Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org April/May 2006



Sutter doing yoga

Your kind of yoga

By Albert Kaufman

BIKRAM YOGA IS A WARM place to do yoga. Opened in the summer of 1999, Derek and Suzanne Cummings, who live nearby took the helm in September of 2004. Both avid yoga practitioners, they met on Match.com in 2000. Derek invited Suzanne to a Bikram class on their first date. "If a woman could make it through a Bikram class, she might stand a chance with me!" Derek recollects. Suzanne fell in love with both Derek and Bikram yoga. "It is really a dream come true to have a business that fosters community and helps people."

During a session, 26 yoga postures and 2 breathing exercises are done twice in a hot room. This form of yoga is designed to be challenging to both beginners and experienced practitioners and is very healing. Derek paraphrases the yoga's founder, Bikram Choudhury: "This yoga is designed to work and restore every system of the body within the 90 minute session. It is like giving your body & mind a much needed tune up."

They offer 24 classes per week for adults/teenagers. Derek, Suzanne and their young

See BIKRAM YOGA page 4

Taste of Beaumont 2006

By Lew Evans

PLEASE JOIN US April 10 (during the BWNA general meeting) for the third annual Taste of Beaumont. It starts at 6:30 pm and will be held in the basement of Bethany Lutheran Church at NE 37 and Skidmore. Many restaurants located in the Beaumont Wilshire neighborhood will bring samples of delicious treats from their menus. There will also be two gift certificates from the Alameda Brewhouse that will be raffled at the meeting. While we are enjoying the food, musicians from Beaumont Middle School Jazz Band will serenade us. This is a great opportunity to try out food from these restaurants, and taste what our neighborhood businesses have to offer. Mark your calendars, and don't miss it! Here are just some of the participating restaurants:

Alameda Café
Blue Olive
Fife
Foxfire Teas
Parisi's
Round Table pizza
Tuk Tuk and others!

BW General Meeting and Elections

New blood needed

Monday, April 10
6:30–8:30pm
One hour earlier than usual
Bethany Lutheran Church
NE 37th and Skidmore

AS FORMER board member Ted Perkins once said, the neighborhood association is always looking for 'new blood'. And again this April, people are needed to fill various open board positions : vacant this time around are the positions of president, treasurer, and seven at-large board seats. Positions are for a two year duration.

If you have been thinking of getting involved, want to help out with the annual picnic (coming in August) or other neighborhood events, or if you have ideas for projects, want to work on traffic, school related or other issues, — here is your chance. Come to the meeting April 10, volunteer for a position — help make Beaumont Wilshire an even better place to live.

Calendar

Monday, April 10, 6:30pm
BWNA General meeting
Bethany Lutheran, NE 37th & Skidmore

Friday, May 5
Deadline for articles and ads for June/July 2006 BW Newsletter

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

Monday, June 12, 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.

April elections



On APRIL 10 at our general meeting, we will elect a president, treasurer, and up to 7 'at-large' positions (out of the 16 member board). Most of the positions are for a 2-year duration although 2 of the 'at large' positions have a 1-year duration. Some of our board members have agreed to run again for their current position or for another position.

We are looking for volunteers with the energy and time to help coordinate neighborhood activities and come up with ideas to improve the neighborhood whether through activities, land-use or transportation, or community services. To join the board one must either live in the neighborhood or own a business within the neighborhood boundary (which can be found on our website bwna.org). If you are interested in helping shape the future of the neighborhood, please come to our meeting and join the board! The positions can take a little bit of your time or a lot depending on your level of participation. Although even if everyone gives only a little, a lot can get done.

Although I have enjoyed being the President, I will not be putting my name in the hat again for a couple of reasons: I have already served 6 years on the board which is the maximum allowed according to our bylaws and it is time for me to spend more time volunteering at my son's school. Participating in, organizing and helping out with many of the BWNA activities has given me the opportunity to meet neighbors, get to know some of the business owners, watch neighbors work together to plant trees, collect bulky waste, mingle at the picnic, and give a little back to the neighborhood of which I am glad to be a part.

Another very good reason, outside of joining the board, to come to our April 10th meeting is to hear the Beaumont Jazz Band and get a taste of many of our local neighborhood restaurants at the "Taste of Beaumont"! More information on the "Taste of Beaumont" is provided on the front page in this newsletter.

