



September-October 2020

In this issue:

- BWNA condemns racism, page 1
- Past president's message, page 2
- Editor's notes, page 3
- A fall project, page 6
- McPeet's side street plaza, page 8
- Sign of the times, page 10
- Old world recipe, page 12
- Letter to the board, page 13
- Basics of BWNA relevancy, page 14
- Andrew Rinke, page 15

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

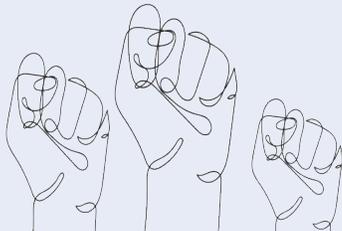
BWNA Calendar of Events

Community Events

NOTE:

Check blog page on BWNA website (www.bwnapdx.org) for updated information

Enough is ENOUGH!



BWNA condemns racism, extols diversity, fosters inclusion

by the BWNA Board of Directors

Editor's Note: This article is based on BWNA Vice President Tim Gillespie's "Statement Condemning Discrimination" and collectively reviewed and edited by the BWNA board.

The Beaumont-Wilshire Neighborhood Association (BWNA) board believes that neighborhoods are strongest when they celebrate the varied talents, skills, experiences, viewpoints, and backgrounds that different neighbors bring to our work together. Our neighborhood is enriched by its diversity when we roll up our sleeves to improve our parks and streets, support each other through challenging times like this pandemic crisis, check on neighbors who need our assistance, resolve problems, back local businesses, and join in all the collaborations that dynamic urban neighborhoods invite. Beaumont Middle School supports this value with its stated goal of preparing its multicultural student body (with 42% enrollment of students of color) "to contribute as citizens of a diverse, multicultural, and international community."

Our commitment echoes the centuries-old history of our area situated near traditional gathering sites for Multnomah, Kathlamet, Clackamas, Tualatin Kalapuya, Molalla, and other Chinookian native tribes. As those different communities met to trade and work together peacefully here, so can we.

We also recognize the troubling exclusionary history of our state, city, and neighborhood. The original 1859 Oregon constitution banned Black people from residing in our state. Even after that shameful ban stopped being enforced (though, shockingly, it was not officially removed from the Oregon constitution until 2001), Blacks and other Oregonians of color faced significant racist obstacles. Overt prejudice was legal until 1953, when Oregon passed its first civil rights bill forbidding discrimination based on race, religion, or national origin in hotels, restaurants, swimming pools, theaters, and other public spaces, thanks to decades of lobbying from the Portland Urban League and NAACP branch and their allies.

More pernicious from the point of view of our neighborhood, redlining and legal exclusionary policies were the norm after World War I in our rapidly expanding city. In 1919, for example, the Realty Board of Portland approved a Code of Ethics forbidding realtors and bankers from selling or giving loans to people of color for properties located in white neighborhoods. This was the Realty Board's official policy for the next 33 years, an era of explosive population growth, especially here east of the Willamette. It wasn't until 1948 that the U.S. Supreme Court declared such "racial covenants" unconstitutional, and it wasn't until the national Fair Housing Act of 1968 that all discrimination in housing based on race was officially prohibited.

This was not a problem remote from our neighborhood. Many developments here had explicitly race-restrictive clauses included in their deeds. A 1924 Dolph Park contract, for example, states, "For a period of twenty-five years from the date of this dedication, the premises shall be used exclusively for residence purposes and shall be occupied by the white race and no member of



Past president's message

by John Sandie

Time to stand up!

Editor's Note: President Tim Hemstreet takes a deserved breather from his President's Message this issue, and Immediate Past President John Sandie graciously steps up to the plate to pinch hit for him.

In early June, prompted by the swell of emotions after George Floyd's tragic death, I began writing an article about my personal "evolving thoughts on racism." It was intended to be an internal assessment, a candid critique, of my life's journey of experiences with and attitudes about race. Well, after a frustrating number of starts and stops, in which I never felt that the words were capturing my feelings, I put it aside—unfinished. I turned my attention to the Multnomah County Library and blew through ebooks with topics not previously on my radar: "Freedom Is a Constant Struggle" by Angela Davis, "American Dirt" by Jeanine Cummins, and "White Fragility" by Robin DiAngelo. Admittedly, I am still wrestling with my views at various levels concerning terms or concepts such as white privilege and implicit and aversive racism. However, I believe that just the act of trying to further understand and absorb these concepts is a movement forward toward being less passive regarding systemic racism. Along these lines, I have periodically joined the small neighborhood group protesting Black Lives Matter and other injustices on 33rd Avenue at the west end of Wilshire Park...just to actively "do something." (Read what some of my fellow "sign-wavers" had to say in an article by Amy Hamdan on page 10 of the newsletter.)

