



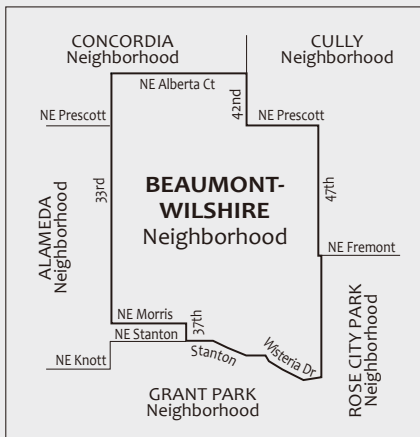
Beaumont-Wilshire Neighborhood Association

July-August 2023

# BWNA NEWSLETTER

## MORE INSIDE:

- President's Message, page 2
- Grappling with Graffiti, page 3
- Board Updates & More, page 4
- Upcoming Events, page 6
- News Bits, page 7
- New Parking Rules Reshape B-W, page 8
- A Bunny Tale, page 10
- Animal Advocate Maral Cavner, page 12
- Creative Kids, page 14
- Prevent Ash Tree Die-off, page 15
- Where does Recycling Go?, page 16
- Perspectives, page 17
- Summer Grilling Recipe, page 18
- GeoCaching Contest, page 19



## 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



## Summer Fun in Beaumont-Wilshire!



Sat., July 29  
1 PM - 5 PM

Tickets  
\$15

4 Gardens ● 4+ Art Displays/Sales

All in the Neighborhood ● All for a Good Cause!  
Net ticket proceeds go to Beaumont Middle School

For details/tickets: [BWNApdx.org/Upcoming-Events](http://BWNApdx.org/Upcoming-Events)

### A Beaumont-Wilshire Neighborhood Association Event

Sat., August 5  
10 AM - 4 PM

Enjoy this annual family-friendly event with fun, food and myriad vendors. Held on Fremont in Beaumont Village. For more details check in closer to event date at [bbpdx.org](http://bbpdx.org).



### FREMONT FEST MARKETPLACE

### A Beaumont Business Association Event



### MOVIE IN WILSHIRE PARK

Thurs., August 10  
Event begins at 7:30 PM  
Movie starts at dusk

Join us for a FREE showing of the Disney animated classic

## ENCANTO

Treats for purchase by *Nachos for Dessert*.  
Grab a blanket and bring your friends & family!

Presented by Portland Parks & Recreation

Co-sponsored by Beaumont-Wilshire & Alameda Neighborhood Associations



NEW PARKING RULES RESHAPING B-W, p 8  
Affected neighbors feel blind-sided



CREATIVE KIDS, p 14  
Meet talented young artist Ambriel Rudisel



# PRESIDENT'S MESSAGE

## CELEBRATING FREEDOM

by Patty Nelson, BWNA Board President

As a native Oregonian, I refer to summer as starting in July when the temperatures warm up and the rain fades. July also means Independence Day.

The Declaration of Independence, ratified on July 4, 1776, states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their

Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

I have a number of friends who have immigrated to the United States. They all share similar characteristics — they are hard-working and have an appreciation for the freedom to pursue their life, liberty, and happiness here in the United States.

Watching my daughter's graduation in May, I was struck by the number of immigrant women whose families were celebrating their achievement. It reminded me of stories of women being denied an education in some countries and others having their career or job choice determined by the results of a single

test given at the equivalent of 9th grade here in the States.

A neighbor who came from Argentina shared her thoughts on the United States.

*"I was struck by the number of immigrant women whose families were celebrating their achievement."*

She appreciates the variety of people and the ability to work hard and make a better life for herself and her family.

"This," she said, "is the positive side of capitalism in contrast

to socialism," from which she came.

On our country's birthday, let's come together and celebrate our freedom to choose to pursue life, liberty, and happiness. Let's also celebrate and respect our differences, recognizing that we are stronger together.

Speaking of celebration, if it's fireworks you enjoy, I encourage you to pack a picnic dinner and find a place to watch a professional firework display. Growing up, we used to watch the Fort Vancouver Fireworks from the roof of our home. While I have fond memories of this experience, as an adult I now realize there are much safer places to see them, like the banks of the Columbia River.

Have a safe 4th of July.

### OUR ORGANIZATION BWNA Board

#### President

Patty Nelson 503-281-8035  
President@BWNApdx.org

#### Vice-President

Al Ellis 503-287-0477

#### Secretary

Patti Koehler 971-678-0824

#### Treasurer

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

#### At-Large Board Members

Sam Balto	Rob Lee
Aaron Breakstone	Amy O'Brien
Angela Frome	Colin O'Neill
Gary Hancock	John Sandie
Jon Hays	Susan Trabucco

#### Immediate Past President

Tim Gillespie 503-287-6272

### Related Organizations

#### Beaumont Business Association

Kathy Madore, Community Organizer  
beaumontbusinesses@gmail.com

Wesley Callaway, President  
bbboardpresident@gmail.com

#### Central Northeast Neighbors

Board Liaison: Patty Nelson

### Areas of Interest

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

#### Beaumont Middle School Cmte

Tim Gillespie, chair 503-287-6272

#### Crime Prevention and Safety Cmte

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

#### Friends of Wilshire Park Committee

Gary Hancock, chair 503-367-0862

#### Land Use Committee

vacant

#### Newsletter Team

Editor: Susan Trabucco 503-440-7732  
Editor@BWNApdx.org

Graphic Design:  
Jane Feinberg, Design@BWNApdx.org

Copy Editor:  
Myrna Sheie 224-659-1537

Distribution:  
Georgina Head 360-739-7896  
John Sandie 219-508-4162

#### Transportation Committee

Colin O'Neill, chair 503-803-0015

#### Website (BWNApdx.org)

Jane Feinberg, Design@bwnapdx.org

# Welcome & Thank You!



Beaumont-Wilshire Neighborhood Association

## Welcome

to our new-this-issue  
advertisers:

- Beech Street BNB
- The Community for Positive Aging
- Sayulita, MX Condo Rental



## Thank You!

to our many faithful  
advertisers, who continue to  
make this newsletter possible!

# GRAPPLING WITH GRAFFITI IS BOARD MEMBER'S MISSION

compiled by Myrna Sheie

**A**ngela grew up in Beaumont-Wilshire and raised a family here. She's an active BWNA board member who has made tackling graffiti and garbage cleanup in the neighborhood a personal mission. Here she responds to some questions about her efforts.

## How long have you been doing graffiti cleanup in B-W?

I've been doing garbage and graffiti cleanup for the past several years.

## What inspired you to take on reducing neighborhood graffiti?

Beaumont-Wilshire is a neighborhood and community I love. Since the pandemic, things have gotten worse. When I drive home, I don't want to see trash and graffiti. Neither do most of us. I can complain, or I can roll up my sleeves and help. I am an avid walker, so when I walk, I carry a spray bottle of cleaning solution and towels and focus on Fremont Street.

## Has the City of Portland been helpful? If so, in what ways?

The city has offered graffiti kits and free paint vouchers. I've passed out graffiti kits to several businesses on Fremont and to fellow community members. They also offer businesses and residents the ability to sign a Graffiti Removal Service Agreement ([tinyurl.com/3s5tarey](https://tinyurl.com/3s5tarey)). Once signed, the city will come out and remove graffiti for you if it's a barrier for you to remove it yourself.

