



Will Fremont be the Next Division?

by Jack Bookwalter

Many Beaumont-Wilshire residents are wondering about the new large building being built on Fremont between 45th and 47th. Answer: a four-story 50-unit apartment/retail complex called The Bridgetown. Residents also wonder if this, together with last year's Beaumont Village Apartments one block to the west, is the wave of the future for Fremont Street—i.e., will Beaumont-Wilshire's "main street" be recreated as a canyon of apartments similar to SE Division Street? The short answer is yes, no, and maybe. Here's why:

Most of Fremont's 45-foot height limit in commercial zoning came from zoning studies done in the early '90s. That no one ever built that high until recently says more about the neighborhood's formerly lackluster economy than about any laws in place restricting height. Enter the City's new Comprehensive Plan revision and the related Mixed Use Zoning study. A Bureau of Planning and Sustainability (BPS) advisory committee has been meeting for the past 18 months to develop a mixed-zone proposal that would change all commercial zoning in the city to one of several "mixed-use zones" with the recommendation going to the Planning Commission for review and the City Council for approval.

The Beaumont-Wilshire Neighborhood Association is on record opposing the advisory committee's preliminary zoning classifications, which would allow four-story "CM-2" zoning along most of commercial Fremont. The BWNA Board fears that, under this zoning scheme, Fremont would be asked to support urban densities without the provision of urban services or urban infrastructure. Of primary importance is the scarcity of good public transit. Anyone who has lived in the neighborhood more than a few years can remember when Fremont buses were frequent in number, had weekend service, and actually connected to

downtown. Today's service is spotty at best, has no weekend service, and ends at Legacy Emmanuel hospital. Moreover, Metro's "Vision Plan" for the next 20 years provides little optimism for significant improvements along Fremont. Thus the stated CM-2 zoning criterion of "frequent service transit within 500 feet" stands out as the most obvious and compelling reason not to affix CM-2 zoning to most of Fremont.

After the initial round of public input, BPS revised its zoning proposals to allow CM-2 only within 500 feet of the frequent-service #75 north/south line. This essentially means that all commercial property east of 44th on Fremont would be given the new, more restrictive three-story CM-1 zoning, with the block containing the new Bridgetown retaining the CM-2 zoning. (To get an idea

of the type of building allowed under CM-1, think of the condominiums on Fremont and 52nd, informally known as the "Jim and Patty's Building").

But the story does not end there. During recent public hearings of the mixed-use zoning proposals before the Planning Commission, there was much vocal opposition expressed to the new CM-1 zoning. Most wanted it replaced with the less restrictive four-story CM-2 classification—not only on Fremont, but throughout the city. The Planning Commission is taking written public testimony until July 12. If you have an opinion, let the Planning Commission know via the mixed-use zoning/City of Portland website. Also, the City Council will be holding public hearings on mixed-use zoning in the early fall.

Neighborhood United as One for National Night Out Picnic

by John Sandie

Mark your calendars now for Tuesday, August 2, because that's the evening of the most popular BWNA event of the year: the all-neighborhood National Night Out Picnic in Wilshire Park. The event has three main purposes: first, to unify the neighborhood via a potluck picnic extravaganza; second, to participate with other neighborhood associations around the city and country in recognizing that active and connected neighbors, in collaboration with police and firefighters, are a key and primary deterrent to criminal activities and the best way to provide us with secure neighborhoods; and third, as a summer replacement for BWNA's August general meeting (the next general meeting is October 10).

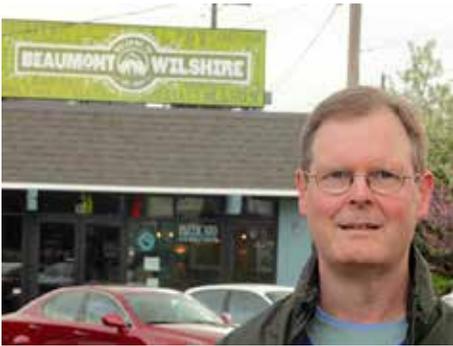
Beginning at 6:30 p.m., the grills will be heated up and ready to go for the free buffet

dinner in Wilshire Park picnic areas A&B, located just southwest of the pavilion. As always, the event is a great way to enjoy tasty grilled burgers and hot dogs with all the trimmings and condiments, courtesy of the BWNA. Local businesses assist by contributing refreshments and other goodies, and each participating individual, couple, or family is asked to bring food to share for the smorgasbord tables (e.g., chips & dip, salads, veggies, fruit, pizza, desserts). And don't forget the free raffle featuring prizes generously contributed by local businesses. (Stay the evening and go home a winner!)

