



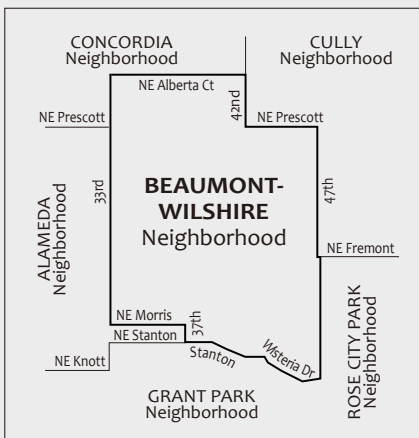
Beaumont-Wilshire Neighborhood Association

September-October 2022

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

NEIGHBORHOOD GREENWAYS MAY CHANGE THE WAY YOU USE YOUR STREET

by *Patty Nelson, President*

Older neighborhoods such as Beaumont-Wilshire were designed to promote walking with a network of wide sidewalks. Streets were designed for the newfangled automobile as well as

horses, including rings in the curbs to tie up one's horse. While biking was also a mode of transportation, fewer and slower moving vehicles on the road made sharing the roads safer than today.

continued on page 3

Major City Bikeways, shown in bold solid line, create the backbone of the city's bikeway network and are intended to serve high volumes of bicycle traffic. Motor vehicle lanes and on-street parking may be removed.

City Bikeways, shown in dashed line, establish direct and convenient bikeways to destinations and Major City Bikeways. Motor vehicle lanes and on-street parking may be removed.

Local Bikeways are all other streets not designated a Major or City Bikeway. On-street parking should be preserved, and side effects of bikeway improvements should not have side effects of creating, accommodating, or encouraging automobile through traffic.



Map showing proposed bikeway classifications for streets in the Beaumont-Wilshire area. See explanation to the left.



MEET TESS DONOHOE, pg 8
Talented B-W artist and graphic designer



GUTS BUT NO GLORY, pg 12
Our behind-the-scenes newsletter volunteers



PRESIDENT'S MESSAGE

WE THE PEOPLE

by Patty Nelson

Fall is upon us, which means election season is just around the corner.

Pondering this, I keep coming to the first three words of our Constitution: "We the people."

While there are many debates on political topics, I think we can all agree on the concept of "We the people." In a

country so divided, I am hopeful we can come together around "We the people" and recognize that "we" includes a diverse group of people with different histories, perspectives, and values. This requires respect for each other and a realization that we can have different opinions and yet work together for the common good.

What is the common good? This, too, highlights differences of opinion, but informs our decision making when it comes to elections.

I raise this as a topic not only because it's election season, but also because it relates to the way your neighborhood association provides a voice for the "we" in our neighborhood and city—we the people of the Beaumont-Wilshire neighborhood. This fall the board will hold a retreat, at which we'll review our Mission Statement, a constitution of sorts, which you'll find on the front page of this

newsletter. These words guide us in our work.

As we look ahead to plan our upcoming year, I ask each of you to share your thoughts on how we, the BWNA board, can represent you and your values, interests, and the common good of our community.

In a country so divided, I am hopeful we can come together around "We the people"...

- What do we value?
- What makes our neighborhood livable?
- What local issues are you interested in?
- How can we improve our communications—both to you and from you?
- What can we do to build community and connect with each other?

Please share your thoughts and suggestions with me at president@bwnapdx.org so I can share them with the board at our retreat.

Remember, your voice matters, and together we can make the place we call home better.

We are here at your service.

OUR ORGANIZATION BWNA Board

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Areas of Interest

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

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NEIGHBORHOOD GREENWAYS (CONTINUED)

Changes are coming to streets across Portland with the city's adoption of its 2020 Transportation System Plan (TSP). The TSP guides transportation policies and investments in Portland for the next 20 years. This TSP differs from those of the past by incorporating bike and pedestrian modes of transportation into the plan, which inform future projects and priorities of transportation improvements.

The goal is to provide a city-wide multi-modal transportation network with an emphasis on promoting active transportation (e.g., walking, biking, rolling) and transit to help the city meet the goals identified in its Climate Action Plan. The Neighborhood Greenway Program is one of the tools the City of Portland is using to help meet those plan goals.

