



May-June 2020

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

BWNA Calendar of Events Community Events

BWNA May and June events have been canceled due to COVID-19

Check bwnapdx.org for updated information

Oregon Election Day Tuesday, May 19 Last day to deliver ballot to ballot box.



COVID-19: the view from my block

by Susan Trabucco

Admittedly I'm consumed by the bad news du jour about the globe-crushing coronavirus wreaking havoc here and abroad. And while statistics paint one aspect of a very large picture, the "real people" part—not numbers—is worthy of focus.

For a hyper-local perspective on how COVID-19 and its social distancing requirement is affecting the lives of humans in our 'hood, I wanted to zoom way in....to my own block in the Beaumont-Wilshire neighborhood. How this very bad bug is affecting those in proximity to my husband and me—and how they're dealing with it—serves as a glimpse into what those in B-W and beyond may be experiencing. On our block the gamut of income-generating means (or not, at this moment) runs wide and includes: a hairdresser, restaurant owner, and bartender out-of-work by coronavirus-driven government dictate, not by design; a white-collar employee of a large company who can work from home....with three children out of school; a nurse, blessedly not on the front lines of coronavirus care; a work-from-home engineer, work-from-home I.T. contractor, and work-from-home communications contractor (me); a vacation rental owner (my husband and also me); a single-mom with a first-grader who had to decline a new job due to the challenge of no school or daycare; and several retired folks (including my husband) with incomes mercifully not affected by the business shutdown.

Income loss, swift and without warning, varies by job category. The fully retired and able-to-work-at-home type are faring the best thus far. And thankfully our bartender neighbor was able to secure unemployment benefits very quickly, unlike the stories one sees on the news. However, contrary to

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Walking takes on whole new perspective

by John Sandie

I'm writing this article during first full week of April and reflecting back on the last four weeks of changes to my neighborhood walks. By the time this gets into the public eye in early May, I anticipate even more changes will have occurred.

Before the official edict by Governor Brown, my wife and I took our family's suggestion and self-isolated beginning March 11, a tough decision as we live only a few blocks from our youngest two grandchildren. Once schools were closed, it was only porch-to-driveway meetings. No hugging was the most difficult reality to adjust to and still remains the hardest adjustment many weeks later.

Although the 6-foot social distance was recommended early on in an effort to control the spread of COVID-19, it was not adopted by all right away. That first week, many folks seemed to lack either awareness or concern for distancing at all, like the joggers who did not announce themselves and blew by me a couple feet away or the side-by-side walking friends who took the whole sidewalk and forced me to veer onto the lawn. However, it didn't take long



continued on page 5



## President's message

by Tim Hemstreet

## Making our way out of the darkness

I hope these words find you and your family in good health. What surprising changes to life and the neighborhood have come in the few weeks since the last issue of the BWNA newsletter. It seems at times as if we are living in a science fiction movie or a disaster exercise, and I wonder when the movie will end or the instructor will cease the simulation and debrief the participants on what we'll need to improve upon before we return to a normal work day. From school closures, working at home—if one is fortunate enough to do so—to closed or modified operations at many businesses, things are very different. Many are struggling with lost jobs, canceled life cycle events, the challenges of social distancing, and the inability to travel and visit loved ones, while some may be grieving a loss.

Despite all of this, it remains spring, a time of rebirth, and that provides a reminder that this dark season of the coronavirus will also pass with time. Let's hope that when it does—or when we are better prepared to deal with its realities—we can emerge stronger and more appreciative of normal life, our health, our community, and

our family and friends that we rely upon. To that end, please be mindful of opportunities you may have to contribute in some small way—whether through donating blood, shopping for a vulnerable neighbor, or simply expressing appreciation to our health care workers, many of whom are our neighbors, by ringing a bell or making some noise at 7:00 p.m. If you are able, please also support our local businesses that are working hard to adapt to these conditions and continue to serve the neighborhood.

For the time being, all BWNA meetings and events are canceled (including what was to be our first neighborhood cleanup), and we'll be reassessing on an ongoing basis and adapting as is appropriate. For now, your BWNA officers and board members remain the same, despite what would have been our annual election in April, which we had to cancel last month. Please do reach out to me or any other board member if you have concerns about a neighborhood matter or need assistance in raising an issue with the city.

Stay safe.



### JOIN OUR EMAIL LIST

While you're visiting the BWNA website to read this issue of the newsletter, please take a moment to register your email address so you can keep up to date on neighborhood news, meetings, and activities. Click "Subscribe" at the top of the website home page and enter your contact information.

