



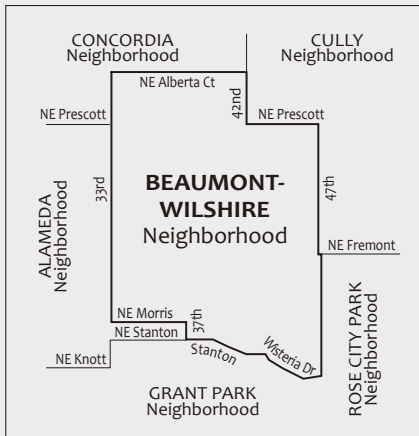
Beaumont-Wilshire Neighborhood Association

January-February 2023

BWNA NEWSLETTER

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OUR MISSION:

The mission of BWNA is to enhance the livability of our neighborhood by undertaking various neighborhood improvement projects, examining local issues, and serving as a conduit for communication between neighbors, government agencies and officials, area businesses, and other neighborhood institutions and groups. We are committed to diversity and equity in all our activities.

**Beaumont-Wilshire
Neighborhood Association**
BWNApdx.org



TACOVORE AIMS TO BE A GOOD NEIGHBOR

by Susan Trabucco



Tacovore restaurant owner Jonathan Grumbles has always wanted a neighborhood restaurant. When some nearby residents complained about aspects of his operation, he welcomed a Good Neighbor Agreement, doing his best to mitigate concerns. Photo by Susan Trabucco

In a low-slung building brightly painted in peacock blue, neighborhood restaurant Tacovore struts its stuff even further with a smart car-sized graphic of a human skull above its entrance at the corner of NE 37th and Fremont.

Hard to miss, and with a vast menu that serves mostly locally-sourced ingredients, Tacovore caters to meat-lovers, vegetarians, vegans, and the gluten-free. More notably, perhaps, is that Tacovore has done what a former restaurant in

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SUNRISE BOOKS, page 9
A new joy-filled place in Beaumont Village



MURAL BRINGS BEAUTY TO BV, page 14
McPeet's commissions Portland artist Carla Deal



PRESIDENT'S MESSAGE

A YEAR OF HOPE

by Patty Nelson, BWNA Board President

Happy New Year! Do you have a tradition for the new year? I experienced Año Viejo, or “old year,” in Ecuador years ago. This is a tradition of making images that represent misfortunes of the past year, then burning them at midnight. It gave new meaning to “out with the old and in with the new.” This experience inspired me to say farewell to the tradition of making a new year’s resolution, only to beat myself up later when I didn’t keep it.

My new tradition is focused on picking a word for the upcoming year, a word that keeps coming to me when thinking of the new year. The word brings both hope for the new year and anticipation of how the chosen word reveals the year’s events through a different lens.

This past year, for example, my word has been “resilience.” Initially this word resonated with me because of COVID-19. Throughout the year, however, I found it

brought strength during difficult times, such as unexpected health challenges in our family. When the political turmoil started to get me down or stressed, I recalled “resiliency,” reminding me that we will get through it.

“ For 2023, my word is HOPE. ”

For 2023, my word is HOPE. This word has been on my mind since our board retreat in October. After a year of many changes on the BWNA board and

frustration with the Alameda/Fremont Greenway Diversion project process, the board came together to look to the future. The retreat provided us an opportunity to get to know each other, learn about our roles and responsibilities as board members, and look to the future by setting goals and identifying ways we can support our community and celebrate this great place we call home.

What do you hope to see in our neighborhood, and how can the BWNA board play a role in making that happen? Please let us know by sending a note to President@BWNApdx.org.

OUR ORGANIZATION BWNA Board

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Patty Nelson 503-281-8035
President@BWNApdx.org

Vice-President

Al Ellis 503-287-0477

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Karla Lenox 503-686-5915
Treasurer@BWNApdx.org

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Angela Frome	John Sandie
Gary Hancock	Barbara Strunk
Patti Koehler	Susan Trabucco

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Tim Gillespie 503-287-6272

Related Organizations

Beaumont Business Association

Kathy Madore, Community Organizer
beaumontbusinesses@gmail.com

Wesley Callaway, President
bbboardpresident@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 Cmte

Tim Gillespie, chair 503-287-6272

Crime Prevention and Safety Cmte

Bill Markwart, co-chair 503-282-4610
Patty Nelson, co-chair 503-281-8035

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Friends of Wilshire Park Committee

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A GOOD NEIGHBOR

continued from page 1

the space did not do: draw crowds.

For Tacovore's owner, Jonathan Grumbles, that's good news, especially with the revenue shortfall ushered in by the pandemic. For nearby neighbors, however, loud laughter, music, and conversation emanating from expanded outdoor seating and the odors from a meat and veggie smoker have caused some angst. The addition of many more parked cars in the area, too, has tested the patience of residents, especially when cars are not carefully parked.

Neighbors Come Forth

When affected B-W residents brought their complaints to the Beaumont-Wilshire Neighborhood Association, board member Laurel Marshall and then-board member Andrew Rinke stepped forward to bring those concerns to Grumbles, seeking a remedy if possible.

For Grumbles, a veteran chef who has logged 16 years in Portland during which he raised his Grant-educated kids, the complaints were a little frustrating.

