



July-August 2021

In this issue:

- FoWP dog days fundraiser*, page 1
- President's message*, page 2
- Editor's notes*, page 3
- FoWP befriend native flora*, page 5
- Fun local history*, page 6
- Local artists cooperative*, page 8
- Recycle with Liz*, page 10
- Introducing Patty Nelson*, page 11
- Poetry in motion revisited*, page 12
- Cook like no one is watching*, page 14
- Word Search*, page 15

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

**BWNA**  
**Calendar of Events**  
**Community Events**

**Neighborhood Art Show**  
Saturday, August 21  
11:00 a.m. - 6:00 p.m.  
3307 NE 43rd Avenue  
For additional information, see the ad on page 14

**Summer Blood Drive and PTA Fundraiser Event sponsored by BWNA and Beaumont Middle School PTA**  
Sunday, August 29  
8:00 a.m. - 2:00 p.m.  
Beaumont Middle School Cafeteria  
4043 NE Fremont Street



NOTE: event details are being worked out. Mark your calendars and check back in August at [www.bwnapdx.org](http://www.bwnapdx.org) for updated information. Come support your neighbors at this important event!

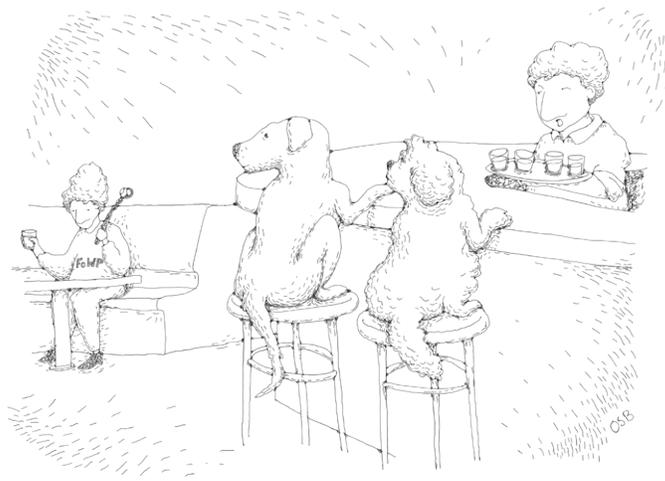
see page 3 for  
BWNA meeting schedules

## Dog days fundraiser aimed at quenching dogs' thirst

by Gary Hancock and Al Ellis

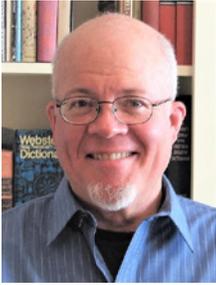
As summer sizzles here in Portland, we spend more time in our beautiful tree-shaded Wilshire Park. And as you do, take note of the upgrade to the NatureSpace area just west of the pavilion, the landscaping on the north and south sides, and the new play car and house in the toddler area. How did these additions happen? In part through grants procured by BWNA's Friends of Wilshire Park committee (FoWP), coupled with technical support provided by the Portland Parks & Recreation (PP&R) staff—but primarily through generous donations of time and money from park-loving neighbors.

So what's next on the FoWP agenda? No less than the launching of its most ambitious fundraising campaign to date, with the goal of financing a much-needed and long-overdue addition to the off-leash dog run area: piped-in drinking water for the dogs.



*"That creepy stranger has ordered you some water."*

And just how ambitious a project is this? Brace yourself: the estimated price tag is a whopping \$25,000! To say the least, the challenge is formidable; but FoWP remains hopeful—even optimistic—that area residents (especially the dog-lovers among us) will step up to beat the odds. To get the ball rolling, the BWNA board approved funding for the printing of fundraiser envelopes that have been hand-inserted into each of the over 2,600 newsletters by a dedicated corps of neighborhood volunteers. The message on the envelope instructs contributors to make checks out to "CNN" (Central Northeast Neighbors, BWNA's coalition organization of nine local neighborhood associations), because CNN has 501(c)(3) nonprofit status, thus qualifying donations as tax-deductible.



