greet customers and answer any questions regarding the menu.

**Litter Pickup set Dec. 3**

Another successful neighborhood litter pickup took place on Oct. 1. Thank you to all the volunteers who partici-

pated. Special thanks to our neighbor Sigrid Casey, who drove her own truck and helped pick up large items left on the streets. At this point, we have picked up around 15 tons of trash from Concordia's streets.

On a side note, since the weather has changed, we'd like to kindly ask neighbors to refrain from leaving "Free" piles of items on the streets. Many of these items get wet and damaged, potentially becoming debris. We suggest taking those items in good condition to your favorite charity or offering them to neighbors on such social media sites as OfferUp, Nextdoor, or Facebook Marketplace instead.

Our final litter pickup of 2022 is at 9 a.m. Saturday, Dec. 3, at Alberta Park. For more information and how to register, see the box on Page 6. Let's close this year with a cleaner neighborhood.

**Hearty Halloween**

We'd like to thank Bar Cala, 2703 NE Alberta St., for hosting this year's Halloween Party! We had a lot of fun, and it was a success all around. We gave candy to the kids and some prizes for the best costumes. Thank you for everyone who participated and helped, and special thank you to those in Concordia who supported this event. You'll find pictures on our website or social channels.

**Scavenger hunt**

This month, Clary Sage Herbarium, in cooperation with other businesses on Alberta, and CNA will be hosting the annual Scavenger Hunt Nov. 25-27. This is a great way to get social and visit



Volunteers with SOLVE, an Oregon community group, participate in the Oct. 1 Concordia litter pickup. Photo by Gina Levine.

different businesses in our neighborhood. It is easy to participate. Just stop by Clary Sage, 2901 NE Alberta St., to pick up your "passport" with the different businesses on Alberta Street, and begin the scavenger hunt by collecting stamps from the participating businesses. Once you have collected all the stamps, bring the completed passport to Clary Sage, and we'll enter you in a raffle to win prizes.

**Room ready**

We'd also like to remind everyone that CNA is mainly funded by the rentals of

the community room at Kennedy School. The room is available to be rented by the hour with special rates for nonprofit organizations. On this note, please be advised that we are changing the rental rates to \$40 per hour and \$25 for nonprofits.

We currently need volunteers. Please reach out to me at 503.343.5561 or Social@ConcordiaPDX.org for volunteer opportunities.

Follow us in Instagram at @CNAPDX and use #SocialConcordiaPDX for shoutouts. We also have a Facebook group page, @ConcordiaPDX, for updates.



Javier Puga-Phillips holds the At Large 4 position on the Concordia Neighborhood Association (CNA) Board of Directors, manages rentals of the McMenemy's Kennedy School Community Room and chairs the CNA Social Committee. He is a real estate professional locally, and he is a published author and motivational speaker in Latin America and Spain.



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The Maker Fair is organized by the Vernon PTA. A percentage of the proceeds will support enhancements at Vernon such as field trips, art, music, STEAM, garden education and facility improvements.



NE Village PDX

# Women share stories of resilience, reward

By Jon Dickman  
CNA Media Team

In recognition of the United Nations International Day of Older Persons on Oct. 1, Northeast Village PDX offered a video-conference event. In keeping with this year's theme, the Resilience and Contributions of Older Women, three Northeast Village members — Queenie Samuel, Genie Currier and Rekha Shah — shared stories describing the challenges each of them faced over the course of their lives.

**Queenie Samuel**, 82, considered both her color and gender dominant factors contributing to her life's struggles. And yet, despite setbacks, she consistently found ways to move on. For example, after her family came to Portland from Vancouver, Wash., she received a scholarship to study cosmetology. However, after graduation, potential employers told her they couldn't hire her because of her color.

Instead of feeling defeated, Samuel, at that time a single parent with two children, completed a practical nursing program at Portland Community College. A few years later, from 1969–73,



Jon Dickman, lover of classical jazz vocals and longtime Concordia resident, is an enthusiastic volunteer for Northeast Village PDX.

she attended the University of Portland, from which she graduated with honors with a Bachelor of Science in Nursing, one of the first African-American women there to do so.

She is proud that she became an inspiration for future African-American women to enter that program.

"It's making that first step and seeing someone else do it, knowing that I, too, could do it," she said.

This time, her degree led to gratifying employment. Samuel worked mainly with children for the Multnomah County Health Department for 33 years, retiring in 2000.

In 1976, **Genie Currier**, now 74, took part in the transcontinental cycling adventure Bikecentennial, which was organized in honor of our country's 200th birthday.

"I bicycled the Virginia portion of the route in 1976," Currier said, "and completed the entire venture over three subsequent summers. I remember a small group of British cyclists brewing tea on the summit of McKenzie Pass in Oregon. Along the way I pitched my tent and met so many wonderful people, some who invited me into their homes."

