



## Entertaining Evening at Taste of Beaumont

by John Sandie

On a rainy evening in early April, many neighbors braved the elements and sought shelter within the confines of Beaumont Middle School cafeteria. They were rewarded with great jazz music and a fine feast provided by numerous local eateries.

The annual Taste of Beaumont event again was well-supported by a dozen local businesses and the musical energy and talents of BMS band members under the direction of Cynthia Plank. **Papa Murphy's** supplied nourishment to the band so they could fully concentrate and display both their collective and individual musical skills. This opportunity provided a good practice session and tune-up for their judged presentation later that week. I'm confident the band thoroughly thrilled those in attendance at the competitive event, as they did the neighbors enjoying the Taste of Beaumont evening.

Beautiful floral displays by **Beaumont Florists** on the white linen tables added to the festive nature of the evening and displays were taken home by lucky audience members to brighten up their homes. Heaping pans of ribs (**Alameda Brewery**), wings (**Fire on the Mountain**), and platters of a variety of sliced sausages (**Old Salt marketplace**) sated the meat lovers in the crowd. Additional dishes of pizzas and an appetizer plate (**Pizzicato**), a unique tray of cornbread, tomato mayo, and pickled jalapeño samplers (**Alameda Café**), large pans of focaccia (**Fire and Stone**), and an ample mound of Yakisoba noodles (**NoHo's**) gave wonderful choices for all. The ice cream samplers from **Rose's Ice Cream** disappeared quickly. Thanks to **Beaumont**

**Market** and **Everest M Market** there was plenty of cold water and soda to wash down the feast.

After a short business meeting, the annual BWNA Board elections were held. The existing slate of incumbent Directors up for re-election were supported and will serve two year terms. Unfortunately, the one open position did not generate an interested nominee that night. Hopefully, by the time this article comes out we will have filled this open position by a neighbor interested in getting more directly involved with BWNA decisions and discussions.

Again, thanks to all who made this a truly enjoyable evening.





## President's Message

by John Sandie

## State of the Neighborhood

Well, I've got a year under my belt as BWNA President and thought it might be good time to do a little reflecting. Even though our bylaws don't require it, I guess you could call it the "State of the Neighborhood" address. I don't expect too many folks to stand and applaud 33 times while reading this article; but if you feel so moved—go for it—and count it as progress towards your 10,000 steps per day goal.

This past year, a tremendous amount of the BWNA Board's energy has gone toward supporting the efforts of United Neighborhoods for Reform and the quest to change how the city views single family housing demolitions and their impact on neighborhoods across the city. Activities—doing research, developing and giving testimony, communicating the message to various groups, facilitating meetings and coordinating the group's strategy—have absorbed hundreds or maybe even thousands of volunteer hours for many members of our BWNA Board. While not 100% of neighborhood feedback we have received was in support of these efforts, it was so overwhelming that I feel this was a good example of "doing the neighborhood's business." This energy expenditure will continue, as this type of change takes persistence and continuing pressure to get any bureaucratic movement.

Another issue that generated considerable dialog was the establishment of a medical marijuana dispensary on Fremont. There were a few neighbors who were passionately opposed to it and I imagine they were disappointed when the Board did not take a stronger stance on this issue. We did contact other adjacent neighborhoods that had had medical marijuana dispensaries for a period of time and received mixed opinions. Some of them caused no issues, while a few that got negative critique perhaps had closed due to poor business management. Ultimately,

the Board took a wait-and-see approach, deciding to take a more active stance in the future if problems arose.

I would be remiss if I did not mention the "Alameda Stair Cleanup" work gathering with a call-out to the local Boy Scout Troop 107 and other neighborhood helpers. Though not a direct BWNA Board endeavor, I wanted to also remind everyone of the efforts of the Beaumont Wilshire Volunteer Group during its fledgling first year. The hope is to gather a few more volunteers and continue to broaden this group's visibility and positive impacts within the Beaumont Wilshire boundaries (see box, page 3).

Of course, just coordinating and hosting the annual gatherings of April's Taste of Beaumont and August's National Night Out Picnic absorb quite a few hours of the Board members' time. While there has been some discussion about adding another event for neighborhood-wide involvement such as a family friendly, bike road rally, time and effort has been a hurdle. Similarly, the Board has discussed a Spring Cleanup event, but with the Cully event taking up to 100 volunteers, ours would have to be on a much smaller scale.

