



May-June 2021

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FIND THE Beaumont-Wilshire Neighborhood Association ONLINE AT [bwnapdx.org](http://bwnapdx.org)

BWNA Calendar of Events Community Events

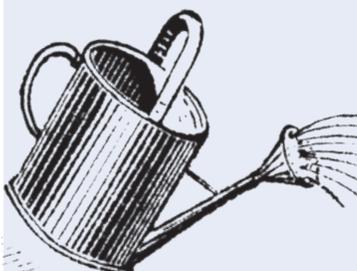
Sumner Neighborhood Association Community Cleanup

Saturday, May 15 9:00 a.m. - 3:00 p.m. Helensview School 8678 NE Sumner Street For information, check the "Upcoming Events" page at [www.bwnapdx.org](http://www.bwnapdx.org)

Rose Festival Porch Parade

Monday, May 31 to Sunday, June 13 throughout Portland neighborhoods. For information, check the "Upcoming Events" page at [www.bwnapdx.org](http://www.bwnapdx.org)

see page 3 for BWNA meeting schedule



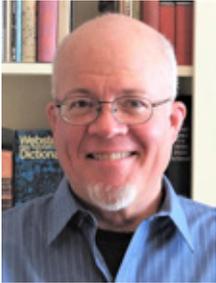
A beautiful day in the neighborhood

by Al Ellis

Inspired by New Neighbor Welcoming Project packets "greeting and treating" them to Beaumont-Wilshire, courtesy of BWNA and the local business community, several newcomers have responded with thank-you emails that include their impressions of the neighborhood as well as personal information about themselves. Here's a happy sampling:

- Growing up in Eugene and most recently residing in Portland's Piedmont neighborhood, Jenna, Jeff, and daughter Maggie moved to their home on Alameda: "After having our daughter and transitioning to work from home, we were ready for a slightly bigger house. We love this neighborhood and can't wait until it's safe to meet more neighbors in person! Thanks for the warm welcome!"
- After a move from Texas "prompted by securing a great job at a local Portland software company," followed by a few years of apartment-dwelling in The Pearl, Jason and Katie moved to their home on 47th: "This is the first house for both of us, and we are excited by all the new homeowner things that we couldn't have in a one-bedroom apartment downtown. Specifically, the parks and quiet neighborhood to walk around, enjoying the fresh air and family atmosphere. . . We have met a handful of neighbors, and everyone has been very nice and helpful even in these times of the pandemic. They have done a wonderful job of making us feel at home. . . Thanks for making us feel welcomed and for your time and effort on the BWNA newsletter."
- Living on César E. Chávez Boulevard, Bob and April enjoy walking their dog around the neighborhood and taking son Colin to play in Wilshire Park. "So far we have loved having the ability to walk to get take-out tacos, bagels, dog treats, sports gear, hardware store things, smoothies, and a nice little market open until 11 p.m.!"
- Carrie and Scott, a Nurse Practitioner and Columbia Sportswear employee, respectively, moved from the Portsmouth neighborhood to their home on 45th: "We are happy to be here. . . excited to explore and be a part of this new (to us) neighborhood. . . have two dogs. . . and from our walks it looks like most B-W residents are dog people as well. Look forward to learning about our neighbors."
- Dineen and Tom moved to their home on 45th after having lived in the Montavilla, Sunnyside, and Brooklyn neighborhoods for almost four years and "are so excited to be first-time homeowners in this lovely neighborhood. . ." and . . . "really excited about getting to know our neighbors and . . . grateful for the community you all are creating and fostering at the Neighborhood Association."
- Brooke-Lynn and Ivan on Skidmore: "We used to live in the Roseway neighborhood and didn't have any intro to that neighborhood. So this is a nice surprise. We have also had neighbors stop by and say hello, which is also a lovely welcome. We are already in love with the neighborhood and look forward to meeting more people once the pandemic is under control. Thanks again. Very thoughtful."

continued on page 4



## President's message

by Tim Gillespie

## Our better nature

**Y**ou know how Oregon springtime weather reports can be a combination of the harsh and the heartening. The day I started writing this message, for example, dispiriting drizzle was followed by brilliant late afternoon sunshine. My neighborhood report might feel like that this month, with the early news gloomy and the later news uplifting.

The harsh news is that two of our Asian American neighbors have reached out to BWNA after two separate incidents of racial harassment directed at them. This fits a deplorable national trend of hate crimes targeting Asian people. According to a study of police statistics in major U.S. cities, such incidents have risen by nearly 150 percent this year, these acts of racism seemingly caused by fears around the COVID pandemic stoked by unscrupulous politicians.

