



# Beaumont-Wilshire

Beaumont-Wilshire Neighborhood Association (BWNA) [www.bwna.us](http://www.bwna.us)

July • August 2013

## August 6th National Night Out Picnic Substitutes for General Meeting

By Al Ellis

Once a year, BWNA convenes an all-neighborhood “outdoor meeting”. The venue: Wilshire Park. The date: the first Tuesday in August. It’s the largest BWNA-sponsored event of the year, attracting hundreds to the picnic area just west of the covered pavilion. On the agenda: greetings from politicians, firefighters, and police officers; a variety of entertainment activities for all ages; raffle donated by local vendors; and most essential of all a veritable feast—courtesy of BWNA, local merchants, and neighbors (who bring dishes from home to share).

The fun-filled evening, beginning at 6:30pm and concluding around 8:15pm, is actually not a “meeting” at all. Instead it is an extension of a national celebration of police and firefighters

united with residents to prevent neighborhood crime. Thus, our National Night Out Picnic in Wilshire Park is only one of thousands of similar events taking place throughout the country on Tuesday, August 6th. It also doubles as a replacement for the BWNA general meeting normally scheduled for the second Monday of even-numbered months.

For its part, BWNA will be setting up barbecues for the cooking of hamburgers, hot dogs, and veggie burgers, with garnishes and condiments included. Donated refreshments will also be available, and Hollywood Whole Foods will, as it has for years, provide special cakes for the occasion. Residents are encouraged to bring themselves and their families, along with a picnic snack, salad, entrée, or dessert to set out

on the community food table. Tables and chairs on loan from Wilshire United Methodist Native American Fellowship will be spread around the picnic area for your convenience by Boy Scouts from local Troop 107.

Reserve August 6th  
on your calendar for  
a picnic in the park  
with your neighbors.





## President's Message Summer Renewal

By Al Ellis

If spring is the harbinger of hope, then summer is its incarnation. Wishing and daydreaming give way to experiencing and doing. Warm weather and lengthened daylight lift spirits, motivate activity, and usher in a sense of personal renewal. Gratifyingly, it's been that kind of summer for the BWNA Board of Directors. Yet several months ago, BWNA regeneration seemed anything but assured.

Renewal comes in many forms. With neighborhood associations, it's all about replacement volunteers.

When volunteers move to other neighborhoods, change jobs, take on new family responsibilities, reshuffle personal priorities, and suffer debilitating health problems—all of which have happened to BWNA Board members this past year—the very core of a volunteer-based organization is placed in

jeopardy. Case in point: Since last August, almost half of BWNA Board positions have been vacated at one time or another, including Treasurer, Transportation and Land Use Committee chair, and BWNA representative to the Central Northeast Neighbors (CNN) Board—not to mention losses in Newsletter reporters and distributors. The attrition trickle had morphed into a vacancy flood, and recovery was no sure thing.

But hope springs eternal for BWNA on the second Monday of every April when Taste of Beaumont rolls around. Residents turn out in large numbers for a tasty meal, door prizes, and entertainment—which is precisely why

BWNA holds its annual Board elections on that particular evening: the more residents in the room, the greater the odds of attracting volunteers, right? Well, not necessarily. Two years ago, at a jam-packed Taste of Beaumont, not a single person volunteered to fill a Board position. But this year, with a smaller-than-anticipated turnout, the opposite occurred: Limping in with 6 vacated Board positions, BWNA hit the jackpot with residents stepping forward to fill positions and a CPA to fill the



Treasurer's position! (The sixth and final at-large position would be filled a month later at our May Board meeting.) In effect, not only was a leadership meltdown avoided, but the Board emerged stronger than ever.

The subsequent infusion of enthusiasm and new ideas was evident at the annual Board retreat in early June.

New members were eager to

volunteer for committees and participate in the planning of events and new projects. It's a prize group of Board "rookies," and you can become acquainted with each of them in a series of Newsletter interviews, beginning with John Sandie in this issue.