The BWNA Board is also working on providing both entertainment and activities and prizes for the kids. And for those willing to put their talents on display at the picnic—be it dancing, gymnastics, music,

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President's Message

by John Sandie

Let's Party!

The Block Party Toolkit document I have mentioned before is now finished and available through a link on the BWNA website (www.bwna.us). Many thanks to Dan Hahn and his helpers for putting this together. The toolkit walks neighbors through the process and city requirements for this type of event and provides pointers on how to make it successful. Organizing such a community event may seem a bit daunting initially but the toolkit provides step-by-step guidance, indicating how you can start small with simple group BBQ and slowly involve more activities as additional neighbors help with hosting them. As with any endeavor, getting others involved makes the tasks more manageable by spreading the effort through as many "hands" as possible and broadening participation on the block.

Since moving to the neighborhood several years ago, a number of annual block party-type events have come to my attention, the biggest of which is the annual July 4th of July Children's Parade on Wistaria Drive (listed on the Newsletter Calendar). It brings to mind three great neighborhood environs I've been lucky enough to experience in my life: 1) Maple Street (Sault, Michigan), where I grew up in an extended family of 8-10 close neighbors informally hosting weekly summer gatherings of one sort or another; 2) Fairlane Street (Midland, Michigan)—location of our first house—where there was a similar feel with almost weekly get-togethers to celebrate some birthday or other occasion, even giving birth to "Big Chill" weekends that live on to this day 35 years later; and 3) Andover Drive (Valparaiso, Indiana), where six adjacent families stayed pretty stable as a group of neighbors for 20 years with too many holiday progressive dinners, porch wine and cheese, corn-hole/bean-bag tourneys, pool parties and

Halloween costume parties to recount.

I share these examples to underscore the point that your closest neighbors often form your strongest memories of any particular living experience. 30 years from now when you are sharing stories of your time in Portland, I'm hoping you will have ample tales of gatherings and neighbors to bring a smile to your face. Block parties can be a starting point for those memories and may sprout other opportunities for strengthening existing friendships and creating new ones.

As mentioned in the toolkit, let's not forget another important benefit of block parties: making the immediate area safer. In my view, connected neighbors looking out for each other is the biggest deterrent to crime, a sentiment recently reinforced during a "coffee with a cop" dialogue at Starbucks on Fremont. It's no secret that the police department is stretched thin, especially when it comes to responding to nonviolent incidents. But vigilant neighbors can be a big help in crime prevention by noticing something amiss, like odd-acting strangers in the area, coupled with reporting details like car plates or descriptions of individuals. Such information just might provide the strong link that leads to a positive outcome.

Block parties, along with all-neighborhood events like the BWNA's National Night Out Picnic in Wishire Park on August 2nd, serve to bond the neighborhood together and heighten awareness about assisting police with crime prevention. My personal wish is to have three new block parties take place in Beaumont-Wilshire this year, and you can help me attain this goal by talking with a neighbor or two about challenging yourselves to pull off a block party this year! Feel free to call on me for assistance in making your event a success.

So folks, let's get out there and PARTY!

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Editor's Notes

by Al Ellis



In an effort to better acquaint residents with the eclectic, talented mix of volunteers who make up Beaumont-Wilshire's leadership cadre, our newsletter has featured a series of profile interviews with BWNA Board members over the past couple of years, courtesy of contributor Mark Mohammadpour. In this issue Mark shines the spotlight on two new additions, Cliff Goldman and Carol Wire, both of whom were elected

last April at Taste of Beaumont to fill two of three vacated at-large positions. The entire Board roster, along with contact information, is listed in a column entitled "Officers, Board Members, & Committees," just to the right of John Sandie's President's Message. Included are committee chairs, webmaster, newsletter coordinators, and the two Board members authorized to represent Beaumont-Wilshire at Central Northeast Neighbors meetings. It's a handy and succinct reference, but also one short on context and explanation. For example:

Why are e-mail addresses provided for the President and Treasurer but not for other members of the Board? For the sake of efficiency, an effort is made to channel BWNA e-mail through two officers: financials to the Treasurer, everything else to the President.

