Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org December/January 2006

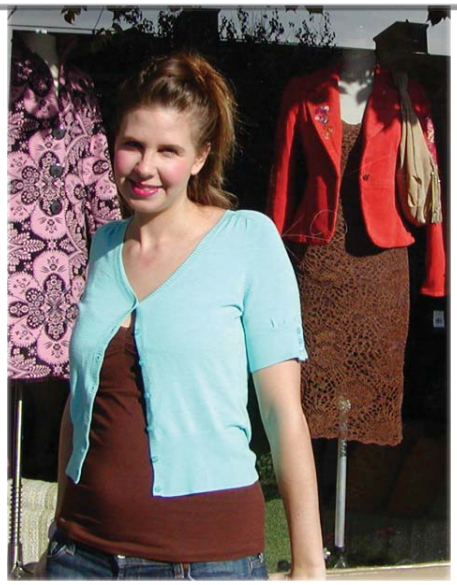
Business Focus: SOFADA

What to wear? Ask Alice

By Margaret Davis

ALICE DOBSON, THE mastermind behind the **Sofada** label, has designed and made clothes for as long as she can remember. Growing up on the coast in Gearhart and Seaside, she capitalized on her love of fabric so well ("my friends called me boring because I loved to sew," she remembers), that by age 15 she had made customers of friends and family members.

In Los Angeles, where she enrolled in the Fashion Institute of Design and Merchandising and worked for other designers, she remembers them asking her, "Alice, are you sure you want to do this?" Her mentors wondered whether the manic days of telephone calls, everyday emergencies, and the details of running a business would scare her off, and yet, here she is constantly alternating between her back-room sewing studio and a desk outfitted with phone,



Alice Dobson of Sofada

calendar, and receipt book in her cozy storefront on Fremont. Sofada just marked its three-year anniversary and incidentally isn't far from Dobson's father-in-law's jewelry business, Alexander's.

Education received, Dobson, then 24, returned to Portland, where—lucky for local women—she discovered a sour job market. "I had to open the shop because I couldn't get a job," she says, noting that not a day goes by

See SOFADA page 4

Thank you, Danielle

By Becky Walsh
Newsletter Captain

I WOULD LIKE TO take this opportunity to thank **Danielle Walters** for her five years of faithfully delivering the BWNA Newsletter. Danielle started delivering while an 8th grader at Beaumont Middle School and continued through her four years at Grant. Fair weather or foul, she never missed a delivery schedule in all those years!

Danielle is off to the University of Oregon this fall and we wish her all good things as her college career begins. As for her old route, the search for a replacement has begun. It requires a commitment of about 30 minutes every other month. If you or



Danielle Walters

someone you know (a reliable, 8th grader looking for a community service project) might be interested please contact Jennifer Francis at 503-459-8114 or jfrancis8@email.com ■

Help out with N.E. Portland walking map

Monday, December 12, 7:30pm
Bethany Lutheran Church
NE 37th and Skidmore

COME TO THE DECEMBER 12 meeting for treats from BW businesses and to give your input and help in developing a **NE Portland Walking Map!** Rich Cassidy from the City will be presenting this great project on creating a walking map and business coupon book. We need volunteers and neighborhood contacts to help with the guided walks and bike rides the City will be doing as part of the Ten Toe Express and Portland By Cycle Campaigns. The City will also be doing a shop locally (and on foot) business coupon book—free of charge to local businesses.

Program Summary

Each year the City of Portland Transportation Options Division selects an area to offer outreach and programs on bicycling, walking, carpooling and riding transit. In 2004, they selected the Greater Interstate Corridor which included 6 neighborhoods and about 12,000 households. In 2005, they selected the Southeast Hub and distributed (by bike) free pedometers, walking kits and other materials to over

See WALKING MAP page 6

Calendar

Monday, December 12, 7:30pm
BWNA General meeting
Bethany Lutheran, NE 37th & Skidmore

Friday, January 6
Deadline for articles and ads for
Feb/Mar 2006 BW Newsletter

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

NE walking map



As I write this message, the holiday season has already begun with Halloween. My 6-year-old son believes that Santa Claus is going to bring him a fire-breathing two-headed snake; he also told me he would train it to be nice. So, whatever you believe and celebrate, enjoy the season.