## President's message

by Tim Gillespie

## For the sake of neighbors

“People glorify all sorts of bravery except the bravery they might show on behalf of their nearest neighbors.” -George Eliot, *Middlemarch*

In any neighborhood we can find a healthy diversity of opinion about anything and everything, and that's likely to be particularly true about our responses to COVID-19, which has gotten so many people sick (including a member of my own immediate family) and has caused so many deaths (including two of my high school classmates). Thus you may think Oregon's and our nation's management of this unprecedented pandemic is terrific or terrible or some combination of the two—no matter. In our neighborhood, we can still act in ways that are neighborly.

For me, that means recognizing that this coronavirus is still active, that there is much we don't yet know about it and its variants, and that we have people in our community who still might be potentially vulnerable, among them the immunocompromised, those who can't get vaccinated for medical reasons, and young children. Though both the infection and death rates are happily way down and the situation may change dramatically in the span of time between when I'm writing this and you're reading it, I'd still ask you to act in prudent ways for the sake of your neighbors.

To me, this mostly means staying informed and staying kind. If the situation calls for wearing a mask and keeping socially distanced, that could be a gift to a neighbor. When vaccinations reach the 70 percent level in Oregon (if they haven't by the time this hits your doorstep), our elected officials will lift restrictions, and we were able to get closer to “back to normal”—a gift to us all.

That said, none of us wants inadvertently to cause anyone else to become sick, so for the time being BWNA will continue holding our meetings via Zoom and will continue postponing many of our traditional community events. When it's clearly safe to get together by our state and local health officials' metrics, we will. And we can hardly wait until the day we can greet you in person.

Meanwhile, what has been most inspiring to me in the midst of this pandemic is the bravery, creativity, and energy of so many volunteers who have figured out ways to help others while still staying safe. Some examples: on the heels of their recent masked and socially distanced planting parties and the securing of a grant from the Portland Garden Club, our Friends of Wilshire Park committee is now starting to raise funds to further improve that jewel at the center of Beaumont-Wilshire. Our Transportation Committee is regularly talking to the city about ways to remediate traffic problems on Skidmore and Shaver streets and other streets that drivers are using to cut through our neighborhoods. We have active partnerships with the Beaumont Middle School principal and PTA and are working together to organize safe clean-up parties at the school and a possible Red Cross blood drive in August. We have secured an additional grant to support food and care kits distributed by the Community Cycling Center to neighbors in need. We have just made a connection with Portland Clean Air to support that nonprofit group's efforts to make our city environment healthier for all.

Perhaps most remarkable of all, we have been able to continue producing

*continued on page 4*

## Our Organization

### BWNA Board

#### President

Tim Gillespie 503-287-6272  
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

#### 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

#### 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  
Graphic Design: Jane Feinberg, design@bwnapdx.org  
Copy Editor: Myrna Sheie 224-659-1537  
Distribution: Georgina Head 360-739-7896  
John Sandie 219-508-4162
- **Transportation Committee**  
John Sandie, chair 219-508-4162
- **Website (www.bwnapdx.org)**  
Andrew Rinke 503-893-2504



## Editor's notes

by Al Ellis

**M**y column for the May-June newsletter concluded with a suggestion

that City Commissioner JoAnn Hardesty, assigned by Mayor Wheeler to oversee the Office of Community & Civic Life, consider utilizing newsletters like this one as a resource in assessing neighborhood association "inclusion and accountability" (her phraseology), since association newsletters are replete with information about outreach initiatives, livability-enhancement projects, and community enrichment activities. So far no response from the commissioner—though perhaps not all that surprising given that she would have had to be reading our newsletter in the first place to access the suggestion. What I should have done in hindsight, and now plan to do—especially in light of new leadership at Civic Life following the mid-May departure of Director Suk Rhee—is to e-mail the commissioner directly.