## Our Organization

### BWNA Board

#### President

Tim Hemstreet 503-239-6231  
[president@bwna.us](mailto:president@bwna.us)

#### Vice-President

Kathy Campbell 503-515-6225

#### Secretary

Barbara Strunk 503-284-7502

#### Treasurer

Karla Lenox 503-686-5915  
[treasurer@bwna.us](mailto:treasurer@bwna.us)

#### Board Members at Large

Al Ellis 503-287-0477  
 Tim Gillespie 503-287-6272  
 Gary Hancock 503-367-0862  
 Laurie Holtz 621-327-5595  
 Rich Woyma 971-488-0140  
 (three open positions)

### Related Organizations

#### Beaumont Business Association

Kathy Madore  
[beaumontbusinesses@gmail.com](mailto:beaumontbusinesses@gmail.com)

#### Central Northeast Neighbors Board

Barbara Strunk 503-284-7502  
 Tim Hemstreet 503-239-6231

### Areas of Interest

- **Beaumont Middle School**  
 Tim Gillespie 503-287-6272
- **Crime Prevention**  
 Bill Markwart 503-282-4610
- **Transportation**  
 Jim Howell 503-284-7182
- **Land Use**  
 Tim Hemstreet 503-239-6231
- **Newsletter**  
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 Instructions at [bwnapdx.org](http://bwnapdx.org)
- **Friends of Wilshire Park**  
 Gary Hancock 503-367-0862
- **Website** ([bwnapdx.org](http://bwnapdx.org))



## Editor's notes

by Al Ellis

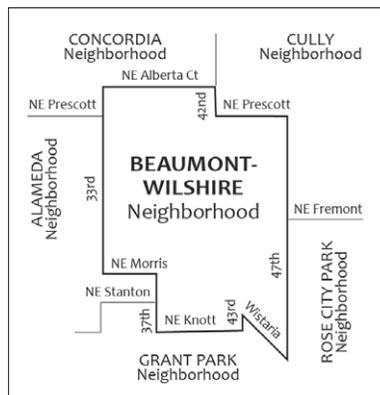
The last issue's Editor's Notes focused on why there was no article promoting

April's Taste of Beaumont (ToB), BWNA's annual spring event featuring cuisine samples and raffle prizes donated by local businesses, entertainment by Cynthia Plank's Beaumont Middle School Jazz Ambassadors, and an "Elections General Meeting" aimed at motivating attendees to step up to serve on the board. Put simply, there was no promotion of ToB because there was no ToB to promote. Disappointing turnouts coupled with meager success in filling open board positions prompted the board's decision to discontinue ToB, with elections rescheduled for a regular second-Monday-of-April general meeting. But, as we know now, the COVID-19 epidemic would have shut down ToB anyway, along with BWNA activities for weeks to come. An exception is our newsletter.

Reading online is not everyone's cup of tea, especially for those older-generation folks (e.g., yours truly), who prefer holding publications in hand and turning pages with fingers. But adjustments come with the territory in a crisis like this one, and it goes without saying that comfort zone inconvenience plays second fiddle to the safety of our 60-plus volunteer distributors, who walk neighborhood routes every other month to deliver over 2,600 newsletters. Still, this temporary shift to electronic-only access is not without a silver lining: for readers, there's the aesthetically pleasing color copy; and for BWNA, a savings of \$1,300 in printing costs per issue. Which begs an obvious question: if the online color version is so much prettier to read and totally free of charge to publish, why not dispense with the printing and distribution of hard copies altogether? Let me answer that with a rhetorical question: previous to this issue, when was the last time you read the newsletter online, as opposed to the copy delivered to your doorstep? That's what I thought.

But not so fast, perhaps; after all, a bit of honey sweetens the pot: with online access the only choice for the time being, might not a good number of readers develop a preference for the "living color" version and opt to continue reading online even after the pandemic has passed? And in turn, might that trigger an accompanying upsurge in traffic on BWNA's new, improved, and evolving website (bwnapdx.org), not only for convenient access to the current newsletter and archived issues (dating back to January-February 2012), but also for article updates, community event announcements, BWNA meeting minutes, and resource contact information? That sounds plausible to me, but I believe it would be foolish not to resume hard copy delivery down the line, given the overriding benefit to BWNA of maximizing communication channels to residents and neighborhood businesses.

Speaking of enhanced communication, I encourage you to subscribe to BWNA's mailing list via the website. While the BWNA newsletter and online site Nextdoor have been conduits of choice for BWNA, direct e-mail to residents takes it to another level. Joining the mailing list is easy: just click on "Subscribe" at the top of the website home page and enter your contact information.



## Calendar of Events (cont.)

### BWNA Meetings

#### NOTE:

Check bwnapdx.org for updated information regarding cancellations due to COVID-19

**Monday, May 11:** Board Meeting

**Wednesday, May 13:** Friends of Wilshire Park Committee Meeting

**Monday, June 8:** General Meeting

**Wednesday, June 10:** Friends of Wilshire Park Committee Meeting

### BWNA Newsletter

#### Submission Deadline

**Friday, June 12** (for the July-August newsletter)

E-mail articles and Letter to the Board editorials to Al Ellis (editor@bwna.us)

E-mail photos, graphics, and ads to Jane Feinberg (design@bwna.us)

#### Ad Payment

Please make checks payable to BWNA and mail to the following address on or before the submission deadline (see above):

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## COVID-19: the view from my block (continued)

Senator Lindsey Graham's prediction, he isn't lazing around enjoying his newfound "wealth"—instead he's anxious and would very much prefer to be working. The self-employed are a little nervous, hoping the unemployment benefits that have been temporarily established for folks in that category prove to be real.

I feel fortunate. My biggest client is a municipal agency; hopefully its funding will remain stable. Our vacation rental? That's another story. All but one of our existing spring and summer bookings canceled. But as life handed us lemons, our "lemonade" appeared as a delightful woman who lives on Alameda Street, but who, due to some health issues, is more vulnerable to COVID-19. To distance herself from her family (and everyone!), she's renting our guest house for the next few months.

