



Beyond Recycling 101: Lighten your Environmental Footprint

by Barbara Linssen

You're an enthusiastic steward of the environment, right? You bring your own grocery bags, and you would never put plastic bags or plastic wrap in your curbside recycling. You know that block styrofoam does NOT go in recycling and know how to dispose of expired medications and old paint safely. Are you ready to deepen your impact, take it a step further? As one who holds a degree in Environmental Studies and works at Metro's Recycling information line (503-234-3000), I encourage you to give the following a try:

Turbo charge your recycling. Get to know and love Far West Recycling (farwestrecycling.com). You can drop stuff off there at the curb that is not recyclable—from old tennis shoes to (washed) plastic take-out clamshell boxes to that dusty old VCR in the basement. I keep a bin in the garage and go to FWR every other month.

Avoid the number one mistake in paper recycling. Any box from the freezer or fridge is garbage, not recyclable, so boxes from frozen pizza, entrees and butter all

go in the garbage! Who knew, right? Now you can wow your friends and neighbors by explaining "wet strength," an invisible additive put in those boxes that makes them "non-pulpable." Now you know!

Kick carcinogenic chemicals out of your laundry room. Did you know the #1 source of air pollutants in our homes is from something we think of as clean: our laundry products! You may want to try switching to unscented laundry detergents and do away with dryer sheets, which emit a huge number of Volatile Organic Compounds (VOCs) into your air, both inside your home and into the outside environment through the dryer vent. (To wit, walking through the neighborhood can often smell like the perfume aisle at Macy's. Is all that fake chemical perfume really necessary? Should your kids be inhaling it all day from their shirts and all night from their sheets?)

Stop idling your car! According to everyone in the industry, there is absolutely no need to warm up a modern-day car. It is wasted gas, unnecessary air pollution, and it's your money up in smoke. Industry experts

suggest driving slowly at first as the best way to get your engine warmed up. I know what Grandpa taught you, but cars are very different now.

For more information on these issues:

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>
- <https://www.washingtonpost.com/news/wonk/wp/2014/12/29/the-biggest-winter-energy-myth-that-you-need-to-idle-your-car-before-driving/>

Lighten your environmental footprint, and delight in our beautiful spring!

.....

Slough 101 Workshop Free to the Public

by Karen Carrillo

Join the Columbia Slough Watershed Council on Saturday, March 12, 9 a.m.–12:45 p.m., Water Pollution Control Lab (6543 N. Burlington Ave., Portland, 97203) for Slough 101, a free workshop about the Columbia Slough watershed and its unique story. Slough 101—suitable for adults and teens 14 and up—covers local history, water, wildlife, and current issues in the watershed with eight local experts. Explore watershed health, environmental issues, and recreation opportunities in N-NE Portland, Gresham, and Fairview.

The workshop is presented with the sponsorship of the Bureau of Environmental Services and the Portland Water Bureau. Light refreshments will be provided. Questions? Contact Karen Carrillo at Karen.carrillo@columbiaslough.org or call 503-281-1132.

Preregistration is required. Go to <http://www.columbiaslough.org/index.php/events/event/149/> to register.

BBA Strides Into Spring With Dash to Doughnuts

by Katie Wilgus

The Beaumont Business Association (BBA) is collaborating with Dave Pietka's Foot Traffic and Pip's Doughnuts to host a new event this spring called Dash to Doughnuts. The family-friendly 3K (and obstacle course) will be Sunday, March 20, from 9 a.m. to 11 a.m. and is timed to coordinate with the World Indoor Track and Field Championships, which will be held that week in Portland.

The race begins at Foot Traffic, NE 41st & Fremont, at 9:30 a.m. and ends at 48th and Fremont. As they make their way

back to Foot Traffic, race participants are encouraged to visit participating businesses, which will set up obstacles in front of their shops. Completing 90% of the obstacles will earn runners doughnuts and coupons. Participating businesses will be listed on promotional materials and the association's website. Register by March 5 to receive a t-shirt at Foot Traffic on Fremont or online: <https://dash2doughnuts2016.eventbrite.com>

Join your neighbors for a fun run and yummy treats!





President's Message

by John Sandie

What Have I Learned?

I recently received an e-mail from my brother-in-law with simple statements around the theme of "What Have I Learned?" by the late 60 Minutes editorialist Andy Rooney. There's wisdom and practicality in Rooney's adages, especially with respect to the well-being of a neighborhood, so I've handpicked several to share, as well as adding a few of my own at the end. (Please don't send the copyright police my way.) Rooney said:

I've learned...

that just one person saying to me, 'You've made my day!' makes my day.

