



March-April 2017

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FIND THE Beaumont-Wilshire
Neighborhood Association
online at www.bwna.us

BWNA Calendar of Events

Monday, March 13

7:00-8:30 p.m.

BWNA Board Meeting
Bethany Lutheran Church
Skidmore/37th
Library Meeting Room

Saturday, April 8

7:00 p.m.

"Guitarology" concert
Bethany Lutheran Church,
admission \$20 at the door

Monday, April 10

6:30 p.m.

Taste of Beaumont, General
Meeting and Board Elections
Beaumont Middle School
Cafeteria, 4043 NE Fremont

Friday, April 14

BWNA newsletter submission
deadline for May/June
issue. E-mail articles to Al Ellis,
editor@bwna.us. E-mail photos
and ads to Amy Gwilliam,
design@bwna.us

Monday, May 8

7:00-8:30 p.m.

BWNA General Meeting
Bethany Lutheran Church
Skidmore/37th
Library Meeting Room

Safe Routes to School Program enhances kids' safety and health

by Pat Bellamah

Last October the Portland Bureau of Transportation (PBOT) conducted its annual International Walk & Roll to School Day—an initiative of the Safe Routes to School Program—at schools throughout Portland, including Beaumont Middle School. The Safe Routes program aims

at improving the health of school kids by encouraging walking, biking, and rolling (by skateboard or scooter) to and from school and for recreation in the neighborhoods where they live. Since it was launched in 2005, the program has expanded from eight initial partner schools to over 100 today.

According to Janis McDonald, a Safe Routes to School coordinator with PBOT, 43 percent of students in the participating school now walk, bike, or roll to school—up 35 percent from when the program started. "We encourage biking and walking, and not just to and from school, but being more active in their whole life, because kids who are active are healthier and better learners," McDonald said.

Safe Routes is a multi-pronged effort, targeting education and encouragement, enforcement, engineering, and evaluation. The education component includes teaching pedestrian safety to 2nd-graders and bike



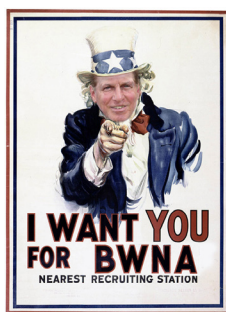
safety to 4th-, 5th-, and 6th- graders. The International Walk & Roll to School Day, in which 46 schools participated, is an example of encouragement. For enforcement, Safe Routes partners with the Portland Police Bureau and neighborhoods to work to ensure safety around schools and to

encourage people to report traffic safety problems in their neighborhoods. For example, the yard signs you see around encouraging drivers to slow down and watch for children can be borrowed from Safe Routes.

Engineering will be using the income from the gas tax initiative to improve safety around schools by adding new cross walks, sometimes in combination with rapid-flash beacons on school routes. This spring PBOT staffers from the Safe Routes program are holding open houses at Portland area schools to learn about safety concerns. Participation by individual schools in Safe Routes is initiated either by someone at the school or by parents. Interested parties can be put in touch with school coordinators for the program by emailing saferroutes@portlandor.gov. The Safe Routes to School website is www.portlandoregon.gov/transportation/68014.

Editor's notes

by Al Ellis



Spring symbolizes renewal, and no more spectacularly than in the kaleidoscope of multi-colored blossoms bursting out all over our verdant neighborhood.

In keeping with the fauna renewal theme, our spring issue features the return of Barb Strunk's popular gardening column, with incisive commentary and helpful tips for the amateur horticulturalists out there—of which there are many! Happy planting.

Our neighborhood is very fortunate to have an articulate ace gardener like Barb contributing insightful articles for our readers' enjoyment. But Barb's contributions to our neighborhood extend well beyond journalism, perhaps most importantly into the arena of community activism. When it comes to preservation and enhancement of neighborhood livability, Barb certainly "walks the walk" by serving on the BWNA Board, representing Beaumont-Wilshire on the Central Northeast Neighbors (CNN) Board, providing leadership for the BWNA-initiated grassroots preservation organization United Neighborhoods for Reform (UNR), and representing UNR on the citywide Residential Infill Policy Stakeholders Advisory Committee (RIPSAC). In short, Barb is a neighbor who genuinely cares and makes a difference—a role model.

