

BWNA

Newsletter of the Beaumont-Wilshire Neighborhood Association



Elana Pirtle-Guiney
District 2 City Councilor

Will speak at BWNA's General Meeting
Monday, August 10 at 7:00 p.m.

Join us!

Sylvan Learning
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July-August 2026

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PRESIDENT'S MESSAGE

MEETING NEIGHBORHOOD NEEDS

by Al Ellis, BWNA Board President

You can't always get what you want
But if you try sometimes,
Well, you might find
You get what you need

So goes the philosophical refrain from the 1969 rock classic "You Can't Always Get What You Want," written by Rolling Stones lead singer Mick Jagger at the age of 26. In part, the song is a reflection on the disillusionment of the "love is all you need" idealism of the 1960s, suggesting that while desires often go unmet, needs might be fulfilled through resilience and perseverance. Perhaps. But — *pardon the wordplay* — easier sung than done.

Take our neighborhood for example. With over 2,600 households and 100 businesses within the boundaries of Beaumont-Wilshire, all with folks who have their own wish list of wants, a determination of "neighborhood needs" is neither simple nor precise.

Surveys sent out to residents via our newsletter and monthly Community Updates, along with testimony at BWNA meetings, provide our board with an *approximation* of residents' interests and sentiments across the neighborhood. Admittedly that data is nowhere near as accurate as that generated by scientific polling. Still, I would argue that feedback from hundreds of respondents via survey

and testimony is, at the very least, a useful indicator of needs — most of which fall into three basic topics:

Safety: Maintaining a welcoming, safe, and inclusive environment is a top priority. Other top safety needs include pedestrian safety, traffic calming, and crime prevention.

Beautification: Over the years our Friends of Wilshire Park Committee has raised tens of thousands of dollars for plantings, play equipment, and a water spigot for the dog run. BWNA also sponsors recycling, trash cleanup, and graffiti removal events.

Community Events: By far the largest summer outdoor event in our neighborhood, attracting thousands, is Fremont Fest Marketplace (Aug. 1). However, this gala street fair is not organized by BWNA, but by BBA (Beaumont Business Association). BWNA-organized summer events this year include a neighborhood Yard Sale (July 11), an Art & Garden Tour (July 18), Movie in the Park (Aug. 13), and, largest of all, our all-neighborhood BWNA Block Party (Sept. 11). New to the mix this summer will be events at the new public plaza — recently named Beaumont Crossing. Stay tuned!

So, while it's true that we don't always get what we want, the effort is robust. Come lend a hand!

OUR ORGANIZATION

BWNA Board

President

Al Ellis (503) 287-0477
President@BWNApdx.org

Vice-President

Tim Gillespie gillespie@teleport.com

Secretary

Patti Koehler (971) 678-0824

Treasurer

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

At-Large Board Members

Aaron Breakstone	Rob Lee
Tom Cuppernull	Colin O'Neill
Angela Frome	Tim Root
Crystal Grainger	John Sandie
David Knowles	Susan Trabucco

Immediate Past President

Patty Nelson (503) 281-8035

Related Organizations

Beaumont Business Association

beaumontbusinesses@gmail.com
Mary Myers, President
bbboardpresident@gmail.com

Northeast Coalition of Neighborhoods Board Liaison: Patty Nelson

Areas of Interest

Residents are encouraged to participate.
Contact committee chairs for details.

Communication

Steve Avery, chair
hello@stevenavery.com

Crime Prevention and Safety

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

Events

John Sandie, chair (219) 508-4162

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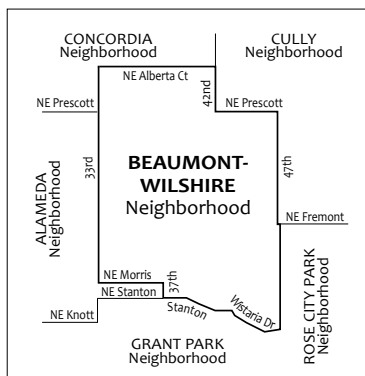
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NEWSLETTER CIRCULATION

NE 33rd to 47th Avenue between NE Alberta Court and Prescott on the north and NE Morris, Stanton, and Wistaria Drive on the south.

2,700 copies printed and hand-delivered to residents and businesses six times per year: Jan., Mar., May, July, Sept., & Nov.

Readership estimated at 6,000.

The BWNA newsletter is produced and distributed in its entirety by volunteers!

ONE STEP AT A TIME

ALAMEDA STAIRS GET A MAKEOVER

by Susan Trabucco, BWNA Newsletter Editor

Chopping, raking, and stuffing were the work of the day. On June 6, the BWNA Events Committee's beautification team organized a group of volunteers to tackle the build-up of winter debris and overly enthusiastic spring plant growth on the Alameda Ridge stairs that traverse down to NE 42nd Avenue. Event partner Portland Bureau of Transportation assisted with debris pickup.

Angela Frome, event organizer, was pleased with the result. "When neighbors come together to improve shared spaces," she said, "They create not only a more beautiful community, but a stronger one."

Look for announcements about additional beautification events in the BWNA newsletter and our monthly emailed Community Updates. Subscribe to receive the updates at BWNApdx.org.