Nowadays, Currier spends much of her time with OMSI, where she has volunteered for over 10 years.

**Rekha Shah**, 77, left her family as a young woman in Bombay, now Mumbai, India, having to adjust to a new culture in the United States. As was the custom, her parents had acted as marriage guides, introducing her to different prospective



Queenie Samuel, Genie Currier and Rekha Shah were presenters at last month's UN International Day of Older Persons videoconference by NE Village. Photo collage by Jon Dickman

husbands. When a match was made that was agreeable to all, she got married.

But only a few months afterward, Shah had to move to Philadelphia, where her husband worked for IBM. On coming to this country, she continued her university studies, which meant adjusting to a substantially different educational style.

Later on, Shah helped others undergoing hard challenges by putting in time at a rape crisis center and a suicide helpline and as a mediator and Peace Corps volunteer.

To see the videoconference presentation, check out the Northeast Village PDX YouTube Channel.



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## Calling all neighbors!

Participate in the CNA Annual Membership Meeting by nominating and electing six of the Board of Director seats and the position of Chair.

You have a voice. Exercise it!



Join us for CNA's Annual Membership Meeting, on Wednesday, Nov. 2, at 7 p.m.

Attend in person at McMenamins Kennedy School Community Room (5736 NE 33rd Ave) or virtually:

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Concordia Art Works

‘Allery’ to feature paintings

By Maquette Reeverts  
Alberta Art Works

Halfway down an unassuming alleyway between 27th and 28th avenues heading north from Killingsworth and on the backside of a bike shed, you will find two large framed paintings. Dubbed the Allery, a play on the words “gallery” and “alley,” the work is the brainchild of Jennifer Jones, one of the owners of the residence. Jones is a collage artist, and during Covid times she spent a lot of her time walking through the neighborhoods. Combining her love of public art and engaging her neighbors and friends with events like “Movies on the Bike Shed” nights, she decided to start this unique gallery in her alley.

Kristen Diederich is the first artist to exhibit on the framed 2’ x 8’ panels. The artist lives in the neighborhood and



Jennifer Jones stands in front of the “Allery,” which she hopes will become a Concordia attraction. Photo by Maquette Reeverts



Michel Reeverts, aka Maquette, holds a master of arts degree in art education and 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

Painted her flower-inspired work directly on the installed wood panels. Openings for the Allery will be complete with wine and cheese and fall on the traditional gallery opening dates of Last Thursdays. Jones is looking for other interested artists with the goal of changing out the artwork each month or so. The plywood surface is supplied by the Allery and can be taken to a studio and painted before being installed. All work is for sale, but be aware that the finished work will be open to the elements. Jones plans to start a Facebook page to keep everyone updated on this unique community gallery space.



Kristen Diederich is the first artist whose work is being featured in the Allery. Photo by Maquette Reeverts

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Concordia Neighborhood Litter Pickup

Care about your neighborhood? Want to help?

**What:** Join SOLVE and your neighbors for a litter pick up in the Concordia Neighborhood.

**When:** Saturday, December 3, 9:00 a.m. – noon

**Where:** Meet in Alberta Park, NE Ainsworth & 22nd

**Registration:** Pre-registration is required! Please sign up ahead of time and fill out the volunteer waiver form:

[SOLVEoregon.org/opportunity/a0C8W00000V9M9R](https://SOLVEoregon.org/opportunity/a0C8W00000V9M9R)

**Questions?** Contact Javier Puga-Phillips at [Social@ConcordiaPDX.org](mailto:Social@ConcordiaPDX.org) or call 323.573.1516.

**More info:** [ConcordiaPDX.org/NeighborhoodLitterPickUp](https://ConcordiaPDX.org/NeighborhoodLitterPickUp)





News from the NET

# Food storage for disasters

By Erin Cooper  
Concordia/Vernon/Woodlawn  
Neighborhood Emergency Team

When thinking about what food you should store for an emergency, remember that you'll want food for both your "go bag" and food in case of shelter-in-place.

As you may recall from the last NET column, your go bag contains three days' worth of supplies for each person in your home. At a minimum, your go bags should include non-perishable food, water, a first-aid kit and any prescription medications.


Because the go bag is for evacuation, it should contain food that can be easily carried and doesn't require a lot of preparation. The easiest solution is emergency rations, which usually come in the form of high-calorie bricks. They don't taste great, but they are better than going hungry, and they don't require carrying extra water or fuel to cook.

If, after an earthquake, you can stay in your home but lack power and/or water, the options for food are more extensive. If your fridge stays sealed, the USDA recommends that the food is safe to eat for up to four hours. Meanwhile, food in a sealed freezer is safe to eat for up to 48 hours. This will be the food you want to prioritize eating, since the timeline is short.