This does raise a question, however, one that I've contemplated a bit. How does the Board ensure we are focusing and spending our limited time on issues that really are important to the neighborhood? The Board members field phone calls and emails from residents who have concerns or seek more information on issues that have piqued their interest. These, along with questions raised at BWNA general meetings, have been our primary links to uncovering what may be on the minds of a significant portion our neighbors. Many of these are brought up at BWNA Board of Directors meetings or canvassed via email. In general, majority opinion governs whether or not to spend

continued on next page

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## Editor's Notes

by Al Ellis



**C**onundrum: neighborhood associations are expected to be reflective of the neighbors they serve, but given the diversity of residents, is the objective actually achievable? Answer: not fully, but the expectation can be approximated through a variety of means, one of which is the distribution of a broadly inclusive, purposefully eclectic newsletter, with content and ambience that ring true for the residents. And while

there's no substitute for active participation at general meetings and volunteerism in neighborhood projects, neighbor involvement via newsletter—be it as a reader or contributor—has one distinct advantage: no need to schlep yourself from home!

A few months ago I got a phone call from a former Beaumont-Wilshire resident telling me how much he used to look forward to reading our newsletter from the comfort of his easy chair before moving to Cully. He asked if it would be possible to have the newsletter delivered to his new residence. I responded by directing him to the “Newsletter” link on the BWNA Web site ([www.bwna.us](http://www.bwna.us)) which has access to the color version of each issue and usually is posted a week ahead of hard copy distribution to residences and businesses. He thanked me for the advice, but said that he could no longer use a computer due to a debilitating disease that necessitated his move in the first place. Now dependent on Social Security disability, his new home is an assisted living facility several blocks outside the B-W boundary. In the end, I decided to hand-deliver a copy of the color version to his Cully residence and have continued to do so. It's a small joy for him and a heartening gratification for our team.

The hope is that each issue of our newsletter will resonate in some way with a wide array of residents. It may be the insights provided on local issues, information about BWNA-sponsored events, opportunities for community volunteer work, human-interest stories—pretty much anything of relevance and interest to those who call Beaumont-Wilshire home. To that end, we welcome your suggestions for topics and new features (e.g., our series on neighborhood gardens and gardeners and, beginning this issue, a focus on businesses that keep us afloat with their ads).

Finally, this newsletter is only as viable as the neighbors who volunteer their time to help produce and distribute it, and right now our greatest need is for additional reporter-writers. If you think you can help, step up to the plate with an email to me at [editor@bwna.us](mailto:editor@bwna.us). It's an every-other-month commitment that will go a long way to keeping this newsletter a neighborhood easy chair favorite. Thanks.

## BWNA Calendar

**Monday, May 11 • 7:00PM**

BWNA Board Meeting  
Bethany Lutheran Church, Library Meeting Room  
NE 37th entrance

**Monday, June 8th • 7:00PM**

BWNA General Meeting  
Bethany Lutheran Church, Fellowship Hall

**Friday, June 12th**

Deadline for submitting articles, letters,  
announcements and ads for the  
July-August 2015 newsletter

**Monday, July 13th • 7:00PM**

BWNA Board Meeting  
Bethany Lutheran Church, Library Meeting Room  
NE 37th entrance

BWNA's calendar is on the web!

Go to [www.bwna.us](http://www.bwna.us) and select BWNA Calendar



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

The Beaumont-Wilshire Neighborhood Volunteer Group stands ready to pitch in.

Cleaning chores: yard work, window washing,  
garage/storage organization, simple painting.

Contact John Sandie  
219-508-4162 or [sandiefam@gmail.com](mailto:sandiefam@gmail.com)

## State, cont.

more time and effort on an issue. At Taste of Beaumont, I initiated a neighborhood survey as another means for folks to guide the direction and focus of the Board during the upcoming year and beyond. I have posted the survey on the [bwna.us](http://bwna.us) site and you can give me your direct feedback via email to [president@bwna.us](mailto:president@bwna.us).

So, while the “State of the Neighborhood” is “strong” (i.e., low crime, active business district, pleasant park amenities) it takes constant vigilance and engagement by all to maintain. So, lend us your thoughts—along with an occasional helping hand—and we all will benefit.

# Activists Mobilize at UNR Demolition/Development Summit IV

by Al Ellis

Last spring a small group of neighborhood activists from around the city met to explore the possibility of creating a grass roots organization that could unite neighborhood associations in persuading the City Council to address problems associated with the growing “demolition epidemic” in our neighborhoods.