Clockwise from left: Patti Koehler, Michael Haglund, Steve Sandie, John Sandie, Jennifer Erickson, Sam Balto, Kate Krider, and Ann Angulo filled approximately 20 bags with plant trimmings and debris from the steps. Not pictured, Angela Frome. Photo by Angela Frome.



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NEWS BITS FROM THE EDITOR

Ownership Change for Bethany Lutheran Church

Representatives of the Oregon Synod, longtime owner of the Bethany Lutheran Church property at NE 37th Avenue and Skidmore, recently informed BWNA leadership that it is gifting the site and its buildings to the Native American Youth and Family Center

(NAYA). At BWNA's June 8 board meeting, the non-profit agency's Community Development Director Sky Waters was in attendance. He acknowledged it was too early in the process to reveal any plans for the site, but he'll return with more information as a scheduled speaker at BWNA's July 13 general meeting.

In an earlier email from Waters to BWNA's board president, he wrote, "We understand there has been interest and curiosity from neighbors about the future of the site, and we wanted to proactively introduce ourselves and start building a relationship. While we are still early in planning and do not have finalized future plans to share, we wanted to connect, provide background on who NAYA is, and begin an open line of communication with the neighborhood." For more information about NAYA, visit nayapdx.org.

Get Social! Neighbor Organizing Gen-X Club for Women

Would you like to join in casual, local activities and meet new friends? Karen Burnett, a longtime resident of Beaumont-Wilshire, is interested in organizing a Gen X-focused women's group for activities and community building.

"It's been said that at 40-plus we're old enough to remember life before the internet and young enough to wonder how we became the adults in the room," said Karen. "If you can relate, this group may be for you!"

The group's purpose is to bring neighborhood women together through activities like dog walks, hikes, coffee/drinks, game nights, or dining. All suggestions are welcome!

Those interested should email Karen at portlandeastidesocial@gmail.com. She asks that you include the following:

- Your primary goal for joining the group, such as making new friends, creating more community, exploring Eastside dining spots, and/or walking and outdoor activities.
- Activities that interest you, such as coffee and conversation, game nights, dining out, dog walks, and/or local hikes.
- Times you are most likely to attend events: weekday happy hour 5 - 8 p.m., weekday evenings after 7 p.m., Saturday mornings/afternoons, or Sunday mornings/afternoons.

Karen is hoping to get responses in time to start planning some summer activities, so jump in!

Play for Free at The Paladins League

In a late May email from The Paladins League in Beaumont Village, co-owner Jess Monsey announced they will no longer charge for access to Paladins' extensive board game library.

"Since we opened in November of 2024," she wrote, "we've been on a family quest to create a space in our neighborhood where our priority is bringing people together in real life and lifting people's spirits. So, in the face of the world's chaos, we want to double down on our sense of purpose," added Monsey.

Her parting words in the email were poignant: "We hope this helps even more people to enjoy each other's good company in our space more often. We all need each other."

Find The Paladins League at 4765 NE Fremont St. Visit thepaladinsleague.com for more information.

FRIENDS OF WILSHIRE PARK NEWS

Website Reboot



Friends of Wilshire Park (FoWP), a BWNA committee, invites you to visit its updated website for information about the park and to learn how you can get involved. As FoWP continues to develop the website, volunteers will be adding information about quarterly meetings, events, and a neighbor spotlight section. Visit friendsofwilshirepark.org for details.

One-Legged Crow

Are you the good Samaritan who took our resident crow to the veterinarian to help with its injured leg? Rumor has it that someone helped the crow, often referred to as "Peg," by taking it in for medical care. The leg was amputated, and now Peg seems to be doing great. We would love to do a story on you! Please send an email to friendsofwilshirepark@gmail.com. Follow FoWP on Instagram [@friendsofwilshirepark](https://www.instagram.com/friendsofwilshirepark).



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they are friendly, compassionate, and work together like a well-oiled machine. As a physical therapist myself, I appreciate their understanding of the whole body as it relates to dental issues. I also have brought my children as well as my elderly mom to the office."

THE (VERY) LONG-SERVING AL ELLIS

compiled by Polly Webber, BWNA Newsletter Team



BWNA values its many neighborhood volunteers, from board members to committee members to those who can help only occasionally. In this edition, we'd like to introduce you to BWNA Board President Al Ellis.

BWNA BOARD & GENERAL MEETINGS

Mon, Jul. 13 @ 7 p.m.: Board meeting
Mon, Aug. 10 @ 7 p.m.: General meeting

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

COMMITTEE MEETINGS**Events**

Tues., Jul. 7 @ 7 p.m.
Tues., Aug. 4 @ 7 p.m.

For meeting location, contact committee chair John Sandie via SandieFam@gmail.com

Communication

Tues., Jul. 21 @ 4:30 p.m.
Tues., Aug. 18 @ 4:30 p.m.

For meeting location, contact committee chair Steve Avery via hello@stevenavery.com

Newsletter Team

Meets every other month.

For details email Susan Trabucco via Editor@BWNApdx

ARTICLES & ADS**Articles**

We invite you to write for the newsletter or submit an opinion piece or letter to the editor or board.
 Email Editor@BWNApdx.org

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 publishing date. Submit articles to Editor@BWNApdx.org

Advertising

Ads are accepted as space allows.
 For ad rates and instructions, visit BWNApdx.org/Ad-rates

Tell me about your role with BWNA and how you got started.

