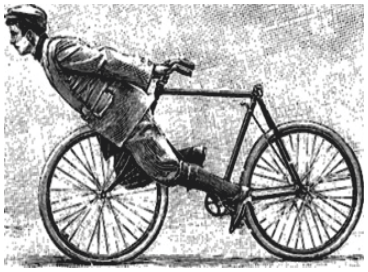
Beaumont Wilshire

Newsletter of Beaumont Wilshire Neighborhood Association | www.bwna.org | February/March 2004

Spring into the saddle

by Margaret Davis



Now that spring's on the way, let the fun begin. There's hardly a better way to see the neighborhood, commute to work, or do errands than on a bicycle. Last summer the neighborhood association voted to install bike racks. Area business owners allowed placement of more than 20 racks in the city right of way near their storefronts, encouraging bicycling among customers and neighborhood residents. They include:

Studio of American Fencing, 4048 NE 42nd
Wilshire Tavern, 4052 NE 42nd
Americana Frame, 4223 NE Fremont
Tuk Tuk Thai Restaurant, 4239 NE Fremont
Savory, 4323 NE Fremont
Bellamar, 4333 NE Fremont
Dr. Gerhards, 4414 NE Fremont
Miz Tailor, 4425 NE Fremont
Beaumont Health Care Clinic, 4445 NE Fremont
McPeet's, 4501 NE Fremont
Malanga, 4627 NE Fremont
Starbucks, 4633 NE Fremont
Amalfi's, 4703 NE Fremont
Site of the former Alameda Baking Co., 4727 NE Fremont
Alameda Brewhouse, 4765 NE Fremont
First Impression, 4803 NE Fremont
Bikram's Yoga College of India, 4831 NE Fremont
Round Table, 4831 NE Fremont
Jim and Patty's Coffee, 5015 NE Fremont

For those of you who've been shy about getting in the saddle, consider that bicycling provides many benefits to individuals and the community:

Air that's fit to breathe. According to the EPA, about a pound of carbon dioxide

See **Spring Saddle** page 6

NEIGHBOR & BUSINESS FOCUS

Costello's Travel Caffé

By Michelle Burke

While many of us were celebrating the holidays and enjoying the snow, the Costello family, residents of the Beaumont Wilshire neighborhood, were busy putting the finishing touches on their new establishment, Costello's Travel Caffé. This unique café, now open at 2222 NE Broadway, is the creation of Chris Costello, graduate of the entrepreneurial program at the University of Portland, and David and Patti Costello, who have spent three years dedicated to the fulfillment of the project.

Since 2000, the Costellos have been traveling and filming in Europe, China, South America, Canada and the US. Their



Dave and Chris Costello

original footage features urban views, from Tiananmen Square to the bustling Champs-Elysees, and natural scenes, such as the Mediterranean coastline and the mountain peaks of Machu Picchu.

Two window-like plasma scenes showcase this footage inside the café, providing customers with an ever-changing, interna-

See **Costello's Travel Caffé** page 3

Remodeling tips and new tax info

by Ted Perkins

BWNA General Meeting
Monday, February 9, 7:30 PM
Bethany Lutheran Church, NE 37th & Skidmore
All Beaumont Wilshire residents welcome!

The BWNA general meeting for February will be augmented by two guest speakers who will share valuable information with our neighbors.

Pat Carroll, a Public Education Assistant with the Construction Contractors Board, will provide tips on remodeling your home, locating a licensed contractor, and avoiding construction fraud.

The Construction Contractors Board (CCB) is an agency that licenses and regulates construction contractors for the State of Oregon. They function as a consumer protection agency that provides free education for homeowners.

Typically, the CCB sees a rise in construction fraud in the spring and winter, especially after a winter storm. According to Caroll, con artists who operate during this time of year can be especially adept at targeting senior citizens.

You can access more information about the CCB at www.ccb.state.or.us.

Since most Multnomah County residents have now received the paperwork for the new County income tax enacted after passage of Ballot Measure 26-48 in May, we will also feature a presentation by employees of Multnomah County's Finance Department who will be available to answer questions, provide forms and improve our understanding of the new tax, which is due on April 15th for the 2003 tax year.