## Have others been involved in helping with graffiti cleanup?

We are just getting started on more coordinated efforts. A small group of us kicked things off by heading out on a cool rainy morning and made some good progress. I think the model of Adopt One Block is wonderful for trash pickup. I would like to see a similar model for graffiti in our neighborhood. (See the article "Adopt One Block" on page 15 of the May-June 2023 BWNA newsletter: [tinyurl.com/444hwk58](https://tinyurl.com/444hwk58))

## Do you see any reduction in new graffiti since you've begun this work?

Yes. In the area I clean, things are slowing a bit. While it's not uncommon for taggers to come behind me and mark, I keep at it in hopes that we continue to see a reduction.

## What can others do to help you?

If each of us tackles graffiti on our routes in the neighborhood, we could make a huge impact. Youth groups interested in service projects would be great, too.

## What else would you like to tell B-W readers about this?

It can feel frustrating, and I hear folks say the taggers will just come back. I like to think that WE as a community will keep coming back, too. This is a place where we live together, work together, and play together, so let's all do our part to keep it the beautiful place we all love.



On a cold, rainy day in mid-April, BWNA board members ventured out on a graffiti removal effort with the help of City of Portland-provided cleaning spray. From left, Karla Lenox, Susan Trabucco, Patti Koehler, and Angela.

## 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](mailto:outside503@aol.com)

- Mon, July 10: Board meeting, starts 7 p.m.
- Wed, July 12: FOWP Committee meeting via Zoom, starts 7 p.m.
- Wed, Aug. 9: FOWP Committee meeting via Zoom, starts 7 p.m.
- Mon, Aug. 14: General meeting, 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](mailto:Editor@BWNApdx.org).

### Advertising

Advertising is appreciated and accepted as space is available. For ad rates and instructions, visit [BWNApdx.org/newsletter-submissions](https://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](mailto:Editor@BWNApdx.org). Photos, graphics, and ads to [Design@BWNApdx.org](mailto:Design@BWNApdx.org).

*Beaumont Vision*  
4331 NE FREMONT STREET



FLEX & MOST INSURANCES ACCEPTED

FULL COMPREHENSIVE EYE CARE

HUGE SELECTION OF FRAMES FROM AROUND THE WORLD!

CALL OR STOP BY TODAY!

503.331.3937  
WWW.BEAUMONTVISION.COM

## BOARD UPDATES & MORE

by Patty Nelson

After a year without a secretary on the BWNA board, we're happy to report Patti Koehler was recently elected to this important position.

We're transitioning board meetings from Zoom-only to in-person meetings. We're hopeful we can also provide hybrid meetings, in which a meeting is held both in person and via Zoom for those who can't physically attend. Since these hybrid sessions require WiFi, not available at our regular meeting location, the board is exploring the option of moving our meetings to Beaumont Middle School. As we make this transition, check our website under Upcoming Events to confirm the meeting format and location.

**Interested in getting involved?** Volunteer for a committee! If you are interested, please email me at [president@bwnapdx.org](mailto:president@bwnapdx.org)



### Crime Prevention & Safety

Auto thefts continue to be the biggest issue. Graffiti is also on the rise, with volunteers cleaning up graffiti as quickly as it appears. (See related article on page 3).



### Friends of Wilshire Park

After over two years of dedication and fundraising, Friends of Wilshire Park have a water fountain in the dog park. The project, in partnership with Portland Parks & Recreation and Portland Water Bureau, was completed on May 16. The spigot-style fountain will allow

the water to be accessible all year long. A formal dedication ceremony will be held in the dog park July 6 at 2 p.m.



### Land Use

At our May meeting, a resident expressed concerns with the proposed "cottage" development planned for a single lot currently occupied by a single-family home on NE Mason Street. Proposed are eight two-story homes with no parking. (See related article on page 8.)

Also, the Barrett's Automotive property on NE Fremont Street sold in May, and the city has received an inquiry about redevelopment. Land-use codes and development standards dictate what can be built and what is or isn't required, all of which affect how cities grow and neighborhoods change. Some recent local land-use changes are the result of state-legislated policies aimed at supporting climate initiatives. More information can be found at [oregon.gov/lcd/CL/Pages/index.aspx](http://oregon.gov/lcd/CL/Pages/index.aspx).



### Transportation

John Sandie has led our transportation committee for years, building productive relationships with the City of Portland to keep our neighborhood informed about and engaged in transportation projects. John recently stepped down as chair, but he'll remain on the board. We're grateful for his service and happy he'll continue to lead the Fremont Street Art project, scheduled for July 7 and 8 at NE 44th and NE 46th avenues. Colin O'Neil is our new transportation chair.

Portland's Longest Operating Wall & Ceiling Contractor

# Fred Shearer & Sons

Is your home ready for an upgrade?



We are here to help - Specializing in:

Traditional Interior Plaster  
Venetian and Ornamental Plaster  
Lathing - Stucco - EIFS - Drywall



**FRED SHEARER & SONS, INC.**  
ESTABLISHED 1916  
CCB# 357

503-520-9991  
[fredshearer.com](http://fredshearer.com)

Wealth management questions deserve straight answers.



## Get straight answers to wealth management questions.

We believe investors deserve better. Our approach to managing wealth is built on open and transparent relationships. With Schwab, you can expect low costs, full service—and a Satisfaction Guarantee.

To make an appointment with a Schwab Financial Consultant, call **(503) 721-2436** or visit **[www.schwab.com/portlandor](http://www.schwab.com/portlandor)**

### Visit our Portland, OR Branch

820 SW Morrison, Portland, OR 97205  
**[www.schwab.com/portlandor](http://www.schwab.com/portlandor)**  
(503) 721-2436



*Own your tomorrow.*

**Brokerage Products: Not FDIC-Insured ■ No Bank Guarantee ■ May Lose Value**

The Charles Schwab Corporation provides a full range of brokerage, banking and financial advisory services through its operating subsidiaries. Its broker-dealer subsidiary, Charles Schwab & Co., Inc. (Schwab), Member SIPC, offers investment services and products, including Schwab brokerage accounts. Its banking subsidiary, Charles Schwab Bank (member FDIC and an Equal Housing Lender), provides deposits and lending services and products. Presentations are informational and should not be considered as personalized investment advice or recommendations.

Wealth management refers to products and services available through the operating subsidiaries of The Charles Schwab Corporation, of which there are important differences, including, but not limited to, the type of advice and assistance provided, fees charged, and the rights and obligations of the parties. It is important to understand the differences when determining which products and/or services to select.

If you are not completely satisfied for any reason, at your request Charles Schwab & Co., Inc. ("Schwab") or Charles Schwab Bank, SSB ("Schwab Bank"), as applicable, will refund any eligible fee related to your concern. Refund requests must be received with 90 days of the date the fee was charged. Schwab reserves the right to change or terminate the guarantee at any time. Go to [schwab.com/satisfaction](http://schwab.com/satisfaction) to learn what's included and how it works.

©2022 Charles Schwab & Co., Inc. All rights reserved. Member SIPC  
CC1787869 (1119-9W1J) ADP10677NFC-00 (11/22)



# UPCOMING EVENTS

July 22 (Saturday) 11 a.m. – 3:00 p.m.

## Summer Block Party

Location: 1820 NE 40th Avenue

Celebrating 50 years of the Hollywood Senior Center, this event, hosted by The Community for Positive Aging, includes children's activities, a health and wellness fair, BiPOC vendor market, live music, and food carts. For more info about The Community for Positive Aging, visit [communityfpa.org](http://communityfpa.org).

July 22 (Saturday) 2 p.m. – 9:30 p.m.

## Tiger Tiger 2023: A Celebration of Our AANHPI\* Communities

Location: Fernhill Park

Hosted by community partner, Tiger Tiger

\*Asian American, Native Hawaiian, & Pacific Islander

Details at [tigertigerpdx.com](http://tigertigerpdx.com)

July 28 (Friday) 6 p.m. - 8 p.m.