I've been a BWNA board member since 2007 and I'm currently serving as president of the neighborhood association — for a second time. I got started with BWNA almost 20 years ago when one night, out of curiosity, I walked across the street from my home to the basement of Bethany Lutheran Church, where BWNA was holding its annual meeting to fill board positions. My intention had been simply to observe and learn, but when the president asked if anyone was interested in filling vacant at-large board positions and the response was total silence, I thought to myself, what the heck, I'm recently retired, have time to spare, and like the idea of contributing to my neighborhood — so up went my hand — despite the fact that I knew next to nothing about neighborhood associations, let alone BWNA.

By the next spring our BWNA president had moved out of the neighborhood, meetings were being chaired by a reluctant vice president, and the president's position remained unfilled. Despite only having one year of board experience under my belt and still feeling shaky about how things worked, I threw my hat into the ring and got elected. After two terms as president, I served as the BWNA newsletter editor for 12 years and then in 2024 was elected president again.

What is your favorite part about living in our neighborhood?

My wife and I have lived in Beaumont-Wilshire since 1990. I find it an eclectic inner-city neighborhood with a suburban ambience about it. I love the village feel of our business districts (Beaumont Village on Fremont as well as NE 42nd), the vitality of having a middle school in the heart of the neighborhood, the wide array of homes and gardens, and our gorgeous multi-use Wilshire Park that attracts birders, runners, dog owners and their dogs, kids, musicians, sporting events, and a diversity of people. Most of all, though, I love the neighborly feel of the place — family friendly, welcoming, helpful.

What would you tell readers who are interested in volunteering?

Though all 15 board positions are currently filled, there are still ways to participate. I'd recommend attending a monthly meeting or two to become acquainted with our board members and the activities we're engaged in for the benefit of the neighborhood. Also, check out our website, BWNApdx.org, click on the "Get Involved" tab, and let us know what interests you: the newsletter, helping with events, beautification, or Open to Anything! Other opportunities not yet listed on the website include the communication, transportation, and land use committees and the new-neighbor welcoming project. Feel free to connect directly with the committee chair or lead in any of these categories; you'll find their contact info on page 2 of every BWNA newsletter.

VOLUNTEER • DO GOOD • MEET PEOPLE • HAVE FUN!

Polly Webber is a real estate agent with Cascade Hasson Sotheby's. She was born and raised in Beaumont-Wilshire. She lives in the home her grandparents once owned, next door to the house she grew up in — where her mother still lives — making her a lifelong member of our close-knit community.



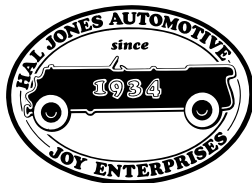
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UPCOMING



EVENTS

July 2, August 6, and Sept. 3 (Thursday) Times vary

First Thursdays on Fremont Street

Location: NE Fremont Street in Beaumont Village

Businesses on Fremont Street host special events on the first Thursday of the month through September. Visit the BBA's Instagram (@bbapdx) for more details or look for balloons in front of participating businesses.

July 11 (Saturday) 9 a.m. - 3 p.m.

BWNA Neighborhood Yard Sale

Location: Beaumont-Wilshire Neighborhood

Whether you're ready to declutter and make some cash or want to hunt for one-of-a-kind treasures, you won't want to miss this community yard sale! BWNA will promote the event and produce an interactive map of participating households. No fee to participate. **EVERYTHING** buyers and sellers need to know is available at BWNApdx.org/Upcoming-Events — just click on the yard sale link.

July 18 (Saturday) 11 a.m. - 4 p.m.

BWNA Art & Garden Tour

Location: Beaumont-Wilshire

Tickets: \$17 donation; tickets are limited, so act soon!

In its third year, this BWNA-sponsored event offers the opportunity to discover five private gardens in the Beaumont-Wilshire neighborhood, each with art for sale displayed in the gardens. Get ideas for your own garden, meet new people, connect with old friends, and simply partake in the community — all while helping BWNA raise funds for our many free events throughout the year. For more information and to purchase tickets, visit BWNApdx.org/Upcoming-Events and click the event link or use the QR code in the ad on page 7.

July 25 (Saturday) Starts to assemble at 6:30 p.m.;
riders begin departing the park at 8 p.m.

2026 PDX World Naked Bike Ride

Location: Launches from Wilshire Park

This permitted, annual, fun-loving ride is also billed as an expression of protest against the fossil fuel industry. According to event organizers, thousands of riders will be participating, and many neighborhood streets will be closed to traffic. Riders *do not* return to the park after the ride. For more information about the PDX World Naked Bike Ride visit pdxwnbr.org.

August 1 (Saturday) 10 a.m. - 6 p.m.

Fremont Fest Marketplace

Location: NE Fremont Street in Beaumont Village

Celebrating its 40th year, this family-friendly street festival sponsored by the Beaumont Business Association will include over 200 vendors offering a diverse mix of local goods, food, and artisan products. Families are encouraged to stop by the Fun Zone, located in front of The Arrangement, where kids and adults alike can enjoy free mini golf and other activities. Enjoy live music at multiple venues, too! For more details closer to the event visit @bbapdx on social media.