"I've wanted a neighborhood restaurant here for so long," he said. "I wanted to build something where people could come for a refuge; a place to eat good food, relax, and have fun—I had no thought that Tacovore's success would cause problems for anyone in the neighborhood."

COVID Disrupted Operations

That success was hard-won by Tacovore. After being open only a year, COVID-19 shut down indoor dining, and the safety of his staff and customers became a priority.

"We had to pivot," said Grumbles. "To keep everyone healthy and employed we moved operations outdoors." He noted, however, that everything Tacovore did to operate over the last few years has been within the legal limits of his permits and city codes. A challenge was, however, discovered in the restaurant's ventilation system.

"The system was in place when we leased the building, but it wasn't working properly and released odors to a level not allowed," Grumbles said. "We spent a great deal of money to upgrade it, but it took a year to get it fixed."

Regardless of the reality that Grumbles wasn't breaking any rules and has no control over poorly parked cars, he was immediately amenable to signing a Good Neighbor Agreement. In it he committed to outdoor music timeframes, bringing the smoker grills indoors when permits allow, providing a designated smoking area for staff and

requesting they not smoke in front of residences, and removing the uncovered seating in his parking lot to allow for a one-way entrance and exit route, effectively reducing the number of people dining outdoors.

"I want to be part of this neighborhood and a good partner," Grumbles said.

Grumbles Supports Community

The Tacovore owner seems to walk that talk: he hosts fundraisers for Beaumont, Alameda, and Rigler schools—with another slated for January 18—and supports local Little League teams and other schools, including McDaniel High School.

A parting thought Grumbles had for readers is that he appreciates the amount of support he's received throughout the

pandemic. "The vast majority of this community has been wonderful, supportive, and gracious—I have so much gratitude for that!"

Susan Trabucco is editor of this newsletter. She and her husband have called B-W home for 10 years. She's passionate about tropical-ish gardening (a nut, really), cooking, and getting people together. Contact her by emailing susan@trabucco.biz or Editor@BWNApdx.org.



Susan Trabucco

BWNA MEETINGS, ADS & ARTICLES INFO

Check "Upcoming Events" page on BWNA website for venue and/or Zoom link information regarding General and Board meetings.

For Zoom links to FoWP Committee meetings, contact Committee Chair Gary Hancock via outside503@aol.com

Mon, Jan. 9: Board meeting, starts 7 p.m.

Wed, Jan. 11: FOWP Committee meeting via Zoom, starts 7 p.m.

Mon, Feb. 13: General meeting, starts 7 p.m.

Wed, Feb. 20: FOWP Committee meeting via Zoom, starts 7 p.m.

Newsletter Article & Ad Submission Info

Articles

Would you like to write for the newsletter, have an idea or opinion you'd like to voice, or have a Letter to the Board or Editor? If so, email Editor@BWNApdx.org.

Advertising

Advertising is appreciated and accepted as space is available. For ad rates and instructions, visit BWNApdx.org/newsletter-submissions.

Deadlines

We publish the 1st of Jan., March, May, July, Sept. & Nov.

Pre-approved articles & ads must be submitted by the 1st of the month PRIOR to a publishing date.

Submit articles to Editor@BWNApdx.org.

Photos, graphics, and ads to Design@BWNApdx.org.



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BOARD UPDATES & MORE

by Patty Nelson

These past few months the board has been busy with more transitions, goal setting for the next year, and planning the December 21 vigil in remembrance of B-W resident Gayle Phillips, who was struck and killed by a car while in the crosswalk at NE Fremont and 44th on that date a year ago. The board also voted to explore a neighborhood clean-up event in partnership with Beaumont Middle School in spring 2023, an event that aligns with one of the goals the board set at its October retreat. See related article on page 5.



Friends of Wilshire Park

Friends of Wilshire Park celebrated raising all the money needed to bring water to the dog park at an event at the park held Oct. 30. For more details about this event and a comprehensive look at the work of FoWP, see page 12.



Land Use

A public notice was issued regarding the Hollywood HUB project proposed for the existing Hollywood Transit Center, located at 4110 NE Halsey St. An informational meeting was held Nov. 15 on the proposed

228,000-square-foot, 12-story building planned for 222 affordable housing units. For more information visit hollywoodhubpdx.com.



Transportation

As noted in an article by Transportation Committee Chair John Sandie in our last newsletter, in response to BWNA outreach for improved pedestrian safety, Portland Bureau of Transportation (PBOT) made improvements

along NE Fremont last fall. They include lighting enhancements and an additional light at NE 43rd and Fremont streets.

PBOT also completed the installation of soft bump outs at marked crosswalks at NE 44th, 46th and 47th streets. These soft bump-outs prevent parked cars from encroaching on the crosswalk and help maintain visibility.

Artwork for Soft Bump-Out Areas

Artwork is planned for these soft bump-out areas with the following themes: "Gayle's Crossing" at NE 44th, "Beaumont Crossing" for NE 46th, and "Beautiful PNW" for the crossing near Amalfi's. John Sandie is coordinating the artwork for these crossings, planned for spring/summer 2023. All art must meet PBOT guidelines, including no use of words, and final images must be approved by the city. BWNA hopes this will be a community engaging activity that beautifies our neighborhood.