But wouldn't you know it? Just when everything was going so well... and only a few weeks after our reinvigorating retreat... I receive notice of yet another Board member resignation from Michael Gray. A valued contributor to BWNA, including reporting and writing for the Newsletter on local businesses, Michael's sudden exit came as a shocker. And yet, experience teaches us that yesterday's loss

*continued on page ten*

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Serah Breakstone 971.219.3492  
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### BWNA Calendar

**Monday, July 8th • 7:00pm**  
BWNA Board Meeting  
Bethany Lutheran Church, Conference Room  
NE 37th Entrance

**Sunday, July 28th • 1:00pm-4:00pm**  
Grant High School All-Alum Picnic  
Wilshire Park  
page ten

**Saturday, August 3rd • 10:00am-6:00pm**  
Fremont Fest  
page seven

**Tuesday, August 6th • 6:30pm-8:15pm**  
National Night Out Picnic  
Wilshire Park  
page one

**Friday, August 9th**  
Deadline and Payment for ads and articles  
for the September - October 2013 newsletter

**Saturday, August 31st • 12:00pm-6:00pm**  
42nd Avenue Street Fair  
page eleven

BWNA's calendar is on the web!  
Go to [www.bwna.us](http://www.bwna.us) and select BWNA Calendar

## Letter to the Board: Community Health

By Kat Lattimer

Diabetes and heart disease are major health crises in Oregon. Risk for disease is increasing as a rising number of Oregonians are becoming overweight or obese (60% as of 2007). The cost is quality of life, mortality and over \$1.8 billion every year in our state alone. The stress of the recession in Beaumont-Wilshire was also apparent in a recent community survey, which uncovered a need for more interaction with neighbors. A community health center can fill this need and strengthen our neighborhood. These centers are proven solutions that have already made a dramatic impact in many Oregon neighborhoods. They provide patient centered primary care; exercise, cooking, and nutrition classes along with a community garden; family and youth outreach programs; and they can partner with organizations such as Loaves and Fishes. The shift to delivering health care through community health centers cuts costs, builds social capital, and improves neighborhood livability. Beaumont-Wilshire, because of its dedicated community leaders and neighborhood involvement, is in a position to make positive changes in many neighbors' lives. The ripples of healthy and interconnected living reach us all.

Two page paper, with references, on community health center benefits:

<https://www.dropbox.com/sh/6be8qz6g79ykybv/1ooQZ1xshf?n=109605852>

A project my OHSU nursing clinical group worked on last term that exemplifies the power of a community health center partnering with students:

[http://www.oregonlive.com/gresham/index.ssf/2013/06/ohsu\\_nursing\\_students\\_wallace.html](http://www.oregonlive.com/gresham/index.ssf/2013/06/ohsu_nursing_students_wallace.html)

## Write a Letter to the Board

The Board of Directors welcomes letters concerning local neighborhood issues. Writers are asked to limit letters to 150 words. Letters may be edited for length and clarity and will be published as space allows, including on our website/blog ([www.bwna.us](http://www.bwna.us)).

## Introducing Our New Board Members

By Serah Breakstone



Thanks to a productive Taste of Beaumont, and to our devoted neighbors, we gained a number of new board members in April and May. Over the next few newsletters, we'd like to introduce them—starting this month with John Sandie. John and his wife moved to Beaumont Wilshire in January 2011 in order to be closer to two of their children, who have both migrated here from the Midwest. Between

those two kids, there are four grandkids (plus one on the way)—plenty to keep the grandparents happy and busy. John is semi-retired from 35

years in engineering and production management. He and his wife have always enjoyed being part of their neighborhood and doing what they can to create a close-knit community with the people around them. In a larger urban area like Portland, John feels it is especially valuable to form relationships with your neighbors. This was his motivation for joining the neighborhood association—he is interested in being useful to the neighborhood and getting to know people along the way. John is particularly interested in education and would like to work with the neighborhood schools. He also has been delivering the BWNA newsletter for about five months, which is always a great way to be out in the community. We are happy to welcome John to the board and look forward to working with him and hearing his ideas.

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# BWNA Recipe Box

By Serah Breakstone

Welcome to a new, and hopefully permanent, addition to the BWNA newsletter: our neighborhood recipe box. We'd like to invite neighbors to submit their favorite recipes— they don't need to be original or fancy— just something you enjoy making and people enjoy eating. If you have a good story or picture to go along with the recipe, send those too!

I will kick things off with this recipe for olive oil cake. First, I should confess I've never actually made this cake— my husband is the baker in the family — but I have enjoyed eating it many times. It is simple and moist, sweet but not overly sweet, and pairs really well with almost anything (fruit, ice cream, whipped cream, chocolate). It also tastes pretty good with a cup of coffee for breakfast. The recipe makes a fairly large cake but it keeps well— no need to refrigerate.