That was Summit I.

After a summer of increased destruction of viable, affordable homes—often replaced by one or more expensive, out-of-scale “McMansions”—neighborhood association leaders and concerned residents from more than 25 neighborhoods came together in the fall for Summit II, then Summit III, and resolved to bring about building code reform that could stem the “drive-by demolition” tide. This was the genesis of UNR—United Neighborhoods for Reform.

A volunteer committee formed at Summit III was charged with drafting a resolution based on input from Summit participants. Work was completed by November on a one-page resolution, which was then disseminated to the city’s 90-plus neighborhood associations for endorsement, with committee members attending as many meetings as possible to field questions and concerns. In the end, the resolution garnered over 40 endorsements and was presented to City Council at two hearings—one in December, the other in February—via well-rehearsed and carefully orchestrated

testimony. Council members took note, and the press as well.

Results have been impressive: UNR-initiated reforms are on Mayor Charlie Hales’ short list of priorities for 2015; developer responsibility for mandatory inspection of hazardous materials prior to demolition is a priority public health issue for Commissioner Nick Fish, whose home is next door to a demolition site; higher demolition fees (especially for developers replacing affordable homes with high-priced ones) are advocated by Commissioner Amanda Fritz, the official in charge of the Bureau of Development Services (BDS); and, at the urging of BDS itself, UNR played a decision-making role in the crafting of demolition reform proposals on early notification and demolition delay that subsequently were adopted by the City Council and implemented on April 20 under the name of “Title 24 Code Changes.”

But UNR’s work was and is far from complete. With the spring/summer building season commencing, vital reforms in the area of hazardous materials release, viable/affordable home preservation, size compatibility, and deconstruction (i.e., recycling of torn down materials), are either still on the drawing board or moving at a snail’s pace—hence the need for a Summit IV, which took place in early April.

The turnout was impressive and the energy level high when neighborhood activists crowded into the fellowship hall at Beaumont-Wilshire’s Bethany Lutheran Church for the first all-city UNR meeting since last October’s Summit III. The purpose of the gathering was three-fold: to review progress made, report on where things stand now, and brainstorm actions and tactics to facilitate enactment of targeted reforms. Lending expertise to the process were preservation experts Jim Heuer of the Portland Coalition for Historic Resources and Brandon Spencer-Hartle of Restore Oregon. During the second half of the meeting, attendees separated into four brainstorming groups, each focusing on a different area of reform. In the end, recommendations were shared, subcommittees formed, and UNR reinvigorated with fresh resolve.



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# The reluctant gardener

by Tekla Hoehn

For this gardening interview, I knocked on the door of Beaumont-Wilshire residents Jim and Annette Johnson and invited myself to wander through their lovely front gardens and lush back yard, which connects to Wilshire Park. Jim laughed when I asked if I could feature their garden in the May-June issue, but sportingly agreed to share some stories from his garden. Whatever avoidance techniques the Johnsons may employ, the result is a veritable spring parade, worthy of a closer look. Here is my interview with Jim:

*How would you describe your gardening style?*

More than anything, we strive for a low-maintenance yard. That's why this interview is so ironic! We like to mix ornamentals with edibles like blueberries, and we have a small herb garden in the backyard. Rosemary is my favorite, and our parsley is doing really well this year. We also have several types of sage and some thyme. Also, we're gradually working towards having color throughout the summer, but haven't quite achieved it yet.

*What is your favorite thing about your garden right now?*

This spring the colors have just been glorious. The wisteria and dogwood tree have filled in really nicely.

*Least favorite?*

Our soil is heavy clay. We have to amend and work it really frequently to break up the clay.



*What is on your gardening list for May and June?*

To work towards our color goal, we're going to add some azaleas. We may be getting our first crop of blueberries, too. We have three different kinds, but I'm not sure what they are (my wife picked them out and I just put them where I was told). Some of our bulbs will be coming up too, including crocosmia.

*How long have you lived in this house?*

We moved here 19 years ago from Garden Home because we wanted to be closer to work. The house was a project house, along with the yard, and we've had projects in both the house and yard every year since we moved in. Finally we're really enjoying the way the house looks! I hope we're not going to get priced out of our own neighborhood. We have a lot of teardowns going on around us.