Got Events? Email Editor@BWNApdx.org

BEAUMONT-WILSHIRE
NEIGHBORHOOD ASSOCIATION

YARD SALE

Saturday, July 11, 2026
9 am to 3 pm

- ▶ Save the date and get ready to explore Beaumont-Wilshire for deals, finds, and fun!
- ▶ Open to all households within the B-W neighborhood!
- ▶ FREE to participate! BWNA will promote the event.
- ▶ Map of participating households available on **July 10** (sellers must register by **July 8** to be included on map)
- ▶ Tell your friends and spread the word!

BUYERS and SELLERS:
Visit bwnapdx.org/upcoming-events
or use the QR code below for registration info,
final map of participating households, and
EVERYTHING ELSE YOU NEED TO KNOW!




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forward with confidence and success!



INNER EASTSIDE ZONING PROJECT COULD BRING BIG CHANGES TO B-W

by Susan Trabucco, BWNA Newsletter Editor

The need for housing in the Portland-Metro area is well known. What may be less so is what the City of Portland is working on — the Inner Eastside Zoning Project — to meet that need. To help B-W residents understand the proposed changes that may affect our neighborhood, we reached out to City of Portland Planning Commission member David Knowles.

Q: What are the City's goals for the Inner Eastside Zoning Project?

A: It is a currently active project with the primary intent to change zoning to allow for a greater diversity of housing to be built in Portland's Inner Eastside.

Q: What areas might be affected by this project?

A: The project study area includes the Beaumont-Wilshire neighborhood south of Fremont. As shown on the map below, the full area under consideration includes other neighborhoods south of Fremont to SE Powell Boulevard and from 12th Avenue east to NE 60th Avenue.

Q: What kind of changes might result from this project?

A: It is too early to know exactly what will be proposed for consideration by the Planning Commission and City Council. Some community groups have proposed zoning changes that would permit construction of multi-level buildings anywhere within the project boundary. No decisions have been made about the details. Public input, including from neighborhood groups, will help shape the final recommendations.

Q: What's the timeline for the project?

A: In April this year, City Council adopted Resolution No. 37746, which directs city staff to develop an accelerated timeline for this project, with a goal of City Council consideration of zoning changes by June 30, 2027. To achieve this goal the Bureau of Planning and Sustainability (BPS) must return to Council by July 15 with a work plan and schedule for the project.

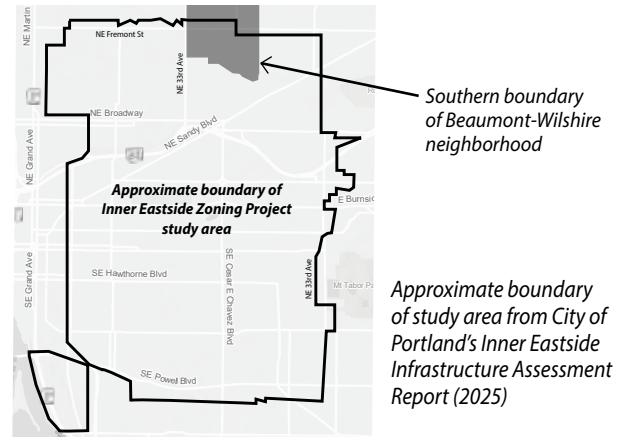
After the work plan is presented to Council, BPS staff will prepare a draft zoning map and the technical analysis to

support the proposal. BPS will conduct public outreach about the proposals. More will be known about the work plan and schedule when BPS reports back to Council in July.

Q: What's the best way for our residents to stay informed about the project?

A: For neighbors who are interested in more information about the project, I recommend signing up for regular updates at portland.gov/bps/planning/inner-eastside-zoning-project/about. Neighbors can also communicate with City Council, who will make the final decision on zoning changes.

BWNA board member David Knowles has been a B-W resident for over 40 years. With his wife, Pam, he's been active in politics and public policy. His career focused on transportation, land use, and politics, including as Portland planning director and former elected Metro councilor representing northeast Portland.



CURRENT REAL ESTATE MARKET STATS FOR BEAUMONT-WILSHIRE

9 Homes for Sale	\$726,950 Median List Price	50 Median Days on Market
7 Homes Under Contract	\$1,950,000 High Price	\$385,000 Low Price

The statistics above provide an up-to-date snapshot of the listed inventory as of June 15, 2026. Median days on market is a good indicator of the average length of time the current inventory has been on the market. Compiled by Polly Webber.

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BBA CHECKS IN ON FREMONT BUSINESSES

by Kendall Jang for the Beaumont Business Association (BBA)

We caught up with a few small business owners on NE Fremont Street to see how tariffs, the presence of ICE in Portland, or AI has affected their business.



Patrick of Curve CNC, a routing and wood fabrication studio at 3611 NE 50th Ave.

“Tariffs have not significantly impacted the business, and plywood prices remain stable compared to pandemic-era increases. As for AI, I haven’t found an effective way to utilize it for research on competitors and other business.”



Allyson of Pacific Holiday, a women’s clothing consignment store at 4443 NE Fremont St.

“The shop has not been affected by tariffs or ICE-related disruptions, and I use AI as little as possible.”