I've learned...

that being kind is more important than being right.

I've learned...

that everyone you meet deserves to be greeted with a smile.

I've learned...

that it's those small daily happenings that make life so spectacular.

I've learned...

that a smile is an inexpensive way to improve your looks.

In keeping with his thoughts, what have I learned from my last few years of civic volunteering?

I've learned...

that there are many talented and good people striving each day to make our neighborhoods and city a better place.

I've learned...

that changing municipal policy is a slow process that will test your patience and perseverance.

I've learned...

that giving respect usually is reciprocated.

I've learned...

that I never stop learning, if I truly listen.

I'm sure most of you could add scores of these little nuggets to the list. It's a bit cathartic, like listing things you're thankful for at Thanksgiving, or listing all the things you love about a significant other. When my mother turned 80, I made a list of random little memories involving her that stayed with me throughout my life. We both laughed and shed a few tears reading over the list. For me, these little forays into self-reflection usually help put things in perspective and relieve frustration that probably wasn't warranted in the first place.

I end with one last personal "what have I learned" view that developed after our first child was born and has guided me ever since through subsequent children and grandchildren.

I've learned...

that watching your contented sleeping child is the best reminder of what's really important and always puts everything else a distant second.

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Editor's Notes

by Al Ellis



As nature's annual renewal takes blossom, our newsletter team springs forward in renewed service to the neighborhood. But what does that service consist of, and how is it determined? For answers, start at City Hall...and follow the money!

The City of Portland is this newsletter's largest single annual benefactor, providing funds to cover nearly one-third of our

printing costs. Perhaps not surprisingly, the funding takes a circuitous bureaucratic path to reach its final destination, beginning at City Council, then over to the Office of Neighborhood Involvement (ONI), out to neighborhood coalitions (such as our own Central Northeast Neighbors, CNN), and finally trickling down to neighborhood associations in the form of "communication grants"—i.e., funding expressly earmarked for conduits such as newsletters, websites, fliers, signs and meeting interpreters. In the B-W neighborhood, it's primarily about keeping residents informed about neighborhood events, projects, and issues of interest. This newsletter, with its hard copy circulation of over 2,000 and online color version extending well beyond physical boundaries, is the conveyer of choice, hands down.

That said, a bimonthly newsletter does have its communication limitations, primarily that announcements of activities taking place during the second month of an issue can easily be forgotten by the time those activities roll around. Take for example this issue's promotion of April's Taste of Beaumont—easily BWNA's most significant combination general meeting + entertainment event of the year. Our hope is that readers of this issue in March will be prompted to put a reminder on their calendars for the second Monday evening in April (April 11th). But that's just a hope, which is why the BWNA Board re-publicizes even-numbered-month events closer to their scheduled dates through a variety of communication modes, including lawn signs announcing upcoming BWNA meetings, e-mails from President John Sandie to a list of residents who have attended previous events, posts on the BWNA blog (the website home page at www.bwna.us), and most recently, message distribution via the popular Nextdoor.com neighborhood e-mail network system.

Returning to the money trail: with communication grant money from City Hall barely enough to pay for the printing of two of six issues, where does the remaining funding come from? Answer: newsletter advertising. Ads account for BWNA's largest collective source of annual revenue—a financial lifeblood for the newsletter. Accordingly, we make it a habit in each issue to showcase local businesses and their owners with symbiotic deference accorded to those who advertise with us.

And so it is that the sponsors who keep the newsletter ship afloat also influence its mission and content. But BWNA announcements and business profiles are, by themselves, not sufficient for viability. Hallmarks necessarily include an eclectic array of topics and

BWNA Calendar

Monday, March 14 • 7:00-8:30 P.M.

BWNA Board Meeting
Bethany Lutheran Church, Library Meeting Room
(entrance on 37th)

Sunday, March 20 • 9:00-11:00 A.M.

Beaumont Business Association
"Dash for Doughnuts" 3K Race
starting line at Foot Traffic (Fremont & 41st)

Friday, April 8

BWNA newsletter submission deadline for
May/June newsletter issue
(send articles to Al Ellis and ads to Amy Gwilliam)

Monday, April 11 • 6:30-8:30 PM

Taste of Beaumont General Meeting
and BWNA Board Elections
Beaumont Middle School, cafeteria (Fremont & 42nd)

Monday, May 9 • 7:00-8:30 P.M.