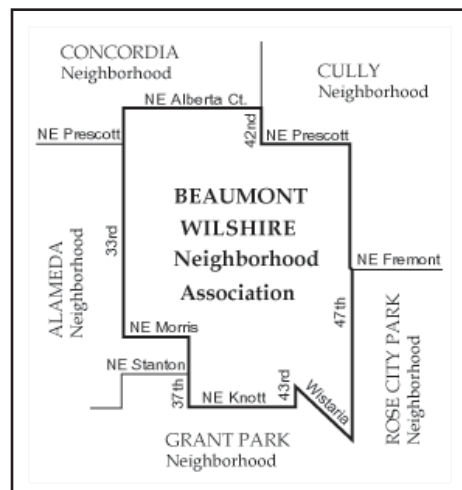
Following Barb's election to the BWNA Board a few years ago, our newsletter began a series of Board member profiles, all of which can be accessed on the BWNA

website (www.bwna.us). To read more about Barb, for instance, just scroll down to "Newsletter Issues" at the top of the home page, then click on the September-October 2014 issue and advance to page 5. (Note that issues are archived back to the summer of 2000!)

The newsletter team member responsible for shining the spotlight on Board members is Mark Mohammadpour. Mark's interview odyssey began in 2014 following Taste of Beaumont elections that witnessed a cavalcade of civic-minded residents—Barb Strunk included—stepping forward to fill seven open positions, including President (yours truly passing the leadership baton to John Sandie)—a testament to the volunteer spirit and resiliency of this neighborhood.

But Mark's assignment is one that just keeps on giving. Since 2014, five at-large board members have exited and three new ones have entered (most recently the effervescent Anna Gillespie, voted onto the board in January and profiled by Mark in this issue). The hope of the BWNA Board is that after this year's Taste of Beaumont (April 10, 6:30 p.m., Beaumont Middle School cafeteria), Mark will have three additional new board members lined up to interview—two new at-large members and, most significantly, a new president. That position has been vacant since last January!

Spring renewal SOS to B-W residents and neighborhood business owners (who are also eligible to serve): step right up to the plate!



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Secretary

Jim Karlock 503-284-5644

Treasurer

Karla Lenox 503-292-4821
treasurer@bwna.us

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Kathy Campbell 503-515-6225
Katy Fackler 503-288-1895
Anna Gillespie 503-484-7892
Cliff Goldman 503-282-1150
Tim Hemstreet 503-239-6231
Barbara Strunk 503-284-7502
Carol Wire 503-754-7519
(Two open positions)

Beaumont Business Association

Kurt Sand
beaumontbusinesses@gmail.com

Crime Prevention

Bill Markwart 503-282-4610

Beaumont Middle School

Al Ellis 503-287-0477

Transportation

Jim Howell 503-284-7182

Land Use

Jack Bookwalter 503-539-2707

Parks & Open Spaces

John Sandie 219-508-4162

Website: <http://www.bwna.us>

Mario Caoile and Helen Koba
503-778-0881

Newsletter Distribution

Georgina Head 360-739-7896
John Sandie 219-508-4162

Newsletter Editor

Articles and announcements to:
AlEllis@bwna.us

Copy Editor

Myrna Sheie 224-659-1537

Newsletter Graphic Designer

Ads to Amy Gwilliam 503-284-6450
design@bwna.us

Advertising Payments:

See <http://www.bwna.us> for instructions

Central Northeast Neighbors Board

Beaumont-Wilshire Representatives:
Barbara Strunk 503-284-7502
Kathy Campbell 503-515-6225

**Do you
know a
neighbor
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- 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

Our early spring garden jewels

by Barbara Strunk

After the wild winter we experienced, we can lift our spirits by thinking of the plants waiting for early spring. Some of these jewels show their colors surprisingly early.

Galanthus nivalis (Snowdrops) are eagerly awaited as a symbol of the coming spring. They emerged in January with the melting of the Snowpocalypse. These little ones grow into lovely patches. The best way to get them started is to plant them in the green in the early spring, which means obtain plants actively growing. Dry snowdrop bulbs planted in the fall are more difficult to get going. Stop by a neighbor who has a patch, beg a few, and plant them right away.