However, a real focal point occurred when a neighbor approached me, knowing that I was associated with BWNA, to discuss and seek help on a very disturbing incident of blatant racism, possibly a hate

crime, that was directed at him within our own neighborhood. Soon after, the neighbor openly shared his experience on Nextdoor and offered to network with others who may have experienced similar confrontations. Awareness of this incident coupled with a report to BWNA of racially motivated harassment of a B-W resident in Wilshire Park prompted an exchange of emails among our board members on what neighbors expect of BWNA in these situations and available resources to help. These include Portland United Against Hate (PUAH), a group of organizations and sponsors working through the Office of Community & Civic Life, which I subsequently contacted for guidance and advice. Based on BWNA Vice President Tim Gillespie's summary of the board's email discussion and suggestions from PUAH, the board worked collectively to write a clear position statement, "Our Pledge," which is now posted on the BWNA website blog (www.bwnapdx.org) and featured on page 4 of this newsletter.

But words need to be converted into actions as well as viewed through a minority lens, and the August 10th General Meeting afforded the opportunity to do something about it. A key step toward education about issues was to make use of the PUAH workshop series planned for later in 2020, and all board members were encouraged to get on the PUAH mailing list for updated information. In addition, BWNA will contact the Central Northeast Neighbors coalition (CNN) to discuss the possibility of partnering to sponsor one or more of these workshops. Another idea expressed involved creating forum opportunities for neighbors from minority groups to talk about their life experiences in

continued on page 6

Our Organization

BWNA Board

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Tim Hemstreet 503-239-6231
president@bwnapdx.org

Vice-President

Tim Gillespie 503-287-6272

Secretary

Barbara Strunk 503-284-7502

Treasurer

Karla Lenox 503-686-5915
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Gary Hancock 503-367-0862
Laurie Holtz 621-327-5595
Andrew Rinke 503-893-2504
Rich Woyma 971-488-0140
(five open positions)

Immediate Past President

John Sandie 219-508-4162

Related Organizations

Beaumont Business Association

Kathy Madore
beaumontbusinesses@gmail.com

Central Northeast Neighbors Board

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

Areas of Interest

Residents are encouraged to participate.
Contact committee chairs for details

- **Beaumont Middle School Committee**
Chair Tim Gillespie 503-287-6272
- **Communications Committee**
Chair Rich Woyma 971-488-0140
- **Crime Prevention Committee**
Chair Bill Markwart 503-282-4610
- **Land Use Committee**
Chair Tim Hemstreet 503-239-6231
- **Friends of Wilshire Park Committee**
Gary Hancock 503-367-0862
- **Newsletter Team**
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Copy Editor:
Myrna Sheie 224-659-1537
Distribution:
Georgina Head 360-739-7896
John Sandie 219-508-4162
- **Transportation Committee**
Chair John Sandie 219-508-4162
- **Website (www.bwnapdx.org)**
Rich Woyma 971-488-0140



Editor's notes

by Al Ellis

“When will they ever learn?”

That, of course, is the plaintive refrain from “Where Have All The Flowers Gone?” and it is as relevant in today’s world as it was in 1955 when Pete Seeger wrote it. And our questioning continues, but focusing on “we,” not “they:” When will we ever learn to judge individuals by the content of character, not a group stereotype? When will we ever learn to coexist civilly with people different from ourselves? When will we ever learn to accept scientific fact over conjecture? When will we ever learn that equality is a right, not a privilege? The reality is that some of us never will, but the hope is that most already do.

This newsletter is certainly no stranger to the process of learning and evolving, and our team is continually striving for improvement—from quality of composition to layout design to relevancy of content. Of particular benefit to us in this regard are periodic reality checks from our readers in the form of “Letter to the Board” editorials, like the one on page 13, taking us to task for lack of coverage in the May-June newsletter of the Black Lives Matter racial justice protests, which not only are of vital importance locally, but also nationally and internationally as well.

