Beaumont Wilshire

Newsletter of Beaumont Wilshire Neighborhood Association www.bwna.org ▪ April/May 2003

A Taste of Beaumont Wilshire!

by Melissa Ritter



FOR THE FIRST time ever, please join us as we celebrate the wonderful restaurants in our neighborhood, both new and old! At our next general meeting, owners and managers will be talking about their menus and sharing samples. This is a great opportunity to try out cuisine from restaurants for ***free***, and learn about what our neighborhood has to offer. We will meet at a special time for this month only at **6:30pm**. *Free childcare will be provided.*

BWNA General Meeting
A Taste of Beaumont Wilshire
Monday, April 14, 6:30 – 8 PM
Bethany Lutheran Church
NE 37th & Skidmore

Some of the treats that will be provided include pizza from Pizzicato and Alameda Bars from the Alameda Café. Mark your calendars now, and don't miss this event! Here is a list of some of the participating restaurants:

Alameda Baking Company
Alameda Brewing Company
Alameda Café
Beaumont Bar and Grill
Cool Runnings
Fife
Pizzicato
Savory
Suzanne's
and more!

Business Focus

Dr. Jessica Nesseler-Cass Celebrates 1st Anniversary

by Helen Koba



Jessica Nesseler-Cass

JESSICA NESSELER-Cass is a naturopathic physician who runs her own family medical practice in Beaumont Wilshire. After graduating from the National College of Naturopathic Medicine (NCNM) in 2001, Jessica wanted to find an office in NE Portland which would be a short commute from her home in the Cully neighborhood. She found a great spot at 3420 NE 41 (above Small Blessings) and opened in April 2002. She loves being located around the corner from the businesses on Fremont, where she often shops.

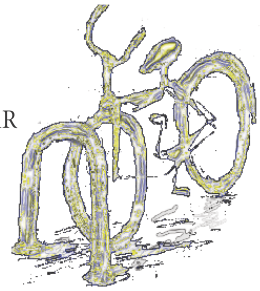
Jessica was drawn to naturopathy by her interest in treating the root cause of an illness or disease. She chose to study at NCNM as it is the oldest of the four naturopathic colleges in the country. Jessica trained in Family and General Practice medicine. Her dissertation thesis focused on congestive heart failure.

During her first year of practice, Jessica has seen patients as young as 8 weeks and as old as 75 years. She enjoys

See **Jessica Nesseler-Cass** page 5

Curtain set to rise on two-wheeling utopia

by Margaret Davis



BICYCLISTS, FEAR no more. For those who've roamed stretches of Northeast Fremont Street looking for a place to tie up their velocipede, the neighborhood will soon turn more accommodating.

At the February general meeting, the membership of the Beaumont Wilshire Neighborhood Association voted to fund the installation of bike racks along Fremont Street. In two surveys of the street and an evaluation of existing bike parking, 20 locations in the public right of way were deemed suitable for new or additional bicycle racks.

When contacted, business owners were overwhelmingly positive; a few mentioned that they had been wondering how to go about installing bike racks themselves before the BWNA project came along. However, one business owner replied by letter saying that he did not

See **Curtain Set** back page

Calendar

Monday, April 14, 6:30–8pm
BWNA General Meeting
"A Taste of Beaumont Wilshire"
Bethany Lutheran, NE 37 & Skidmore

Friday, May 9
Deadline for articles & ads for
Apr/May Beaumont Wilshire newsletter

Saturday, May 10, 8am–2pm
BW Spring Cleanup
Wilshire United Methodist, NE 39 & Shaver

Monday, May 12, 7:30pm
BWNA Board Meeting
Bethany Lutheran, NE 37 & Skidmore

It's Election Time

by Melissa G. Ritter
BWNA President



APRIL IS election month here in Beaumont Wilshire. We have many neighborhood association positions open, and I urge people to become more involved in the neighborhood. Since I have been on the Board of the Beaumont-Wilshire Neighborhood Association, I have had the opportunity to work on several projects that have had a lasting impact on our neighborhood. For example, last year I helped organize a tree planting that resulted in over 100 new trees on our streets. I have met lots of wonderful people and have had the opportunity to feel like I am making a difference in our community. I have also learned a lot about land use planning, traffic regulations, and city politics—knowledge that will help me as I work on new neighborhood projects.