Eranthis hyemalis (Winter Aconite) bulbs have bright yellow cup-shaped blossoms with a jester's collar of green bracts surrounding the base of the flower. They bloom at the same time as snowdrops, a very nice combination. The genus name comes from the Greek *er* (spring) and *anthos* (bloom). Plant these under deciduous trees where you can see them from a window.

Early snow crocuses are some of my favorites. In my rock garden they started blooming as soon as the snow melted. Despite their delicate appearance, they are tough little plants. Walk around our neighborhood and you may see them naturalized in rock gardens and lawns.

These bulbs need well-drained soil. If you have heavy clay soil, add some organic material, sand, and ¼-10 gravel. Plan ahead for these bulbous charmers. Plant them in the fall (except the snowdrops) when they are available at nurseries or from online sources.

On my walks in late January I delighted in seeing *Arctostaphylos* (Manzanita) shrubs in bloom. These plants are Pacific coast natives, from British Columbia to Baja. Beloved by birds and pollinators, their clusters of small urn-shaped flowers are very welcome early and persist for weeks. The species range from ground covers to 6-foot hedges. They thrive in sun and well-drained soil.

Helleborus niger and *H. orientalis* (Lenten Rose) are also welcome early bloomers. My *H. niger* Jacob has been blooming since the beginning of December, and by mid-January my *H. orientalis* buds were showing color in a range from white and yellow to dark red. They need a partial shade environment, but not deep shade, and are fully hardy in our area. These plants are available at nurseries beginning in winter and into early spring. (Watch out! Buying hellebores in early spring is habit forming.)



Sarcococca (Fragrant Sweet Box) are evergreen shrubs treasured for their sweet scent in early spring. The flowers are very small but pack a lovely fragrance wallop. They grow slowly to moderate size in dry,

light shade areas where other plants might be difficult to grow. Plant them where you can walk close to enjoy their scent.

Sources for these plants are Garden Fever, Portland Nursery, Cistus, Joy Creek, and Xera nurseries. Wild Ginger Farm, located outside of Oregon City, has an especially interesting website (wildgingerfarm.com), and Brent and Becky's bulbs (brentandbeckysbulbs.com) is a quality online source as well. Last but not least, check out the Hardy Plant Society of Oregon sale in April at the Expo Center.

Taste of Beaumont: an evening not to miss

by John Sandie

The annual Taste of Beaumont (TOB), held on the second Monday of April, is one of BWNA's largest gatherings of neighbors during the year, second only to the National Night Out Picnic in Wilshire Park the first Tuesday in August. TOB provides opportunities to connect with neighbors you may not have seen for a while, "welcome" newcomers to the neighborhood, and also enjoy tasty cuisine samples from local restaurants and other culinary businesses. Beaumont Middle School cafeteria serves as the venue for this special occasion on Monday, April 10, beginning at 6:30 pm. Providing top-notch musical entertainment for this festive event will be Cynthia Plank and her standout Beaumont Middle School jazz band.

Taste of Beaumont also provides a backdrop for the annual BWNA elections of officers and board members. Anyone living within the boundaries of the Beaumont-Wilshire neighborhood and/or who owns a business within those boundaries is eligible to cast advisory votes on BWNA motions and proposals as well as seek election to BWNA board positions. Every year half of the at-large board positions and two of four officer positions come up for reelection. And, as emphasized by Al Ellis in his Editor Notes column, this year's elections are of special significance to BWNA, with three vacated positions in need of filling—two at-large positions and president, the most vital position of all. Thus, while Taste of Beaumont is the neighborhood's not-to-miss culinary delight of the year, it also doubles as BWNA's not-to-miss opportunity for rejuvenation in terms of leadership and direction.

BWNA's mission of constantly looking at ways to improve the quality of life within Beaumont-Wilshire and its success as a focal point and common voice to city bureaus and City Council on key land use, public safety and health, and residential development issues affecting our neighborhood are dependent on new volunteers with unique skills and passions stepping forward to serve on the board. Residents are urged to consider giving of their time and talents to this important work. Come celebrate and dine with neighbors at TOB!