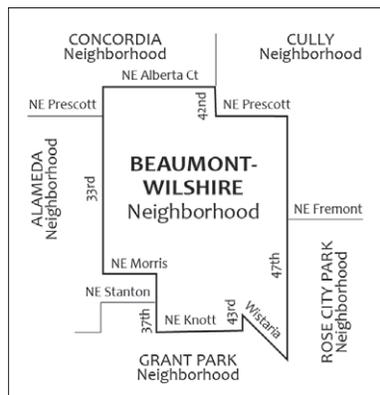
Responding to the editorial, I first want to thank this conscientious B-W resident—a self-identified “person of color,” who requested a first name initial be used in the byline—for the constructive as well as instructive commentary. With respect to the point made regarding BWNA’s duty to the neighborhood, I’m in complete agreement that “...it matters so much for our neighborhood association that the magnitude of this historical moment not be buried.” That said, be assured the BWNA board did not and does not have its head in the sand on this matter. In fact, BWNA’s “Statement Condemning Discrimination,” featured on the front page of this issue, was submitted for board consideration

by new BWNA VP Tim Gillespie shortly after the nationwide demonstrations began. The absence of this statement and related articles in the May-June newsletter was not a result of either trepidation (“...how scary it must feel for the newsletter to talk about this subject...”) or dismissiveness (“...deprioritized to articles about gardening parking strips, demolition dust, and a park playhouse...”), but of timing. George Floyd’s death occurred at the end of May, and our newsletter team was up against a submission deadline, with articles already in the pipeline for publication. Still, as acknowledged in the editorial, page two of the May-June issue does briefly mention the movement in Tim Hemstreet’s President’s Message (“...urgent and justified calls for racial and social justice in light of the tragic death of George Floyd...”). As for the implication of misplaced priorities, I would argue that the articles featured in that issue—Wilshire Park enhancement projects, parking strip ecology, residential demolition/development, BBA businesses coping with COVID-19 fallout, and the Eudaly/Mapps race—are all fully relevant and of importance to this neighborhood.

So what have we learned?! Mainly this: “I’d love for the newsletter to represent the neighborhood around this issue.” Thus the seed was planted. Enjoy the bloom.



And finally, welcome aboard to our newest advertiser, Daren Bucklin of Transworld Business Advisors of East Portland!



Calendar of Events (cont.)

BWNA Meetings

NOTE:

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

Wednesday, September 9: Friends of Wilshire Park Committee Meeting, 7:00 p.m.

Monday, September 14: Board Meeting, 7:00 p.m.

Monday, October 12: General Meeting, 7:00 p.m.

Wednesday, October 14: Friends of Wilshire Park Committee Meeting, 7:00 p.m.

Monday, November 9: Board Meeting, 7:00 p.m.

Wednesday, November 11: Friends of Wilshire Park Committee Meeting, 7:00 p.m.

BWNA Newsletter

Submission Deadline

Friday, October 9 (for the November-December newsletter)

Email articles and Letter to the Board editorials to Al Ellis (editor@bwnapdx.org)

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

Ad Payment

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

c/o The Postal Station
2000 NE 42nd Avenue, Suite D #394
Portland, OR 97213-1397

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.



BWNA condemns racism (continued)

any race other than the white race shall own or occupy any portion of Dolph Park.” A Laurelhurst restriction added Chinese and Japanese citizens to its exclusions. By such institutional racism, people of color were denied measureless opportunities for property ownership, the main path to wealth creation, and neighborhoods like ours lost the benefits of diversity.

This affirmation against racism seems particularly important at this moment in our history. The recent deaths of George Floyd, Elijah McClain, Ahmaud Arbery, Breonna Taylor, and too many more African Americans (including Tony Stevenson, Kendra James, Aaron Campbell, and others here in Portland in past

years) have spotlighted the worst abuses of violent oppression inflicted disproportionately upon the Black community and have caused a global outcry for justice, for police reform, and for an end to systemic racial inequity. Incidents of white supremacy, hatred, and racial violence are antithetical to civic discourse and abhorrent to our neighborhood. In the spirit of the Black Lives Matter movement, the BWNA board wants to reaffirm its commitment to opportunity and justice for all—starting with Beaumont-Wilshire.

Our call is to do a better job of living up to our highest ideals. Our neighbors and our neighborhood deserve no less.

OUR PLEDGE

The Beaumont-Wilshire Neighborhood Association (BWNA) is committed to diversity and equity in all our activities. We welcome and celebrate everyone in our neighborhood and, as per our longtime by-laws, condemn any form of discrimination, exclusion, or expression of hatred based on race, ethnicity, religion, color, sex, sexual orientation, gender identity, age, disability, legal citizenship, national origin, income, political affiliation, or any other basis of personal identity people might use to divide us. Accordingly, we pledge to:

- 1) listen and learn and assess our own practices and policies in regard to equity and inclusion;
- 2) seek advice in particular on how to combat racism in our neighborhood and our city, and welcome feedback that makes us better allies to our neighbors of color; and
- 3) develop ways we can confront discrimination and support cooperation among Beaumont-Wilshire neighbors.