Yet another epiphany of sorts emanating from the May-June Editor's Notes column is that quotation marks can be problematical. Yes, quotation marks. It was pointed out to me that my use of quotation marks around "inclusion and accountability" and "racist" could be construed as indicative of prejudice—not only on my part, but even worse, on the part of the Association as a whole. However, such an interpretation would be a misinterpretation and a perilous one at that. Far from signifying prejudicial motive, the quotation marks in question were used to quote remarks made by Commissioner Hardesty at a town hall Zoom forum and by Director Rhee at a Portland City Club speech (in which she vilified the neighborhood association system as "racist"). The "inclusion and accountability" quotation marks also serve to indicate "buzz words" for neighborhood association activists still reeling from a litany of accusatory

generalizations by Rhee and Eudaly." (excerpted from the May-June column).

That said, and with the expression "Live and learn!" as a guide, I found this questioning of quotation marks scenario to be instructive—specifically, and perhaps most obviously, that the amateur editor of this newsletter would do well to look before leaping into his use of quotation marks, lest unintended consequences result—and, likewise, that a reader inferring bad intentions based on quotation mark usage would do well to look before leaping into speculative accusations, lest integrity be unfairly impugned. Indeed, judging others should be based on content of character, not conjecture.

Journalistically, an aspirational bottom line for me as well as for my newsletter team colleagues is that content be grounded in factual evidence, sound in composition, and in accord with board decisions. Yet despite layers of collective scrutiny by our punctilious team, mistakes get past us from time to time, and when that happens, we look to readers for accountability. Accordingly, if you pick up on an inaccuracy or questionable fact, let me know (editor@bwnapdx.org) and, upon corroboration, count on an apology, correction, and thanks from yours truly in the next Editor's Notes column.

BWNA extends a warm welcome to three new advertisers: mortgage broker Jad Hamdan (see ad on page 12), Neighborhood Art Show organizer Andrea Lopez (see ad on page 14), and Irvington Preschool (see ad on page 11).

## 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, July 12:** Board meeting via Zoom, 7:00 p.m.

**Wednesday, July 14:** Friends of Wilshire Park committee meeting via Zoom, 7:00 p.m.

**Monday, August 9:** General meeting via Zoom, 7:00 p.m.

**Wednesday, August 11:** Friends of Wilshire Park committee meeting via Zoom, 7:00 p.m.

## BWNA Newsletter

### Submission Deadline

**Friday, August 13** (for the September-October 2021 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](http://www.bwnapdx.org)). Click on "Newsletter/About the Newsletter" at the top of the home page.



## President's message (continued)

this newsletter that you hold in your hands or are viewing in color on the BWNA website ([www.bwnapdx.org](http://www.bwnapdx.org)) to keep you informed on all these initiatives and opportunities. The newsletter is delivered to 2,600 homes and businesses in Beaumont-Wilshire, an endeavor that requires the critical work of over 60 volunteers who deliver it to your door handle or welcome mat. (The USPS frowns on us putting them in your mailbox.) I hope to mention the names of all those helpful folks in a subsequent column, but for now, when you see a volunteer delivering the BWNA newsletter, give them a thankful shout-out...in appreciation from one neighbor to another.



**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)

## Dog days fundraiser (continued)

If you are interested in finding out more about this project and perhaps helping with implementation of the campaign, plug into the next FoWP Zoom meeting on the second Wednesday of the month at 7:00 p.m. The Zoom meeting link is accessed by contacting FoWP Chair Gary Hancock ([outside503@aol.com](mailto:outside503@aol.com)). Befriend the park and participate!

*Editor's Note: The fun cartoon accompanying this article is by Oren Bernstein, a B-W resident and longtime FoWP contributor who has been published in The New Yorker.*



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If you've been thinking about selling your home, give me a call for a complimentary property analysis and let me help you get top dollar for your home on your terms!