BWNA Board Meeting
Bethany Lutheran Church, Library Meeting Room
(entrance on 37th)

BWNA's calendar is on the web!

Go to www.bwna.us and select BWNA Calendar



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personalized style of journalism, both of which are on display in features penned by our volunteer staff of regulars as well as in articles and Letter to the Board editorials submitted by you, our readers. (Note: positive or negative, constructive editorials on local topics make a difference, so don't be shy. For example, check out the one in this issue.)

Monetary considerations aside, the essential nature of this newsletter remains consistent—blooming with creativity, reflective of the spirit in our neighborhood, and perhaps most essential of all, delivered free of charge to your doorsteps by a veritable army of steadfast volunteer walkers, who now have a bit of spring in their step!



Letter to the BWNA Board

Thanks for the reminder in the January/February B-W Newsletter to make our neighborhood a harder target for crime. It was very timely. On the night of January 16, I noticed three young men methodically checking cars down the length of 47th—both on the street and in driveways. The police responded promptly, but your suggestions are a crucial first step in avoiding this sort of vandalism.

— Letha Tawney

BWNA February Review and April's Taste of Beaumont/Elections Event

by John Sandie

During our February BWNA general meeting, Peggy Sullivan gave an overview of Villages PDX and an update on the formation of the Northeast Portland Village. (See separate article in the newsletter.)

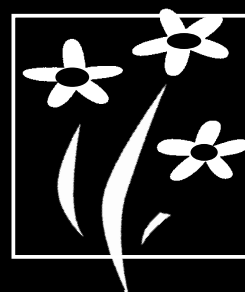
The biggest audience response during the meeting came when it was announced that the primary assailant in the Everest M Market robbery had been arrested and charged. Unfortunately, the market owner, Keshab Maharjan, is still undergoing surgeries related to his eye injuries as a result of that incident. The GoFundMe site to help with Mr. Maharjan's medical expenses is <https://www.gofundme.com/8r4wz45k> if you would like to help.

Katy Flacker requested BWNA support to question logic used by Oregon Liquor Control Commission regarding changing definitions of "schools" when licensing marijuana businesses (especially regarding one planned very close to Sylvan Learning Center on Fremont, next to Smallwares restaurant). Katy will draft a letter to the Board for further discussion at the March meeting.

BWNA continues to lobby (through Land Use Chair Jack Bookwalter) for reduced height limits on Fremont within a new Comprehensive Plan Mixed Use zoning scheme. Barb Strunk, member of United Neighborhoods for Reform Steering Committee (UNR) and BWNA Board, updated the audience on deliberations by the Residential In-fill Project Stakeholders Advisory Committee (RIPSAC), on which she serves as a UNR representative. RIPSAC is charged with making recommendations to the City Council in three primary areas regarding new code language within residential zones: scale, mass, and set-backs; handling of skinny lots; and alternative housing styles to address density pressures. Public input and presence at meetings are encouraged.

Margaret Davis outlined a February 29 film preview and public discussion event at Hollywood Theater that addressed the health hazards of lead during renovations and house demolitions. The showing was a free educational event open to all concerned citizens.

Coming up: Taste of Beaumont/Elections in April! There are a couple of open positions on the BWNA Board that offer an excellent opportunity to get involved in local issues and drive activities to further strengthen neighborhood bonds



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within Beaumont-Wilshire. If interested, contact John Sandie at president@bwna.us for details. Mark your calendars for Monday, April 11, and come enjoy both the food supplied by local businesses along with planned musical entertainment provided by the Beaumont Middle School Band, under the direction of neighborhood favorite Cynthia Plank. The fun begins at 6:30 p.m. in the Beaumont Middle School cafeteria.



Demolitions and Hazardous Materials

by John Sandie

Given the news of water problems in Flint, Michigan, and our own local issues with emissions from a couple of glass manufacturing sites in Portland, a review of Portlanders' efforts to address management of hazardous materials—primarily asbestos and lead dust—during house demolitions seems appropriate.