As was eloquently expressed in a public letter from 26 civic groups banded together as Greater Portland's Chinese American Community, "These crimes hurt not only Asian Americans, but also all our communities in this country. Discrimination of any kind is a shameful part of our society, and hate—not a virus—is a pandemic that will destroy our civilization," and an infection that can start in any neighborhood, I would sadly add.

In response to B-W citizens' reports to BWNA board members, we've collected and publicized (in the March-April issue of the newsletter as well as on our website "Community Resources" page) community safety information for folks victimized by or witnessing racial or other harassment. But one more time we need to assure our neighbors of Asian ancestry—and all our neighbors—

that everyone of every background is welcome here.

After all, our national diversity is both our tradition and our blessing. As Ronald Reagan said when he signed the 1988 bill providing restitution for and acknowledging the "grave wrong" of the disgraceful World War II internment of Japanese-American civilians, "Not in spite of but because of our polyglot background, we have all the strength in the world. That is the American way."

Here are a couple of quick extra resources to help us through this:

- The Stop Asian American/Pacific Islander Hate group has information to support communities standing against racism: <https://stopaapihate.org>.
- The Portland children's publisher A Kids Book About is offering a free e-book to help families discuss anti-Asian hate: <https://akidsbookabout.com/pages/anti-asian-hate>.
- See the BWNA website blog page for more support resources: [www.bwnapdx.org/blog](http://www.bwnapdx.org/blog).

So what's the good news?

At our April general meeting, two neighbors—Sam Balto and Patty Nelson—stepped up to become the newest members of the BWNA board (see article about Sam on page 11 of this issue and about Patty in the upcoming July-August issue). Our gratitude goes out to folks willing to volunteer their talents and time to make this a better place to live. Welcome, Patty and Sam!

The main topic at that April meeting was traffic problems in the neighborhood,

*continued on page 4*

## Our Organization

### BWNA Board

#### President

Tim Gillespie 503-287-6272  
[president@bwnapdx.org](mailto:president@bwnapdx.org)

#### Vice-President

Andrew Rinke 503-893-2504

#### Secretary

Barbara Strunk 503-284-7502

#### Treasurer

Karla Lenox 503-686-5915  
[treasurer@bwnapdx.org](mailto:treasurer@bwnapdx.org)

#### At-Large Board Members

Sam Balto 202-309-0343  
Al Ellis 503-287-0477  
Gary Hancock 503-367-0862  
Laurie Holtz 621-327-5595  
Patty Nelson 503-281-8035  
John Sandie 219-508-4162  
(four open positions)

#### Immediate Past President

Tim Hemstreet 503-239-6231

### Related Organizations

#### Beaumont Business Association

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

#### Central Northeast Neighbors Board

Barbara Strunk 503-284-7502

### Areas of Interest

Residents are encouraged to participate. Contact committee chairs for details

- **Beaumont Middle School Committee**  
Tim Gillespie, chair 503-287-6272
- **Communications Committee**  
Andrew Rinke, chair 503-893-2504
- **Crime Prevention Committee**  
Bill Markwart, chair 503-282-4610
- **Land Use Committee**  
Tim Hemstreet, chair 503-239-6231
- **Friends of Wilshire Park Committee**  
Gary Hancock, chair 503-367-0862
- **Newsletter Team**  
Chair: Al Ellis, [editor@bwnapdx.org](mailto:editor@bwnapdx.org)  
Graphic Design:  
Jane Feinberg, [design@bwnapdx.org](mailto:design@bwnapdx.org)  
Copy Editor:  
Myrna Sheie 224-659-1537  
Distribution:  
Georgina Head 360-739-7896  
John Sandie 219-508-4162
- **Transportation Committee**  
John Sandie, chair 219-508-4162
- **Website ([www.bwnapdx.org](http://www.bwnapdx.org))**  
Andrew Rinke 503-893-2504



## Editor's notes

by Al Ellis

In my Editor's Notes column for the March-April issue, I noted that "...perhaps the most impactful pandemic-linked silver lining for BWNA was the necessitated switch to Zoom, affording residents the opportunity to become actively involved in neighborhood meetings from the comfort of their own easy chairs." But this "Zoom boon"—as it were—seems destined to expand far beyond the COVID "silver lining" stage as a communication enhancer. Just ask Portland City Commissioner JoAnn Hardesty, whose 90-minute "Open House" last March attracted a Zoom audience in the hundreds! Marveling aloud at the turnout, the commissioner applauded the technology responsible for so many constituents able to attend—in numbers greater than anything possible within the bricks and mortar confines of City Hall.