Lori from Body Image Fitness, a fitness and strength training business for all ages at 5046 NE Fremont St.

“Because the business relies on subcontractors rather than retail sales, tariffs have had little effect. I don’t use AI, and ICE is not a relevant problem for me.”

The BBA is a 501(c)(6) organization that advocates for its member businesses and works to promote the business district along NE Fremont Street from NE 38th Avenue to NE 50th. For more information about the BBA contact beaumontbusinesses@gmail.com.



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NEIGHBOR SPOTLIGHT

THE TWINS TAKE ON THE ROUTE

by Jamie Gardner, BWNA Newsletter Team



A Beaumont-Wilshire neighbor passed the newsletter distribution torch to Beth Fitzgerald and her twins, Tamsin and Beckett. Submitted photo.

In our May-June issue, we met the Heijenga family, who delivered the BWNA newsletter for an incredible 28 years. They've since passed the baton to a wonderful family who lives just across the street.

Beth Fitzgerald grew up in Juneau, Alaska, and Darin Richardson in Northern California. Both landed in Portland about 20 years ago, and Darin remembers choosing Beaumont-Wilshire for its accessibility, diversity, and community feel. He and Beth met soon after through mutual friends and were married in 2017.

The couple now has 8-year-old twins, Tamsin and Beckett. As their family grew, they needed more space, including room for an ADU for Beth's mom, Susan. Rather than leave the neighborhood they loved, they searched locally and found the perfect home with a large yard just a few blocks away. They moved in 2024 and are finishing the ADU now.

They quickly struck up a friendship with their new neighbor, Chris Heijenga, and when she offered them the paper route, they happily said yes. Chris took Tamsin and Beckett out in March to show them the ropes, and by May the Fitzgerald Richardson family had officially taken over.

The route covers 50 homes, and Beth is confident the twins will soon be delivering solo. "It's a great way to teach our kids responsibility and to meet our neighbors on the adjacent blocks."

Tamsin and Beckett are natural fits for the job. They're outdoorsy kids who spend much of their time on two wheels, leading the Vernon Bike Bus and biking to school year-round. The whole family loves hiking and backpacking when they're not exploring the neighborhood together.

Jamie Gardner is a Portland native and Windermere agent putting her UO journalism degree to use here — finally! She's lived in Beaumont-Wilshire since 2020 with her husband and two dogs. When she's not with clients or touring homes, Jamie loves to travel, tackle house projects, and enjoy the local food scene.



Jamie Gardner

FREMONT GARAGE IS READY TO SERVICE YOUR APPETITE

by John Sandie, BWNA Board and Newsletter Team Member

On an unseasonably warm day in late May, scores of hungry neighbors took advantage of the long-anticipated official opening of Fremont Garage at NE Fremont and 44th Avenue. The new gathering place has a bar inside with ample seating and a food cart pod outside with space for eight carts.

The opening brought to fruition a 3-plus-year dream of Daniel Silvey's, a partner in DBS Group. He and his wife Kalli and their two children were there to share in the realization of his dream. At the time of the opening, another food cart was expected to join the

existing five carts soon and — sure enough — Wok & Fire opened on June 5. The last two spots are expected to be filled this summer.

Fremont Garage sports a full bar with seasonal cocktails, mocktails, and local beer, as well as an outdoor heated patio and play area for kids. Food genres available now include Mexican, Indian, Colombian, burgers, Middle Eastern, and Chinese.

(continued on page 12)



Fremont Garage developer Daniel Silvey enjoyed opening day with his wife Kalli and kids Declan and Grace.



Tyler Caffall is the Fremont Garage manager. His background in construction, and a family relationship with developer and principal Daniel Silvey, gave him the opportunity to assist in the development of the project. Also gifted with experience in the hospitality industry, Tyler transitioned into managing the daily operations of the Fremont Garage site.



Throngs of people from the neighborhood and beyond showed up to check out the Fremont Garage food cart pod and bar on opening day.



B-W residents Paul Danielson and Andrea Fellers came out for the Fremont Garage opening.

All photographs by John Sandie.

FREMONT GARAGE

(continued from page 11)

The warm weather that day prompted many to head inside to get a cooling beverage and enjoy the pleasant conditions there, while others gathered outside either in the shaded areas or found a spot to soak up the sun's rays.

Mike and Cassie Porter came from their Alameda home and, while standing in line inside, contemplated trying Wolf's Head burger offerings as well as Que' Bacano's Colombian cuisine.

Paul Danielson and Andrea Fellers found seats at the bar inside and were leaning toward the Indian and Mediterranean choices. The two met in LA and moved to Beaumont-Wilshire about six years ago; Paul grew up in the neighborhood and was happy with changes along Fremont Street and the good neighborhood vibe he remembered from his youth.

Speaking of vibes, I sensed the crowds were impressed by this new addition to Beaumont Village that would prompt more walking (and eating) adventures along Fremont in the future.

John Sandie relocated from the Midwest with his wife Kathy to be closer to children and grandchildren in the area, landing on Fremont Street in B-W in early 2011. In retirement they pursue their desires to make a difference locally, John by volunteering with the neighborhood association, Kathy with Alameda School. The duo is contentedly busy volunteering and keeping up with grandchildren.