In mid-2014, a number of Beaumont-Wilshire residents researched the rules and regulations protecting the public's health from exposure to hazardous materials during single-family residence demolitions. To their shock and amazement, it was discovered that the responsibility was so divided between numerous agencies that little to no accountability existed. Adding to the problem were confusing lead-based dust requirements coupled with weak asbestos regulation compliance, leaving the public to cope with potential exposure risks. But in December 2014, the Beaumont-Wilshire-launched United Neighborhoods for Reform (UNR), with support from demolition/development reform-minded neighborhoods throughout Portland, took the initiative to present a resolution addressing the growing loss of viable housing in many neighborhoods, including a key provision that called for the bolstering of safeguards regarding hazardous materials at demolition sites:

"Measures to protect Portland residents from lead, asbestos, and other contaminants resulting from demolition/development by requiring surveys for these materials and an approved plan for lawful removal and disposal before issuance of demolition permit."

In addition, citizens lobbied and received support from State Senator Michael Dembrow to sponsor Bill SB705 requiring asbestos surveys to be performed prior to demolition on single-family residences (which had been previously been exempted from survey requirement). Temporary rules went into effect on January 1, 2016 with permanent rules now under consideration by the state's Environmental Quality Commission.

Meanwhile, back in April 2015, due in large part to UNR's growing influence, Portland's Bureau of Developmental Services (BDS) initiated new rules on notification of demolitions and a requirement that contractors adhere to state and federal rules on hazardous materials inspection (albeit via self-certification). Nonetheless, in a series of Oregonian articles analyzing DEQ-supplied data in late 2015, it was revealed that compliance to asbestos rules was only confirmed in about 35% of Portland demolitions. (Separate UNR analysis of data put this figure as low as 5% in some inner neighborhoods.) Since then, UNR has been urging the City Council to adopt what many residents consider to be common-sense step forward: requiring contractors to provide proof of compliance prior to issuance of a permit...but so far without success.

Also presented in testimony before the City Council in support of the UNR resolution were results of numerous scientific studies defining the amount and distance that lead dust can travel from a demolition site. Two relatively simple actions were shown to drastically reduce the concentration and spread of lead dust: adequate wetting of debris during the entire demolition process and partial deconstruction of high-concentration elements (trim, doors, windows). A first step forward came in mid-February with the

passage by City Council of a UNR-supported resolution calling for the drafting of an ordinance requiring a house or duplex built before 1916 to be deconstructed by hand instead of demolished by heavy machinery, thus preserving usable materials and preventing release of airborne contaminants. (Although two-thirds of the homes destroyed in Portland are built after 1916, the Council seems receptive to a gradual broadening of the deconstruction requirement.).

Today, interagency cooperation and communication plus verification of compliance and inspection at demolition sites, key necessities in protecting the public health, are still woefully short of the mark. Thus, UNR and concerned residents throughout the city and state continue demanding that the responsible parties live up to the trust placed in them and holding them accountable when they abuse that trust.

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Bookwalter Brings Savvy Planning Expertise to BWNA Board

by Mark Mohammadpour

Originally from the Chicago suburbs, Jack Bookwalter has restored an 1886 Victorian four-plex in NW Portland and is currently working on his 1926 house here on Klickitat Street. Jack spent 28 years as a land use planner in California, mostly in and around Sonoma County. Jack has a B.A. in Architecture from the University of Illinois, a Master's of Urban Planning from San Jose State University, and an M.A. in History from Sonoma State University.

How long have you lived in the neighborhood, and what's your favorite part of living in the neighborhood?

I've lived in the neighborhood for the last 11 years. I think my favorite part of the neighborhood is that it is just that, a neighborhood. I get a sense of community here that is missing in much of the rest of the metropolitan area.

What's your favorite neighborhood store and why?

Ooh, that's a tough one. There are so many. I'd probably have to say, though, the most indispensable one for me has been Beaumont Hardware. I am in the never-

ending process of restoring my 1926 house. Having knowledgeable and helpful people just a block away has been a godsend. I don't even have to make any lists. If I need something, I just go!

What are you excited about as far as participating on the board?

Because I was a land use planner in northern California, I feel I have been able to utilize my skills and background here as Land Use Chair of BWNA. I have been the neighborhood point person in the city's proposed Mixed Use Zoning district revisions, intended to replace the current "commercial" designations citywide. The neighborhood is also following the city's proposed comprehensive plan update. While not BWNA per se, many of our board members, including myself, have been instrumental in establishing United Neighborhoods for Reform, the umbrella organization representing 44 neighborhood associations concerned about the rising number of residential demolitions in the city.

Thank you so much for your service, Jack!