And amid the multitude of faces on the computer screen that evening was my own, hand raised (Zoom-style) in hopes of being randomly selected as a questioner—but alas, no such luck. In retrospect, though, if my name had been called, what would I have asked? A plethora of topics swirled in my mind, e.g., police funding cuts (in the face of record gun violence and vandalism), camping on sidewalks (and elsewhere), retention of Suk Rhee as Office of Community & Civic Life director (despite her branding of neighborhood associations as "racist"), and others. But in the end, I think my question would have simply been, "Have you had the opportunity to read any neighborhood association newsletters lately?" Not kidding, and here's why:

In Portland's controversially unique form of city government, City Council members (four commissioners and the mayor) function both as legislators and administrators, with administrative

assignments divvied out by the mayor. Thus it was after Commissioner Chloe Eudaly's electoral defeat last November that Mayor Wheeler chose JoAnn Hardesty to succeed Eudaly in managing the Office of Community & Civic Life, the bureau in charge of neighborhood associations. Not surprisingly, then, several questions at Hardesty's forum focused on the status of neighborhood associations vis-à-vis Civic Life. The commissioner promised to keep an open mind and to attend as many neighborhood association meetings (via Zoom for now) as her crowded schedule would allow, while underscoring "inclusion" and "accountability" as ongoing concerns (although neighborhood association activists, still reeling from a litany of accusatory generalizations by Rhee and Eudaly, wonder about Hardesty's "buzz words").

But just how will JoAnn Hardesty and the Civic Life staff go about conducting an evidenced-based assessment of "inclusivity" and "accountability" in each of the city's approximately 90 neighborhood associations? Certainly visitations to neighborhood association meetings will be helpful, although completing the circuit any time soon will be a challenge. And that's where Association newsletters can be of assistance, replete as they are with information about outreach initiatives, livability-enhancement projects, and community enrichment activities. Heck, even our "Table of Contents" tells a story!

So if by chance Commissioner Hardesty is reading this now, BWNA "hats-off" to you!

Additional note: Welcome aboard to our newest advertiser, Chris Haynes of Fred Shearer and Sons union plastering shop (in Tigard!) See page 13 for the premiere of their ad.

## Calendar of Events (cont.)

### BWNA Meetings

#### NOTE:

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

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

**Monday, May 10:** Board meeting via Zoom, 7:00 p.m.

**Wednesday, May 12:** Friends of Wilshire Park committee meeting via Zoom, 7:00 p.m.

**Wednesday, June 9:** Friends of Wilshire Park committee meeting via Zoom, 7:00 p.m.

**Monday, June 14:** General meeting via Zoom, 7:00 p.m.

## BWNA Newsletter

### Submission Deadline

**Friday, June 11** (for the July-August 2021 newsletter)

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

Email photos, graphics, and ads to Jane Feinberg ([design@bwnapdx.org](mailto: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](http://www.bwnapdx.org)). Click on "Newsletter/About the Newsletter" at the top of the home page.



## President's message (continued)

and our Transportation Committee had arranged for a Portland Bureau of Transportation staffer to come hear about our issues (see details on page 5). In addition, various board members discussed other ongoing BWNA projects, including our New Neighbor Welcoming Project (see page 1 of this issue), our financial support for the Community Cycling Center's distribution of hygiene kits to families suffering economically during the pandemic (details on

page 11), our Friends of Wilshire Park Committee's glorious new plantings and plans for future park improvements (details on page 10), and other good works.

As sun clears the gloom, so do all these positive actions far outweigh the negative. And it's springtime, with its hope and promise for better days ahead.

## Beautiful day in the neighborhood (continued)

- Laura and Alastair on Alameda: *"Just wanted to say thanks for the welcome letter and BWNA Newsletter that was delivered to us as new residents. . . We moved in just before the holiday, so it took us a bit to get settled, but I did want to say how lovely and unexpected the welcome was. We have two little boys (ages 4 and 7) and moved from San Jose, CA., so are really enjoying the weather (seriously), the ability to walk everywhere, and how neighborly everyone is."*
- Mary and Dan on 37th: *"Thank you so much. . . we are very glad to be here. We moved from California to Portland and are loving the change of scenery and refreshing pace of life. We both moved around a fair bit in the last two decades (Ed: Dan growing up in Oregon, Mary in Minnesota), and Beaumont-Wilshire feels, for both of us, like a return to our roots."*

Inside the New Neighbor Welcoming Project packets are letters of welcome from BWNA President Tim Gillespie and Beaumont Business Association (BBA) President Andy Frazier, a discount card good at 31 BBA businesses and organizations (mostly located on Fremont Street), and a gift card from Backyard Bird Shop (just east of 14th on Fremont).