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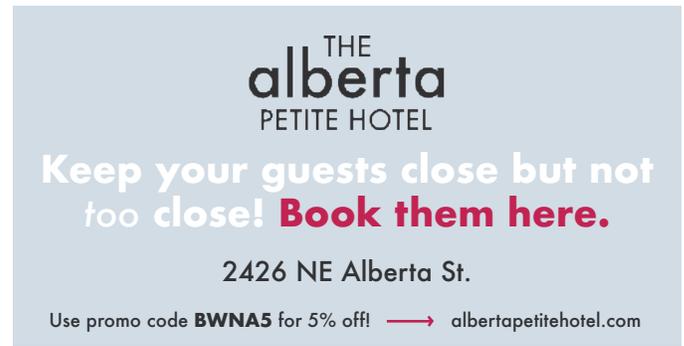
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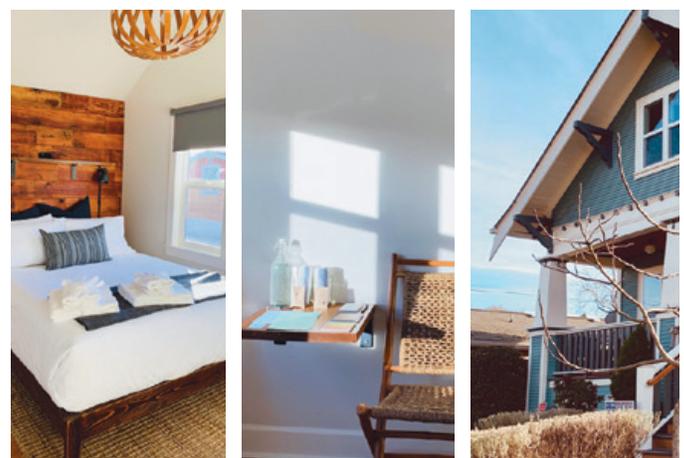


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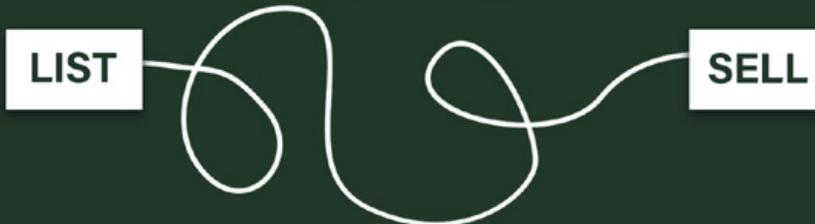
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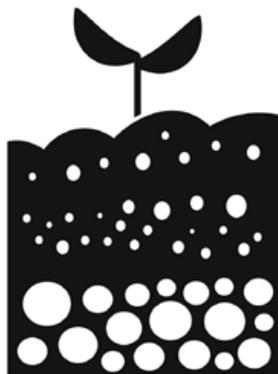
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A fall project not just for the birds

by Nancy Mogielnicki

Barb Strunk has written eloquently in recent newsletters about the merits of replacing grassy parking strips with native plants, other ornamentals, edibles, and trees. She argues that a diversity of plants—especially when grown without the need for pesticides, herbicides, and gas-powered equipment—is highly beneficial to society in feeding the birds, bees, and insects that form the basis for our food web, which in turn helps mitigate climate change by increasing the absorption of CO₂, not to mention enhancing awareness and appreciation of the bounty of plants available to Northwest gardeners. An instructive video entitled “Creating a Pollinator Habitat” that aired at the end of July (publicized on the BWNA website blog as well as in the Friends of Wilshire Park newsletter) provided detailed information for how to get started on this kind of project. For those who missed it, most of the information presented in the video, including a do-it-yourself manual, is available on the Pollinator Parkways website (www.pollinatorparkways.weebly.com).



Fall is coming, and the very best time to create the conditions for transforming a lawn is during the rainy season. Read on the Pollinator Parkways website about employing the “lasagna method” to smother grass by covering it with newsprint or cardboard, compost, and mulch—by far the easiest way to create a bed ready for planting in the spring.

Got questions? Contact Nancy Mogielnicki (nancymog@gmail.com) or Barb Strunk (wolsey_9@hotmail.com).

Editors Note: A resident contacted the board via the “Contact Us” page of the BWNA website (www.bwnapdx.org) regarding Barb Strunk’s article in the July-August issue, “The Potential of Parking Strips,” to register a concern about parking strip gardens blocking passage from the sidewalk to cars parked on the street in front of a residence. Barb’s reply: “My recommendation is to build in a pathway from sidewalk to street, which I’ve done in my own parking strip garden.”

