



## March-April 2020

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FIND THE Beaumont-Wilshire  
Neighborhood Association  
ONLINE AT [www.bwnapdx.org](http://www.bwnapdx.org)

## BWNA Calendar of Events

### Community Events

**City Council Residential Infill  
Project (RIP) public hearing on  
proposed amendments**  
Thursday, March 12  
2:00-5:00 p.m.  
Council Chambers (2nd Floor)  
City Hall, 1221 SW 4th Avenue  
(for information: [portland.gov/rip](http://portland.gov/rip))

**Friends of Trees Planting Day**  
Saturday, April 4  
(see article on page 7 for details  
about plantings and contact  
information)

**Portland Chapter of the Oregon  
Native Plant Society presentation:  
Identification and Ecological Role  
of Plantings in Wilshire Park  
NatureSpace**  
Sunday, April 5  
1:00-2:00 p.m.  
Wilshire Park NatureSpace,  
located just west of pavilion in  
the middle of the park

*continued on page 3*

## Homestretch for Friends of Wilshire Park fundraising campaign

by Tiffney Townsend

On a characteristically drab and wet February evening, BWNA's Friends of Wilshire Park (FoWP) committee kicked off its final fundraising push for the children's play area at Wilshire Park with an open house at FoWP member Audene Walraven's home. Audene graciously welcomed contributors, providing delicious homemade soups complemented by donated bread from Grand Central Bakery. Neighbors stopped by to chat, learn about FoWP activities, and write checks—the event generating over \$600 toward the purchase of a new playhouse for the children's play area.

A new off-road vehicle play structure installed last year was paid for entirely by community donations. Several thousand additional dollars are needed to purchase a new playhouse, which replaces the former playhouse that was removed months ago by Portland Parks & Recreation (PP&R) for the safety of the children. With no PP&R funding allotted for a replacement, FoWP requested and was granted permission to fundraise the \$15,000 needed to purchase the playhouse, with PP&R (hopefully) covering the cost of installation, as was the case with the off-road vehicle play structure. Now in the homestretch of its fundraising efforts, FoWP is over half way to the fundraising goal. Like the car climber, the new playhouse will be made in the U.S. of durable materials that will last well into the next generation.

Attached to this issue of the BWNA newsletter is an envelope that will transport donations directly to the FoWP fund at Central Northeast Neighbors (CNN), BWNA's neighborhood coalition organization. Donations can also be made online at [friendsofwilshirepark.org/donate](http://friendsofwilshirepark.org/donate). Thanks to CNN, which has nonprofit status, every donation is tax deductible. If you've already donated, thank you! If you have, pass the envelope along to someone who hasn't.

*continued on page 15*



*This illustration shows what the new playhouse for the Wilshire Park playground will look like. The FoWP are nearly to their fundraising goal and need only a few thousand last dollars from the community. Illustration by Oren Bernstein*

## New BWNA website offers fresh look, better connections

by Carl Baird

Big changes are coming to the Beaumont-Wilshire Neighborhood Association (BWNA) website. Starting March 1, the old BWNA website address ([www.bwna.us](http://www.bwna.us)) will be history, replaced by a new and improved version ([www.bwnapdx.org](http://www.bwnapdx.org)). The new website not only showcases a beautiful new design, but also offers great ways to stay connected with what is happening in the neighborhood. Get to know board members and learn what they are doing to make BWNA one of the best neighborhoods to live in. Register your e-mail on the website to stay up to date about upcoming events and other important neighborhood news. Find links to connect with local community organizations and resources. Take a minute to check out the new site and stay tuned for new Instagram and Twitter accounts to connect with your neighbors and share your pictures of our beautiful neighborhood.



## President's message

by Tim Hemstreet

### A parting president's message from Tim Hemstreet

At our February general membership meeting, we heard from Edy Martinez, district manager of Our 42nd Avenue ([www.42ave.org](http://www.42ave.org)). Edy came to talk to us about Our 42nd Avenue, a nonprofit that seeks to develop business and employment opportunities on NE 42nd Avenue, and, in doing so, benefit local residents in an inclusive way. Our 42nd Avenue helps support local entrepreneurs by providing business incubation space, building relationships that can enhance the commercial district, and supporting local hiring and the use of local services by businesses and residents. Edy is new in his role and is focused on building relationships in the neighborhood and advancing the mission of the organization.

We also heard updates on upcoming BWNA projects, including a spring Neighborhood Cleanup event to be held in partnership with the Grant Park Neighborhood Association and the Beaumont Middle School Parent Teacher Association, which will help us all accomplish our spring cleaning goals while benefiting these organizations.