*Editor's Note: If you know of a B-W newcomer or are one yourself, please email me a tip at [editor@bwnapdx.org](mailto:editor@bwnapdx.org). Packets are mailed due to COVID, so names and addresses are needed.*

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# Ramping up transportation

by John Sandie

The BWNA Transportation Committee has been mostly dormant due to a lack of voiced transportation issues submitted to the BWNA board, but the last few months have seen an eclectic array of concerns raised by residents for the Transportation Committee to pursue with the Portland Bureau of Transportation (PBOT). This heightened level of interest prompted the BWNA board to invite PBOT representative Scott Cohen to speak at its April general meeting. Mr. Cohen's primary responsibilities are related to the City's Greenways Programs, and he gave a PowerPoint presentation on plans to expand the greenway system along Skidmore and Mason eastward to tie into other north-south routes. Also addressed in his presentation was the pandemic-driven Slow Streets Initiative, a program involving signage and other enhanced visibility measures that, based on public feedback to PBOT, is likely to continue beyond the pandemic. Scott's presentation can be accessed via a link on the BWNA website Blog page at [www.bwnapdx.org/blog](http://www.bwnapdx.org/blog).

Attendees at the general meeting (a record turnout for a BWNA meeting via Zoom) posed questions to Scott that included ideas for improvements on Skidmore adjacent to Wilshire Park, concerns about speeding traffic along Skidmore as well as on Fremont and Prescott, safety issues at the intersection of Prescott and 37th (a difficult passage for pedestrians and bicyclists), and unmarked intersections within the Beaumont-Wilshire neighborhood (specifically along Skidmore). Time did not allow all the concerns to be voiced, and the Transportation Committee will be following up with PBOT as appropriate.

A few neighbors have initiated direct contact with PBOT. In one case, regarding unmarked intersections, the resident got a one-on-one remote meeting with Commissioner Hardesty, who oversees PBOT. Another direct communication from a B-W resident (previously employed by the city and with contacts at PBOT) concerned American Disabilities Act (ADA) curbs on lower-traffic side streets. The BWNA Transportation Committee has and will continue to offer assistance and provide an additional voice in support of such inquiries.

The traffic calming and alternate uses of Skidmore adjacent to Wilshire Park remain a priority for the Transportation Committee, as outlined in the proposal supported by the full BWNA board, which can be accessed on the BWNA blog page ([www.bwnapdx.org/blog](http://www.bwnapdx.org/blog)). The committee is presently working on traffic calming prototyping (i.e., pop-up ideas) with PBOT that may be possible this summer once the permitting process reopens. Stay tuned for future details as approvals are obtained.

Recognizing that PBOT deals with priorities throughout the city and is still constrained by the pandemic, effective civic perseverance often yields the most favorable results—and that

is the task of the Transportation Committee. The committee continues much of its deliberation and communication via email, with Zoom meetings as needed. The newsletter and website blog will continue to be used to keep residents informed on the issues. If you would like to be notified of future meetings or have ideas on how to make our neighborhood safer for all modes of transportation, click on the Contacts link at the top of the website home page to send an email via [info@bwnapdx.org](mailto:info@bwnapdx.org) with your request and/or thoughts.



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# Letters to the Board: Recycling and Adopt One Block

## Tips from a master recycler

by Elizabeth Erickson

Some observations and tips from your friendly Neighborhood Master Recycler. I live and breathe waste reduction and recycling and see it everywhere, but not everyone does. So to help your garbage hauler, our environment, and the economy, I offer this advice:



- Plastic bags and styrofoam can be recycled, but not via the blue recycle cart. Many grocery stores recycle plastic bags (e.g., New Seasons), and styrofoam can be taken to Agylix in Tigard, which is the closest styrofoam recycler to us. Clamshell containers (e.g., berries, salad) are also accepted by Agylix, which takes any #6 polystyrene (“PS”). Look for “#6 PS” marked on the container. If a clamshell container is not #6—and unfortunately most aren’t—then toss it into the garbage, because curbside service does not sort by number. (Tip: fill up your vehicle to make the Tigard drive worthwhile.)
- Empty, clean, and dry: items for the recycle cart should not have food or liquids on or in them.
- Not sure or want more info? Check out Recycle or Not at [www.recycleornot.org](http://www.recycleornot.org) or [www.oregonmetro.gov/tools-living/garbage-and-recycling/find-a-recycler](http://www.oregonmetro.gov/tools-living/garbage-and-recycling/find-a-recycler) or call Metro’s Recycling Information Center at 503-234-3000.