On the VERY bright side, our block-dwellers are following the prescribed social distancing policies—knock on everything—and no one on our block has been ill. Perhaps the self-designated "hall monitor" who questions our every move gets the credit and always a hearty laugh when he jokingly admonishes us for heading out on a walk or getting into a car.

Amidst our prescribed "alone time," someone on the block took up the national trend of 7:00 p.m. bell-ringing in appreciation for COVID-19 health care workers, bringing neighbors to their porches to whoop it up in honor of those hard-working folks who don't have the luxury of self-isolating.

In this noise-making nightly backdrop, we managed a birthday party for a lonely 7-year old on the block while keeping the recommended six feet apart. (Mostly). It allowed us time to say hello, hear horror stories about bored teenagers, share our concerns about coronavirus,

wonder aloud whether we'll be changed for the better as a nation after many weeks or months of confinement, and console those with newfound economic woes.

As we're encouraged to "stay home" in a collective effort to kick this disease to the curb, I am grateful I've come to know my neighbors since moving here 8 years ago. Why? Because there's comfort in the sense of being in-it-together via distance-appropriate sidewalk chats, over-the-fence salutations, and shared laughter, which is, as is said, the "best medicine." And for the time being, our only medicine.



*Carefully-arranged birch branches on the balcony railing of a house just west of Beaumont-Wilshire spell out a message of hope to passers-by.  
Photo by Susan Trabucco*

## Walking takes on whole new perspective (continued)

for the vast majority to adjust and attempt to keep a proper distance. The next week saw businesses close with some trying to manage takeout amid changing guidelines. Tacovore, for instance, became a stark contrast for my walks with overflowing crowds during evenings and weekends replaced by the simple table out front with a reduced menu and instructions for takeout. Things were changing quickly. A few more folks were wearing masks, despite the continuing debate about whether they were a help or a detriment. Crossing Fremont Street was easier than ever before, and side streets evolved into pedestrian-friendly thoroughfares.

After a few weeks of kids cooped-up with families, I noticed that even a short period of sunshine would change the streetscapes

drastically. It was as if entire families were waiting behind their front door in anticipation of the starting pistol to sound, and a break in the clouds provided the signal. This "blooming" of people was even more evident in Wilshire Park, a magnet for walkers, joggers, bicyclists, and dog walkers. The day I was writing these words, I actually left the park because it required so much attention to maintain 20 feet of physical distance—the newest social distancing recommendation.

On the brighter side of all this, I get a lot more smiles and hellos on the neighborhood walks as the spirit of "we are all in this together" gets stronger and stronger. That is something I hope we hang onto, even after this health crisis fades in our memories.

# BWNA priority of purpose amidst crisis

by Al Ellis

As *constitutions* are to republics, so *bylaws* are to neighborhood associations, i.e., providers of purpose and structure for representative democracy. Accordingly, BWNA's bylaws—available for perusal on the BWNA website ([bwnapdx.org](http://bwnapdx.org)) by clicking on “Bylaws” at the top of the home page—begin with a section entitled “Name and Purpose” and proceed to organizational sections covering everything from neighborhood boundaries to leadership duties to decision-making procedure to the amendment process. But rules governing neighborhood association bylaws, established many years ago by what was then called the Office of Neighborhood Associations (today the Office of Community & Civic Life), were crafted for normal times, not a pandemic. The result: thinking-outside-the-box improvisation to get by.

Case in point: BWNA bylaws require that annual board elections be conducted at a meeting some time in the month of April, but that wasn't possible this year due to the crisis, leaving board members seeking re-election to a new two-year term in limbo. A way around the problem would be to utilize a provision in the bylaws that permits the board to “appoint” (by majority vote) replacements to fill vacancies—meaning, hypothetically, that incumbent board members with expired terms could be appointed to continue serving in their positions until next year's April elections. But here's the catch: the bylaws require voting to be done in person at meetings—not digitally or by phone—and given the likelihood that sheltering-in-place restrictions will continue well into May and very possibly into June, odds are that the next opportunity to fill positions in compliance with

the bylaws won't take place until the July 13 board meeting, in the meanwhile leaving BWNA without a duly-elected president, treasurer, and several at-large board members. Of equal concern is the inability of the board to meet in “special session” between regularly scheduled meetings to deal with matters of urgency (as happened a few months ago with a “special meeting” convened to resolve the fate of Taste of Beaumont and respond to a request by Friends of Wilshire Park to include fundraising envelopes in the newsletter). But why not simply change the rules via amendment? Answer: a board meeting would be required.

As the adage goes, extraordinary times call for extraordinary measures, with “thinking outside the box” its corollary. The creative solution arrived at by the BWNA board was basically to prioritize purpose over procedure: thus, of the five purposes of BWNA stated in the bylaws, “To enhance the livability of the neighborhood...” tops the list, and in the spirit of that prime mission, the decision was made to allow the current board to remain intact as a team for the duration of the crisis (including President Tim Hemstreet, who is not seeking re-election to another term)—in duty to the neighborhood. Subsequently, the board proceeded to reach consensus via e-mail discussion on cancellation of meetings, interim decision-making procedures, temporary suspension of the New Neighbor Welcoming project, digital-only publication of the newsletter during the crisis, and, in recognition of tough sledding for businesses, a gifted credit to newsletter advertisers of a free issue of advertising. As for amending the bylaws and filling positions, that could wait.

