



July-August 2020

In this issue:

- Wilshire Park, page 1
- President's message, page 2
- Editor's notes, page 3
- RIP hearings over, page 5
- The potential of parking strips, page 6
- Demolition Subcommittee, page 8
- BBA small business rebound, page 11
- Sizzling summer recipe, page 12
- Eudaly vs. Mapps, page 13
- Dr. Carl Baird, page 14

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

BWNA Calendar of Events

Community Events

NOTE:

Check bwnapdx.org for updated information

Final City Council vote on RIP amendments, then on entire RIP project

July: day and time TBD
Portland City Council Chambers, 2nd Floor, City Hall (check bwnapdx.org/upcoming-events for announcement)



Wilshire Park a happy place in troubled times

by Tiffney Townsend

The last few months have been hard for all of us. Our daily lives have been completely altered by the COVID-19 crisis, and many of the plans we had for what turned out to be a mild and pleasant, if slightly rainy, spring had to be abandoned. But somehow through all of this, Wilshire Park managed to be a place where wonderful things were quietly happening. BWNA's Friends of Wilshire Park committee (FoWP) had a final fundraising push in March, asking Beaumont-Wilshire neighbors (via envelope insert in the March-April issue of the newsletter) to contribute what they could to pay for a replacement playhouse in the toddler area. And guess what? B-W neighbors, along with many others in the community who value the park, came through big time. When the fundraiser crossed the finish line, over \$20,000 in donations, small and large, had been collected and deposited with the Central Northeast Neighbors (CNN) neighborhood association coalition, which then transferred the funds to Portland Parks & Recreation (PP&R) for purchase and installment of the new equipment.

The playhouse was installed over the weekend of June 6-7, although it remains fenced off due to playgrounds being off limits to help stop the spread of COVID-19. There was even enough money left over to buy a new riding toy shaped like a rabbit. The playhouse resembles a little cabin and has plenty of gadgets to keep little hands busy and enough space inside for big imaginations. This project is a wonderful example of what happens when a grassroots group of neighbors networks with the neighborhood association system and city government to do some good for the next generation of Portlanders. In particular, CNN provided valuable advice on fundraising and acted as a fiscal sponsor, using its 501(C)(3) status to allow donations to be tax-deductible. Likewise, PP&R showed creativity, flexibility, and support in recognizing how important this project was to the neighborhood and implementing the final plans. A team effort!



Thanks to a successful fundraising drive by the Friend of Wilshire Park committee, the park has a new playhouse structure and rabbit-shaped riding toy in the toddler area. Photos by Tiffney Townsend

continued on page 10



President's message

by Tim Hemstreet

Turning the corner

Hello neighbors, I hope you are well. First, I want to give kudos to Al Ellis, editor of this newsletter, and all the contributors to the fantastic May-June edition. Amidst the early stages of the COVID-19 pandemic and the stay-at-home order, BWNA decided to publish May-June newsletter exclusively online on our new website (bwnapdx.org/newsletters). If you missed your newsletter two months ago, please take the time to find it online and, while at it, register for the BWNA mailing list. With this issue, we welcome back the printed edition as we gradually adjust to the “new normal” of the coronavirus.

To say the least, social distancing requirements have made in-person meetings and events challenging, forcing cancellation of a planned spring neighborhood cleanup as well as all BWNA meetings (the last one being a board meeting way back in early March). That said, we are all adapting to our new situation, and BWNA activities resume on the second Monday evening of July (July 13) with a regularly scheduled board meeting—even if only by Zoom—in an effort to keep things moving forward as normally as possible during these unprecedentedly abnormal times. (NOTE: for updated announcements about meetings and activities, click on “Upcoming Events” and/or “Blog” at the top of our website’s home page.)

Despite not having meetings, BWNA’s work continues on a limited basis. For instance, as a follow-up to his “Letter to the Board” editorial in the last newsletter about speeding on NE Skidmore adjacent to Wilshire Park, neighborhood activist Sam Balto contacted the Portland Bureau of Transportation (PBOT) to request a traffic count on this stretch of road. The

BWNA board responded on behalf of the neighborhood by seconding Sam’s request to PBOT (board consensus reached via e-mail), basing the decision not only on information presented by Sam, but also on previous traffic safety concerns expressed by residents, including traffic bypassing the intersection at Prescott by using Skidmore and 37th as a detour. While traffic is less on Skidmore as a result of people staying close to home, PBOT is planning to proceed with the traffic count when conditions return to a more normal level.

Also of note, BWNA’s Friends of Wilshire Park (FoWP) committee was able to secure the purchase of playground equipment using donated funds and invaluable cooperation from Central Northeast Neighbors and Portland Parks & Recreation. We appreciate the hard work of the FoWP committee and the many donations received to make this a reality. Renewing the playground equipment at Wilshire Park is something we can all benefit from. You’ll find more information in the article by FoWP’s Tiffney Townsend on page 1.