## CAN Summer Free for All

Location: K<sup>h</sup>unamokwst Park

The Cully Association of Neighbors hosts the CAN Summer Free for All with musical guests the Rae Gordon Band. This is an annual community-building program that takes place in Portland parks. The series includes free cultural events for everyone, "Free Lunch + Play" meals for kids through school district partners, and free activities for families and people of all ages. This year's program includes 50 events, including multicultural festivals, free outdoor movies, concerts, and other special events across the city. For more info visit [portland.gov/parks/arts-culture/summer-free-all/](http://portland.gov/parks/arts-culture/summer-free-all/) free-lunch. Schedules and information are posted at [portland.gov/parks/arts-culture/sffa](http://portland.gov/parks/arts-culture/sffa) in English and Spanish.

July 29 (Saturday) 1 p.m. – 5 p.m.

## Art & Garden Tour – 100% of net proceeds benefit Beaumont Middle School

Location: Beaumont-Wilshire

Tour four private gardens in the Beaumont-Wilshire neighborhood, each with an art-for-sale component. Gardens and art are varied. Find a garden oasis replete with tropical and subtropical plants, a Mediterranean-style home with a focus on succulent plants from that climate, a lovely patio space designed by one of the occupants with native plantings featured, and a sunny and art-filled garden that's home to the artist. Visit [bwnapdx.org/upcoming-events](http://bwnapdx.org/upcoming-events) for more information and to purchase tickets.

August 5 (Saturday) 10 a.m. – 4 p.m.

## Fremont Fest Marketplace 2023

Location: NE Fremont Street  
from NE 37th to NE 57th



Enjoy this annual family-friendly event with fun, food, and myriad vendors. Held on Fremont Street in Beaumont Village. For more details check in closer to event date at [bbapdx.org](http://bbapdx.org).

August 10 (Thursday) Event starts at 7:30 p.m.; movie at dusk

## Movies in the Park, Encanto - FREE

Location: Wilshire Park baseball field

Enjoy a night of fun with the free outdoor movie showing of *Encanto*. Rated PG. Presented by Portland Parks & Recreation and jointly sponsored by BWNA and the Alameda Neighborhood Association. Treats for purchase by Nachos for Dessert. Grab a blanket and bring your friends & family! For more info about the movie visit [movies.disney.com/encanto](http://movies.disney.com/encanto).

Got Events? Email [Editor@BWNAPdx.org](mailto:Editor@BWNAPdx.org)



## Be in the KNOW!

Visit the BWNA website at [BWNAPdx.org](http://BWNAPdx.org) to register your email address and keep up to date on neighborhood news, meetings, and activities.

Click "Subscribe" at the top of the website home page or use the QR code.



Block Parties are a fun and easy way to build community and get to know your neighbors!

With a free permit from the City of Portland, you can host a Block Party on your neighborhood non-arterial street! Get all the details and permit application at [tinyurl.com/bdewysx2](http://tinyurl.com/bdewysx2)

### A Nod to Beaumont "Beautifiers"

Love the hanging flower baskets that adorn Fremont Street in Beaumont Village urban district? If so, there are some businesses you can thank for prettifying up the street.

The Beaumont Business Association recently announced the names of the businesses who sponsored the flower baskets this year. They are American Chimney & Masonry, Frazier Wealth Management, McPeet's Portland Pub, Noho's Hawaiian Cafe, Roloff Construction, Beaumont Florist, and The Arrangement.

### The Refinery Closes

The Refinery, the fitness business that began 11 years ago at 4803 NE Fremont St., closed its doors recently. As owner Ashleigh Kayser put in on her website, "My gut tells me, too, that there are less complicated ways to volunteer besides running a business."

In her "End of an Era" blog post, she said the lease of The Refinery space ended in early June; the Refinery's last classes were held June 3. For more information, follow the link to read Ashleigh's blog post: [refineryfitnesspdx.com/may-2023-updates/](http://refineryfitnesspdx.com/may-2023-updates/).

### Summer Hosting Opportunity for Families

Host a high school or college student from Japan for one to four weeks this summer! ACES, a Pacific Northwest nonprofit that's been connecting families and students since 1995, is seeking local hosts. Students are coming here to share cultures, practice English, and become part of an American household. Students will have weekday English classes and activities at Portland State

## NEWS BITS

FROM B-W  
&  
BEYOND

University or Pacific International Academy, commuting on public transit.

Students bring their own spending money and are covered by comprehensive medical and accident insurance. Families receive orientation materials, 24/7 support, and a small hosting stipend.

Learn more at [acescollegehomestay.org](http://acescollegehomestay.org), apply online to become a host at [tinyurl.com/44tyfhk4](http://tinyurl.com/44tyfhk4), contact [aces.or@explorettheworld.org](mailto:aces.or@explorettheworld.org), or call 971-387-6388.

### Unused Meds Disposal at CVS

Do you have a drawerful of medicines you no longer use or need? According to the CVS website, unneeded or expired prescriptions left in the home can lead to accidental poisoning and can be an easy source for those seeking to misuse or abuse prescription medication. To safely and appropriately discard all leftover medication and find a convenient disposal location near you, visit [safe.pharmacy/drug-disposal/](http://safe.pharmacy/drug-disposal/). (Hint: The CVS Pharmacy at 1821 NE 33rd Ave. is a drop site; inquire there to ensure space is available.) There's more information at [cvs.com/content/safer-communities-locate](http://cvs.com/content/safer-communities-locate) to help you understand what you can and can't bring for disposal.

### Columbia Slough Board is Recruiting

Do you have a strong commitment to protecting the Columbia Slough Watershed?

Become a member of the Columbia Slough Watershed Council board and help make decisions that drive the organization's mission. CSWC is currently recruiting for all positions on the board. Apply by visiting [tinyurl.com/45ze87np](http://tinyurl.com/45ze87np).

## Fremont STREET ART *painting!*



Design by Janet

### July 7 & 8 (Friday/Saturday)

We're adding a community touch to the marked crosswalks at NE 44th & NE 46th streets. Come out and show your appreciation for the artists & helpers!



Support this neighborhood beautification project by helping pay for supplies via GoFundMe. Use this QR code. Thanks!



**Volunteer. Meet People. Do Good. Have Fun!**

## The Arrangement

GIFTS  
FASHION  
HOME  
CARDS

Shop in Your  
Neighborhood!

In-person & Online  
[thearrangementpdx.com](http://thearrangementpdx.com)

4210 NE Fremont

503-287-4440

Mon-Sat 10-6 & Sun 10-5



# THE NEW REALITY? INFILL PROJECTS, NEW PARKING RULES RESHAPING B-W

by Chris Rauber



B-W resident Tim Root is concerned about a “cottage cluster” planned at 4319 NE Mason Street. Photo by Chris Rauber.

Plans to replace a nondescript blue 1950s-era house on NE Mason Street, just off 42nd Ave., with eight two-story, 1,400-square-foot homes, described by the City of Portland as a “cottage cluster,” are causing an uproar among neighbors in the immediate vicinity.

The clamor over infill projects like this is exacerbated by city policies that don’t require developers to provide on-site parking with redevelopment.

The city and the state of Oregon are pushing hard for more residential infill development with no required parking spots in a multi-pronged effort to simultaneously tackle three major issues: climate change, severe housing shortages, and surging homelessness.

It’s hard to argue with the need to deal with these pressing issues.

