



March-April 2022

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

BWNA Calendar of Events

Community Events

BWNA Elections for Board and Officer Positions
Monday, April 11
7:00-8:30 p.m.
(see BWNA Meetings on page 3 for Zoom link information)



Fremont Street safety front and center

by John Sandie

Our February BWNA meeting focused on neighborhood transportation safety issues. Due to a pedestrian fatality in December, the discussions understandably centered on Fremont Street traffic safety improvements. Prior to the meeting, the BWNA Transportation Committee had shared proposed recommendations with Portland Bureau of Transportation (PBOT) representatives to facilitate discussions and action plans at the meeting. The proposals included verifying the presence of adequate street lighting and modifying as needed, improving lines of sight for both walkers and drivers, and reviewing the location of existing marked crosswalks. This length of Fremont Street poses unique difficulties due to the offset of north-south intersecting streets, resulting in many more potential “crosswalk paths.” It was proposed that PBOT reassess and identify the highest used paths and install pavement markers and other visible indicators. Fielding a half-hour’s worth of questions and comments from attending residents were PBOT representatives Carlos Hernandez, Clay Veka, and Scott Cohen. Here are some highlights:

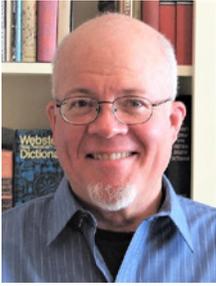
- The PBOT representatives promised to initiate a lighting review/survey of Fremont Street and present their findings to BWNA. While the PBOT representatives were not strongly in support of stanchions (candle sticks) and street art to create “soft bump-outs” to control parking clearances at marked crosswalks, they did suggest the idea of using angled-curb bumpers. Discussions will continue with PBOT with the goal of prototyping a method to enhance and maintain lines of sight at marked crosswalks in the near future.



Typical soft bump-out (left) which is used to enable shorter, safer crossing for pedestrians at an intersection. No-parking areas along NE Fremont need to be enforced (right) to protect pedestrian safety. Photos by John Sandie

- PBOT and BWNA, along with the Beaumont Business Association, will work together to survey pedestrian traffic and locate an effective number of marked crosswalks along Fremont Street between 42nd and 51st avenues and consider how best to direct the majority of pedestrians to use these more visible paths.
- BWNA’s suggestion for a “gateway-raised sidewalk” near 51st to alert drivers to the congested commercial area ahead was not supported by the PBOT representatives due to the significant cost in removing recently installed ADA (disability) ramps.

Safety concerns along Fremont Street continued with discussions moving to the Fremont/Alameda intersection by the Tacovore restaurant. Residents living near that intersection reviewed a litany of



President's message

by Tim Gillespie

Join us to build a better neighborhood

“Our greatest responsibility is to be good ancestors.”

— Dr. Jonas Salk

Our work at BWNA is aimed not just to sustain the livability, vitality, and safety of our neighborhood and city, but to improve it for the sake of our children, our grandchildren, and the residents who will follow us here.

With that aim in mind, we invited staffers from the Portland Bureau of Transportation to our February meeting to hear neighbors' concerns about traffic (article on page 1). Impelled by incidents along NE Fremont Street—most heartbreakingly the December accident at 43rd Avenue that took the life of a pedestrian—our PBOT partners pledged to work with our Transportation Committee on ways to make that tricky, busy stretch safer for all of us.

Traffic safety is only one of many critical issues that the BWNA board has been working on, even given limitations these last two years due to the coronavirus. Different volunteers have made many other contributions to our neighborhood:

- upgraded our park through the labors of the Friends of Wilshire Park Committee;
- revitalized our New Neighbor Welcoming Project (article on page 8);
- sponsored a blood drive in partnership with the Beaumont PTA;
- disseminated information on dealing with incidents of racial bias and harassment;
- kept an eye on city actions that impact us (like the Residential Infill Program, the nearby Tax Increment Financing district, and the work of the Charter Commission);