Alameda/Fremont Diversion

The Alameda/Fremont traffic diversion pilot is planned for installation in winter/early spring 2023. Visit portland.gov/transportation/safestreetspdx/ne-alameda-and-ne-fremont.

Skidmore Bikeway Improvements

The City of Portland reports it's working on development of concepts for the Skidmore Bikeway improvements between NE 33rd and 37th, fronting Wilshire Park. They tentatively plan to present updates at the Feb. 13 BWNA general meeting.

No Truth in NE 38th Knott/Stanton as One-Way

Rumors regarding elimination of parking and one-way designation on NE 38th between Knott and Stanton were dispelled by PBOT. Speed bumps may be considered for this street, but nothing is planned currently.

Volunteer Opportunities

BWNA Newsletter Production Team

The BWNA newsletter team could *really* use more news and feature writers with interview experience. Volunteers don't need to commit to an article every issue—any help is appreciated. The part is getting to know residents or business owners in our neighborhood, so give a little time to your community, get to know your neighbors, and use your talent. A trifecta for you and BWNA! Ask questions and get answers by emailing Editor@BWNApdx.org or call Susan Trabucco at 503-440-7732.

BWNA Newsletter Distribution Team

Get a walk in, meet new neighbors, and help bring important news and information to the neighborhood. The newsletter distribution team is seeking people to hand-deliver the BWNA newsletter to a prescribed route in the neighborhood just every-other-month or in a fill-in capacity. Email John Sandie at SandieFam@gmail.com or Georgina Head at Georginafh@outlook.com.



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BWNA BOARD RETREAT: READY, SET, GOAL!

by Patty Nelson

These past two years the BWNA board has experienced change, including adding many new board members. With COVID creating two years of business that was not as usual and the new board composition, members voted to hold a half-day board retreat to get to know each other, learn the rules of the organizational road, and set goals for the upcoming year.

The retreat was held in October, outside for everyone's COVID-related safety. Amalfi's allowed the group to use its outdoor space in the morning prior to opening, providing room to spread out. Thank you, Amalfi's!

Alison Stoll from Central Northeast Neighbors coalition facilitated the workshop, with board training provided by CNN-provided consultant Dr. Paul Leistner. Board member Tim Gillespie presented an ice-breaking activity that encouraged board members to learn something new about fellow members. Some had never met in person, making this meet-and-greet an extra fun activity.

Dr. Leistner and Ms. Stoll provided an overview of Portland's unique neighborhood association structure, including the history, guidelines, requirements of serving on a neighborhood association board, and a brief overview of best practices for by-laws, policies, and roles and responsibilities of board membership.

Much of the session focused on goal setting, with board members brainstorming ideas. The team used feedback from a neighborhood survey taken last year that asked respondents to prioritize how BWNA should spend its available funds. As a starting point for goal setting, board members picked their top two choices to focus on for the year. All the ideas were captured to be considered as the board moves forward. The board identified the following in order of preference:

- Neighborhood clean-up, Adopt-a-Block concept, and community festival at Wilshire Park;
- Music in the Park, block party, neighborhood clean-up event with Beaumont PTA, and garden tour; and
- Street murals, family-focused event, dogs of Beaumont, neighborhood yard sale, volunteer day with three main volunteer activities, and block party tool kit.

Do you see something that interests you? Do you have other ideas about what the BWNA board can work on this year? Email your thoughts to Patty Nelson at President@BWNApdx.org.



BWNA board members met outdoors at Amalfi's last fall for a retreat facilitated by Central NE Neighbors. The half-day event allowed board members to get to know each other, better understand their roles and responsibilities as neighborhood association board members, and to set goals for the upcoming year. Photo by Patty Nelson

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Correction: Beaumont Family Resiliency Fund

A link for making donations to the Beaumont Family Resiliency Fund was incorrect in our November-December newsletter. The correct link to this year's fundraising campaign is app.memberhub.gives/gobobcats or text 'GoBeaumont' to 919-626-3277 to get this link.

Found on Fremont Lost to Gresham

The day after Thanksgiving was the last day of operation for long-time Beaumont Village business Found on Fremont. The two-story retail store isn't closing—it's moving east to Gresham. Owner Lonnie Henry, who operated Found on Fremont for 12 years, was affected by events beyond her control.

"The building owner decided to sell," Henry said. "The new owners are developing apartments upstairs." That was the kiss of retail death for her, as she needed the space for her business.

"I looked and looked in Beaumont Village, but nothing was affordable for me," Henry said. "I ended up in Gresham." For Henry, that's okay. "I grew up in Gresham, so it's comfortable for me."

She hopes her current customers will visit her at 560 NW Eastman Parkway in the Gresham Town Fair mall.

Just What IS Society 42?

Wondering what's going on at the corner of NE 42nd and Prescott? Ethos Development is working on a 13,300 square foot residential building named Society 42. The project will have 44 bedrooms in a shared home structure. According to the Ethos

NEWS BITS

FROM B-W
&
BEYOND

website, the units will offer affordability, community, collaboration, and convenience. The site also states Society 42 will be built to the Energy Trust of Oregon's "Best" standard. Construction started in summer 2021. In late November last year, Paul Del Vecchio, Ethos' president, said completion was expected to be in late summer 2023.