Performance guidelines were developed in the city's 2015 Neighborhood Greenway Assessment Report. They include maximum vehicle speeds of 20 mph, daily vehicular volume targets of 1,000 (maximum 2,000), and improved bike and pedestrian crossing opportunities on Greenway streets.

The following are active Neighborhood Greenway projects in or affecting B-W:

- NE Alameda and NE Fremont Greenway Pilot Project: Final Design – Construction Fall 2022
- NE Alameda/57th/Sandy Blvd: Design Phase – Construction 2022
- NE Skidmore/33rd to 7th: Planning Phase – Construction Summer 2023 or 2024

To meet the target performance guidelines, Neighborhood Greenway projects will change how we use the streets, based on their design approach.

As an example, the Alameda/Fremont intersection will see a diverter installed, which will eliminate through traffic on Alameda and disallow all left turn movements at the intersection. The NE Alameda/57th/Sandy Blvd project will eliminate eastbound traffic from Alameda onto Sandy Blvd or NE 57th. Both projects implement diverters which will send vehicles onto other streets.

While we may not know where the next Neighborhood Greenway Project will be in our neighborhood, we do know they will be on one of the designated bikeways identified in the city's TSP. The bike classification for that street will determine what type of improvement will be made

(shared road, buffered, or separated bike lanes) and how existing uses are affected (e.g., on-street parking, vehicular travel lanes, and direction of traffic).

The city engages the public through presentations to neighborhood associations and mailing project informational post cards. The BWNA is able to share neighborhood input on these projects through comments received by emails to president@bwnapdx.org or participation in our meetings. It is still unclear how, or if, our voices will affect the final design on projects.

For more information on what constitutes an official City of Portland Neighborhood Greenway, visit portland.gov/transportation/what-are-neighborhood-greenways.

*It is still unclear how, or if,
our voices will affect the final
design on projects.*

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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, Sep. 12: General meeting, starts 7 p.m.

Wed, Sep. 14: FOWP Committee meeting via Zoom, starts 7 p.m.

Mon, Oct. 10: Board meeting, starts 7 p.m.

Wed, Oct. 12: 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.

BOARD & COMMITTEE UPDATES

by Patty Nelson, President

BWNA Board Updates

Your BWNA board has been working on time sensitive, hot topics including the city's upcoming changes at the NE Alameda/Fremont intersection, business corridor safety improvements, and facilitating discussions with McPeet's and Tacovore regarding concerns raised by neighbors. McPeet's outdoor seating area on NE 47th will be removed by September, relieving neighbors of access and noise frustrations. Tacovore continues to work with BWNA to complete a Good Neighbor Agreement around operational concerns including odors, pests, and amplified noise levels. The owner hopes to restore part of Tacovore's onsite parking in the fall.

After two years of COVID 19, which has required the cancellation of large community events, the board hoped to have National Night Out again this year. However, due to continued COVID outbreaks, limited time for preparation, and a shortage of volunteers, the board voted against holding the event this year. We hope to bring everyone together in 2023.

The resignation of our board vice president leaves a vacancy effective Sept. 12. All members of BWNA, as defined in the bylaws, Article 3 Membership and Voting, will be considered for nomination to the BWNA board and the vacant officer position. Elections will be held at the Sept. 12 board meeting. Those interested are encouraged to participate in the election by either submitting their name as a candidate to president@bwnapdx.org or by attending and voting.

BWNA Committee Updates



Communications

We're looking for help with communications and community engagement. If you're interested, please email info@bwnapdx.org. Experienced reporters with interviewing experience are always appreciated, too! Email editor@bwnapdx.org.



Crime Prevention & Safety

BWNA continues to be one of the lower crime areas in the city, mostly limited to car thefts and stolen catalytic converters. In late July, neighbors near NE 38th reported shots fired, triggering calls to 911. While wait times continue to be high for non-emergency calls, people are encouraged to file on-line police reports to ensure the incidents are captured, as currently limited police resources are assigned based on needs informed by data.