At our December 12 general meeting, we will be collaborating with the City to produce a walking map of NE Portland. Our neighborhood is at the center of the target area for the NE Walking Map. It will be a great project to bring neighbors together and further enhance the livability of our neighborhood. I hope that you can help out by giving input on the walking routes, leading scheduled walks or bike rides, or participating in the scheduled walks/rides. The end product will be a NE Walking Kit which includes a map of NE Portland with the walking/riding routes, a Ten Toe coupon book from local businesses on the Walking Route, a pedometer, walking logs to track your walking progress, wellness brochure, schedule of escorted walks, schedule of Smart Living Classes and "Walk to the Store" note pads. These will be distributed in the neighborhood.

Other volunteer opportunities include our neighborhood tree planting in February and after school tutoring at Beaumont Middle School. It was great to have Sherie Knutsen, the Beaumont Middle School Principal and Donna Bestwick, the Sun School Program Coordinator for Beaumont at our last meeting. The school could also use donations towards or snack foods for the after-school program. This newsletter has more information about each of these projects and volunteer opportunities, so read on! ◘

—*Heidi Blischke*

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Website (http://bwna.org)
Mario Caoile & Helen Koba 288-2568, Rob Vaughn 287-2375

Newsletter Distribution
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Newsletter Editors
Helen Koba & Mario Caoile 288-2568
BWNA residents may submit articles (limit 350 words). Articles are subject to editing. Send articles and ads to: mc-hk@comcast.net or
BW Editor, 4025 NE Shaver St.
Portland OR 97212

Ad Rates: Business card size (3½ x 2 inches), $35 per issue or $180 for six issues. 503-288-2568, mc-hk@comcast.net

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.
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Welcome new artists

By Suzie Spaggiari



ARTSPACE, PART OF the BWNA website, is dedicated to local artists. There is a "gallery" space with a sample of each artist's work with contact information. Also listed are upcoming art events in which our members are involved.

Recently, we added four new members, Margaret Engel, Thomas Herring, Nancy Larson, and Robyn Waters.

Margaret Engel, a BW resident for 11 years, has studied art from the age of 12, continuing in high school and university. Busy with her career in the financial field, she only recently returned to painting, with encouragement from her husband. Margaret paints flowers and abstracts. She has work on display in Germany.



Thomas J. Herring did his first drawing, "Midnight" at 3. Cartoon characters were the inspiration for the developing, largely self-taught artist. For 20 years now Thomas has used the airbrush along with regular brushes to make his art. Thomas' work has appeared in several airbrush publications. He has shown recently at Fife Restaurant on NE Fremont and Big Kahunas in St. Johns.

Nancy Larson holds a BA in art from California State University, Stanislaus and did one year post graduate work at the Accademia di Belle Arti, Florence, Italy. She has participated in group shows in California, Italy and Portland. Nancy works in watercolor and oil. Some of her pet portraits can be seen at Green Dog on Fremont. Nancy has lived in Portland for 10 years.





Robyn Waters works primarily with Caran d'ache (artist's crayon) on black matte board. She is currently working on a series of acrylic paintings. Two years ago, Robyn went to rural Zimbabwe to work with local women artists, teaching and helping them use their art for income. Her work appears regularly in the We'moon Calendar. Upcoming events include: Quick Draw in Cannon Beach and a show at Dragon Fire Gallery.

Enjoy your neighborhood talent by going to http://bwna.org/artspace/. ◘

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SOFADA

Continued from p. 1

that she doesn't draw on the lessons learned in Los Angeles.

Dobson calls fitting women with beautiful clothes, and therefore a good attitude, her favorite part of the profession: "I design things for women, and I love that it makes them happy." The shop is lined with colorful ready-to-wear apparel and accessories of her own and others' design, from corduroy circle skirts and kids' ponchos to leather handbags and from scallop T-shirts and fitted blazers to baubles created by local jewelry makers. She's happy to customize her creations to the client, and Sofada garments can be made in all sizes and fabrics.