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# Friends of Wilshire Park befriend native flora

by Peter Mogielnicki

Last December the Portland Garden Club announced a grant competition with submissions being judged on the degree to which proposals were aligned with the club's mission: "To stimulate the love of gardening; to aid the protection of the native trees, plants, and birds; to encourage civic beauty; and to improve and protect the quality of the environment through programs and action in the fields of conservation and education." With the endorsement and support of Portland Parks & Recreation, the Friends of Wilshire Park (FoWP) committee got to work, submitted a proposal, and waited. In late April the good news arrived that Wilshire Park had been awarded \$3,000 to further enhance the native flora plantings at either end of the paved north-south path. Since new plants do poorly during the dry summer months, planting is scheduled for the early fall. Stay tuned for another FoWP-organized community planting party in the park.

The announcement of the grant came just days after an informational talk by Portland Chapter of the Oregon Native Plant Society President Willow Elliot about native plantings in Wilshire Park's NatureSpace area (just west of the park pavilion). On a drizzly April morning, Ms. Elliot,



*In April this year, Oregon Native Plant Society Portland Chapter President Willow Elliot and OSU Extension-trained Master Naturalist, STEM educator, and B-W resident Lecia Schall spoke to neighbors about the benefits of including native flora in home gardens. Photo by Peter Mogielnicki*

accompanied by OSU Extension-trained Master Naturalist, STEM educator, and Beaumont-Wilshire resident Lecia Schall, spoke to two dozen interested neighbors about the many benefits of including native flora in home gardens.

And a few days later, Jeana Wise, with her daughter Eleanor and son Desmond, released the painted lady butterflies they had raised from eggs. Friends Carla Hudson and Camila Rodgers, Eliot and Davis Bernstein, along with Elyse Fenton with daughter Mira Shah, witnessed the send-off.



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.....  
If you haven't checked out the BWNA blog recently, here are just a few topics we've addressed:

- BWNA New Neighbor Welcoming Project
- Volunteer Opportunities at Wilshire Park
- Resources for Neighbors Facing Discrimination or Harassment

Check it out at [www.bwnapdx.org/blog](http://www.bwnapdx.org/blog), and while you're there, register your email address so you can keep up to date on neighborhood news, meetings, and activities. Click "Subscribe" at the top of the home page and enter your contact information.

.....

# Who knew? (fun local history for parents and kids—part 1)

by Tim Gillespie

*Editor's Note: This is the first of a two-part labor of love by Tim, who has a penchant for exploratory history.*



Our neighborhood has distinctive historical features, and parents can engage their children in learning about some of them. Here are a few fun Beaumont-Wilshire facts, with follow-up questions for explorations by young historians!

Starting in the early 1900s in many Portland neighborhoods, concrete sidewalks and curbs began to be poured, and often metal rings for tying up horses would be embedded in the curbs. Even though gasoline-powered vehicles rapidly began to replace horses from the 1920s on, deliveries of milk, ice, wood, and other goods by horse-drawn wagon still existed well into the 1930s. Can you find any horse rings on your street or nearby streets? What year was your sidewalk poured? (You can usually find the company and date stamped into the sidewalk at corners. Sometimes new curbs have the new pour-date alongside the old one.) A few of the oldest curbs in the neighborhood have a curved metal edging along the top of them. Can you find any of those?

Beaumont Middle School was built in 1926 for \$225,000, a little more than a third of what the median home value is in our neighborhood today. For most of its history it was a K-8 school. In its earliest years, the principal would ring a large handbell to summon students to class from the playground. Is your house older or newer than Beaumont Middle School? By how many years? (Here's one way to find out what year your house was built: go to the city of Portland website [www.portlandmaps.com](http://www.portlandmaps.com), and type your address in the box up at the top right to get your answer! To get an estimate of the value of your home today, check Zillow, Trulia, Redfin, or other similar real estate sites.)