Given the acute polarization of politics, the pandemic, and most recently the urgent and justified calls for racial and social justice in light of the tragic death of George Floyd, I’ve heard it said that historians of the future will likely focus on 2020 as a pivotal year for the world. We are living a history that touches all of us, visible right here in our own city and neighborhood, with businesses and families struggling, protests in the streets, and all the accompanying uncertainty. Let’s hope the remainder of this year will be one to look back on with some fondness for how we came together and worked to create a better future. Stay safe!

Our Organization

BWNA Board

President

Tim Hemstreet 503-239-6231
president@bwna.us

Vice-President

Kathy Campbell 503-515-6225

Secretary

Barbara Strunk 503-284-7502

Treasurer

Karla Lenox 503-686-5915
treasurer@bwna.us

Board Members at Large

Al Ellis 503-287-0477
Tim Gillespie 503-287-6272
Gary Hancock 503-367-0862
Laurie Holtz 621-327-5595
Rich Woyma 971-488-0140
(three open positions)

Related Organizations

Beaumont Business Association

Kathy Madore
beaumontbusinesses@gmail.com

Central Northeast Neighbors Board

Barbara Strunk 503-284-7502
Tim Hemstreet 503-239-6231

Areas of Interest

- **Beaumont Middle School**
Tim Gillespie 503-287-6272
- **Crime Prevention**
Bill Markwart 503-282-4610
- **Transportation**
Jim Howell 503-284-7182
- **Land Use**
Tim Hemstreet 503-239-6231
- **Newsletter**
Editor: Al Ellis, editor@bwna.us
Graphic Design:
Jane Feinberg, design@bwna.us
Copy Editor:
Myrna Sheie 224-659-1537
Distribution:
Georgina Head 360-739-7896
John Sandie 219-508-4162
Ad Submission and Payments:
Instructions at bwnapdx.org
- **Friends of Wilshire Park**
Gary Hancock 503-367-0862
- **Website** (bwnapdx.org)



Editor's notes

by Al Ellis

Did you miss us last May? (our newsletter, that is...) No? Well, COVID-19 challenges

being what they were then (and still are now), home delivery could easily have been missed. But perhaps (hopefully) you didn't miss out at all, heeding the message to seek out the May-June issue online and in color via the BWNA website (bwnapdx.org/newsletter). We used the BWNA subscriber list* to alert residents and businesses to the "no-delivery/website-only" change of plans due to safety concerns for our 60-plus volunteer distributors, posting announcements on the website blog and on Nextdoor, and even deploying a few homemade yard signs hoping to catch the eye of neighborhood walkers.

So how effective was the message? It's hard to say for sure, but we know that the BWNA website had a surge in "hits" during the month of May, a likely indicator of an increase in online newsletter readership. But if you haven't yet read the May-June issue, I recommend you do, because it's among our best. Expanded from 16 to 18 pages (possible only via digital publication), we were able to include all articles and photos submitted, most of which relate to the timely theme of neighbors, businesses, and BWNA coping with the shutdown. To access the issue, click on "Newsletters" at the top of the home page, then make your way down the "Newsletters" page to "Newsletter Archives."

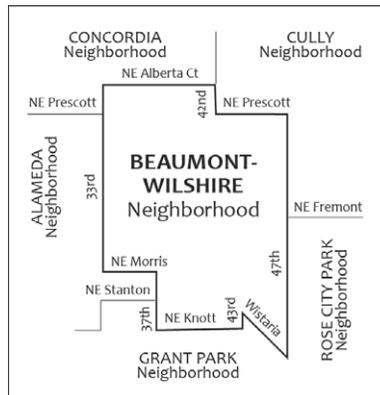
With society neither totally shut down nor totally opened up, we are inching our way toward whatever the "new normal" turns out to be. With many matters put on hold since the onset of the pandemic, unfinished business tops the agenda. Accordingly, among the articles in this issue are reports on BBA's hoped-for summer rebound for local small businesses, a pending decision by the City Council regarding the controversial residential infill policy that will shape the future of neighborhoods for years to come, recommended measures to strengthen demolition-site regulations and

beef up noncompliance penalties, the hotly-contested race for City Commissioner with ramifications for neighborhood associations, a growing interest among residents in neighborhood gardens and gardening strategies, and BWNA's ongoing efforts to enhance Wilshire Park and attend to nearby traffic safety issues.

The decision to resume home delivery with this issue of the newsletter was made by consensus of the board and consent of our volunteer distributors. If a distributor opted not to walk his or her route, a substitute would be needed, but nobody opted out. It was also decided to republish Mark Mohammadpour's advertiser interview from the May-June issue with Dr. Carl Baird, owner of Evolve Performance Healthcare, in an effort to expand the spotlight on his business, including an update about what it's been like to open up for business amid the ongoing coronavirus concerns.