Beaumont-Wilshire: The Real Dirt

Our Neighborhood Trees

by Barb Strunk

Our neighborhood is changing. With demolished houses and large new houses replacing them, we mourn the loss of trees and gardens. Why are trees so important? They are beautiful members of our community, homes to birds, insects, and small mammals. Even more, they provide an important positive environmental impact on our city that is rapidly growing in people and density. Inner eastside neighborhoods like Beaumont-Wilshire are lucky to have our established old trees. Those trees and gardens are a large part of the appeal and the health of our neighborhood. We should cherish and protect them.

Trees and gardens provide air-cooling. They help reduce our increasing urban heat island effect caused by buildings, pavement, cars, and air conditioners. Trees help control the heat by shading warming surfaces such as houses and streets. Trees and gardens absorb lots of water, very important as our permeable surfaces near new houses disappear. Despite the city's Combined Sewer Overflow Program and bio-swales along streets we still have overflow rainwater and sewage spills into rivers and streams during big rain events. Also, trees release the absorbed water through evaporation, absorbing energy and cooling the air. Trees absorb CO² and release oxygen.

If you are considering planting trees, put deciduous trees where they will shade your house from midday and afternoon summer sun. The

open tree structure in winter will allow the sun to warm your house. Carefully consider the mature size of your tree. The trend toward smaller yards means very large trees may no longer fit. Consider some of the smaller deciduous or coniferous trees, such as smaller pines, redbud (*Cercis canadensis*), or Japanese maples. Or, think about larger shrubs/small trees like witch hazel (*Hamaemelis*), crepe myrtle (*Lagerstroemia*), or manzanita (*Arctostaphylos*). Remember, your young new trees will need watering during our dry summers for a couple of years.

We have invasive species trees, like the tree-of-heaven (*Ailanthus altissima*) and holly (*Ilex aquafolium*) in our neighborhoods. In fact, one upcoming house demolition in Beaumont-Wilshire may leave the *Ailanthus* in place and remove several large native Douglas Firs.

The city has a vigorous street tree-planting program that has the potential to increase our tree canopy as young, small trees grow. Be sure to consult the city website before planting street trees.

For more information:

- <https://www.portlandoregon.gov/trees/59505>
- OSU Extension Service, "Selecting, Planting and Caring for a New Tree", iOS or android apps
- Book: Sean Hogan, *Trees for All Seasons*.



Green Dog offers much more than pet supplies

by Susan Trabucco

Upon entering Green Dog Pet Supply in Beaumont Village, the first thing that strikes a visitor is color—lots and lots of color. Here you'll find leashes and collars in various tones, patterns and hues, florescent green oversized "tennis" balls, furry pet beds in leopard print, and walls and flooring washed with an easy-on-the-eyes burnt orange. All that color sends a message that this place is going to be fun for animals and their humans. And while Green Dog's owners embrace the whimsical, they are serious when it comes to their mission.

Christine and Mike Maller launched Green Dog about a dozen years ago. With self-described "fire-in-the-belly" about reducing the human and critter footprint on the planet, the duo wanted to make a difference. "Our emphasis is on sustainability in everything we do and sell, from our products—which are recyclable, recycled, and locally-made – to the way we designed and constructed our store display racks by repurposing existing materials," Christine said.

Another unique component of the couple's business is that they are both passionate about helping people have healthier pets through a holistic approach. To that end, they offer pet nutritional counseling in the store. "Veterinarians often send pet owners to our store for nutritional guidance because they know we do it well," said Christine.

Mike and Christine come to the business with more than just passion, however. Mike has a strong retail and management background, Christine a great deal of animal-related experience. Opportunely, Green Dog not only aligns with their skills, interests and passions, but also their desire to connect with the community. "We wanted a business in which we would draw regular customers, because we feel business is about relationships," Mike said.

Mike and Christine take their view of relationships and community well beyond the confines of the B-W neighborhood. In December, Green Dog, together with its distributors and food companies,

donated over 16,000 pounds of pet food to the Pongo Fund through a matching program. The Pongo Fund is Oregon's only full-time charity focused on fighting animal hunger. With the funds and food it receives, the organization provides pet food to owners who have encountered tough financial times. These donations help pet owners keep animals with their families instead of bringing them to animal shelters for lack of pet-feeding funds.



Green Dog Pet Supply owners Mike and Christine Maller put their passion for animals and sustainability to work in their thriving Beaumont Village shop. Photo by Susan Trabucco

A testament to the goodwill Green Dog generates was an expansion about six years ago that brought them to their current 3,000 square feet of retail space. Artful displays showcase more than 4,700 pet paraphernalia items and healthy food, with a focus on dogs and cats.