As noted in the article on page 1 of the newsletter, BWNA has re-vamped its website

to better connect with neighbors about the activities and projects that BWNA is involved with and planning to undertake. Please check out our new website at [www.bwnapdx.org](http://www.bwnapdx.org) and sign up to be on BWNA's e-mail distribution list. You can always find this newsletter there as well. Many thanks to board member Rich Woyma for spearheading the effort to refresh BWNA's web presence with a more engaging and modern feel.

Elections! BWNA is a volunteer-led organization with four officers and ten at-large board members. Elections for board positions are held at our April general membership meeting, and it is important that we fill open positions. If you have an interest in serving on the board, please contact me or any other board member. While elections are held in April, anyone can join the board at any time.

My term as BWNA president concludes in April, and I look forward to remaining on the board as immediate past president. It's been a rewarding experience serving as president of BWNA, and I hope you will consider serving the neighborhood through participation in BWNA as well. By joining the board, you can help keep this neighborhood a place we all are happy to call home.

## Cleanup coming to B-W neighborhood in May

by Kathy Campbell

Looking for an excellent opportunity to spring-clean your garage, basement, and/or patio? Mark May 2 on your calendar, destination Beaumont Middle School. BWNA, Grant Park NA, and Beaumont Middle School are sponsoring a neighborhood spring cleanup on Saturday, May 2, in the Beaumont Middle School parking lot (4043 NE Fremont Street). Cleanup hours are from 9:00 a.m. to 1:00 p.m. Costs: contents of a car/small SUV \$15; small pickups/mini van \$20; full-size truck or van \$30; trailer/U-Haul \$60; electronics (anything with a plug) \$3. Cardboard is acceptable, but not yard debris of any kind. Suggested items for cleanup include furniture, mattresses, glass, hard plastics, electronics, rubber, corded appliances, computers, carpets, and BBQs.

The net profit will be split between the two neighborhood associations and the school, helping to fund community and educational enhancement projects. Organizers are recruiting volunteers to fill 2-hour shifts on May 2. If available to help, contact BWNA Vice President Kathy Campbell by phone at 503-515-6225 or e-mail ([campkat219@gmail.com](mailto:campkat219@gmail.com)).

## Our Organization

### BWNA Board

#### President

Tim Hemstreet 503-239-6231  
[president@bwna.us](mailto:president@bwna.us)

#### Vice-President

Kathy Campbell 503-515-6225

#### Secretary

Barbara Strunk 503-284-7502

#### Treasurer

Karla Lenox 503-686-5915  
[treasurer@bwna.us](mailto:treasurer@bwna.us)

#### Board Members at Large

Al Ellis 503-287-0477  
 Tim Gillespie 503-287-6272  
 Cliff Goldman 503-282-1150  
 Gary Hancock 503-367-0862  
 Deb Harris 503-284-4449  
 Laurie Holtz 621-327-5595  
 Rich Woyma 971-488-0140  
 (three open positions)

### Related Organizations

#### Beaumont Business Association

Kathy Madore  
[beaumontbusinesses@gmail.com](mailto:beaumontbusinesses@gmail.com)

#### Central Northeast Neighbors Board

Barbara Strunk 503-284-7502  
 Tim Hemstreet 503-239-6231

### Areas of Interest

- **Beaumont Middle School**  
Tim Gillespie 503-287-6272
- **Crime Prevention**  
Bill Markwart 503-282-4610
- **Transportation**  
Jim Howell 503-284-7182
- **Land Use**  
Tim Hemstreet 503-239-6231
- **Newsletter**  
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Instructions at [www.bwnapdx.org](http://www.bwnapdx.org)
- **Friends of Wilshire Park**  
Gary Hancock 503-367-0862
- **Website** ([www.bwnapdx.org](http://www.bwnapdx.org))



## Editor's notes

by Al Ellis

If seasons could be schizoid, spring would qualify as the poster child. Consider the mood swings: beware the

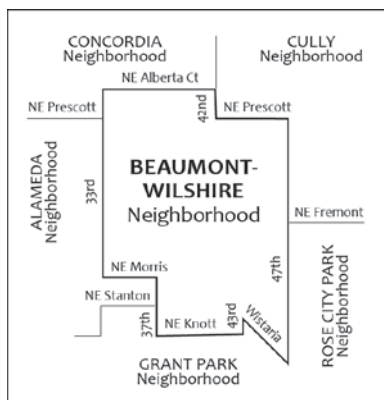
Idea of March! Happy St. Patrick's Day/ Easter/Passover! April showers! Good day, sunshine! Damn weeds! Earth Day! AhChoo! Cherry blossom time! Politics! Play ball! Damn bugs! March Madness! Taxes! Taste of Beaumont!