We currently have a dedicated group of people serving the neighborhood, but many terms are up, and we need new volunteers. Open positions include **vice president, secretary**, and **ten board member at large** positions. The time commitment is one meeting the second Monday of every month. Board members may also choose to serve on subcommittees such as land use planning, school activities, annual picnic, tree planting, etc, or to work on shorter-term projects. The amount of time and effort you want to contribute is up to you, but I know that even being involved in a small way can be personally very rewarding. Elections will be held at our general meeting on **April 14 from 6:30–8:00pm** at Bethany Lutheran Church (NE 37th and Skidmore).

Beaumont Middle School Gets $800

AT THE BWNA general meeting last February, the members voted to donate $800 to the Beaumont Middle School band. BWNA President Melissa Ritter presented the check to principal Sherrie Knutson on March 3, 2003. The band director sent us the following letter:

Thank you for your generous donation to our school and band program. In times like these, when news of shortages and cutbacks dominate the press, it's encouraging to find a bright spot in the clouds. Your contribution to Beaumont will help to purchase t-shirts for the band to march in, and to maintain creative options for other students next year.

Active neighborhood associations like Beaumont Wilshire are powerful members of the local community, and when schools and the neighbors work together, everyone wins!

Thank you again,
Cynthia Pitts, Director
Beaumont Middle School Band

Officers & Board Members

Melissa Ritter 493-1922
President

Willie Nolan 803-7781
Immediate Past President

Ted Perkins 282-5816
Vice-President

Margaret Davis 287-2419
Secretary & BW Postcards

Roger Meyer 331-9794
Treasurer

Willie Nolan 282-3038
Beaumont Business Association

Bill Markwart 282-4610
Crime Prevention & Foot Patrol

Willie Nolan 282-3038, Dale Griggs 288-4906, Ted Perkins 282-5816
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Mary Jaron Kelley 249-9306, Janet Baker 288-3441, Melissa Ritter 493-1922, Heidi Blischke 280-0133
Beaumont School

Patrick Sweeney 493-0641, Janet Baker 288-3441, Heidi Blischke 280-0133, Jim Karlock 284-5644, Willie Nolan 282-3038, Melissa Ritter 493-1922
Land Use/Transportation

Liz Johnston 503-281-8385
Jennifer Schramm jschramm@mac.com
New Neighbor Packets

David Whitaker 281-2176
Board Member at Large

Rob Vaughn 287-2375, Janet Baker 288-3441, Bill Markwart 282-4610, Ted Perkins 282-5816, Helen Koba & Mario Caoile 288-2568
Website

Lisa Perkins 282-5816
Newsletter Distribution

Helen Koba & Mario Caoile 288-2568
Newsletter Editors



AREA CODE **503**

BWNA residents may submit articles (limit 350 words). Articles are subject to editing. Send articles and ads to mc-hk@msn.com or 4025 NE Shaver, 97212.

Ad Rates: Business card size (3½ x 2 inches), $35 per issue or $180 for six issues. Other sizes can be accommodated. 503-288-2568, mc-hk@msn.com

Please send other correspondence to Melissa Ritter, 3143 NE 45th Ave, 97213, or email rittermg@attbi.com

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Business Focus

Reupholstering the Neighborhood

By Baer Charlton



Steve Farwell and Gary Kirk

IF YOU do something for 28 years, you get good at it. As hundred of other **Upholstery Unlimited** customers, I am enjoying my custom re-upholstered swivel chair, padded just the way I need, and on lazy Sundays mornings, my family and I enjoy our padded dining chairs.

You may have driven past NE 36th and Prescott a hundred times and never thought about the sign out front saying 'we work with mohair'. Or as a child, you may have bought candy from the market, which was there in 1924. Since 1975, the blue building at 3587 NE Prescott has been home to Gary Kirk's Upholstery Unlimited.