## Olive Oil Cake

3 eggs

2 ½ cups granulated sugar

1 ½ cups extra-virgin olive oil

1 ½ cups milk

Grated zest of 2-3 oranges or lemons

2 cups unbleached all-purpose flour

1 teaspoon baking powder

Large pinch of salt

- Preheat the oven to 350° F. Butter and flour a 12-inch cake pan (I usually make this in a 12-inch cast iron skillet – it gives a nice crisp edge and looks good). In a large bowl, whisk together the eggs and granulated sugar. Add the olive oil, milk, and orange or lemon zest.
- In another bowl, stir together the flour, baking powder, and salt. Make a well in the dry ingredients, and slowly add the egg mixture, stirring just until blended. Do not over mix. Pour the batter into the prepared pan.
- Bake until a toothpick inserted into the center comes out clean, 50 to 55 minutes. I let the cake cool in the skillet, and serve it from the pan. You could also let it cool completely, loosen the sides with a knife, and invert onto a serving plate (hold the plate against cake pan and flip...hopefully it will come out in one piece).

Serve with fresh fruit or anything else that sounds good. This time of year I would recommend strawberries and rhubarb or blueberries with cream. You can't go wrong. Enjoy!

(Recipe adapted from Tenuta di Capezzana by Jim Dixon of RealGoodFood.com)

If you would like to share your recipe, please submit the complete recipe plus any pictures or stories to [president@bwna.us](mailto:president@bwna.us). If you know the source of the recipe, include that as well. We would love to have a new recipe in each newsletter – so send as many as you like.





## Summer Construction May Cause Traffic Headaches on Major Neighborhood Street

By Dave Anderson

Work has begun on a sewer project that will snarl traffic on one of the neighborhood's busiest streets for much of the summer.

The city has hired a contractor to install a new sewer line on the portion of NE Wistaria Drive that connects 42nd and 41st avenues. This is one of the main north-south connector streets in the neighborhood and TriMet's 75 bus normally drives the street.

It will take about a month for the contractor to install the sewer line. Then crews will return later in the summer to connect 10 houses on the south, or downhill side, of the street to the new sewer. Under the contract, all work has to be complete by October 1.

During construction, traffic will be limited to one lane, with flaggers alternating through traffic. Construction is limited to 7:00am to

4:00pm on weekdays, said Cheryl Kuck, a city spokeswoman. The contractor is allowed to work on Saturdays, but that's unlikely because of the cost, she said.

It's unclear whether the 75 bus will be detoured during construction. City officials will try to maintain one 10-foot travel lane, but once the open trench is dug, there might not be enough room for buses. But TriMet officials said they hadn't heard about the project.

The work is necessary to replace a 100-year-old sewer line that's not easily accessed because it runs along the property line between the 10 houses and the houses down the hill on Stanton Street. As part of the project, the contractor will move each house's sewer lines 180 degrees so they flow toward Wistaria. The old line will be filled and left in place.

The project is one of many sewer replacements going on throughout the city. The same contractor, MEI Group or Moore Excavation Co. of Fairview, has been working on projects on NE 33rd and 57th avenues. The city has a \$6 million contract with Moore.

The new line will be a 12-inch sewer that will be about 17 to 19 feet deep and run 520 feet along Wistaria. The trench will be 4 to 6 feet wide. Residents along Wistaria won't have any disruption of their service.

City officials said they would replace any speed bumps that are removed as a result of the construction.

## Save the Date and Time: August 6th at 6:30 PM National Night Out at Wilshire Park

### Good health starts here

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## BBA Seeks Volunteers for Expanded August 3rd Fremont Fest

By Jesse Burke

Our neighborhood's annual fun-filled street fair— Fremont Fest— will be Saturday August 3rd from 10:00am to 6:00pm. It features music, food, shopping and events for children and adults alike— all in a safe, festive pedestrian mall created by closing Fremont from 42nd to 52nd to all vehicles from 7:00am to 8:00pm. For early-birds, there's a 5K run/walk at 9:00am sponsored by Foot Traffic. Fremont Fest will then open with the popular Kids' Bike & Pet Parade at 10:00am, led by New Orleans style brass band The Brass Roots, along with vintage cars and a Portland fire truck with siren and lights. Children should gather for the parade at Beaumont Middle School starting at 9:30am. Fremont Fest will include over 100 street

vendors, multiple stages with live music and entertainment all day Kids Fun Zones with a theme of Old Fashioned Family Fun, will include activities such as pony rides, a cake walk, water balloon toss, egg balance, and much more! For moms, dads and the older set, the ever-popular Pub Crawl will return, featuring the great beers and wines from pubs all along Fremont. The Pub Crawl will end with a raffle at Fremont Ridge where those that have visited all of the pubs on their ticket will be entered to win either a cruiser bicycle or a set of golf clubs donated by Fremont Ridge! Of course, there'll be bargains galore at the street vendor booths and in the wonderful variety of shops and stores of Beaumont Village. Plus, taste tantalizing treats