Taste of Beaumont? Yes, BWNA's seminal spring event that, heretofore, had been publicized each year on the front page of our March-April newsletters, encouraging residents to come partake of cuisine samples from local eateries, enjoy a performance by the Beaumont Middle School Jazz Ambassadors, participate in a raffle of door prizes donated by local businesses, and perhaps even agree to be nominated to serve on the BWNA board. But you won't find that article in this year's issue, because Taste of Beaumont has been terminated. At a special board meeting convened in late January by President Tim Hemstreet, board members concluded—reluctantly—that Taste of Beaumont, at least in its current form, is no longer viable.

What prompted such a conclusion? It certainly wasn't lack of support from the Beaumont Business Association (20 merchants strong last year contributing cuisine samples or door prizes), and it certainly wasn't lack of participation and cooperation on the part of the Beaumont Middle School community (free use of the cafeteria as a venue, classy white tablecloths, and lively entertainment from band director Cynthia Plank and her exemplary ensemble of young musicians). No, the culprit is low attendance. Aside from board members and spouses, only a sprinkling of B-W residents show up. Attendance included the musicians' parents, siblings, and friends, but they usually head home soon after the set. And the elections? Last year we struck out completely: 0 for 5 in filling open board positions.

Within a month of last year's Taste of Beaumont, however, two of those five vacant at-large board positions had been filled, with the board enthusiastically welcoming its youngest members, Laurie Holtz and Rich Woyma (about whom you can read profile articles in the 2019 July-August and September-October issues, respectively, via newsletter archives on BWNA's new website—[www.bwnapdx.org](http://www.bwnapdx.org)). So what motivated Laurie and Rich to take the leap to serve? Both said it was the result of reading articles in our newsletter! But a salient lesson to be learned is that banking on one meeting or event to fill open board positions is at best a crapshoot, at worst a recipe for disappointment. Fortunately, though, while BWNA bylaws do require annual elections to be held in April, vacated board positions may be filled at any regularly scheduled meeting during the year (which was the case with Laurie and Rich at last spring's board meeting). And Taste of Beaumont? Well, the board left the door open to revising or replacing it next year. Got suggestions? Let us know.

I close with the focus on another of spring's "positive moods"—the spirit of renewal. Our newsletter is indeed renewed in depth with the addition of B-W apartment-dweller and newsletter advertiser Carl Baird, DC (Evolve Performance Healthcare)—our newest writer/reporter. Thanks for volunteering, Carl, and welcome aboard!



## Calendar of Events (cont.)

### BWNA Meetings

#### Location and Time:

Bethany Lutheran Church  
Corner of NE Skidmore and 37th  
7:00-8:30 p.m.

Board meetings in Library Meeting Room  
(enter on 37th side of church)

General meetings and Friends of Wilshire  
Park committee meetings in Fellowship Hall  
(down walkway on Skidmore side)

**Monday, March 9:** Board Meeting

**Wednesday, March 11:** Friends of Wilshire  
Park Committee Meeting

**Monday, April 13:** General Meeting and  
Annual Elections

**Wednesday, April 15:** Friends of Wilshire  
Park Committee Meeting

### BWNA Newsletter

#### Submission Deadline

**Friday, April 10** (for the May-June newsletter)

E-mail articles and Letter to the Board  
editorials to Al Ellis ([editor@bwna.us](mailto:editor@bwna.us))

E-mail photos, graphics, and ads to  
Jane Feinberg ([design@bwna.us](mailto:design@bwna.us))

### 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  
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### Instructions for Advertisers

A step-by-step procedure for selection, purchase,  
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# Our 42nd Avenue: Same program, new face, NAYA as partner

by Susan Trabucco

*Editor's Note: As you can see on the neighborhood boundary map on page 3, Beaumont-Wilshire shares a common boundary with Cully and Concordia neighborhoods at the intersection of NE 42nd Avenue and Alberta Court, thus providing a shared residential/business community along 42nd. But what's happening there and why?*

Perhaps you've seen the evolving urban landscape on NE 42nd Avenue between Prescott Street and Killingsworth Avenue: a new mixed-use three-story building near 42nd and Prescott with a ground-floor vegan cafe and movement studio, businesses *Yonder* and *Bolt Fabric Boutique* now housed in the former Delphina's Bakery site, *Portland Bloem*, *Cully Farm Store*, and most recently, consignment store *Take It Or Leave It* in the former Portland Tissue building just past Alberta Street. But perhaps more notably is what you *haven't* observed on the street—a full-scale teardown of existing structures replaced with high-rise developments, as has been the case in other areas around the city.

## A Thoughtful Approach

It turns out that's by design through the work of Our 42nd Avenue. Formally established as a 501(C) 3 nonprofit in 2014 and funded in part by Prosper Portland, Our 42nd Avenue often has been erroneously viewed as a business association. Instead, it is one of several location-based, City of Portland-sponsored entities called Neighborhood Prosperity Initiatives (NPI).