The "new" cafeteria/gym wing running along Fremont Street was added to Beaumont in 1989, and an artist designed the metal fence between the two buildings to include images of essential student tools, most of which are obsolete today. Can you find them? (A pencil, a compass, and a floppy disk)

Beaumont has at least two famous alumni. Suzanne Burch, who graduated in 1943, took on the stage name Jane Powell and became an A-list movie star in the 1950s. And Gordon Fullerton, who graduated in 1949, was a NASA pilot. He didn't walk on the moon or do any space walks, but he did fly the space shuttle launch airplane. Can you find any more information about those two famous Beaumont School graduates—or photos of them? Do you have any family members or neighbors who went to Beaumont when it was a K-8 school? Interview them about what they remember!

A streetcar line used to come up the long 42nd/41st hill from Sandy Boulevard and let riders off a block-and-a-half south of the school—its last stop before heading back downhill. In its early years the fare was a nickel. Here's a math problem: How much more expensive is a bus fare today? (To see what Tri-Met Youth and Adult fares are now, check out Tri-Met's fare site at [trimet.org/fares/](http://trimet.org/fares/)).



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# Local artists bring a unique gallery to Fremont Street

by Polly Webber

What do you get when you combine 25 local artists who individually create yet join forces to run a business? Artistic Portland Gallery, a co-op where there is something for everyone and truly a delight to experience. (Check out the gallery's ad at the bottom of this page.) I recently had the pleasure of meeting David Leonard, one of the artists at the Artistic Portland Gallery, who specializes in nature photography to inspire conservation. David has been a member of the co-op for over three years. He was invited to join when another member saw his wildlife photography and felt that he would be a good match. Artists of this co-op are juried in, and there are a limited number of positions available. The gallery is completely stocked and staffed by the artists, each with an individual style and background, resulting in a gallery filled with beautiful and whimsical art.

Fremont Street is the third location for the co-op. They originally opened on NE Sandy Boulevard, then moved to SW Taylor Street, and opened shop on Fremont August 1st of last year. This location was chosen based on the neighborhood vibe, and David says, "they have felt very welcomed by the neighborhood and the Beaumont community." When the gallery was packing up from the SW Taylor storefront, it was at the very onset of the downtown riots. Just a few days before they left, a pallet was thrown through the store's window. It was a timely move for the co-op to come to Beaumont Village.

One of the most popular events at the gallery is the "Paint Your Own Bowl" project. For \$10, participants receive a kit with everything needed to glaze a bowl at home. Upon completion, the bowl is returned to the gallery for firing, with 100% of the proceeds going to the St. Johns Food Share. Bowls can be painted for one's own use or filled for someone in need. Before the pandemic, these events took place in the store, but for now they are take-home kits. David is hoping to return to in-store crafting soon. I also had an opportunity to speak with Jason



David Leonard (left) and Jason Winslow are just two of the many local artists whose work is available at Artistic Portland Gallery on NE Fremont Street. Photo by Polly Webber.

Winslow, another local artist who is a member of the co-op. I marveled at his creations, noting that my mother had gifted me one of his artistic light bulbs. Jason described the new space in the back of the gallery—a light and bright area where a guest artist is featured each month. Lorrie Coats, their first guest artist, showcased her ceramic artwork during the month of June.

David and Jason both shared some of the Artistic Portland Gallery's future goals. Co-op members are excited to become more involved with the community as restrictions start to lift and are looking forward to tailored events, neighborhood involvement, and working with the local schools. You're encouraged to stop by the gallery, say hello, see the variety of mixed media, and meet one of the local artists. The gallery's enjoyably warm and friendly atmosphere seems just right for the Beaumont-Wilshire neighborhood, and if you're looking for a gift, there's something for everyone on your list (including yourself).

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# Recycle with Liz

by Elizabeth Erickson

*Editor's Note: As a follow-up to her Letter to the Board editorial in the May-June newsletter, Liz offered to do a series on recycling, and we enthusiastically accepted.*

**R**ecycling is turning something into a new product and putting it to use again. Your yard debris cart is one way to recycle your food scraps. Keeping food and other organic material out of the landfill is a huge way to reduce greenhouse gas emissions. Another way is backyard composting, which I've just started doing.