Sidewalks of Beaumont

by Patrick Sweeney
BWNA President



Walking along Fremont

The snow had been falling all afternoon and into the evening. The grass in the backyard was completely covered and just about everything was covered in white. On this recent winter evening I decided to take the dog for a walk. I bundled up as Cooper sat anxiously at the front door. Finally I put Cooper on his leash and we headed out into the quiet and frosty neighborhood.

As we crossed the street and traveled on, the neighborhood seemed to glow. The streetlights and illuminated Christmas decorations reflected off the snow and lit up the neighborhood as if it were a full moon. The ambient light was bright enough to notice the footprints and tracks of others that had walked before me this same evening. It occurred to me that the footprints in the snow reveal a neighborhood that enjoys walking. To test my theory Cooper and I walked block after block looking for a sidewalk without tracks. We found none. Whether people were out for exercise, the ambience, or to see whose kid built the best snowman, our sidewalks are well used.

At any time of the year, our sidewalks are one of the best assets of our neighborhood. Aside from enjoying a scenic winter walk, in the spring I enjoy strolling to see whose daffodils and tulips are blooming. In the summer I study the chalk art masterpieces drawn by the neighbors kids. And when the cool weather arrives in fall, I look forward to the blazing red maples and the scarlet and bronze oaks set against a dark green curtain of towering Douglas Firs.

Sidewalks are the common thread that keeps the neighborhood fabric intact. It is where we greet our neighbors, share gossip and the latest news, it is where children play and were we go for a stroll or a breath of fresh air. Take my word for it – or better yet, go take a walk.

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Newsletter Editors

BWNA residents may submit articles (limit 350 words). Articles are subject to editing. Send articles and ads to mc-hk@comcast.net 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@comcast.net

Please send other correspondence to Patrick Sweeney, 4305 NE Beech St, 97213, or Sweeney@pbworld.com

BWNA is part of Central Northeast Neighbors. 4415 NE 87th Ave. 823-3156. Email: cnn123@teleport.com. Web: http://home.teleport.com/~cnn123/

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Block Home Program Discontinued

Join Neighborhood Watch!

by Helen Koba



Katherine Anderson, former CNN Crime Prevention Program Coordinator, has informed us that the Block Home Program was discontinued in April 2002. The Portland Police Bureau sent letters to Block Homes notifying them of the fact. Please disregard the information in the last newsletter about contacting CNN to become a Block Home.

According to Katherine, people can still join the Neighborhood Watch and Block Captain Programs. Katherine also informed us that she has been moved to the East Portland Neighborhood Office and is no longer at CNN. **Dave Austin** is our new Crime Prevention Program Coordinator. He can be reached at the same number, **503-823-2781** or daustin@ci.portland.or.us. Neighborhood Watch is a good way to get involved and build a sense of 'family' on your block. If you are interested in forming a Neighborhood Watch for your block, contact Dave Austin to get more information.

AD RATES ~ Beaumont Wilshire Newsletter

Standard business card size (3½ x 2 inches) - $35 per issue or $180 for 6 issues (one year)
Double size (3½ x 4 or 7 x 2 inches) - $60 per issue or $300 for 6 issues (one year)
Questions? Please contact Helen or Mario 503-288-2568 ■ mc-hk@comcast.net

Costello's Travel Caffé

Continued from page 1

tional "view." Each day, different cities or regions are featured, complete with natural sounds and carefully selected global music. Other travel themed entertainment includes foreign films and international sporting events.

Costello's Caffé offers a carefully selected array of food and drink. In the mornings, enjoy a drink from the espresso bar, pastries hot from the oven, fresh quiche and bottled juices. For lunch or dinner, choose from panini sandwiches, homemade soups, salads and cookies. During evening hours, indulge in a decadent dessert or sip tea or coffee. The café also features an assortment of rotating, internationally inspired appetizers. Be sure to check them out. In February, Costello's will add microbrews, imports and wines from around the world.

Open six days a week (closed Mondays), Costello's Travel Caffé offers a unique and welcome addition to the city's dining scene.