Past president's message (continued)

confronting bias and racism, and a new Communications Committee was formed to help facilitate the flow of dialog and information between BWNA and residents, with an emphasis on encouraging minority participation as members of the board. Finally, the board continues to welcome suggestions, including one recommending that a clear set of steps and key contacts/links be posted on the BWNA

website for neighbors to reference in the event of a racist incident. We welcome your suggestions!

I clearly remember the advice I got from a neighbor in a follow-up discussion on these matters: He said it really is very simple, “Just say hi and be a good neighbor.”—to which I say, let’s all test out his theory!

A logo for Barrett Automotive. It features a dark oval at the top with the text "est. 1944" in white. Below this is a rectangular box containing the word "BARRETT" in large, bold, serif capital letters, with "Automotive" in a smaller, sans-serif font underneath. At the bottom of the logo, the address "4413 n.e. fremont" and "Portland, OR 97213" are listed, followed by a black bar containing the phone number "503 · 287·1352" in white.

A logo for Pacific Audiology Clinic. It features a stylized graphic of yellow and orange vertical bars of varying heights, resembling a sound wave or a city skyline. Below the graphic is the text "pacificaudiologyclinic" in a blue, lowercase, sans-serif font. Underneath, the name "allison bradley" is listed, followed by her title "doctor of audiology" and her address: "3502 ne broadway street portland, or 97232" and phone number "503-284-1906". At the bottom, the website "www.pacoregon.com" and the tagline "FOR ALL OF YOUR HEARING HEALTHCARE NEEDS" are provided.

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McPeet's "side street plaza"—a success and a controversy

by Al Ellis

Unprecedented times call for unprecedented measures, and the COVID pandemic era certainly qualifies—medically, recreationally, educationally, and of course economically. Business survival demands resourcefulness, creativity, and perseverance, and our local restaurants and taverns have been especially creative in ramping up takeout and delivery services and doing what they can to accommodate patrons in outdoor areas. Amalfi's, for instance, converted a large section of its spacious parking lot to outdoor seating beneath a gigantic wooden canopy. But with few parking lots of size on Fremont Street, it has been difficult for smaller businesses within the Beaumont Business Association (BBA) business district to provide adequate safe-distancing outdoor seating facilities for their patrons. One such business, long-standing neighborhood tavern McPeet's Portland Pub, had been in dire straits until the Portland Bureau of Transportation (PBOT) came to the rescue with its "Healthy Businesses Program"—a city initiative for implementing three different types of outdoor plazas: parking plazas, side street plazas, and main street plazas. Last July McPeet's (in concert with Grand Central Bakery across the street) applied for and received a "side

continued on page 9



McPeet's side street plaza at NE 45th and Fremont Street.

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McPeet's "side street plaza" (continued)

street plaza" permit for construction of a handsome fenced-off courtyard adjacent to the pub, with tables socially distanced. But covering almost the entire width of 45th Avenue, it blocks traffic onto Fremont Street.

The good news: McPeet's owner Chris Petersen was eventually able to hire back seven employees and rejuvenate the business; moreover, PBOT ended up issuing over 600 summer plaza permits to needy businesses throughout the city. The bad news: residents living on 45th Avenue in the vicinity of McPeet's registered complaints with PBOT, BBA, and BWNA contending that notification about McPeet's plaza project was late in arriving, short on specifics, and afforded homeowners no opportunity to weigh in on the project prior to implementation. Moreover, street blockage had forced hefty-sized vehicles like garbage trucks and emergency vehicles into residential driveways to negotiate turnabouts. The complainants also railed against inconsiderate behavior by outdoor patrons at McPeet's,

especially at night, including laxness in COVID safety, loudness, and intrusions onto private property.

Complaints about notification and street blockage were addressed by PBOT and patron misbehavior complaints addressed by BWNA (via BBA): a PBOT spokesperson responded with an email to complainants stressing the benefits of the plaza program for struggling businesses and promising residents that their suggestions would be taken into consideration by PBOT in planning for 2021. BWNA entered into a Good Neighbor Agreement (GNA) with McPeet's in which Chris Petersen promises to monitor coronavirus safety compliance, remind patrons to be considerate of nearby residents in their behavior, and alert patrons to the legally required 10:00 p.m. business closing time by requesting they vacate pub premises. While the agreement is not legally binding, Mr. Petersen has been fully cooperative, and a win-win-win for McPeet's, its patrons, and residents is the hopeful outcome.

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Sign of the time

by Amy Hamdan

A cluster of protesters stands at a street corner in Northeast Portland. Today there are 21 protesters. All are white, most over 50. They are all here to amplify the message that Black Lives Matter. Their signs speak to their aspirations: Peace Requires Justice; Decolonize; Justice for George Floyd; Dump Trump; The System Isn't Broken, It Was Built This Way; and more.