Under the direction of a local Board of Directors and former District Manager Michael Demarco, volunteers and other team members have done the work of this community-centric, nonprofit economic development organization. Activities have included identifying community concerns and needs and working with building owners and prospective business owners to coax development that serves the existing community and brings employment to the neighborhood. This effort has helped many from being pushed out by runaway gentrification and helped secure businesses that embrace Our 42nd's community-minded vision.

## Changes Underway

While that work will continue to be the mission of the organization, some recent changes have taken place. DeMarco, a familiar face and ambassador for the agency, has moved on to pursue an economic development consulting practice. While he'll continue to assist Our 42nd Avenue as needed in his new entrepreneurial capacity, in January he passed the district manager baton to Edy Martinez.

Martinez, a northern California native with a degree in Recreation and Administration from Chico State University, has lived and worked in the Portland area for several years, but his 18-year career

has a common thread. "Whether working in schools or community centers," he said, "my career has always had a community component to it." Most recently Martinez, who introduced himself at the February BWNA general membership meeting, was running the Portland SUN Community Schools program, in which he oversaw 17 employees who managed the various departments that served participating children and their immediate families. Martinez was drawn to the Our 42nd Avenue position to round out his community development experience: "While I've done a great deal of community-related work, I was excited by the opportunity to work with and learn about small businesses...It's in the same wheelhouse, but it gives me the chance to learn something new."

## NAYA Brings Benefits

Another big change in Our 42nd Avenue operations is the structure. While still partially funded by Prosper Portland, it will no longer be its own nonprofit and is instead working under the umbrella of the Portland-based Native American Youth and Family Center (NAYA). NAYA is a nonprofit with a stated mission to "enhance the diverse strengths of our youth and families in partnership with the community through cultural identity and education." Oscar Arana, who now oversees Our 42nd, is NAYA's director of community development and believes that NAYA is well-positioned to wrap Our 42nd Avenue into its portfolio of services: "We're already a fiscal sponsor of the Cully Boulevard Alliance, another NPI, and many elements of Our 42nd Avenue's strategic plan aligned with our own"—adding that "NAYA is a community resource, so when Our 42nd Avenue leadership asked for support, we wanted to provide it."

*continued on page 8*



*Edy Martinez is the new District Manager for Our 42nd Avenue, an organization whose economic development aim is to cultivate a prosperous, diverse 42nd Avenue community. Photo by Susan Trabucco*

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# Planting Beaumont-Wilshire's parking strips

by Barbara Strunk

With increasing density in Portland, we have less space to plant. The health of people and our planet depend both on enough trees, plants, and insects and a balance of living creatures to keep global heating and carbon pollution at bay. Our city parking strips are underutilized space that can be planted. An informal survey of parts of our neighborhood indicated that there is plenty of space to plant in parking strips. Our small sample showed 42 percent had trees and grass, and 27 percent had plants as well as grass and trees. It is encouraging that 69 percent have trees planted, but that also underscores that there is still plenty of room for other plants to nourish insects and birds.

The Beaumont-Wilshire community, together with Friends of Trees (FoT), has a goal of planting at least 100 new trees in our neighborhood this planting season.

To get a tree for your parking strip or your yard, sign up online with the FoT at [www.friendsoftrees.org](http://www.friendsoftrees.org) by March 2. About 40 Beaumont



residents already have signed up for trees. Why not join them in making our neighborhood a greener place to live? The tree planting will occur on April 4, 2020. If you have questions about this FoT project, contact Janet Baker via e-mail ([janbak@pacifier.com](mailto:janbak@pacifier.com)) or phone (503-288-3441). Keep in mind that planting trees in parking strips requires a city permit. It is essential that our plantings do not block visibility for walkers and drivers. A large camellia is beautiful, but is so big it blocks visibility. It is also important to place paths along the street side of the parking strip, and through it, to allow pedestrian traffic.

What plants work best in parking strips? To support insects and birds we plant for 1) a long diverse flowering season; 2) appropriate flower shapes that easily allow access to pollen and nectar; and 3) relative drought tolerance once established. A mixture of native and non-native flowering plants and trees meets this requirement. My parking strip is a rock garden planted with low-growing flowering plants, such as bulbs, low shrubs like daphne and creeping Oregon Grape, and

*continued on page 8*

## Guidance on your terms.

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**Erick Ibarra**  
Vice President Branch Manager,  
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## Our 42nd Avenue (continued)

Our 42nd Avenue will dissolve its nonprofit later this year, and its former board of directors will no longer have organizational authority. Nonetheless, they will stay involved as a kind of “steering committee,” providing community input to Arana and Martinez, who is officially a NAYA employee.

Rosemarie Sweet, who has served as board chair for Our 42nd Avenue for the past four years, feels the board’s decision to shift operations to NAYA will give the organization much-needed resources, allowing Martinez to bring Our 42nd Avenue back to its roots—i.e., connecting with property and business owners for the good of the community. “In spite of limited resources, Michael managed to secure site control of several key properties on the street and provide homes for many community, mission-oriented businesses” Sweet said. “As that portfolio grew, he had less time for community outreach and building new relationships. With NAYA’s participation, Edy will be able to focus again on these important tasks.”