Sofada hours are 11 a.m. to 5 p.m. Wednesday-Saturday; 4623 N.E. Fremont St., 503-445-2006. ◘

Neighborhood Emergency Teams – *Be Prepared!*

Liz Johnston
BWNA NET Coordinator

Several of your BWNA neighbors have completed NET training. What is NET, you say? Neighborhood Emergency Teams (NETs) are citizens trained by the Portland Office of Emergency Management and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. NET members receive basic training on how to save lives and property until the professionals can arrive. They have the skills to help their neighbors without getting hurt themselves. The Office of Emergency Management may also activate NETs in the event of a flood, hazardous material spill, wild land interface fire or other citywide/regional emergency. NET members also recruit neighbors for NET training, organize Team operations, and help assure that all households in their area are prepared for any citywide emergency.

The Beaumont Wilshire NET has identified Bethany Lutheran Church (NE Skidmore and 37th Ave) as the primary staging site where trained team members report to in the event of a major catastrophe. The alternate site (should the primary be unsuitable at the time of a catastrophe) is the NE corner of Wilshire Park. Primary and alternate sites are required and approved by the Office of Emergency Management.

In the event that the NET self-activates after a catastrophic event, or is activated by the Office of Emergency Management, NET team members will organize at the primary staging site.

The Beaumont Wilshire NET welcomes new team members (get a cool helmet and vest!). The Office of Emergency Management and Portland Fire & Rescue teach a free eight-week NET training. The next training is scheduled for January 2006. You can register by calling the NET information line at the Portland Office of Emergency Management, (503) 823-1260. Or you can go on-line at: http://www.portlandonline.com/oem/index.cfm?c=31667

If you would like to know how the Beaumont Wilshire NETs keep up on the team's training, call Liz Johnston, Team Leader at (503) 281-8385. ◘

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Get ready for the next ice storm

BY SHELLY MACEACHERN
NET Member



ICE STORMS ARE common in Portland and can cause prolonged power outages, disrupted telephone service, automobile accidents, and the closure of schools, stores, and businesses across the city. Here are some tips from the Red Cross and FEMA so you're prepared the next time an ice storm strikes.

• Assemble a 72-hour Disaster Supplies Kit (see below).

• Insulate exposed water pipes with a "pipe sleeve" or install UL-listed "heat tape," "heat cable," or similar materials. Even a few layers of old newspaper can prevent frozen pipes.

• Drain water from swimming pool and sprinkler supply lines following manufacturer's directions. Do not put antifreeze in these lines unless directed.

• Remove, drain, and store outdoor water hoses. Close inside valves supplying outdoor hose bibs. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.

• Keep non-clumping kitty litter on hand—you can use it to create temporary traction on outdoor walkways. (Rock salt will melt ice on walkways but can also damage vegetation and concrete.)

The Red Cross recommends keeping enough supplies in your home to meet your needs for at least three days. A typical 72-hour kit includes:

• One gallon of water per person per day and food that won't spoil or require much cooking.

• A change of clothing and footwear and one blanket or sleeping bag per person.

• A first aid kit that includes your family's prescription medications.

• Emergency tools such as a battery-powered radio, flashlight and extra batteries.

• An extra set of car keys and a credit card, cash or traveler's checks.

• Sanitation supplies.

• Special items for infant, elderly or disabled family members.

• An extra pair of eyeglasses, if needed.

Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

For more disaster preparedness tips, visit www.RedCross.org or www.FEMA.gov.

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WALKING MAP

Continued from p. 1

5,000 households.

The before and after survey results showed a 10% reduction in drive alone trips, a 21% increase in walk trips and a 44% increase in pedometer use. The Options Target Area for 2006 will be what they are calling the Portland Northeast Hub. This area includes the Sullivan's Gulch, Hollywood, Irvington, Grant Park, Sabin, Alameda, **Beaumont Wilshire**, King, Vernon, Concordia, Woodlawn, East Columbia neighborhoods. The target area includes approximately. 25,000 households and 50,000 residents.

Through a variety of communication strategies and hands-on tours and outreach opportunities they strive to reach all residents at least three times and ideally ten times with information related to all the options for getting around Portland including by bicycle, foot, transit, carpool, and other transportation choices.

