



November-December 2020

In this issue:

PFP Meeting food needs, page 1

President's message, page 2

Editor's notes, page 3

FoWP welcomes input, page 4

B-W Fun Facts, page 6

The unruly garden, page 8

Dutch Village building, page 10

Family dessert recipe, page 12

Letter to the board, page 13

The Arrangement, page 14

Kids' coloring contest, page 15

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

BWNA Calendar of Events

Community Events

Presidential Election

Tuesday, November 3

NOTE:

Check blog page on
BWNA website
(www.bwnapdx.org)
for updated information



PFP helping to meet increased food needs in a holiday season unlike any other

by John Sandie

Given the unprecedented hardship and deprivation caused by the Covid-19 pandemic and expansive wildfires, it was suggested at BWNA's September board meeting that a story on charitable giving be featured in the year-end holiday edition of the newsletter, followed by another suggestion that the specific subject of interest be the Portland Food Project (PFP), a longtime Beaumont-Wilshire favorite. Here's a look back on the roots of PFP, its Beaumont-Wilshire connection, and how it currently operates.

PFP began with a grassroots, volunteer group of neighbors and friends meeting together in 2012 under the leadership of Richard Nudelman, a Southeast Portland resident concerned about hunger in the Portland area. Richard wanted to make giving easy and set about implementing a simple door-to-door food collection system. Future PFP coordinators Robin and Greg Gray and Peggy Concillo first read about the project in an article in *The Hollywood Star News* in 2014. After retiring and relocating from California to Northeast Portland in 2011, Robin and Greg were looking for a volunteer opportunity they could enjoy participating in together. They became neighborhood coordinators, picking up food bags with non-perishable food items from donors every other month, leaving the empty bags on the porch. While canvassing neighbors and friends to get involved, they also gathered some new donors through a presentation at a BWNA meeting several years ago, followed by an article in this newsletter on the then-nascent organization. A typical pickup route is between 20 and 30 donors and takes about two hours to complete, including dropping off the bags at a designated collection point. Additional volunteers from both the PFP and sponsored food pantries then divvy up the food items for delivery to 19 food pantries in the Portland area.

Similar to Robin and Greg, Peggy, recently retired after 30-plus years in education, was looking for a means to impact the lives of those at risk and began as a neighborhood coordinator. She initially enlisted donors through neighborhood block parties and word of mouth. The growing program needed some route managing as donors came and went, so Peggy stepped into an area coordinator role, balancing routes and keeping them closely knit within inner Northeast Portland between Prescott and Knott streets. She also became a member of the PFP steering committee, which oversees the overall process and coordination of volunteers as well as expanded outreach through partnerships with business sponsors.

Richard Nudelman passed away a few years ago, but his vision lives on. In 2019, approximately 1,600 food donors collected close to 115,000 pounds of non-perishable foods for Portland-area pantries. Similar models of the PFP have now expanded to over 40 cities, including Bend and Ashland in Oregon and cities in Clark County, Washington.

So when you drive or walk around Beaumont-Wilshire on Saturday mornings and see green bags sitting on many porches, take pride in the giving attitude of generous and caring neighborhood residents. BWNA salutes Robin, Greg, Peggy, and all the PFP volunteers for their efforts to help those in need in these trying times.

For details on the numerous ways you can help this simple and effective local charity, go to www.portlandfoodproject.org or contact by email at info@portlandfoodproject.org.



President's message

by Tim Gillespie

Meet the new BWNA board president

Dear neighbors and friends,

Because of commitments among other members, I found myself quickly catapulted from at-large member to vice president to president of the BWNA Board. Though I'm still trying to catch my breath at the rapid acceleration and still have much to learn, I'm also energized by the challenge and exceedingly grateful to the hard-working volunteers who have made BWNA such a vibrant, helpful group for so many years. I hope to continue in their tradition of effective neighborhood service and activism.

A special shout-out of appreciation goes to now Immediate-Past-President Tim Hemstreet, whose leadership and resilience—and willingness to continue in office for many months beyond the end of his official term during difficult days for us all—has been a gift to our neighborhood and a great model for me. If you see Tim around the neighborhood, give him a hearty thanks for all he has given to BWNA.

I'm also grateful to the energetic Andrew Rinke, who has graciously stepped into the vice president's position, and to outgoing Vice-President Kathy Campbell for her many years on the board—and for her wonderful recipes and dishes that kept our gatherings well-fueled and continue to delight via her "Kathy's Kitchen" column.

Other folks who are helpful beyond expressing are long-time board members Barb Strunk (our secretary and gardening guru), Karla Lenox (our treasurer and accounting ace), Al Ellis (our sharp-eyed, hard-working editor who brings you this fantastic newsletter), John Sandie (who's like a utility infielder playing many positions, including Transportation Committee chair), and

Gary Hancock (whose work as chair of Friends of Wilshire Park committee has helped bring all the upgrades to that beautiful neighborhood space—the new NatureSpace area, playground upgrades, and other improvements). Great contributions have also been made by newer BWNA board members Rich Woyma (who has upgraded our website and continues to streamline our communications as Communications Committee chair) and Laurie Holtz (who's given us a bunch of wonderful ideas for supporting families and children... some of which you'll find in this newsletter).

The oldest piece of public art in Portland, the downtown Skidmore Fountain, dedicated in 1888, famously has this quote carved in stone on one of its sides: "Good citizens are the riches of the city." These citizen-volunteers who have given so much to Beaumont-Wilshire make us all the richer.