"We found soil that was not structurally sound," Del Vecchio said. "It required a different foundation system than originally anticipated, which is why the site has been dormant for a couple of months."

For more information, visit ethosdevelopmentllc.com/projects/society-42. Or visit a similar project, Society 62, located at 1435 NE 62nd Ave., to get an idea of what's to come.

Board Seats Open at Alder Commons Community Center

The Alder Commons board of directors is seeking new applicants to grow its board. To apply, find the application form at tinyurl.com/2bz5zz7u. Alder Commons representatives also ask that if you know someone who might be a good fit, please bring this announcement to their attention. Alder Commons is located at 4212 NE Prescott St. Visit AlderCommons.org for more information.

Portland Tillamook Cooperative Preschool is Looking for a New Home

For 25 years, Portland Tillamook Cooperative Preschool has called the Presbyterian Church of Laurelhurst home. That's about to change. In October last year, the Tillamook Preschool board of directors received notice that the school must vacate its classroom at the end of the 2022-2023 school year.

Started in 1973 in a house on NE Tillamook St., this cooperative preschool has evolved into a mixed-age, play-based preschool and enrolls approximately 38 children each year.

The preschool is seeking help finding a new space to lease in the north, northeast, or southeast areas of Portland. Visit TillamookPreschool.org to learn more about its search area and location criteria and to submit any location ideas or connections that might be helpful.

At left is a rendering of housing development Society 42, under construction at the corner of NE 42nd and Prescott. The project is scheduled for completion in late summer 2023.





UPCOMING EVENTS

Jan. 16 (Monday - Martin Luther King Jr. Day) 9 a.m. – 10 a.m.

37th Annual MLK Jr Breakfast

Location: Holiday Inn, Jantzen Beach

The Skanner Foundation invites the community to share breakfast and celebrate the life, work, and vision of civil rights icon the Rev. Martin Luther King, Jr.

Details: theskanner.com/mlk-breakfast.

Jan. 18 (Wednesday) Noon - 8 p.m.

Eat at Tacovore – fundraiser for three local schools

Location: NE 37th & Fremont

Dine these hours and Tacovore will donate 10% of its profits between Alameda and Rigler elementary schools and Beaumont Middle School

Jan. 19 - Feb. 4; 7:30 p.m. - 9 p.m.

Portland Experimental Theater Ensemble (PETE)

Presents: *The Americans*

Location: Historic Alberta House, 5131 NE 23rd Ave.

Exactly who and what is American? PETE meets an American idea in movement, stand-up, and jazz forms.

Details: albertahouse.org/events-list

Jan. 23 (Monday) 6 p.m. - 8 p.m.

Anti-Racist Behavior and Allyship

Diversity, equity, inclusion training from Central Northeast Neighbors. Explore how forms and expressions of racism work to maintain a system of dominance. Free; to register and for Zoom link email rondaj@cnncoalition.org.

Details: cnncoalition.org

February 2023

The Hollywood Theatre's Portland Black Film Festival

honors Black History Month by offering films showcasing the cinematic achievements of African American stars and filmmakers. Details: hollywoodtheatre.org/programs/series/portland-black-film-festival/

Got Events? Email Editor@BWNAPdx.org



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GAME ON! DEEPLY ROOTED OPENS SPORTS BAR WITH VEGAN FARE IN BV

by Susan Trabucco

A state-of-the-art entertainment and vegan dining venue will have opened its doors in Beaumont Village by the time this newsletter lands on Beaumont-Wilshire doorsteps. But if you haven't yet heard, Deeply Rooted, a sports bar and lounge featuring plant-based bar food, took over the 4,000 square feet formerly occupied by Alameda Brewing at 4765 NE Fremont St.

"We have the largest screen of any sports bar in Portland," said Devin Sims, Deeply Rooted's owner and chef.

With a 200-inch projection TV screen, Sims likely won't be accused of exaggerating. Additionally, Deeply Rooted sports (pun intended) a variety of indoor activities. They include two pool tables, darts, and—available for rent—a 500-square-foot golf simulator room with a private patio.

"All of these activities should get people off their couches and out of their homes," Sims said with a laugh.

The food line-up, all vegan and influenced by Sims' personal feelings about eating animals or animal products, will include burgers, bratwurst, fish 'n chips, soups, and more. Hours of operation were somewhat fluid at press time, with anticipated hours of Fridays and Saturdays 4 p.m. to 2 a.m., Sundays 9 a.m. to 10 p.m., Mondays



Devin Sims opened Deeply Rooted in December last year at 4765 NE Fremont. The sports entertainment bar with plant-based dining offerings is open to families until 9 p.m. Photo by Susan Trabucco

and Thursdays 4 p.m. to midnight. Deeply Rooted will be closed on Tuesdays and Wednesdays for the time being.

Sims explained the hours are largely family friendly as a sports bar during the day, with children welcome until 9 p.m. "After that, we shift into a lounge atmosphere."

For more information visit deeplyrootedbar.com or find Deeply Rooted on Facebook or Instagram.