Thanks again to our volunteers for putting us back in the saddle with home delivery!

* If you haven't already signed up for the BWNA subscriber list, I encourage you to do so. You'll find it at the bottom of the website home page (bwnapdx.org).



Calendar of Events (cont.)

BWNA Meetings

NOTE:

Meeting details TBD, check the Upcoming Events page at bwnapdx.org for announcements

Monday, July 13: Board Meeting, 7:00 pm

Wednesday, July 15: Friends of Wilshire Park Committee Meeting, 7:00 pm

National Night Out Picnic in Wilshire Park in August canceled due to COVID-19

Monday, August 10: General Meeting, 7:00 pm

Wednesday, August 12: Friends of Wilshire Park Committee Meeting, 7:00 pm

BWNA Newsletter

Submission Deadline

Friday, August 14 (for the September-October newsletter)

E-mail articles and Letter to the Board editorials to Al Ellis (editor@bwna.us)

E-mail photos, graphics, and ads to Jane Feinberg (design@bwna.us)

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 Advertisers

A step-by-step procedure for selection, purchase, payment, and submission of ads is provided on the BWNA website at bwnapdx.org; click on "Newsletter" at the top of the home page.



Home loans you'll be happy to live with

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



Clint Elliott
 Consumer Mortgage Consultant
 2416 NE Fremont Street
 Portland, OR 97212
 503-577-2386
 clint.elliott@unionbank.com
 NMLS ID #239388



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

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 **BWNAS** for 5% off! → albertapetitehotel.com

RIP hearings over, final council vote slated for July

by Susan Trabucco

On June 3, the Portland City Council heard public testimony from nearly 50 of the 100 people registered to testify on several proposed amendments to the Residential Infill Project (RIP). Testimony concluded on June 18, with a final vote by the Council first on the amendments, then on the entire RIP package some time in July.

RIP was established to help the Council find ways to implement the “middle housing” policy adopted in early 2016 by the city in its Comprehensive Plan—a controversial policy that encourages the city to consider zoning decisions to allow more duplexes, triplexes, fourplexes, accessory dwelling units, and small multi-unit or clustered residential buildings in single-family residential zones. Long-range in scope, Portland’s Comprehensive Plan is designed to prepare the City for expected population growth and provides direction for City decision-making on land use, transportation, sewer, and water systems and natural resource management programs, while ensuring that investments in major city systems are coordinated.

In January this year, City Council closed public testimony on the RIP Recommended Draft and moved on to consider amendments. The proposed six RIP amendments on which Council heard testimony in June ranged from simple terminology changes for project consistency (e.g., getting into required alignment with Oregon’s new statewide initiative to increase the allowed number of units on single-dwelling lots to four) to more substantive issues, especially in connection with the “Deeper Affordability Bonus” and “Historic Resource Demolition Disincentive” initiatives. While the housekeeping amendments garnered little public commentary, the two meatier amendments drew comments from nearly 100 percent of those testifying at the hearing.

“Deeper Affordability” Bonus: As originally introduced, this zoning code component of RIP is an incentive for builders to construct housing units affordable to those earning 80% of Portland Median Family Income (PMFI). The Deeper Affordability Bonus amendment changes that affordability index to 60% of Median Family Income (MFI).

Today, MFI for a family of four is \$87,900 in the Portland-Metro area. To be “affordable” for those at 60% of MFI, rent for a two-bedroom unit would need to be no more than about \$1,200/month, well below the market average of about \$2,000/month.

To entice contractors to meet this below-market rent, qualifying projects will be allowed a greater Floor Area Ratio (FAR) than standard residential construction projects. FAR is the relationship of building area to the total site area. This

amendment allows up to 1.2 FAR, up to 35 feet of height (an additional 5 feet in R7 and R5) along with two more dwelling units (up to six maximum) when at least 50 percent of the units are made affordable to those earning not more than 60 percent of the MFI.

Speaking in support of the amendment, many felt that it would be beneficial for victims of displacement due to gentrification and help support racial equality. “It will allow developers to pursue affordable housing,” said David Sweet, who spoke as a representative of the Cully Association of Neighbors. Sweet is also involved with the grassroots group Portland For Everyone, a program managed by Thousand Friends of Oregon.

Donna Cohen of St. Johns supported the amendment because she believes it will expand neighborhood diversity. “People of mixed incomes should be able to live in all communities,” she said.

Historic Resource Demolition Disincentive: As originally written, the Historic Resource Demolition Disincentive is to encourage adaptive reuse of existing historic resources. This amendment would limit the development options on a site where a historic resource had been demolished in the previous 10 years to include a house, house + 1 ADU, or duplex. Triplexes, fourplexes, additional accessory dwelling units, and deeper affordable 6-plexes (if that amendment passes) would *not* be available in these cases but would be permissible if the existing resource is retained and converted. This limitation would essentially disallow construction of new, multi-unit housing in some areas of the city.