There are activists, however, who claim that sign-waving is not an effective means to an end and suggest that marching with protesters in the larger demonstrations is the only true way to effect change. But the sign-wavers beg to differ. Cases in point:

- A woman from Grant Park holding a "Protest & Vote" sign feels it is important to show up in her community. "We may be doing it wrong, and we may not understand, but the community needs to see us doing it," she explains. "Coming out here on a consistent basis is my pledge." Additionally she pledges to be aware of and apologize for violent militants, bring attention to police interacting with people of color, frequent locally owned black businesses, and read anti-racist literature.
- A Concordia man holds a sign over his head with one hand: "Stop Killing Black People." He believes the more protests people

see, the more powerful it will be. "We need protests on every corner, not just downtown. We need neighbors to see neighbors supporting this." He specifically calls on white people to get out and support the movement for change. "Racism will only stop if white people stop it," adds a Cully neighbor holding a "White Silence is Violence" sign.

- A mom from Beaumont wears a Black Lives Matter t-shirt and cradles a large yellow "VOTE!" sign. She is here to encourage voter turnout in the November election. She also carries a sign to promote write-in votes for Teresa Raiford for Portland Mayor. Raiford is a black activist who founded "Don't Shoot Portland" and continues to be actively involved in this movement.
- The youngest protester is a middle school student holding a sign that reads "Only Bad Cops Defend Good Cops." She is accompanied by her brother from Grant High School. "We advocate because it is our future, and we have to live through the mistakes that the older generation has made." Across the street from her is an 80-year-old grandmother dwarfed by her "Good & Necessary Trouble" sign that pays homage to John Lewis. "I want to save our democracy, and part of that is to make all people equal."

continued on page 11



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The Arrangement

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The bottom line for these sign-wavers is that it doesn't matter why or how people protest, only that they are protesting because *all* Black Lives Matter.

Stand up and be heard Wednesdays and Fridays from 5 to 6 p.m. at NE 42nd and Killingsworth, Tuesdays, Thursdays, and Sundays from 5 to 6 p.m. at NE 33rd and Skidmore.





Spice up fall with Old World recipe from Kathy's Kitchen!
by Kathy Campbell

Italian Meatloaf

(6 to 8 servings)

Sauce:

- 1 Tb extra-virgin olive oil
- 5 garlic cloves, sliced thin
- 1 28-oz can crushed tomatoes
- 1 15-oz can tomato sauce
- ¼ tsp red pepper flakes
- ¼ tsp table salt

Meatloaf:

- 35 square saltines
- ¾ c whole milk
- 2 large eggs
- 1 lb 85% lean ground beef
- 1 lb sweet bulk Italian sausage
- 1 c grated Parmesan cheese
- 1 tsp granulated garlic
- 1 tsp dried oregano
- ½ tsp table salt
- ½ tsp pepper
- ½ tsp red pepper flakes
- 1 c shredded fontina cheese
- 3 Tb fresh chopped basil

Adjust oven rack to middle position and heat oven to 400°.

For the sauce: Heat oil in large saucepan over medium heat until shimmering. Add garlic and cook until lightly browned, about one minute. Stir in tomatoes, tomato sauce, pepper flakes, and salt. Bring to a simmer and cook until flavors have melded, about five minutes. Remove from heat; cover to keep warm.

For the meatloaf: Spray 13- by 9-inch baking dish with vegetable oil spray. Place saltines in large zipper-locked bag, seal bag, and crush saltines to fine crumbs with a rolling pin. Whisk saltines, milk, and eggs together in large bowl. Let sit until saltines are softened, about five minutes. Whisk saltine mixture until smooth paste forms. Add beef, sausage, Parmesan, granulated garlic, oregano, salt, pepper, pepper flakes, and then mix with your hands until thoroughly combined. Transfer beef mixture to prepared dish. Using your wet hands, shape into 9- by 5-inch rectangle; top should be flat and meatloaf should be 1½ inches thick. Pour sauce over meatloaf. Cover dish with foil and place on rimmed baking sheet. Bake for 1 hour, 25 minutes. Remove sheet from oven, uncover dish, and sprinkle meatloaf evenly with fontina. Heat broiler. Broil meatloaf until cheese is melted, about two minutes. Let rest for 15 minutes. Using two spatulas, transfer meatloaf to cutting board. Spoon off any excess grease from tomato sauce and slice meatloaf in one inch thick servings. Transfer slices back to sauce in dish, sprinkle with basil, and serve.