- helped arbitrate a dispute between a local business and nearby homeowners;
- wrote grants to support the Beaumont Middle School Family Resiliency Fund and the Community Cycling Center's program of distributing food and care kits to suffering local families;
- published resources for dealing with illegal RV camping as well as offering resources for people experiencing homelessness;
- reinvigorated our Crime Prevention and Safety Committee in the face of rising crime;
- faced climate issues by forming a link with Portland Clean Air and opposing the expansion of the Linnton oil terminal;
- worked to activate interest in Portland's Neighborhood Emergency Teams;
- surveyed neighbors on important topics;
- updated our website; and
- under the remarkable stewardship of editor Al Ellis for the past 12 years, published this terrific newsletter that is delivered free to over 2,600 Beaumont-Wilshire households and businesses.

The reason I'm sharing all this is to get you thinking about joining us. At our general meeting on Monday evening, April 11, we will hold annual elections. Several seats are open on our BWNA board as well as some officer positions, including the presidency. During two-year terms, elected board members initiate and manage all BWNA projects. The only qualifications: living within BWNA boundaries and a desire to serve. Our standards: board members will act in the best interests of the neighborhood, committing themselves to diversity and

continued on page 4

Our Organization

BWNA Board

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Tim Gillespie 503-287-6272
president@bwnapdx.org

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Andrew Rinke 503-893-2504

Secretary

Barbara Strunk 503-284-7502

Treasurer

Karla Lenox 503-686-5915
treasurer@bwnapdx.org

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Sam Balto 202-309-0343
Al Ellis 503-287-0477
Gary Hancock 503-367-0862
Derek Humbard 503-351-4523
Patty Nelson 503-281-8035
John Sandie 219-508-4162
(four open positions)

Immediate Past President

Tim Hemstreet 503-239-6231

Related Organizations

Beaumont Business Association

Kathy Madore
beaumontbusinesses@gmail.com

Central Northeast Neighbors Board

Barbara Strunk 503-284-7502

Areas of Interest

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

- **Beaumont Middle School Cmte**
Tim Gillespie, chair 503-287-6272
- **Communications Committee**
Andrew Rinke, chair 503-893-2504
- **Crime Prevention and Safety Cmte**
Bill Markwart, co-chair 503-282-4610
Patty Nelson, co-chair 503-281-8035
- **Land Use Committee**
Tim Hemstreet, chair 503-239-6231
- **Friends of Wilshire Park Committee**
Gary Hancock, chair 503-367-0862
- **Newsletter Team**
Co-editors: Susan Trabucco and
Andrew Rinke (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**
John Sandie, chair 219-508-4162
- **Website (www.bwnapdx.org)**
Andrew Rinke 503-893-2504



Editor's notes

by Al Ellis

Swan song

If this newsletter feels a bit thinner to you than the

last one, your perception and memory serve you well. After ringing in the New Year with an unprecedented (for us) 20-page issue, it's back to 16 pages. So, what gives? Well, if you recollect my list of three editor's resolutions in the last issue, you may recall that the third one resolved to "utilize 20 pages to boost the breadth and scope" of the newsletter, with the caveat that those 20-pagers be limited to two yearly issues.

Which begs the question: why not year-round 20-pagers? Of primary concern to the BWNA board is *expense*, since each addition of four pages (the minimum required for expansion) competes for funding with any number of other projects. A second factor is *content volume*, since articles, announcements, and ads fluctuate in number and size from issue to issue (albeit more often than not exceeding what can fit into 16 pages). The board's decision last December to limit newsletter expansion to two 20-page issues reflects a compromise between my initial proposal for year-round 20-pagers and no expansion at all. But hey, we'll take it—two giant steps forward.