Critics of this amendment viewed it as a significant concession to developers and those in neighborhoods with large, historic homes who will, if this amendment passes, not be subject to multi-tenant housing construction to the same level as other neighborhoods in the city. And opponents see the amendment as having no real role in preserving Portland’s historic architecture, but simply providing the opportunity to build new large, single-family homes in historic neighborhoods.

Leon Porter, a NE Portland resident, stated he opposed this amendment because he believes it would allow historic homes to be replaced by new, expensive homes. “This only supports exclusive homes built in exclusive neighborhoods,” Porter said.

Doug Clotz, who stated he’d been participating in the RIP process for five years, spoke in opposition to the Historic Resource amendment. “It will result in higher-priced luxury homes.”

continued on page 11

The potential of parking strips

by Barbara Strunk

Our parking strips are often unrecognized as spaces for beautiful gardens. Looking around our neighborhood we see many homeowners replacing their parking strip lawn with trees and smaller plants. A parking strip is a good place to grow longer-lived plants such as bulbs, perennials, small shrubs, trees, and even vegetables.



Amending the soil for best plant growth can be helpful, since you may have the natural clay/rock soil that is widespread in our neighborhood. As you dig new planting holes, add humus-rich soil for drainage and nutrients. With this option you are slowly improving your soil without a huge all-at-once project of removal and replacement.

A conversion from lawn to a parking strip garden has many benefits. First, a lawn's role in capturing atmospheric carbon is lost when chemicals and fossil fuel-burning machines are used in its maintenance. Second, plantings for pollinators and other insects are crucial for a healthy food web, given the reported dramatic decline in insect numbers. Parking strip gardens can provide food for many species, including humans. Pollinator Parkways, developed in Portland, has a very helpful do-it-yourself manual that covers grass removal, plants, planting designs and much more. (<https://pollinatorparkways.weebly.com>)

Lawn-to-garden parking strip conversion need not be done all at once; the project can develop over years. I divided our area into several small gardens and planted gradually. Two gardens have sun-loving plants, and two favor shade plants where our street trees are growing. I put paths in between the gardens to provide access from the street. I also made a narrow path along the curb to make it easier to get out of a car.

Choose plants that you like. If desired, take a look online to find out how they grow best: soil, water, light conditions are all important. You can take into account when plants bloom and choose them so that you have something in bloom spring, summer, and fall. A green garden of low shrubs, hostas, and ferns is a great idea also.

Put in new plants in the fall and spring. All new plants need consistent water, and fall planting with warmer soil and rain may make plant establishment easier. Our parking strip garden has been growing for over 20 years, and I still water the established plants regularly in hot weather.

Some of the plants we have in our parking strip that pollinators love are small daffodils, tulips and crocuses, red hot poker, daphne, saxifrage, small hardy geraniums, penstemons, lavender, low-growing Oregon grape, dianthus, verbascum, wall flower and sedums, and sempervivums. Self-sown plants such as foxglove, feverfew, columbines, and larkspur can also thrive. I use Oregon natives and non-natives, but focus on plants that pollinators like. The warmest spot in our garden is the parking strip next to the driveway where we have large pots in which we plant heat-loving vegetables like tomatoes, peppers, and basil. In spring, daffodils emerge between the pots. I frequently try new plants. Sometimes I move plants that are not doing as well. Taking a risk with a new plant may work out. Give it a try.

Great resources for how to and what to plant in parking strips are our neighborhood gardeners. Take a walk and find interesting parking strip gardens. Talk with the gardeners, make new friends, and gain some gardening knowledge.

Other good resources for plant choice suggestions are the staff at nurseries such as Garden Fever, Portland Nursery, and Marbott's. I also find a lot of information about growing a wide range of plants from online searches.

est. 1944

BARRETT
Automotive

4413 n.e. fremont
Portland, OR 97213
503 · 287 · 1352

pacificaudiologyclinic

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



UNR-influenced Demolition Subcommittee spurs regulation reform

by John Sandie

The Bureau of Development Services (BDS) is the city agency charged with issuing building permits and enforcing associated regulations, and its advisory body goes by the acronym of DRAC (Development Review Advisory Committee). A few years ago DRAC created a demolition subcommittee to focus exclusively on matters involving residential demolitions and UNR (United Neighborhoods for Reform, a BWNA-inspired grassroots preservationist organization with backing from over 40 neighborhood associations) was invited to represent neighborhood interests at the table. Reconvening in early June of this year for two meetings (via Zoom), the DRAC Demolition Subcommittee zeroed in on shortcomings brought to light in BDS program reviews late last year. A key issue was lack of inspector presence during actual mechanical demolition activity, the critical period when dust generation is at its highest. In accordance with subcommittee recommendations, new administrative rules were enacted last January that require a BDS inspector to be on site during the actual demolition, although a video link observation is allowed under unique circumstances. Due to workload, however, inspectors are not able to observe the entire