New BBA president is avid volunteer, wealth manager, & family man

by Susan Trabucco

For Beaumont-Wilshire resident Andy Frazier, taking on the role of president of the Beaumont Business Association in January made perfect sense. With his home of eight years in Beaumont-Wilshire near Fire & Stone restaurant, and the move of his wealth management business from downtown Portland to Beaumont Village last May, his proverbial world is now all within a few blocks—and giving to his community falls in line with Andy's long history of volunteerism. "I'm a big believer in supporting my neighborhood and greater community," he said.

Evidence abounds that Andy is all walk—not just talk. In addition to his leadership role as BBA president, Andy is a current, longtime, and passionate youth soccer coach for Northeast United Soccer Club (NEU PDX), and he also serves on the Portland Children Museum's Leadership Council, the grant committee for Venture Portland, the Portland Business Alliance Board of Directors, the Oregon Youth Soccer Association (OYSA) Board of Directors, and the Small Business PAC (a small business advisory committee and advocacy group for Portland business owners).

As for Andy's volunteerism related to the Beaumont Business Association, he cites board goals for 2017 that include enhancing membership benefits and growing the membership, improving membership events with a focus on making them more social in nature to allow members to meet their business neighbors, and continuing to grow successful district events such as Fremont Fest and Holiday Fest. But Andy has a broader goal in mind for the BBA as well: "In addition to accomplishing these things, we also hope to increase the district's visibility throughout the neighborhood and within the greater city of Portland."

A third-generation Portlander (growing up in Laurelhurst) with an MBA from Willamette University, Andy started out working for a large financial management firm in 2002, but a few years later he struck out on his own. Andy explained: "I don't like the emphasis larger firms in the industry have on selling their proprietary products; I prefer to help people as an independent financial manager."

Accordingly, every Frazier Wealth Management client receives a financial plan or analysis prior to any investment recommendations. About half of the business the firm does is commission-based; the other half is fee-based, meaning charges are based on the performance of their clients' portfolios, not on each investment trade. "If our clients make money, then we make money; we're all motivated for our clients' success."

Andy and his employee, who is a Certified Financial Planner (CFP), work with individuals who are planning for retirement, college funding, or aiming toward other financial goals. Small businesses are also in the mix. "We help people prioritize what's important to them, then set up a game plan to get them there."

In addition to the demands of his work and volunteer commitments, Andy's home life is full. With twin 12-year old daughters (who play soccer, of course), wife Jessica (who teaches 4th grade in the David Douglas School District), and two pairs of dogs and cats, Andy's life is



Beaumont-Wilshire resident and business owner, Andy Frazier, has been named the new president of the Beaumont Business Association.

demanding. He is, however, living his dream. "I get to live, work, and volunteer in my neighborhood—and I can walk to work. I put my efforts into my community and try to make it a better place. I also get to work with clients I enjoy."

Find Andy at Frazier Wealth Management, an advertiser in this newsletter, in the Fremont Commons building at 4605 NE Fremont Street, Suite 106, in the space formerly occupied by Pinball Outreach. For more information, call 503-719-5366 or email andrew.frazier@frazierwm.com.

A woman with dark hair, wearing a brown hat and a patterned scarf, is making an "OK" hand gesture with both hands over her eyes. The background is dark. Text is overlaid on the image.

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“Guitarology” comes to Bethany Lutheran April 8

by Al Ellis

Described by the musicians who perform it as a unique look at the history of the guitar and lute through historical performance, “Guitarology” is a narrated concert tracing the development and evolution of two of the most versatile instruments in music history. This five-century musical odyssey is the brainchild of Foti Lycouridis and James Manuele, two kindred spirits who have been performing together as the Portland Guitar Duo since 1999. “Guitarology” showcases instruments ranging from Renaissance lute and baroque guitar to 19th Century romantic guitar and 10-string and modern guitars, coupled with commentary on aesthetics, repertoire, playing techniques, instrument construction, and composers.

Foti Lycouridis grew up in Athens, Greece and came to the U.S. in 1981 to study music at University of Portland, where he graduated with a Bachelor of Music in Guitar Performance and later obtained a Master of Music in Music Theory. Among numerous professional achievements, Foti has transcribed music of Mozart, Chopin, Revel, and Cage (to name a few) for guitar duo, trio, and quartet.