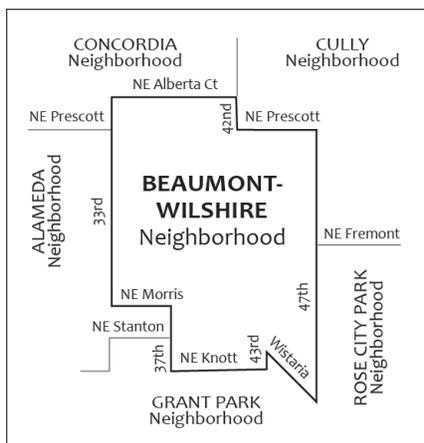
Another change for 2022 involves a pragmatic decision to hold the line on the current balance of approximately 60% articles/announcements and 40% ads, which, unfortunately, translates into new ads possibly having to wait in line pending ad departures, a decrease in articles, an increase in pages, or a combination thereof. Given that almost all BWNA revenue is generated by ad sales and the local business community is a key BWNA partner, this was no easy call for our newsletter team. But a record volume of ads coupled with an abundance of article submissions prompted the decision to lock in a ratio that prioritizes space for articles.

Message to prospective advertisers: While our advertiser turnover is modest, departures do happen, so don't hesitate to contact the editor

at editor@bwnapdx.org about running an ad, and we'll do our best to accommodate.

Note that I said *contact the editor* rather than *contact me*. That's because starting with the May-June issue, I will no longer be editor. Yes folks, this is my swan song. After a dozen invigorating years at the helm, I'm relinquishing the wheel. But why, it would be fair to ask, would I abruptly abandon ship, especially in light of the two 20-pagers approved by the board and my editor's resolutions for 2022? Let me start by correcting the premise of the question: neither was my decision abrupt, nor would I ever leave the newsletter high and dry. Truth is, the search for a new navigator for this ship had been on my radar for some time for two basic reasons: first, a desire to free up more family time for other things, like travel (COVID willing); and second, my belief that periodic fresh leadership is beneficial, if not essential, for the well-being of this organization. Still, I was prepared to stay the course as editor for as long as it took to find a competent, conscientious replacement. Fortunately, gifted writer and former *Concordia News* editor Susan Trabucco stepped up big-time, teaming with BWNA VP and communications guru Andrew Rinke to be "co-editors."

My 12 years as editor have been challenging at times for this amateur journalist, but always a labor of love. Moving forward, I will continue to serve on the board...and write.



Calendar of Events (cont.)

BWNA Meetings

NOTE:

Check "Upcoming Events" page on BWNA website (www.bwnapdx.org) for venue and/or Zoom link information regarding General and Board meetings.

For Zoom links to Friends of Wilshire Park committee meetings, contact Committee Chair Gary Hancock via email at outside503@aol.com or via phone at 503-367-0862

Wednesday, March 9: Friends of Wilshire Park Committee meeting via Zoom, beginning at 7:00 p.m.

Monday, March 14: General meeting via Zoom, beginning at 7:00 p.m.

Monday, April 11: General meeting/Board/Officer Elections meeting via Zoom, beginning at 7:00 p.m.

Wednesday, April 13: Friends of Wilshire Park Committee meeting via Zoom, beginning at 7:00 p.m.

BWNA Newsletter

Instructions for Article and Ad Submission

Information about submission of articles and "Letter to the Board" editorials as well as a step-by-step procedure for selection, payment, and submission of ads are provided on the BWNA website (www.bwnapdx.org). Click on "Newsletter/About the Newsletter" at the top of the home page.

Ad Payment

We accept payment by mail and electronically using Venmo. Details for both methods will be provided on your invoice.

Submission Deadline

Friday, April 8 (for the May-June 2022 newsletter)

Email articles and Letter to the Board editorials to Susan Trabucco and Andrew Rinke (editor@bwnapdx.org)

Email photos, graphics, and ads to Jane Feinberg (design@bwnapdx.org)



BBA rebounds under passionate leadership of Wesley Callaway

by Polly Webber

Supporting neighborhood businesses and community safety top the list for Beaumont Business Association (BBA) President Wesley Callaway. It was such a pleasure to meet and interview Wesley (at a neighborhood restaurant, of course). As BBA president, Wesley has a lot on his plate and a real passion for our community.