Gary attended Benson High School, Jefferson High School, spent time in the army, attended the Portland Upholstery School, and then in 1975 set up his shop where he bought candy as a child. In 1985, Steve Farwell, a Grant High graduate, joined him. "We have been a great team ever since", says Gary.

Repairing and reupholstering residential and commercial furniture has led to many other jobs. About 15 years ago, they started getting repairs from stores and pre-consumer merchandisers. You may be sitting on some of their jobs and not know!

Most of their work however is for residences, Chippendale, Victorian or Modern furniture, heirlooms or recent e-bay purchases. Business comes from word of mouth, repeat customers, and children of customers, who want furniture 'just like the folks'. Gary attributes his success and longevity to his focus on complete customers satisfaction.

According to Gary, "there are dozens of padding types out there along with other ways to make a chair or couch more comfortable for a customer. If we don't find out how someone is 'sitting', or how their furniture fits them, they aren't going to be happy with our work.' Gary spends probably a third of his day on the phone making sure he and Steve are doing the best and the right job for a customer. His eyes twinkle as he offers, "It's a matter of wrong and right; if it sits wrong, then we haven't done our job right". Upholstery Unlimited is located at 3587 NE Prescott, 503-281-2720.

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Crime Prevention Tips

Reduce your chances of being a victim of a car prowl. Some suggestions from your police bureau:

- Never leave valuables in your car (no purses left under the seat)
- Don't leave important identification papers in the glove box.
- Park in your garage.
- Park in well lighted areas.
- Avoid leaving your car in unattended parking lots for long periods of time.
- Keep your keys with you; avoid putting keys in 'hiding places.'
- Organize a neighborhood watch program.
- Report all crimes to the Portland Police Bureau.

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BUSINESS FOCUS

Smart Dog Opens on 42nd Avenue

By Diane Charlton



Denise Payne

DENISE PAYNE, owner of the new **Smart Dog,** knew our neighborhood was just right for her. "I moved to Portland 1 ½ years ago from Phoenix and wanted to start a pet related business."

A Beaumont resident and long time friend told Denise about a self-service dog wash business that was for sale on 42nd Ave. One of the main attractions was the old fashion claw foot tubs and easy access dog ramps. Denise, a dog training professional for 23 years, immediately met with the owners of the former Pups and Cups and on December 1, 2002 the business became *Smart Dog.*

The interior walls have been repainted in bright colors and Denise has plans for a library/dog bookstore and doggy boutique or other pet related business in the middle of the shop. That means that 256 square feet of retail space with plumbing is available for lease. She hopes this will add extra "fun" for her customers either before or after they bathe their dogs.

Smart Dog has new shampoos available and an herbal spray that leaves your bathed dog smelling fresh for 14 more days! Denise emphasized that prices have not increased and patrons can still enjoy the same frequent wash program – buy 7 washes and the 8th wash is free.

Come in soon with your dog. **Smart Dog is open Mondays, Tuesdays, Thursdays and Fridays 11am to 7pm and Saturdays and Sundays 10am to 5pm.** 4516 NE 42nd at Prescott. 503-493-4000. Web site: www.k9einstein.com.

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Ken R. Clark

YOUR REAL ESTATE ALTERNATIVE

FACT: All real estate agents have access to the same basic tools and information. What makes the *difference* is the PERSON. Do they really care about you and your real estate experience? Or do they care more about being number one? Real Estate should never become an assembly line. For me it's not about being number one, it's about being really good at what I do. It's about being a little *different* from the rest. I'm a Beaumont resident and I love working with my neighbors. If you're looking to buy a home in the neighborhood, or find out what your current home might be work, please contact me. I'd love to help.

www.KenRClark.com

Property Searches, Virtual Tours, Community Information



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A Neighborhood of Antiques

By Ken R. Clark



BEAUMONT WILSHIRE is a neighborhood filled with antiques, and most of us live in them! Since the area was largely developed in the 1920's and 30's, the majority of homes are 65 or more years old, thus making them antiques and desirable ones, at that.