Are there particular duties assigned to each at-large Board member? And what does "Open" refer to at the bottom of the list? The BWNA bylaws—accessed by clicking on "About" at the top of the website home page, www.bwna.us—prescribe particular duties for each officer but not for individual at-large members. Thus, to distinguish one at-large position from another, BWNA long ago came up with an identification system that assigns a number to each position (i.e., Position #1, Position #2), which is the order they're listed in our column. As for the "Open" at the bottom of the list, it simply refers to a position in need of filling. And should you be motivated to step up to the plate to fill that remaining position, contact President John Sandie, and he'll get the ball rolling. Meetings are usually on second-Monday evenings.

Does Kurt Sand chair the BWNA Business Committee? No, because there's no "BWNA Business Committee" to chair. But as BBA President, Kurt coordinates with BWNA in organizing and supporting such neighborhood events as Fremont Fest and National Night Out Picnic at Wilshire Park. Another BWNA connection for Kurt is that his tax consultant business, Sand's Solutions, is a longtime newsletter advertiser and was the subject of a feature article by Susan Trabucco in our previous issue.

Do Mario Caoile and Helen Koba co-chair the BWNA Website Committee? Well, BWNA doesn't have a "Website Committee" per se. But Helen and Mario work closely as a team with John Sandie and me to keep the website updated and the blog (located on the home page) posted with interim announcements. Also, I'd be remiss if I didn't mention that Helen and Mario were for years the creative force behind this newsletter.

BWNA Calendar

Monday, July 4 • 9:30 a.m.–noon

9th Annual Beaumont-Wilshire 4th of July Children's Parade
N.E. Wistaria & 45th
(treats courtesy of neighborhood businesses)

Friday, July 8 • 6:30–10:30 p.m.

Movie in the Park
(co-sponsored by Beaumont-Wilshire and Alameda neighborhood associations)
West end of Wilshire Park
Featured movie at dusk: "Minions"
Free entertainment and popcorn!

Monday, July 11, 7:00-8:30 p.m.

BWNA Board Meeting
Bethany Lutheran Church
Library Meeting Room (entrance on 37th Ave. side of church)

Thursday, July 14, 6:30-8:30 p.m.

Residential Infill Project Open House
German American Society, 5626 N.E. Alameda (at Sandy Blvd)

Saturday, July 30, 10:00 a.m.-noon

Residential Infill Project Proposals Open House
SMILE Station, 8210 S.E. 13th Ave.
(hosted by United Neighborhoods for Reform)

Tuesday, August 2, 6:30-8:15 p.m.

BWNA National Night Out Picnic
Wilshire Park picnic areas A & B southwest of pavilion.
Neighbors bring picnic dishes to share at smorgasbord tables.
Burgers, hot dogs, condiments, soft drinks, entertainment,
and raffle courtesy of BWNA and local businesses.
(replacing BWNA general meeting)

Saturday, August 6, 10:00-5:00 p.m.

Fremont Fest, Fremont St. between 42nd Ave. and 49th Ave.
(organized by Beaumont Business Association)

Friday, August 12

BWNA newsletter submission deadline for
September/October newsletter issue
(send articles to Al Ellis and ads to Amy Gwilliam)

Monday, September 12, 7:00-8:30 p.m.

BWNA Board Meeting
Bethany Lutheran Church
Library Meeting Room (entrance on 37th Ave. side of church)

BWNA's calendar is on the web!
Go to www.bwna.us and select BWNA Calendar

Why are there two Newsletter Distributor Coordinators? After giving birth to her first child (named "Ellis"!), Serah requested help with distribution, and John stepped up.

Other questions about the volunteers that make BWNA tick? We're here to inform.



Fremont Fest Turns 30!

by Katie Meyer



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Beaumont Village businesses are gearing up for the 30th Annual Fremont Fest on Saturday, August 6. Activities begin with a lively “Kid, Bike, and Pet Parade” at 10:00 a.m., sponsored by Whole Foods. Local families are encouraged to join the parade! Participants assemble at Beaumont Middle School at 9:30 a.m.

After the parade, join thousands of Fest-goers and dozens of vendors for a day of merchandizing, music, food & beverages, and fun in the street. N.E. Fremont St. will be closed to car traffic from 10 a.m.–5 p.m. between 42nd and 49th. For the kids, Peak Mortgage is sponsoring a bounce house, and Wish Upon a Pony will be offering pony rides. And for thirsty adults, participating Beaumont Village taverns and restaurants will be serving beer tasters to patrons with Fremont Fest mugs in the annual Pub Crawl. Mugs will be on sale most of the day at the Fremont Fest Information Tent in front of Beaumont Market.