After Wesley spearheaded the Roloff Construction booth project for the 2019 Fremont Fest, it was a natural step to become more involved with the business association. He joined the board in 2020 and was elected president in 2021.

Navigating his first year of presidency during a pandemic was definitely challenging at times. This last year Wesley was a huge supporter of bringing back the Fremont Fest in a way that was safe and comfortable for all. Once Wesley received the go-ahead from the city, BBA had only six weeks to get organized for the event. Having this tradition back brought a lot of smiles to our



Beaumont Business Association President Wesley Callaway leads with passion for the community.

neighborhood. BBA also hosts the Fun Run, Fright Night, and Holiday Fest.

Wesley has worked closely with Venture PDX, a nonprofit organization that supports Portland's neighborhood business districts. Thanks to this organization, Wesley has been able to attain grants for BBA to fund staffing, marketing, and—most importantly—street improvement. As we all know, Fremont Street has become a safety concern, and BBA believes it is our right to feel safe. To that end, BBA is collaborating with BWNA any way it can to facilitate improvements.

In further enhancement of neighborhood livability, BBA foots the bill for the garbage collection service that provides the garbage cans on the street and for the BEAUTIFUL flower baskets that last year stretched even farther down Fremont Street.

Wesley's positive energy and can-do attitude are just what this association needs. This local business community is in good hands.

Fremont Street safety (continued)

accidents and close calls over the last few years with increased congestion caused by the success of the restaurant. Traffic calming ideas were discussed in conjunction with the Slow Streets Initiative proposal to replace temporary barrels and signage with permanent barriers to direct less traffic along Alameda and possibly even add restrictions on turning at this intersection. These potential restrictions prompted concerns by a number of residents who use this corner as a key pathway to go west on Fremont because left turns are not permitted at the stoplight adjacent to Beaumont Middle School. Though no specific resolution to the problem was determined at the

meeting, BWNA will facilitate discussions with PBOT and neighbors regarding options to address concerns at this intersection.

Due to time constraints at the meeting, a number of B-W traffic safety issues were not discussed, and the ongoing dialog between BWNA and PBOT will include: utilizing the Greenways link for traffic calming on Skidmore and Shaver streets along Wilshire Park; Fremont/33rd corner back-ups and control-logic changes; a 33rd Avenue repaving plan; Slow Streets Program impact; and unmarked intersections. News on traffic safety mitigation decisions and actions affecting Beaumont-Wilshire will be reported in this newsletter and/or posted on the BWNA website blog (www.bwnapdx.org).

President's message (continued)

equity in all activities. The main commitments: attending our 90-minute evening meetings on the second Monday of each month, speaking up on issues you care about, and participating in projects of your choosing.

We've been asked, "What is BWNA looking for in board members? The best answer to that question is, "What would you like to

contribute?" All BWNA ventures are dictated by the interests and talents of our volunteers. Whatever you'd like to see accomplished in our neighborhood, whatever issues you have strong opinions about, whatever problems you feel need addressing, whatever visions you have to keep our community thriving into the future, the BWNA board is a place to bring them. We would love to have you join us.

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Click "Subscribe" at the top of the website home page or simply scan the QR code to the right and enter your contact information.