## No time like the present to know about NETs

by Susan Trabucco

With reports of store shelves bereft of toilet paper and long lines outside grocery stores, one might think COVID-19 was tantamount to preparing for the BIG ONE—the oft-used title for a significant earthquake that may occur in the Pacific Northwest within the next 50 years. While the coronavirus and the BIG ONE are totally distinct from one another, fear is the common denominator affecting behavior.

Given the collective emergency mind-set at present, an update on Neighborhood Emergency Teams (NETs) couldn't be more relevant—the organization's mission, training for its volunteers, and, of particular interest, Beaumont-Wilshire area NET activity—both in the recent past and in the wake of the COVID-19 crisis.

### Who & what are NETs?

NET members are Portland residents trained by the Portland Bureau of Emergency Management and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. NET members are trained to save lives and property until professional responders can arrive. These volunteers are specially trained to help others without putting themselves in harm's way.

Con Bricca is the NET team leader for the Beaumont-Wilshire and Alameda neighborhoods. Neighborhood and block preparedness are crucial for any disaster scenario, he says, but especially for a regional emergency such as a Cascadia Subduction Zone earthquake. NETs

*continued on page 9*

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# Input sought to develop priorities for Columbia Slough Watershed

by Al Ellis

A little over a year ago, this newsletter published an article entitled “Rehabilitated Slough Habitat a Nearby Gem of Nature” in which newsletter team reporter/BWNA Secretary Barbara Strunk recounted the successful rejuvenation of the Columbia Slough area, including the remarkable resurrection of Whitaker Ponds Nature Park from a junkyard inhabited by a staggering 2,000 tossed tires to a “...healthy ecosystem for birds, mammals, plants, and people.” Well worth another read, the article is on page 7 of the March-April 2019 newsletter, easily accessed in the newsletter archives ([bwnapdx.org/newsletters](http://bwnapdx.org/newsletters)).

The rehabilitation of the slough habitat—extending along the south side of the Columbia River from Troutdale to the mouth of the Willamette River and providing “wildlife habitat and green space crucial to the health of our city, along with drainage, education, and recreation”—has been a multi-year cooperative project involving Portland Parks & Recreation, the Bureau of Environmental

Services, and the Columbia Slough Watershed Council. The council is currently seeking input from residents, especially those living in the vicinity of the slough, including Beaumont-Wilshire residents.

The Council’s Stormwater Science & Policy spokesperson Keri Morin Handaly explains the nature of the input survey, “The survey is to help develop priorities for parks and natural areas and other community programming within the Columbia Slough Watershed.”

As a thank-you for filling out the survey, the council is offering a small (unidentified) prize. Use one of the following links to access the survey:

English: [surveymonkeys.com/r/slough](https://surveymonkeys.com/r/slough)

Spanish: [surveymonkeys.com/r/sloughesp](https://surveymonkeys.com/r/sloughesp)

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## Know about NETs (continued)

help neighbors develop emergency family plans—e.g., water and food storage, sanitation needs, and first aid and medical needs. Everyone is encouraged to sit down with neighbors and begin planning together how to be better prepared. Bricca says that with guidance and assistance from NET members, some blocks are well along in their preparedness.

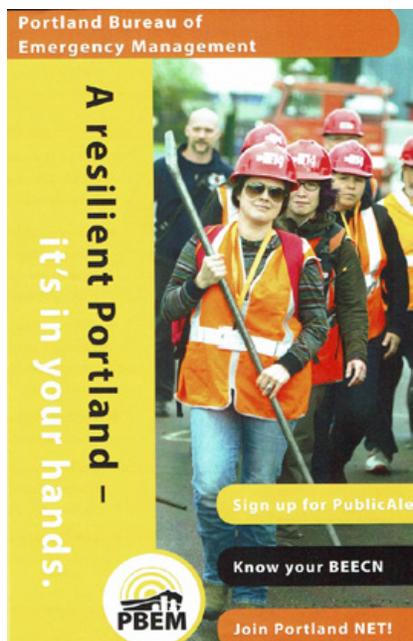
“Getting to know our neighbors and learning to support each other is vitally important for any emergency scenario we may face. Our NET team members lead block meetings in our two neighborhoods to help neighbors connect with each other and learn each other’s skills and needs.”

### NETs in our community

NET members must be age 18 or older (although 14- to 18-year-olds may serve as well with written parental permission). The Beaumont-Alameda NET has 25 active members and 15 affiliated volunteers who are willing to lend a hand in emergencies. Bricca says that new neighborhood members are always welcome, and the required training is open to anyone who lives or works in Portland, including persons with disabilities.

### NET training

The basic NET training curriculum is comprised of at least 25 hours of classroom instruction, plus four hours for the final field exercise. Collectively, the training includes disaster awareness, small fire suppression, utility control, hazardous materials, terrorism, disaster medicine, light search and rescue, disaster psychology, and volunteer team management.