Because of the Covid-19 pandemic, many of our traditional BWNA activities—National Night Out, Movies in the Park, in-person meetings—have had to be put on hold these last few months. But we have many more ongoing endeavors, including continuing to address transportation issues, responding to an incident of racial harassment in our neighborhood, and putting out this newsletter to connect neighbors and businesses. Given these and many other projects, there are plenty of ways to enhance the neighborhood through BWNA. I hope you'll consider working with one of our committees, starting a committee to address an issue of importance to you, or even serving on our BWNA Board in one of the open at-large slots. You'd be working with a terrific group of your neighbors and making a contribution to our corner of the city. Thanks for considering the opportunity!

Our Organization

BWNA Board

President

Tim Gillespie 503-287-6272
president@bwnapdx.org

Vice-President

Andrew Rinke 503-893-2504

Secretary

Barbara Strunk 503-284-7502

Treasurer

Karla Lenox 503-686-5915
treasurer@bwnapdx.org

At-Large Board Members

Al Ellis 503-287-0477
Gary Hancock 503-367-0862
Laurie Holtz 621-327-5595
John Sandie 219-508-4162
Rich Woyma 971-488-0140
(five open positions)

Immediate Past President

Tim Hemstreet 503-239-6231

Related Organizations

Beaumont Business Association

Kathy Madore
beaumontbusinesses@gmail.com

Central Northeast Neighbors Board

Barbara Strunk 503-284-7502

Areas of Interest

Residents are encouraged to participate. Contact committee chairs for details

- **Beaumont Middle School Committee**
Tim Gillespie, chair 503-287-6272
- **Communications Committee**
Rich Woyma, chair 971-488-0140
- **Crime Prevention Committee**
Bill Markwart, chair 503-282-4610
- **Land Use Committee**
Tim Hemstreet, chair 503-239-6231
- **Friends of Wilshire Park Committee**
Gary Hancock, chair 503-367-0862
- **Newsletter Team**
Chair: Al Ellis, editor@bwnapdx.org
Graphic Design:
Jane Feinberg, design@bwnapdx.org
Copy Editor:
Myrna Sheie 224-659-1537
Distribution:
Georgina Head 360-739-7896
John Sandie 219-508-4162
- **Transportation Committee**
John Sandie, chair 219-508-4162
- **Website (www.bwnapdx.org)**
Rich Woyma 971-488-0140



Editor's notes

by Al Ellis

Before retirement and involvement with BWNA, many

Thanksgivings ago, I was a Portland Public School District high school teacher, and one of the subjects I taught was Social Studies. "Current Events" was a staple of the curriculum, which meant having to stay on top of each day's news developments, pleasant or not. Though still a political junkie of sorts, I don't miss feeling obligated to keep current on things like presidential press conferences or (heaven help the dutiful Social Studies teacher) daily tweets. But I do miss those classroom discussions—evaluating facts, parsing issues, drawing conclusions. And lessons learned back then continue to resonate.

I'm sure you can recall high school and/or college instructors who espoused their personal opinions either prior to or in the midst of class discussions. I took the opposite approach—doing what I could to conceal my partisan views, functioning as an objective referee and fact-checker, and letting the evidence speak to the students for itself. Now, all these years later in my volunteer work as editor, reporter, and commentator, it feels like déjà vu in that I'm still advocating for and operating within an ethos where assertions are backed by empirical data and arguments are free from unfounded generalizations and erroneous assumptions. (Aside: In a political era of dueling realities in which even scientifically verifiable proofs are dismissed as "fake news," accuracy and clarity in reporting are more important than ever.)

While a code of ethics is essential for a publication, content management invariably captures the spotlight—for better or worse. Case in point: our

previous issue featured a number of articles (including the front-page article) relating to the racial justice movement and BWNA's non-discrimination policy, with specific references to Black Lives Matter. Predictably, reader feedback ran the gamut—from "I look forward to more of the same!" to "Enough already!" Which begs the question: who or what is responsible for determining which topics make the cut in each newsletter? Conventional wisdom is that the buck stops with the editor, but that's only partially true in my case. To begin with, our newsletter team serves at the pleasure of the board, meaning that board priorities take precedence with respect to what gets published and what doesn't. Also, content selection is an organic process dependent on a host of unpredictable factors such as breaking local news, board initiatives, size and kind of in-house and at-large article submissions, and feedback from neighbors in the form of "Letter to the Editor" editorials, "Contact Us" e-mails via the BWNA website, and phone calls to board members. In addition, there are designated features that automatically receive priority for inclusion, such as the President's Message column, my Editor's Notes column, non-time-sensitive articles whose publication had to be postponed due to lack of space, "Kathy's Kitchen" recipes, advertiser profile articles, and of course the ads themselves. Thus, decisions on newsletter content are in no way a product of a "my-way-or-the-highway" editor; rather, it's a collaborative and deferential process based on a wide range of factors.

And the result? An eclectic publication for an eclectic neighborhood grounded in family-friendly, neighborly values—something to be thankful for in unstable times.

Calendar of Events (cont.)

BWNA Meetings

NOTE:

Check "Upcoming Events" page on BWNA website (www.bwnapdx.org) for venue and/or Zoom link information

Monday, November 9: Board Meeting, 7:00 p.m.

Wednesday, November 11: Friends of Wilshire Park Committee Meeting, 7:00 p.m.

Wednesday, December 9: Friends of Wilshire Park Committee Meeting, 7:00 p.m.

Monday, December 14: General Meeting, 7:00 p.m.

BWNA Newsletter

Submission Deadline

Friday, December 11 (for the January-February 2021 newsletter)

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

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

Ad Payment

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

c/o The Postal Station
2000 NE 42nd Avenue, Suite D #394
Portland, OR 97213-1397

Instructions for Article and Ad Submission

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



BWNA's FoWP Committee welcomes input on prioritizing park improvements

by Gary Hancock

Editor's Note: BWNA board member Gary Hancock was instrumental in the creation of the Friends of Wilshire Park committee and serves as its chair.