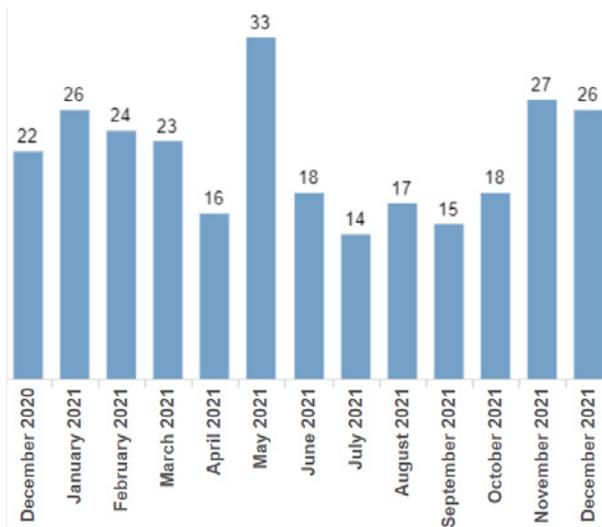


Community engagement key to crime prevention & safety

by Patty Nelson

With rising crime in our city and across the nation, the BWNA Crime Prevention and Safety Committee has been focused on how to connect with our neighborhood, local agencies, and elected officials on this important topic. Engagement from law enforcement and elected officials typically happens after an incident or when issues arise. With limited resources, priority tends to be given to incidents that are life-threatening or pose a danger to public safety. As a result, other crimes seem to be escalating. In Beaumont-Wilshire, property crimes are the biggest issue. This comes in the form of car and catalytic converter thefts, package and personal property thefts, and vandalism. The following statistics of crime reported in the B-W neighborhood in 2021 were obtained from the City of Portland Crime Statistics website (www.portlandoregon.gov/police/71978).

Offense Count by Month in B-W



Community engagement facilitates an effective response and creates a safer neighborhood. Engagement in the form of filing reports (in person or online), calling non-emergency at 503-823-3333 to report a non-emergency crime, and documenting incidents make all the difference. Reporting is key to response, whether it is a homeless camp, abandoned vehicle, or incident. At a BWNA monthly meeting, Sgt. Butcher from North Precinct Neighborhood Response emphasized that the Police Bureau is data-driven in terms of targeting resources and programs. Mike Crebs from the Portland Bureau of Transportation (PBOT) also said they are complaint-driven for responding to people living in RVs and cars. The city's Homelessness and Urban Camping Impact Reduction Program relies on people reporting the campsites.

Non-emergency calls may have a slow response, but this does not mean you should not report incidents; instead, do what you can to gather as much information as possible and file a report. Here are examples:

Offense Count by Category in B-W

Person	Assault Offenses	15
	Homicide Offenses	0
	Human Trafficking Offenses	0
	Kidnapping/Abduction	0
	Sex Offenses	1
	Total	16
Property	Arson	1
	Bribery	0
	Burglary	31
	Counterfeiting/Forgery	4
	Embezzlement	0
	Extortion/Blackmail	0
	Fraud Offenses	23
	Larceny Offenses	110
	Motor Vehicle Theft	60
	Robbery	4
	Stolen Property Offenses	0
	Vandalism	30
	Total	263
	Society	Animal Cruelty Offenses
Drug/Narcotic Offenses		0
Gambling Offenses		0
Pornography/Obscene Material		0
Prostitution Offenses		0
Weapon Law Violations		0
Total		0

- Neighbors heard a gunshot. They investigated and found a bullet casing, but thankfully nobody was injured. They called 911 and reported it. While the police did not respond, the report was filed and thus the incident was recorded.
- Neighbors were concerned about a suspicious car on the street. Investigating, they found the plates missing and the interior littered with saw blades, torches, and other paraphernalia. The neighbors reported it to the police by calling the non-emergency number and filing a report online, including photos of the car and VIN number. A Public Safety Support Specialist arrived on the scene, confirmed the car was stolen, and contacted the owner, who put a boot on the vehicle. Later that night, the car thieves came back in another stolen car, changed the tire on the abandoned car, left the booted tire in the street, and drove off

continued on page 7

Crime prevention & safety (continued)

in both stolen vehicles. The police were called and responded, resulting in both cars being retrieved and returned to the owners. The thieves, however, were not caught.

By being aware of your surroundings, investigating suspicious activity, and reporting it to the authorities, you can be part of the solution. Years ago the city had a Block Watch program. This was an effective program of organizing neighborhoods, providing training and resources for residents to keep a watch on their neighborhood

for criminal activity. While the city has stopped supporting these programs, residents can still connect with their neighbors, share contact information, and pledge to keep an eye out for each other's homes and neighborhood.