### Beaumont-Wilshire/Alameda NET activities

Examples of recent events in which Beaumont-Alameda NET members have assisted are the Alberta area street flooding, downed power lines in our area, a gas explosion in NW Portland, staffing of city warming shelters during the winter and cooling shelters during the summer, helping with preparedness training for students at Benson High School, assisting in the organization of neighborhood block meetings, and teaching preparedness (e.g., water storage, sanitation, first aid).

In light of the coronavirus pandemic, some NET members have volunteered to help at Portland’s Emergency Coordinating Center (ECC), where the Portland Bureau of Emergency Management (PBEM), the Water Bureau, and the city’s command center are located. The ECC is in full activation due to the coronavirus situation. NETs are assisting some section chiefs, staffing phones to answer questions from the public, note-taking at meetings, and preparing and serving meals to city staff.

“Basically, NETs are backing up our professional first responders in this time of crisis,” says Bricca. NETs are also distributing public information posters to businesses and other community centers in an effort to keep the public informed about the COVID-19 crisis. Our NET and other NET teams around the city have been contributing PPE (personal protective equipment, such as N95 masks and gloves) from NET team caches to Portland Fire & Rescue and local hospitals.”

### Reaching out to build resilience

Bricca emphasized the need for reaching out to neighbors: “Do so on your block, and nearby blocks—it’s a great way to build community resilience.” Bricca encourages people to offer help to neighbors who may need groceries or a prescription or who may feel isolated.

“This is a service with many rewards,” he says. “These acts help us feel connected and valued, strengthen our neighborhood, and help us be better prepared to deal with any emergencies, especially our ongoing coronavirus pandemic.”

For more information, including a schedule of NET trainings and application for training, visit the Portland Bureau of Emergency Management’s website ([portlandoregon.gov/pbem](http://portlandoregon.gov/pbem)). If scheduled trainings are listed as full, e-mail Bricca at [conbricca@gmail.com](mailto:conbricca@gmail.com) for information about the next available training session.

For more information on COVID-19, visit Multnomah County’s website: [multco.us/health-officer/novel-coronavirus-covid-19](http://multco.us/health-officer/novel-coronavirus-covid-19) or dial 2-2-1. Both resources have multiple languages available.

# We did it!

by Peter Mogielnicki (on behalf of the BWNA's Friends of Wilshire Park committee)

Despite all the coronavirus chaos, residents of Beaumont-Wilshire, Alameda, and other neighborhoods pitched in with amounts large and small to assure that youngsters can expect to see a new playhouse installed in Wilshire Park by the summer. Let's just hope that the social distancing is lifted and the playground is open for use by then!



The playhouse represents the third major project in three years driven by Friends of Wilshire Park (FoWP). The playhouse was preceded by NatureSpace completed in the fall of 2018 and the new toddler playcar installed in September 2019. None of these improvements would have been possible without the generous contributions of hundreds of park users, local businesses, and two neighborhood associations (Beaumont-Wilshire and Alameda). Also indispensable to the success of the projects were expertise and technical assistance provided by NE Portland Parks Maintenance Supervisor Mike Grosso, NE Parks Horticulturist Johnny Fain, Portland Parks & Recreation (PP&R) Ecologically Sustainable Landscape Program Coordinator Eric Rosewall, PP&R Capital Project Manager Evan Callahan, Central Northeast Neighbors Coalition staff, and the accommodating folks at Morel Ink.

As most park users know, the PP&R budget was severely reduced in May 2019, when "structural" deficiencies were discovered, resulting in major reductions in park maintenance and replacement budgets, with projections of multiple layoffs and park recreation centers slated for closure. That reduction passed on a 4-1 vote, with City Commissioner Jo Ann Hardesty, who is the only commissioner not up for re-election this November, casting the single "nay" vote.

Wilshire Park is a magnificent local resource and as residential infill becomes a reality, its use will certainly increase. The long-term mission of FoWP is keeping it well maintained, pitching in to help PP&R staff keep it beautified, and seeking every opportunity to find ways to make it even better.

For details about post-coronavirus meetings and activities, making donations, and volunteering to help on projects, go to the FoWP website ([friendsofwilshirepark.org](http://friendsofwilshirepark.org)).

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# The Arrangement gets creative for 40th anniversary

by Deena Spang

Located in Beaumont Village for 40 years, the longevity of The Arrangement is nothing short of extraordinary—and certainly something to celebrate. It was disappointing, then, when the COVID-19 virus thwarted plans for a landmark anniversary celebration for this iconic neighborhood gift store. But neighbors needn't despair, because The Arrangement has gotten creative with ideas about how to both support the community during the epidemic and add some normalcy to each day.

For Easter, The Arrangement upped its website game (thearrangementpdx.com), offering “Bunny Bags” for pickup or delivery. Customers were thrilled with this option of supporting the business while continuing Easter traditions. More than once, owner Sue Mautz was on the receiving end of positive feedback from gratified patrons: “Trying to create normal for my kids and support one of my favorite stores means so much!”

“We want to be there for our customers,” stated Mautz. “Clearly this is nothing we’ve seen before.”

With Mothers’ Day and everyday life events continuing to happen, The Arrangement plans to offer delivery and pickup service throughout the crisis.

