Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org February/March 2006



Liz Page of Amenity Shoes

How about a shoe store?

By Rita Catapano

That was the suggestion to Amenity Shoes owner Liz Page from Robin Ady of neighboring shop Gazelle when pondering the type of business to launch in the Beaumont Wilshire district. Liz had been a frequent customer along Fremont and knew she would love to open a business in the neighborhood. She and husband Zaki Hafid live nearby and were thrilled to learn of the potential vacancy in the Dutch Village Building.

After weeks of discussion with landlord John Rumpakis and considerable research, Liz opened Amenity Shoes at 3430 NE 41 Ave. in June 2005. As the name implies, Amenity Shoes offers an array of shoes and accessories with excellent service. Liz's goal is to offer stylish and attractive (not necessarily trendy), yet comfortable shoes at a range of prices for both women and men. Some of the brands include Pikolinos (a gorgeous line of women's shoes and boots from Spain), Naot, Keen, and Rogue (a new line designed in Lake Oswego). In addition, Amenity Shoes carries accessories including jewelry, handbags, wallets, scarves and more.

See AMENITY SHOES page 5

Changes due for Fremont Street

Monday, February 13, 7:30pm
Bethany Lutheran Church
NE 37th and Skidmore

Are you frustrated trying to cross Fremont Street? Have difficulty pulling onto Fremont Street from a side street? Sometime before the beginning of summer, you will start to see fresh paint on the pavement that will help address your concerns. David Whitaker, the BWNA transportation and land use chair, will speak at our general meeting on Feb. 13th. He will discuss Fremont St. improvement projects that were presented at two open houses in January by the City of Portland. See the land use article written by Dennis Lisk on page 5 for a description of some of these exciting, new projects. **Please join us at this important meeting.**

—Dave Whitaker

Help plant trees on Feb 11

By Albert Kaufman

Friends of Trees

You are cordially invited to join your neighbors and plant trees in our neighborhood on February 11, 2006. Everyone in the community – all ages- is invited to this event – whether you are planting or receiving trees.

We will meet at 9am at the United Methodist and Native American Fellowship Church at 39th and Shaver. Joining us will be folks from the Cully and Concordia neighborhoods for this community-building event. There will be warm drinks and tasty treats to get everyone going and we hope to share a meal once the trees have been planted. There may be t-shirts for volunteers. Come – make new friends, show your child how to plant a tree and support the beautification of your neighborhood. By planting trees together we look into the future to see beyond our own lifetimes and share our positive vision with generations not yet born. And, we get our hands dirty.

For more information please contact albertkaufman@yahoo.com any hour of the night or day.

http://www.friendsoftrees.org/

Calendar

Monday, February 13, 7:30pm
BWNA General meeting
Bethany Lutheran, NE 37th & Skidmore

Friday, March 10
Deadline for articles and ads for April/May 2006 BW Newsletter

Monday, April 10, 7:30pm
BWNA Board meeting
Bethany Lutheran, NE 37th & Skidmore

Future of Fremont



AT WRITING TIME, it's the week prior to an Open House to review proposed transportation and parking improvements to Fremont Street between NE 41st and 52nd Avenues. As we have all observed, Fremont Street is evolving into a bustling business center increasing the quality of life in our neighborhood while at the same time causing inevitable growing pains. Our Transportation and Land Use committee in conjunction with the City of Portland has been working to identify issues and solutions that address traffic and pedestrian safety, and parking. This has been an issue for the neighborhood for many years. Through the efforts of the land use committee and the recent involvement by the City of Portland, we are likely to see some positive changes along Fremont. This is a very exciting time for us! If you missed the open house, there are still opportunities to provide your thoughts and ideas—just check the land use committee schedule.

Whether or not you are getting a tree for yourself, come out and help on February 11 at our neighborhood tree-planting event. **Meet at the United Methodist Church between 8AM to 9AM** and we'll hook you up with a planting team. See the Tree Planting article on the front page for more information.