John Sandie



Climate Change

by Chris Rauber

Spring melts into summer intensity
temperatures soar
lawns tend toward the brown and arid
and a desperately dry, thirsty country
longs for rest and
reclamation.

We need a season of peace
a time of brotherhood
to replace our current tribulations,
showers to bring renewed freshness & beauty
and a bright sun to bring light and hope
to a weary land.

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WOMEN: HELP TO GET YOUR STRENGTH GAME ON

by Susan Trabucco, BWNA Newsletter Editor



Rachel Wilkinson, PT, DPT, recently opened a strength training business in Beaumont Village that serves women in all stages of life — from expectant moms to those who are post-menopausal. Photo by Susan Trabucco.

Has childbirth taken a toll on your body? Do you struggle to lift your growing toddler? Is approaching menopause leaving you feeling weak? Or is aging keeping you from doing physical activities you once enjoyed? If any of these challenges ring true for you, then the recently launched Women's Strength Collective at 4815 NE Fremont may be your ticket to a solution.

Proprietor Rachel Wilkinson believes improved strength is available to women at any age. To help people achieve this, her membership program offers strength training classes from one to five times weekly, accessible to any woman regardless of her current level of fitness.

"There's an entry point for everyone, so I work to meet participants where they are," she said.

She's structured small group training sessions into three life stages: One for expectant moms through the postpartum phase, another for women from perimenopause to menopause, and another for post-menopausal women.

"I believe it's a more comfortable atmosphere when participants are a similar age and have shared life experiences," Wilkinson said.

She's long been involved in the work of helping people get stronger — first as a physical therapist, then helping a few new moms with strength training, and later as Mother Made Strength Training at Village Fit. Over time, her membership has grown from five to over 100 members, giving her the confidence to open her own strength training space.

"This is a big step for me," said Wilkinson, who also continues to see a few physical therapy patients each week, and is pregnant with her third child.

Her energy seems boundless; perhaps there really is something to her strength training regimen.

For more information about Women's Strength Collective, visit womensstrengthcollectivepdx.com.

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SURE SHOT BURGER

IS SURE ABOUT NEW LOCATION

by Chris Rauber, BWNA Newsletter Team



Sure Shot Burger co-owners Nick Jarvis (left) and Will Kuhns are launching a brick-and-mortar version of their smash burger cart – just next door. Photo by Chris Rauber.

Sure Shot Burger, a popular smash burger food cart located just outside the B-W neighborhood’s boundaries, is moving indoors.

But the new indoor space is only about 50 feet from its current spot next to Oakshire Beer Hall, says Nick Jarvis, who co-owns the business with Will Kuhns.

At the time of our interview, Jarvis expected the new location at 5011 NE 42nd Ave. to have a soft opening in mid-June, although that timing and exact long-term operating hours were up in the air when we talked. As of May 21, construction was underway at the 2,000-square-foot indoor space, which will feature vintage bar stools, countertops, and banquettes, with room for 50 customers.

“The vibe is drive-in minus the nostalgia,” Jarvis says. “Our version of a Portland drive-in.”

Its expanded menu will highlight burgers, fries, and a rotating list of veggie options, along with new beverage options including beer, highball cocktails, wine, and slushies, both kid-friendly and adult varieties (think frozen gin & tonic).

Sure Shot started in Beaverton as a food cart in 2020, moving to its current spot in early 2022. Kuhns, who’s spent 25 years in restaurant kitchens, came aboard in 2021. Jarvis has a “front of the house” resume, including helping start several Seattle-area restaurants.

The food cart, which was located at 5013 NE 42nd, closed in mid-June. Visit sureshotburger.com for updates on the opening of their brick-and-mortar restaurant.

Chris Rauber and his wife moved to Portland and B-W in mid-2022 after many years in the San Francisco Bay Area. He wrote for the San Francisco Business Times and other publications. He was born in Oregon.