There was a time not too long ago when most of our homes, if not the entire neighborhood, were considered obsolete. Tastes ran to the "modern" ranch, with vast square footage, expanses of sheetrock, and sprawling lawns. And now, just a decade or two later, we find ourselves living in one of the most desirable areas in NE Portland. Our homes, mostly Bungalows and Tudors have become highly sought-after, and our property values reflect this change.

People are passionate about older homes and architecture, particularly Bungalows and Tudors. There is growing demand in the real estate market for "fixers," or homes that specifically have NOT been remodeled. One reason for this is that many remodeled homes have, in fact, been ruined. Sometimes it can actually pay NOT to replace that carpet before you put a home up for sale!

As a realtor I'm in a lot of homes, and I am constantly amazed at the things people do to their homes. I've seen original built-ins and fireplaces removed, moldings and woodwork taken out, leaded glass windows replaced with vinyl or aluminum. Many buyers insist on original windows! Vinyl or aluminum cladding the exterior woodwork and trim may cut down on painting, but it may also cut down on the desirability of a home. If you're considering improvements to prepare your home for sale, or just to improve its value, consult with a realtor first. Most are happy to advise, at no cost or obligation.

Most importantly, remember that a home's value is largely determined by the value of the homes in the rest of the neighborhood. It's not how much money went into it, but what someone else is willing to pay for it that determines value!

Ken R. Clark is a BW resident and realtor with ReMax.

Jessicca Nesseler-Cass

Continued from p. 1

the variety and challenges of treating patients across generations. She sees more women than men in her practice, and believes that women are more likely than men to seek preventative care.

Patients find out about her from various sources: her sign, friends' referrals, meeting her at health fairs or through her website, **www.NaturalPrimaryCare.com**. Many live nearby, though some come from as far as Aloha. Patients come to her as an alternative or as an addition to conventional medicine. Jessica believes she can spend more time with each of her patients and offers them treatment plans that regular medical doctors may not.

Jessica treats her patients for all aspects of primary care, from well child visits to other regular and routine exams. She conducts workshops in her office and at other sites in the neighborhood such as Natures and New Seasons. Recent workshop topics included: migraines, diabetes, high blood pressure, menopause and allergies. Check her website for upcoming workshops.

Congratulations Dr. Jessica on your first year and welcome to the Beaumont Wilshire neighborhood. Contact Jessica Nesseler-Cass at 3420 NE 41st Ave. 503-281-3226.

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Hollywood Farmers' Market Opens May 24



By Carolyn Buan

USUALLY FOLKS have to wait until the end of May to buy fresh produce, herbs, and plant starts directly from local farmers, but this year the Hollywood Farmers' Market will open a week earlier, **Saturday, May 24**, so shoppers can get a jump on the season. The Market offers a variety of gourmet food items, flowers, fresh pastries, as well as live music and community information booths. It is located one block south of Sandy Blvd., between 44th and 45th avenues, and is open each Saturday, **8 am to 1 pm**, through the end of October.

Hollywood Farmers' Market is run largely by volunteers, who help with practical matters such as setup (7 am Saturday, as the farm trucks are unloaded) and teardown (1 pm), greet Market goers, staff the information booth, and help with publicity.

This year the Market has a new volunteer coordinator, Starr Farris. She is gearing up for opening day. "Anyone who plans to volunteer, can come to our 'mock setup' at the market site, May 10 at 10 am and learn the ropes," she says.

To find out more or to offer your services, contact Starr at 503-233-3313 or starrfarris@hotmail.com. Volunteering a few hours a season helps keep the Market a true grassroots, community effort and a big asset to our northeast neighborhoods. See you at the Market!

WIN UP TO $700
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Bible School 9:30 a.m.
Praise and Worship Service 10:45 a.m.

