



September-October 2021

In this issue:

- Fall blood drive*, page 1
- President's message*, page 2
- Editor's notes*, page 3
- Transportation update*, page 5
- Skidmore Street concerns*, page 6
- Beaumont MS cleanup*, page 8
- Recycle with Liz*, page 10
- Fred Shearer & Sons focus*, page 11
- Compassion for houseless*, page 12
- Gardening in pots*, page 13
- Cook like no one is watching*, page 14

FIND THE Beaumont-Wilshire Neighborhood Association ONLINE AT bwnapdx.org

**BWNA
Calendar of Events**

Community Events

BWNA and Beaumont Middle School PTA-sponsored Blood Drive

Sunday, November 7
10:00 a.m. - 3:00 p.m.
Beaumont Middle School Cafeteria
4043 NE Fremont Street
(see article on this page)



NOTE:

This event was rescheduled from August 29. For updates, go to "Upcoming Events" on the BWNA website (www.bwnapdx.org)

or go to

www.redcrossblood.org

to reserve your spot for this drive (appointments should be available soon)

Come support your neighbors at this important event!

see page 3 for
BWNA Meeting Schedules

BWNA teams with Beaumont Middle School PTA on fall blood drive

by Tim Gillespie

Not often are we presented with a chance to save people's lives. But we'll soon have one—right in the heart of our neighborhood.

The Beaumont Middle School PTA and BWNA invite you to:

A Red Cross Blood Donation Drive
Sunday, November 7, 2021
10:00 a.m.- 3:00 p.m.
Beaumont Middle School Cafeteria

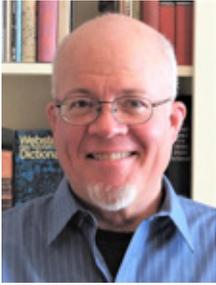
BWNA and the Beaumont Middle School PTA are excited to co-sponsor this project with the Red Cross. Each pint of blood donated at the drive can help save up to three lives—perhaps an accident victim, a mother giving birth, a premature baby, a cancer patient, a transplant recipient, or a surgical candidate—with a positive ripple effect on all the recipients' loved ones, a community gift beyond measure.

Blood is a precious, perishable, life-giving product that can come only from volunteer donors. Someone in the U.S. needs blood every two seconds, which means the Red Cross needs to collect more than 13,000 donations every day to help patients in the 2,500-plus U.S. hospitals and medical facilities it supplies. Eighty-four percent of those donations are given at local drives like this one.

This is a particularly critical time for blood, as fear about the COVID-19 may have kept some people from donating. With over 75 years of experience, the Red Cross is highly skilled at providing a safe environment, with all individuals at its blood drives—donors, staff, and volunteers—required to wear masks, regardless of vaccination status (likely still to be the case in November). When you show up, you'll see extensive hygienic protocols in place, including enhanced disinfecting, hand sanitizers, gloves, and socially distanced set-up. The fact is, there are few public places where you'd be more coronavirus-safe.

On a personal note, I've donated blood 99 times over the years, according to Red Cross records, so I look forward to making my 100th donation at our drive. That's nothing compared to our BWNA Treasurer, Karla Lenox, who has given blood 146 times—more than 18 gallons! We both feel blessed to make these contributions and have found the experience generally comfortable and easy with no adverse reactions. The whole process takes about an hour, you get some treats afterward, and it's an uplifting way to become part of the lifesaving mission of the Red Cross. If you want to ask more about the process, feel free to e-mail either of us at treasurer@bwnapdx.org or president@bwnapdx.org.

Stay tuned for further details. We're hoping to encourage donors to get pledges from friends and relatives to raise funds for the Beaumont PTA's Family Resiliency Fund and other local worthy causes. We're hoping to share some of the Red Cross curriculum materials with Beaumont teachers to help educate students about blood and the possibility of donating in their futures. And we're hoping to have some other incentives for donating. Keep an eye on updates—and a way to book a donation appointment—via the "Upcoming Events" page on the BWNA website



President's message

by Tim Gillespie

In praise of good neighbors, good deeds, and the newsletter

“A good deed will make a good neighbor.” –African proverb

The daily deluge of news floods us with crises, problems, disputes, dysfunction—consequential matters we can't ignore. That's why you'll find BWNA working on neighbors' concerns about big issues like houselessness, air quality, economic suffering during the pandemic, traffic headaches, crime and community safety, and racial discrimination. But while paddling slowly against this torrent of big troubles, we can't forget all the small good deeds that surround us every day, keeping us afloat by uncountable acts of kindness that don't make the headlines: folks checking in with neighbors during the heat waves, lending a hand to clean up the middle school grounds or Alameda stairwells, planting new shrubs at Wilshire Park, and offering other gifts of time and talent.