The Arrangement has a storied history and is considered a Portland retail landmark. Mautz evolved her original passion for flower arranging at the Saturday Market into a brick and mortar location on NE Fremont Street in 1980. Her boutique was filled with her designs and those crafted by other local artists. After three years in her original space, Sue made the decision to purchase and transform a 1924 gas station across the street on the corner of 42nd and Fremont. In this new building, The Arrangement initially shared retail space with a coffee shop and a wallpaper store. Over the next several years, Sue expanded her retail footprint to the entire building and continued to develop this thriving and well-loved lifestyle boutique in the Beaumont-Wilshire neighborhood.

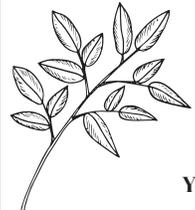
Stay tuned for anniversary plans once this is all over. It will be fun. The Arrangement misses you, hopes that everyone is well in your families, and thanks you for 40 great years!

*Editor’s Note: Of our 23 advertisers, The Arrangement has been with us the longest.*

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# In the garden there is always hope

by Barbara Strunk

If there is a silver lining to the coronavirus pandemic it is that it is occurring in the spring. The days are getting longer, temperatures are warming, and gardens are bursting into growth and bloom. Not only the plants, but also all the creatures that live in the garden, including humans, are active. Our gardens are a safe haven for us while circumstances outside are threatening and disheartening. Gardeners by their very nature are optimists. “Our gardens” are anywhere plants are growing: windowsill gardens, planted pots on a balcony, or a single favorite houseplant.

My garden provides me solace and hope for the future: a sense of normalcy. I am nurturing the growth and health of an entire community that includes plants, insects, birds, and people. The colorful bumblebee in the photo below made me laugh as it gathered pollen from a small narcissus that is not much bigger than the bee. Anna’s and Rufous Hummingbirds feed off the wild currant in my front garden. For a short period before garden flowers opened, bushtits scavenged the ants that gathered on the hummingbird feeder, while the hummingbirds waited their turn.



I am harvesting compost from piles of leaves and kitchen scraps that have been broken down into soil by an active community of microbes. This lovely, nutritious, living dirt will be added to my vegetable beds. With some gentle digging on my part, the vegetable bed will soon be ready to grow peas. It is less easy to obtain seed during the shutdown, but my gardening friends have bailed me out by giving me their extra seed. I hope to return the favor with produce and plants in the near future. From microbes to peas: amazing!

I love to propagate plants. I recently divided a clump of trilliums into a dozen plants to give away to friends and to spread around my garden. Gardening can be a solitary activity, but the gardening community is strong and supportive. We can enjoy each other’s gardens and share, even if it is online, on the phone, or from six feet—or more—of distance.



Working in the garden does not need to be a large project. The “working” that gives me the most comfort is puttering, or looking around to see what has changed since yesterday. Pull a few weeds, deadhead some flowers that might send seed in unwelcome directions, or check on the newly planted seeds. Sit in the sun.

While walking the neighborhood, take note of how parking strips and front gardens are planted. If you see something you like and the gardener is out and about, ask what it is and how to grow it. My parking strip grows vegetables in pots and many plants that thrive in a sunny, drier environment. Even from a safe distance gardeners love to share their successes and hard earned lessons.



The title of this article is borrowed from a reader’s comment on Allan Jenkins’ Sunday gardening article in the online version of The Guardian newspaper ([theguardian.com/lifeandstyle/2020/apr/05/in-worrying-times-there-is-nature-to-be-found-in-nature](https://www.theguardian.com/lifeandstyle/2020/apr/05/in-worrying-times-there-is-nature-to-be-found-in-nature)). These articles and the wonderful resulting comments illustrate that gardening can encourage a sense of community even in a distant place such as a newspaper comments section.



A robust spring/summer recipe from Kathy's Kitchen!  
by Kathy Campbell

## Calico Beans

- |                            |   |                 |
|----------------------------|---|-----------------|
| 1 lb bacon, chopped        | 2 (15 oz) cans pork and beans, drained      | ½ c brown sugar |
| 1 lb lean ground beef      | 1 (15 oz) can white northern beans, drained | ½ c ketchup     |
| 1 lb sweet Italian sausage | 1 (15 oz) can kidney beans, drained         | 1 tsp salt      |
| 1 c onion, chopped         | 1 Tbsp dry mustard                          | 1 Tbsp vinegar  |

Brown the bacon, beef, sausage, and chopped onions. Combine drained meat and onion mixture in slow cooker with remaining ingredients. Cover and cook on low for 3 to 5 hours. If you're making this for a large group, double everything but the brown sugar.

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# Poetry in motion: coronavirus two-step

by Tim Gillespie

Here's a little ditty that came to me the other day  
as I was walking in my 'hood.