Are you concerned about Wilshire Park? Do you have issues that you believe need to be addressed? BWNA's Friends of Wilshire Park (FoWP) committee is committed to dealing with these issues and encourages residents to get involved.

A couple of years ago, the state of the playground equipment in the park was deplorable. The structures were old and in serious (i.e., dangerous) disrepair. Residents aired concerns at BWNA meetings, and, not long after, the FoWP committee was formed to implement improvements. The committee spent the next year organizing projects in collaboration with Portland Parks and Recreation (PP&R) and initiating fundraising campaigns through procurement of grants and solicitation of donations from generous residents. The result was the installation of a beautiful NatureSpace

preserve adjacent to the picnic area followed by replacement of worn-out equipment in the toddler area of the playground, which is now boasting a new car, house, and play structure.

The committee is currently deciding on what its next park project will be and welcomes input from residents on setting priorities. Meetings are held on the second Wednesday of each month beginning at 7:00 p.m. (via Zoom for the time being due to Covid-19 instead of Bethany Lutheran Church at the corner of NE 37th and Skidmore). E-mail FoWP Chair Gary Hancock (outside503@aol.com) for Zoom meeting login information, and check out the FoWP website (www.friendsofwilshirepark.org) for details on projects and associated activities.

The committee looks forward to greeting new participants at meetings and working with the community and PP&R to achieve the ultimate goal: making Wilshire Park a world-class park.



Beaumont Vision
4331 NE FREMONT STREET

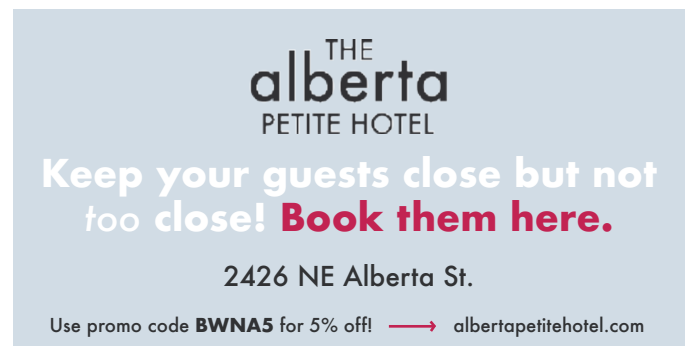
FLEX & MOST INSURANCES ACCEPTED

FULL COMPREHENSIVE EYE CARE

HUGE SELECTION OF FRAMES FROM AROUND THE WORLD!

CALL OR STOP BY TODAY!

503.331.3937
WWW.BEAUMONTVISION.COM



THE **alberta**
PETITE HOTEL

Keep your guests close but not too close! Book them here.

2426 NE Alberta St.

Use promo code **BWNA5** for 5% off! → albertapetitehotel.com



Home loans you'll be happy to live with

Visit your local Union Bank branch and speak with a Mortgage Consultant today.



Osha Roller
Consumer Mortgage Consultant
503-334-6421
osha.roller@unionbank.com
NMLS ID #398986



Loans subject to credit and collateral approval. Not all loan programs are available in all states for all loan amounts. Restrictions may apply. Terms and conditions subject to change.

©2020 MUFG Union Bank, N.A. All rights reserved. Equal Housing Lender.
Member FDIC. Union Bank is a registered trademark and brand name of MUFG Union Bank, N.A. unionbank.com

Words escape you? Let me corral them for you!

- Newsletters & Annual Reports
- Press Releases & Ad Copy
- Feature & Fun Stuff!
- Message Development
- Design Direction

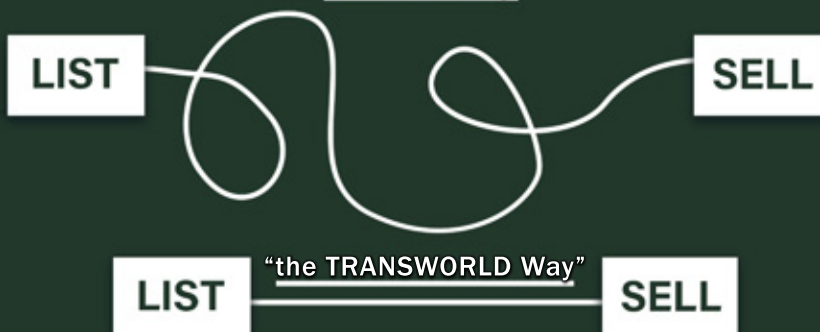
Former business
journal owner,
editor &
publisher.
I get business!

Susan
Trabucco
CONSULTING

susan@trabucco.biz
trabucco.biz • 503.440.7732

There are two ways to sell your business:

"the HARD way"



*Sell Your Business
"the Transworld Way"*

Entrepreneurs are used to doing things themselves but some things are better left to the experts. At Transworld Business Advisors, we maintain a pool of buyers in search of the right opportunity and a large inventory of available businesses.

TRANSWORLD
Business Advisors
Business Sales • Franchises • Mergers & Acquisitions
Portland, Oregon



If you are considering selling your business contact:

Daren Bucklin
President | Owner | Broker
Office 503-820-0063
Cell 503-729-0235
dbucklin@tworld.com
www.tworld.com/portlandeast

Doing business in association with Portland Realty Hub

Fun facts about the neighborhood and surrounding community

by Al Ellis

From time to time the newsletter has published articles with snippets of information about the history of our neighborhood and/or tidbits relating to people, places, and businesses in the current community. The most recent example is the front-page article in the previous issue entitled “BWNA Condemns Racism, Extols Diversity, Fosters Inclusion” in which BWNA President Tim Gillespie contributed historical information about the now-defunct race-restrictive clauses in property deeds. Additionally, former BWNA President and current board member John Sandie submitted a series of “B-W Behind the Scenes” articles that include historical information about Wilshire Park as well as factoids about homes and businesses.