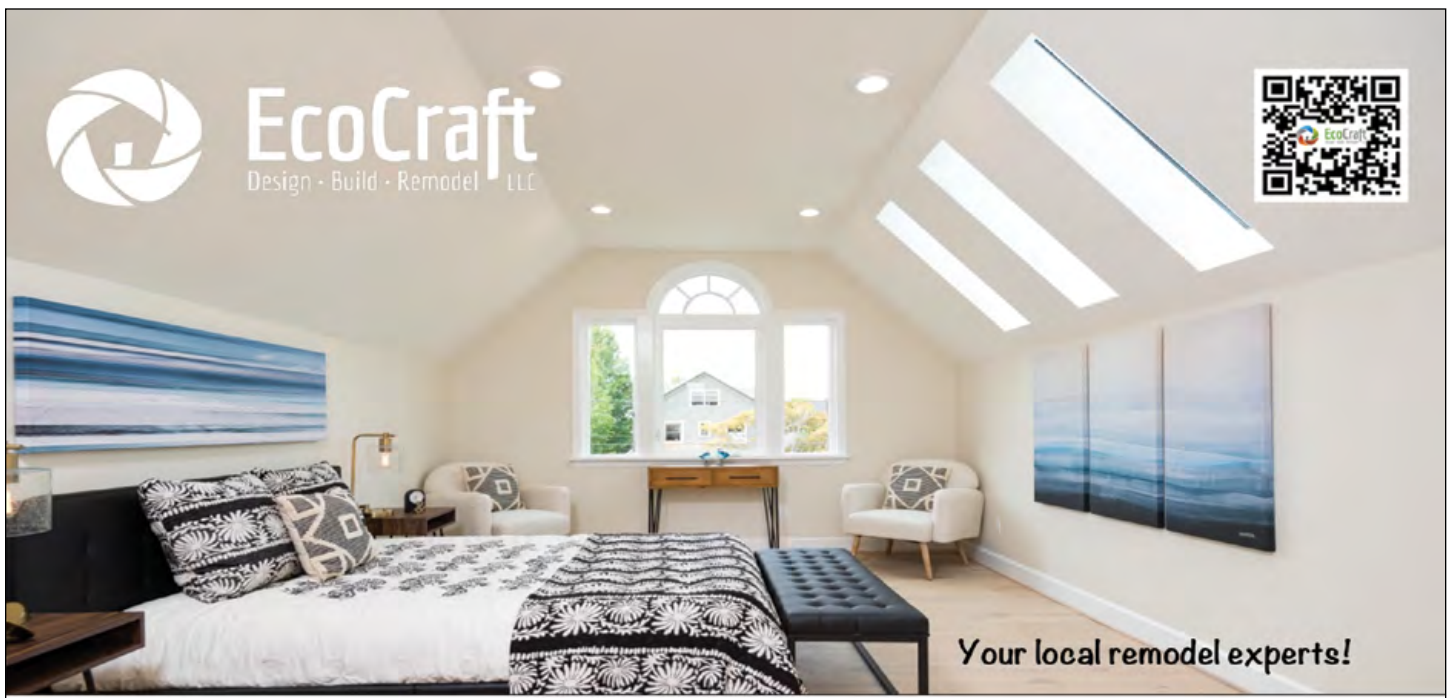
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NEED PAMPERING?

NEW SALON ON FREMONT MAY FIT THE BILL

by Susan Trabucco, BWNA Newsletter Editor



BB Nails and Spa owner Trinh Bui, right, and her family at the celebration of her older son's high school graduation last year. From left, her husband, Phong Nguyen and sons Brian and Bryson Nguyen. Submitted photo.

Are regular manicures, pedicures, or facials your thing? If so, you'll likely appreciate that BB Nails and Spa steers to the elegant end of the salon spectrum. This recent business addition to Beaumont Village features a ceiling bejeweled with glittering, modern-style crystal chandeliers and a dozen relaxing pedicure chairs outfitted with gleaming glass basins. Rows of neatly furnished manicure stations round out the furnishings. The salon is spotlessly clean. A light touch with aromatherapy puts a final polish — *pun intended* — on the ambiance.

BB Nails is Vietnamese-born owner Trinh (pronounced *chin* or *ching*) Bui's second location. She opened her first salon in 2019 and continues to operate it on NE Alberta Street.

Trinh arrived in the U.S. in 2004 with no English skills, little money, and several years' experience doing nails in Vietnam. She took up the trade again in Portland, where her employer mentored her in business ownership — critical in helping her run her own salon.

Today, in addition to her two salons, Trinh owns a home in Rose City Park, is married, and has two sons, including one in college — evidence of her achievement of the American Dream. It appears Trinh has earned that through hard work and perseverance.

When asked what differentiates her salon from others, Trinh didn't hesitate. "We are very much a family. Even staff who are not family, we treat like family," she said. "Also, we don't offer acrylic nails because the chemicals can be a health hazard to staff and also to customers."

Find BB Nails and Spa at 4605 NE Fremont St. For more information about nail and spa services and hours, visit bb-nails.com.

Susan Trabucco is a BWNA board member and the volunteer editor of this newsletter. She was the founder, editor and publisher of a regional business journal. Since 2012, Susan and her husband have called B-W home, where she enjoys working in her tropical-ish garden. Reach her by emailing Editor@BWNApdx.org.



Susan Trabucco

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VOLUNTEER ORGANIZATIONS HELP SENIORS WITH YARDWORK

by Pamela Plimpton, BWNA Newsletter Team

Are you a senior who could use some help with yardwork? Or perhaps you're a neighbor to someone who needs this help and you'd like a place to which you could refer them? Two organizations, one serving Beaverton and the greater Portland area and the other centered in northeast Portland, can offer some help:

H.O.P.E. (Honoring Our Precious Elders) — A nonprofit organization providing elders in Beaverton and Portland with free, regularly scheduled yard maintenance and outdoor services. This volunteer organization:

Rakes: They rake leaves from your lawn in the fall and make sure that your walkways are clear.

Mows: They mow lawns, edge, remove limbs and debris from lawn areas, and blow or sweep grass clippings from curbs, walks, driveways, and patios.

Prunes: They prune your shrubs, bushes, and small trees to manage new growth so views from windows are not obscured and walkways are not blocked.

For more information visit hopeoregon.org or contact Hen Truong at hentruong@hopeoregon.org.