Questions or comments? Send them my way!  
([elizabeth.ann.erickson@gmail.com](mailto:elizabeth.ann.erickson@gmail.com))

## Adopt One Block

by Ellen Wax

We don’t have much litter on our block, so when I saw a Nextdoor conversation about helping to clean up litter in Portland with someone suggesting starting with one block, your own block, I thought I wouldn’t fill up a baggie, let alone a larger garbage bag. We are fortunate to live on a block and in a neighborhood with so little litter. But I thought, what the heck, I’ll look into the suggested program called Adopt One Block. Since we live close to Fremont, Beaumont Middle School, and Beaumont Village, I could go beyond my own block and pick up litter on the next block, or even the next block. So I signed up and within days I received a pack of disposable gloves, kitchen-size garbage bags, and a trash picker tool. Off I went, around the block, to the next block, up the street, and around the schoolyard. It is amazing how many pieces of papers, bottle caps, cigarette butts, and the like can be found when you start looking down along the curb, in the bushes, etc. Within a four-block area I picked up a full bag of litter. It was very satisfying. It could be a fun activity for your family, or alone . . . and a great conversation starter with other neighbors! Check out Adopt One Block at [www.adoptoneblock.org](http://www.adoptoneblock.org), and don’t let it stop you if your block is taken, because the next one over, or the one after, could be available.



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# Gardening in a dry summer climate

by Barbara Strunk

“It always rains in Portland.” Not so. The Willamette Valley climate usually presents us with a dry summer and rainy fall, winter, and spring. But, of course, that is not always the case. A complex system of Pacific Ocean currents, mountain ranges to the west and east of us, and the east-to-west air flow of the Columbia Gorge influence our climate. Increasingly dry summers and the need to conserve water affect how we garden. Despite this weather pattern, we can garden enthusiastically with an amazing array of plants. But it requires a bit of planning, keeping in mind the plants’ relative need for water.

Soil preparation is very important. The ideal soil for growing plants drains but holds a moderate amount of water. The native soil in our neighborhood varies from the clay and river rock of the ridge area to the fertile delta soil closer to the Columbia River. The clay soil will need amending and removal of the largest rocks. All soil benefits from the addition of compost on a yearly basis, especially soil that is host to annual plants that need more nutrients to grow, flower, and produce vegetables or seed in one season. We have a compost pile and a worm bin. The rich soil produced is harvested at least yearly and placed where needed. Soil throughout the garden is amended with humus-rich material when planting to add nutrients and increase the ability to hold moisture. Clay soil that holds too much water and could drown plant roots is also amended with compost at planting time.

Consider growing annual flowers and vegetables in the same area, since they need more water than established perennials. We grew kale last season and left some to winter over and enjoyed eating the leaves throughout the winter. Now the plants are gorgeous with heavily blooming yellow flowers. If we leave some of them to grow on, we will harvest seed at the end of



this summer. We plant annuals such as zinnias, feverfew, and marigolds in with the vegetables where they benefit from the added water and nutrients.

All annual and perennial plants need more water when newly planted. Once plants are established with a more mature root system, watering can be somewhat reduced. Be aware of plants’ water needs and consider grouping plants in your garden that need more or less moisture and light.

Lawns need a lot of water to stay green in the summer. Explore some approaches to lawn management to reduce water usage; for instance, plant less lawn, let the lawn go brown in the summer, or remove the lawn altogether.

Choose plants for your garden that require less water once established. Some research should go into selecting plants for your garden. Group together plants based on their water, light, and soil needs. An array of spring bulbs does well with less summer water, since after blooming they dry out and the foliage withers. Plants that require less water when established—such as small manzanita, mahonia repens (Oregon Grape), lavender, hebes, heuchera (coral bells), salvia, wild current (*Ribes sanguineum*), penstemon, and small pines such as Mugo pines—all work well in a drier garden. Several succulents are hardy and do well with less water, including several species of sedum, sempervivum, and yucca. These all are growing in my west-facing rock garden that is designed to need less water. Considering our dry summer garden needs, local plant growers have specifically selected smaller members of many of these shrubs for growing in our climate. A water-wise garden design can be very satisfying with many plants to choose from.

An interesting book that explores the issues of gardening in a dry climate is *Gardening in Summer-Dry Climates* by Nora Harlow and Saxon Holt (Timber Press, 2020).