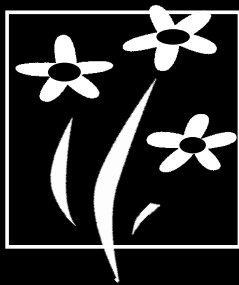
from the food vendors, restaurants, pubs and dessert shops along Fremont— culinary delights from many parts of the world. Sponsored by the Beaumont Business Association, Fremont Fest is the signature event for our neighborhood. It's an ideal time to invite your friends and family from other parts of town to join you for a fun-filled day at Fremont Fest. Volunteers are also needed, and shifts are limited to four hours. To volunteer, email: [info@businessonfremont.com](mailto:info@businessonfremont.com) Support our neighborhood. Shop for bargains. Have fun. Attend Fremont Fest.

### Volunteer to deliver newsletters! Beaumont-Wilshire delivery carriers wanted



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## Tips for Waterwise Gardening in Beaumont-Wilshire

By Rose Kelsch

One of the things that makes Beaumont-Wilshire such a great place to live is our beautiful lawns and gardens. Local residents also have a strong commitment to preserving the community's natural resources—and we frequently hear from Beaumont-Wilshire gardeners who are looking for new and better ways to save water while keeping their gardens green and healthy in the dry summer months.

Good news: the Regional Water Providers Consortium has some great free resources to help Beaumont-Wilshire residents do just that.

The first step is knowing how much water your garden actually needs. The Consortium makes that easy by posting a “Weekly Watering Number” ([www.conserveh2o.org](http://www.conserveh2o.org)) that tells you exactly how many inches of water your lawn or garden needs for the week, based on the weather in your zip code. You can even sign up to receive the watering number by e-mail.

Another step to reduce outdoor water use is selecting low-water and native plants, and using smart watering techniques. The Consortium offers plant guides, information about lawn alternatives and how-to videos on waterwise irrigation on the Outdoor section of their website: <http://www.conserveh2o.org/using-water-efficiently-outdoors>

Here are the Consortium’s “Top Five” waterwise tips for Beaumont-Wilshire gardeners:

1. Water lawns and gardens early in the morning (before 10:00am) or later in the evening (after 6:00pm) when temperatures are cooler and evaporation is minimized.

2. Adjust your sprinklers so that they are watering your lawn and garden, not the street.
3. Water in several short sessions rather than one long session to allow for better absorption and to prevent run-off.
4. Adjust your mower to a higher setting. A taller lawn provides shade to the roots and helps retain soil moisture, so your lawn requires less water.
5. Group plants with similar watering needs together, as different plants require different amounts of water.

Finally, the Consortium will offer free outdoor watering gauge kits from July 1 – August 10. The kits include a water gauge and timer to help you measure your sprinkler’s water use and ensure that you’re giving your lawn and garden the right amount of water. Kits are available while supplies last—one per customer—to metro-area residents who receive water service from one of the Consortium members.

Visit [www.conserveh2o.org/about](http://www.conserveh2o.org/about) to confirm your provider. To receive a free kit, call 503.823.7528 or email [RWPCinfo@portlandoregon.gov](mailto:RWPCinfo@portlandoregon.gov). Please include your mailing address, water provider name and how you heard about the offer. Happy gardening!

The RWPC is a group of more than 20 local water providers the regional government Metro. Visit the Consortium’s website [www.conserveh2o.org](http://www.conserveh2o.org) for more information and resources to help conserve water at your home or business.

## Local Scout Troop and Parents Help Beautify Neighborhood

By Chris Labuhn

In between rainstorms on May 28th, a group of hearty scouts from Troop 107 picked up trash, swept, raked, and scooped up a bunch of yard debris on the three neighborhood stairways leading from Wistaria Drive to Alameda Street.

The boys were in good spirits and the work was quick and efficient, with many hands making light work. A yard debris bin borrowed from a neighbor became quite heavy, but the boys had a good time helping out the community.



Then again on June 8th, the troop took action in cleaning, weeding and spreading mulch on the grounds at Wilshire United Methodist Church. The congregation at the church allows the troop to meet there

on Tuesdays throughout the year, and in return the troop helps by cleaning and landscaping, along with other small projects.