One prime example is this newsletter. It arrives every other month—for free—at the doorsteps of 2,600 Beaumont-Wilshire homes and commercial establishments. (There's a colorful online version, too, at www.bwnapdx.org/newsletters). As you know, it's packed with interesting and useful information about local happenings, projects, people, businesses, opportunities, garden and recycling advice, activities for kids, recipes, historical tidbits, and more. And by what magic does this happen? Through the unsung deeds of over 60 of your neighbors—volunteers all—who produce and distribute this community lifeline.

■ Foremost is editor Al Ellis, who spends innumerable hours shepherding resources, organizing, writing, crafting headlines, proof-

reading, and guiding the newsletter. This would not be such a quality project without his labors over the past several years.

- The lively and readable layout and graphic design is the work of Jane Feinberg.
- You aren't distracted by errors because of the sharp eyes of copy editor Myrna Sheie.
- There's the team of crackerjack regular writers and columnists, including Mark Mohammadpour, Barbara Strunk, Susan Trabucco, Polly Webber, and Elizabeth Erickson. Other frequent contributors include John Sandie, Gary Hancock, and Peter Mogielnicki. Many other writers have added their occasional perspectives.
- Georgina Head and John Sandie are the two distribution gurus who organize the teams of people who deliver the newsletter.
- And finally, here are those volunteers who actually pound the pavement to get this publication to your doorstep:

Dave Anderson, Linda Atlas, Kerry Aude, Sam Balto, Sela Barker, Kurt Burkhart, Gregory Carich, Matt and Roberta Carter, Diane Charlton, Mary Collet, Tim Cooper, Joanne Dean, Jewel Derin, Theresa Didier, Erin Dirks, Liz Ehrsam, Diane Eklund, Liz Erickson, Amy Evans, John Fox, Jo Fraser, Paula Frechen, Angela Frome, Elaine Furlong, Jean Furlong, Nancy Gierut Wicker, Jan Giske Gillespie, Heather Green, Michael Grey, Janet Hanus (Williams), Georgina Head, Christine Heijenga, Sarah Hertlein,

continued on page 4

Our Organization

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president@bwnapdx.org

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Barbara Strunk 503-284-7502

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Gary Hancock 503-367-0862
Patty Nelson 503-281-8035
John Sandie 219-508-4162
(five open positions)

Immediate Past President

Tim Hemstreet 503-239-6231

Related Organizations

Beaumont Business Association

Kathy Madore
beaumontbusinesses@gmail.com

Central Northeast Neighbors Board

Barbara Strunk 503-284-7502

Areas of Interest

Residents are encouraged to participate. Contact committee chairs for details.

■ Beaumont Middle School Committee

Tim Gillespie, chair 503-287-6272

■ Communications Committee

Andrew Rinke, chair 503-893-2504

■ Crime Prevention Committee

Bill Markwart, chair 503-282-4610

■ Land Use Committee

Tim Hemstreet, chair 503-239-6231

■ Friends of Wilshire Park Committee

Gary Hancock, chair 503-367-0862

■ Newsletter Team

Chair: Al Ellis, editor@bwnapdx.org

Graphic Design:

Jane Feinberg, design@bwnapdx.org

Copy Editor:

Myrna Sheie 224-659-1537

Distribution:

Georgina Head 360-739-7896

John Sandie 219-508-4162

■ Transportation Committee

John Sandie, chair 219-508-4162

■ Website (www.bwnapdx.org)

Andrew Rinke 503-893-2504



Editor's notes

by Al Ellis

“Should I stay or should I go?” Recognize it as the refrain from the

1982 global rock hit of the same name by The Clash? Well, the quandary-driven question is in the spotlight again for 2021—albeit in a decidedly different context—as we make our transition from summer to fall in the shadow of the now ubiquitous Delta variant, the highly-infectious mutated strain of the COVID-19 virus.

Sports fans may remember that in mid-July, a NY Yankees game against the Boston Red Sox had to be postponed because six fully vaccinated Yankee players tested positive for the Delta variant—this on a squad that was among the first MLB teams to reach the 85 percent vaccination threshold, which triggered lessening coronavirus protocols, such as dropping mask use in dugouts and bullpens. Yankees general manager Brian Cashman explained it this way: “The vaccines that we encourage everybody to get guarantee (not totally, but almost) not getting hospitalized and not getting death coming from COVID, but it doesn’t protect you from contracting COVID.” Moreover, transmission of the virus, even by those with mild symptoms, poses not only an *immediate* health risk to others, but also a possible *long-term* risk. According to Oregon Health & Science University (OHSU) chief population health officer and primary care physician Dr. Eric Herman, an estimated 10 to 30 percent of those infected end up as “long-haulers”—i.e., plagued by fatigue, trouble breathing, mind fog, and heart palpitations months after their initial illness. (OHSU has launched a “Long COVID-19 Program” for treatment.)