Contact BWNA Crime Prevention and Safety Committee co-chairs Patty Nelson at 503-281-8035 or Bill Markwart at 503-282-4610 with neighborhood crime prevention and safety questions and concerns.



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NNWP scrambles to keep up with newcomer greetings

by Al Ellis

Amid warming weather and climbing interest rates, prospective buyers enter into bidding frenzies for an increasingly shrinking inventory of homes—especially older, charming ones like those in eclectic Beaumont-Wilshire. For any number of reasons, owners of existing homes have been hunkering down in greater numbers, opting to upgrade via remodeling and/or building additions on their property.

Another contributing factor to the relatively short supply of existing and comparatively affordable homes for sale is a state law that went into effect this year prohibiting single-family-home zoning, thus providing incentive for developers to purchase houses for demolition to cash in on construction of density-accommodating (but not necessarily “affordable”) “plexes” such as duplexes and triplexes, or by squeezing in two large, expensive new homes onto one lot. One thing is sure, though: the market for B-W homes—whether existing or new—is red hot, with the scramble on to close deals...and BWNA is scrambling as well to greet the newcomers.

BWNA’s New Neighbor Welcoming Project (NNWP), rooted in the “Welcome Wagon” concept, has as its ultimate goal the in-person delivery of a “welcoming packet” containing discounts from local businesses and greeting letters from BWNA and the Beaumont

Business Association to every new B-W homeowner, condo owner, and renter. It’s a tall order, and one yet to be fully realized due to two ongoing impediments: 1) since the COVID-19 pandemic hit, most of our packet deliveries have been via mail, not in person; and 2) limited data—our newcomer information, graciously provided free of charge by First American Title and reviewed by local Windermere/Morgan Homes real estate broker and newsletter advertiser Jamie Van Hoorn, is confined to owners of B-W single-family homes, not condos or rentals.

That said, as COVID numbers have declined, our welcoming project has gradually returned to its original approach of home deliveries. Presenting packets in person makes a big difference, not only by personally welcoming newcomers on behalf of BWNA and the local business community, but also by chatting with them about their impressions.

With move-ins increasing during the spring and summer months, more packet deliverers are needed. If interested, please contact the NNWP Coordinator (me) by email (aje0280@gmail.com) or by phone (503-287-0477). And if you know of someone who’s moved into a B-W house, condo, or rental, please let me know. Either a volunteer will deliver the packet to that residence, or you can request a packet to deliver to your new neighbor yourself!

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Recycling with Liz—leave this world a little better than you found it

by Elizabeth Erickson

We've all seen it: cigarette butts, fast food packaging, cans, candy wrappers, plastic bags, and other debris on the side of the road or on the sidewalk. These small amounts of litter are not only unsightly, but also harmful to the environment. Birds and other animals nibble at chip bags, storm drains get clogged, and waterways fill up with the debris. We can all be a part of the solution—litter is absolutely preventable. Consider the following litter lessons:



- If you see litter and trash in your neighborhood, pick it up and properly dispose of it.
- Head out on a walk with gloves and a bucket or bag to collect litter.
- Properly dispose of trash before it becomes litter. Always bag your garbage.
- Keep a bag with you or in the car for litter.
- Don't neglect to pick up cigarette butts, which are not made of paper fibers but of chemicals and microplastics. While they are small and “icky” to pick up, they have a large negative impact.

- Keep garbage can lids secure. Gusty winds can scatter loose material.
- Pick up only what you feel is safe—it's okay not to handle debris such as tissues, needles, and discarded masks.

I know many neighbors already do these things, so keep it up and join on in! Want to do more? Adopt One Block and SOLV are local nonprofits working to make a difference by engaging residents to tackle the litter problem.

As said by Robert Baden-Powell, founder of the world Scouting movement, "...leave this world a little better than you found it..."

Questions and comments welcome: elizabeth.ann.erickson@gmail.com.