## Infill, Parking Reforms Seen as Solutions

Environmental groups insist that only more infill can keep cities like Portland within mandated urban limits and cut down on long commutes, car-generated air pollution, and related ills. Meanwhile, housing and homeless advocates say the growing shortage of lower-cost housing is fueling the growing ranks of the unhoused and causing rents and home prices to skyrocket.

Clearly, something’s got to give.

“If someone is advocating for safer streets, climate action, abundant and affordable housing, tree preservation, active and equitable transportation, fiscal responsibility, or more vibrant business districts, then that person has a reason to support parking reforms,” argues Tony Jordan, founder of the locally based Parking Reform Network, which wants other cities nationwide to copy what Portland is doing.

## Affected Neighbors Feel Blind-Sided

But quiet neighborhoods like Beaumont-Wilshire are among the places where the impacts of these new policies are being seen and felt. And some here feel they haven’t been fully informed about or prepared for the impacts.

Tim Root, who lives near the 4319 NE Mason site, and other nearby neighbors were dismayed that no public notice to the neighborhood or public comment period about the project was required.

But City Planner Thomas Soppe said those steps weren’t necessary, because less than 10,000 square feet of new construction is planned at the site.

## Project Proceeding, Compliance Not in Question

Permits for 4319 NE Mason (temporarily readdressed as 4305 NE Mason during the demolition and construction process on PortlandMaps.com) are still being reviewed, said John Ray, public information officer for Portland’s Bureau of Development Services, which oversees building codes and permits. But he said any major changes to the current cottage-cluster plan would entail “substantial permit revisions,” which could cost the property owner significant time and money.

Current plans for the site appear to comply with Portland’s Residential Infill Project - Part 2 guidelines, or RIP2, Ray said, adopted by the City Council in the spring of 2022.

SEISMIC RETROFITS | GAS VALVES | FOUNDATION REPAIR

NWSEISMIC.COM | 503.741.8311

CCB# 186559



## Neighbor Raising Awareness, But Policies, Zoning Changes, and Evolution Stand to Remake Neighborhood

But no matter what's finally implemented, there's no question that the character of the immediate vicinity will be altered.

"I am trying to bring awareness to the neighborhood, especially the area between NE 42nd and 47th and between Beech and Prescott," Root said. "This is the area developers are targeting, because of the larger lot sizes, where they can jam in as many houses [as possible] and make the most money."

Despite the angst in some quarters, it's unclear whether the new policies will have a dramatic short-term impact. In California, similar zoning changes in 2021 have yet to result in significant changes, according to a recent *Los Angeles Times* editorial.

And some alterations are occurring through evolution, not simply due to state or city mandates. An explosion in the number of so-called "granny flats" or ADUs, for example, is making many Portland neighborhoods "denser" in a way that many accept and even enjoy.

But for some, the new realities are presenting difficult trade-offs.

After hitting what he called a "dead end" with city planners, the only remaining option is to "talk to the developer and see if we can negotiate," Root said.

"If we got it down to six cottages, I'd consider that a win."

For more info on the Portland City Council June 7, 2023, vote on parking changes see [tinyurl.com/33pbmwx9](https://tinyurl.com/33pbmwx9).

*Chris Rauber and his wife, Kim Williams, moved to Portland and B-W in the summer of 2022 after many years in the San Francisco Bay Area. He worked as a journalist at the S.F. Business Times and other publications. He was born in Oregon.*



Chris Rauber

## Editor's Note: Parking's Effect on Affordable Housing

It's human for drivers to vilify parking limitations — we have cars, after all, and we want a place to put them — ideally right in front of the business we're visiting, and most certainly close to our home.

Yet in a May 9 episode of *Fresh Air*, NPR host Terry Gross interviewed author Harry Grabar, whose book, *"Paved Paradise: How Parking Explains the World,"* lays out a theory that when, in the 1950s and '60s, cities started requiring housing and other development projects to provide a number of mandatory parking spaces, it began the upward trajectory in the cost of housing. Land, after all, was necessary to accommodate this requirement, the cost of which in turn was put on the backs of tenants or homeowners. Hence, the push by many cities to remove parking requirements from development projects.

I encourage you to read or listen to the NPR interview for a different take on how to view parking: [tinyurl.com/mr3atbvs](https://tinyurl.com/mr3atbvs).



**YOUR NEIGHBORHOOD FAMILY DENTIST!**

book appointments online: [beaumontvillagedentistry.com](https://beaumontvillagedentistry.com) or call 503-288-7481



SERVING THE BEAUMONT-WILSHIRE COMMUNITY SINCE 2003



**Jim Arnal**

Principal Broker

Phone: 503-351-3000

Email: [jim@pdxhomes.com](mailto:jim@pdxhomes.com)



LIVING ROOM REALTY

— #1 AGENT IN NORTHEAST PORTLAND 2022 \*RMLS —

# A BUNNY TALE: ON RABBITS IN

by Tim Gillespie

Though this is the Year of the Rabbit on the traditional Chinese calendar, some Beaumont-Wilshire residents have been nonetheless surprised at abundant recent bunny sightings.

My family has lived here for decades, but we can't recall seeing any rabbits until about a year ago. Now we spot them frequently, including a regular who nibbles grass in our backyard. Neighbors found two baby bunnies in a nest in their yard this spring.

I went to local experts with Bugs' question: "What's up, Doc?"

Ashley Lema, Wildlife Rehabilitator at Portland Audubon's Wildlife Care Center, says rabbits have long been common in other NE neighborhoods, and it isn't abnormal to see an outbreak in new areas as they spread into new habitats, especially during baby season.

Stumptown thumpers, I also learned, have varied bloodlines.

The indigenous branch of the Leporidae family is the Western Brush Rabbit, which is small and mostly gray, but those wee natives have competition.

Unfortunately, many non-native pet rabbits are let loose onto Portland streets

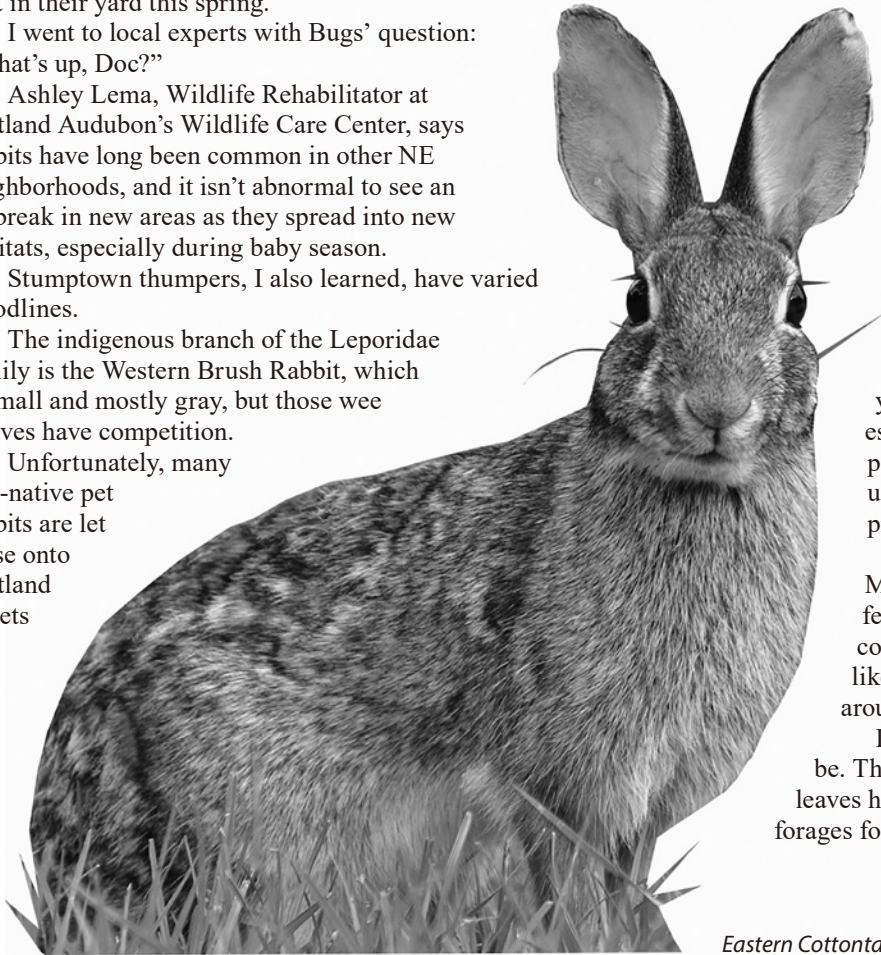
by tired owners, according to Tracy Chen and Jane Alder of the local nonprofit Rabbit Advocates, whose mission is rescuing such domestic rabbits. (It's a misdemeanor in Oregon to abandon an animal.) These throwaway bunnies, easy to identify with their flat faces, multiple colors, and spot patterns, don't do well outside. If you find such a stray, need to re-home a pet bunny, or want to adopt or foster one, contact [rabbitadvocates.org](http://rabbitadvocates.org).