There have also been “Letter to the Editor” editorials submitted by longtime Beaumont-Wilshire residents about growing up in the neighborhood. But never has there been a regular issue-to-issue feature along this theme—until now, hopefully.

The idea originated a few years back when Immediate Past BWNA President Tim Hemstreet proposed something similar, but unfortunately it never caught on. Fast forward to BWNA’s most recent board meeting in September (via Zoom), when member Laurie Holtz rekindled the flame, suggesting a “Fun Facts” newsletter series featuring resident-submitted factoids about the B-W neighborhood and the surrounding community. The board enthusiastically approved the proposal, and Tim Gillespie and Laurie Holtz volunteered to get the ball rolling with the following submissions:

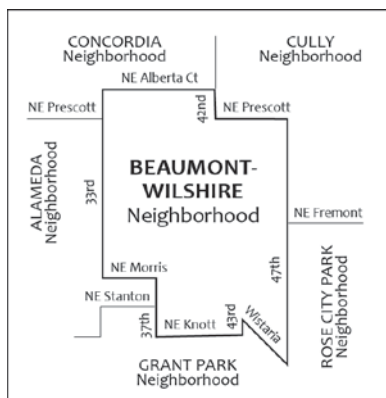


■ **Laurie:** Two laps around Wilshire Park’s outer path is just over a mile. Pip’s Donuts uses honey from our very own neighborhood bees—Bridgetown Bees. There are six sets of hidden staircases on the Alameda Ridge spanning from 26th Avenue to 50th Avenue. The Barnes Mansion at 3533 NE Klickitat Street was highlighted in Beverly Cleary’s Ramona Quimby books as the haunted house.

■ **Tim:** Sandy Boulevard cuts diagonally across our main street grid because it follows the route of “the sandy road,” which was an ancient walking trail used by the first people in this area, then later by pioneers, making it one of the oldest travel routes in the whole of the Northwest. The Beaumont neighborhood was platted in 1910, the Wilshire neighborhood (south of Fremont Street) in 1921, and Beaumont is a French word meaning “beautiful mountain,” chosen not for its descriptive accuracy (no beautiful mountain here) but as a ploy by developers to attract folks to the area. Sidewalk-embedded horse rings were utilized well into the 1930s by horse-drawn delivery wagons packed with milk, ice, wood, and other goods.

As you may have surmised, Tim is a local history aficionado, and the items listed above are just the tip of the iceberg. Explains Tim: “I’ve been fascinated by our neighborhood’s history since my young family moved into our house in 1979, so this wonderful idea (of Laurie’s) is definitely up my alley.”

There will be more from Tim and Laurie in future issues, but do join in! Send me factoids (editor@bwnapdx.org).

The logo for Pacific Audiology Clinic, featuring a stylized yellow bar chart above the text "pacificaudiologyclinic" in blue.

allison bradley
doctor of audiology
3502 ne broadway street
portland, or 97232
503-284-1906

www.pacoregon.com
FOR ALL OF YOUR HEARING HEALTHCARE NEEDS

SAND'S

taxes and business consulting

SOLUTIONS, INC.

Reasonable Rates,
Fun People

Your Tax Headache
Relievers

6016 NE Sandy Blvd
503.493.2417
sandsolutions.com



Green Dog Pet Supply

Environmentally Friendly
Supplies and Gifts for Dogs,
Cats, and Their People

4327 NE Fremont St • Beaumont Village • 503-528-1800
www.greendogpetsupply.com

AMERICANA FRAME

SILHOUETTE TAILORING BOUTIQUE

Creative Solutions in the neighborhood

Discover the little school where big things happen.

Since 1913, St. Rose School has helped raise scholars and saints in a small community centered on faith and Catholic values. Our Northeast Portland school provides comprehensive PreK-8th grade education that includes art, music, PE and much more, helping to form lifelong learners who respect others and serve their community.

Schedule a tour or learn more by contacting
us at info@strosepx.org or 503.281.1912.



St. Rose School

5309 NE Alameda Street • Portland, Oregon • strosepx.org



The charms and challenges of the unruly garden

by Barbara Strunk

Unruly is a “style” for gardeners who have a plan for their garden but enjoy the whimsical nature of plants doing their own thing in their chosen place. Whether a garden is unruly or just full of messy weeds is in the eye of the beholder and determined by what plants are allowed to flourish. If there is one rule for managing an unruly garden style, it is to keep control of volunteer plants that have the potential to spread and take over. Unruly is not a synonym for untended.

A pleasing garden takes observation as well as choosing which plants to keep or remove. Some plants are easy to manage. Others are “thugs”—plants that spread quickly, widely, and are difficult to remove. These may be beautiful blooming plants, but should be avoided. A gardener must be aware of the growth habit of plants before planting and take action regarding volunteers by either removing or encouraging early in the growth cycle. In my experience, plants that reproduce by seed are generally, but not always, easier to control than those that spread by underground runners or stolons.



Wind, birds, insects, and humans spread many plants’ seeds. Foxgloves, columbines, cyclamen, and larkspurs seed around, producing beautiful spring or fall flowers. They have light root systems and are easy to weed out. The small perennial geraniums, such as *G. sanguineum* or *G. subcaulescens*, also seed about, but stay low and are easy to control. Some volunteer plants I move to pots so that they can grow on until mature enough to share with friends.