### Community Coffee Hour and Other Connection Options

Community members from the neighborhoods in and around the 42nd Avenue corridor will continue to have a way to connect with Our 42nd Avenue through its long-running Community Coffee Hour held on the last Friday of the month from January through October. The casual sessions are held at COM(MOTION) Studio at 4522 NE 42nd Avenue and run from 8:00 a.m. to 10:00 a.m. To sign up for the coffee hour e-mail reminder and to RSVP attendance, visit [www.42ave.org/newsletter](http://www.42ave.org/newsletter).

Our 42nd Avenue’s office is now located at 4213 NE Alberta Street, between Cully Farm Store and Iron Art of the Northwest. As Edy Martinez is often out in the district or in meetings, be sure call ahead for an appointment (503-837-3542) or send him an e-mail ([Edy@42ndAve.org](mailto:Edy@42ndAve.org)).



*Oscar Arana, who now oversees the Our 42nd Avenue organization, is NAYA’s director of community development. He believes NAYA and Our 42nd have a great deal of mission-alignment. Submitted photo*



*In addition to being a resource to the Our 42nd Avenue organization, The Native American Youth and Family Center, (NAYA) is also a presence on 42nd Avenue with the recent opening of the Nesika Illahee building, an affordable housing project for tribal members and other native families in Portland. The project was developed by NAYA in collaboration with the Native American Rehabilitation Association of the Northwest (NARA NW), Community Development Partners, and the Confederated Tribes of Siletz Indians. Nesika Illahee means “Our Place” in the Chinook Language.*

## Planting parking strips (continued)

daisy-shaped and open flowers such as asters and sedums. I also have plants, such as gloriosa daisies, that produce seeds for small birds to eat in fall and winter. These are not all natives, but the insects and birds love all of them, and the extended flowering season of diverse plants for pollinators is important.

A source of information about parking strip and insect-and-bird-friendly plants is “Pollinator Parkways” ([www.pollinatorparkways.weebly.com](http://www.pollinatorparkways.weebly.com)). Beaumont-Wilshire neighbors are working on organizing some assistance with planting parking strips, and we’ll keep you posted.


We have wonderful nurseries in our area, among them Garden Fever, Portland Nursery, and Marbott’s, where you can find plants

suitable to plant in your parking strip. We are also fast approaching the season of plant sales where we can find many interesting plants and get the growers’ advice. Coming in the next few months are the Hardy Plant Society sale, Leach Garden sale, the Crystal Springs Rhododendron Garden sale, Clackamas County Master Gardeners sale in Canby, and Garden Palooza in Aurora, among others. All these sales have an online presence for information.

This article written in 2010 and updated in 2019 is helpful: [www.oregonlive.com/kympokorny/2010/08/garden\\_zone\\_more\\_on\\_parking\\_st.html](http://www.oregonlive.com/kympokorny/2010/08/garden_zone_more_on_parking_st.html).



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## Back Pain: How Ann (aged 53) Avoided Back Surgery, Even After Years of Pain

by Leading Back Pain Expert, Dr. Carl Baird, DC, MS



Dr. Carl Baird, DC, MS

One of our favorite clients, Ann, had been diagnosed with two “disc bulges” and “arthritis” in her low back. She’d been suffering from back pain for 10 years, but it was getting worse, especially in the past 3 months.

Everyday she’d wake up stiff, exercising was out of the question, and worse, she was **unable to truly enjoy the walks with friends that used to be so much fun for her.**

Like many people we meet, Ann’s first instinct was to go to her doctor. After barely looking at her, she was told she **NEEDED** to take painkillers, was facing surgery and that she had a ‘bad back’ and was something that she was just going to have to live with.

The truth is most doctors aren’t trained in the specifics of back pain. They will make sure there isn’t a major pathology or broken bone, and then offer ‘quick fixes’ like pain pills, injections, surgery or rest.

For the patient that means:

- No individualized attention
- No process of figuring it out
- No consideration of more realistic causes such as muscle imbalances, movement compensations, or strength deficiencies

Ann is also very smart and knew there had to be a better way. So how did Ann end up avoiding back surgery and getting out of chronic pain?

### It All Started with a FREE Discovery Visit

It was her opportunity to speak to a back-pain specialist and have all her questions answered. If you’re like Ann and determined to stay active, strong, and out of the doctor’s office, inquire about your own free Discovery Visit by going to our website at [www.performancehealthcarepdx.com/discovery-visit-inquiry](http://www.performancehealthcarepdx.com/discovery-visit-inquiry) or calling 503-954-2495 today!