Eastern Cottontails are the neighborhood bullies of this story. This invasive species was introduced to Portland in the 1940s from the Midwest and has been on the hop since. Gray or brownish in color with a somewhat pointy nose, cotton ball tail, and long tapered ears, they are larger (2 to 4 pounds) and more prolific than our native Brush Rabbits, becoming the most common Portland bunny.

Eastern Cottontails favor nesting in thick shrubs, weeds, and hedges, most actively feed around dawn and dusk, and have a hearty appetite for many of your favorite flowers, bulbs, and vegetables, especially tender springtime shoots. They are partial to yards with fences they can sneak under, where they can easily come and go but predators can't.

To save your garden, don't be like mean Mr. McGregor in *The Tale of Peter Rabbit*. Consider fencing. Or since rabbits have delicate noses, consider some of the many folk remedies online, like spreading powdered red pepper or garlic oil around the garden.

If you find baby bunnies in a burrow, let them be. They've probably not been orphaned. Mama leaves her little ones alone for long periods as she forages for nourishment so she can come back and feed



Eastern Cottontail Rabbit

## Your Neighborhood Realtor



### Ayumi Angel

Real Estate Broker / ADU Specialist  
Premier Property Group, LLC  
[www.simplylivingpdx.com](http://www.simplylivingpdx.com)  
[ayumi@simplylivingpdx.com](mailto:ayumi@simplylivingpdx.com)  
503-473-4126  
Bilingual Broker



# BEAUMONT-WILSHIRE

them once or twice a day. At three weeks old, the young'uns will head out on their own.

Don't try to catch a rabbit and don't touch one, dead or alive. Rabbits can carry viruses. If you find an injured one, contact Portland Audubon Wildlife Care Center's hotline daytimes at 503-292-0304 or at [audubonportland.org](http://audubonportland.org).

We share our urban environment with these cottontails, and with a little knowledge, we can happily co-exist – observing, learning, and enjoying their hoppity company.



Western  
Brush  
Rabbit

BWNA board member Tim Gillespie was a public school teacher in the Portland area for almost four decades.



Tim Gillespie



## Green Dog Pet Supply

Environmentally Friendly  
Supplies and Gifts for Dogs,  
Cats, and Their People

4327 NE Fremont St • Beaumont Village • 503-528-1800  
[www.greendogpetsupply.com](http://www.greendogpetsupply.com)

## The Community for Positive Aging

1820 NE 40TH AVE 503-288-8303 [COMMUNITYFPA.ORG](http://COMMUNITYFPA.ORG)

CELEBRATING

# 50

YEARS of the  
HOLLYWOOD SENIOR CENTER



FREE and  
open to all.  
Please join  
us!

## SUMMER BLOCK PARTY

Saturday, July 22 from 11 am to 3 pm

NE 40th Ave between NE Sandy Blvd and NE Hancock

Generously Supported by

PORTLAND  
**EVENTS  
& FILM**

★ Children's  
Activities

★ Health and  
Wellness Fair

★ BIPOC Vendor  
Market

★ Live Music

★ Food Carts

IT'S ABOUT YOUR NEIGHBOR

# MARAL CAVNER: ADVOCATING FOR ANIMAL WELFARE AND COMPASSIONATE CHOICES

by David Friedman

Beaumont-Wilshire resident Maral Cavner is an advocate for animal welfare and compassionate choices, committed to bringing positive change to the lives of animals as well as to the food industry. Her journey began with a deep love of animals, but it's her work with farmers and food producers that now drives her efforts.

Raised in Springfield, Missouri, Maral witnessed the inconsiderate treatment of animals from a young age, fueling her passion for advocating on their behalf. Her awakening came after watching documentaries like "Food, Inc.," which exposed the harsh realities of factory farming. In 2014, she became vegan and adopted a plant-based diet to align her choices with her values. Her special bond with Sweetie, an adopted dog, also helped set her on a transformative path.

"It was a wonderful health decision for me," she said. "A plant-based diet seemed to be the best thing to do, especially after I brought my four-legged friend into my life."

In pursuit of her mission, Maral joined the Animal Law Program at Lewis & Clark Law School in Portland. After completing her studies, she found employment with a non-profit animal advocacy organization and decided to make Portland her permanent home.

## Addressing Farmers' and Animals' Well-Being Helps Bring Change

During her time at the animal advocacy organization, she discovered the challenges farmers face, especially those involved in factory farming.

*" I was looking for a way to just talk with, not at, people in order to bring about change on a case-by-case basis since the legal system in the traditional sense is not always the best way to establish change for them. "*

Witnessing extreme poverty and debt burden among many farmers, she recognized the need for support and change within the industry. Her work focused, in large part, on supporting the adoption of Proposition 12 in California, which was recently upheld by the United States Supreme Court. It ensures specific standards for freedom of movement, cage-free design, and specified minimum floor space for veal, pig, and chicken farms.



*Located in the heart of Beaumont Village*

Board Games • Puzzles

Magic: The Gathering

Pokémon • Dungeons & Dragons



4120 NE Fremont Street • 503-764-9711  
www.puddletowngames.com



Serving the greater Portland area since 2007, we are a woman-owned and operated clinic whose goal is to choose the hearing care option that will complement and improve your lifestyle and quality of life. We work with all levels of hearing aid technology and styles and take most major insurances, and many insurance plans now offer hearing aid benefits. We pride ourselves on honesty, integrity, and serving our community.



Come visit us and work with one of our four providers:  
Drs Allison Bradley, Katy Mawson, Cris Adams, or Zoe Hernandez

- Comprehensive Audiologic Assessment for Children and Adults
- Hearing Aid Evaluations and Fittings
- Hearing Aid Cleanings
- Repairs and Programming for all Brands
- 30-Day Trial Period with New Hearing Aids
- Custom Earplugs for Musicians, Noise, and Sleep
- Assistive Listening Devices

3502 NE Broadway Street, Portland, OR 97232  
503-284-1906 | pacoregon.com

Currently employed by the ASPCA®, Maral collaborates with food businesses, such as breeders, slaughterhouses, and food manufacturers. Her role focuses on improving conditions for animals involved in these processes while considering the well-being of farmers and food producers. She firmly believes that change for animals cannot rely solely on legislative and legal systems.