One of our significant upgrades was to extend the porch to match the width of the front of the house. That was a major improvement. It really added a lot of character and

distinguished it from the way it was before. We were then able to add the trellis in the front, where the wisteria is now flourishing.

*What's it like to live alongside Wilshire Park?*

Every fall I pretend those oak trees are part of my yard. The colors are just so beautiful. We love the kid noise from the baseball field in the spring evenings and in the fall during soccer season too.

Last year there was a family of four hawks—two adults and two juveniles—that moved into the trees right behind our house. I think they were red-tail hawks. Although the squirrels and small birds suffered, it was fascinating to watch the juveniles learn to hunt and fly. It was just remarkable.

*How did you learn to garden?*

I'm self-taught, but my wife grew up with parents who were very avid gardeners. They always had a nice yard. She learned a lot from her parents, and I've learned a lot from her.

*What gardening tips can you share?*

Don't be afraid to prune. We did that last year and that's part of why things look so good this spring. They came back quite nicely!

*Thanks to Jim and Annette Johnson for welcoming me into their garden and for telling their garden story. The pleasure was truly mine!*

## Spring recipe from Kathy's Kitchen

# Chicken Piccata Breast with Lemon and Capers

by Kathy Campbell

5 tsp. corn oil  
2 chicken breasts (halved and pounded to 1/4 ")  
1/4 c. flour  
1/4 c. chicken broth  
1/4 tsp. pepper  
2 T lemon juice  
1/2 tsp. paprika  
2 T drained capers

Combine flour, pepper, and paprika on a plate. Press chicken breasts into mixture. Heat corn oil to med/high heat. Saute 3 minutes on each side. Add chicken broth. Add lemon juice and capers. Scoop sauce, pour over top of chicken breasts, and serve.



*The Arrangement*

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# Get Your Hamburger On

By Tekla Hoehn

It's finally here: hamburger season! Beaumont-Wilshire is soon to be shrouded in a cloud of backyard barbecue smoke. I teamed up with my partner-in-flame Aaron Schmidt to inspire you with some tips and tricks for hamburgers on the grill.

## Meat Tips

**Grind your own.** The number one thing you can do to make awesome hamburgers? Grind your own meat. All you need is a food processor and some meat. Try a few combinations until you find the one you like. We suggest a 1:1 ratio of lean meat such as sirloin, and fatty meat from pork shoulder. (Pork? Yes.) Another blend to try: 40% chuck, 30% short rib, and 30% brisket. (Does that equal 100%? Yes.) Cut the meat into 1-inch chunks, and freeze for 25 minutes before pulsing in the food processor.

**Salt and pepper generously.** Don't be shy.

**Do not over-handle.** Working the meat too much will result in a tough burger. Gross. So be gentle when you form the patties—they don't need to be perfect, and can even be a bit lumpy.

**Shortcut option.** Don't have a food processor? Can't be bothered to grind? Skip the pre-formed patties and buy ground beef in bulk. We like to use 75% 80/20, and 25% 90/10.

## Flavor Tips

Boost your umami. Along with salty, sweet, bitter, and sour, umami is one of the basic flavors. (From Wikipedia: A loanword from the Japanese, umami can be translated as "pleasant savory taste.") Boosting the umami in your burgers will guarantee your title as Burger Champ. Try this: Mix ground mushrooms and seaweed into your beef. (Don't worry, your burgers won't taste like the ocean—they'll taste like delicious.)

**Play with your condiments.** First, our unsponsored recommendation for Muir Glen Organic Tomato Ketchup: it has a great flavor that's not overly sweet. To make it even better, mix ½ cup ketchup with one tablespoon of fish sauce (you can find this at Asian groceries; Beaumont Market also carries it.) Also, a nice aioli is easy to whip up with a bit of mayonnaise, squeeze of lemon, and some minced garlic.

**Top it off.** Caramelized onions? Check. Extra sharp 2-year vintage Tillamook cheddar? Double check.

**Choose local buns.** It's a bit outside of the neighborhood, but the hamburger buns from An Xuyen Bakery (5345 SE Foster) are unparalleled. Totally worth the trip. Otherwise New Seasons Market (5320 NE 33rd Ave) bakes a good organic option that comes in a convenient four-pack.

## Beer Tips

**Learn German.** We like light beers with a German-influence. *Helles* (pronounced hell-us) means "a light one" and we think helles lagers are a good bet. Try Late Hop Helles from Base Camp Brewing, or Himmelbrau Helles Lager from Laurelwood Public House & Brewery.