Bulbs can either slowly multiply in a polite manner, or take over. Daffodils and tulips are generally well-mannered and increase gradually around the original bulb. Some tulips, however, are stoloniferous with spreading root systems. An example of a very pretty spreader is *Tulipa bakerii* —“Lilac Wonder”—which I try to keep under strict control. Grape hyacinths spread easily and everywhere. Bluebells (*Hyacinthoides hispanica* and *H. non-scripta*) create lovely blue swathes, but have very deep bulbs and spread quickly. Even with a good shovel they are difficult to control, something I have been working on in my garden for several decades.

continued on page 9

Popina
Hollywood

SWEETEST
Stocking Stuffers
UNDER the SUN

2030 NE 42nd Ave
POPINASWIMWEAR.COM

Give your home the protection it deserves.

Your home is where you make some of your best memories, and that's worth protecting. I'm here to help.
LET'S TALK TODAY.

Gustavo Soares, Agent
4515 NE Fremont St
Portland, OR 97213
Bus: 503-287-0027
gustavo.soaresdesa.d31c@statefarm.com

State Farm

State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, FL
State Farm Lloyds, Richardson, TX
1708136

Unruly garden (continued)

We feed the birds black oil sunflower seeds, which the birds and the squirrels plant around the garden. I leave the plants that are growing in the right place undisturbed to mature and feed the birds in late summer. Other plants that I leave for the birds to harvest and spread are heleniums (Sneezeweed) and rudbeckia (Black-eyed Susan). It is a joy to see flocks of goldfinches harvest the seed, especially in this time of pandemic and isolation. Birds and squirrels also like to bury acorns and walnuts, which grow surprisingly well. These I remove, although I did put a sprouted acorn in a pot to see how it will grow.

Some vegetables can volunteer the next season. The tastiest tomatoes in my garden this year are volunteers growing in a big pot with a rhododendron. Parsley is a biennial that casts seeds from the umbel flowers (umbrella-shaped groups of small flowers) of a mature plant. Allowing a few parsley plants to grow in the right place keeps us supplied yearly. I have seen tomatillos grow from last season's fruit left on the ground.

Some weedy plants I remove as fast as I can, even though they can be very pretty. Morning glory is a good example with beautiful white flowers, a large deep root system, and an aggressive vining

habit. The small yellow-flowered, clover-like oxalis is attractive, but spreads aggressively by seed thrown from spring-loaded capsules and runners that are difficult to weed out. Beware of *Geranium robertianum*—known as “Herb Robert” or “Stinking Bob”—because it is a wide spreader and establishes easily.

Other spreading plants are beautiful and rewarding if carefully managed. *Verbascum* (Mullein) species are some of the birds' and bees' favorite plants (as well as my own favorite). Unfortunately, they are very difficult to remove if they establish in the wrong site because of very heavy, deep root systems. If it is allowed to mature, you will need a good shovel and some persistence to remove it. Hellebores, treasured for their early spring flowers, also spread easily by seed. They, too, have substantial root systems and thus need to be removed as seedlings if in the wrong location.

How you grow a garden depends on your preferences of style and plant choice. Any style can be lovely if you are aware of the growth and habits of the plants you chose and then conscientiously tend your unruly garden.

Guidance on your
terms.

Not someone
else's.



Erick Ibarra
Vice President Branch Manager,
CFP

Portland, OR Branch
820 SW Morrison
Portland, OR 97205
(503) 721-2436
www.schwab.com/portlandor

From investing to retirement planning, you'll get uncomplicated explanations from the investment professionals at your Schwab branch. And the opportunity to take charge of your financial future. Stop by your local Schwab branch or visit Schwab.com.

Own your tomorrow.



New Dutch Village building owner avoids coronavirus crisis

by Susan Trabucco

In our January-February 2020 newsletter, we featured an interview with Darren Stowell, the new owner of the Dutch Village building and two other adjacent properties around the corner on NE 41st Avenue. At the time, we were reporting that the historically-sensitive renovation of the apartments on the second floor of the Dutch Village building was nearing completion, Stowell was seeking businesses that would bring positive activity and increased foot-traffic to the corner, and interest was high in the available ground floor commercial space.

Then, *BAM!* In early March, Covid-19 reared its ugly head, potentially thwarting Stowell's upward trajectory. But whether it was fate, an urban district with oodles of charm, the right properties, a savvy developer, or all of the above—miraculously, disaster did not strike. An early October conversation with Stowell revealed that he had successfully filled the upstairs apartments either before or soon after coronavirus was in full-swing, and he's filled his empty storefronts with community-minded businesses.

Of significance, too, is that the virus didn't dislodge any of the Dutch Village's existing retail tenants, which Stowell attributes to the business owners.

"The owners of Shop Adorn, Gazelle, and Bagel Land are all professionals with strong connection to the community," Stowell said. "They've been at this for a long time; they know how to pivot their businesses as needed with the challenge."

Stowell is also pleased to report that the businesses that now occupy the available spaces meet his quest for increased foot-traffic to the corner. He described the new services and retailers as:

- **Artistic Portland Gallery**, a co-op of 30 volunteer member artists. Open in downtown Portland for many years, members run the shop, offering painting, jewelry, pottery, and much more.

continued on page 11

New Book: How To Ease Knee Pain and Stay Active, Strong, and Doing What You Love – Regardless of Age

by Leading Knee Pain Expert, Dr. Carl Baird, DC



This book is for the person who has been dealing with knee pain for so long they've just come to 'accept' it. Who have been told by their doctor that they have arthritis or are 'bone-on-bone' and should stop doing the activities they love. Who are worried they will have limited mobility for the rest of their life.

Over the last 10+ years I have worked with people aged 40+ to find relief from knee pain – and what I can tell you is

the traditional approach to treating knee pain is not working. Pills, injections, surgeries; they all do nothing to get at the root cause of your knee pain and often lead to more issues later.