An interesting note is that while the food Green Dog purveys is healthy for animals, every bit of pet food in the store is human grade. "It's safe for people to consume any food item we sell," Mike said. "While we're not big on the liver-filled items, many of us are partial to the sweet potato dog snacks," he said with a smile.

A longtime advertiser in this newsletter, Green Dog Pet Supply can be found at 4327 N.E. Fremont. For more information, call (503) 528-1800 or visit www.GreenDogPetSupply.com.

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The Long and Winding Road For Demolition/Development Reform

by Al Ellis

T*o every season—blessings and scourges!* An excerpt from Ecclesiastes? Perhaps a dramatic line from a Passover Seder? Plausible guesses...but the truth is, I made it up. Why? Primarily as a literary device to segue from harbingers of spring to seeds of controversy.

As the opening statement implies, each season has a unique set of “blessings” and “scourges” associated with it. Thus, during spring we delight in the blessings of brilliant blossoms and picture book rainbows, while also kvetching about the scourge of pesky weeds and allergies. But blessings and scourges aren’t always so easily defined (i.e., one’s positive can be another’s negative). And that’s exactly the dynamic at work during this spring’s surge in demolition/development construction: a blessing for big home developers, a scourge for viable home preservationists, a mixed bag for density-concerned planners. Turn, turn, turn.

The debate over tearing down viable, affordable homes and replacing them with expensive, out-of-scale-sized new ones has morphed into an impassioned controversy not only in the Portland area, but around the country. Emerging as an unlikely national poster child for cutting-edge preservationist urban reform is the sprawling megacity of Los Angeles, which a year ago enacted a two-year ban on the building of giant replacement homes in 20 neighborhoods across the city, including a demolition moratorium in five highly-affected areas, providing time for city planners to craft height and footprint regulations for single-family dwellings. Not surprisingly, L.A.’s ambitious reform package has been both lauded as a major benefit to the public good and vilified as an infringement on private ownership rights. (Sounds familiar.) And our own City Council’s stance? A work on hold, pending task force recommendations.

The Council’s decision to weigh in on demolition/development reform is largely a product of lobbying efforts by grass-roots advocate groups like Beaumont-Wilshire-inspired United Neighborhoods for Reform (UNR), its Demolition/Development Resolution Action Plan endorsed in principle by almost half of the city’s neighborhood associations. Leading the charge in Council—Mayor Charlie Hales, who has held fast to what he refers to as his “Hippocratic oath” to preserve homes worth keeping, reduce demolitions, and require newly-constructed homes to be

“compatible” in scale vis-à-vis neighborhood context. But with only ten months left in office (due to Hales’ decision not to seek a second term), the Mayor has his work cut out for him to persuade at least two City Commissioners to join him in voting to enact building code reform by the end of the year, starting with limits on scale.

Yet despite the sense of urgency evinced by the mayor and thousands of like-minded Portlanders in mitigating collateral damage from the demolition/development onrush, the route to resolution is anything but unencumbered, as epitomized by the alphabet soup of bureaucratic travelers on the journey: BDS, DRAC, DAG, BPS, and believe it or not, RIPSAC.

Translations: BDS is the Bureau of Development Service, which deals with demolition permits, regulations, and delay appeals; DRAC—BDS’s Demolition Review Advisory Committee—is the body monitoring the effectiveness of newly-implemented notification and delay appeal procedures; DAG—the Deconstruction Advisory Group (coordinated by BDS) has focused on mandatory recycling of usable materials from demolition sites; and RIPSAC—the Residential Infill Project Stakeholder Advisory Committee (also coordinated by BDS) is a diverse 25-member task force selected by the Mayor from dozens of applicants representing neighborhood coalitions, preservation groups, and homebuilders, with the mission of evaluating development standards for single-family dwellings and recommending building code revisions to the council.

At every turn, UNR has had a front-row seat—on DRAC’s Demolition Subcommittee (me), on DAG (Barbara Kerr), on RIPSAC (Barb Strunk). Buckle up for a bumpy spring ride.

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

The Beaumont-Wilshire Neighborhood Volunteer Group stands ready to pitch in.