Friends of Wilshire Park (FoWP)

Fremont Fest significantly helped our fundraising efforts to bring water to the dog park. The owner of Pig Sauce BBQ donated his time and sold BBQ pork sandwiches with all proceeds above his food costs going to our project. Later, the BWNA board voted to donate \$500 to FoWP to cover the food supply costs, netting us \$2,600 from the BBQ. Other festival fundraising brought the total raised that day to \$3,900!

Other businesses were also generous in their donations of time or materials. Our big thanks to Pig Sauce, Blackbird Wine Shop, Brewery 26, McPeets, Tito's, Tomorrow's Verse, Green Dog Pet Supply, Wild Pet Supply, 3 Dogs Boarding and Day Care, and Pets on Broadway.

In other FoWP news, fencing and landscaping were installed between the children's play area and the dog park, and volunteers, led by BWNA board member John Sandie, worked to keep new plants watered through the summer.

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Land Use

Land use activity has been limited and primarily centered around remodels, design reviews, and a few deconstruction notices.



Transportation

Over the last few months, we've been working with PBOT (Portland Bureau of Transportation) to address neighborhood concerns expressed during the BWNA February and March meetings. Two primary issues have been the focus of the committee's efforts:

- Pedestrian safety along the Fremont business corridor; and
- Reduction of vehicular accidents at intersection of NE Alameda/Fremont (adjacent to Tacovore).

PBOT already had a Greenway Project identified for Alameda at Fremont. Its focus is the reduction of daily vehicular traffic to 1,000 from its current average of 1,645. In response to the board's 7-4 "no" vote on this proposal in March, PBOT offered an alternative design to the original proposed traffic diverter. However, this alternative design, while addressing the requested Alameda northbound left turn movement at Fremont, did not adequately address the main concerns some neighbors voiced about the original design, such as diverting traffic to side streets and removal

of critical parking on Alameda. At the end of July, PBOT notified BWNA it was proceeding with the original diverter project and had mailed out 1,500 project announcement postcards to residents.

In response to pedestrian safety concerns, PBOT is working to install better lighting at NE 44th and Fremont, the location of the pedestrian fatality last December. Additionally, BWNA is working to implement "soft bump outs" at three existing marked crosswalks to improve visibility by preventing cars from encroaching on the crossing. Lighting along the corridor continues to be a concern, and BWNA has requested a lighting study.

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Community Art Show September 1 – 30

Artistic Portland Gallery at 4110 NE Fremont debuts a juried community art show, Don't Box Me In, that runs from Sept. 1 to Sept. 30. The gallery is open daily from 10 a.m. to 6 p.m. For more information, visit artisticportlandgallery.com.

Alder Commons Festival September 3

Join Alder Commons at NE 42nd & Prescott from noon to 5 p.m. for its second annual Alder Commons Festival. The outdoor event at this non-profit community space features local vendors, a raffle with prizes, tours of the space, and a live letterpress printing station. For more information visit aldercommons.org.

Fright Night October 31

While few details are available as we go to press in mid-August, mark your calendars for Oct. 31, when the Beaumont Business Association hosts Fright Night, its annual Halloween-themed event in Beaumont Village. For more information as the event date draws near, visit beaumontvillagepdx.com/home.

Valuable resources info

If you didn't previously know that the BWNA website has a page with community resources, now you do! Find information about who to contact to report abandoned vehicles, noise concerns, bias incidents, water main breaks, non-working traffic signals, and more. Check it out at bwnapdx.org/community-resources.

New B-W homeowners on your block?

The BWNA would love to make those new to our neighborhood feel at home by hand-delivering a welcome packet to their home that features discounts at local businesses and greeting letters from the presidents of BWNA and the Beaumont Business Association. If you know someone new to B-W, please email their names and addresses to New Neighbor Welcoming Project Coordinator Al Ellis at aje0280@gmail.com.

Public trash cans opportunity

The Portland Public Trash Collection program is planning to put 150 public trash cans throughout NE Portland, and they are looking for neighborhood and businesses' feedback on where they should go. You can learn more at portland.gov/bps/public-trash-cans/ne-public-trash-cans, and you're encouraged to participate in their survey at portlandmaps.com/bps/swr-outreach/#/survey/Northeast.

gov/bps/public-trash-cans/ne-public-trash-cans, and you're encouraged to participate in their survey at portlandmaps.com/bps/swr-outreach/#/survey/Northeast.