—Heidi Blischke
President, BWNA

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Newsletter Editors
Helen Koba & M. 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.
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Counsel and Comfort

By Barbara Warren-Sams

LYNNE NESBITT IS BOTH a therapist and businesswoman. Five years ago, she realized a long-held dream and founded Wise Counsel and Comfort, a collective of 21 mental health professionals. "My goal," says Nesbitt, "was to create a space that brings mental health professionals and clients together in a comfortable, safe, and affordable setting."

Wise Counsel and Comfort is not a group practice, but a cooperative, shared practice space. "This allows mental health professionals to develop a private practice without the expense associated with opening or maintaining their own offices," says Nesbitt. This arrangement also allows for flexible hours, including evenings and weekends.

Colleagues must meet one requirement, however. "Everyone must be willing to adjust their fees or use a sliding-fee scale. In this way, clients can avail themselves of lower fees as well as have access to a wide range of therapists."

Are you looking to see a psychologist, counselor, social worker, psychiatric nurse practitioner, alternative therapy specialist, or vocational counselor? These specialists and more are available at Wise Counsel and Comfort. Not sure which professional to see? Nesbitt can help with that, directing you to an appropriate professional to meet your individual needs.

Two locations are available in the area: the newest location in Beaumont Wilshire has six professionals and is located at 4605 NE Fremont, Suite 209A; a second location in Irvington has 15 professionals and is located at 1305 NE Fremont. To find out about services or to arrange an appointment with one of the specialists, call Lynne Nesbitt at 503.282.0182. Further information about Wise Counsel and Comfort may be found on its web site at: www.portland-therapist.com.



Lynne Nesbitt of Wise Counsel and Comfort

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Help shape Fremont

By Dennis Lisk
Transpotation & Land Use Member

CONCERNED ABOUT the speed of cars along Fremont Street? Worried about your children (or yourself) finding a safe place to cross Fremont? Interested in where and how more parking can fit within Beaumont Village?

At two public open houses in January, neighbors gave input and received some solutions to those questions. For the last year, the BWNA Transportation & Land Use Committee, Beaumont Business Association and City Planning and Transportation staffers have cooperated on a study of problems affecting the Fremont Street corridor through Beaumont Village.



Parking, pedestrian and driver safety, and the functioning of the intersection of Fremont and 41st/42nd streets were examined. Some potential short-term ideas to be implemented over the next 6-12 months include:

- Reducing the speed limit on Fremont to 20 mph from 30 mph in Beaumont Village between 39th and 52nd streets.
- Changing from parallel parking to angled parking on 43rd, 44th, 44th, and 47th streets north of Fremont, which will add 17 spaces near businesses on those streets.
- Adding marked crosswalks at 45th, 47th, 49th, and 50th streets and pedestrian warning signs at 41st and 52nd.

There are many other medium and long-term ideas that the City and the neighborhood are discussing, including curb extensions at several intersections along Fremont, as well as installing a roundabout at the intersection of Fremont and 41st and 42nd streets. These ideas will depend on input from neighbors, business owners, and funding availability. Based on the feedback received from neighbors at the open houses, City staffers will fine-tune the proposed ideas before offering a final version of the plan at another meeting with the neighborhood.

Transportation & Land Use committee meets the **3rd Monday each month at 7:30PM,** Fremont Coffee, 4727 NE Fremont.

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Shop locally

By Helen Koba

In 2005, as in previous years, the Beaumont Wilshire neighborhood association has received tremendous support from the businesses located in our neighborhood. They have donated generously to the annual picnic, supported little league baseball, sponsored the Fremont Fest, assisted with the installation of bike racks along Fremont, donated treats to meetings and tree plantings, hosted committee meetings and advertised in the neighborhood newsletter.



We are lucky to have so many fine businesses and services so close to where we live. Many of us can walk or bike to the cafes, restaurants, specialty and grocery stores in BW. So next time you're thinking of something special to eat or buy, think Beaumont businesses.

AMENITY SHOES

Continued from p. 1

Most of accessories are designed and made by northwest artisans.

Once she feels a bit more established, Liz might think about expansion to another part of town, or even designing her own line of shoes. Liz is an artist and jewelry designer. She studied metal smithing in college and has operated Liz Page Designs, her own jewelry company, for the past eight years. For now, however, Liz is pleased with how things are going and is happy to be in a neighborhood with other unique independently owned businesses.