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# FoWP Committee springs forward

by Gary Hancock

It's been a busy spring for BWNA's Friends of Wilshire Park (FoWP) committee, starting with two dozen or so energetic volunteers assisting Portland Parks & Recreation (PP&R) to plant over 200 native plants at the north and south ends of the park. The committee is also in the midst of talks with PP&R to launch a project that would provide piped-in water for the off-leash dog run, a long overdue park enhancement that will be greatly appreciated by the scores of dog owners (and their dogs!) who frequent the area daily. Upon PP&R approval (hopefully), the committee will kick off a fundraising campaign, utilizing this newsletter to publicize the project to neighbors and solicit donations.

Future project ideas include installation of a FoWP billboard in the park, adding seating to the toddler area, revamping play equipment for older children, restoring the splash pad, and fencing the dog run area. The committee invites the public to weigh in on these proposals and suggest new ones.

FoWP committee meetings (still via Zoom at this point) are on the second Wednesday of the month at 7:00 p.m. Contact Committee Chair Gary Hancock at [outside503@aol.com](mailto:outside503@aol.com) for links to the meetings.



Two young volunteers "dig in" to help beautify Wilshire Park. Photo by Peter Mogielnicki

## Sciatic Pain: How to Avoid More Pills, Dangerous Injections, and Expensive Surgery

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



Dr. Carl Baird, DC, MS

Are you, or someone you know, worried about daily, chronic sciatic pain? The type of back and leg pain that can make it hard to sleep, hard to walk, and keeps you worried that you may have to miss out on all the summer adventures with your friends and family this year.

My name is Dr. Carl Baird and over the last 10 years I have been working to help people overcome sciatic pain – even when nothing else has worked.

What I can tell you is the typical rest, pills, injections, and surgery will do absolutely nothing to get to the root cause of your sciatic pain.... no matter what your doctor says.

And it's because I'm growing increasingly frustrated with the number of people suffering unnecessarily that I've written a 12-page report that details the how to ease sciatic pain naturally. And I want to send it to you...free of charge.

This 100% FREE report titled, "**How To End Sciatic Pain Without Pain Pills, Injections, or Having to See Your Primary Care Doctor.**"

Here's what you'll learn inside this report:

- The most common cause of sciatic pain (Hint: usually has NOTHING to do with your sciatic nerve)
- Learn why stretching may actually make your sciatic pain WORSE
- What to do to start easing sciatic pain TODAY

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# Sam Balto's green influence on BWNA

by Al Ellis

Long before he stepped up to fill one of six vacant at-large board positions at last April's general meeting, Sam Balto was a known quantity in BWNA circles. An avid neighborhood cyclist (not to mention devoted baby stroller pusher), and living just down the street from Wilshire Park, Sam had been understandably concerned about the stream of speeding vehicles along the 20-mph stretch of Skidmore Street adjacent to the park, and last summer he decided to do something about it, proactively promoting traffic calming schemes and advocating for family-friendly usage of the street (e.g., a walking/strolling/jogging/cycling lane along the north side of Skidmore and a proposal for restricted access of motorized vehicles on weekends in order to "extend the park" for neighborhood activities). Residents took notice, and so did a responsive board, which invited him to make his case publicly at monthly BWNA Zoom meetings—which he did, twice, via persuasive graphics-assisted presentations. Inspired by Sam's activism, the board proceeded to revamp its Transportation Committee, with John Sandie as chair and Balto as a member, seeking pilot program authorization from the Portland Bureau of Transportation.

More recently, Sam provided the impetus for a grant-funded "green" community assistance initiative by BWNA. The grantor, Central Northeast Neighbors (CNN), the umbrella organization for BWNA and eight other area neighborhood associations, made \$1,000 grants available to coalition members to help local populations impacted by the pandemic, and it was Sam who suggested consideration of "Community Cycling Center—Pedals to the People," located at the corner of NE 17th Avenue and Alberta Street, the nonprofit with an array of bicycle-related outreach programs,



Newest BWNA board member Sam Balto and wife Kayci with sons Lev (L) and Gil. Photo provided by Sam Balto

one of which solicits donations of food and miscellaneous hygiene items (i.e., Care Kits) for delivery by bicycle courier to those in need. With CNN's grant application date fast approaching, President Tim Gillespie convened a special meeting of the board to evaluate prospective recipients, and Community Cycling Center emerged as the unanimous choice. Upon awarding the grant to BWNA, Sam rode his bike to the Community Cycling Center to participate in the presentation of the check, dedicated to funding Care Kits. (To make a donation, go to [www.communitycyclingcenter.org](http://www.communitycyclingcenter.org).)