Due to Fremont Fest’s popularity, vendor spaces are almost sold out, so sign up online ASAP to reserve a space (www.beaumontvillagepdx.com/fremont-fest).

Big thanks to Whole Foods, Pip’s Original Doughnuts, Frazier Wealth Management, and Peak Mortgage for being major supporting sponsors of this year’s event, without which Fremont Fest would not be possible. Big thanks also to the many neighbors who volunteer to assist with setup, activities, and takedown. Volunteers are indispensable to the success of the Fest, and your help is very much appreciated! Sign up at Fremontfest@gmail.com to be a volunteer.

See you on the 6th for our 30th!

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

- The Beaumont-Wilshire Neighborhood Volunteer Group stands ready to pitch in.
- Cleaning chores: yard work, window washing, garage/storage organization, simple painting.
- Contact John Sandie 219-508-4162 or sandiefam@gmail.com

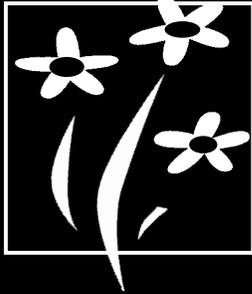
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Neighborhood Character a Priority for New Board members Goldman and Wire

by Mark Mohammadpour

This month we're interviewing the two newest BWNA Board members who were elected at last April's Taste of Beaumont meeting—Cliff Goldman and Carol Wire. Both bring impressive resumes.

Cliff is a speech pathologist and previously worked at the Portland Center for Hearing and Speech and Portland Public Schools. He's a member of Jantzen Toastmasters and an activist with Health Care for All Oregon, a statewide organization working for single-payer, universal, publicly funded health care (i.e., Medicare for all).

Carol is the associate executive director at Dress for Success. Since moving to Oregon, Carol worked in human services as the Director of the Commissions on Children and Families in Multnomah and Washington counties and as Deputy Director on the state level. She and her husband John have three grown sons, Joseph (Connecticut), Ben (Portland), and Daniel (San Francisco), and three grandchildren. Before moving to Oregon, Carol worked in the Curator's Office of the White House in Washington, D.C. Next time you see Carol, ask her stories about Elvis, Ingrid Bergman, and Henry Kissinger!

How long have you lived in the neighborhood, and what's your favorite part of living in the neighborhood?

Carol : I have lived in Beaumont-Wilshire for 21 years but in northeast Portland (gulp) for 41 years. My favorite part of the neighborhood is the fact that it has character—charming houses, beautiful yards, families of all ages, and diversity. I love the fact that people are outside on the streets and sidewalks and that the neighborhood is active.

Cliff: My wife Nancy and I have lived in our home on N.E. Skidmore St. for 28 years. We love the quiet street and the large back yard that Nancy developed into a horticultural wonderland—a nationally-known garden. She hosts several garden tours a year. I help her out with gathering debris and laying out compost, but then it's off to the golf course for me.

It's really amazing that we can enjoy the quiet of the garden and yet be only a few blocks from N.E. 42nd Ave., which gives us easy access to downtown Portland. The Beaumont-Wilshire neighborhood is a getaway without going anywhere.

What's your favorite neighborhood store or restaurant, and why?

Carol: Hands down my favorite store is The Arrangement. What would I do for gifts without The Arrangement? Sue Matz has always had a fabulous taste, a wonderful array of products, and just what I need at the moment I need it.

Cliff: There's so much to enjoy, and so close to us on Fremont St. Amalfi's is really good Italian food at a reasonable cost. Grand Central is great for coffee and goodies. Papa Murphy Pizza always beckons. Beaumont Hardware is so convenient for garden debris bags (and other must-have items), especially when pressed into my gardening tasks. And Jacques, my Papillion agility dog, likes to accompany me into the Green Dog Pet Supply for attention and of course a treat.

What are you excited about as far as participating on the Board? What are the issues you're looking to help address as a member?