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
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B-W Creative Souls: Beaumont Village artist with a passion for running the gamut

by Peter Mogielnicki

A visual feast greets any guest at Beaumont-Wilshire resident David Friedman's studio on NE 38th Avenue, just off of Skidmore Street. There, the tools and materials of his art vie for center stage with his creations themselves.

Friedman had no particular interest in the visual arts until, out of curiosity, he took a Hebrew alphabet calligraphy course in college. This sparked a lifelong passion—first a degree in art and painting at the University of Illinois and eventually a dual career as graphic designer and fine artist.

Friedman is a self-described “eclecticist,” and his creations bear this out. Working in media as varied as acrylics, digital painting, oils, mixed media, pastels, and paper cutting, his styles range from pure abstraction to Picasso-like modernism. His subjects range equally widely, among them insects, landscapes, birds, pets, botanicals, portraits, politics, and more.

Among the avant-garde media he explores is digital painting in which he reworks a digitized photograph into a strikingly compelling portrait. His Portrait Project Series depicts wonderfully expressive likenesses of subjects who range from well-known political figures like Elizabeth Warren to familiar Street Roots personalities—hinting, perhaps, at the artist's philosophical/political leanings.

Friedman often returns to papercutting, which he is actively pursuing at present. This medium originated shortly after the invention of paper in 4th century China. Since then, the medium of cut paper has spread worldwide and has been used by such artists as Henri Matisse and Kara Walker, whose works have been exhibited in museums internationally. Consistent with Friedman's restless artistic eclecticism, he has invented his own unique and remarkable variation on this ancient artistic medium. First, he laminates colored paper to the back of the black paper “canvas” from which his images will emerge. Then, using hand-made wooden “mini stilts,” he elevates the piece above a white background. This results in a gentle wash of colors reflected off the colored backing onto the white background, where it is visible through apertures he has meticulously excised from the originally solid black sheet. Were I forced to choose a favorite Friedman work using this technique, it can be found on his website



Artist and Beaumont-Wilshire resident David Friedman works in a variety of media. His eclectic work is shown locally at the Artistic Portland Gallery in Beaumont Village on NE Fremont Street as well as the Alberta Street Gallery.

at www.friedart.com/majorpaperworks, then scrolling down to “Sea Scape.” There, puffy summer clouds float in a light blue sky, admitting filigreed sunbeams through a pastel pink early sunset floating above a dark blue rippled sea. But there are many lovely runners-up.

When not hard at work on his next creation, David can often be found accompanying his sweet pup, Poppi, in the off-leash dog run area of Wilshire Park. He is a founding board member of Portland Open Studios, a board member of Art in the Pearl, and a proud member of the Guild of American Papercutters. His work is currently shown at the Artistic Portland Gallery in Beaumont Village as well as the Alberta

Street Gallery at NE 19th Avenue and Alberta Street. Portraits and other works can be commissioned by calling FriedArt at 503-757-5595. Follow David on social media via @friedart.

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Advertiser Lori Vance champions silver fitness in a neighborhood she loves

by Mark Mohammadpour

We're pleased to profile newsletter advertiser Lori Vance from Body Image Fitness (see Lori's ad at the bottom of this page).

Lori, please share a little about yourself and Body Image Fitness.

I started Body Image Fitness to help middle-aged and senior folks become stronger, more balanced, and functional in their day-to-day living. I became a certified personal trainer in 2003 and quickly found that I most enjoyed working with that demographic, so I got certified in Silver & Fit and Silver Sneakers as well.

I use exercise training that will help increase a person's strength, confidence, agility, and functionality. I focus on methods that will give them more balance, flexibility, range of motion, and the ability to do the things that make their life easier and better. In 2019 I decided to break away from the corporate setting and start my own small business, and I love it! The idea of working in an individualized setting and smaller space also works well for people concerned about COVID safety. And we have a lot of fun! I get to know each person on an individual level, and the workout can be tailored to work around any injuries or physical issues they may have. Personal training can be beneficial after surgery, rehab, or physical therapy. And you are never too old to benefit!

What do you like about being a personal trainer?