James Manuele (who performed in concert on classical guitar last January at Bethany Lutheran) studied under Pablo Cohen at Mansfield University, graduating with a Bachelor of Music. He then earned a Master of Music at Portland State U., studying under composer/guitarist Bryan Johanson. James now teaches guitar locally and has published DVDs and an instructional methods manual.

Experience “Guitarology” on Saturday evening, April 8, beginning at 7:00 at Bethany Lutheran Church (4330 NE 37th Avenue)—just a spring evening stroll away for most B-W residents! Admission is \$20 at the door. Cash, check, or credit card accepted.



A beginner’s guide to adult budgeting

by Jackie Waters

Recently my husband’s mom passed away, and as we went through the probate process, I began to feel like my husband and I hadn’t done enough to plan for the future. So I researched, and with every new thing learned, I began to feel better. Budgeting has almost become a dirty word for most adults. But it doesn’t have to be a pain. Here are a few easy steps to help you get started:

Look at income vs. expenses. First, identify your household income and establish a line you do not cross. Otherwise, you could easily end up with negative funds in your bank account or an extremely high amount of credit card debt. Next, lay out your essential costs—i.e., rent, food, utility bill, car payment, insurance—and subtract it from your income. Anything you have left over is extra. Just be sure to keep track of everything in a spreadsheet, either via Microsoft Excel or perhaps via the free online program in Google docs.

Develop a plan for your extra money. A good rule of thumb is to always put 10 percent of your income toward an emergency fund. You should also plan to save for upcoming expenses. For example, will you need funds to pay for an upcoming move? Or are you about to buy a new car? There are also a variety of ways to save and invest your money. You can choose several different types of investment opportunities, including stocks, bonds, or mutual funds.

Check out easy ways to save. There are credit cards and grocery store cards that offer rewards. Some credit cards allow you to earn cash back based on a percentage of your purchases, along with ones that give you travel miles that accumulate to use for flight or hotel purchases. Major nationwide grocery store chains—and even your local supermarkets—typically offer store rewards cards that save you money on specific items. These days, larger supermarkets that also include gas stations give you fuel points that can be redeemed based on dollar amounts that you spend at the store.

This is a tough subject to tackle, but I hope hearing about it from a fellow neighbor who until just recently felt overwhelmed will be helpful to those who just don’t know quite where to start.

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Contemplating selling your home?

Would you like to:

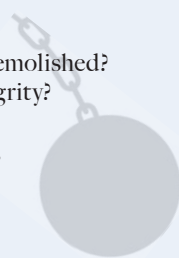
- protect your home from being demolished?
- preserve our neighborhood integrity?

Please consider selling your home to a buyer who will recognize its unique characteristics and won’t demolish it!

For more information, contact

John Sandie

sandiefam@gmail.com or 219/508-4162



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Beaumont bloviating

Since I am no longer President of BWNA, I don't have an official soapbox within the newsletter; however, I will from time to time post thoughts under the above header—with a nod to Mr. O'Reilly and with enabling by the newsletter editor (so please direct all criticism towards him).

Over the holidays and into the New Year I had the pleasure of attending two open houses within our local neighborhood block, hosting one at my home. These experiences reinforced my strong conviction that simple acts of reaching out and engaging others are beneficial on many levels, as well as my theory that a person's relationship with adjacent neighbors can significantly set the tone for broader attitudes about the neighborhood at large. Hosting an open house for neighbors is not only a great way to catch up with neighbors you don't see that often, but also to meet folks new to your neighborhood. My hope is that other neighbors on our block will join in to expand open houses to a periodic, roving event.

Neighborhood glue can be strengthened even further through block parties. Step-by-step instructions on how to get the ball rolling on block parties is on the BWNA website (www.bwna.us). Simply click on Links at the top of the home page and then on Block Party Tool Kit (a collaborative effort by yours truly and a group of veteran block party neighbors).

Attendees at the February BWNA general meeting gained an extra appreciation of the value of next door neighbors when they learned

about weathering a major disaster. A sobering but inspirational presentation by Neighborhood Emergency Team (NET) representatives from Alameda and Beaumont-Wilshire demonstrated how a key part of emergency preparedness is the coming together of local group resources to offer aid.