Officers & Board Members

President
Heidi Blischke 280-0133

Vice-President
Bill Markwart 282-4610

Secretary
Jim Karlock 284-5644

Treasurer
David de la Rocha 288-3907

Beaumont Business Association
(vacant)

Crime Prevention & Foot Patrol
Bill Markwart 282-4610

Beaumont School
Mary Jaron Kelley 249-9306, Janet Baker 288-3441, Heidi Blischke 280-0133, Roger Price 287-9068

Transportation/Land Use
David Whitaker 281-2176, Patrick Sweeney 493-0641, Janet Baker 288-3441, Jenny Lisk 282-5448, Jim Karlock 284-5644

New Neighbor Packets
Jenny Lisk 282-5448

Board Members at Large
Jamal Baghdadi 281-7502, Lew Evans 282-9946, Liz Johnston 281-8385, Roger Price 287-9068, Jeff Bethke 284-3836, Al Ellis 287-0477, Heidi Zadeyan, Colin Rowan 249-4868, Albert Kaufman albertkaufman@gmail.com

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

Newsletter Distribution
Jennifer Francis 459-8114

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.
Email: cnn123@teleport.com.
Url: http://cnncoalition.org

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One hundred sixty trees planted

By Albert Kaufman

ON FEBRUARY 11TH the Cully, Concordia and Beaumont-Wilshire neighborhoods planted over 160 trees. We could not have done it without the 100 volunteers, Friends of Trees and the City of Portland. Also, many local businesses contributed culinary delights and monetary donations to make the day a wonderful community-building event. There was breakfast, lunch and free t-shirts for everyone.

If you didn't get to plant a tree this time around, please plan to join us next time. And for those who did plant, there is information on how to keep your tree happy and healthy on the Friends of Trees website at:
http://www.friendsoftrees.org/tree_resources/maintenance.php



Volunteers preparing to plant tree

Photos from the tree planning can be viewed at
http://www.scn.org/neighbors/beacon/pdx/fot06/

Thanks to the many local businesses and individuals that contributed to this event. Too numerous to list here, please check www.bwna.ogs/events page for a complete list.

civics corner

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Can You Spare Six Hours A Year?

By Jennifer Francis

WE WOULD LOVE your help in distributing the BWNA newsletter. Distributing entails walking around a short route assigned to you and putting a newsletter on your neighbor's doorstep. The newsletter is published every two months and walking the route is an excellent way to meet your neighbors and to get those muscles in action especially after the wet winter we've had. We are lucky to have such a great newsletter to keep us abreast of what is happening in our neighborhood and I encourage you to be a part of this wonderful publication. Please contact Jennifer Francis at 503-459-8114 to find out more information.

Call for Artists



Pauline at the Commons

FOR THE SECOND YEAR, neighborhood artists will show and sell their handcrafted items from April - October (weather permitting) every First Friday on Fremont in the courtyard of Fremont Commons at 4605 NE Fremont, from 5 - 9 PM. If you are an artist with handmade work and are interested in joining, call Pauline Dugas Tait: (503) 281-2871

Bikram Yoga

continued from page 1

son Sutter are excited about their upcoming children's yoga program beginning after Memorial Day. The Toddler Yogi program will be half hour classes for 2 & 3 year olds with a parent, and the Preschooler Yogi program will be half hour classes for 4 & 5 year olds with a parent. There also will be a class for kids 6-11 years of age without a parent.

All of these classes will be fun and designed to help children explore their physicality while learning to focus.

For information, call or drop by 4831 NE Fremont Street, 503-284-0555, website:

http://www.bikramportland.com

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Disaster Preparedness for Pet Owners

By Shelly M. Davidson
NET Member

HURRICANE KATRINA taught countless lessons in disaster preparedness. Among them, we learned just how much our pets depend on us for their safety and well-being. During an emergency, the best way to protect your pets is to include them in your family's disaster plan.

We've seen how animals left behind in a disaster can easily be injured, lost or killed. If you need to evacuate your home, try to take your pets with you. It might be difficult to find shelter for your animals during a crisis (Red Cross shelters, for example, cannot take pets due to health regulations), so plan ahead by creating a list of pet-friendly hotels that are within driving distance.

In case you're not home during a disaster, find a trusted neighbor who would be willing to take your pets and meet you at a pre-arranged location if possible. This person should be comfortable with your pets, know where your pet disaster supply kit is kept, and have a key to your home.

Pet supplies for your family's 72-hour emergency kit include:

- Portable carrier (essential for cats)
- Leash or harness
- Food and water bowls
- Three-day supply of food and water
- Litter and litter box for cats
- Medications
- First aid kit
- Current photos of your pet in case he/she gets lost
- Health records, including vaccination dates
- Lists of pet-friendly hotels and phone numbers
- Instructions on feeding schedule, medications and any special needs

Lastly, make sure your dog or cat always wears a securely fastened collar with ID tags so that up-to-date information is readily available if they ever get lost—whether there's a disaster or not.