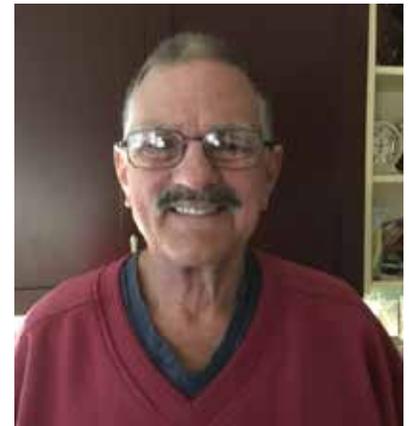
Carol Wire

Carol: I am looking forward to lending my voice to the problems concerning changing the character of our neighborhood. I am very disturbed by the builders who knock down character homes that may need some care and put up monoliths that cost \$1 million and detract from the neighborhood and its livability. I am also concerned about the city's lack of concern for parking and the cars that 90 percent of us drive.

Cliff: When four homes were demolished on our street to be replaced by very large out-of-scale single dwelling houses, neighbors were understandably alarmed. BWNA, I learned, had been active in trying to save viable homes from demolition. I went to a general meeting and found out that United Neighborhoods for Reform and other preservationist organizations were communicating with the City Council regarding curtailment of unwarranted demolitions and limits on the size of replacement structures. On more than one occasion I testified to the City Council alongside other BWNA activists to say that development is good, new homes need to be built, but should be done in such a way that is not only good for the environment (i.e., in the way homes are dismantled during

demolition) but also in terms of compatibility in character (i.e., size) with surrounding homes on the block. Sometime after that I was asked if I would consider being on the Board. It seemed to be a natural progression of involvement, so I said yes.

These new Board members are friendly, smart, and dedicated to keeping BW neighborhood a wonderful place in which to live. Thank you both for your service!



Cliff Goldman

City of Portland Seeks Neighbors' Input Regarding Residential Infill

by Barbara Strunk

Residents of single-family zones in Portland have been concerned for years about the frequent demolition of viable single-family houses and replacement with large, expensive houses. In Beaumont-Wilshire the new houses are over twice as large and twice as expensive as the houses they replace.

In response to these concerns the mayor established the Residential Infill Project to examine scale of houses, use of lot splitting, and the potential use of alternative housing types in single-family residential zones. The Residential Infill Project Stakeholder Advisory Committee has been meeting for nine months. The product of this work is the city's newly released draft proposal for code changes in residential zones. This proposal has the potential to make great changes in what is allowed in R2.5 (2500 sq. ft. lot) and R5 (5000 sq. ft. lot) residential zones. Now is the time for Portland residents to weigh in on this proposal.

Highlights of a few of the draft proposals include:

- 1) Scale: reduce the size of new houses to approximately 2500 square feet on a 5000 square foot lot.
- 2) Height: measure the height of houses from the lowest point of the lot five feet from the foundation. Continue to allow houses 30 feet high, measured to the midpoint of pitched roofs.
- 3) Setbacks: increase minimum front setbacks by five feet with exceptions for matching front setbacks of adjacent houses.
- 4) Allow more units in the same form as a house: allow an ADU (Accessory Dwelling Unit) with a duplex; allow duplexes on all lots and triplexes on corners; provide a bonus unit for an

affordable unit, an accessible unit, or internally converting an existing house.

- 5) Narrow Lots: allow new houses on historically narrow lots "near centers and corridors"; do not allow new houses on historically narrow lots outside the areas labeled "near centers and corridors." Do not require off street parking or garages for houses on narrow lots.

The proposal in its entirety is online on the Residential Infill Project website: <http://www.portlandoregon.gov/bps/infill>.

The City is actively seeking input from residents. This is your chance to have a direct impact on these proposals. Several open houses and BPS district liaison drop-in hours are scheduled around the city. The entire schedule is on the Residential Infill Project website—<http://www.portlandoregon.gov/bps/infill>—with the last open house (hosted by the Beaumont-Wilshire-inspired United Neighborhoods for Reform) listed in this newsletter's Calendar column. The open house closest to our neighborhood is below.

Residential Infill Project Open House, Thursday, July 14 from 6:30-8:30 p.m. at the German American Society, 5626 N.E.

Alameda (at Sandy Blvd). Accessible by Tri-Met Bus #12 and #71

BWNA encourages you to attend at least one of these public meetings and take the opportunity to provide input. Have a voice in the future of our neighborhood!

Barbara Strunk is the United Neighborhoods for Reform delegate to the City of Portland's Residential Infill Project Stakeholder Advisory Committee.