Even if you regularly have a lot of

non-perishables on hand in your house, I encourage people to have two weeks' worth of food in a separate area for an emergency, in case a disaster occurs on your shopping day or at a low point in your pantry. For people who like meal planning and cooking, this could be a collection of non-perishables such as pastas, legumes and canned food. For those of us overwhelmed by the thought of that much planning, a prepackaged set of freeze-dried or dehydrated foods, like those marketed for backpacking, can be a less delicious but much easier option.

There are many commercially available options for dietary restrictions these days. Keep in mind that you'll need to store extra water and fuel if your food supplies are things that require lots of cooking water, like pastas. And if you have canned food as part of your supplies, it never hurts to throw in an extra can opener.



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).

## Groups have heart for hungry

Continued from Page 1

enough to pay the bills," she said, adding there's no feeling quite like that of getting a food box when you've run out of money to buy groceries.

"It feels so good if you get home with food and you haven't had any."

Most of the people she serves at the pantry are like her, folks with children

and grandchildren who just need help.

"Everyone needs help sometimes," she said, adding her spirit is buoyed by those who give to the pantry.

"There's a lot of good people in this world."

**EDITOR'S NOTE:** To find a food program in your area, visit [OregonFoodFinder.org](http://OregonFoodFinder.org).



With current proof of address, clients, including the man on the right, can get a selection of dairy products and juice. Photo by Catherine Perkins

## CNA Seeks Recording Secretary

The Concordia Neighborhood Association is hiring a recording secretary to take minutes for board and general meetings held at McMenamins Kennedy School or virtually.

For a full description of the duties and requirements of this position, and how to apply visit: [ConcordiaPDX.org/get-involved/recording-secy-pos](http://ConcordiaPDX.org/get-involved/recording-secy-pos).

Questions? Please contact Peter Keller at [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org).

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Questions?  
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# Concordia poet inspired by area sights

Our neighborhood is home to Carey Lee Taylor, an accomplished poet and photographer whose inspirational sources include what she sees in Concordia.

Take her poem “A Woman on 22nd and Killingsworth.” Taylor explains how she came to write it after a walk in Concordia.

“A Woman on 22nd and Killingsworth’ was inspired when walking home from Alberta Park one winter morning at the beginning of the pandemic,” she says. “The image of this couple stayed with me all day, and the poem, I hope, gave them a chance to be seen with the dignity they deserved.”

Taylor is the author of *The Lure of Impermanence* (Cirque Press 2018). She is a Pushcart Prize nominee and winner of the 2022 Neahkahnie Mountain Poetry Prize. Her work has been published in Ireland and the United States, and she holds a master of arts degree in school counseling. She has lived in the Concordia neighborhood for four years. You can learn more about her at [careyleetaylor.com](http://careyleetaylor.com).



Carey Lee Taylor

## A Woman on 22nd and Killingsworth

sits in a wheelchair  
outside Cornerstone  
Community Church —

foam curlers in her  
hair, she pulls a tube  
of lipstick from her purse.

At the curb  
an orange extension cord  
snakes from the open door

of a duct-taped camper  
to an electrical outlet  
beside her.

An unshaven man steps  
from the camper, moves  
towards her, bends

down, and kisses  
all that pink—bedded in her hair  
like Magnolia blossoms,

clasped  
to her head  
like a crown.



## Concordia Neighborhood #3

It makes no difference to the sky  
what happened here,

or the east wind taking its  
much-needed break.

Even St. Michael  
was taking vacation

from shattered glass  
and squeal of tire

seated at the bar of some  
scuzzy seaside honky-tonk,

on the ebb tide  
of his third beer.



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## Truman is bracing for change.

If you're thinking of buying or selling property you might be wondering which way the wind is blowing. As the market shifts I am here to support you with resources, market insights, and/or helping anyone you know who might be considering a move in the months to come! Please reach out with any questions, and say hello when you see me and my unlicensed assistant on one of our walks around Concordia.

## Alberta to host 'Next Waltz'

Portland musicians pay tribute to The Band with the 10th annual Next Waltz concerts on Friday, Saturday and Sunday, Nov. 25–27, in Alberta Rose Theatre, 3000 NE Alberta St.

Friday and Saturday's shows are at 8 p.m., Sunday's show is at 7 p.m.

The musicians will perform music from The Band's final concert in 1976, the subject of the film “*The Last Waltz*.” A portion of proceeds benefit the Jeremy Wilson Foundation for musicians' health care. Patrons are asked to bring two non-perishable food items for Oregon Food Bank.

Tickets start at \$35 advance and \$40 at the door. Minors can be admitted with parents or guardians.

For more information, visit [AlbertaRoseTheatre.com](http://AlbertaRoseTheatre.com).