So given the current situation, do you stay or do you go to that sporting event

or café or community gathering? That of course depends on what you perceive the “current situation” to be—and it doesn’t help that behavior deemed acceptable one month may not be so the next. July to August was a prime example: with vaccinations rising rapidly by early July toward the hoped-for herd immunity level, millions of Americans confidently crowded together, sans masks, in celebration of the July 4th holiday. Just a month later, the ultra-contagious Delta variant was wreaking havoc on the unvaccinated with ICU beds filling up again, deaths precipitously rising, and restrictions and mandates—public and private—imposed.

The onslaught of the Delta variant has been a game-changer for BWNA as well. Having made the decision in July to switch from Zoom back to Bethany Lutheran Church for the August meeting (mask-wearing to be optional), the board did an about-face two weeks prior to the meeting date when it became obvious that an in-person indoor gathering would be a mistake. President Tim Gillespie cited “an explosion of new cases” in Multnomah County with “a shocking 51 percent increase last week from the week before and the highest daily count yesterday in many months;” 80 percent were the Delta variant.

This information is also problematic for a bimonthly publication like ours. Fortunately, though, we have a handy 24/7 backup: the BWNA website (www.bwnapdx.org). I encourage you to keep informed by clicking on “Upcoming Events” and “Subscribe” (updates via e-mail). Staying or going is your call to make.

Finally, we are delighted to welcome our newest advertisers: **Real Estate Roofing** and **Real Estate Mold Solutions!** (see their ad on page 10).

Calendar of Events (cont.)

BWNA Meetings

NOTE:

Check “Upcoming Events” page on BWNA website (www.bwnapdx.org) for venue and/or Zoom link information regarding General and Board meetings.

For Zoom links to Friends of Wilshire Park committee meetings, contact Committee Chair Gary Hancock via email at outside503@aol.com or via phone at 503-367-0862

Wednesday, September 8: Friends of Wilshire Park committee meeting via Zoom or in the park, 7:00 p.m.

Monday, September 13: Board meeting either via Zoom or at Bethany Lutheran Church (corner of NE Skidmore and 37th), 7:00 p.m.

Monday, October 11: General meeting either via Zoom or at Bethany Lutheran Church (corner of NE Skidmore and 37th), 7:00 p.m.

Wednesday, October 13: Friends of Wilshire Park committee meeting via Zoom or in the park, 7:00 p.m.

BWNA Newsletter

Submission Deadline

Friday, October 8 (for the November-December 2021 newsletter)

Email articles and Letter to the Board editorials to Al Ellis (editor@bwnapdx.org)

Email photos, graphics, and ads to Jane Feinberg (design@bwnapdx.org)

Ad Payment

Please make checks payable to BWNA and mail to the following address on or before the submission deadline (see above):

c/o The Postal Station
2000 NE 42nd Avenue, Suite D #394
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Instructions for Article and Ad Submission

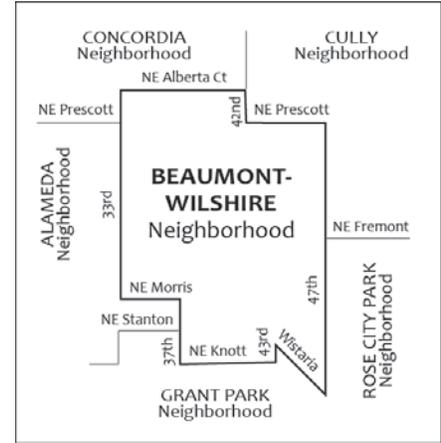
Information about submission of articles and “Letter to the Board” editorials as well as a step-by-step procedure for selection, payment, and submission of ads are provided on the BWNA website (www.bwnapdx.org). Click on “Newsletter/About the Newsletter” at the top of the home page.



President's message (continued)

Joe Hudson, Jim and Bette Johnsrud, Liz Johnston, Linda Kunrath, Karla Lenox, Courtney Lobo, Robin May, Lynette Meadows, Frances Moore, Ted Perkins, Kim Ralphs, Eric Rosewall, Curt Salada, John Sandie, Steve Scheel, Sally Sincic, Deena Stach, Helen Stewart, Diane Storer, Audene Walraven, Ginger Walter, Allan Wesemann, Ann Whitson, John Wire, Paula Young, and Sarah Zakreski.

Here's a shout-out to all these good folks who work together to bring you this newsletter: Thank you!



Fall blood drive (continued)

(www.bwnapdx.org), other BWNA communications venues, Beaumont PTA communications, Nextdoor, and through other media outlets.