Editor's Note: Kathy Campbell, who has served as vice president of the BWNA board, has tendered her resignation due to family commitments. No board member has been more dedicated to BWNA service than Kathy, and we're hoping it's possible for her to return for a second stint down the line. Happily, though, "Kathy's Kitchen" continues to delight!

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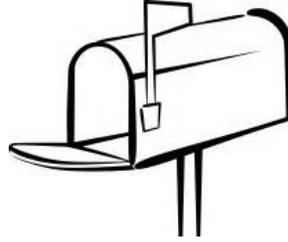
Letter to the board: Historical moment not to be missed

by P. Medina

I'm a resident in the Beaumont-Wilshire neighborhood, and I just received the July-August issue of the BWNA newsletter. I was concerned that the second page was the only place that referred to the protests or the unprecedented national conversation happening around racial justice. It made it seem like the national and local protests and police reform initiatives were deprioritized to articles about gardening parking strips, demolition dust, and a park playhouse.

Some context: I'm a person of color, and it's been very important to me to live in a neighborhood with so much support for this social justice movement. One need only drive around to see the BLM signs, including the many hand-painted ones, to appreciate that this IS an issue our neighborhood cares deeply about.

I'd love to see the September-October issue make up for this oversight. I absolutely understand how very scary it must feel for the



newsletter to talk about this subject, but it being scary is not a reason to not do it.

Imagine if the next issue of the newsletter featured a calendar of racial justice events happening in September and October that neighbors could attend, or interviews with Black-owned businesses on Fremont and 42nd, or coverage on the questions asked at the local hearings on police funding? I'd love for the newsletter to represent the neighborhood around this issue, since it's clear so many of us care about it, and many of us are deeply personally impacted by it.

Big thanks in advance for listening. I can't imagine you have an easy task, but it matters so much for our neighborhood association that the magnitude of this historical moment not be buried.



JOIN OUR EMAIL LIST

We invite you to visit the new BWNA website at www.bwnapdx.org and 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.

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A group photograph of four people, three women and one man, standing together and smiling. They are dressed in professional attire.

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Basics of BWNA relevancy

by Al Ellis

After all these years—nearly five decades since the inception of the neighborhood association system—challenges have never been more diverse or intense. And just as it is with the other 90-plus neighborhood associations in this city, BWNA is pushing the reset button in an effort to stay relevant amid COVID, election-year politics, and racial justice protests. But what are the parameters of this relevance? For an answer, it's back to basics, the founding principles and purposes of BWNA as defined by governing rules embedded in Article 1 of BWNA's bylaws:

Article 1 Name and Purpose

Section 1 Name

The name of the association shall be the Beaumont-Wilshire Neighborhood Association (hereinafter BWNA). BWNA is organized under Oregon Revised Statutes chapter 65 and recognizes the rules established by the City of Portland, Office of Neighborhood Involvement.

Section 2 Purpose

The purpose of BWNA shall be:

- A. To enhance the livability of the neighborhood by establishing and maintaining open lines of communication and acting as a liaison between neighbors, government agencies and officials, educational institutions, area business associations, and other neighborhoods and neighborhood groups.
- B. To provide, encourage, and facilitate an open process whereby all members of BWNA may involve themselves in, and be heard on, the issues, affairs, and concerns of the neighborhood.
- C. To perform all activities related to the purposes enumerated above. To have and enjoy all the powers granted, vested, or allowed BWNA by law.
- D. To organize exclusively for educational, scientific, environmental, and charitable purposes as prescribed by law.

continued on page 15

Knee Pain: When Nothing Else Has Worked, It's Easy to Just 'Accept It'

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



Dr. Carl Baird, DC, MS

Have you, or someone you know, been dealing with knee pain for so long that you've just come to accept it as part of your everyday life? Maybe you've tried routine chiropractic care, massage, or physical therapy in the hopes of solving your knee pain, but it always comes back leaving you feeling stuck and like there is nothing else you can do.

Many times, this idea has been reinforced by those closest to us...even our doctors. Maybe you've been told that you have a 'bad knees', that it's just 'part of getting older,' or that you have 'arthritis' and are 'bone on bone' and the only thing you can do is accept knee pain as part of your life and move on.

My name is Dr. Carl Baird and every day I work with clients just like you who have been dealing with knee pain for so long that they have just come to accept it. We've helped 100's of people get back to their favorite activities – some who have been dealing with knee pain for over 15 years!

In our new KNEE PAIN REPORT titled, "*Simple and Easy Ways to Stop Knee Pain from Interfering with Your Favorite Activities*" we discuss

what it takes to go beyond pain relief to building confidence in your knee's ability to handle the activities you love.

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P.S. There are only **10 free copies**, so get yours now and get back to the active, healthy life you want and deserve.