demolition (observations usually averaging 15 to 30 minutes per site), resulting in a significant reliance on self-policing by the contractor's designated demolition representative ("Demolition Manager"), who is responsible for following through on inspector-approved wetting plans to keep visible dust from drifting onto neighboring properties. This oversight gap remains a concern in verifying that best practices are employed during the entire demolition in order to mitigate potential public health impacts. That said, the new rules do eliminate confusion over whether a typical garden hose might be adequate for wetting purposes during the demolition of a home, which it is not! Inspectors and contractors are still learning practical and effective wetting techniques. Experience will be key to the development of future beneficial guidelines for contractors to follow.

Also recommended by the subcommittee was dissemination of safety instructions to nearby neighbors during and after demolition activities, including closing windows, observing dust conditions, and washing

continued on page 9

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.



Demolition regulation reform (continued)

down sidewalks and window sills afterwards. These suggestions, while verbally supported by a consensus of the subcommittee, were not expressly incorporated as actual administrative rules and thus are dependent on follow through by BDS staff as the process is tweaked. It will also most likely require persistent public involvement. BDS also is supportive of a Demolition Subcommittee recommendation to enact empirical testing at demolition sites to verify the effectiveness of controlling lead dust traveling to adjacent properties, but public prompting and support will be needed to achieve this baseline testing goal in a timely manner.

Enforcement was also identified as a topic for discussion and clarification at the June meetings, and it was recommended that the beginning penalty for violations that “can’t be corrected” be increased from a simple warning citation to a \$10,000 fine for first-time offenders. Violations that “can’t be corrected” include demolition without a permit or without prior sign-off by an inspector, mechanical demolition prior to removal of external lead-based paint materials, and mechanical demolition without wetting or dust suppression. Still

problematic, however, is recourse for homeowners who feel their property has been adversely impacted by site mismanagement or failure to correct ineffective dust control in a timely manner. For example, without prior testing done on a property for contamination, proving liability in court is difficult if not impossible, and litigation can cost thousands of dollars, likely out of reach for many homeowners. All the more reason, then, for best practices to be conscientiously followed and credibly regulated. Recommendations by the DRAC Demolition Subcommittee are first referred to the full DRAC for review and approval, and then presented to City Council in the form of proposed revisions to the code.

Periodic auditing and review are required to maintain an atmosphere of “continuous improvement” in any municipal process, and the public (i.e., individual citizens, media, civic groups) serves as the driving force to foster this activity. UNR and BWNA will continue to work through the DRAC Demolition Subcommittee to challenge the City of Portland to maintain a leadership position in responsible demolition regulation.

JOIN OUR EMAIL LIST



We invite you to visit the new BWNA website at 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.



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

Wilshire Park (continued)

But that's not the only thing that's been happening. Despite a budget crunch and work furloughs caused by COVID-19, the PP&R staff managed to repair the soft rubber play surface in the toddler area, fix the merry-go-round, install a sign in the NatureSpace identifying the native plants there, and embellish the north side of the park grounds with a variety of beautiful new plants. That's a lot of work to do when everyone was dealing with reduced work schedules, homeschooling children, and stresses and worries that none of us had just a few months ago. The enhancement effort buoyed spirits: on June 11, someone left a chalk message on the newly repaired rubber play surface reading, "Thank You PDX Parks."

FoWP thanks those residents of Beaumont-Wilshire, Alameda, Cully, Alberta, and Rose City Park neighborhoods whose donations brought a new, safe playhouse to Wilshire Park that will last until today's little children are parents themselves. Much appreciation also goes out to the CNN staff—in particular Ronda Johnson, who kept meticulous financial records and provided donors with tax documentation—and to the PP&R staff, with special kudos to Northeast Parks Supervisor Mike Grosso and Project Manager Evan Callahan.

Yes, it was a rough spring for all of us, but the good news is that Wilshire Park is a source of both joy and pride. We look forward to better days to come and enjoying each other's company in the park—albeit from a safe distance for now.



Sadly, the new playhouse installed at Wilshire Park in early June remains fenced off due to COVID-19. Photo by Tiffney Townsend

Popina To the Rescue
Providing swimsuit therapy since 2006

Popina Hollywood

2030 NE 42nd AVENUE
PORTLAND, OREGON
POPINASWIM.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.

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

BBA facilitating small business summer rebound

by Al Ellis

“We don’t know who will survive. It feels like most should make it through, but we need to get things going.”

That was the candid assessment by Beaumont Business Association (BBA) President Andy Frazier in response to the question, “What’s in the future for local businesses?”