We hope you'll consider being a blood donor at our community drive. We're hoping to get a minimum of 30 donors. A hundred would be better! So mark November 7 on your calendar in anticipation of rolling up a sleeve to give someone a second chance at life. As Beaumont PTA Treasurer Sandy McDaniel has said, this drive can be a "great kick-off to a season of giving."

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Moran Homes is a Real Estate Team of 4 licensed brokers led by Susie Hunt Moran and Matt Moran, Principal Brokers.

Transportation committee updates

by John Sandie

The results of the BWNA-requested traffic count surveys by the Portland Bureau of Transportation (PBOT) on the Beaumont-Wilshire section of Prescott Street from June to July, when compared with earlier surveys performed in 2006 and 2011, did not show significant change in overall speed of traffic or incidence of speeding (i.e., 10-plus mph over the posted speed limit). PBOT representative Scott Cohen indicated that, based on this data, it would be difficult to prioritize this stretch of Prescott Street for additional action. The news came as a disappointment to neighbors who have repeatedly complained to BWNA about speeding cars on Prescott Street, especially at the precarious intersection of 37th and Prescott. Discussions are ongoing with PBOT as to what, if any, actions might be considered to address residents' complaints.

The request from BWNA to experiment temporarily with prototyping traffic-calming measures for Skidmore Street along the Wilshire Park block remains on hold. The Transportation Committee was informed by PBOT there are no plans in place at this time for issuing such permits, and it is not known if or when PBOT would open the door again. However, this section of Skidmore Street potentially could be considered as a "low stress" link between the Mason Street Greenway and Skidmore Greenway (east of 37th), thereby making it eligible for traffic calming implementation, despite the absence of compelling survey data. Dialogue continues between BWNA and PBOT.

Conversation between BWNA and PBOT is also underway regarding neighbors' request for a traffic flow survey on Shaver Street between 33rd and 37th in response to the large number

of drivers opting to go this route to avoid the congestion of 33rd Avenue. PBOT did a survey of Shaver Street two years ago, but it was on the stretch east of the 4-way stop at 37th Avenue, and the Transportation Committee is hopeful that PBOT will move forward with a second Shaver Street survey.

While not directly related to transportation issues, BWNA followed up with Bridgette Coleman at PBOT regarding the possibility of a special event-type permit for a fun neighborhood chalk-drawing contest along the stretch of Skidmore Street by Wilshire Park, and planning is underway.

Finally, Transportation Committee member Jim Howell addressed a CNN LUTOP (Central Northeast Neighbors Coalition Land Use, Transportation, Open Spaces Committee) meeting regarding TriMet's Hollywood Hub project. With TriMet representatives in attendance, Jim expressed reservations with the project's concept and offered ideas for improving the plan. Jim made a similar presentation to the BWNA board earlier in the year. As of newsletter press time, TriMet had not yet responded to Jim's concerns. Stay tuned.

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If you haven't checked out the BWNA blog recently, here are just a few topics we've addressed:

- Beaumont Middle School Grounds Cleanup
- BWNA New Neighbor Welcoming Project
- Community Cycling Center Makes a Community-wide Difference

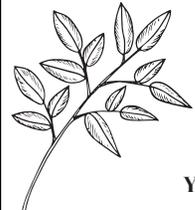
Take a look at www.bwnapdx.org/blog, and while you're there, register your email address so you can keep up to date on neighborhood news, meetings, and activities. Click "Subscribe" at the top of the home page and enter your contact information.

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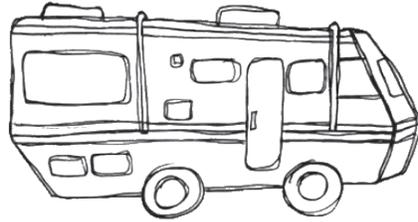
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Legal compliance on wide-open Skidmore Street

by Al Ellis

Most of the streets in Beaumont-Wilshire and vicinity are relatively narrow, charmingly providing both quiet and coziness to residents. But narrowness has its downside as well: namely, barely enough space to accommodate street parking and through-traffic (not to mention cars backing out of driveways). Conversely, while wide-open streets like Skidmore (bordering Wilshire Park) provide ample room for parking and traffic (both motorized and non-motorized), they also serve as a venue for noisy speeders and, recently, RV camping.



Transportation (PBOT) via automated phone message, but without results. This was followed by a BWNA board member notifying the illegal camper of the violations in writing (by taping the message to the RV window), again with no result. Discussing the matter at the

August BWNA meeting, there was both compassion for and frustration with this wayward camper. But would it do any good to notify the shorthanded police (via the non-emergency line) of such violations? Or would it be prudent or safe for a representative from the board to confront the individual face to face? No easy answers for the neighborhood or the camper.