The primary goals for the project are:

- ☐ Reduce vehicle miles driven by area residents and employees
- ☐ Increase trips by walking, biking, transit and carpooling
- ☐ Reduce drive alone trips
- ☐ Increase awareness to help increase acceptability of all modes of travel
- ☐ Increase neighborhood mobility and livability
- ☐ Increase safety related to bicycling, walking and taking transit
- ☐ Use transportation incentives and programs to support local businesses and economic development ◘

—*Heidi Blischke*



Letter from Principal

Dear Neighbors:

First, I want to thank you for your generous donation to our after-school programs here at Beaumont. I was surprised and thrilled with your generosity. *(BWNA donated $500 to Beaumont Middle School after-school program. –ed.)*

Secondly, I want to bring you up to date on our efforts to close the achievement gap that I described when I met with you last month. Since that time we have ➔

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met with parents of thirty students who were excited to have their students be a part of this program. We are having our first parent training this Wednesday.

In addition, staff has trained 16 mentors from the community and assigned them to work with students who are currently below benchmark level. Another group of 6 mentors are being trained next week. We are still searching for 6 more people who can make a commitment of one hour a week for this school year to work with one student each. These mentors will help the students with reading, writing, and math as needed, as well as helping them organize their notebooks and homework. Perhaps more importantly, the mentors will form that much needed positive relationship with a caring adult that all students need to be successful. Please call me at 916-5610 if you want more information about how you can be involved in this project.

Please feel free to drop in to visit Beaumont. We are your neighborhood middle school. We would love to show you around the school and tell you more about our programs. Just give us a call to make an appointment.

Thanks again for your help.
Sherie Knutsen
Principal , Beaumont Middle School
Nov 10, 2005

News from Beaumont SUN Community School

Winter before and after school activities for Beaumont Middle School students include Chess, Volleyball, Cartooning, Homework Assistance, YuGiOh, Dance Team, TaeKwonDo, Newspaper Production, Babysitter Training, When I'm In Charge (Home Alone), MESA (Math Engineering Science Academy) and Basketball teams for 6, 7 & 8th grade boys and girls.

Sherie Knutsen and I have decided the best snack for our after school activities is fruit snacks. They store and distribute easily and the kids love them. Beaumont Wilshire neighbors who want to help our kids can purchase boxes of "individually wrapped" fruit snack packets (we need them for the rest of the year) and drop them in the Beaumont Middle School office from 8:30-4:30.

Thanks again for your wonderful support,

Donna Bestwick
Beaumont SCS
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Places for teens in Beaumont

By Emily Egan



Bagel Land, 4118 NE Fremont. Close to Beaumont Middle School, Bagel Land, a family-owned business serving the neighborhood for 29 years, offers a convenient place for students to get their early morning carbs. Bags of day-old bagels for only $1 are especially inviting.

Ristretto Roasters, 3520 NE 42nd. This newly-opened coffee spot with beans roasted on the premise offers some of the freshest coffee in the neighborhood and a delicious selection of pastries. The pleasant atmosphere makes it a great place for teens.

Pizzicato, 4217 NE Fremont. Part of a Portland chain, this pizza place offers pizza by the slice or pie and salads for hungry teens. Its creative toppings and friendly and prompt service have made it a neighborhood draw for six years.

Criollo Bakery, 4727 NE Fremont. Criollo is not only one of the best bakeries in Beaumont, it is one of the best in Portland. From mini-banana cream pies to double chocolate pecan cookies, it has something for every sweet tooth.

Starbucks, 4633 NE Fremont. This coffee place has been a staple for teen coffee addicts for many years. With a large variety of drinks and pastries it has something for everyone. ◘

An evening with Native American flute and story telling

Saturday, December 10, 2005

Benefit and silent auction featuring *Jan Michael Looking Wolf* and story teller *Ed Edmo*. Silent auction and refreshments 6–7 PM. Performance 7 PM. Presented by Wilshire UMC Native American Fellowship, 3917 NE Shaver St. Admission is free. Donations to accessibility fund accepted. Further information 503-287-6526. ◘

Friends of Trees presentation

Thursday, January 5, 2006, 6:30–10PM

Slide show presentation by Friends of Trees at the Wilshire UMC and Native American Fellowship at 39th and NE Shaver St. For those who would like to learn more about their tree choices for the tree planting on 2/11/06 and learn more about Portland's urban canopy, please attend. For more information or to volunteer for the tree planting, please contact Albert Kaufman at albertkaufman@yahoo.com. We are also looking for local businesses who wish to donate food for the event or prizes for our raffle. ◘

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