Other easy ways to reuse food scraps and reduce food waste are:

- Store veggie scraps in a freezer bag to use for making broths.
- Use veggie scraps in soups, stir fry, and burritos.
- Extra dried fruit, nuts, and cereal can be made into cookies or bars.



Best of all, though, is to reduce the amount of food you waste:

- Menu plan with what you have. Shop your fridge, freezer, and pantry first.
- Stick to your shopping list.
- Learn more about "Best By" and other dates stamped on packaging. Most food is safe to eat after that date, which is only an indicator to distributors.

Questions or comments about recycling?

E-mail Liz ([elizabeth.ann.erickson@gmail.com](mailto:elizabeth.ann.erickson@gmail.com)).

## Worried Your Knee Pain Is Going To Get In The Way Of Your Summer Plans? The FREE Report That Could Save Your Summer

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



*Dr. Carl Baird, DC, MS*

Have you or a loved one been dealing with nagging knee pain for weeks, months, or even years? Does the pain keep you from enjoying your favorite summer activities like running, hiking, or getting outside with your friends and family? Maybe you even find yourself planning your vacations around your pain?

If you're aged 40 to 70 and answered 'YES' to any of these questions, please pay attention to what I'm about to tell you. It could save you time, money, stress... and most importantly, your summer fun.

My name is Dr. Carl Baird and every day I work with adults aged 40 to 70 who are concerned about knee pain limiting their ability to keep active, strong, and doing what they love. Many have tried chiropractic and physical therapy and only received temporary relief and are worried that injections or surgery may be in their future.

Knee pain doesn't have to be something that keeps us from being as active as we'd like. And pills, injections, and surgery ARE NOT the answer. Which is why I wrote a Free Knee Pain Report titled, "*How To End Knee Pain and Get Back to Doing What You Love.*"

Inside you'll learn root causes of knee pain overlooked by most doctors, common mistakes that actually make knee pain worse, and what you can do today to be sure your knee pain doesn't get in the way of your summer plans.

And for a limited time, we're giving away free copies for readers of the BWNA Neighborhood newsletter.

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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.

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# Patty Nelson can't imagine a better place to live...and be of service to the neighborhood

by Mark Mohammadpour

This month we are profiling BWNA's newest board member Patty Nelson.

*How long have you lived in the neighborhood, and what's your favorite part of living in the community?*

While I have lived in the neighborhood for 30 years, I was a frequent visitor throughout my life. My first job was at Pagoda Chinese Restaurant (now a bank). I remember then saying how I would love to live in this lovely neighborhood. My piano teacher of 10 years also lived in the neighborhood. I guess I was meant to live here. My then-fiancé and I purchased our home, married, and raised our two daughters here. We have seen a lot of change over the years. Rose's Ice Cream was down the street on Fremont, and Pizzicato was a dry cleaner when we moved in. My favorite part of living in the neighborhood is the variety of historic architecture, walkability, the convenience of the wonderful businesses on Fremont, but most of all my neighbors. We are a tight group—looking out for one another and gathering and having fun as much as we can. Between the neighbors and having Beaumont Market one block away, I can't imagine being in a better place.

*What are your favorite neighborhood businesses, and why?*

Bagel Land has been a favorite for my daughters, with memories of stopping to get a morning bagel on our way to work and daycare via hopping on the Fremont bus. Beaumont Market is our most frequently visited business, providing much-needed ingredients for



*Long-time B-W resident Patty Nelson brings her technical background and love of the neighborhood to service on the BWNA board. Photo by Patty Nelson*

our meals and late-night treats. Pizzicato, Starbucks, Foot Traffic are also go-to places. We missed visiting Amalfi's and Wonderly this past year due to COVID. We are thrilled to see Roloff Construction (whose owners live in the area) in our neighborhood, providing design/build remodeling to our beautiful historic homes. Dr. Johnson at Fremont Vet has cared for our two schnauzers over the years, and we love the entire staff.