Cleaning chores:
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Creating a Neighbor-Helping-Neighbor Village in Northeast Portland

by Carolyn Buan

On a warm October evening in 2013, twelve residents of Northeast Portland held a meeting at Velo Cult in Hollywood and hatched a plan that promises to enhance life for many seniors in the area. The idea was to create an organization that would keep older residents in their homes and engaged in their communities for as long as possible, largely by providing plain old-fashioned neighborly help from volunteers.

The organization created, Northeast Village PDX, will serve 18 neighborhoods that stretch roughly from I-84 north to the Columbia River and Northeast 15th Avenue east to 122nd (though



Grocery shopping is one of many services the Village will offer. Photo by NashCO.

the western border jogs). The Village is projected to be up and running in the fall of 2016, at which time full-service members will be able to make one call to book rides (the most frequently requested service nationwide) and

get help with grocery shopping, light housekeeping, garden work, simple home repairs, pet care, and those pesky computer problems, as well as friendly visits and referrals to services Village volunteers can't provide. In addition, every month full-service members and associate members (those who do not yet need services but want to support the Village) will have access to a robust menu of social and educational programs aimed at creating a meaningful Village community. While individual full-service members pay up to \$500 a month for services, that's a fraction of the cost of an independent living facility, and it's one more senior citizen able to continue to live in the comfort of his/her own home.

All this is happening as a result of hundreds of hours of volunteer planning by folks who believe in this program. They include a Coordinating Council, several committees, and some 300

individuals who keep up with developments through e-mails, an electronic newsletter, and attendance at monthly general meetings.

Northeast Village PDX is part of a growing national "Village" movement: 190 Villages that are already offering services and another 185 that are in development. In the greater Portland area alone there are seven Villages, one of which (Eastside, south of I-84) began providing services last fall. There is also a central organization, Villages NW, that provides 502(c)(3) tax exemption, insurance, cross-Village coordination, and other benefits to the seven.

The Village movement comes at a time when the need is great. Nationwide, 89 percent of those over the age of 50 want to take control of their "golden years," to remain in their homes and neighborhoods, and living active lives connected to people of all ages. In Northeast Portland alone, there are some 10,000 seniors, many of whom are reluctant to ask neighbors and family members for help and may face the prospect of institutional living before they feel ready.

Residents of Beaumont-Wilshire who want to learn more about Northeast Village PDX, get involved in the planning work, volunteer, or become members are encouraged to visit the Village Website, nevillepdx.org, and attend a general Village meeting, held from 7:00 to 8:30 p.m. the second Wednesday of each month at Rose City Methodist Church, 5830 NE Alameda, just east of Northeast Sandy Boulevard and Northeast 57th Avenue.

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Local Kindergarteners Welcome Spring

by Tekla Hoehn

We interviewed local spring specialists at Alameda Elementary to find out what they love most about the upcoming season. After all, this will be their sixth go around the sun! Here's what they had to say:

You can do more fun stuff like Oaks Park, because it's closed in the winter; you can ride your bike; and you don't have to wear your raincoat all the time!

You can play fun games that you want to play, like sports with your friends. The sport that I really want to play is football with my neighbor Sam.

You can plant flowers and see the animals in the zoo; you can go swimming in the pool with the shark slide.

All the animals come back from sleeping or migrating and leaves come back nice and green; and I always see my dog in spring.

You get to relax and the day is more longer; you get to have picnics like in the front yard under a tree; you can go on vacation for spring break; and we are going camping on Mt. Hood.

I don't know the place I'm going, but I'm going on a trip.

Spring is fun to play in because it's warmer; the air smells fresh and I want to make myself sing.



Spring Recipe from Kathy Campbell's Kitchen:

Baked Asparagus with Balsamic Butter Sauce

- 1 bunch fresh asparagus, trimmed
- cooking spray
- 2 T. butter
- 1 T. soy sauce
- 1 tsp. balsamic vinegar
- salt and pepper to taste

Preheat oven to 400 degrees. Arrange the asparagus on a baking sheet, coat with cooking spray, and season with salt & pepper.

Bake the asparagus for 12 minutes in the preheated oven, or until tender.

Melt the butter in a saucepan over medium heat. Remove from heat and stir in the soy sauce and balsamic vinegar. Pour over the asparagus to serve.

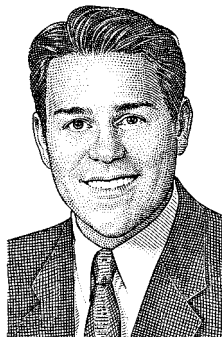
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