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SUNRISE BOOKS IS A JOY-FILLED PLACE

by Susan Trabucco



Native Portlander Edith Johnson opened Sunrise Books upstairs in Beaumont Village last year. Photo by Susan Trabucco

Beaumont Village has been without a bookstore for several years. The wait for a new one is over with the addition of Sunrise Books, upstairs at 4605 NE Fremont, Suite 208. Opened in October last year by native Portlander and energetic entrepreneur Edith Johnson, the space is diminutive, but cozy and welcoming. Strollers can be accommodated by an elevator at the back of the courtyard.

While Johnson will expand into books for adults in the future, her focus for now is on children's books that fall into specific categories: faith, funny, and family.

"In the 'funny' category," she said, "I love laugh-out-loud books that make you grab your heart."

Johnson herself laughed out loud a lot during the interview, an infectious laugh reflecting an open, honest nature. With three kids under seven years of age and a husband who works full-time, a sense of humor is likely a requirement for launching a business that takes so much of her time. And while she earned a degree in finance from a university in North Carolina, it's passion—not numbers—that propels her in this project.

"I want to inspire and to build community with this bookstore!" she shouts to the room with a huge smile on her face.

Johnson put a toe in the bookstore water with a couple of pop-up children's story time events at Happy Day Juice with great results.

"The people who came were so nice, and I could see it was a community of readers and families." That pop-up success became a driving force in locating in BV. "I said a prayer to God because at that moment I knew I wanted to be in this neighborhood."

Later, a booth at Fremont Fest and some chance conversations led her to the upstairs location and a lease she can just manage. Thus far Johnson's been embraced by her business neighbors who help send people her way. Social media on platforms such as PDX Parent and others help drive customers her way, too.

For hours of operation, special events, and story times visit sunrisebookstore.com.



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2022**		\$868,020
2021		\$841,743
2020		\$742,359
2019		\$673,300
2018		\$691,079
2017		\$675,291
2016		\$613,677
2015		\$596,270
2014		\$551,123
2013		\$487,814

*Average Annual Sales Price

**Sales Data Through Nov. 2022 Source: RMLS

B - W MAN'S CARTOONS MAKE WILLAMETTE

by Peter Mogielnicki

If you subscribe to *Willamette Week* or *The New Yorker*, or even if you just read one or the other in your dentist's waiting room, you may have found yourself chuckling over a cartoon with the initials "OSB" printed in one corner. Oren Simon Bernstein, a neighbor who lives on NE 35th Avenue just north of Wilshire Park, is the culprit.

When I interviewed Oren, I asked him how he comes up with ideas. Sometimes, he said, they just pop fully fledged into his head; sometimes a theme evolves and he reworks it over time; and sometimes he and someone

he's with pick a theme out of the air and brainstorm elements that might be cartoon material.

One such brainstorming session revolved around passwords—a familiar issue associated with lots of exasperating

feelings. That led to merging the universal problem of trying to come up with acceptable secure passwords with the fact that the shower is where many people come up with all sorts of good ideas.

Another thing I learned is that there is more to a final cartoon than the joke. Bernstein says he has learned a lot of things from fellow Portland *The New Yorker* cartoonists Tom Toro, Shannon Wheeler, Maggie Larson, and Mat Barton. For instance, he learned that neutral expressions let viewers identify more readily with situations and that drawing viewers' visual attention to the image's key elements is important. Both techniques emerge in many of Bernstein's works.

Oren has a diversified background. Born in Israel, he spent his childhood in England and his high school years in Columbus, Indiana. He then studied mechanical engineering at the Massachusetts Institute of Technology and shortly thereafter moved to Portland. Here, he works remotely, helping design the cryostat, an apparatus for maintaining a very low temperature, which surrounds the Commonwealth Fusion Systems' fusion reactor.

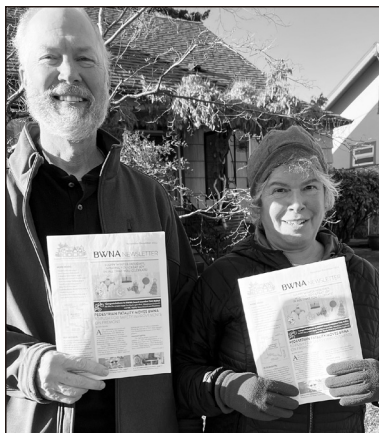
Oren says he's loved to draw for as long as he can remember, and much of his engineering work takes advantage of this skill.



Oren Simon Bernstein



"WAIT! I'm checking if the sanitation department accepts emotional baggage."



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Beaumont-Wilshire Neighborhood Association

WEEK AND THE NEW YORKER

But give him a bit of spare time, his iPad, and an Apple Pencil and funny things happen. Take a look at his Instagram site ([instagram.com/osbdraws](https://www.instagram.com/osbdraws)) and you'll see what I mean.

The New Yorker magazine receives 1,000 to 2,000 cartoon submissions weekly, typically accepting just 18 to 20 of them. Bernstein has had six accepted for publication, which has encouraged him to keep at it. In 2021 he became a weekly contributor to *Willamette Week*. He says he is still evolving a personal style but thinks his more recent characters—large-headed,

small-handed, genderless individuals—have promise. It is going to be fun for readers to watch how this evolves.