Scavenger hunt results delayed

Did you submit a summer scavenger hunt by Aug. 2? If so, you may be wondering if you are a winner of the drawing for a gift certificate. Alas, you'll have to wonder some more. BWNA board member John Sandie, intrepid volunteer and scavenger hunt designer, was on a well-deserved vacation at press time; he'll conduct the drawing when he returns. Look for the winners in our November-December edition. Thanks for playing!



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WHAT'S MUSIC TO YOUR EARS **MAY BE NOISE** TO OTHERS

by Carlos Montalvo

With warm weather that typically extends into fall, new COVID variants, and warnings to mask indoors, B-W residents will no doubt keep holding parties outside, and local businesses will continue outdoor operations. Outdoor gatherings like movies, block parties, concerts, and other family-friendly events are popular, but the City of Portland has detailed and nuanced noise guidelines for what's allowed. It's important for community members and business owners to know what the city allows in the effort to keep the peace.

Just what constitutes "noise?" The City of Portland's Title 18 Noise Code (portland.gov/code/18) defines noise disturbance as any sound that: "(a) injures or endangers the safety or health of humans, or (b) annoys or disturbs a reasonable person of normal sensitivities." According to the city's website (portland.gov/code/18/12), operating a device or equipment that produces or reproduces sound (such as music played through speakers) has rules with several key components:

- Sounds are permitted between 7 a.m. and 10 p.m. but cannot be "plainly audible within any dwelling unit which is not the source" of the sounds.
- Sounds from a device or equipment cannot be "plainly audible" within 100 feet of public property or on a public right of way (such as a sidewalk).

- Sounds created in a city park require "a permit granted by the Commissioner in Charge of the Park Bureau" and may not be "plainly audible at any point along the park boundary."

The City's Noise Control Code (portland.gov/civic/noise/about/title-18-noise-code) "works to reduce unnecessary and extreme sound in environments to preserve the use, value, and enjoyment of property; conduct of business; and sleep and relaxation."

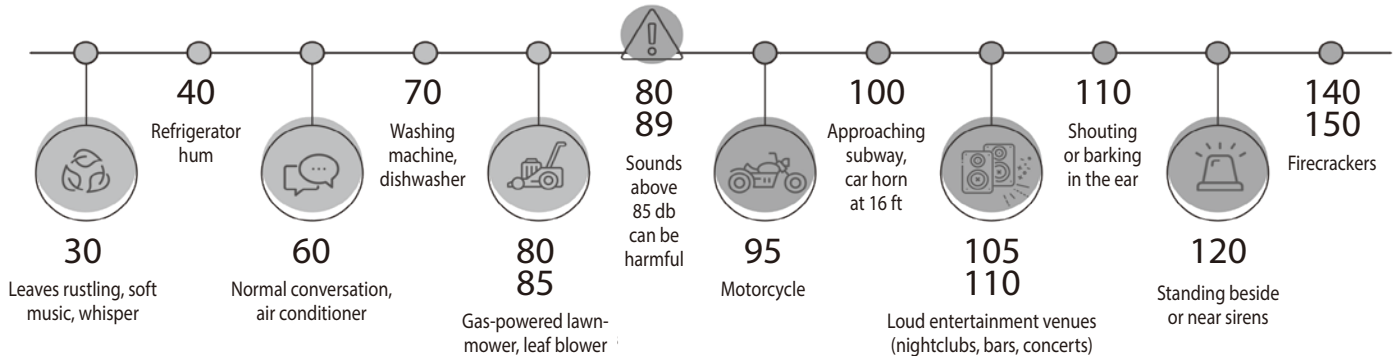
The Noise Program scientifically measures the level of noise in decibels to determine if a source of noise violates the code.

So, before you crank up your favorite tunes at a family barbecue or haul your big screen outside to watch a televised football game with your friends, review the city's noise rules. Your neighbors will appreciate it!