Over the summer, B-W residents repeatedly complained to the BWNA board about vehicles speeding down Skidmore, 37th, and Shaver, running the stop sign at the corner of Skidmore and 37th, sailing through no-stop-sign four-way intersections along Skidmore, and whipping around the precarious corner at 37th and Prescott. But it was a recreational vehicle controversy that drew the most attention last July with the arrival of an RV with Washington license plates, accompanied by a car without license plates, parked 24/7 on the Wilshire Park side of Skidmore Street for weeks in blatant disregard for the curb-side signs that read “No Parking from 10:00 p.m. to 5:00 a.m.” An online search of “zoning allowances for recreational vehicles, City of Portland” reveals that RVs are prohibited from being used as housing in Portland residential areas—except on residential property (an exception in effect only since August 1 via Ordinance No. 190381, which amended Illegal Residency Occupancy Code 29.50.050). But setting up residence in an RV on a residential street remains illegal. Residents were quick to report the violations to the Portland Bureau of

As stated in its bylaws, the primary purpose of BWNA is “to enhance the livability of the neighborhood by establishing and maintaining open lines of communication and acting as a liaison between neighbors, government agencies and officials, educational institutions, area business associations, and other neighborhoods and groups.” With respect to street concerns, the government agencies most often turned to for advice and ordinance enforcement are PBOT and the Portland Police Bureau (representatives from both bureaus having been featured as speakers at BWNA meetings earlier in the year). But assistance from city government in resolving street problems has been slow in coming, in part due to COVID-related staff shortages, but also—especially in the case of the police department—due to budget cuts, early retirements, and resignations.

Nonetheless, BWNA continues to alert authorities to safety threats and to those defying the law with seeming impunity.

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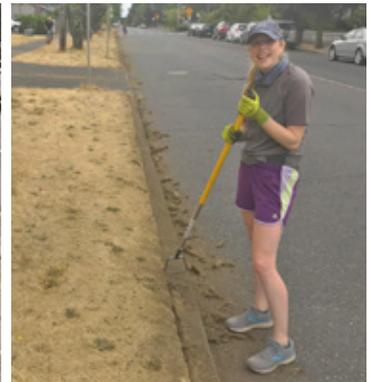


It takes a village: Beaumont Middle School cleanup

by John Sandie

More than a dozen volunteers appreciated Mother Nature's cooperation on Saturday morning, July 31, when they showed up at Beaumont Middle School (BMS) to help clean up the grounds around the school. Instead of temperatures well into the nineties forecasted just a few days before, overcast skies and temps in the upper 60s were ideal for working outside. The work session was rescheduled due to the historic heat wave in late June and was facilitated by the BMS PTA (shout-out to John Thomas for his directing prowess) with a helping hand from BWNA in recruiting volunteers. Crews with mowers, edgers, pruners, and general weeding and raking tools spread out over the grounds, filling up countless bags that made their way into a designated dumpster. A 20-year alum of BMS stopped and chatted for a brief time, reminiscing about his days at the school and thanking the volunteers for their efforts. Neighbors who hadn't had an opportunity to interact with each other since the onset of the pandemic used the outdoor event to catch up on family and friends and to make new acquaintances.

That said, it's fair to ask what role, if any, the school district assumed for maintaining the grounds during the summer. The answer is that Portland Public Schools contracted out the landscaping needed for the main planting bed located on northwest corner of 42nd and Fremont, but maintenance of the rest of the grounds was totally dependent on volunteers. While much progress was made on that Saturday in July, more sessions are planned for August to get the school ready for the arrival of students.



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Recycle with Liz: Sorting it out

by Elizabeth Erickson

Let's talk plastics. I get a lot of questions about Ridwell and "clamshell" containers (the ones that hold berries, salad mix, and tomatoes). Recycling guidelines can seem confusing and arbitrary, so here's some information to help clarify and explain.



scale than traditional hauling companies and has found an emerging market for clamshell containers (which Ridwell accepts).

That said, many of the items Ridwell picks up for a fee can be recycled for free by simply dropping them off at stores around town, but you need to call to confirm. For example:

Not all plastics are created equal. The number you often see is a "resin code" so recyclers can tell what type of plastic the item is made of. Only plastic bottles, tubs, buckets, or jugs—empty, clean, dry, and larger than a fist—are accepted in the blue recycle cart for curbside collection. These materials have two important qualities that make them acceptable: 1) the recycling market for these plastic products is consistent and reliable, and 2) they can make it through the collection and sorting system. In contrast, clamshell containers do not have stable buyers, primarily due to the fact that when these plastics go through the sorting system, they often flatten and get sorted with the paper—what a mess!