What I love most is having a client come back and tell me they can now walk better, go for a hike more easily, play the sports they love, or just generally have less pain in their bodies. It's very fulfilling and makes the job so rewarding. I enjoy getting to know people and each



Lori Vance of Body Image Fitness helps middle-aged and seniors improve their fitness. Photo provided by Lori Vance

client's personality and developing rapport. I have several clients who have been with me for 10 years!

Please share your springtime fitness tips!

Go outside and get some fresh air! Go for a walk, hike, bike ride, or whatever you enjoy doing. Exercise should be about making your body and mind feel better and stronger, and it should be as enjoyable as possible. If you feel the benefit right away, you'll continue to exercise. Our bodies are meant to move! The strength and balance exercises we do indoors will help everyone enjoy life more and feel better. And don't forget to stretch before and after exercise!

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

I love the Beaumont-Wilshire community! I had the opportunity to begin working here in the fall of 2020, and I've enjoyed it. The people are so friendly and nice, and it's really a supportive community. Plus, there are a lot of folks in the neighborhood that are of the age group I work with. I hope to be a part of the neighborhood for a very long time!

Thank you, Lori, for all you do in service to the community and in support of BWNA with your ad!!

Editor's Note: After five exemplary years of service to the newsletter as our go-to interviewer of advertisers and new board members and officers, Mark is making his exit. Heartfelt thanks, Mark!



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Cook like no one is watching!

by Susan Trabucco

While living in Astoria, my husband and I learned to love the arrival of fall rains. Why? Because rain rang in the mushroom foraging season. (No, not the psychedelic sort, but that question is frequently asked of us!) Nearly every weekend from September to late November we'd drive a mere two to ten miles from our home to troop through verdant forests, filling our lungs with high-oxygen air and breathing in the organic forest aromas. Plentiful chanterelles were the main attraction. Lobster mushrooms occasionally shouted out to us with their bright orange-red coloring, and the biggest prize was the infrequent sighting of my favorite—the elusive cauliflower mushroom.

A spring mushroom arrival, morels, are not a staple of the coastal environment. Therefore, our tracking skills aren't transferable to the valley. So should anyone be willing to hint, suggest, or even

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IS BORN A
GREAT
COOK,
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BY DOING."**

—Julia Child
Chef & Author

full-on reveal their prized morel hunting ground, I promise to share my winnings, cook a meal—heck, even award my first-born! (Just kidding, son.)

Happily, morels are plentiful in spring farmers' markets around town. Buy just a few if the price per pound is prohibitive—a little goes a long way. Simple preparations are better; the full flavor of these earthy morsels is what you want to savor. I hope you'll try the recipe below for a delicious morel mushroom sage-cream sauce. Bon appetite!

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



"Cook Like No One is Watching!" recipe adapted from *Wild Mushrooms* by Cynthia Nims

Serves 4 as a sauce for 1 lb of gnocchi

Morel Mushroom Sage-Cream Sauce

- ¼ c unsalted butter
- 2 Tbs thinly sliced fresh sage
- ¾ to 1 lb fresh morel mushrooms, cleaned and whole if small, halved if large
- ½ c whipping cream or heavy cream
- Parmesan cheese, shaved or grated for serving

Melt the butter in a large skillet over medium heat until browned and nutty smelling. Add the sage, stir quickly just until lightly crisped—about 30 seconds. Add the mushrooms and sauté until tender and the liquid they emit has evaporated—6 minutes or so. Season with salt and pepper, then add the cream and just bring to a boil.

Serve over gnocchi or chicken with a shaving of Parmesan, or even over ice cream. (Ha, ha...just seeing if you're awake!)

Calling all Volunteers!



BWNA has volunteer opportunities to suit every interest! From serving on the board or a committee to delivering the newsletter to reporting/article writing to offering your neighbor a hand or helping to maintain and beautify Wilshire Park, there's much work to be done to keep our neighborhood strong. Want to know more? Contact Al Ellis (aje0280@gmail.com) and get involved!



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