Beaumont Wilshire

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Business Focus: My Girlfriend's Closet

Get dressed, girlfriends

By Margaret Davis



Bunny and Kimberly of My Girlfriend's Closet

Six years ago, as eBay lured enterprising traders to its lucrative, wide-open frontier, Bunny Scalf and Kimberly Makris came to be rivals. In the business of hunting down clothes to sell at auction on the Internet, the two were forced to stake out and defend their thrift-store territories, guard precious finds from each other, and keep separate databases of their customers worldwide.

Problem was, they're sisters. The two, who often jump to complete each other's sentences, finally saw the light in October 2003. "We couldn't compete against each other," Kimberly says. Bunny continues, "So we said, let's join forces." Thus began a busy period of setting up an office for their "home consignment service." While the two still made their weekly rounds at the

See **Get Dressed** page 6

Business Focus: Foxfire Teas

Teashop on Fremont

By Pauline Dugas Tait



Quinn and Katherine of Foxfire Teas

To some, it may not seem obvious, but those of us who have lived in Beaumont Wilshire for a while know that our business area, the Beaumont Village, has grown by leaps and bounds in recent years. The demolition of Rose's Ice Cream started an evolution that continues to change the face of NE Fremont. From those ashes arose a 'green building,' designed by Kevin Cavanaugh and built by Siteworks Construction.

Across the street a couple blocks east, developer Tim Ray continued this renaissance with the recently unveiled Fremont Commons. Its neighborhood-friendly design features a courtyard, inviting passers-by to stop and well… smell the tea brewing at **Foxfire Teas**, a cozy, organic tea house located in the northwest corner of the Commons. With no shortage of coffee shops, this tea emporium is a welcome addition to Beaumont Village.

See **Foxfire Teas** page 6

BWNA General Meeting

Monday, February 14, 7:30 PM
Bethany Lutheran, NE 37th & Skidmore

'Burglaries out of control'

That was a recent headline in a local paper. The BWNA general meeting on Feb. 14 will focus on break-ins in our neighborhood and give neighbors an opportunity to discuss what we can do to prevent them. Preston Wong, the crime prevention specialist with the Central Northeast Neighborhoods will speak. (See his tips on page 6). Also, if you are interested in starting or revitalizing a block watch program for your block, this would be a good meeting to attend.

The second guest speaker will be Megan Slack of the American Cancer Society speaking on the 'Relay for Life', a 24-hour relay walk/run to be held this summer to raise funds for cancer research and to promote community spirit. This will be the first time that one will be held in the N/NE community.

Two important issues, two good speakers. See you on Feb. 14.

Calendar

Monday, February 14, 7:30pm
BWNA General meeting*
Bethany Lutheran, NE 37th & Skidmore

Friday, March 11
Deadline for articles and ads for April/May 2005 BW Newsletter

Monday, March 14, 7:30pm
BWNA Board meeting
Bethany Lutheran, NE 37th & Skidmore

Monday, April 11, 7:30pm
BWNA General meeting
Bethany Lutheran, NE 37th & Skidmore

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

PRESIDENT'S MESSAGE

Staying Involved



BY HEIDI BLISCHKE
BWNA PRESIDENT

IT'S A NEW YEAR, and with it we can expect to continue to see changes as Portland and our neighborhood grows. We are very fortunate to live in a treasured neighborhood. A large part of what makes our neighborhood so special are the people who live here, the care they take of their houses and yards, their volunteerism and involvement in neighborhood decisions, and the friendly words that are spoken as we pass on the street.

Another very special part of our neighborhood are the wonderful businesses that contribute to neighborhood activities and provide great places to eat, sip coffee or tea, shop, get things repaired, provide a place to exercise, and many more services. I would like to give a special thanks to Java Man on NE Fremont for helping to entice people to fill in the neighborhood survey by offering free lattes for those who completed one.