- **Batteries and lightbulbs:** Ikea, Target, Batteries+Bulbs (note that incandescent and LED can go in the garbage)
- **Textiles:** H&M accepts textiles in any condition for reuse or recycling, but that's currently on hold due to COVID-19.
- **Plastic bags and films:** grocery stores like New Seasons, Fred Meyer, and Safeway.

Ridwell, a Seattle-based company, is now offering its doorstep concierge service to Portland residents starting at \$12 per month. The four basic items they collect for recycling (which are not accepted in the blue recycling cart) are batteries, lightbulbs, textiles, and plastic bags and film. Ridwell collects and sorts differently and on a much smaller

A parting caveat: While recycling is always preferable to not recycling, it takes over 70 times more energy and resources to make an item in the first place than it does to recycle it. Thus reducing purchases of single-use items (or not making them at all) will have the greatest positive environmental impact in the long run.

Comments or questions? Send them to Liz (elizabeth.ann.erickson@gmail.com).

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Tigard-based Fred Shearer & Sons feeling right at home in Beaumont-Wilshire

by Mark Mohammadpour

We're pleased to profile newsletter advertiser Fred Shearer & Sons. The business provides a number of construction services, including historical restoration, fireproofing, steel stud framing, and drywall. We interviewed Chris Haynes from the company to learn more.

Chris, please share a little about Fred Shearer & Sons.

Since 1916 Fred Shearer & Sons has been a part of the construction and repair of some of Portland's most beautiful buildings. We have also focused on the future and embraced new materials and techniques. Our customers tell us how pleased they are that there are still people who specialize in this type of work and are willing to take on projects no matter the size. We know from personal experience the importance of meeting the needs of our customers and community, as this has kept us in business for over a century. We would welcome the opportunity to be of assistance and encourage your readers to go to our website (www.fredshearer.com) to learn more.

Talk about the Beaumont-Wilshire community. What has the experience been like serving customers in the neighborhood?

We certainly feel connected to the beautiful architecture that your residents are doing such an excellent job of preserving. Walking down a street in Beaumont-Wilshire is like a stroll through Portland's history—definitely to the credit of Beaumont-Wilshire residents. That is something near and dear to us, and our residential customers often express their appreciation that the skills and craftsmanship that went into the construction of their home are still alive and available today.

What should homeowners or commercial business owners keep in mind as we head into the fall?

If anyone has had water leaks repaired (roofing or plumbing) over the summer, it is an excellent time to fix any resulting water damage to the interior plaster. For the exterior, if they have noticed areas where water has started to infiltrate the stucco, such as around windows or doors, it is good to fix them before freezing temps make the problem grow. Get it while it's still small.

Great advice, Chris, and hats off to Fred Shearer & Son for the emphasis on craftsmanship.

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Compassion for the houseless

by Tim Gillespie

Editor's Note: This article speaks of compassion for and frustration with the RV camper who knowingly parked illegally for weeks by Wilshire Park. Tim makes the case for compassion.

Offering another angle on the houseless crisis, many local charitable organizations are working hard to help folks survive and break out of that condition. If you aren't already, you might consider donating time or money to such organizations.

BWNA has made contributions to the Beaumont Middle School PTA's Family Resiliency Fund and the Community Cycling Center's program to deliver food and care kits to hurting families. Additionally, the BWNA Board has spotlighted the Portland Food Project for its good work. These are three worthy local projects the BWNA board has evaluated and recommends supporting.

Here are a few more of the many 501(c)(3) charitable nonprofit organizations active in Portland, all with websites where you can learn more about their initiatives:

- For fighting hunger, the Oregon Food Bank has a stellar reputation, earning the highest rating from Charity Navigator.
- Other Portland organizations with strong ratings that are addressing houselessness and the conditions that lead to it include Street Roots, Central City Concern, Habitat for Humanity Portland/Metro East, Transition Projects, JOIN, and the United Way of the Columbia-Willamette.
- Organizations with a particularly strong presence in downtown and Old Town Portland include Sisters of the Road, Blanchet House, and p:ear (a longtime Portland humanitarian organization assisting houseless youth, ages 15 to 25, with the acronym standing for "progress through education, art, and recreation—pronounced like the fruit, "pear").

- Organizations focused on BIPOC (Black, Indigenous, and People of Color) communities experiencing houselessness include the Black Resilience Fund of the nonprofit Brown Hope and the Urban League of Portland.

All these organizations are focused on compassionate, long-term solutions to houselessness. If you have recommendations of other worthy nonprofits doing this good work, let us know.



Do you know a neighbor who could use a helping hand?