Not one to dwell on negatives, Frazier, a longtime Beaumont-Wilshire resident, girls’ soccer coach, neighborhood activist, and small business owner (Frazier Wealth Management, a BWNA newsletter advertiser) is both indefatigably no-nonsense in attitude and reassuringly motivational in leadership, as evidenced in this excerpt from his spring “Letter from the President” to BBA members:

“Some things may go back to how it was; some things may be permanently changed. What we know for sure is that small businesses will always be the backbone of our city, state, and county. We will get through this.”

During Frazier’s tenure as president, BBA has blossomed into one of the city’s premier business districts, thriving on record membership numbers and event revenue. But COVID-19 stopped that momentum in its tracks. The locally popular Dash to Donuts was canceled in May and Fremont Fest, BBA’s flagship event drawing thousands to Beaumont Village each August, followed suit.

At the heart of BBA’s summer rebound strategy is making patrons feel at home again on Fremont Street. As Andy put it, “We believe it’s critical that we create a welcoming atmosphere during the summer months.” To that end, lovely hanging flower baskets now greet visitors up and down the street, courtesy of BBA member sponsors Frazier Wealth Management, American Family Insurance, Roloff Construction, Noho’s Hawaiian Cafe, Curaleaf, and Silhouette (another BWNA newsletter advertiser). Also planned for display are sponsor banners, windsocks, red-white-and-blue wrappings around poles, and a hanging banner across Fremont Street encouraging folks to “Shop Local!” As for promotional celebrations, Frazier says that while the door is open to adding an event of some kind in the summer or fall (condition permitting), but the main target right now for BBA is to put on a bigger and better Winter Holiday Fest in December (again, condition permitting).

The absence of revenue from Fremont Fest coupled with an economy still mired in the throes of recession have combined to deal the BBA treasury a double whammy. Still, Andy reflects, “For the most part, the members are hanging in, although we are being very flexible with renewals.” To his fellow B-W residents, Frazier implores, “Our local businesses are continuing to support our (business) district; let’s continue to support them as much as possible right now.” Fasten your masks and explore!

RIP hearings (continued)

Trisha Patterson, representing the group Portland Neighbors Welcome, also opposed the amendment on both the cost of housing and the historic preservation notion. “This amendment will block lower cost housing in these areas and removes any incentive to repurpose historic homes.”

The chair of the Elliott Neighborhood Association, Brad Baker, echoed Patterson’s words about historic preservation. “If the amendment is intended to protect historic housing – it doesn’t,” he said.

For more details and information about RIP and associated amendments moving through Council, visit <https://beta.portland.gov/bps/rip/residential-infill-project-documents>.

Note to readers: The BWNA board is on record opposing RIP as proposed. Submitting written testimony for the June 3 amendment hearing in support of BWNA’s position was longtime United Neighborhoods for Reform (UNR) activist Terry Parker, relating RIP and the Comprehensive Plan:

“The Comprehensive Plan designates specific areas to apply appropriate zoning for middle housing. Instead, RIP allows for citywide implementation of densities in single-family zones normally found in multi-family dwelling zones.”

With very few vacant lots in neighborhoods densely populated with single-family homes (like Beaumont-Wilshire), UNR and BWNA see RIP as incentivizing destruction of viable homes, already in short supply to entry-level buyers, for the purpose of making way for construction of “plexes” in the heart of established residential communities.



A sizzling summer barbecue recipe from Kathy's Kitchen!
by Kathy Campbell

Cedar Planked Chicken Thighs with Soy-Ginger Glaze

10 skinless bone-in
chicken thighs

Glaze: ¾ c soy sauce
½ c balsamic vinegar
½ c brown sugar
1 Tb minced garlic

1 Tb fresh ginger
1 tsp red pepper flakes
¼ c toasted sesame oil

In a small saucepan, over medium-low heat, combine soy sauce, vinegar, and sugar. Cook until reduced by half, about 20 minutes. Remove from heat and add the garlic, ginger, and red pepper flakes. Cool slightly and then whisk in the oil. Reserve ½ cup of the glaze for basting the chicken.

Put the thighs in a large bowl, pour in the glaze, and toss to coat. Refrigerate until you are ready to grill.

If using a charcoal grill, prepare the grill for direct and indirect cooking over medium heat. Place the soaked cedar plank over direct medium heat and close the lid. After 5 to 10 minutes, when the plank begins to smoke and char, turn the plank over.

Remove the thighs from the bowl and discard the glaze with which they were coated. Arrange the thighs on the smoking plank and cook over direct medium heat, with the lid closed, for 5 to 10 minutes. Then move the plank over indirect medium heat and continue cooking, with the lid closed as much as possible, until the juices run clear, 35 to 40 minutes, basting occasionally with the reserved glaze during the last 10 to 15 minutes of grilling time. Remove from the grill and baste with the reserved glaze once more before serving.

Serves 4 to 6



Reach over 2,600 Beaumont-Wilshire households.
For rates and sizes, go to bwnapdx.org and
select "About the Newsletter" or contact design@bwna.us

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.