Resident of Beaumont-Wilshire since 2020, Carlos Montalvo lives on 43rd Avenue with his partner Jaclyn, son Carlos Ollie-Boyd, Nova Scotia Duck Tolling retriever dog Jude, and orange tabby cat Bochy. When he's not working at a health system as a patient experience manager, he enjoys writing, the outdoors, gardening, music, and sports.



Carlos Montalvo



The image above illustrates common sources of noise and decibel levels per the Centers for Disease Control and Prevention. This illustration can help concerned parties identify the level of noise they are experiencing,

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TESS DONOHOE: A MULTI-FACETED

by David Friedman

Beaumont-Wilshire resident Tess Donohoe is a graphic designer who works with a partner via the shared business, Studio DAD. The company recently completed the campaign “Wild for All” for a new documentary series on Netflix titled, “Our Great National Parks,” produced by the Obama Foundation. The firm also created a visual identity for Oregon Metro and Portland Parks & Recreation. Tess, however, is not just one of Portland’s innovative graphic designers—she’s also a painter, illustrator, and visual entrepreneur.

Background

Born in Copenhagen, Tess emigrated to the United States in 2004 to pursue a creative career, a lifelong passion.

“I was always drawing,” she said.

“I did the covers for my elementary school newsletters! I’ve never wanted to do anything else outside of the creative field.”

Attending City College in San Francisco after she came to the States, fortune smiled upon her when a teacher took her under his wing.

“I learned figure drawing and oil painting,” she said. “It was a great time for learning technique without any real pressure.” When studying later at the Art Center in Los Angeles, Tess found the bar higher since landing a job upon graduation was emphasized.

“I loved everything about it, but there was more pressure,” she said. “That’s when I got more focused on animation and illustration and how to make a living.”

Nature touches Tess’ art

While she works in a variety of mediums through graphic design and other artistic pursuits, the process of oil painting outdoors is a form of meditation for Tess.

“You get outdoors and into nature, away from computers and electronics, and it’s one of the only times you feel present and in the moment. It’s you, the canvas, and nature.”

In her still life painting work, she explored a style that lets her push the boundaries of her skills in the field of *plein air* painting—painting in real time, painting what you see.

“When I first started doing landscape painting, my goal was to do 500 paintings before I was showing anything,” said Tess. “It created a sense of freedom in that I wouldn’t get hung up on the details and could just focus on the color blue for a series of paintings, for instance.”

Affected by Rembrandt

Tess traveled to Amsterdam once and viewed the work of Rembrandt, the famous Dutch Golden Age painter. There she learned about what he required of his students, which she found to be enlightening.

“It’s a different level of commitment in learning and training to truly build a mastery of something—it’s not the ‘Instagram mentality’ of today.”

— Tess Donohoe



Tess Donohoe, painter, graphic designer, and illustrator, lives in Beaumont-Wilshire by way of Copenhagen. Photo by David Friedman.



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“They would have to do the same paintings every day for a year or so,” she said. “It’s a different level of commitment in learning and training to truly build a mastery of something—it’s not the ‘Instagram mentality’ of today.”

Tess comes to B-W

In 2013, Tess and her husband moved to Oregon where they found a unique property in Beaumont-Wilshire—previously a window factory—which now serves as a combination furniture workshop, art studio, and living space for their family. She and her husband Ryan, who is a furniture maker, and their young daughter Bonnie can be found walking in the neighborhood, which Tess says they love.

“We walk everywhere we can and are especially fans of Wilshire Park, where we often take our daughter to play.”

For more information about Tess Donohoe, view her paintings at tessdonohoeart.com and her graphic design work at studiodad.biz.

David Friedman, @friedart, is a visual artist specializing in papercutting, printmaking, and painting. He and his dog, Poppi @poppipdx, can be seen daily at Wilshire Park. His work is on display at the Alberta Street Gallery, daily from 11 a.m. to 7 p.m.



David Friedman

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NEIGHBOR SEEKS TO REVIVE BUTTERFLY POPULATION

by Gin McCollum

As I picked collard leaves, a large, yellow and black butterfly flew over my head into our silver maple tree, likely a native Western Tiger Swallowtail. If that's what it was, it could well have laid an egg on a maple leaf. Butterflies transform tree and other plants' leaves to make caterpillars and feed birds. Some caterpillars become butterflies, and some become the baby food parent birds search for. Moths and butterflies are key elements of the native ecosystem we can nurture in our yards.