## Coronavirus Two-Step

We walk, skirt contact,  
do the dance of distance:

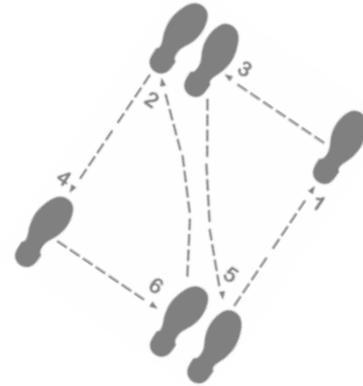
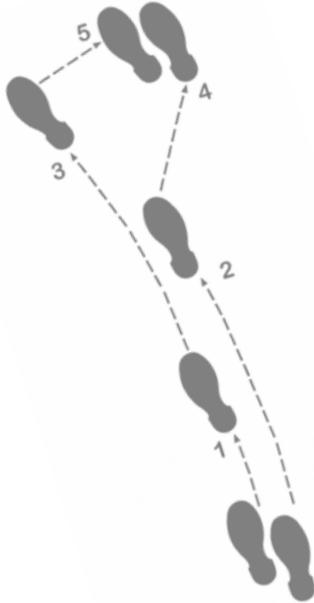
You take the first move,  
a high-step to the sidewalk,  
I'll be-bop to the street.

You cha-cha to the street,  
I'll hold my sidewalk strut.

You sidestep, I'll waltz on,  
civility our do-si-do.

Our music's earnest,  
but a bit off-beat:  
a city street foxtrot,  
a covid-19 moonwalk,  
a bug-avoiding jitterbug,  
happy feet at six feet.

This dance will be  
a short one, so we hope.  
For now we'll juke  
and veer, keen to perform  
the intricate steps  
we call community.



*Editor's Note: Tim is a retired English teacher,  
published poet, and BWNA board member.*



# Caring for your teeth through diet modification during self-quarantine

by Kiran Mistry, DDS

The majority of non-essential businesses are closed during this self-quarantine—dental offices included, since most dental care is neither urgent in nature nor life-threatening. Because all regular checkup and cleaning/maintenance procedures will have to be postponed during this time, many of you will be missing your routinely scheduled visits. While this won't cause much harm for those with healthy teeth and gums, the rest of the population may see an increase in severity of gum disease or small cavities that turn into large cavities as a result of waiting months to receive treatment. With that in mind, here are some pointers on what you can be doing at home to maintain a healthy mouth in addition to your normal brushing and flossing routine (i.e., brushing twice a day and flossing at least once a day).

I've discovered that because of the quarantine, many people are eating and snacking more than they normally would. Snacking is fine if the food does not contribute to dental decay, but the majority of snack foods tend to be highly processed refined carbohydrates and sugars, the main culprits in dental decay.

Before the industrial revolution, dental decay was not nearly as common as it is today, a phenomenon attributable in large part to diet. Ancient



civilizations had diets without sugar or refined carbohydrates and were found to have no dental decay and often only periodontal disease (i.e., disease of the gums and surrounding jaw bone). The process of refining carbohydrates makes the sugars more available to bacteria in our mouths that thrive on those sugars. As a result, the bacteria that cause dental decay (i.e., cavities) overpopulate and take over the normal healthy bacteria in our mouths. The result is an imbalance in good and bad oral bacteria. If the bad bacteria have a constant supply of sugar, they are more active for more hours each day, resulting in cavities forming more quickly. Most packaged foods are high in refined carbohydrates, whether or not they are sweet. Take a look at almost any nutrition label and you will find some form of sugar (i.e., corn syrup, sugar, cane sugar, cane syrup, glucose, glucose syrup, molasses, honey) as well as some refined carbohydrate (i.e., enriched wheat flour, enriched white flour).

Healthier options for your teeth include cheeses, vegetables, lentils, unprocessed fruits, nuts, and healthy meats. Be sure to avoid hard foods (i.e., roasted almonds) if you have a lot of porcelain dental work in your mouth, as porcelain can break. Drinking water throughout the day is also imperative, as it helps to flush out small particles of food that stick to the teeth and acts to neutralize the pH (acidity/alkalinity) of your saliva. Acidity weakens enamel, therefore making teeth more prone to decay/cavities.

If you're looking for more information or just find yourself with more reading time on your hands these days, a great book that goes into further depth on this topic is *The Dental Diet* by Dr. Steven Lin.

Cheers and wishing you all a safe and healthy quarantine.

*Editor's Note: Dr. Mistry (Beaumont Village Dentistry) is a BBA member and newsletter advertiser.*

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# Loving the neighborhood, Dr. Baird excels in transformative healing at Evolve Performance Healthcare

by Mark Mohammadpour

This month we are profiling advertiser Dr. Carl Baird, DC, MS, CCSP of Evolve Performance Healthcare. Dr. Baird is a Portland native who grew up in Northeast Portland and attended Lincoln High School. Dr. Baird lives in the neighborhood with his best friend—his dog Bandit!

*What is Evolve Performance Healthcare?*

I opened Evolve Performance Healthcare to help adults stay active and strong so they can continue to do what they love and stay out of the doctor's office. We spend a lot of time getting to know our clients, getting to know their concerns and worries, as well as their goals, so that we can create a plan that is 100 percent specific to them. Our mission is to improve how people in our community experience the world around them.

*What do you love most about helping your clients?*

I love seeing our clients' transformation during their care. By the time many of our clients come to see us, they have been dealing with pain for months to years. They have usually tried many different therapies that may have helped provide some relief, but never solved the issue. A lot of times they've been convinced that "it's just part of getting older" or they have "bad knees" or a "bad back" and it will just be something that they have to live with.