Moving to another topic, Beaumont-Wilshire is well represented in the civic, grassroots group United Neighborhoods for Reform (UNR), which lobbies for thoughtful development and responsible demolition of residential structures. UNR continues to work through city bureaus and the Ombudsman's Office (under the City Auditor) to promote effective demolition practices and broadening use of deconstruction (dismantling with recycling in mind). In addition, UNR advocates are working with Oregon senators and representatives to enact laws regarding effective and responsible handling of all hazardous materials during demolition. This year, the Oregon Department of Environmental Quality (DEQ) will be reviewing all its policies on asbestos, with a UNR representative part of a planned advisory group supporting the project. While there is surely disappointment in the lack of progress over last couple of years, efforts in the struggle to adequately protect public health during residential demolitions have not diminished, and I remain cautiously optimistic that positive steps will be made during this year.

In closing, when contacting O'Reilly about using his trademark bloviating phrase, I offered an idea for another book—*Killing Portlandia*; last I heard he's taking it under advisement.

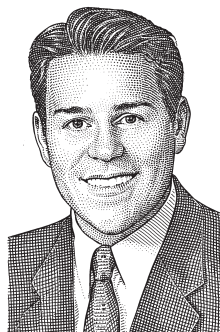
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Anna Gillespie brings youth, enthusiasm, and conviction to BWNA Board

by Mark Mohammadpour

The newest and youngest member of the BWNA Board, elected at last January's Board meeting, is Anna Gillespie. Anna was born and raised in Portland, attending Alameda Elementary, Beaumont Middle School, and Grant High School. After living in New York for several years, Anna moved back to Portland in 2012 and is currently a producer for a digital design and development agency in the city. She also is a wedding photographer on the weekends. Anna lives with her fiancé Kyle Emry and two rescue pups, Samson (from the ASPCA in NY) and Finlay (from the OHS). In her spare time, Anna loves working on her house, landscaping, gardening, yoga, photography, and reading.

What's your favorite part of living in the neighborhood?

Anna: After nearly a decade on the east coast, I moved back to Portland and began the house hunt during a market that, at the time, seemed pretty hot (little did I know what was to come). I thought we were lucky to find a home but quickly discovered we were even luckier to find ourselves surrounded by such wonderful neighbors, neighbors that bring you soup when you're home sick. What drew me to Beaumont-Wilshire was the walkability, and I've been delighted to find how fun it is to have so many little neighborhood hubs to walk to (e.g., Fremont area, 42nd Avenue, and Alberta St.).

What's your favorite neighborhood store or restaurant, and why?

Anna: I try to shop locally as much as possible to support my neighborhood shops, and it's hard to list a favorite since they're all so unique and so well loved. That said, here are a few of my go-to's:

- Beaumont Hardware is wonderful when we're short a tool or screws on a weekend project.
- Americana Frames does amazing work, and we're so pleased with our newest addition to our walls—a picture of my great-grandfather and fellow sheriffs and deputies in Wyoming, framed and matted to perfection.
- Silhouette helped me out last summer with two bridesmaids' dresses to fit and a time crunch.
- Adorn is my guilty pleasure; I can always find something I "need" there.
- I grew up going to Bagel Land every Sunday with my dad, and these days my fiancé and I often find ourselves there on a Saturday or a Sunday.
- The Arrangement is my go-to gift shop—especially for baby showers and children's birthday.
- I can't get enough of Pip's. I have yet to discover a better chai.
- McPeet's is our go-to for Blazer games.
- And finally, Bang Bang is absolutely delicious. We love taking guests there as it's a nice walk and has fun outside-dining during the summer.



What are the issues you're looking to help address as a member?

Anna: I decided to join the Board after November 8, 2016 (i.e., the presidential election), because I felt the need to be become involved and wanted to give back to a community that has been so welcoming and caring for us. Right now I'm enthusiastic about everything, but I'm especially passionate about land use issues.

Thank you so much for your service, Anna!