Yellow and black native Western Tiger Swallowtail, whose caterpillars host on maples, willows, aspen, and plane trees, (platanus), a genus consisting of a small number of tree species native to the Northern Hemisphere. Photo by Susan Trabucco.



A tattered female European Cabbage White; the female's left wing has her characteristic two dots. Photo by Gin McCollum.

On my collard leaves I have watched European Cabbage Whites lay eggs. European Cabbage Whites flutter plentifully around our gardens. The plain, green caterpillars eat kale, collards, and other brassicas, ingesting mustard glucosinolates, natural components of many pungent plants that make them distasteful to birds.

Here in the city, native butterflies rely on us for flowers for their nectar needs, native host plants such as lupines and mallows for their young, and undisturbed brush and leaves for their pupae. Last August, just north of Hollywood Library, I saw a native Gray Hairstreak, a medium-small blue-grey butterfly with an orange spot. Like the Western Tiger Swallowtail, the Gray Hairstreak overwinters as a pupa, camouflaged and hidden in our yards. Both fly until September or October, so we may yet see them this fall.

Resources: James and Nunnallee, *Life Histories of Cascadia Butterflies*; Pyle and LaBar, *Butterflies of the Pacific Northwest*.

Beaumont-Wilshire resident Gin McCollum has a food-thicket she is shifting to produce food not only for a human but also for native birds and butterflies. She finds mathematical structure in neural systems, and she writes.



Gin McCollum

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PERSPECTIVES

compiled by Polly Webber

Helping build community within our neighborhood is a cornerstone of BWNA and this newsletter. With schools back in session this fall, we wanted to get a take from B-W residents who are teachers about how they go about helping their students gain an appreciation for community. So, for *Perspectives* we asked:

“As a teacher, how do you foster a shared sense of community in your classroom?”



“By emphasizing that every student in the classroom has a role to play. While the roles may look different, they are all vital for the classroom to function smoothly. I believe this helps foster a sense of community by making kids feel they are responsible and connected to what’s happening in the classroom.” (Alex, B-W resident one-plus years,

8th grade dual language teacher, South Meadows Middle School, Hillsboro School District)



“I create community through routine, known and shared expectations, mutual respect, and a commitment to high standards that show I deeply care about students” (Karen, B-W resident 20 years, 6th & 7th grades, Beaumont Middle School, Portland Public Schools)



community members.” (Celeste, B-W resident 12 years, 3rd & 5th grades, Woodland Elementary, Reynolds School District)



“I prioritize connections to create a sense of belonging. In the summer I invite my students and their families to a playground party, where they get to meet each other and their new teacher in a fun setting. On the first day of school there’s already a shared experience, and everyone sees a familiar face.” (Karla, B-W resident 18 years, 1st grade, Alameda Elementary, Portland Public Schools)



“I work hard to build strong relationships with my students and their families to create an inclusive environment in my classroom. Every student deserves to be seen, heard, and included in their space and school community.” (Sam, B-W resident four years, PE teacher, Cesar Chavez K-8, Portland Public Schools)

Polly Webber, realtor and mom of two teenage girls, has a lifelong passion for Portland. Born and raised in the neighborhood, she can’t quite shake her original stomping grounds. Several years ago, 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



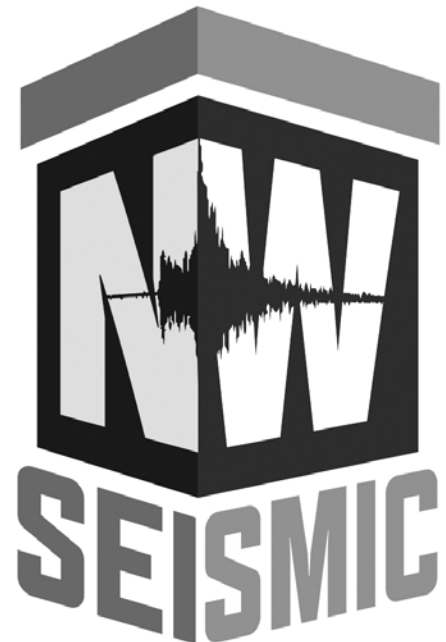
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GUTS BUT NO GLORY – UNTIL NOW