Evolve Performance Healthcare

Dog lover and community activist Andrew Rinke fully engaged as board member

by Mark Mohammadpour

Editor's Note: Andrew was appointed by the board to fill one of six vacant at-large board member positions. If you're interested in filling any of the remaining at-large positions, contact President Tim Hemstreet for details.

This month we're profiling the newest BWNA board member, Andrew Rinke.

Tell us a little about yourself, Andrew.

Born and raised in Michigan (Go Blue!), I started heading west to Chicago, Boulder, and finally Seattle for almost ten years. My Midwestern roots bloomed fully in the Pacific Northwest, and now I can't imagine life without mountains, good coffee, and composting. I met my husband Scott in 2016, we were married in 2018, and 2019 became an exciting year for relocating as Scott accepted a job at a local mobile gaming studio. I've spent my first year here unpacking and building my own business as a digital marketing consultant for local businesses and nonprofits. Eventually, I want to side-hustle into interior design work—that is, once it's safe!

What's your favorite part of living in the neighborhood?

Creating a new home for us and our dogs Milo and Finn, we are so grateful to have landed in Beaumont-Wilshire. Quarantining has motivated us to stay busy with the house, and if you happen to catch us outside building, painting, or digging, please stop and say hello! It's been a joy to build community with our neighbors and be welcomed so warmly. My favorite part is walking our dogs, admiring all the pride and creativity people put into their homes and yards.



New Beaumont-Wilshire resident Andrew Rinke is looking forward to contributing to the BWNA by serving on the board. Photo by Andrew Rinke

What are your favorite neighborhood businesses and why?

Our dogs Milo and Finn are obsessed with Green Dog, but depending on the day and the need, Beaumont Hardware and Beaumont Market have proven to be extremely valuable.

What does being a board member mean to you?

It means a lot to me. We moved from a tight-knit neighborhood in South Seattle. Together as a neighborhood coalition, we were able to address community needs and challenges with the city and county. Having felt the importance of citizens participating within local government, I'm grateful to be included in the story of this wonderful neighborhood. I hope I can help represent our neighbors as an active participant in meaningful and effective ways.

What are the issues you want to help address as a board member?

I'm still new to the community and the board, and I need to spend more time listening and learning. However, in general, I hope to better understand the role of the neighborhood association within the neighborhood and at Portland City Hall. What are the residents of Beaumont-Wilshire expecting of us? What more can we be doing? What can we do to influence the maintenance and evolution of a better Portland for everyone? Just the little things!

Thank you for your service to the neighborhood, Andrew!

Basics of BWNA relevancy (continued)

E. To be inclusive of all. BWNA may not discriminate against individuals or groups on the basis of race, religion, color, sex, sexual orientation, gender identity, age, disability, legal citizenship, national origin, income, or political affiliation in any of its policies, recommendations, or actions.

Note in Section 1 that these standards were instituted by the City of Portland via the Office of Neighborhood Involvement (now Office of Community & Civic Life). Also note Section 2E, in which inclusivity and non-discrimination are integral to neighborhood association community engagement. With respect to community outreach, BWNA has made it

convenient for residents to participate in monthly board and general meetings via Zoom (details posted on the "Upcoming Events" website page at www.bwnapdx.org) and enlists the help of over 60 neighborhood volunteers to deliver this bimonthly newsletter to more than 2,500 B-W households. Additionally, the BWNA board continues to attend to a broad range of livability concerns, including accountability for demolition/development best practices, pedestrian safety, complaints of "un-neighborly" behavior on the part of residents or businesses, enhancement of Wilshire Park, and support for local businesses and Beaumont Middle School, especially in this difficult time of pandemic restrictions.

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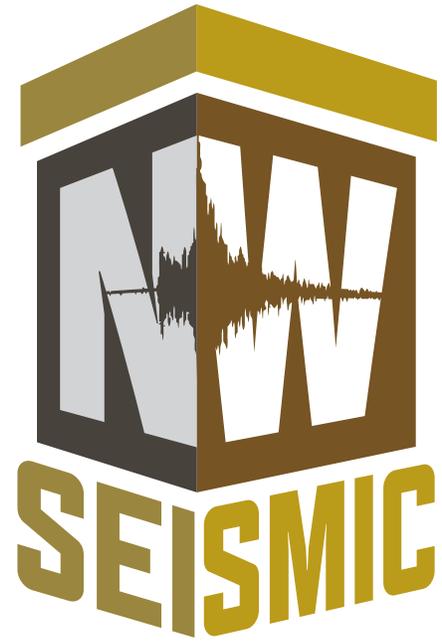


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