Peter Mogielnicki is a retired physician promoting urban rewilding, doing what he can to move the climate change needle, and posting brief essays at [cerefections.com](https://www.cerefections.com). In the spirit of full disclosure, he is Oren Bernstein's father-in-law.



Peter Mogielnicki



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FRIENDS OF WILSHIRE PARK MEET GOALS, FORGE AHEAD

by Susan Trabucco & FoWP

If one follows the activities of the Friends of Wilshire Park (FoWP), it's obvious its team members let no moss grow under their feet. Most recently, to meet dog owner desires, this BWNA committee successfully raised \$17,000 toward the \$22,000 needed to bring drinking water for dogs to the park. The additional dollars needed to install a spigot fountain in the dog off-leash area will be covered through the support of Portland Commissioner Carmen Rubio. "I, and Portland Parks & Recreation, are committed to moving this project forward," Rubio said.

"Commissioner Rubio got us to the finish line," said Gary Hancock, FoWP committee chair. "She closed the gap for this project in the dog off-leash area, and we greatly appreciate it."

Neighborhood pooches should be able to quench their canine thirst at the designated water spigot by late 2023.

Many Participated in Reaching Goal

In addition to the many people who donated to the cause, local businesses helped, too. While not an exhaustive list, businesses that donated funds or supplies toward the fundraising goal include Green Dog Pet Supply, Wild Pet Provisions, Pets on Broadway, Blackbird Wine Shop, Coco Donuts, Tacovore, Steeplejack Brewing Co., Pig Sauce BBQ, Tomorrow's Verse, and McPeet's.



Grateful humans and their dogs gathered at Wilshire Park in October to celebrate the successful conclusion of the fundraiser that will bring water to the dog off-leash area next year. Photo by FoWP

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In late October last year, Pip's Original Doughnuts pulled up to the park in a mobile van to help the dogs of Wilshire Park and their donors celebrate the success of the fundraiser.

"A big thanks to Pip's, the other businesses, and all who donated to this community project," Gary said.

He was also quick to give kudos to a couple of key FoWP volunteers.

"Beaumont-Wilshire residents Mary Roney and Kelly Thompson did the leg work to communicate with City of Portland, set up QR codes, volunteer at Fremont Fest, design posters, and more."

What About the Human Drinking Fountain?

FoWP's Mary Roney says Portland Parks & Recreation (PP&R) recognizes the need to repair or replace the blue water fountain near the Wilshire Park pavilion. "There's a long list of fountains in need of repair in the parks system," she said. "PP&R plumbing staff will repair the Wilshire Park drinking fountain as resources and priorities allow."

What Else has FoWP Accomplished?

Since FoWP's inception in 2018, in addition to the dog water feature, FoWP has successfully tackled other community-desired projects:

- With required PP&R approval, FoWP raised funds for the purchase and installation of toddler area improvements, including the playhouse and play car.
- With PP&R approval and the support of then-City Commissioner Amanda Fritz, who toured Wilshire Park with

FoWP representatives and put things on a fast-track, the toddler area play structure was upgraded.

- An environmentally dead area of the park was replanted by volunteers with PP&R-provided native plants, and a bird fountain was added. This is now the beautiful Wilshire Park NatureSpace for all to enjoy.
- FoWP volunteers planted PP&R-provided plants along the outer rim of the park. Volunteers water the plants throughout the summers.

What's Next?

Committee members aren't resting on their laurels (or any other plants!). While group members have a few ideas, they're seeking community input before embarking on the next project. Some ideas include:

- Updating the wooden play structures for older kids;
- Transitioning a former wading pool into a splash pad; and
- Fencing the off-leash dog park area.



To register your ideas, join FoWP meetings at 7 p.m. on the second Wednesday of each month. Request a Zoom link to the meetings either by emailing FriendsofWilshirePark@gmail.com or complete a survey via this QR code. For more information visit FriendsofWilshirePark.org.



Pip's Original donated doughnuts to the crowd gathered at Wilshire Park in October to celebrate a successful fundraiser. Photo by FoWP

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MURAL ON McPEET'S BRINGS BEAUTY TO BV



This mural at the corner of NE 45th and Fremont was commissioned by Chris Peterson, owner of McPeet's.

"I'd been thinking about a mural since 2017," he said. "After 2-plus years of Covid, it seemed like now was the time to put something beautiful on that wall."

A creation of Portland artist Carla Deal, the mural was completed late last year. Carla's a painter and muralist who said working on the project was uplifting—she met many kind, encouraging people. "It felt like a community project," Carla said.

For more information visit carladeal.com or email carladeal.art@gmail.com. And kudos to McPeet's for investing in the beautification of our community! Photo by a willing passerby.