**Evolve Performance Healthcare**



## B-W Behind the Scenes: A walk around the neighborhood

by John Sandie

Back in January, I invited members of city council to take a walk with me. Mayor Wheeler's and Commissioner Hardesty's offices declined, but politely thanked me and reinforced their positions for supporting the Residential Infill Project (RIP) proposal. I received no response from Commissioner Eudaly. But Amanda Fritz responded both personally and affably as well as copying her public comments regarding concerns with the proposal. I followed up with Amanda and asked for her support by presenting an amendment to consider abutting properties in determining minimum front setbacks. She was receptive to my suggestion, but admitted the Bureau of Development Services (BDS) and her fellow council members had not supported the earlier amendments she submitted.

Whether you agree with my take on the RIP proposal or not, I'm sharing my experience to spark an interest in civic involvement. Employing an "off the beaten path" approach, here's my invitation:

*Please join me on a little walk.*

On days when I don't exercise with the "7:00 am club" at the Dishman Center, I try to take a minimum 2-mile neighborhood trek. From my home in Beaumont-Wilshire, depending on what compass point I head toward, these walks can take me down into the Hollywood District, or maybe over into Rose City Park, Cully, and Alameda neighborhoods, and even, at times, up to Concordia. Once you move past the stately houses along Alameda Ridge, within a block or two you come into truly eclectic housing styles that may include the odd Portland Four-Square or

Storybook English Tudor and even Dutch Colonials, but most prevalent would be what we Portlanders often group into the general bungalow structure. Some of these are the smaller 800- to 900-square-foot, single-story variety, while many are a little larger and can be classified as story-and-a-half. Besides the housing variations, there are unique and varied plantings in front yards and parking strips allowed by mostly 20- to 25-foot setbacks consistent on many blocks. You also would spot many little green plastic figures with flags compelling drivers to slow down, along with a few portable (and fixed) basketball hoops and soccer goals. These streetscapes create wonderful, moving natural scenes as your walk continues and should be valued as gems within the Portland urban area.

These are the areas that are under threat from those who would bulldoze them if given the chance. The checkered past both of exclusive zoning codes and recent market forces driving exclusionary wealth pressures have tainted perspectives about the intrinsic value of these built-out neighborhoods.

I would love to have more fellow residents be able to enjoy the walks I described above. But there's a real risk of destroying the underlying canvas that aids in creating such a pleasing environment in which to live and raise families. *We need to get this right!* If you think that the present RIP proposal does enough to protect these blocks from significant, irreparable harm, then I would challenge your appraisal. I invite you to come take a walk with me and see if you hold the same opinion. I'll make the time...



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# BWNA board endorses anti-GLB resolution

by Al Ellis

Regular readers of this newsletter may remember a “Letter to the Board” editorial in the May-June 2019 issue titled, “The GLB Blues” (i.e., Gas Leaf Blower blues), submitted by Beaumont-Wilshire environmental activist Nancy Mogielnicki. The editorial was followed by a presentation by Nancy at a BWNA general meeting and then by a resolution to the BWNA board in January. The lengthy process (May 2019 to January 2020) reflects the complexity of the issue and board’s desire not to rush to judgment.

The resolution neither commits BWNA to advocate for legislation nor to proselytize for the cause. What it does do is put BWNA on record as endorsing the work being done by Quiet Clean PDX, a group dedicated to promoting alternatives to GLBs (e.g., battery-operated blowers and manual tools) and a “healthier and simpler approach to lawn and garden care that reduces the need for gas-powered equipment.” The “whereas” section of the resolution cites a variety of detrimental effects associated with the use of GLBs, including permanent hearing loss risk for GLB operators; toxic emissions linked to fatal diseases (i.e., lung and heart disease, cancer, and others); air pollution resulting from emitted smog-forming chemicals and blown dust particles (i.e., allergens, molds, dried animal feces, herbicides and pesticides,); soil erosion; harm to valuable pollinators; and carbon dioxide emissions exacerbating climate change.

The Quiet Clean PDX website ([www.quietcleanpdx.org](http://www.quietcleanpdx.org)) is impressively organized, persuasively presented, and

consistently one-sided. Nancy Mogielnicki was equally as organized and persuasive in her testimony to the board, but also transparent in pointing out possible problems associated with the transition from GLBs to electric. For instance, in switching from gas-powered to battery-operated blowers, what of the economic impact on all those small, mostly Hispanic-staffed yard maintenance companies that operate on

the slimmest of margins? The Clean PDX website answers the concern this way: “There is no evidence that using hand tools or the occasional electric blower will put people out of work.” However, for companies without the financial resources to replace their GLBs with electric blowers and/or to sacrifice efficiency by relying on hand tools (i.e., more time on each job = fewer jobs per

day), the claim might seem disingenuous at best. And what about the problems associated with battery-operated blowers? The obvious one is that electric blowers propel unhealthy dust particles into the air just like GLBs do. In addition, as manufacturers increase electric blower power capacity to meet consumer demand, noise levels are likely to increase. Nancy suggested a “good neighbor lawn care” approach: a “no blow” consumer request to the company.