*What does being a board member mean to you?*

Being a board member is an opportunity to give back to the community that has given so much to my family and me. I am hopeful that my background as an engineer will help with some of the technical issues, but more importantly,

I am excited to meet more of my neighbors and help keep our community safe and thriving.

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

The issues I want to help with include transportation and land-use/development challenges. I am passionate about maintaining our neighborhood character. Hopefully my background will help us understand some of the issues and help us navigate between what is planned and what the neighborhood wants to see—ideally a win-win solution. I also want to support our community-building activities, like Fremont Fest.

*Thank you for your board service, Patty!*



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# Poetry in motion revisited and call for submissions

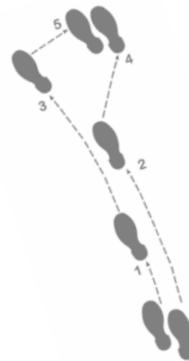
by Al Ellis

Depending on location, demographics, and housing types, each of Portland's 90-plus neighborhoods marches to its own unique drummer, and what better way to capture the rhythm and tempo of a place than through the poetry of the people who live there?! Thus was the concept underlying an article entitled "Poetry in Motion" in the May-June 2020 issue of this newsletter that featured an inspirationally humorous poem by BUNA board member (now president) Tim Gillespie on the subject of strolling around Beaumont-Wilshire at the height of the coronavirus pandemic. Now a little over a year later, it was suggested that Tim's poem be revisited as a motivator for other B-W residents to do the same—i.e., to compose an original poem for publication that in some way connects with life in the neighborhood. To that end, enjoy this reprise of "Coronavirus Two-Step."

There are many aspects to a neighborhood's ambience. Your poem could be an upbeat little ditty like Tim's, but it could also be serious and poignant in tone. Let the imaginations flow. Submit poems to Al Ellis (editor@bwnapdx.org). Thanks.

## Coronavirus Two-Step

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

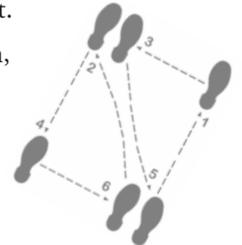


You take the first move,  
a high-step to the sidewalk,  
I'll be-bop to the street.

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

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

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



This dance will be  
a short one, so we hope.

For now we'll juke and veer,  
keen to perform the intricate steps  
we call community.



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# Cook like no one is watching!

by Susan Trabucco

Beaumont-Wilshire neighbor and BWNA board member Kathy Campbell provided her favorite recipes to newsletter readers for years in a column entitled “Kathy’s Kitchen.” I’ve offered to fill her shoes, so thought I’d launch this first recipe contribution by starting with my unofficial and generally useless cooking credentials.

My fondness for quality food started with my grandfather. Fresh off the boat from Italy, he was a chef with an emphasis on, of course, Italian food. Blessedly he passed his skills on to my father, because my mom’s idea of haute cuisine when we were kids was chipped beef on toast—really.

On the nights my father cooked I would smell the goodness of garlic in the house and rejoice that he was taking a turn in the kitchen. With family from the Abruzzo region of Italy, meat was regularly featured on his menus. We were treated to pungent, green-pepper-laden chicken cacciatore, spaghetti with spicy homemade tomato sauce accompanied by piping-hot cheese and spice-filled meatballs. Fresh grated Parmesan cheese dusted over the top of the dish was not optional! His spareribs were another favorite of mine, seasoned simply with fresh garlic, salt and pepper, and roasted until crisp—kind of like bacon. No wonder I loved them!

In my post-college years I was drawn to eating and cooking a variety of cuisines. A stint in the restaurant business taught me fresh fish doesn’t need a heavy sauce to make it sing. Trips to South Africa, Madagascar, and Zanzibar cemented my love of African cuisine, and the recently published cookbook *Fresh India* aroused my interest in fare from there. Its emphasis on vegetarian cooking makes many of the book’s recipes a great choice for family and friends who (borrowing a maxim from someone I know) “don’t eat anything with a face.” (However, this particular “vegetarian” I know eats fish, so personally I think he’s bending his own rules!)