Northeast Village PDX — Operating as a program of the Northeast Community Center, Northeast Village PDX is a vibrant and engaging community of older adults (60+) living in 18 neighborhoods in Northeast Portland. The volunteer-led organization helps adults 60+ stay independent by providing services like

transportation, yardwork, and tech help alongside social activities such as book clubs and coffee gatherings. It connects seniors with volunteers and partners to foster community and support aging in place through a membership model.

There are two levels of membership in The Village: Associate and Full Service. It is the Full Service membership that gives access, as resources are available, to up to two "yard parties" a year (spring and fall) to clean up the yard. This membership level is \$48/month for a single person and \$71/month for a two-person household plus \$23/month for each additional household member.

Trained volunteers also provide in-home assistance. They can help with some household tasks, make simple repairs, and give information and advice for organizing files and paperwork or cleaning out closets or cabinets.

Visit nevillagepdx.org, email info@nevillagepdx.org, or call (503) 895-2750 for more information.

Pamela Plimpton, a B-W resident since 1980, retired as a professor of English in 2020. Her interests include reading, writing, gardening, and singing with a community chorale. She and her husband enjoy playing golf, working out at the Northeast Community Center, traveling, and grandparentsing their granddaughter.



Pamela Plimpton



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MYSTERIES SOLVED: WISTARIA IS NOT MISSPELLED AND MORE

by Tim Gillespie, BWNA Vice President and Newsletter Team Member



Photo of Reverend Benjamin Wistar Morris from Benjamin Wistar Morris entry in Wikipedia credited to The Bishops of the American Church Past and Present by William Stevens Perry, The Christian Literature Co., New York, 1897.

As you travel Wistaria Drive that winds through our neighborhood, have you ever wondered if some early city mapmaker was orthographically challenged? Isn't the correct spelling of that climbing vine with purple flowers w-i-s-t-e-r-i-a with an "e" in the middle rather than an "a"?

Also, have you ever wondered why Wistaria suddenly changes for no apparent reason into Morris Street at its intersection with NE 37th?

Well, wonder no more. Thanks to an alert from Elise Schumock, who grew up on Wistaria and is today owner of Rose City Book Pub on NE Fremont, these mysteries have been untangled. The story is as unique as the street.

The showy vine is indeed correctly spelled wisteria, but Wistaria Drive is also correctly spelled. And the sudden switch of street name is purposeful.

These anomalies can both be accounted for by the Reverend Benjamin Wistar Morris, an important early Oregon citizen. Born in 1819, this scion of a prominent Pennsylvania family graduated from seminary and became an Episcopal priest. In his early years he served multiple parishes in Pennsylvania, helped organize a relief effort for wounded troops at Gettysburg, and earned advanced degrees in theology.

At age 49, Reverend Morris was appointed Missionary Bishop of Oregon and Washington. To get here from the East Coast in 1868 took him six months. His journey included taking a ship down the Atlantic Coast, walking across the Isthmus of Panama, then catching a ship back up the Pacific Coast and another upriver to Stumptown. For the next 37 years, he was Episcopal Bishop here. As the population of Oregon exploded during those years from some 90,000 to half a million residents, the accomplished bishop presided over the growth of nearly 20 church parishes, founded a school for girls that later morphed into Oregon Episcopal School, and built Good Samaritan Hospital in 1875 for the staggering sum of \$10,000.

The bishop died at his family home in 1906 and is buried in Lone Fir Cemetery along with other prominent early citizens that have Portland streets named after them, such as Thomas Cully and James Hawthorne. But none of those noteworthy folks had two sections of a street named for them as did the influential Wistar Morris. His middle name is commemorated in its east stretch, his surname along the west end. Hence Wistaria-Morris. Two mysteries solved!

The bishop was buried in Lone Fir Cemetery's Section 8 Lot 59 if you want to visit him.

BWNA board member Tim Gillespie was a public school teacher in the Portland area for almost four decades. A poet and essayist, he has lived with his family in Beaumont-Wilshire since 1979.



Tim Gillespie



SIGNS OF THE TIMES

by Michael Wright, aka Mike on a Bike

Wheeling around our neighborhood these past few weeks, I am interested by all the signs that people post in their gardens. It occurred to me that signs are everywhere: stop signs, speed limit signs, street signs. The ones catching my eye recently have been signs placed to encourage others, signs with optimistic messaging, signs to uplift our community, and signs that simply make you smile and nod your head.

This month I found myself humming a tune from the early '70s performed by Five Man Electrical Band:

Sign, sign, everywhere, a sign
Blockin' out the scenery
Breakin' my mind
"Do this," "Don't do that"
Can't you read the sign?

If you are nodding and remember this song, it's a sign that, yeah, we've been around for a while.

Here are a few I see from my bike as I navigate our streets and avenues.



The Bike Bus. Kids riding safely together to school. What's not to love?

Solidarity with our neighbors, north and south, and in support of our friends in Ukraine.



Okay, fine. This is actually a bumper sticker ... so a mobile sign.



BE THE GOOD
you see in the world!

The variety of signs inspires me, challenges me, and makes me realize how fortunate I am to be a part of our community.

Sign me up!

Alameda resident Michael Wright is a rewired (not a typo) sports agent who moved to PDX with his wife Sally in 2009 from New York City. Writing, cycling, and sports of all types are no longer side hustles, but full-time pursuits.



Michael Wright

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