The Beaumont-Wilshire Neighborhood Volunteer Group stands ready to pitch in. Cleaning chores: yard work, window washing, garage/storage organization, simple painting. Contact John Sandie 219-508-4162 or sandiefam@gmail.com



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Gardening in pots

by Barbara Strunk

Years ago a friend told me I had a pot problem. Not that kind of pot, but receptacles for growing plants. She was right. My plants-in-pots collection has only continued to grow. I garden in small pots and very large pots. My small succulents are in small pots, and rhododendrons that really should be in the ground are in very large pots. A hand truck is an important piece of equipment for my garden. Since I am an enthusiastic plant propagator, smaller utilitarian plastic pots also are essential.

There are many advantages to gardening in pots. Plants can be tucked into places where the sun or shade is just right, such as a porch, patio or deck, under a tree, or where the site is a good place to display a specimen plant. Pots can be moved to the shade during hot weather. In a pot the most appropriate soil for a specific plant can be supplied. For example, vegetables and other annuals need a richer soil and more water to support faster growth. Some perennials and succulent plants need a less rich soil and faster drainage than plants that have to do their thing in just one season.

Specific gardening techniques are needed for successful cultivation in pots. Pots *must* always have at least one drainage hole. Pots must be watered regularly, before the soil dries out. In hot weather watering is essential morning and evening. Our experience during the summer heat waves is that moving some pots to shade and extra watering for the most exposed pots made it possible for them to tolerate the extremes. In winter smaller pots should be placed on the ground or moved to warmer areas when a significant freeze is predicted. Keep an eye on root growth. Plants can easily get pot-bound and fail if they are not moved to a larger pot. "Potting up" is best done in the spring.

Because pots provide a smaller growing area, more attention should be paid to the soil. The goal is to use soil that provides nutrients but has faster drainage than garden soil. Use a high-quality potting soil available at nurseries such as Garden Fever or Portland Nursery that balances drainage, moisture retention, and nutrients. I make my own potting soil using the high-quality potting/raised-bed soil from the nurseries and adding some coarse sand, a small amount of ¼"-ten gravel for drainage, and a balanced slow-release fertilizer. I fertilize established pots every spring. A good source of the sand and gravel is Oregon Decorative Rock on NE Columbia Boulevard.

We enjoy growing and eating vegetables. The warmest and sunniest spot in our garden is the parking strip next to the



driveway. There we have quite large plastic pots in which we grow the heat lovers, tomatoes and peppers. In this environment watering can be needed twice a day. The plants survived the June heat wave with just minimal leaf burn. Fruiting vegetables must grow and produce in a short time so adding vegetable/tomato fertilizer is essential at the beginning of the growing season.

Pots are great for "plantaholics" who can't live without a certain plant but don't have an immediate appropriate site in the garden for planting. This is an advantage or disadvantage depending on your viewpoint. Pots can also be very beautiful and quite varied in appearance. Once you start acquiring pots, you need more, especially if you have a friend who is a potter. My mother was a potter and made lovely pots for plants. I am still using her pots 40 years later.

Terra cotta and ceramic pots are heavy, a definite drawback. Lighter, attractive plastic pots have become readily available over the years at nurseries and garden centers. My latest discovery was "bonsai" pots made of plastic. Plastic pots are no longer just nursery stock-growing pots.

Several years ago I was inspired by a friend to make planters out of Styrofoam fish shipping boxes. I carved and textured the outsides of the boxes and then painted them. It has turned out that the Styrofoam planters are great insulators from cold and heat. During the recent heat waves the watered plants in Styrofoam did quite well, even in the sun. I have not lost a plant to freezing in Styrofoam planters. The downside to Styrofoam, even if it is covered with a thin paint and concrete slurry, is that they can easily be damaged. A touch up with paint works wonders. When moving a larger Styrofoam pot, it is a good idea to place a board underneath it and have a helper.

I have small carnivorous plant gardens in large shallow pots. The pots are placed in large 3- to 4-inch-deep plant trays that supply the water that is constantly required. This could also be seen as a disadvantage since daily topping up of the tray is essential in summer. They are doing well and the time is coming when they need to be divided and the extra plants given away to other enthusiastic gardeners.

There are huge varieties of interesting plants, and plant nerds want them all. Some plants, like the carnivorous, have exacting requirements. Using pots of different kinds and sizes allows all gardeners to explore and nurture a huge palette of plants.

Cook like no one is watching!

by Susan Trabucco

As I write this in mid-August, it's a 100-degree day with more such days on the way. Contemplating a recipe for crisp fall days and crisper fall nights is a challenge, but I had a "eureka" moment. When looking ahead to autumn my mind turned to fall décor, which segued to pumpkins, then moved on to edible fall décor—pumpkins and squash—colorful comfort food with a fantastically long shelf life.