Despite the potential for unintended consequences, the board voted unanimously to endorse the resolution, acknowledging the existential threat of GLBs to the environment. Yet another concern: “blowing around of nonexistent leaves” during winter months, often a result of mandatory year-round contracts designed to retain workers. The board recommends exploring GLB alternatives via Quiet Clean PDX.



## Volunteer opportunities abound at Beaumont Middle School

by Linda Safran

Friends of Beaumont School, a community support group affiliated with Beaumont Middle School ([info@friendsofbeaumontschool.org](mailto:info@friendsofbeaumontschool.org)), aims to tap into the talents and volunteer spirit of the neighborhood to enhance educational opportunities. For information about how to volunteer, go to [www.friendsofbeaumontschool.org](http://www.friendsofbeaumontschool.org) and click on the Volunteer Opportunities link at the top of the page.



Here’s a sample of what’s available to help with:

- Bagels & Books Reading Club   ■ Science Mentor
- Book Group Facilitators   ■ Oregon Battle of the Books
- English Learners Book Club Facilitator
- Photography Mentor   ■ Reading & Writing Mentor
- Committee for an Outdoor Covered Structure
- Recess Volunteers





A spring surprise from Kathy's Kitchen!  
by Kathy Campbell

## French Spring Soup (Oh là là!)

¼ c butter  
1 lb leeks, chopped  
1 onion, chopped  
2 qt water

3 large potatoes (Yukon gold or russet),  
chopped  
2 large carrots, chopped  
1 bunch fresh asparagus, trimmed and cut  
into 1-inch pieces

⅓ c uncooked long-grain  
white rice  
4 tsp salt  
½ lb fresh spinach  
1 c heavy cream

Melt the butter in a large pot over medium heat. Stir in the leeks and onion and cook until tender. Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, then simmer 30 minutes until vegetables are tender. Stir spinach and heavy cream into the soup mixture and continue cooking for about five minutes before serving.

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# Dutch Village Apartments: template of revitalization and restoration

by Al Ellis

Remodeler and neighborhood resident Darren Stowell has a passion for charming old apartment buildings and a penchant for rescuing them from the bulldozer. Darren's creativity, resourcefulness, and craftsmanship are on full display in the restoration of Beaumont-Wilshire's iconic Dutch Village complex on NE Fremont Street and 41st Avenue, highlighted by a masterful combination of modern and vintage styles in the gorgeous renovation of four upstairs apartments that include the following amenities:

- New paint and refinished hardwood floors throughout
- Bright living spaces with lots of natural light
- New kitchen counter tops and cabinets
- Kitchens with space for eat-in nook area
- Completely updated and renovated bathrooms with new tile shower surround
- Mini split heating and cooling systems
- Laundry on site
- Lots of closet and storage space

Interested in a firsthand peek? Darren is more than happy to accommodate. E-mail him ([darren@ts5properties.com](mailto:darren@ts5properties.com)) for a personal tour. It's well worth the visit!



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# Wild Hearts Wellness: intertwining compassionate alternatives with community support

by Mark Mohammadpour

“I want people to feel like they can sit in the space, have a cup of tea, and let their stress go. When people feel more connected to themselves and their community, it creates a better world.” That’s the message from Dr. Maura Dawgert, LAc (licensed acupuncturist) and DAOM (Doctor of Acupuncture and Oriental Medicine), the founder and owner of newsletter advertiser Wild Hearts Wellness (4230 NE Fremont Street, 971-400-6063). See their ad below.

Wild Hearts Wellness is a clinic that offers several services—from acupuncture, massage, and herbal medicine, to nutrition counseling, yoga, and Pilates. But just as important to Dr. Dawgert is how her business doubles as a community center, offering event space for people hosting classes in areas such as art, comedy, music, photography, and pottery.

“Community to me means to support. We live in a culture where people feel isolated and unsupported. We’re offering a place where



*Dr. Maura Dawgert, LAc, DAOM, is the founder and owner of Wild Hearts Wellness on NE Fremont Street.*

people gather and connect, as well as learn from amazing, well-educated teachers and receive treatment from compassionate highly trained providers,” said Dr. Dawgert.

Not surprisingly, the neighborhood showed its support from day one.

“We have received amazing support from this neighborhood. Green Dog and The Arrangement were so supportive, and Beaumont Hardware so great with advice on quick fixes for our space. Talented Beaumont Hardware staff member Raithon also provided a few of his paintings to help decorate our space.”