Thanks goes out to all the boys and parents who participated and helped make this a successful project.





# Revised Newsletter Ads and Articles Procedures Implemented

By Al Ellis

The Beaumont-Wilshire Newsletter is a bimonthly publication (6 issues a year) staffed by BWNA Board members and volunteers from the neighborhood. Black and white hard copies are distributed to over 2600 neighborhood residences and businesses, and a color version is available online at the BWNA Web site ([www.bwna.us](http://www.bwna.us)). Residents are encouraged to submit articles and announcements (limited to 300 words) or "Letter to the Board" editorials on topics of local concern (limited to 150 words), all of which are subject to editing. Local merchants and organizations may purchase ads in two different sizes for a minimum of 3 issues, with a discount given for 6 issues. The deadline for submitting articles, announcements, "Letter to the Editor" editorials, and ads is the second Friday of even-numbered months, with the deadline date publicized in each Newsletter under "Newsletter Calendar". Articles are requested to be typed in WORD format, if possible. All submissions—ads and articles—should be submitted the day of or prior to the deadline date and sent to BWNA President & Interim Newsletter Editor Al Ellis at [president@bwna.us](mailto:president@bwna.us).

Size of ads and corresponding prices are as follows:

## **Standard business card size ad (3.5 x 2 inches)**

\$40 per issue (minimum of 3 issues)

\$225 for 6 issues (which is a savings of \$15)

## **Double-size ad (3.5 x 4 inches or 7 x 2 inches)**

\$60 per issue (minimum of 3 issues)

\$325 for 6 issues (which is a savings of \$35)

Payments by check may be made out to "BWNA" and should be **paid in full** prior to the upcoming submission deadline.

**Checks should be mailed to BWNA's new PO Box:**

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**c/o The Postal Station**

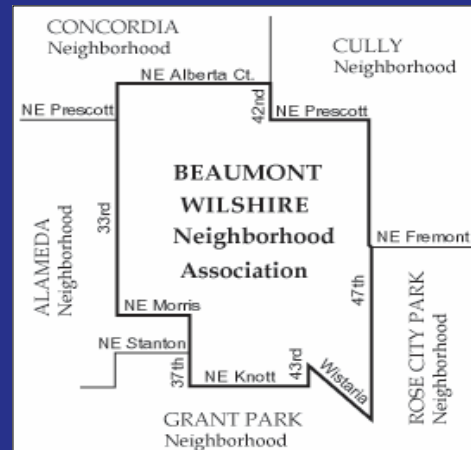
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## Beaumont-Wilshire Neighborhood Association Boundaries

All residents, property owners, government agencies, business licensees, and non-profit organizations located within the boundaries of the Beaumont-Wilshire Neighborhood Association may consider themselves members of BWNA. Membership is free. Members are welcome to attend any BWNA business meeting.



## Visit Your Neighborhood Store

### HOLLYWOOD

4301 NE Sandy Blvd.

**503.284.2644**

### FREMONT

3535 NE 15th Ave.

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[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

## July 26-28 Fundraiser Events at Wilshire United Methodist

By Helen Stewart

Wilshire United Methodist Native American Fellowship at 3917 NE Shaver Street is sponsoring a rummage and yard sale, plus a concert, to support Mission projects. The rummage and yard sale take place on July 26th (10:00am to 3:00pm) and July 27th (9:00am to 3:00pm), and residents are encouraged to bring beverage cans/bottles to be recycled, with refunds benefiting the fundraiser. Indian tacos will also be for sale at 11:30 on both days.

Then on Sunday, July 28th beginning at 7:30pm, a benefit Native American Flute concert will be performed by Geri Littlejohn. A "love donation" will serve as your ticket, and if you arrive at 6:00pm, you can spend some time with Geri prior to the concert.

For additional information about Geri or the concert, call 503.846.1755 or email [alaria@syryn.net](mailto:alaria@syryn.net).

The Wilshire United Methodist Church building is wheelchair accessible. For additional information about the fundraising events, call Helen at 503.282.6431.