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Graffiti Vandalism Increases

By Diane Charlton



UNFORTUNATELY FOR the majority, a few spoil the livability of Portland neighborhoods. According to an article in the February 28th Oregonian, "Graffiti vandals used to receive everything from community service to jail time. Because of budget cuts to courts and district attorney, they may not be prosecuted in Multnomah County after July 1 unless the crimes are felonies."

A few months ago, the McDonalds by the new Hollywood public library was vandalized. Taggers etched graffiti deep into the glass of 5 restaurant windows. Those windows could not be restored and had to be replaced at a cost of $1,100 each. Lately public utility boxes, telephone poles, US mailboxes, bus stops and much more have been tagged in our own neighborhood. The wood exterior panels on the new commercial building at 45th and Fremont have received a vandal's squall.

Graffiti is still a serious crime but now we'll have to rely more on our own efforts and less on the city to help remove it. Please help reverse this troubling trend. Clean off or appropriately paint over graffiti as soon as you notice it. The faster it is erased, the less likely it is to reappear. Thank you!

Local Composers Hone Their Craft

By Bill Markwart



ON SATURDAY, **April 19th from 9am-1pm**, fledgling composers will gather for a music workshop at Bethany Lutheran Church, NE 37th and Skidmore. These musicians of all ages, who are students of Oregon Music Teachers' Association instructors, will perform their original pieces for each other and will receive verbal and written comments by an adjudicator, Dr. Dave Deason.

Beaumont-Wilshire neighbors are invited to drop in to hear a sampling of brand new piano pieces for piano like "Orange Alert," "Rocky Mountains," and music for cello and piano entitled "Flying in Airplanes." This event has been held annually in Portland for over 30 years and always proves to be fun and inspiring! For more information, call Matt Weiers at **503-231-6416**.

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Wilshire United Methodist
NE 39th and Shaver

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*We will **NOT** accept:*
glass, hazardous waste, garbage, wood or other house parts (sheet rock, roofing, etc).

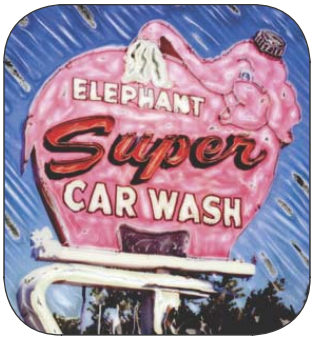
The cost will be $10 per pickup/truck and $5 per car. Tires are $1 each or $2 if still on rim.

BRING THIS COUPON

Easter at Bethany



Bethany Luheran Church will offer two services on **Easter Sunday April 20th**: **9:30am** Traditional, and **11:00am** Contemporary. Visitors are welcome! Children are invited to the Easter egg hunt following the 11am service. Bethany is located at NE 37th and Skidmore. For more information, call the church office at 503-284-3836.



Open Studio

Work by David Friedman
First Thursday April 3, 2003
5pm – 9pm
1306 NW Hoyt, Suite 308
503-227-7305

Free Blood Pressure Check

On each **second** and **fourth Thursday** from **1 – 3pm**, two registered nurses will provide free blood pressure screening at Bethany Lutheran Church sponsored by the American Heart Association. Everyone is welcome to take advantage of this wonderful opportunity to maintain good health. Bethany is located at NE 37th and Skidmore. For more information, call the church office at 503-284-3836.

Jazz Band Concerts



Friday, April 4th, 7pm
Jazz Cafe Benefit Concert at Grant High, featuring the Beaumont Jazz Band, the Fernwood Jazz Band, the Grant Jazz band and area professional musicians also.

Tuesday, April 8th, 7pm
Beaumont Middle School. PTA event including theatre, dance, student jazz combos, and the adult jazz group, *Simply Jazz* with Cynthia Rae.

Curtain Set



Continued from page 1

agree with the goals of the proposal and would not support additional bike parking on Fremont.

The bike parking committee will soon submit its list of locations to the city, with the hope that the racks will be installed this spring. There is an idea to paint or decorate the racks to signify that they are part of a neighborhoodwide effort. If anyone has suggestions on how to do it or would like to help out, contact Margaret at 503-287-2419.

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