While some pumpkins are edible, the jack-o-lantern-carving-kind must have been developed for its likeness to Styrofoam: it cuts easily with a knife, is lightweight, and the taste is about the same! Jack-o-lanterns do have a plus: unlike Styrofoam they can be easily disposed of in the compost bin.

Post-Halloween I conducted cooking experiments with the many squash and pumpkins I used for outdoor decorating. I concluded the dark gray-green gnarly one with warts (not its official name!) is on the top of the list along with a pumpkin named American Tondo. They looked festive on the front porch, kept their shape when roasted, boasted a deep-orange hue pleasant to the eye, had a nice texture...and tasted sweet and rich. Not much more I could ask of them!

**"NO ONE
IS BORN A
GREAT
COOK,
ONE LEARNS
BY DOING."**

—Julia Child
Chef & Author

Fun fact: a can of pureed pumpkin (yep, even Libby's brand) is typically a blend of various squashes—not pumpkin at all. Who knew?

Why all this squash-musing? In the last issue of the BWNA newsletter, I mentioned my interest in a recently published cookbook titled *Fresh India* by Meera Sodha. I've enjoyed everything I've cooked from it, but the recipe for Pumpkin, Black-eyed Pea, and Coconut Curry (see page 15)

has become my favorite vegetarian comfort food—full of flavor and a creaminess provided by coconut milk. If that's not enough, the exotic aromas will have your family crowding in the kitchen to see what smells so inviting. Move over mac 'n cheese!

Susan Trabucco is a Beaumont-Wilshire resident who is passionate about cooking and tropical-ish gardening. Her wish for this regular column is to inspire the fearful to cook with abandon, and the experienced to find a new "keeper" recipe. Cook on!

For recipe questions or to submit your recipe ideas for this column, e-mail Susan (susan@trabucco.biz).

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Recipe provided by Susan Trabucco

Serves 4

Pumpkin, Black-eyed Pea, and Coconut Curry

For the squash:

1¼ lbs pumpkin or squash
(peeled if desired)
1 Tbs garam masala
salt and pepper to taste
coconut or canola oil (enough to
drizzle over squash)

Cut pumpkin or squash in half, peel if desired, discard seeds; cut into crescents about ¾ inch thick. Drizzle with the oil, sprinkle with the garam masala, salt, and pepper. Toss to coat evenly. Bake at 400° for 30 minutes or until tender.

For the sauce (cook while squash is roasting):

2 Tbs coconut or canola oil
1 tsp mustard seeds (I over-bought. Feel free to connect with me and I'll share.)
2 Indian green chiles, slit lengthways. (I use jalapeno, or serrano peppers if you want it hotter.)
1 large onion, halved and thinly sliced
3 cloves garlic, crushed
1 14-oz. can black-eyed peas, drained

½ lb ripe tomatoes, cut into wedges (or use a 14-oz can of diced tomatoes, drained)
½ tsp ground turmeric
½ tsp ground pepper
½ tsp salt
1 14-oz can coconut milk

Optional: 10 fresh curry leaves, fried in oil until crispy; pour on top right before serving. (I've never used these, and the result is still warm and wonderful).

Heat oil in a large, lidded frying pan; when hot, add the mustard seeds and cook until they pop. Then add the onion and slit green chiles. Cook for about 12 minutes, or until the onion is golden. Add garlic and cook for a couple of minutes. Add drained beans, stir to mix. Then add tomatoes and cook for a few minutes until they are soft and "jammy" around the edges.

Next add the turmeric, salt, pepper, and the coconut milk. Add the roasted squash to the pan; stir gently to mix. Cover with the lid, and heat through about 5 minutes. Check for salt and heat, and serve when ready. Add the optional fried curry leaves if desired.

Serve with rice or naan bread; chutneys are great with this, too.



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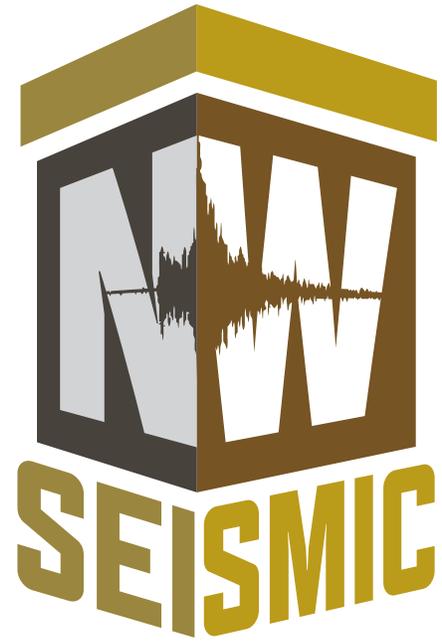


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