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New artist appreciates Artspace

By Suzie Spaggiari



"Eyes"
Watercolor by Spaggiari



"Abstract Flower Black"
Watercolor by Spaggiari

Art has always been big in my life. My grandfather drew cartoon figures for us as children. My favorite classes in school were art and literature. I continued to study art, at times seriously—a degree in Humanities, at times casually—classes when I had time, as I worked and enjoyed much creative freedom cutting hair. But, finally I knew I must set up a studio and work every day at art.

In February 2003, I moved with my partner, Barry Frankel, to the Beaumont-Wilshire neighborhood. We settled in, did some renovations and I set up a studio in the basement. Barry is a photographer and we often spend a day out shooting and sketching the landscape and people around Portland. I like ink for sketching. I can then either do a watercolor wash over the drawing or transfer it to larger watercolor paper and paint.

I do more watercolors but like oils as well. They offer different opportunities, both of which I enjoy. A style is hard to define. I may start with reality and bend it into an abstraction such as, "Abstract Flower Black" or start with random brush strokes and find a shape and expand it into a version of reality, for example "Eyes". I do not aim for reality, my goal is to express a feeling and hopefully evoke a feeling in the viewer.

I appreciate being part of the Beaumont-Wilshire artspace because I can tell friends, family and potential buyers where to see a sampling of my work. I will soon have an individual on-line portfolio to expand that access. I enjoy seeing what the other contributors are doing. It is satisfying to know we live in an area with so much creative energy.

See Suzie Spaggiari's work at http://www.bwna.org/artspace.html

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Volunteers Needed 8 AM until noon

Tree Planting March 13

BY BARBARA WARREN-SAMS



MORE THAN 40 BEAUMONT WILSHIRE residents have expressed interest in receiving street and yard trees this coming spring.

The annual Friends of Trees planting will take place on **Saturday, March 13, 2004,** in conjunction with the Alameda and Concordia neighborhood associations. **Volunteers are needed from 8am until noon** to serve on tree planting teams and to help with activities at the staging area, located at Wilshire United Methodist Church on the corner of NE Shaver and 39th Avenue.

Staging-area activities include setting up hot drinks and pastries for volunteers; working the registration table; checking in and assigning late arrivals; serving as a tool checker; and helping with the "job-well-done celebration" when plantings are completed. Someone with free time and a truck is also needed before the planting to pick up and deliver stakes and mulch and after the planting to return barricades.

If you would like to be a volunteer, please call or email Barbara Warren-Sams, 503.281.6094 or joieluna@msn.com.

Check out the Beaumont Wilshire website

www.bwna.org

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Spring Saddle

Continued from page 1



is emitted for every mile driven. Imagine just how much air it takes to make a pound, much less having to breathe it. Seventy percent of car trips cover less than 3 miles, a perfect distance for bikes and one that's probably faster, too, because cyclists don't have to search for parking spaces.

Bodies that are fit for life. One in every two Americans is overweight or obese, with Type 2 diabetes on a scary rise among young people. Commuting to work avoids dreaded trips to the gym, makes exercise part of the daily routine, and shaves off the inches. Go ahead: Say you biked your butt off.

A mood that's fit for smiling. Not only is cycling good for your body, it gives a boost to the mind. Studies show cycling relaxes the nervous system, improves the cyclist's mood, and sharpens mental acuity. Another study demonstrated that car commuting elevates blood pressure, lowers tolerance for frustration (hello, road rage), and fosters negativity.

Wallets fit for more fun. A well-equipped commute bicycle will pay for itself within at least five months, saving on gasoline, car parking and maintenance. Many insurance companies also give credit to drivers who leave their cars at home.

It takes less than a half-hour to get downtown from Beaumont-Wilshire by bicycle. The Bicycle Transportation Alliance (http://www.bta4bikes.org/) has resources for bike commuters and holds talks on cyclists' rights and the rules of the road. Once you start riding, you'll wonder why you took so long.