“I was looking for a way to just talk with, not at, people in order to bring about change on a case-by-case basis since the legal system in the traditional sense is not always the best way to establish change for them.”

**Relationships Drive Compassion, More Humane Practices**

Maral's approach involves building coalitions, fostering relationships, and raising awareness about the positive impact compassion toward animals can have on businesses and society. By working directly with those in food production, she aims to bridge the gap between animal welfare and the public's desire for a kinder food system.

The ASPCA® supports farmers and food businesses in transitioning to more humane practices. They offer assistance in exploring alternative options, including higher animal welfare slaughter methods and mushroom farming, instead of raising pigs

for slaughter. Maral's firsthand experience visiting factory farms has further fueled her dedication to creating a more compassionate and sustainable food system.

Recognizing the complexities faced by farmers, Maral aims to address their concerns by encouraging a shift toward more ethical and sustainable practices while supporting the livelihoods of those involved. She believes in the importance of incremental steps and finding common ground to facilitate change within the industry.

“There's not one strategy that works for everyone,” she said. “Every person has different shoes to fill, and it's about how to connect with people for their benefit.”

By working to improve animal welfare while also assisting the food industry, Maral's efforts are making a lasting impact on countless lives — both two-legged and four-legged alike.

*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 11-7*



David Friedman



Beaumont-Wilshire resident Maral Caver with her adopted dog, Sweetie. Maral's work advocating for animals and farmers has helped foster change in factory and other farms. Photo by Sit Stay Pet Photography.

**FRAZIER**  
WEALTH  
MANAGEMENT

**Welcome to financial clarity.**



Andrew Frazier, MBA, BFA™

**4020 NE Fremont St. Suite B**

**503.719.5366**

**www.FrazierWM.com**

Securities offered through Securities America, Inc., member FINRA/SIPC. Advisory services offered through Securities America Advisors, Inc. Frazier Wealth Management and Securities America are separate entities.



## Hey, Beaumont-Wilshire kids!

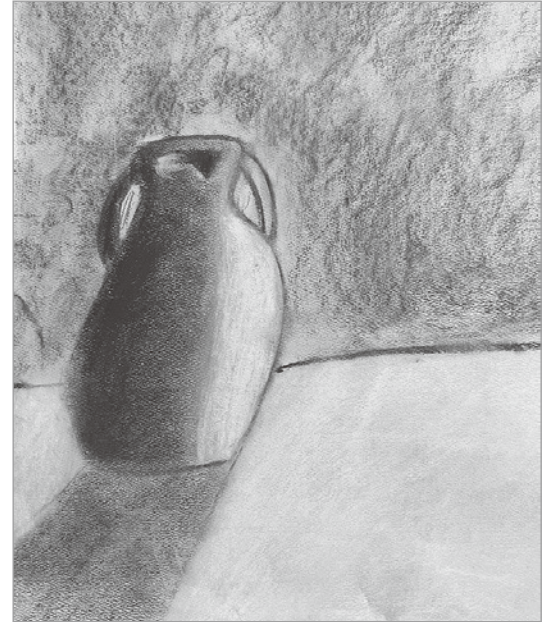
Do you have a story to tell or want to be a “cub” reporter? Do you have a poem bursting from your heart? A drawing you’d like to share? If so, email [Editor@BWNAppdx.org](mailto:Editor@BWNAppdx.org) with your idea or your draft submission, and we’ll run it in Creative Kids as space allows.

**O**ur Creative Kids spotlight in this issue is on Ambriel Rudisel. She’s been interested and involved in art since she was “an infant,” as she says. With an artistically prolific and talented mom, Ambriel has had plenty of exposure to art of all kinds. While her portfolio is plentiful, she chose to showcase her range of sketching skills — and her love for her B-W cat, Moonlight.

*Beaumont-Wilshire resident Ambriel Rudisel is 10 years old. She’s lived in the neighborhood for two years and attends Buckman Elementary School. In addition to sketching, her interests are rock-climbing, learning to ski, and playing with her animals. (She has 26 pets at her dad’s house in Tillamook!) A very flexible youngster, she also enjoys practicing her contortion skills.*



Ambriel Rudisel

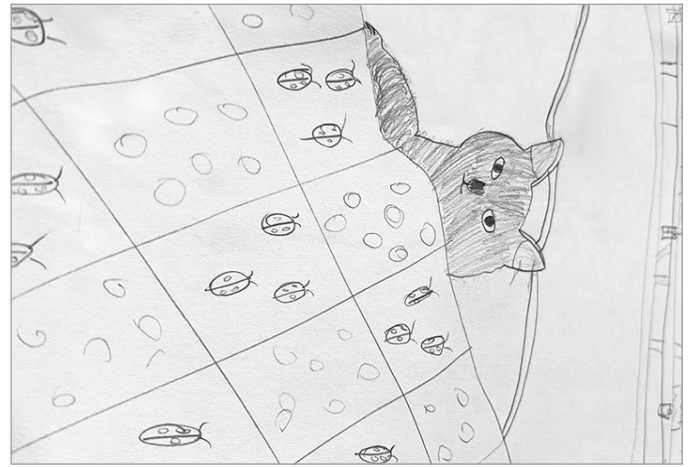


ABOVE: Ambriel sketched this vase when in 3rd grade during an art class focused, as Ambriel recently said, “on using charcoal to manipulate light and dark.”



LEFT: This is a sketch of Ambriel’s cat, Moonlight. While in Seattle and thinking of her kitty, she sketched this from a photo on her mom’s phone. The bunny ears were a birthday gift to Moonlight from a family friend.

RIGHT: Her kitty Moonlight was just like this, lying under her baby blanket. Knowing he wouldn’t stay long enough for her to capture his pose, she took a photo and sketched this image that night.



## Sayulita, MX Condo Rental

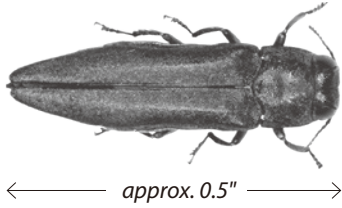
Centrally located  
Walk to Beach  
Rooftop Pool  
2Br/2Ba (5 Person)  
4Br/4Ba (10 Person)  
Local (B-W) Ownership  
Ana Spain 503-997-9221  
Instagram: [casamiramarsayu](https://www.instagram.com/casamiramarsayu)



# TAKE ACTION TO PREVENT ASH TREE DIE-OFF

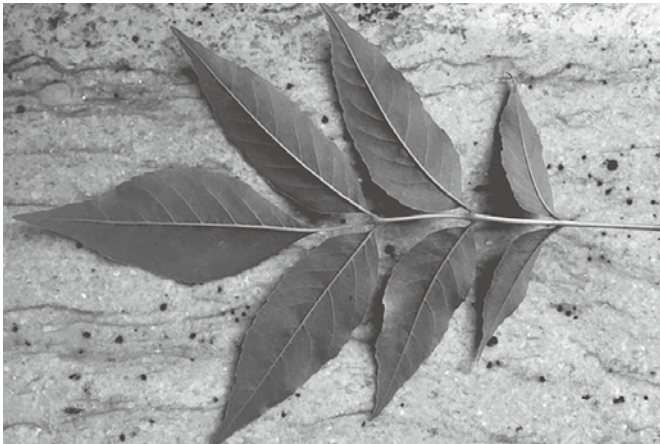
by Matthew Carter

**A**sh trees are common in Beaumont-Wilshire. Ash makes a beautiful and hardy shade tree; unfortunately, invasive emerald ash borers have arrived in our area. Information about the arrival of ash borers in Oregon can be found at [extension.oregonstate.edu/eab](http://extension.oregonstate.edu/eab).