OUR BEHIND-THE-SCENES NEWSLETTER VOLUNTEERS

by Susan Trabucco, Editor

If you've helped produce a newspaper or newsletter, you know that getting the final product to the printer takes many hours of painstaking detail work. That's true of the BWNA newsletter. While volunteer reporters and other contributors get bylines, much of the newsletter work is done by folks who don't typically get the spotlight—or want it—but we persisted.

Layout and graphic design to make articles easy to find and follow requires knowhow in graphic design and a sophisticated design program, a careful eye, a steady hand, and the ability to keep your cool when the editor asks for yet another last-minute change.

Copy editing requires attention to the smallest of details: should there be an ellipse—or em dash—here? Should the president's title be capitalized if it comes after his or her name? Are commas necessary or not? A good copy editor points out all the little things the editor missed. Oops.

Advertisers keep our newsletter coming. So billing, receiving, tracking payments, and sometimes even collections fall to the advertising coordinator. In that role, regular communication with the editor and graphic designer is critical. Is there a "hole" to fill? Is there room for another advertiser who wants in? The ad coordinator keeps team members in the loop.

Here are the people who do this work to make this newsletter possible.

JANE FEINBERG: Layout/Graphic Design

Jane Feinberg has been in this volunteer role for almost five years. She's lived in B-W on NE 38th for more than 50 years—the first 20 years on Stanton, and the last 30+ years on Skidmore.

As a production manager for a geotechnical consulting firm, Jane learned to use design software and perform layout, making her a great fit for this volunteer post. Inspired to join the newsletter team to help by using her skills, there's fun in it, too.

"I enjoy collaborating with and learning from the other talented volunteers," Jane said. "I also enjoy the camaraderie with the team."

By her estimate, Jane puts in an average of 10 to 12 hours per month on her volunteer job, including meetings, emails, correspondence with advertisers, and newsletter crunch time.

In her spare time Jane knits and plays "real" mahjongg, "not the tile-matching game played on the computer," she clarified. Newsletter team members also know she's an avid cook—her homemade marshmallows are a favorite of the editor's! Look for this recipe in a future newsletter.

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KARLA LENOX: Advertising Coordinator

Karla Lenox moved to B-W in 2008 and was elected BWNA Treasurer in 2013. Armed with a college major in accounting, work as a CPA, 11 years in public accounting, and 26 years as a financial reporting supervisor for Metro, Karla and her skills were welcomed by the BWNA board.

The ad coordinator work, while naturally aligned, is on top of her treasurer duties. Karla spends a total of about 20 hours per month on the entirety of her volunteer commitment. About three of those hours are dedicated to the ad coordination role, not including newsletter team meetings and emails.

Karla stepped forward to take on this significant volunteer responsibility because to her, accounting isn't difficult.

"That," Karla said, "and the meetings took place a block from my house, and I thought it would be good to serve the neighborhood."

For fun and to stay healthy Karla hikes, camps, attends yoga and other fitness classes, walks, and skis. Other less strenuous pursuits include traveling, visiting friends, and giving blood. She calls herself an "avid blood donor." "I guess maybe it's another hobby," Karla said.

MYRNA SHEIE: Copy Editor

Myrna Sheie has called B-W home for 11 years and has been the volunteer copy editor of the BWNA newsletter for well over half that time.

With an English major, experience teaching English to 8th graders, and executive positions for a large church body that required a great deal of document editing, she has what it takes for this important role. As a teacher Myrna realized how much grammar, spelling, punctuation, and good writing mattered to her.



Three B-W women do important behind-the-scenes volunteer work for the BWNA newsletter. From left: Myrna Sheie, Jane Feinberg, and Karla Lenox. Photo by Susan Trabucco

"My students would ask why they had to learn 'this stuff,' and I would tell them 'Because I want you to be able to use language to make sense and be understood.'" Today, Myrna continues to do just that for our newsletter writers.