It's satisfying to see the "light bulb" go on about halfway through our treatment programs and see the confidence that comes from knowing your body is capable of amazing feats of strength and that this doesn't have to be something that limits their mobility the rest of their lives.



*Dr. Carl Baird, with best friend Bandit, is the founder and owner of Evolve Performance Healthcare.*

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

I love living in Beaumont-Wilshire. I lived near NE 49th and Fremont while attending chiropractic school. After a 4-year hiatus in Denver, Colorado, I moved back to Portland and immediately moved into an apartment on NE 45th and Fremont.

I love the smaller community feel within a bigger city like Portland. I love running into my clients at Prince Coffee or just walking and biking around the neighborhood. I love the strip of restaurants and other shops along Fremont Street.

*What is one thing you recommend to the community to stay active during challenging times like these that require us to stay at home?*

Look for opportunities. With any situation—not just global pandemics—we always have a CHOICE in the way that we react. We can hunker down and stress out about things that are completely out of our control, or we can look for opportunities that the situation creates. Take advantage of the extra free time we now have. Take advantage of all the free exercise classes being posted on Facebook and Instagram. Take advantage of all the video-calling technologies that allow us to stay in touch with those that matter most to us.

*Thank you so much for your contribution to the well-being of the neighborhood and support for BWNA, Dr. Baird!*

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# Letter to the board: Speeding on B-W streets

by Sam Balto

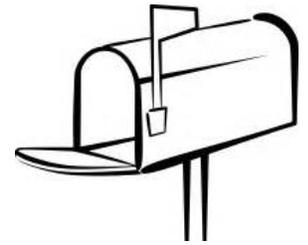
Beaumont-Wilshire is a quiet neighborhood with family-friendly neighborhood streets surrounded by busy arterial streets. With new smartphone technology, like Google Maps and Waze, drivers have started to use these family-friendly streets as a way to avoid waiting at traffic lights and save a couple seconds.



Skidmore Street—adjacent to the Wilshire Park playground, ball fields, and unfenced off-leash dog area—is a case in point. Although vehicle-friendly Prescott Street is only one block north, more and more inconsiderate motorists speed down Skidmore, putting kids and pets at risk and disturbing the many park users seeking peace and quiet in the park's tranquil green spaces. Using a conventional radar gun for 10 minutes one Tuesday afternoon, multiple drivers were clocked going over 31 mph, with one driver going 36 mph in this 20-mph zone.

There are many options available to improve the situation before a tragedy occurs. Others interested in working on this problem can contact Sam Balto at [sambalto@gmail.com](mailto:sambalto@gmail.com).

*Editor's Note: Due to the coronavirus, it's uncertain when the next BWNA meeting will be, but the board continues to function behind the scenes, and I encourage residents to utilize this newsletter to call the board's attention to other neighborhood concerns.*



## Back Pain: Are You Waiting Until You Run Out of Gas?

by Leading Back Pain Expert, Dr. Carl Baird, DC, MS



Dr. Carl Baird, DC, MS

I wanted to share with you a few things I've noticed about people in regards to living with pain and discomfort from my own personal experience...

I'd say about 80% of the calls I get are from people who have waited SO long to fix their problem to the point where they can't even recall how long it's been or why it started in the first place.

Having helped so many people overcome their back pain, I know exactly why we suppress the pain. I've heard every reason from "I don't have the time," "I don't have the money," and "I'm sure it'll go away on its own." Sound familiar?

And the reason we wait so long? Because we are still able to do things. While we're getting on with our life and not being limited in what we can do, **we keep putting up with the pain.** Until, of course, one day we're not able to do those things with such ease anymore.

Living with constant back pain is kind of like driving a car while it's low on gas and passing SEVERAL gas stations until it finally reaches empty... NOW we're desperate!

The good news? **There's still time to refuel before you're out of gas.** And there are plenty of ways for you to get the gas you need to keep moving forward for years to come.

### Choose Which Option Is Best for You:

- Receive a free guide with information you can use TODAY to help ease your back pain
- Free phone consultation to speak with our team and see how we can best help
- Schedule a free visit with our doctors to get all your questions answered

If you're tired of dealing with back pain and looking for ways to stay active, strong, and doing the things you love, send a message to [hello@performancehealthcarepdx.com](mailto:hello@performancehealthcarepdx.com) or call us at (503) 954-2495 today and let us know which option works best for you to get started.

Evolve Performance Healthcare

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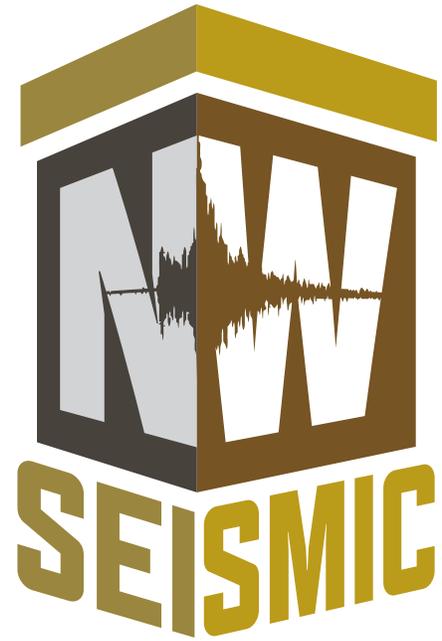


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