These surveys will help us identify and prioritize the 3 most important issues in the neighborhood. We will provide the results in the April/May newsletter or you can view the results earlier on the BWNA website. These results will also help us prioritize what we focus on as a neighborhood association. I hope one of your New Year's resolutions is to continue to help us keep this neighborhood as special as it is by staying involved in community decisions as growth and changes occur to our neighborhood.

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BWNA residents may submit articles (limit 350 words). Articles are subject to editing. Send articles and ads to:
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4025 NE Shaver, Portland 97212.

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Please send other correspondence to Heidi Blischke, 3411 NE Alameda, Portland 97212, or trekkers@aracnet.com

BWNA is part of Central Northeast Neighbors. 4415 NE 87th Ave. 823-3156.
Email: cnn123@teleport.com.
Url: http://explorepdx.com/cnn.html

Studio of American Fencing

By John Carson



Zach and fencing students

Zach Holzman and Miwa McRee are two people who are enthusiasts about fencing. Together they run the Studio of American Fencing located at 4048 NE 42 Ave. (south of NE Mason). This is a non-profit organization started in 1986 by Nancy Doty, who owns a business next door.

Zach retried from post office vehicle maintenance and Miwa (pronounced Meewa) is a licensed massage therapist. Zach started fencing at the Portland Recreation Department in 1977, and both were students of Len Carnighan, a local fencing master.

Modern fencing evolved over many years from dueling in medieval times. During those times, many died from wound infections rather than from the wound itself. After Louis Pasteur made his discoveries, participants would dip their swords in wine to kill the bacteria! A code of conduct for fencing as a harmless sport came out of France. Participants execute precise moves to impress judges who determine the outcome of a bout. Today, a 'touch' is determined electronically.

The studio is open weekday evenings and Saturdays. Lessons are available from beginner through advance skill levels. Zach and Miwa offer both group and private lessons. Zach notes that Beaumont Middle School also offers fencing classes for kids after school. He says that some of his students are very serious about the sport. Most simply enjoy it and have a good time. One of his students is over 80 years old. Located at 4048 NE 42 Ave. 503-249-2884.

Newsletter Distribution Chair Wanted

By Lisa Chiba Perkins

Looking for a lot of satisfaction for only 3-4 hours every other month? The exciting world of Newsletter Distribution could be for you! The Beaumont Wilshire Neighborhood Association is looking for someone to take over. The newsletter comes out every other month (6 times a year). Once printed, they will be dropped off at your house, you will count them out for each of the ten Captains (who will in turn count them out for each of the delivery people). Once counted, you will deliver the bundles to each of the Captains. You're done! This takes about 3-4 hours.

Other duties will be occasional recruitment of new volunteers, and maintaining rosters and new volunteer packets. In exchange, you will have the thanks of a grateful neighborhood and the privilege of working with some wonderful volunteers!

If this interests you, or if you have any questions, call Lisa Perkins at 503-282-5816 or lisachiba@hotmail.com

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Traffic volume and speed study completed

By David Whitaker, Chair

The transportation and land use committee continues to meet at Java Man, 4727 NE Fremont at 7:30 pm on the third Monday of the month. The committee is in the process of developing a mission statement and a series of transportation and land use related goals. These will be presented in the April/May issue of the newsletter.

The City of Portland Department of Transportation (PDOT) performed a study during December and January, to determine the traffic volume and traffic speed at a number of locations within the neighborhood. This is the study that many of you requested by signing the "Safe Streets" petition at the picnic last summer. The results were presented by PDOT at the January meeting.

The Beaumont Wilshire web site (www.bwna.org) has added a new section that provides information on transportation and land use issues that affect our neighborhood. Look on the web site for results of the traffic study.

Fireplace Safety

By Ken Clark

Many of our Beaumont homes have lovely fireplaces and this is the time of year that we enjoy the comfort of a nice warm fire. Unfortunately, many of us don't think much about the condition of our chimney before doing so. You can walk down almost any block, and you won't have to go far before you find a chimney that's in sad shape. Hopefully smoke isn't also coming out of it.