*The metallic green emerald ash borer is one of the most destructive pests to arrive in North America.*

The emerald ash borer kills ash trees and has been described as the most destructive invasive forest pest ever to arrive in North America. A quick check for ash trees is to look at the leaf. Ash trees have a feather-like leaf with five or more leaflets on a single stock. Except for the end leaflet, leaflets are directly opposite.



*Identify ash trees by their distinctive leaves.*

The emerald ash borer prefers trees that are stressed. Lack of water and pruning can stress a tree. The Oregon Department of Forestry (ODF) has a list of approved products for licensed and DIY treatment applicators. If you are unsure, contact a commercial tree service. The ODF list includes systemic treatments that can be applied before infestation. For more information visit [oregon.gov/oda/shared/Documents/Publications/IPPM/PesticideProductsEAB.pdf](http://oregon.gov/oda/shared/Documents/Publications/IPPM/PesticideProductsEAB.pdf).

## From the OSU Extension Service: What you can do to help

- 1) Be alert: it is important to stop new outbreaks before they start. Early detection, coupled with rapid response, can stop the spread of new and emerging invasive species before they become established.
- 2) Learn to recognize ash trees.
- 3) Know how to identify the emerald ash borer.
- 4) Report sightings of this insect online at the Oregon Invasive Species Council hotline at [oregoninvasiveshotline.org/](http://oregoninvasiveshotline.org/).
- 5) Share information about emerald ash borers with others, including neighbors, fellow gardeners, hikers, mushroom hunters, and campers.
- 6) Do not move or transport ash wood: even after a tree has died or has been cut down, the emerald ash borer can be present in the wood. Keeping the wood on the same site as the infected tree can help to slow the spread of the insect.

*Matthew Carter's family history runs deep in B-W: his parents graduated from Grant High School, as did his children. Now retired, he's been a BWNA newsletter delivery person for over 30 years!*



*Matthew Carter*

## Body Image Fitness, LLC

Senior and Functional Fitness Training  
Private or Group Sessions



### Lori Vance

Certified Personal  
Trainer/Owner

Certified personal trainer and  
group fitness instructor  
since 2003

Background in  
amateur bodybuilding

Work with all ages who are  
seeking more strength,  
balance, functional ability  
and health

Special focus on  
senior fitness

Can work with any physical  
limitations you might have, and  
together we can create workouts  
that are fun and effective!

## BEECH ST BNB

IN THE HEART OF BEAUMONT-WILSHIRE

SCAN THE QR CODE FOR AVAILABILITY  
OR EMAIL [BEECHSTBNB@GMAIL.COM](mailto:BEECHSTBNB@GMAIL.COM)

**FEATURES:**  
1 BEDROOM  
1 BATH  
FULL KITCHEN



5046 NE Fremont Street  
Portland, Oregon



503-351-6476



[lorij33@gmail.com](mailto:lorij33@gmail.com)

# WHERE DOES RECYCLING GO AFTER PICKUP?

by Liz Erickson

On recycle day, a truck goes around the neighborhood dumping the contents of our blue recycle carts into the belly of the truck. When the truck is full, it heads to a regional Material Recovery Facility. In these big warehouses, people and machinery sort metal, paper, cardboard, and plastics and bale them up to sell on the market. This raw material will then be reprocessed and made into new products.

Also during the sorting process, time and effort are put into removing contamination: the garbage from “wishcycling,” i.e., putting unaccepted items in the blue cart in hopes they will be recycled. These wishcycled items eventually end up the landfill.

Our recycling system works best when only accepted materials are put in the recycle cart because not all products are recyclable. To qualify, items must consistently be able to be collected, sorted, reprocessed, and marketed.

By only putting items on the accepted list in the recycle cart, you can be sure they’re getting recycled. Our region has an effective, modern landfill, which is the right place for some items. And our recycling systems are responsible,



too—many materials are reprocessed and manufactured here in the Pacific Northwest!

Help your pickup drivers by setting carts on the curb by 6:30 a.m. on your service day or the night before. Leave three feet between each cart, with the handle facing your house so the lid opens toward the street.

Find more details, including video clips of the process, at [portland.gov/bps/garbage-recycling](http://portland.gov/bps/garbage-recycling).

Check out the new Portland Garbage Day Reminder app. Never miss a garbage day, and sign up for notifications if service is delayed. The app is available in the Apple store and Google Play.

Ideas, questions, or comments? Contact [elizabeth.ann.erickson@gmail.com](mailto:elizabeth.ann.erickson@gmail.com).

*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. She is a Master Recycler volunteer with Metro and served in the Peace Corps in Morocco.*



Liz Erickson

**If you want an estimate for a new roof... Don't Call Us!**

**If You Want To Extend The Life Of Your Roof... Give us a call!**

We have been working in the roofing industry for over 50 years. We work with over 1,200 Realtors and more than 60 Property Management Companies.

Call Us for a "Free Roof Evaluation" 503-284-5522  
RealEstateRoofing.com

We also offer attic and surface mold solutions 503-232-6653  
RealEstateMoldSolutions.com

**YOUR NEIGHBORHOOD REALTOR**

- DOG LOVER • DIY HOME PROJECT ENTHUSIAST
- AMATEUR GARDENER • WINE AFICIONADO • PORTLAND NATIVE
- BEAUMONT-WILSHIRE NEIGHBORHOOD ASSOCIATION CONTRIBUTOR

Scan this QR code to learn how to use your home equity as a wealth building tool

Powered by homebot

**JAMIE VAN HOORN**  
Real Estate Broker  
ABR® | ADU Specialist  
Licensed in Oregon  
**503.449.8999**  
[jvanhoorn@windermere.com](mailto:jvanhoorn@windermere.com)

Moran Homes Real Estate Group is a team of 4 licensed brokers led by Susie Hunt Moran and Matt Moran, Principal Brokers.



# PERSPECTIVES

compiled by Polly Webber

**B**eaumont-Wilshire residents have arrived here at various times in its history. In this edition of the newsletter, we thought it would be interesting to see how those who've been here a while looked at the evolution of the neighborhood. We asked:

## “How has the neighborhood changed since you moved here?”



“It's still a place of joy – walkable, beautiful gardens, whimsy that brings a smile. What's changed? The maturation of the Fremont commercial district – great for all of us.” (**Jon, 36 years in B-W**)



“There is so much more to enjoy within an easy walk from our home. Fremont has blossomed with great shops and restaurants. Wilshire Park has added a great dog park and natural plantings. We miss the neighbors we have lost from illness or age but really enjoy the younger families who have moved in and maintained the vitality of our neighborhood.” (**Dale and Marilyn, 25 years in B-W**)



“Our choice [to live here] was very intentional. We wanted to be near the airport, good schools, great neighbors, active local leadership, and accessibility to all modes of transportation. (There is a bus stop in front of our house!) What has changed in the last 36 years is me – with every passing year, I have become more enchanted and grateful for all that the B-W neighborhood affords those who live and work here.” (**Lisa, 36 years in B-W**)



“Those that welcomed me into my home have now passed on, but they left an indelible mark on the neighborhood and me. Block parties, Bunco groups, kids growing up together, and looking after one another has made our neighborhood a community. Most changed over the last 25 years is me – from someone searching for belonging to someone a part of a wonderful community.” (**Sandy, 25 years in B-W**)

### Be heard!

Let us know if you'd be game to be interviewed for a Perspectives question by emailing [PWebber5678@gmail.com](mailto:PWebber5678@gmail.com). Suggest a question for Polly, too!