Satisfy your Curiosity

By David Whitaker

How much did the house down the street sell for? What are the zoning regulations on that property along Fremont Street? How much and what type of crime has occurred on my block for the last 12 months? You can satisfy your curiosity and answer these questions and more by logging on to **www.portlandonline.com**. On the official website for the City of Portland, there is a box on the left hand side titled '***PortlandMaps Search***.' Type in your address and you will be linked to a wealth of information about your property and the neighbors around you. It's fun and informative. Give it a try!

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Fremont Commons opens this summer

By David Whitaker



Construction of a new development at the corner of NE 46th and Fremont St. commenced late this fall. The Fremont Commons Limited Liability Company (LLC) is constructing the Fremont Commons, which will be the newest addition to a thriving Beaumont Village. Tim Ray, owner of Sundance Restoration and Development, and Brad Malsin, owner of the recently refurbished Eastbank Commerce Center are partners in the venture.

As reported in the September newsletter, the plans for the Fremont Commons call for the construction of two 3,600 square foot buildings with a twenty-four foot wide courtyard between the buildings. The courtyard will face NE Fremont St, and will have a clock tower at the back of the courtyard. The tower will house an elevator. The storefront retail will have roll up glass garage doors that allow the patrons to spill out onto the sidewalks. A special drill rig will be on site in the next month to drill down to reach ground water that will be used in a heat pump to generate energy to heat and cool the buildings.

Tim Ray, who was interviewed for this article, expects the Fremont Commons to be open for business by June 2004. They have a number of tenants already signed on to move into the new facility. No names for the new shops were available, but Mr. Ray did share the type of tenants that will be moving in. The ground floor will be occupied by an ice cream store, a tea and spice purveyor, a pet supply store and dog training facility, an optician, and the Aveda Salon will be moving up the street to occupy a new space in the Commons. The one tenant that has leased space on the second floor will run a child-parent yoga and movement business.

With all these new businesses moving into the Village, there will be more people than ever strolling through our wonderful neighborhood. Please remember to drive slowly and safely along Fremont and on all other streets in the neighborhood.

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Calendar

Monday, February 9, 7:30pm
BWNA General meeting
Bethany Lutheran, NE 37th & Skidmore

Friday, March 5
Deadline for articles and ads for April/May Beaumont Wilshire Newsletter

Monday, March 8, 7:30pm
BWNA Board meeting
Bethany Lutheran, NE 37th & Skidmore

Monday, April 12, 7:30pm
BWNA General meeting, Bethany Lutheran

*GENERAL MEETINGS are held on the second Monday in each of the following months: February, April, June, October, and December. All Beaumont Wilshire residents are welcome.

Beaumont Middle School Band



• **Tuesday, Feb. 3** is the Winter Concert in the West Gym. Public is welcome.

• **Tuesday, May 11** is the Spring Concert in the West Gym. Public is welcome.

• The Beaumont Marching Band will be marching in the **Jr. Rose Festival Parade on June 9th**.

Wilshire United Methodist



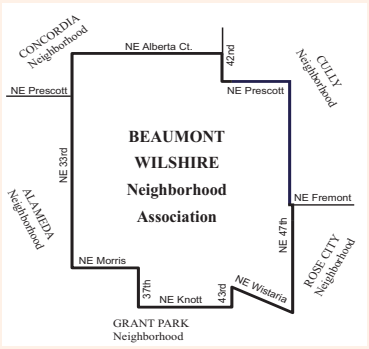
Plant & Garden Sale

March 27, Saturday, 10am-3pm
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Annual Roast Beef Dinner

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MENU: Tender roast beef, mashed potatoes, vegetables, salad, dinner roll, beverage. Home made desserts available.

Proceeds from both events to benefit mission programs. Wilshire United Methodist Church, 3917 NE Shaver Street. If you have any questions call 503-287-6526, church or 503-281-0324, Jean.



All residents, property owners, government agencies, business licensees, and non-profit organizations located within the boundaries of the Beaumont Wilshire Neighborhood Association may consider themselves members of BWNA. Membership is free. Members are welcome to attend any BWNA business meeting.

VISIT THE BEAUMONT WILSHIRE WEBSITE AT
WWW.BWNA.ORG

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