In the United States, there are an average of 18,300 residential fires each year, which originate in chimneys. Hundreds of people are injured and millions are paid out in damages. The majority of fires are preventable with proper chimney maintenance.

First and foremost, have your chimney inspected and cleaned every one to two years by a professional who is certified by the Chimney Safety Institute of America (www.csia.org). Wood burning fireplaces in particular accumulate creosote, which is highly combustible and can result in a serious chimney fire. Despite products on the market that claim otherwise, manual scrubbing is still the only way to effectively get the job done. A chimney sweep will also inspect your chimney and fireplace for signs of deteriorating mortar, cracking or settling of the entire chimney, and blockages caused by debris or animal nests. Only burn seasoned hardwoods, which produce much less creosote. Never burn paper or cardboard as sparks and ash can fly up the chimney and cause a creosote fire. Also, never burn wood in a gas fireplace.

These simple tips can help keep you and your family safe and warm, and prevent a really bad start to the New Year!

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The Art of Making Great Toast

By Liz Johnston



I THOUGHT I DO A GOOD JOB at talking – my husband and friends would say so. But as the number of listeners increases, so does my need to increase my ability to "speak well"

Recently, a friend invited me to a Toastmasters' meeting. . After I was greeted by friendly club members, the meeting began with members reciting the mission statement: *Provide a Mutually Supportive & Positive Learning Environment in which every member has the Opportunity to Develop Communication & Leadership Skills, which in turn foster Self-Confidence & Personal Growth.* Toastmasters gives people an opportunity to improve public speaking skills.

As a guest, one feels no pressure to participate. At my first meeting, I volunteered to speak during "Table Topics" – a segment where members talk 1-2 minutes about unknown topics. It appeared easy and I began talking. At what was to be the point of my story, I froze and said, "This is harder than it appears. I will be back."

Since joining last summer, I was nominated for a board position and have been giving 5-7 minute speeches and serving as a Toastmaster. I enjoy the club members' adherence to the mission by supporting new and veteran members. Speech topics are endless, entertaining and informative. I have heard a speech by a mother in support of her rap-star son, and a speech on how to make Thai salad rolls.

If you would like a taste of Toastmasters, visit a club and see for yourself. One meets every Saturday from 9-10:15 am, at Rose City Park United Methodist Church, 5830 NE Alameda Street. The meetings follow a strict agenda and end promptly at 10:15. Bring your coffee and start your weekend with some Toast – Masters, that is!

For more information, call me at 503-281-8385 or Dick Moser at 503-288-8806, or visit the organization's website: http://www.toastmasters.org/about.asp.)

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Get dressed

Continued from page 1

thrift stores, they also had girlfriends who engaged them to help clean out their closets, turning the underused contents into cash.

With more than 5,000 customers between them, a brick-and-mortar presence was the logical next step, so the sisters bought **My Girlfriend's Closet**, the shop formerly called Bonnie's, bulking up the inventory, establishing regular business hours, and maintaining a constant flow of commerce. "We keep prices reasonable," Kimberly says, "so things will move quicker." The duo, who both live in Northeast Portland, take in about 50 to 100 pieces a day, which ensures high turnover among goods ranging from a collectable St. John suit and vintage jewelry to shoes and fragrances.

"We still do eBay," Kimberly says, as Bunny adds: "But this is so much better because we get to deal with people directly." Open six days a week for both browsing and consigning, their shop is at **4443 N.E. Fremont St., 503-281-4459**.

Foxfire

Continued from page 1

Husband and wife team, Quinn & Katherine Losselyong opened Foxfire Teas in October 2004, growing slowly but surely with the best advertising there is: word of mouth. Up early every day to bake "Portland's best scones", Katherine, an epicurean artist, whips up the softest scones I have ever tasted.