*Polly Webber is a realtor and mom of two teenage girls. Born and raised in the neighborhood, she purchased and lives in the B-W home next door to her childhood home. Reach her by emailing [polly.webber@cascadehassonsir.com](mailto:polly.webber@cascadehassonsir.com).*



Polly Webber

## Discover the little school where big things happen.

Since 1913, St. Rose School has helped raise saints and scholars in a small community centered on Catholic faith and values. Our comprehensive PreK-8th grade education includes art, music, service and PE. This focus on whole-child education helps form lifelong learners who respect others and serve their community.

Visit [strosepdxschool.org](http://strosepdxschool.org) to learn more or apply.



**St. Rose School**

5309 NE Alameda Street • Portland, Oregon • [info@strosepdx.org](mailto:info@strosepdx.org)



# COOK LIKE NO ONE IS WATCHING

## A DELICIOUS SUMMER GRILLING RECIPE

by Susan Trabucco

In his golden years over 20 years ago, my father-in-law John decided to try his hand at cooking. Thus, when I was whipping up a family dinner, he would ask questions about ingredients I was using, sticking his finger into anything simmering on the stove for a taste. As he was so earnest in his quest for culinary knowledge, I chose to refrain from chasing him out of the kitchen.

One day he came to me with a recipe for marinated flank steak, insisting it was not to be missed. As he was a newbie to food with flavor, I was skeptical. Lo and behold, it's become my go-to when it comes to cooking flank steak and, with slight variations, it's my favorite chicken preparation, too. I think of my father-in-law with fondness each time I whir the marinade ingredients together—and when I stick my finger in to taste it. Here goes:

### Marinated Flank Steak (or chicken, see variation)

Serves 4

3 medium-size jalapenos	1 Tbsp coarse salt
4 garlic cloves, peeled	¼ c lime juice
½ Tbsp cracked black pepper	½ c olive oil
1½ lb flank steak	

Blend all the marinade ingredients; put unrolled flank steak in a shallow flat pan or in a large Ziplock bag, and pour marinade over flank steak, massaging it in a bit. Turning occasionally, marinate it for 24 hours. (Really, I mean it. Less will make for a disappointing meal!) Then grill or broil to your preferred doneness, but rare is best here. Slice VERY thinly against the grain. Excellent with a green salad and roasted potatoes; leftovers are perfect for fajitas.



### Variation for 1½ lbs chicken (boneless, skinless thighs are best)

Swap ¼ tsp red pepper flakes for jalapenos


Swap lemon juice for lime juice

Marinate chicken for 2 hours only

Grill, or cook chicken in 375° oven for about 30 minutes. If cooking in the oven, add kalamata or other olives to the pan for a little extra flavor; if chicken is not brown when cooked, pour off extra sauce for use with the meal and broil chicken for a minute or two. Serve with a green vegetable and orzo or rice; use extra sauce over all!


**SKIP**   
**THE FIRE**  
**LOVE**   
**YOUR LUNGS**

**WOOD SMOKE IS A HEALTH HAZARD  
AND MAKES IT HARD TO BREATHE**

 Multnomah County  
[multco.us/WoodSmokeStatus](http://multco.us/WoodSmokeStatus)

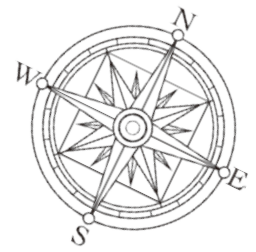


**Fried Art**  
STUDIO



Custom Drawings & Papercuttings  
From Your Photos  
Designed By David Friedman  
Original Papercuttings can be  
seen 11-7 daily at The Alberta Street Gallery

# FAMILY FUN: GEOCACHING CONTEST IN BEAUMONT-WILSHIRE



by John Sandie

## What is GeoCaching?

GeoCaching is a fun outdoor activity that involves using a hand-held GPS, such as a smartphone or tablet, to guide you to a hidden container, or "cache." We've hidden five caches in various locations around the Beaumont-Wilshire neighborhood for you to find. The coordinates of each cache are listed below.

- 1) Lat. 45.54313 Long. -122.61821
- 2) Lat. 45.54470 Long. -122.61468
- 3) Lat. 45.55458 Long. -122.62565
- 4) Lat. 45.55426 Long. -122.62232
- 5) Lat. 45.54695 Long. -122.62404

## How to Play:

- 1) First, find a phone app or other GPS device that tells you where you are located in terms of longitude and latitude down to five decimal places. That level of accuracy will get you within 15 to 20 feet of the hidden caches, and from there you'll need to explore to find the cache. AllTrails is one app for phones, but there are many others. You can also type the latitude and longitude in Google Maps, and it will give you the location, but it won't be as sensitive as seeing the coordinates change as you walk around the specific locations
- 2) Whichever method you choose, you will need to use it to find the five locations listed above. (Notice the negative longitude

measurement; if it were positive, I'd be sending you to northern China). Remember: higher values of latitude are farther north, and higher absolute values of longitude are farther west.

- 3) The cache containing a log sheet is hidden at each of the five locations; a good detective will not have much trouble finding them. Once you find the cache, record your name, contact info, and date on the log sheet and **return it to its original position for the next player to find. DON'T FORGET TO BRING A PENCIL!**
- 4) Caches will be collected by August 1, and the winners will be determined and notified. The first person to find and sign all five log sheets will be the automatic winner. Everyone who signs all five logs will be placed in a random drawing for a chance to win gift certificates for local businesses.

**Good luck and Happy Trekking!**

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



John Sandie



# EcoCraft

Design · Build · Remodel · LLC

**YOUR LOCAL REMODEL EXPERTS!**





## Create YOUR Dream Space

Specializing in Whole Home Remodels, Additions, ADUs, Kitchen & Bath Remodels

# 503-577-2503

EcoCraftPDX.com  
info@ecocraftpdx.com  
CCB # 196501

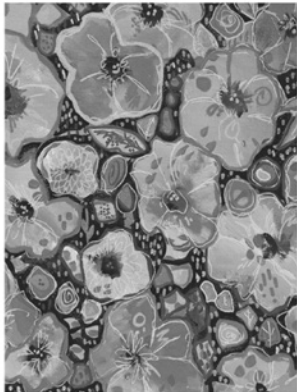
ARTISTIC  
PORTLAND  
GALLERY



A Local Artist Cooperative

**Artist Receptions on First Thursdays!**

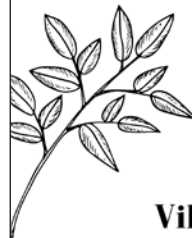
Browse handmade art and gifts, shop online:  
**artisticportlandgallery.com**



4110 NE Fremont Street, 971-339-0945



VOTED BEST OF PORTLAND ACUPUNCTURE AND NATURAL  
HEALTH CLINIC



**Acupuncture  
Chiropractic  
Massage  
Naturopathy  
Nutritional Therapy  
Vibrational Sound Healing  
Breathwork, Taichi, Qigong, Yoga  
Workshop and Event Space**

Currently Accepting:  
MODA, Regence, Kaiser, Pacific Source, Providence, United  
Healthcare, Cigna, Aetna, GEHA, Motor Vehicle Insurance

4230 NE Fremont St, Portland, OR 97213  
www.wildheartswellness.net  
(971) 400-6063

**Mother Made Strength Training**  
Keeping women strong through motherhood

Contact: rachel.wilkinson@movement-x.com

**AMERICANA FRAME**      **SILHOUETTE**  
TAILORING BOUTIQUE

*Creative Solutions in the neighborhood*