If you have not yet visited Amenity Shoes, stop in and feast your eyes and treat your feet to some fine footwear. 3430 NE 41 Ave (just south of Fremont). Store hours are Monday – Friday 10am – 7pm, Saturday 10am – 6pm., and Sunday 11am – 5pm.

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Beaumont Community School News

By Donna Bestwick

Thanks to the generous donation of the Beaumont Wilshire Neighborhood Association to Beaumont Middle School, our kids now are enjoying fruit snacks to "curb that after-school hunger" before they attend their favorite activity.

If any BWNA member would like to continue feeding our hungry after-school kids, they can bring boxes of fruit snacks (in individual packets so we don't have to get a food handlers license) to the Beaumont Middle School office 9:00 am – 4:30 pm.

For Winter Term at Beaumont SUN School I have opened up all of my evening classes to families to include middle schoolers if they would like to join their parents. We have Yoga on Mon., Tae Kwon Do (martial arts) on Tues., Rag Rug Crafting on Wed. and Fencing (all gear provided) on Thurs. All classes begin the week of Jan. 9 – 12 and all you have to do is call Donna Bestwick 503-916-5615 to register.



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Neighborhood Preparedness Meeting: A Success!

By Shelly MacEachern
NET Member



On Saturday, November 12, the Beaumont-Wilshire Neighborhood Emergency Team (NET) held a well-attended presentation for the general public. Team member, Erika Wolfe Burr led the discussion on disaster preparedness with topics that included:

- Easy steps to prepare a 72-hour kit,
- The importance of having out-of-state contacts,
- Sample household escape route plans,
- The role of firefighters, law enforcement, and city officials in the event of an emergency, and
- General tips on how to ready our families and houses in the event of an earthquake, flood, ice storm, or other disaster.

A team of firefighters from Station 14 also spoke during the session, reinforcing the importance of taking on emergency preparedness as a personal goal and answering any questions that came in from the crowd.

Are you prepared? In the event of an emergency, citizens like us could be on our own for up to 72 hours while the authorities respond to the most serious situations. Visit www.redcross.org or www.fema.gov to learn how you can better prepare yourself and your family.

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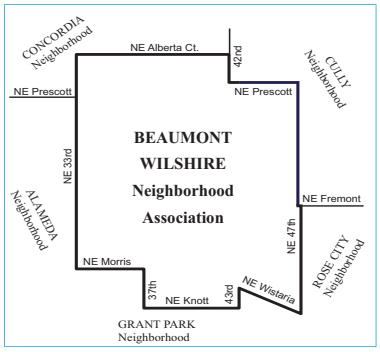
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Book Sale, February 25

Sponsored by the Wilshire United Methodist Native American Fellowship Women.

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For more information call
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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 BWNA business meetings.



Annual Roast Beef Dinner Saturday, March 11

You are all welcome to the Annual Roast Beef Dinner at the Wilshire United Methodist Church and Native American Fellowship on **Saturday, March 11 from 5PM to 7PM.**

3917 NE Shaver St. 503-287-6526

MENU:

- Roast beef
- Mashed potato
- Vegetable
- Salad
- Dinner roll
- Beverage

Adults :$8.50
Children: $3.50
Desserts — $1.50 suggested donation, proceeds donated to mission projects.

Bethany's Summer Day Camp registration begins

Bethany will once again host a Camp Lutherwood Day Camp to be held **July 31 – August 4, Monday – Friday, 9AM – 3AM.** This camping experience, for children ages five through twelve, is an excellent way for children to experience a little taste of camp right in their own neighborhood community.

Staff from Camp Lutherwood along with dedicated adult volunteers from Bethany Church guide the week as the children sing, play, discover, touch creation, do crafts, act, participate in Bible Adventure Time, worship... Did we mention HAVE FUN!

This day camp allows children to experience, in an outdoor setting, what a Christian summer camping program is like without leaving home. Cost for the week is $40 and scholarships are available to make it affordable for those in need. For registration information, contact Bethany Lutheran Church at (503)284-3836 or print a registration form from:

www.bethanyportland.org

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