And it's because I've become increasingly frustrated with the number of people limited by knee pain unnecessarily that I've written a new book titled *Life Without Limitations: A Complete Guide to Overcoming Pain, Moving With Confidence And Maintaining Your Active Lifestyle - Regardless of Age* that details what you can do to overcome knee pain

and stay active, strong, and doing what you love – regardless of age... And I want to send you this book at no charge.

Now, I don't know if the information in this book will resolve your knee pain completely; however, reading my free book is definitely better than spending another day 'resting,' 'accepting it,' thinking 'it's your age,' or worse yet, masking it with painkillers.

I want you to imagine how life will be five years from now if you don't get a grip on your knee pain. How will it affect your job? Your ability to enjoy your favorite activities? Will you be a fun person to be with? Or live with? OK, you get my drift.

If you're ready to stop being limited by knee pain, it's time to get your copy of the FREE KNEE PAIN BOOK mailed directly to your door. You can do any of the following:

- Call us at 503-954-2495 to request your 100% free copy... you can leave a message 24/7
- Or simply fill out the form at www.performancehealthcarepdx.com/free-book

PS. There are just 5 free copies available, so please call soon to learn how easy it can be to end knee pain.

Evolve Performance Healthcare

Dutch Village building (continued)



Pictured here is one of several new businesses in the Dutch Village building at the corner of Fremont and NE 41st Avenue. Artistic Gallery Portland is an artist cooperative that moved here from Downtown Portland. Photo by Peter Gearin.

- **Merchants Collection**, on 41st Avenue, just around the corner from the Dutch Building, is a family-owned business whose owners have been in Portland for a couple of years and decided to move their business to Beaumont Village. The business offers teak and rattan furniture, landscape statuary, and other items made of wood, much of it imported from Indonesia.
- **Retreat Beauty Lounge**, provides nail, brow, and waxing services. The owner has 35 years of aesthetician experience.
- **Gold Sparrow Tattoo** was opened by two men who live close by and have been in the business for a long time. Gold Sparrow shares an entry with Retreat Beauty Lounge.

Stowell says he feels fortunate to have the spaces filled, and it reminds him of why he was interested in these properties in the

first place: “They are community assets that draw business owners who want to be part of this building and the community, Stowell said. “For me, it’s been an affirmation.”

Stowell encouraged people to come out to support the existing and new service and retail shops and meet the owners: “The newcomers are especially interested in meeting and getting to know the people in the community.”

One office space just off Fremont on NE 41st Avenue is still available. Best suited for independent practitioners such as attorneys, accountants, and consultants, it’s located on the first floor of a building formerly occupied by a CPA firm. The 800-square-foot space retains its Craftsman architecture and is comprised of three large rooms, a smaller room, and has a kitchen and bathroom.

For more information, phone Darren at 503-789-7908 or e-mail him at darren@ts5properties.com.



Pictured here are two of several new businesses which moved to the Dutch Village building at the corner of Fremont and NE 41st Avenue. Retreat Beauty Lounge provides nail, brow, and waxing services, and Gold Sparrow Tattoo’s name speaks for itself! Photo by Peter Gearin.



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

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

Cleaning chores:
yard work, window
washing, garage/storage
organization, simple
painting.

Contact John Sandie
219-508-4162 or
sandiefam@gmail.com



A family dessert for the holidays from Kathy's Kitchen!
by Kathy Campbell

Polish Cream Cheese Cookies

1 8-oz package cream cheese, room temperature	½ tsp salt
2 sticks unsalted butter, room temperature	½ c apricot preserves
3 Tb granulated sugar	½ c raspberry preserves
2¾ c all-purpose flour, plus more for dusting	coarse sugar, for sprinkling

Beat the cream cheese, butter, and granulated sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 2 minutes, scraping down the bowl as needed. Reduce the mixer speed to low, then beat in the flour and salt until combined. Divide the dough and place between two large pieces of plastic wrap. Flatten into ½-inch-thick disks and wrap. Refrigerate until firm, at least 1 hour or overnight.

Preheat the oven to 350°. Line two baking sheets with parchment paper. Roll out one disk of dough on a lightly floured surface until about ⅛-inch thick, dusting with more flour as needed. Cut out 2½-inch squares using a sharp knife or a 2½-inch cutter. Lift the cutouts using an offset spatula and arrange 2 inches apart on one of the prepared pans. Gather the scraps and refrigerate.

Spoon 1 tsp preserves onto the center of each cutout. Fold in two opposite corners to overlap in the middle and press down to seal, spreading the preserves slightly. Sprinkle the dough with coarse sugar.

Bake, rotating the pan halfway through, until the cookies are puffed and the edges are golden, 20 to 25 minutes. Let cool 5 minutes on the pan, then remove the cookies to a rack to cool completely.

Repeat with the other disk of dough, plus the reserved scraps and the alternate preserves.

Makes about 36 cookies.

JOIN OUR EMAIL LIST



We invite you to visit the new BWNA website at www.bwnapdx.org and register your email address so you can keep up to date on neighborhood news, meetings, and activities. Click "Subscribe" at the top of the website home page and enter your contact information.

FRAZIER
WEALTH
MANAGEMENT

Welcome to financial clarity.

Andrew Frazier, MBA, BFA™



4020 NE Fremont St. Suite B 503.719.5366 www.FrazierWM.com

Securities offered through Securities America, Inc., member FINRA/SIPC. Advisory services offered through Securities America Advisors, Inc.
Frazier Wealth Management and Securities America are separate entities.