**Trust the experts.** Okay, truth? We know something about burgers, but we don't know much about beer. So we asked local beer writer Lucy Burningham for her favorite pairings. Lucy recommended Breakside IPA and Hopworks Kolsch.

**Gluten-free option.** If you're going gluten-free, try Omission Pale Ale. It's our go-to brew for all barbecues.

Happy grilling!



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# Beaumont Health Care Clinic celebrates 20 years

by Tekla Hoehn

The Beaumont Health Care Clinic is celebrating two decades of practice in Beaumont-Wilshire. The clinic has been at the same location—4445 NE Fremont Street—since Dr. Lori von der Heydt, naturopathic physician, opened its doors in May 1995.

Back then, Dr. von der Heydt had a simple vision: to open a clinic in Portland with multiple practitioners offering unique disciplines. Today the clinic offers naturopathic medicine, acupuncture, massage, and counseling, and has just added an art therapist. Sometimes referred to as “alternative medicine,” these disciplines are becoming more valued and accepted in the mainstream, especially in a city like Portland.

All of the health care providers at Beaumont Health Care clinic are independent practitioners, many with a long history at the clinic: Dr. von der Heydt has been there for 20 years; Andrine de la Rocha, licensed massage therapist, for 16 years; Carla Welker, licensed social worker, for over 10 years; Jen Conjerti, licensed acupuncturist, for more than three; and Kyra Plume, licensed massage therapist, for three. Recently the clinic added Sally Giles, an art therapist, who will offer services one day each week. The clinic serves nearly all ages, from toddler to elderly.

Most of the clinic’s clients live within a two-mile radius; in fact, many people walk to their appointments. Dr. von der Heydt says that, in addition to experiencing improved health, most clients tell her that they come back for the individualized care, and because the practitioners are so accessible. For example, there is no receptionist; instead, a practitioner greets you when you arrive and phones you for appointments. Dr. von der Heydt and de la Rocha will do home visits for patients when necessary. Being a multidisciplinary clinic, the practitioners often collaborate, especially for complicated cases where many skills are necessary.

The practitioners at Beaumont Health Care Clinic most often see patients who do not want to do conventional therapies or for whom conventional therapies have failed. Some of the therapies available include: nutrition assessment, homeopathy, Eastern and Western herbal medicine, acupuncture, cupping, cranial sacral, Swedish massage, myofascial release, Bowen Therapy, hydrotherapy, and various counseling techniques. The practitioners treat a wide variety of ailments as well as offer suggestions about how to prevent illness and maintain well-being. Some practitioners bill insurance and some are cash-based. Visit [www.beaumonthealthcare.com](http://www.beaumonthealthcare.com) for specific information about each practitioner.

When asked how the neighborhood has changed, von der Heydt recalled how Rose’s Ice Cream (now at 5011 NE 42nd Ave), long reputed for its delicious ice cream, shakes, and hamburgers, used to be across the street with a phone booth on the corner. “This was just sleepy little Fremont,” she remembered, “when crossing the street was not the ordeal it can be with today’s traffic.” She also told of how, many years ago, the Beaumont Business Association was fairly small and the staff at Beaumont Health Care Clinic were elected to make up the bulk of the association officers. They brought

in the first marching band for the annual Fremont Fest parade, complete with a drum major, and infused more life into the whole day by bringing in the first stages for local musicians and performers. “We really wanted people to experience an old-timey, vaudevillian type event.”



(L to R) Andrine de la Rocha, Jen Conjerti, Kyra Plume, Carla Welker, and Lori von der Heydt.

Dr. von der Heydt came to Portland in 1990 to

attend medical school at the National College of Natural Medicine. Soon after passing her boards, she began building a practice in Portland. A true local, von der Heydt commutes by bike, being carless for the past five years. When asked what she loves most about the neighborhood, she didn’t hesitate to gush about Beaumont Hardware. “I know everyone in there. If I need help, they’re always there for me. I love having them in the community. Makes it feel like a small town neighborhood.”

Dr. von der Heydt and the clinic she founded are part of the fabric of Fremont Street, though today the clinic seems dwarfed by the new apartment building next door. Still, von der Heydt promised, “We’re not going anywhere. We’re a fixture!” The mid-century building has housed many different businesses over the years. Originally built in the 1950’s for two chiropractors, it became a hair salon, then an attorney’s office, and finally a hair salon again. “It had four hair-washing sinks in one room and an over-sized water heater,” recalled von der Heydt. With that infrastructure it was easy to adapt the room to offer constitutional hydrotherapy treatments which are a foundation of naturopathic medicine.