*continued from page two*

### President's Message

can be tomorrow's opportunity. The door is now open at the upcoming July 8th Board meeting for a B-W resident (or merchant with a business in our neighborhood) to step up to the plate and keep BWNA's summer of renewal rolling. Let me know if you're interested in filling the vacancy. (Via email to [president@bwna.us](mailto:president@bwna.us))

Another big need is for additional volunteers to help with the Newsletter—BWNA's communication lifeline to the neighborhood. Earlier in the year, the Newsletter Distribution Coordinator vacancy was filled by Board member Serah Breakstone, who has done a phenomenal job of bringing order to distribution teams and routes. But turnover of door-to-door distributors is a constant challenge, and now we find ourselves short on article writers as well. Of most immediate concern, however, is the need to fill the big shoes of departed Newsletter Editor Bob McKibben, who moved to Chula Vista with his wife Glenda to be closer to their daughter. I have temporarily assumed the Editor's responsibilities, which entail sorting of ads & articles, checking for form, and monitoring reporting assignments. Again, if you are interested in helping out in any these areas, please don't hesitate to contact me.

### 4th Annual Grant High School All-Alum Picnic



Sunday July 28 2013

Wilshire Park | NE 33rd & Skidmore

1:00pm to 4:00pm

Bring your own lunch and beverage.

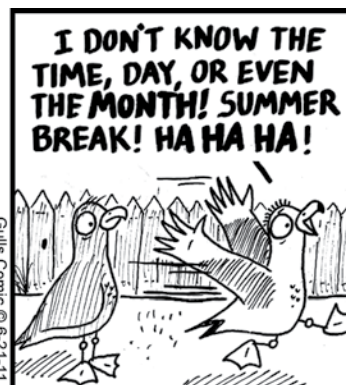
Group photos by decade will be taken.

Sponsored by the Grant High Alumni Association.

See photos of past picnics, and sign up for the all-alumni newsletter, at [grantalumni.org](http://grantalumni.org).



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## 42nd Avenue Annual Street Fair on Tap for August

By Marie Larkins and Susan Trabucco

The 42nd Avenue Business Association in NE Portland will hold its fourth annual 42nd Avenue Street Fair on Saturday, August 24th. Most of the activities will take place on the corner of NE 42nd and Alberta Court. The fair will run from noon to 6:00pm, with a kick-off parade at noon.

*Note from editor:* On the back of the Movie in the Park flier that has been inserted into each delivered Newsletter is a promotion for the 42nd Avenue Street Fair. However, the date and time are incorrect. The Street Fair is on Saturday, Aug. 24th (not Sunday, August 25th), and it runs from noon to 6:00pm (not 9:00am to 5:00pm). Apologies to NE 42nd Avenue Business Association and to Newsletter readers for the errors.

Activities for the event are still in the planning stages, but will include vendor booths, live music, activities for children, and more.

This year, according to event organizers, the event's focus will expand to highlight the area's diversity through food, music, art and entertainment.

The 42nd Avenue Business Association has been hosting the street fair for the last several years as part of its work to promote the commercial district between NE Killingsworth and Skidmore streets.

For more information including how to become a sponsor of the event, contact Marie Larkins by emailing [marie@mearaes.com](mailto:marie@mearaes.com) or calling 503.287.5258 or contact Susan Trabucco by emailing [susan@trabucco.biz](mailto:susan@trabucco.biz) or calling 503.440.7732.



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## Don't forget...

BWNA Board Meeting  
Monday, July 8th, 7:00pm

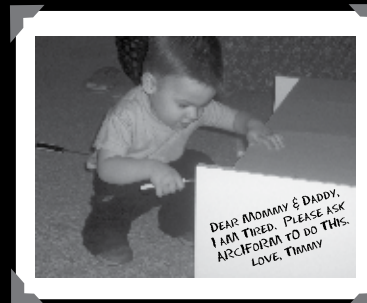
BWNA National Night Out  
Tuesday, August 6th, 6:30pm

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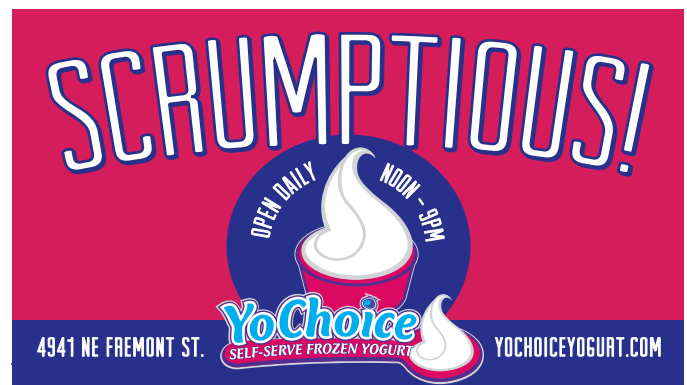
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