Letter to the board: Community Solar—what is it and how do I get it?

by Reed McDowell

Like many people in our neighborhood, I look for ways to reduce my carbon footprint and help slow the onset of global warming. I've always felt that relying on solar power is a great way to do that and was excited to learn about a new initiative called the Oregon Community Solar Program (oregoncsp.org), which allows utility customers to subscribe to a solar project and receive credits on their electric bills. The program is the result of Senate Bill 1547 (Clean Electricity and Coal Transition bill), passed by Oregon legislators in March 2016. The bill directed the Oregon Public Utility Commission to establish a Community Solar Program for Oregon customers of Pacific Power, Portland General Electric, and Idaho Power.

How does it work? First, a project manager develops a community solar project that can be located on large building rooftops or placed as free-standing solar arrays in undeveloped areas. Utility customers can then subscribe to the project through the project manager. When the project starts generating electricity, they will receive credits on their utility bills for their portion of the electricity generated.



Subscribers must sign a contract detailing the benefits and costs for their expected electricity usage, which typically results in a 5 percent net savings on their electric bill. Eligible low-income subscribers can expect 20 percent net savings. There are no up-front costs to subscribe, and the savings are credited through your monthly electric bill. Contract terms vary among project managers. Oregon Shines (oregonshines.com), a subscriber management firm that handles the subscription process for several project managers, offers terms of 20 years, but they can be terminated, adjusted, or transferred to another party for no fee with a 30-day notice.

Any customer of Pacific Power, Portland General Electric, or Idaho Power can subscribe. It doesn't matter if you own or rent, or what kind of home or apartment you live in. You can participate if you are a resident, business, nonprofit, or government entity, as long as you have an account with one of these utilities. You can only subscribe to a project associated with your utility (Pacific Power in my case). You can subscribe now for PGE projects. Pacific Power projects are coming on line in the next year. I signed up to be on a waitlist for a future project through Oregon Shines.

BEAUMONT VILLAGE DENTISTRY

KIRAN MISTRY, DDS



(503) 288-7481 4414 NE Fremont Street

PORTLAND EARLY LEARNING PROJECT PRESENTS
OUR BRAND NEW EXCITING PROGRAM!

¡GOGO A ESPAÑOL! SPANISH EN TU CASA!

Videos, activities, crafts,
recipes, & Zoom classes!!



503-284-0610

www.PortlandEarlyLearning.com

Longtime newsletter advertiser The Arrangement going strong after all these years

by Al Ellis

Editor's Note: With more than 20 advertisers and only six issues per year, it's taken a long time to complete the cycle of advertiser profiles, but complete it we have, and now it's back to top of the list: The Arrangement. Veteran newsletter reporter Mark Mohammadpour begins this revisit to The Arrangement on a personal note.

As a newly minted small business owner myself, it's inspiring to see how businesses of all shapes, sizes, types, and ages are adapting to life in 2020. One of the most resilient businesses in the community for decades, Sue Mautz's The Arrangement is the perfect example of a small business that is adapting and thriving.

While The Arrangement officially opened just across the street in 1980, it has been at its current residence at 4210 NE Fremont Street since 1983, selling gifts for virtually every occasion.



Sue Mautz has owned and operated the well-loved lifestyle boutique The Arrangement on NE Fremont Street since 1980.

Its most popular items include greeting cards, jewelry, books, journals, puzzles, and self-care items. The Arrangement also offers a great selection of clothing for children and adults.

Like all business owners, however, the pandemic caused Mautz to rethink how she could address the needs of her customers: "In March, when we were mandated to close, we had to come up with new, creative ways of selling. Fortunately, we are here in the Beaumont-Wilshire neighborhood. Being here for 40 years, the neighborhood has been so supportive. We can't thank our friends and neighbors enough for their support." One new innovation is the hosting of private shopping times. Customers can

continued on page 15



WildHearts
Wellness

Willamette Week's Best of Portland 2019
Best Natural Medicine Clinic
Best Acupuncture



Acupuncture
Massage
Naturopathy
Yoga, Qigong, Nia, Breathwork
Event Space



Workplace Wellness - We Come to You!

Currently accepting:
MODA, Regence, Kaiser, Pacific Source, Providence, Cigna, Aetna,
United Healthcare, Motor Vehicle insurance

4230 NE Fremont St, Portland, OR, 97213
(971) 400-6063
wildheartswellness.net



The Arrangement

GIFTS & CARDS

4210 NE FREMONT
503-287-4440

The Arrangement (continued)

call ahead to reserve a time for a group of friends or family during the holiday season and have the store to themselves. Masks on, of course.

Mautz said that there has been a surge in buying products created by local artists, in particular greeting cards. People are also getting ready for 2021, and yearly planners are flying off the shelves. Additionally, The Arrangement is a popular place to purchase masks and hand sanitizer products, and customers should expect to see the store full of seasonal items for the fall and winter holidays ahead. Lastly, while The Arrangement has had a website for several years (www.thearrangementpdx.com), online purchasing has not been available—until now, just in time for the holidays.

Questions? Seek out answers via the website or any of the following:

Phone: 503-287-4440

Email: info@thearrangementpdx.com

Instagram: [@thearrangementpdx](https://www.instagram.com/thearrangementpdx)