If you walk into the clinic, look for a beautiful pie safe in the waiting area, built by von der Heydt’s father. Inside the pie safe? Sadly, no pies, but it does house a free book library. “Stop in and pick up a free book—please! We have an abundance of books of all varieties,” laughed von der Heydt. So go on, get something to read, and wish the folks at Beaumont Health Care Clinic 20 more years of good neighborhood vibes.

est. 1944

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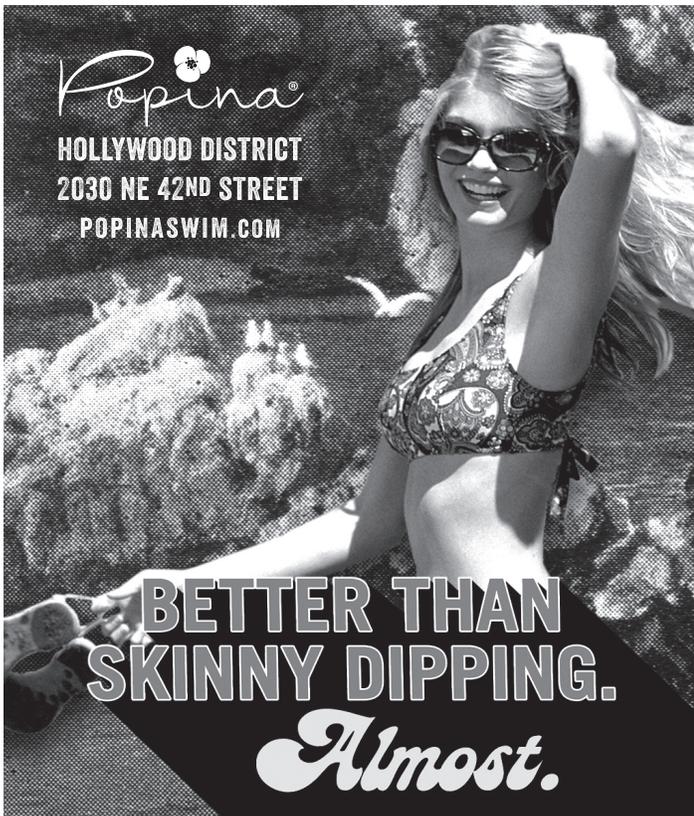
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# Cat Six Cycles...a bicycle shop in a category of its own

by John Carson and Chris Boeh

When Popinia's swimwear moved to the Hollywood district, we watched to see who would move into this spot on 42nd Avenue and Alberta Street. Bicycle enthusiasts in the area were pleased when Kirk Bernhardt and Jonathan Scarboro established their bike sales and repair business there.

Kirk and Jonathan met working as mechanics for the Velo Cult Bicycle Shop in Hollywood. Kirk has been in the bicycle industry

for 25 years, including several years teaching bicycle repair to high school students. Jonathan owned a bike shop in Denver, Colorado, before moving to Portland. When this space became available at 4831 NE 42nd Avenue, they established Cat Six. (The name references an unofficial cycling category signifying fun and transportation.)

Cat Six stocks town and commuter bikes by Virtue and Fuji. You'll also find Yuba cargo bikes for hauling kids and other heavy loads.

In the summer, they will expand their selection with bikes designed for longer rides.

If you need repairs, bring in your bike for a free estimate. Once they have seen your bike, you can either leave it or schedule a drop-off date (facilitating a one-day turnaround). Do-it-yourselfers can come every Thursday from 7 p.m.-10 p.m. for access to tools and repair stands.

You are welcome to come in and browse during business hours: 11 a.m.-7 p.m. Tuesday through Friday; 10 a.m.-5 p.m. Saturday; noon to 4 p.m. Sundays. Kirk or Jonathan will greet you. We found them personable, knowledgeable and accommodating. For special needs, such as welding, they can refer you to other shops with which they are networked. They will happily answer any questions by phone (503-282-1178) or e-mail ([catsixcycles@gmail.com](mailto:catsixcycles@gmail.com)).

Welcome Cat Six Cycles located—just what our neighborhood needed.



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