Quinn created the open-air design at Foxfire Teas. With secluded corners and a central fireplace, its ambience is at once comfortable and easy, intimate and spacious—a difficult, fine-line to achieve. The log-stump stools give it a twist, reminding us we live in the land of timber.

The tea list is extensive. One should arrive with enough time to peruse the list of organic teas available here. For the true tea aficionado, Foxfire Teas is nirvana and for area residents, Fremont has never looked better! **Foxfire Teas 4605 NE Fremont**. Open Wednesday to Thursday 9am–8pm; Friday & Saturday 9am–10pm; Sunday 9am–6pm.

Free Blood Pressure Check

On each second and fourth Thursday from 1:00 to 3:00 p.m., 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.

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How not to be a burglary victim

By Preston Wong
CNN Crime Prevention Specialist

While crime in general has decreased this past year in the City of Portland by 6%, burglaries have increased by 10%. In one SE Portland neighborhood burglaries increased by 36%. Some of the reasons for the rise are the current high rate of unemployment and the increase in drug usage among teenagers. Do not allow yourself to be a burglary victim by following these helpful tips:

1) Keep your doors and windows locked when you are away from home. A large number of burglars enter through unlocked and open doors and windows.
2) Pick up your newspaper and mail as quickly as possible. When you are on vacation or gone for a day or two, call and stop mail and newspaper deliveries.
3) Close your blinds and/or curtains when you are away. This prevents the burglar from looking inside to see if anyone is home or what you have.
4) Keep your garage door closed at all times. An open garage door with no vehicle tells a burglar no one is home. Even if you are home, an open door makes theft or entry easy.
5) At dusk or night leave several lights on including a porch light, but not the living room light. The living room light makes it appear that you are away and left the living room light on. The kitchen or bedroom lights are better because it looks more natural. Timers are a great tool for turning lights on and off.
6) Let your neighbors know if you are gone for an extended period of time so they can watch your home. Organize a block watch for long-term prevention.
7) Notify the police bureau if your house is going to be vacant for a long period of time. Leave the police and your neighbors with emergency phone numbers.



These measures are not a guarantee that you will not be the victim of a burglary, but they will reduce the chances considerably. If you have any questions regarding burglaries call me at 503-823-2781.









Annual Roast Beef Dinner

Saturday March 19, 2005 5-7 p.m.

Roast beef, mashed potatoes, vegetable, salad and beverage
$8 Adults, $3.50 children 10 and under.
Desserts $1.50 suggested donation
Proceeds to benefit church's Accessibility Fund, Wilshire United Methodist Church
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Native American fellowship



Harold Paul family drumming

The **last Sunday of each month at 11:00 a.m.** is designated as the Native American Fellowship worship service. A potluck and time to socialize will follow the service. Everyone is welcome.

Wilshire United Methodist Church
3917 NE Shaver St. 503-287-6526



Bethany Lutheran Church will have two services on **Easter Sunday, March 27, 2005**. Traditional, 9:30 a.m. Contemporary 11:00 a.m. Visitors are welcome. Children are invited to the Easter egg hunt following the 11 a.m. service. Bethany is located at NE 37th and Skidmore. More info: 503-284-3836.

Calling All Artists



There is a local effort underway among neighborhood artists to create a monthly art event, "**First Friday on Fremont**," much like our successful predecessors, "First Thursday" in the Pearl and "Last Thursday" on NE Alberta. If you have *original, handmade* artwork and are interested in becoming a participant, please contact Pauline Dugas Tait at 503-281-2871 or tait2.1@netzero.com

'Untitled'



A sculpture by **Paul Arensmeyer** can be found at NE 45th and Fremont next to Kevin Cavenaugh's building which houses the Fife restaurant on the main level and offices on the second level.

According to the artist, the piece is his reaction to the quiet repetitive architecture of the building and the man-made 'natural' beauty of the landscaping.

Arensmeyer is a Portland based artist who works exclusively with found objects. His work has been exhibited in the Northwest and around the US.

Visit the Beaumont Wilshire website at www.bwna.org

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