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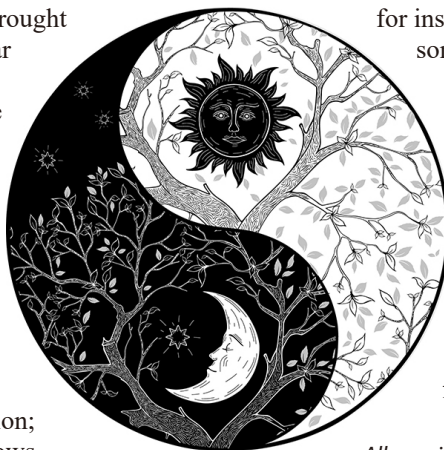
WINTER BLUES? OVERCOME THEM WITH NATURAL STRATEGIES

by Allyson Abraham

Happy New Year! The winter solstice brought us into a seasonal shift, and a new year provides us with an opportunity for reflection and renewal. Many of us experience shifts in mood this time of year: post-holiday blues, cabin fever, depression, or seasonal affective disorder (SAD). Rest assured you are not alone and natural strategies are available to improve your mood.

In Chinese medicine the underlying principle is balance, represented in the yin-yang symbol as light within the dark and dark within the light. Yin is stillness and conservation; yang is movement and transformation. One flows into and depends on the other, gradually producing change and growth. When yin or yang are out of balance in our bodies, we can feel it in our physical and mental health.

As we shift from the most yin time of year when it is normal to want to hibernate, we can look to the birds, buds, and flowers



for inspiration. Add movement to our routines—plan something active each day. Witness and embrace the seasonal changes. Spend a few minutes in the backyard or walk around the block during a lunch break to help gradually emerge from stillness to movement.

As the renewal of spring balances the conservation of winter, finding balance within us is a natural strategy for maintaining physical and mental health. When we need a little assistance, acupuncture can help balance the energy flowing in us.

Allyson is an acupuncturist at Wild Hearts Wellness in Beaumont Village. She has practiced in Portland for over ten years and taught and supervised acupuncture students at POCA Technical Institute.



Allyson Abraham

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TRAFFIC DIVERTERS IMPROVE SAFETY FOR ALL

by Sam Balto

OPINION: WHAT I THINK

allow other modes to pass through. Diverters exist already in our neighborhood at NE 35th and NE Klickitat, and soon the Portland Bureau of Transportation will put in a pilot diverter at Alameda and Fremont.

The issue that commonly arises from PBOT-proposing diverters is that it will bring more traffic onto other neighborhood streets. This concern creates an adversarial environment where neighbors are working against projects that would improve other

We all want safe streets and we all hate cut-through traffic: these are drivers who zoom by our homes, putting our kids and pets at risk, so they can save a minute on their trip. It's selfish and unsafe. There's a simple solution to stop that: diverters. Diverters are physical barriers that redirect auto traffic but

neighbors' safety. For example, NE Alameda south of Fremont sees over 1,400 car trips a day, but residents were concerned about the increased traffic on NE 38th—one block over—that sees 200 cars daily.

Thankfully, there are solutions that improve safety for all neighbors without concern about increased traffic on other neighborhood streets. In London, they are called Low-Traffic Neighborhoods and in Barcelona, Spain, they're called Superblocks. They are the strategic placement of diverters throughout a zoned neighborhood that remove all cut-through traffic.

Diverters don't make our lives difficult: we will learn to make small adjustments to get to and from our homes. We can use these simple tools to keep our neighborhood free of cut-through driving and our kids and pets safe.

Sam Balto is a father of two young boys, passionate educator for over 10 years, safe-streets-for-kids advocate, and a BWNA board member. He enjoys walking with his boys to the bagel shop on the weekend. Feel free to reach out with any questions at sambalto@gmail.com.



Sam Balto

BWNA respects the views and beliefs of all Beaumont-Wilshire newsletter contributors.

The opinions expressed by these writers do not necessarily reflect the views of BWNA. Submit letters (275 words maximum) to Editor@BWNApdx.org.

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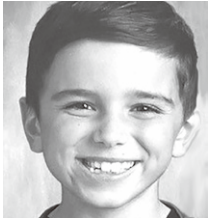
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PERSPECTIVES

compiled by Polly Webber

With 2022 in our rear-view mirror, a new year, and the possibilities it brings, lies ahead. We asked a few Beaumont-Wilshire residents what they're looking forward to in 2023. Our perspectives questions is:

"What do you hope for in 2023?"



"More peace and love in the world!"
(**Nicholas**, 6 years in B-W)



"We hope for a smooth year so we can focus on the important things in life: family, friends, and building our community!"
(**Scott**, 6 years in B-W)



"My hopes for the new year are for simplicity, contentment, wellness, and smooth transitions."
(**Debbie**, 15 years in B-W)



"A cure for long COVID, peace in Ukraine, economic balancing."
(**Jennifer**, 12 years in B-W)



"I am hopeful for an NBA title for the Blazers, tons of snow in the mountains, and health and happiness for my friends and family."
(**Gabe**, 25+ years in B-W)

Polly Webber is a realtor and mom of two teenage girls. Born and raised in the neighborhood, she can't quite shake her original stomping grounds. She purchased and lives in the B-W home next door to her childhood home. Reach her by emailing polly.webber@cascadehassonsir.com.