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Fallout from delayed residential infill reform decision

by Al Ellis

At the hearing on residential infill policy held last December, the City Council agreed in principle with a proposal of reforms presented by its advisory body, the Bureau of Planning and Sustainability (BPS). However, disagreement on specifics led to amendments directing BPS staff to go back to the drawing board and return in 2017 with additional options for consideration by a reconstituted Council (i.e., new mayor, new commissioner) on such pivotal issues as size restrictions on new homes to ensure compatibility of scale with the neighborhood and increased density of smaller housing types in the heart of residential neighborhoods, which necessitates demolition of homes to make room for the building of duplexes and triplexes—so-called “middle housing.” As the near capacity crowd exited Council Chambers that winter afternoon, speculation swirled: when might the BPS staff be ready to make its return to Council? Possibly as soon as February. Surely no later than April! Try next fall!

This unexpectedly long delay is of special concern to neighborhoods like Beaumont-Wilshire, hard hit over the past few years by demolitions of viable, comparatively affordable “starter” homes—which are especially attractive to growing numbers of entry-level buyers, such as young couples preparing to start a family. Preservationists fear that developers, seeing the writing on the wall with respect to eventual Council adoption of size limits on new homes, will accelerate purchases

of smaller, less expensive homes for the purpose of demolishing them in order to cash in on construction and sale of million-dollar-plus “monster homes” (as expressed by Commissioner Fish at the hearing). Sobering statistics lend credence to such worries: Over a three-year period, more than 1000 Portland homes fell victim to the bulldozer, with steady increases each year: 308 in 2014, 323 in 2014, 376 in 2015.

So what recourse do preservation-minded residents have in stemming the tide of residential demolitions this year? First and foremost, let Mayor Wheeler and city commissioners hear from you with specific examples of perfectly good homes targeted for destruction in your area. Second, urge neighbors who put their homes up for sale to commit to selling to buyers who will reside in them, not tear them down. Third, explore the possibility of delaying demolition through appeal via BWNA within 35 days of a developer’s demolition permit request to the Bureau of Development Services. BWNA and neighbors in the near vicinity of the proposed demolition site must be notified by law within five days of the demolition permit application’s submission. This last option is admittedly a long shot, since the granting of an appeal hinges on being able to convince a hearing officer of the feasibility of plan to save the house through fundraising, finding another buyer or buyers, convincing the developer to refurbish instead of demolish, or even moving the house intact to a new location. Lastly, exercise free speech: put up signs! protest!

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2017
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Houses**

PK-8th Grade: Thursday, February 2
Middle School: Thursday, February 9

Both begin at 6:00 p.m. RSVP to
info@strosepx.org or 503.281.1912.



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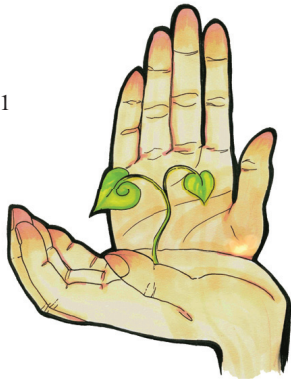
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A Spring Fever Recipe from Kathy Campbell's Kitchen

pasta primavera

- 12 oz. fusilli or corkscrew pasta
- ½ lb. sugar snap peas (halved lengthwise) or broccoli florets (or a combination)
- 2 carrots, shredded
- 1 yellow bell pepper, cut into thin strips
- ¼ cup virgin olive oil plus more for drizzling
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- ¼ to ½ t. red pepper flakes
- ½ cup roughly chopped fresh mint
- ½ cup grated parmesan cheese
- 4 oz. goat cheese, crumbled

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Add the sugar snap peas and/or broccoli, carrots and bell pepper to the boiling water during the last two minutes of cooking. Reserve ½ cup of cooking water, then drain the pasta and vegetables and return to the pot.

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes, red pepper flakes and 1 tsp. salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in ¼ cup of the reserved cooking water.

Pour the tomato mixture over the pasta and vegetables. Add the mint, parmesan, and half of the goat cheese. Toss to combine and season with salt.

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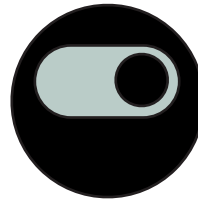
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