Now retired, Myrna spends about two to four hours per newsletter edition editing copy. "I like doing this because I wanted to put my brain and skills to work," she said, "And it's been a great way to meet terrific people and learn about my community."

Favorite retirement activities for Myrna include baking, discovering new walking routes, reading, and hanging around with her 11-year-old twin grandsons, the reasons she moved here, as they were born the same year she retired.

Thank you, ladies, it really does take a village to make this newsletter great—and you three are the town heroes!



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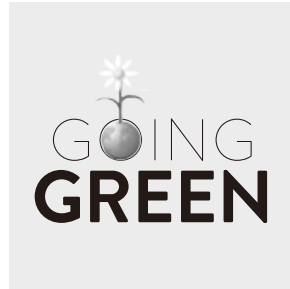



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GIVE BIRDS A BREAK BY REDUCING LIGHT POLLUTION

by Liz Erickson

Air. Water. Soil. Noise. We hear about pollution in these areas, but light pollution—the excessive or poor use of artificial outdoor light at night—also presents problems. It disrupts the natural patterns of wildlife, contributes to the increase in carbon dioxide (CO₂) in the atmosphere, disrupts human sleep, and obscures the stars. With the help of a special protein in their eyes, migrating birds can “see” the magnetic pull of the earth and use the moon and stars to guide their way. Excess light more commonly found in urban areas throws them off



course, exhausts them, and can cause them to crash into structures.

To help flocks migrate, extinguish unnecessary overnight lighting from late August through mid-November and mid-March through early June. Make sure your exterior light fixtures are well-shielded and not overly bright and turn off upward-directed sign lighting. Select warm LED bulbs that are under a 3,000 Kelvin rating. During migration seasons, draw blinds or curtains to reduce light spill that contributes to sky glow.

Even when it’s not the time of year the Vaux Swifts come through our neighborhood on their migratory path, taking steps to reduce light pollution will still benefit other species and wildlife.

For more information visit darksky.org and audubonportland.org/our-work/protect/habitat-and-wildlife/urban/reducing-wildlife-hazards/bird-safe-building/lights-out.

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




Too much artificial evening light wreaks havoc with migrating birds, who use the moon and stars to navigate. Photo courtesy of Audubon.



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COOK LIKE NO ONE IS WATCHING

by Susan Trabucco

I know, it's fall. But it's warm. We're still going to be dining al fresco, which is one of (my) life's little pleasures. Under an umbrella, a dry, warm breeze blowing, sharing good food and conversation with family or friends while overlooking my tropical-ish garden from the deck above. Important for me at these treasured times is to avoid spending a lot of time on a warm day in a hot kitchen. Here's an easy recipe that's often requested by friends. Serve with grilled or broiled steelhead and some fresh artisan bread, and you've got a fall-perfect dinner on the table in short order. Enjoy the season while it lasts!

Grilled Corn, Avocado & Tomato Salad

Recipe adapted from Epicurious, serves 4

For the salad:

- 1 pint cherry or grape tomatoes, cut in half
- 1 ripe but still firm avocado, diced
- 2 ears of fresh corn, grilled, cut off the cob, then cooled. (cooked frozen corn works too. Drain it REALLY WELL or salad will be too watery).
- ½ minced red onion
- 2 Tbsp fresh cilantro, chopped

For the dressing:

- Juice of 1 lime
- 3 Tbsp vegetable oil
- 1 Tbsp honey
- Salt & pepper to taste

Place all salad ingredients in a medium bowl. Whisk all dressing ingredients in a small bowl. Pour the dressing over the salad and gently combine; be careful not to squish the avocados. Taste for seasoning. Let it sit at least 15 minutes to mingle the flavors. Can be doubled; leftovers are great for days—perfect for use in tacos.

B-W resident Susan Trabucco is passionate about cooking and tropical-ish gardening. Her wish for this regular column is to inspire the fearful to cook with abandon and the experienced to find a new "keeper" recipe. Cook on! For recipe questions or to submit your recipe ideas for this column, contact Susan at susan@trabucco.biz.



Susan Trabucco



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