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"The Fremont" almost completed

By Mellisa Fryback


'The Fremont'

THE PLYWOOD forms have finally come down and Beaumont Wilshire neighbors are getting a first look at their newest retail offering at the corner of NE Fremont and 44th. The architect, Francis Dardis of FBD Architecture, lives in the neighborhood and works just a couple of doors down, so he can see the progression of The Fremont from his office window. Builders Brian Faherty and Lance Marrs anticipate The Fremont will be filled by high-quality, local businesses adding foot-friendly benefit to the neighboring homeowners. "Our goal is to compliment the existing Fremont Street businesses, giving further reason for Beaumont Wilshire residents to shop locally." explains Faherty.

Slated for completion in late spring of 2006, this single-story, 8000 square feet concrete cast building will have a 1920's period inspired aesthetic. "We worked with our architect Francis Dardis and project advisor Kevin Cavenaugh to ensure that we created something with a quaint 'main street' aesthetic that the community would approve of." states Marrs. "Our objective at this point is to attract tenants that will enhance the livability of this wonderful neighborhood."

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Troop 100 marks its 85th Anniversary!

CHARTER applied for on February 23, 1921, approved on April 21, 1921 – Troop 100 has been in continuous operation ever since. Through the years, countless young men and volunteer adults in the Alameda, Beaumont, Hollywood, Irvington and other neighborhoods of northeast Portland have been members of Troop 100.

Please join us to celebrate and reminisce. Everyone is invited to the

85th Anniversary Open House
Tuesday, April 11, 2006, 7 p.m.
Fremont United Methodist Church
Fellowship Hall (basement) 2620 NE Fremont St.

Artists prepare for August show



ARTSPACE artists met at Foxfire Teas in February to plan a group show to coincide with the annual Fremont Fest which takes place each year on the first Saturday of August. Artspace is the online art gallery of artists who live in the BW neighborhood. If you are interested in joining, please check the guidelines for submission of works on the neighborhood website www.bwna.org/artspace. New artists are welcome.



Benefit for Growing with Music

GARDEN FEVER, 3433 NE 24 (south of Fremont) April 20th 6:30-8:30 pm

Garden Fever will open its doors for an after hours event full of music and shopping. A portion of the evening's sales will benefit Growing with Music, an organization that brings music and movement classes to young children and their teen-age parents. Music will be provided by students of the classes and the Salvation Army. Tickets can be purchased at the door for $10 each. For more information, please contact Anne Clark at 503-282-1839.

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Two Neighborhood Cleanups

Cully Neighborhood Cleanup

Saturday, April 22, 9am – 4pm at the Trinity Lutheran Church, 5520 NE Killingsworth. Accepting yard debris, bulky waste, appliances (no refrigerators), metal, and tires. No building materials or hazardous waste will be accepted including liquids of any kind or under the sink garbage. An ARC truck will be on site to collect usable clothing, bedding, towels etc. and Earth Share will be collecting cell phones to recycle or refurbish. Fees: $5.00/car, $15/suv/van, $20/pickup; oversized loads and tires will be charged extra. No commercial vehicles will be allowed.

Roseway Neighborhood Cleanup

Saturday, May 13, 9am – 2pm, Gregory Heights Middle School parking lot - 7334 NE Siskiyou. Accepting yard debris, general trash and items that can be recycled such as wood, paper, metal. We will also have a truck from The Arc to accept re-usable items. The cost is $5/car, $10/pick-up and $15/larger truck.



"Jaipur Roof Top" Barry Frankel

Barry Frankel exhibits photos in two venues

BW resident and Artspace member, Barry Frankel will show his photos at two locations:

Fremont Coffee 4727 NE Fremont **April 2-30,** 2006

Photos from India at Quirks of Art and Furniture 1602 NE 40th Ave 503-282-4429, April-May 2006



"Ridgefield Nature Preserve, Washington State" Barry Frankel

Bethany church events

1,000-egg Easter Egg Hunt

Saturday, April 15, 11 a.m. at Wilshire Park. Sponsored by Bethany Lutheran Church, this event is free to the public. Toddlers and small children are encouraged to bring a parent or guardian to help in their collecting of eggs. Ask for directions to the egg hunt site when you arrive at the park. We look forward to seeing your Easter egg hunters there!

Bethany Church will offer two services on Easter Sunday:

Sunday, April 16: 9:30 a.m. Traditional and 11:00 a.m. Contemporary. A free brunch will be served from 10:30 a.m. to 12 noon. Bethany is located at NE 37th and Skidmore

Wilshire United Methodist

Wilshire United Methodist and American Indian Fellowship, 3917 NE Shaver

April 13th –6:30 pm Holy Thursday soup supper/Tenebrae service

April 15th Crafts and Easter egg hunt 10 am as the Church

April 30th and May 27 11:00 am

Native American Services with potluck lunch following Services

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