Eudaly vs. Mapps: electoral spotlight on neighborhood associations

by Al Ellis

Amid COVID-19, a tanking economy, and ubiquitous homelessness, the issue of city code status for neighborhood associations was all but invisible in the May elections, with the notable exception of the race for Portland City Council Commissioner Position No. 4.

The race pitted outspoken neighborhood association system critic Chloe Eudaly against four challengers, one of whom, newcomer Mingus Mapps, drew particularly strong support from the neighborhood association establishment...with stunning results. The incumbent garnered only 31% of the vote, far short of the simple majority needed to avoid a November run-off against second-place Mapps at 29% and barely enough to edge out third-place finisher former Mayor Sam Adams at 28%.

Although some may disagree, Commissioner Eudaly's relatively poor showing was in large part due to alienating many neighborhood association leaders this past year. Assigned by Mayor Wheeler to head the nascent Office of Community

& Civic Life (Civic Life), formerly Office of Neighborhood Involvement), Eudaly advocated early on for an end to what she views as unwarranted privileged recognition in the city code for neighborhood associations dating back to the 1970s. Bad relations between Civic Life and the neighborhood association establishment reached critical mass last summer when Eudaly, in a speech at the opening of a "Neighborhood Associations Rock!"

continued on page 14

Jean Johnson

Principal Broker

503-287-9732

johnsonhousepdx@gmail.com

www.johnsonhousepdx.com

Riverside Global Realty LLC



Jean's doctorate is in Applied History where she studied public policy. Expect an extra layer of expertise on your next real estate transaction.

BEAUMONT VILLAGE DENTISTRY

KIRAN MISTRY, DDS



(503) 288-7481 | 4414 NE Fremont Street

PORTLAND EARLY LEARNING PROJECT PRESENTS
OUR BRAND NEW EXCITING PROGRAM!

¡GOGO ESPAÑOL! SPANISH EN TU CASA!

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



503-284-0610

www.PortlandEarlyLearning.com

Eudaly vs. Mapps (continued)

art exhibit packed with neighborhood association supporters, insinuated that neighborhood association leadership was systemically elitist and insular—this on the heels of a City Club speech by Civic Life Director Suk Rhee branding the system as “racist.” Fueling the fire was the creation by Eudaly and Rhee of a “Code Change Committee” without neighborhood association input that was predisposed to expanding Civic Life’s support for “historically marginalized” minority interest groups at the expense of neighborhood association status. But City Council didn’t buy it, declining to act on proposals long on platitudes and short on specifics (e.g., criteria by which groups would qualify for inclusion, the number of groups to be included, and a calculus for divvying out funding to numerous groups).

Though both considered political “progressives,” Chloe Eudaly and Mingus Mapps differ both in terms of background and temperament. Comparing backgrounds, Eudaly is a white female

who attended Portland Community College, owned a small business, and rents her residence. Mapps, an African American male homeowner who attended Reed College, has a PhD from Cornell, taught at Brandeis, was a Visiting Fellow at Harvard, and held positions with Multnomah County and the City of Portland (though parting ways with Civic Life over a management dispute). As for temperament, an Oregonian editorial took Eudaly to task for “polarizing politics” via divisive rhetoric, while lauding Mapps as the “moderate, thoughtful alternative to Eudaly.” Capitalizing on the endorsement, a Mapps flier concluded: “He listens to Neighborhood Associations. He is no drama. He is often the adult in the room.” There was no mention in Eudaly’s voters’ pamphlet of either the Office of Community & Civic Life or neighborhood associations in the listings of achievements and endorsements, omissions not lost on Mapps.

Worried Back Pain is Going to Get in the Way of Your Summer Plans?

by Leading Back Pain Expert, Dr. Carl Baird, DC, MS



Dr. Carl Baird, DC, MS

Have you or a loved one been suffering from chronic back pain? Are you worried the pain will keep you from enjoying your favorite summer activities like running, hiking, or getting outside with your friends and family? Maybe you find yourself planning your trips and vacations around your pain?

My name is Dr. Carl Baird and every day I work with clients who are worried about their back pain get back to

enjoying their favorite activities—many of whom have sought help in the past only for the pain to come back days later. They are tired of only getting temporary relief from pain pills, injections, or endless chiropractic or physical appointments and looking for REAL SOLUTIONS.

In fact, I wrote a book on this very topic titled, *“Life Without Limitations: A Complete Guide to Overcoming Pain, Moving With Confidence And Maintaining Your Active Lifestyle - Regardless of Age”* just in time for summer.

The book offers a new approach to getting back to your favorite activities GUARANTEED to get you out of pain—even when nothing else has worked. Inside you’ll find simple, actionable advice that is easy to follow and proven to work. Here are just a few things you’ll learn inside your FREE COPY of my book:

- The reasons your back pain always comes back
- The top ten myths in healthcare that are holding you back from the life you deserve
- What you can do TODAY to be sure you aren’t limited in your favorite summer activities

Interested? Here’s What To Do Next.