Polly Webber

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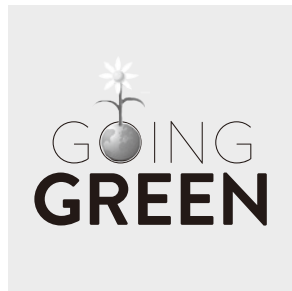
by Liz Erickson

Putting fats, oils, and grease down the sink can cause a real pain in the drain! Fats, Oil, and Grease (FOG) from residential sources are the most common causes of sewer line blockages. When grease washes down the sink, it sticks to the insides of sewer pipes. The build-up restricts flow and by itself or in combination with other materials can block pipes completely, causing raw sewage to back up into your home or overflow into streets and streams, potentially jeopardizing those streets and streams.

Home garbage disposals don't keep grease out of sewer pipes, and products that claim to dissolve grease may dislodge a blockage but will only cause problems farther down the line.

Check out these tips for what you can do at home to cut through the FOG:

- Never pour grease or put food waste down sinks or toilets. What are we talking about? Substances like bacon fat, pan drippings, cooking oils, mayonnaise, butter, and salad dressings.



- Pour cooled grease and oil into a container and put it in the trash. Or collect it in a large sturdy container, like a milk jug, and take it to the Metro transfer station to be recycled.
- Catch food scraps with baskets or strainers in sink drains and throw scraps in the green curbside compost cart or garbage.

You can find more information at portlandoregon.gov/bes/55147.

Liz Erickson has lived in the neighborhood with her husband and two children since 2009. Growing up in Beaverton, she remembers visiting grandparents on NE 42nd and walking to Rose's Ice Cream for a scoop of butter brickle. Fun facts: she's visited 46 states, 46 countries, is a Master Recycler volunteer with the Portland Bureau of Planning and Sustainability, and served in the Peace Corps in Morocco.



Liz Erickson

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COOK LIKE NO ONE IS WATCHING

TREAT YOUR SWEETIE TO A SWEET FOR VALENTINE'S DAY!

by Susan Trabucco

At the BWNA board retreat held on a brisk, fall, early Saturday morning last year, my fellow board members and I ambled to the outdoor event bleary-eyed, rubbing our cold hands, and hoping for a hot cup of joe.

To our surprise and delight, board member Angela Frome anticipated our silent needs. She greeted us with jugs of steaming coffee—and a table laden with a veritable cornucopia of fresh fruit in every color, cheeses in a variety of shapes and textures, and something that at first glance appeared to be a pan of cinnamon rolls.

Upon closer visual inspection and the requisite taste test, the “cinnamon rolls” were melt-in-your-mouth spoonfuls of warm and gooey sugar and spice. Angela was rewarded with generous applause for making this satisfying starter to the day. A slab of this dish served to me with a side of fresh fruit would say “love” in my book—maybe in your sweetie’s, too. Happy Valentine’s Day!

Pumpkin French Toast Casserole (with Brioche)

10 servings, recipe from Kroll’s Korner

Ingredients

- 1 loaf (1 lb) day-old brioche bread, (so it doesn’t get soggy) cut into 1-inch cubes (use challah or French bread as substitutes)
- 3 Tbsp melted butter
- 8 large eggs
- 1 c 100% pure pumpkin puree (not pumpkin pie mix)
- 1 c whole milk
- ½ c heavy cream
- 1 recipe pumpkin pie spice mixture (see notes)
- ¼ c dark brown sugar, packed
- 1 Tbsp vanilla extract

For the streusel topping

- ½ c all-purpose flour
- ¼ c cold butter, cut into cubes
- ½ c dark brown sugar, packed
- 2 tsp ground cinnamon
- ½ c chopped pecans

For the maple glaze

- 2 c powdered sugar
- 1 to 2 Tbsp heavy cream
- 4 Tbsp melted butter
- ½ tsp vanilla extract
- 2 tsp pure maple syrup
- pinch of salt

Instructions

- 1) Cut the brioche into 1-inch bite size cubes. If your bread is fresh, pop it in the oven at 300 °F for 10 -15 minutes to dry it out a bit.
- 2) Add the melted butter to the bottom of a 9x13-inch casserole dish and set aside.
- 3) In a large mixing bowl, whisk together the eggs, pumpkin, milk, heavy cream, all of the spices, brown sugar, and vanilla extract.
- 4) Arrange the stale bread cubes into casserole dish.

- 5) Pour the egg mixture (described in step 3) over the bread and gently press the bread down so it's mostly covered. Cover and refrigerate for at least 30 minutes or overnight.
- 6) Combine the flour, brown sugar, and cinnamon together. Cut in the butter using a pastry cutter or fork (or just use your hands!) until mixture is crumbly. Refrigerate this, too, separate from the casserole.
- 7) When ready to bake, preheat the oven to 350 °F. Sprinkle the streusel on top of casserole and top with chopped pecans. Bake for 35-40 minutes or until the middle is set. Tent with foil if tops get at all browned. Remove from oven and let sit 5-10 minutes.
- 8) Make the maple glaze by mixing all ingredients together in a medium-sized mixing bowl until smooth. Taste and add more maple syrup or cream as desired. Drizzle over casserole.

Notes:

Pumpkin Spice Recipe: 1 tsp pumpkin pie spice, 1 tsp cinnamon, ½ tsp cloves, ¼ tsp nutmeg, ¼ tsp cardamom, ¼ tsp allspice, ½ tsp salt.

Leftovers can be refrigerated for up to 3 days.

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