Sam's personal story is compelling as well. Raised in Chevy Chase, Maryland, he attended the University of Maryland for undergrad and Boston University for his Master's in Physical Education and coaching. After moving to Portland, Sam met his wife Kayci, both teachers then at King Elementary. Subsequently, the couple returned to the East Coast, living in Massachusetts for four years before the move to Beaumont-Wilshire two and a half years ago and resumption of their teaching careers in the Portland Public Schools system. Sam and Kayci have two children (three-year-old Lev and seven-month-old Gil), have fun traveling around Oregon and beyond, and love living in the neighborhood. Quoting satisfied Sam: "We enjoy how close we are to Wilshire Park and how walkable the area is to so many great restaurants and shops."

Sam, thanks for your dedication to the neighborhood and for serving on the board!



CNN and BWNA with Sam Balto's assistance made possible a \$1,000 grant to the local nonprofit Community Cycling Center to help local populations impacted by the pandemic.

*Editor's Note: Kathy Campbell's move to another city marked the end of her long-running and beloved column in this newsletter, "Kathy's Kitchen." To fill the recipe void, we're introducing this new column "Neighborhood Flavor," which will feature recipes submitted by you, our readers. The yummy gnocchi recipe below was submitted by a BWNA board foodie.*

*Do you have a favorite recipe to share for the July-August newsletter? If so, please email it to [editor@bwnapdx.org](mailto:editor@bwnapdx.org) prior to the next submission deadline of June 11. Thanks!*

\* \* \*



## Sheet Pan Roasted Gnocchi

- |   |                            |
|---|----------------------------|
| 1 lb gnocchi (fresh, shelf-stable, or frozen) | ½ tsp salt                 |
| 1 lb mushrooms, sliced                        | ¼ tsp pepper               |
| 2 shallots, chopped                           | ¼ c grated parmesan cheese |
| 3 Tbs olive oil                               | 1 lemon, zested            |

Mix (uncooked!) gnocchi with mushrooms, shallots, olive oil, salt, and pepper. Spread out on a foil-lined sheet pan. Bake at 400° for 20 minutes, stirring halfway through. Garnish with parmesan, lemon zest, and more salt and pepper before serving. Makes 4 servings. Enjoy!



### JOIN OUR EMAIL LIST

We invite you to visit the new BWNA website at [www.bwnapdx.org](http://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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# Creative, organic landscaping is advertiser Ann Rad's "pride and joy"

by Mark Mohammadpour

This month we're interviewing newsletter advertiser Ann Rad of Pride + Joy Landscapes. See her ad on this page.

*Ann, tell us about your business, Pride + Joy Landscapes.*

Pride + Joy Landscapes is a small woman-owned business based in Northeast Portland. I have been the owner/operator for more than 20 years and specialize in creating and maintaining gardens, low-maintenance plantings, and naturalistic garden design. Pride + Joy offers everything from consultation to design to DIY planning for home gardeners. From a food forest to an urban oasis, we can help you build your secret garden sanctuary while promoting biodiversity for humans and wildlife alike. In addition to helping you build your gardens Pride + Joy can also help you maintain them using only organic, non-fuel-based landscape maintenance packages to suit each garden's needs.

*What do you love about being a designer/gardener?*

The name of my company expresses it best; doing this work is truly my deepest pride and joy. I LOVE creating gardens! Plants are my passion and my creative canvas. Coordinating a garden often feels to me like composing a symphony. I can visualize the colors and textures changing through the seasons and sun patterns of a given day. I never expected to become a garden designer. I worked for many years doing the physical work of building and tending gardens, and my clients started asking me to formalize my ideas into plans. That prompted me to take my work to a new level of planning and presentation. Working with people is the other great joy I have in my work. Consulting and collaborating to create outdoor spaces that speak to different individuals is a wonderful job to have.



*Ann Rad, owner of Pride + Joy Landscapes, a locally grown, woman-owned and operated business. Photo provided by Ann Rad*

The magic is often in the details—what appeals to someone visually, how specifically will they use the space (no matter how large or small), how can we best plan to create a sustainable environment that will grow and change for many generations to come.

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

Beaumont-Wilshire is a vibrant community that we've really enjoyed working with. The architectural interest in the Beaumont-Wilshire neighborhood lends itself to beautiful gardens that accentuate the homes. I've found that clients in this neighborhood care a lot about their homes and gardens and are invested in beautifying and tending their spaces. My business is based just next door in the Cully neighborhood, and I love working with my Beaumont-Wilshire neighbors!