To have your copy of the FREE BACK 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 <https://www.performancehealthcarepdx.com/free-book>

P.S. There are a **limited number of free copies**, so get yours now and get back to the active, healthy life you want and deserve.

Evolve Performance Healthcare

Dr. Baird back in business exceling in transformative healing at Evolve Performance Healthcare

by Mark Mohammadpour

Editor's Note: We're republishing Mark's interview with Dr. Baird from the May-June newsletter with updated questions and answers on Evolve Performance Healthcare's post-shutdown opening to clients.

We shine the spotlight on advertiser Dr. Carl Baird DC, MS, CCSP of Evolve Performance Healthcare. Dr. Baird is a Portland native who grew up in Northeast Portland and attended Lincoln High School. Dr. Baird lives in the neighborhood with his best friend, his dog Bandit!

What is Evolve Performance Healthcare?

I opened Evolve Performance Healthcare to help adults stay active and strong so they can continue to do what they love and stay out of the doctor's office. We spend a lot of time getting to know our clients, getting to know their concerns and worries as well as their goals, so that we can create a plan that is 100 percent specific to them. Our mission is to improve how people in our community experience the world around them.

What do you love most about helping your clients?

I love seeing our clients' transformation during their care. By the time many of our clients come to see us, they have been dealing with pain for months to years. They have usually tried many different therapies that may have helped provide some relief, but never solved the issue. A lot of times they've been convinced that "it's just part of getting older" or they have "bad knees" or a "bad back" and it will just be something they have to live with.

It's satisfying to see the "light bulb" go on about halfway through our treatment programs and see the confidence that comes from knowing their body is capable of amazing feats of strength and that this doesn't have to limit their mobility the rest of their life.

Talk about the Beaumont-Wilshire community. What has your experience been like so far serving customers in the neighborhood?

I love living in Beaumont-Wilshire. I lived near NE 49th and Fremont while attending chiropractic school. After a 4-year hiatus in Denver, Colorado, I moved back to Portland and immediately moved into an apartment on NE 45th and Fremont.



Dr. Carl Baird, with best friend Bandit, is the founder and owner of Evolve Performance Healthcare.

I love the smaller community feel within a bigger city like Portland. I love running into my clients at Prince Coffee or just walking and biking around the neighborhood. I love the strip of restaurants and other shops along Fremont Street.

What is one thing you recommend to the community to stay active during challenging times like these that require us to stay at home?

Look for opportunities. With any situation—not just a global pandemic—we always have a CHOICE in the way that we react. We can hunker down and stress out about things that are completely out of our control, or we can look for opportunities that the situation creates. Take advantage of the extra free time we now have. Take advantage of all the free exercise classes being posted on Facebook and Instagram. Take advantage of all the video-calling technologies that allow us to stay in touch with those that matter most to us.

Update:

Are you open for clients?

Yes, we are! We were allowed to reopen for business on May 1 in accordance with Governor Brown's go-ahead for non-emergency medical services.

How has the response been?

Very mixed. Many people still aren't leaving the house. Others are very excited to continue their progress with us. We understand both responses and have made it our job to help our clients feel as comfortable as possible as we return to public spaces.

Any silver linings in the transition?

We've used the extra time to take a step back, re-examine our mission, and find ways to improve our services so that as we transition into Phases 1, 2, and 3, we'll be able to provide an even better experience to anyone who walks through our doors.

Thank you so much for your contribution to the well-being of the neighborhood and support for our newsletter, Dr. Baird!

Jim Arnal
PRINCIPAL BROKER



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

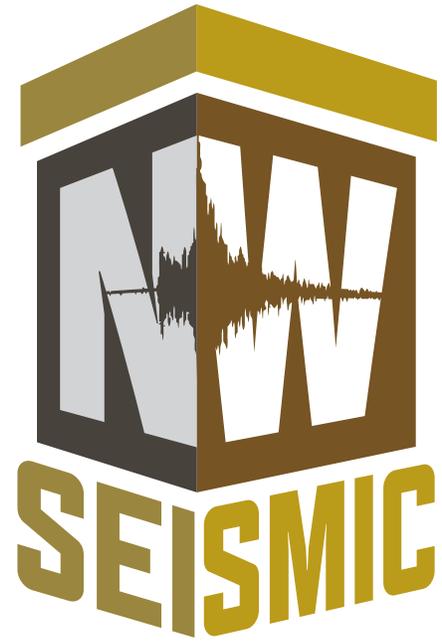


LIVING ROOM
REALTY

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



10% OFF
UPS
Shipping Services

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

Expires 9/30/2020



10% OFF
Shredding
Services

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

Expires 9/30/2020

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

PRINTER OF THE BEAUMONT-WILSHIRE NEWSLETTER