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Popina's provides unique, relaxing, swimwear shopping experience

by Susan Trabucco

Swimsuit shopping. While it might be tons of fun for a buff-bodied 22-year-old of the female persuasion, it can strike fear in the hearts of even the most secure of women. There is, however, a kinder, gentler solution to the typical experience, replete with unnaturally enthusiastic sales clerks and excessively bright lighting that reveals, well... everything.

Popina's, a locally-owned and operated swimwear design and apparel company, employs a wholly different approach to swimsuit-shopping, whether it be a pre-vacation, bathing togs-and-accessory excursion, to meeting the needs of a backyard sunbather.

First, there's the beer. Really. At both of Popina's locations, one in the Hollywood District and the other in the Pearl District, you'll find several beers from Hawaii-headquartered Kona Brewing on tap. Sit at a carved, curved, and polished bar to sip some free suds and loosen up a bit before braving a bikini.

Don't worry – you won't find a fluorescent light anywhere in the place, and the sales women are there to really help, not gush all over you and tell you everything looks good on you.

So, who is the inspiration behind this civilized approach to swimwear shopping? Meet Pamela Levenson, founder and designer of Popina's, which is celebrating its 10th anniversary this year.

"We want women to relax and feel comfortable when they come in to our shop," Levenson said. "So we create a friendly, supportive,



Pamela Levenson is the founder of Popina's, a local swimwear design and apparel company with retail stores in the Hollywood and Pearl districts. Photo by Susan Trabucco

and warm environment staffed with fantastic people who provide great help to our customers. Beer is just part of the fun."

To keep kids happy while moms are shopping, Popina's features a play area and a gumball machine.

"The gumball machine is a favorite of my husband's, and moms don't seem to mind it," Levenson said with a laugh.

A graduate of a southern California college where she studied fashion design, Levenson interned for a small swimwear company for her college senior project, then worked as a designer. Later she worked in Portland for a fabric wholesaler that carried modern swimsuit material. Drawn to a retro-style look, she realized she had all the knowledge to create her own swimwear designs, with new, adaptive fabric for a modern twist.

Levenson launched her business a decade ago, growing from a modest 250 sq. ft. when she opened at her original location to a respectable 5,000 sq. ft. of retail space today in her Hollywood District store; another 5,000 sq. ft. in the basement there serves as storage.

Levenson, who brought her husband Willie Levenson into the business three years after launching, had entrepreneurship on the brain early-on.

"I always wanted my own business. Then my education, internships, and work experiences led me to swimwear," she said.

Although Popina's does carry a few swim suits and accessories for men, the focus of her own designs and other vendor offerings is predominately for women. The merchandise lineup at Popina's includes swimsuits and bikinis, flip-flops, hats, beach blankets, sunscreen, cover-ups, and even leggings for paddle boarding and jewelry to accessorize Popina's beach wear.

Levenson's aim is to meet the needs of nearly everyone who comes in her shop.

"We have an outfit for all sizes and shapes, including those who need extra support. We can outfit virtually any body type," she said.

So saunter into one of Popina's two stores, kick back at the bar for a brew, take a deep breath—and then give one of Popina's colorful and stylish suits a try.

Popina's is a longtime advertiser in this newsletter. Find their stores in the Hollywood District at 2030 NE 42nd Ave. and in the Pearl District at 318 NW 11th St. For more information, including hours of operation, visit www.popinaswim.com.

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Living Fitter/Healthier/Better in our Neighborhood this Summer

by Anne Koski

Did you know that a person's health can be determined in part by the quality of his or her neighborhood? Things like parks and trees, supportive neighbors, distance to the grocery store, availability of sidewalks and roads, crime rates, and culture all affect the way our bodies operate. Here in the Beaumont-Wilshire neighborhood, we seem to be doing pretty well in certain areas. Because of that, we have the opportunity to live not only healthy, but thriving lives, and never is it more possible than when the skies are clear and the air is warm. As an example, as owner and certified trainer of Homegrown Fit Boot Camp, I can't think of a more idyllic setting than beautiful Wilshire Park for early-morning summer exercise. With that in mind, here are four ways that you can utilize our neighborhood to live an even more fulfilling and healthy life than you already do:

1. *Use our sidewalks.* Okay, we know that "sitting is the new smoking." Without intentional movement each day, our bodies gradually move toward dysfunction. Luckily, nearly all our neighborhood streets are accompanied by a sidewalk. Let's take advantage of them daily, both for recreational purposes and as avenues of transportation. In return, gain the benefits of improved mood, increased energy, and better overall physical health.
2. *Plan an active outing.* Sure, date nights usually include dinner, drinks, or both. Next time you make plans, choose an activity that leaves you and your date feeling invigorated or restored. There are many choices available in the area that could fit the bill: book a couples' massage appointment, go for a bike ride on our designated bike routes, go window shopping, take a yoga class together at a local studio, or play like kids at our neighborhood parks.
3. *Grow stuff.* It's a pleasure to eat something that you grew yourself. (And even if you don't like vegetables, there's pleasure in just saying that you have a vegetable garden—especially in Portlandia!) In the case of health, it's not clear whether the tending to or the dining upon has more health benefits. First, caring for a garden gets you off your seat. Also, the more often you go outside to weed and water, the more chances you'll have to make social connections with your neighbors. The bounty of an organic home garden can provide

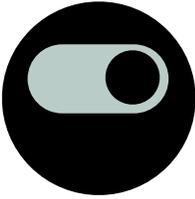
otherwise lacking access to pesticide- and GMO-free food, thus increasing the amount of veggies eaten at home. If you don't have enough space in your yard for a garden, or you don't have a yard at all, another option is community gardening.

4. *Participate.* Though it has nothing to do with what you put into your mouth or how much exercise you get, just being part of a group with a cause can improve your health. There are many opportunities in the area, ranging from volunteering your time at school or special events, to offering free professional services to local organizations. And, of course, there's always BWNA!

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BWNA Volunteers Continue Embellishment of Alameda Ridge Stairs

by Dave Whitaker



New sword ferns along the Alameda Ridge Stairs. Photo by Dave Whitaker.

On March 5, two dozen Beaumont-Wilshire residents teamed with volunteers from SOLVE (originally S.O.L.V.—Stop Oregon Litter and Vandalism, created by Governor Tom McCall and other community leaders in 1969) to plant a little over 500 native plants in the Alameda Ridge stairway at NE 43rd and Wistaria. It was a great day for planting—kind of cool, slightly overcast, but no rain—and a lot of fun. The anchor plants are Sword Ferns and Evergreen Huckleberry, with some Salal, Mock Orange, Snowberry, and other Oregon natives planted as highlight species. There were some blank spots in our planting palette where the Creeping Oregon Grape belongs, but it wasn't mature enough for transplanting at that time. The planting was finalized in late May and we are in the process of getting the stairway certified as official Backyard Habitat through the Backyard Habitat Certification Program, with the hope of getting a couple of nest boxes mounted in time for the 2017 nesting season.

Once again, heartfelt thanks to the folks at the East Multnomah Soil and Water Conservation District (EMSWCD) for the \$1,500 in grant funding that made all of this possible. In addition, thanks to Foot Traffic for donating the \$100 used to make up a couple of yard signs acknowledging the work that the folks from the BWNA completed. We love our neighborhood!

A Summer Party Recipe from Kathy Campbell's Kitchen

CALICO BEANS

- | | |
|-----------------------------|-----------------------------|
| 1 lb. sweet Italian sausage | 2 cans pork and beans |
| 1 lb. lean ground beef | 1 can white northern beans |
| 10-12 slices bacon | 1 can kidney beans, drained |
| 1 c. chopped onion | ½ c. ketchup |
| ½ c. brown sugar | 1 tsp. salt |
| 1 T. dry mustard | 1 T. vinegar |

Brown bacon, sausage, ground beef and onions. Combine meat mixture in slow cooker with remaining ingredients; cover and cook on LOW for three to five hours. If making this for a crowd, double everything except the ketchup.

National Night Out Picnic, continued from page 1

music, singing, magic tricks, whatever—by all means do so, because local talent adds a lot to the neighborhood-wide experience. If interested, contact John Sandie at president@bwna.us or 219-508-4162. Additionally, in keeping with the National Night Out Picnic theme, invitations are extended to police and fire department personnel requesting their participation, including a canine officer and his hero canine plus firefighters and their fire engine—a delight for young and old alike.

Attendance the last couple of years has fallen off a bit, and it is hoped that more neighbors will make it a priority to take part in this family-friendly gathering. So spread the word to friends and neighbors, and let's come together as a neighborhood!



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