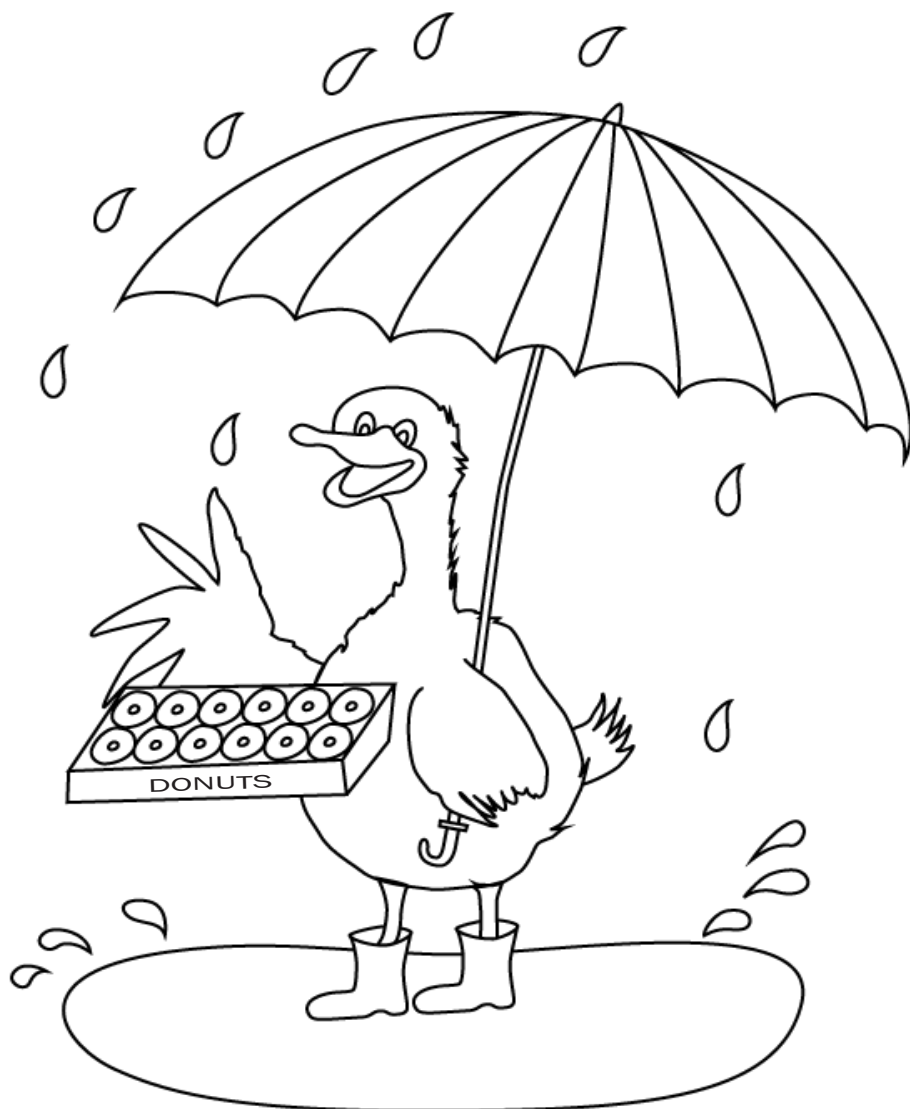
Facebook: [thearrangementpdx](https://www.facebook.com/thearrangementpdx)

The Arrangement is open from 11:00 a.m. to 5:00 p.m. daily.

Now if you'll excuse me, I have some shopping to do.

Be safe. Be kind. Be well.

Happy Holidays!



Kids! Color This Duck and Try Your Luck!

Send us a picture of your work to be entered in a raffle to win one of five \$10 gift cards to Pip's Doughnuts! Winners will be chosen at random.

Raffle open to artists 12 years of age and younger. Limit one submission per child. All entries will be featured on the BWNA website along with the artist's first name and last initial.

Send submission (color photo or scan) to:
info@bwnapdx.org

Include the following with your submission:

- 1) Parent's name
- 2) Child's name and age
- 3) Address
- 4) Phone number

Submission Deadline: December 1st

Winners will be contacted shortly after.

Let's get coloring!

Jim Arnal
PRINCIPAL BROKER



#1 SELLING AGENT IN BEAUMONT-WILSHIRE
BEAUMONT-WILSHIRE REALTOR AND RESIDENT

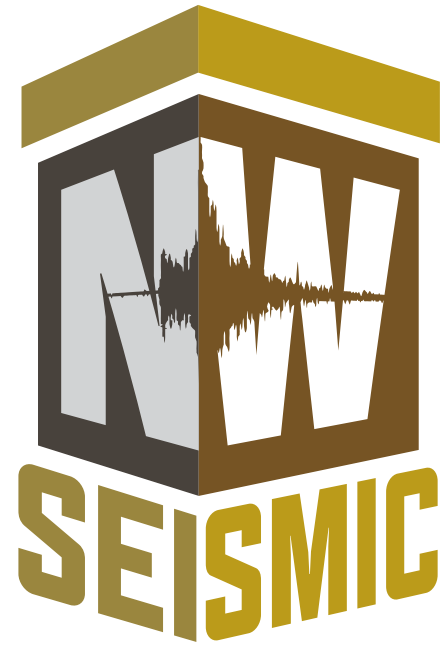


LIVING ROOM
REALTY

Jim Arnal

Principal Broker
(503) 351-3000
jim@pdxhomes.com

OVER 15 YEARS
REPRESENTING BUYERS AND SELLERS IN BEAUMONT



SEISMIC RETROFITS | GAS VALVES | FOUNDATION REPAIR

NWSEISMIC.COM | 503.741.8311

CCB# 186559

VISIT THE SANDY BLVD LOCATION

The UPS Store

3439 NE Sandy Blvd, Portland, OR 97232
Phone: 503-230-1808 Fax: 503-230-9298



8½ x 11"

**Color Copies
\$0.29 each**

OFFER GOOD AT:
3439 NE Sandy Blvd, Portland, OR 97232

Expires 1/31/2021



10% OFF

**UPS
Shipping Services**

OFFER GOOD AT:
3439 NE Sandy Blvd, Portland, OR 97232

Expires 1/31/2021

store2251@theupsstore.com portland-or-2251.theupsstorelocal.com

PRINTER OF THE BEAUMONT-WILSHIRE NEWSLETTER