Today, I still treasure a 1983 Metropolitan Home magazine I’ve held onto for an article titled *Intriguing Pasta Recipes*. That same year, when I was around 24 years old, I purchased and still covet *The Ark Cookbook* annotated by James Beard. The Ark Restaurant in Nahcotta, Washington, which showcased fresh seafood from the Willapa Bay and surrounding area, was a regional draw for at least a couple of decades. The peanut butter pie recipe in it is sinful...in a good way.

Suffice it to say I’ve been fond of food for many years. And if you want to EAT great food, learning to cook is essential.

**“NO ONE  
IS BORN A  
GREAT  
COOK,  
ONE LEARNS  
BY DOING.”**

—Julia Child  
Chef & Author

Why the title “Cook Like No One is Watching!”? Because to be truthful, I’m a mess in the kitchen: I chop onions with abandon, pieces landing on the floor. I sling spices sans measuring device, and taste often, using a ton of clean silverware. My husband, who cleans up after me, swears I use every pan we own for one meal. Thankfully, he enjoys most of what I cook, so the ribbing I get doesn’t deter me. In short, cooking can be great be fun, assuming you don’t have a 2-year-old wrapped around your legs. (It happens).

After all those words, let’s start with an easy recipe for my dad’s meatballs (see page 15). While not really a summer entrée, after all that talk about garlic and Italian food, it seems a must!

*Susan Trabucco is a Beaumont-Wilshire resident who is passionate about cooking and tropical-ish gardening. Her wish for this regular column is to inspire the fearful to cook with abandon, and the experienced to find a new “keeper” recipe. Cook on!*

*For recipe questions or to submit your recipe ideas for this column, e-mail Susan (susan@trabucco.biz).*

## Neighborhood Art Show

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A treasured family recipe from Susan Trabucco  
 (see accompanying article on page 14)

# My Dad's Meatballs

Serves 6 to 8

- |  |  |
|--|--|
| 1 lb chopped or ground beef            | 3 slices stale bread   |
| 3 Tbs grated Romano or Parmesan cheese | 1 clove garlic, chopped (I always use more!)   |
| 2 Tbs chopped parsley                  | salt and pepper to taste (if you don't want to eat raw meat, 1 tsp of salt and 1/2 tsp of ground pepper is good) |
| 6 Tbs olive oil                        | Flour  |
| 3 eggs, slightly beaten                |  |

Soak the bread in water for 5 minutes; squeeze dry. Mix thoroughly with meat, slightly beaten eggs, cheese, garlic, and parsley. (Yes, use your hands to mix.) Add salt and pepper to taste.

Shape into balls about the size of a small egg; roll in flour; fry in hot olive oil about 10 minutes, crisping each side.

Serve very hot; add sauce of your choice if you wish, but plain with grated Parmesan is darned good, too!



## SEARCH WORDS

## SUMMERTIME FUN!

Search up, down, forward, backward,  
 and on the diagonal to find the hidden words.

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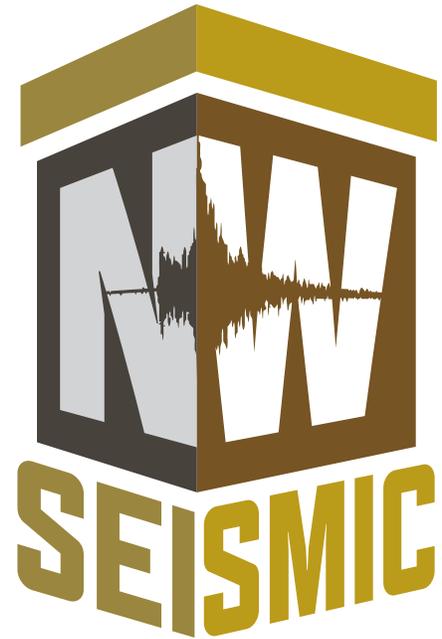


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