Dr. Dawgert, who works with patients on pain management, women’s health and fertility, as well as mental and emotional health, was drawn to opening Wild Hearts Wellness as a result of close family events: “I was taking classes in Qigong, acupressure, and Chinese philosophy. During that time, my cousin was diagnosed with breast cancer. Through that process, I knew I wanted to offer people an alternative to Western medicine. I want to take care of the caretakers. They are such an important piece of community and support.”

The community support expands beyond the company’s physical walls. Every month, Wild Hearts Wellness donates \$1 per student to a local charity.

What’s ahead for 2020? Wild Hearts Wellness is looking to support the Beaumont community even more, including offering workplace wellness workshops for small businesses around town.

“What the community needs, I want to offer in some way, shape, or form. Everyone is welcome here.”

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# Letters to the Board: Safe weed control and leash reminder

## Free and safe weed killer

by Barbara Linssen

*Editor's Note: This letter responds to Barbara Strunk's article in the January-February 2020 newsletter titled, "Gardeners can do their bit to control climate change—even in winter"*

The January-February newsletter urged avoidance of herbicides in the garden. An easy, free weed killer many people have never thought of is boiling water. This is perfect for weeds around your steps, walkways, driveway, and other hardscape. In these cases you often can't pull the roots out, so it keeps coming back, but a hot kettle will likely rid you of that weed forever and no toxics required! I also find that mulching with small gravel (¼-inch minus) makes weeds that come up much easier to pull out.

*Barbara Strunk's reply:*

*Yes, I agree, regarding both the boiling water and mulching with gravel. I am uncertain if the boiling water will kill deep-rooted weeds, like dandelions, but it will keep the top growth in check. The gravel mulch makes it a bit easier to get the roots out because it is usually looser than soil. I'm glad folks are interested!*



## Off-leash laments

by Dawn Ham

In early February, near 21st and Alameda, an adult was attacked and bitten twice by a dog whose master was present, but not in control of the dog.

A family with two preschool children were crossing the west side of Wilshire Park when a dog ran up aggressively barking and jumping on them. The owner had unleashed it upon arriving at the park, long before entering the off-leash area. Now she couldn't catch or control the dog. There were tears, yelling, chaos, and trauma for all.

A gentle six-year-old family dog suddenly, and without seeming provocation, jumped on a child in a different city park. The child's eye was injured resulting in permanent (though not total) loss in vision. The dog's master/family was horrified and experienced tremendous guilt and remorse. The dog's action was totally uncharacteristic and unpredictable. They will always regret not having him leashed.

In the Cully neighborhood, a young boy watched his uncle fall to the ground, writhing in pain as a result of a severe ankle bite from a neighbor's off-leash dog. The boy had nightmares for weeks. He needs time and support to eventually be able to trust and enjoy dogs again. Right now, even a friendly dog's approach re-stimulates his trauma.

We never know what others are going through in their lives. We do know that sometimes dogs behave differently than we expect. Civil society has guidelines to help us all live together more harmoniously; these include our leash laws. Please be thoughtful and remember that "off leash" only pertains to the east end of the Wilshire Park. Even your wonderful, friendly, reliable dog needs to be on its leash except when in that area. That's good for you, your dog, and everyone else!



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219-508-4162 or  
sandiefam@gmail.com

## Friends of Wilshire Park fundraising (continued)

FoWP is looking ahead to warmer months when there will be more opportunities for outdoor events in the park. As an example, on Sunday, April 5, at 1:00 p.m., FoWP hosts Willow Elliot, president of the Portland Chapter of the Oregon Native Plant Society. Willow will give a talk on the ecological role of the plants in the Wilshire

Park NatureSpace (just west of the pavilion) as well as teach park visitors how to identify them. This free event is open to all.

For the latest information about FoWP events, volunteer opportunities, and group meetings, visit [www.friendsofwilshirepark.org](http://www.friendsofwilshirepark.org).

*Jim Arnal*  
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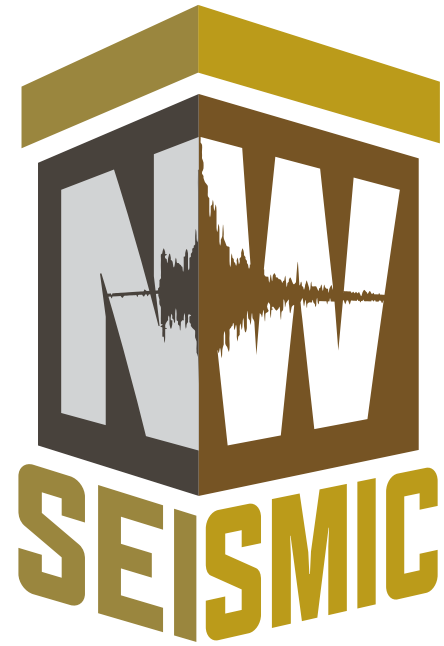


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