*Thank you, Ann, for your support of BWNA and the neighborhood!*



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## Calling all Volunteers!



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



# Beverly Cleary as one of our own

by Tim Gillespie

On March 26, revered Portland writer Beverly Cleary passed away at the age of 104. But Cleary wasn't just a Portland writer—she was a Beaumont-Wilshire writer.

As she tells in her 1988 memoir, *A Girl from Yamhill*, Cleary's family moved from a struggling farm in that small Oregon town to the big city of Portland in 1922, when Beverly was six years old. After living in a series of rental houses on the east side, they bought a home that still stands on NE 37th between Stanton and Wistaria Drive, at the southwest edge of the Beaumont-Wilshire boundary. She attended Fernwood Elementary School on NE 33rd (now named for her) and graduated from Grant High School in 1934. Heading south to live with a relative while attending junior college in California for free, she later graduated from UC Berkeley with a library science degree.

Cleary was a children's librarian when a little boy asked her, "Where are the books about kids like us?" That inspired her, she said, to write about "ordinary kids playing in the neighborhood"—a mode of writing that very well may have been the secret spark of her enduring popularity, since so many young readers have found themselves reflected in her stories of the everyday dilemmas of kids growing up in regular working-class families like hers. The father of Cleary's most famous character, spunky Ramona Quimby, loses his job as a bank guard in downtown Portland and sinks into depression as Ramona's mother goes to work—something that happened in Cleary's own family during the Great Depression. Ramona has to wear hand-me-down clothes, and, in another book, the family of her character Henry Huggins can't afford to buy him a bicycle. These aren't sad books, however. Things often work out with luck and pluck and family love, but sometimes they don't, and young readers can find plenty of relatable situations in these stories penned long ago.

As Laura O. Foster wrote in her terrific little 2016 guide *Walking with Ramona: Exploring Beverly Cleary's Portland*, "Not all children's books are readable by adults . . . But Beverly Cleary's books are an exception, and that's perhaps why each

generation finds her books fun to read: they're full of sparsely crafted scenes packed with details from a kid's (or dog's) point of view. Each chapter stands alone, with satisfying endings to the quandaries and perplexities kids experience. The chapters are sometimes laugh-out-loud funny, often gently satirical, and always respectful of even the youngest child's personhood."

Cleary wrote over 40 much-loved books—mostly for young readers (and their parents and teachers)—that have sold over 90 million copies around the world. I can personally attest to the long span of her success, as I read her first novel, *Henry Huggins* (published in 1950) when I was in third grade and delighted in the hilarious, resonating misadventures of third-grade Henry and his rascally dog Ribsy. (I remember even asking my parents if I could dig up earthworms like Henry does at Grant Park.) My sons also read the book when they were growing up on NE 38th Avenue in our house just kitty-corner behind Cleary's old house, and I'll share it with my grandchildren in a couple of years.

Best of all is that eighteen of Cleary's books are set in our neighborhood. Henry and Ramona live on Klickitat Street—because, the author wrote, she liked the sound of it. There is a wonderful walking tour in Foster's book that can take young fans and their families to many neighborhood sites associated with those beloved novels, and the Hollywood branch library has a map on its lobby wall of Cleary's settings. In Grant Park, the Beverly Cleary Sculpture Garden has life-size statues of Ramona, Henry, and Ribsy for young readers to enjoy.

Beverly Cleary immortalized our neighborhood with her wonderful novels, all written with a simple but profound goal in mind: "I hope children will be happy with the books I've written and go on to be readers all of their lives."



*Sculptures of Cleary's beloved characters Henry Huggins (top) and Ramona Quimby delight visitors to Grant Park. Photos by Jane Feinberg*

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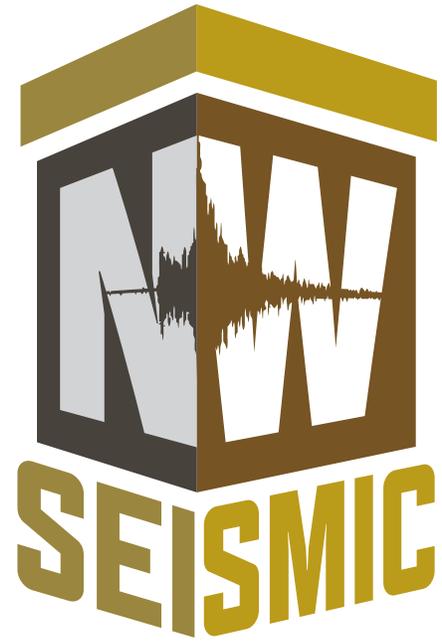


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