Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org April/May 2007

*Business Focus: Alameda Cafe*

# Alameda Cafe turns 25!

By Jude Cornwell



Alameda Cafe on NE Fremont at 47th Ave.

"MAYBE IT'S IN the blood," quipped Georjean Melonas, as she pointed to the photo of her Grandfather's restaurant on the wall in **Alameda Cafe**. Franklin Cafe in New Hampshire, operated into the early 1940's.

Georjean began her career selling imported and domestic cheeses and meats to wholesale accounts, partnering with Brett Johanson. She found herself catering for friends at first, then continued catering as part of the wholesale business.

The next step was possibly opening a deli or small cafe. She knocked on doors in the neighborhood looking for the perfect space. In the storefront that housed the former Myers Typesetting, Georjean and Brett opened Johanson's Cafe and Deli in July of 1982. Brett stayed with the wholesale business, but the cafe was Georjean's "baby". She offered great food and an easy charm that made folks feel at home.

Seven years later needing more room, Johanson's moved two doors down to the current location at 4641 NE Fremont. Years ago I overheard Georjean commenting to a lunch guest, "Well, I'm continually reinventing myself.....!" What the context of that particular conversation was I'm not sure, but it stuck in my mind, and made sense when in 1995, Georjean renamed the restaurant "Alameda Cafe" and intro-

*See Alameda Cafe page 4*

# Welcome to *Hey Neighbor!*




By Ankist Zadeyan

NOW AVAILABLE on the front page of the Beaumont Wilshire website, http://www.bwna.org/ is a link to a new service called ***Hey Neighbor!*** I developed this website because I believe, today more than ever, we need opportunities to interact with our neighbors.

There may be an item you are looking for that is sitting around the corner in someone else's garage waiting for a new home. Or a local group's next volunteer project is across the street from your home. Hey Neighbor! is dedicated to the exchange of goods and services, volunteerism and to community-building.

We will all be enriched by reaching out to our neighbor and the site offers many opportunities for neighbors to interact. It may be through the exchange of goods or services. It may be announcing a mom's or dad's group meeting at the park. It could be by connecting potential participants to existing walking groups or volunteers to repair a neighbor's garage, or just the exchange of ideas and helpful hints. Local businesses can advertise and offer specials. The opportunities are limitless. We can discuss neighborhood news, check out local businesses, look for volunteer projects, and announce garage sales, neighborhood meetings or just say "Hey Neighbor". Check it out!

BWNA General Meeting

# Elections, city repair projects, idling, & more

**Monday, April 9th, 7:30 pm**
***Beaumont Middle School***
NE 42nd & Fremont

IN APRIL BWNA holds board elections. The vice president, secretary and a few at-large board positions are open. If you are ready to 'step up to the plate' and help make BW even a better neighborhood, come to the Aril 9th meeting and get involved!

**Ankist Zadeyan** will brief us on the City Repair Village Building Convergence projects in BW. One of the three projects is the 37th and Shaver Intersection Repair which will transform a high-use intersection by autos and pedestrians into a 'user friendly' intersection by installing street and sidewalk art, planter boxes with native plants and flowers, and a kiosk for neighborhood info. Volunteers are needed for the three projects. *(See page 2 for more)*

**Brian Heron** will share his experience of having a positive adult in his life and the rewards of being a foster parent. 'One positive adult relationship is all it takes' says Brian whose mother abandoned his family when he was three. He is with the Foster Family Care Network.

**Donna Green** will discuss the unpleasant affects of vehicle idling on our health. *(page 6 for more)*

**Jillian Detweiler** will speak on the City Charter Review proposal.

## Calendar

**Monday, April 9, 2007, 7:30 pm**
BWNA General meeting
***Beaumont Middle School,*** NE 42nd & Fremont

**Friday, May 11, 2007**
Deadline for articles and ads for June/July 2007 BW Newsletter

**Monday, June 12, 2007, 7:30 pm**
BWNA Board meeting
***Bethany Lutheran,*** NE 37th & Skidmore

# Happy Spring!



WINDS OF CHANGE, seeds of Spring, new local projects being created before my eyes – it's suddenly a much more interesting world to me. For most of my life I have been waiting for a period of time when more progressive ideas would get a chance to be heard and my sense is, that time has begun. Whether it's looking at the children in the neighborhood and knowing that they'll someday eat mostly organic foods, possibly fruits and vegetables they grow themselves, or looking beyond our borders to countries and continents committed to large scale change to combat global warming, it feels like our world is headed for rapid, positive change.

I've been dreaming of this time for so long I almost can't believe it's here. After pushing back it's hard to realize that the ideals I hold dear like kindness, community, creative expression, liberation and care of the environment are growing in our society. Within our own neighborhood, fellow board-members are working on three projects in conjunction with the Village Building Convergence. They include the **37th/Shaver intersection project; naturescaping at the Beaumont Wilshire Middle School courtyard and the beautification of the pavilion at Wilshire Park**. The board has voted to commit $1000 to two of these projects. If you are interested in getting involved and helping out, come to the April 9th meeting.

If you have an ounce of energy to give to our neighborhood, an environmental or political cause, now's the time to get involved. All efforts are welcome – every action – from saying hello to a stranger at the bus stop to slowing down on our streets to joining our neighborhood association – all are steps towards a greater good.

Albert Kaufman
President@bwna.org
BWNA

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**Website (http://bwna.org)**
Mario Caoile & Helen Koba 503-288-2568, Rob Vaughn 503-287-2375

**Newsletter Distribution**
Marsha Mahon 503-284-1859

**Newsletter Editors**
Helen Koba & M. Caoile 503-288-2568
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 Albert Kaufman, president@bwna.org

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# Vacation in retro style made in Portland

By Rita Catapano



Pam Levenson of Poppi Swim & Sport

When planning your next vacation (spring, summer, fall, or winter), consider how great you will feel and look in a stylish, individually fitted swimsuit. **Poppi Swim and Sport**, a neighborhood boutique features locally designed and sewn retro swimwear and is just the ticket for you. Owner/Designer Pam Levenson first conceived of the idea of the boutique when she needed a swimsuit for an October vacation. The swimwear business was not a huge stretch for Pam; she has a degree in apparel design and did an internship in a bikini shop. She has also worked for designers Guess and Norm Thompson.

Poppi Swim and Sport celebrated its first anniversary this March 17th. Business has been good and is growing. So much so that Pam would like to expand her offerings and space. She designs and fits her line of one and two-piece suits for women which are stylish yet comfortable. One-piece styles include 'Shirley', 'Paula', and 'Sadie', names that go back to the 1940's and 1950's. Two-piece styles, including the 'Wendy Tankini', are also available. You have a wide choice of fabrics, most of which are a nylon/spandex blend. You can also find a line of 100% chlorine-proof suits for water aerobics.

In addition, Pam carries Havaianas flip flops ('the best rubber sandal in the world') and oil cloth tote bags to complete your ensemble. All suits are moderately priced, and for a small additional fee, Pam will custom fit a suit just for you. Most sales, however, are "off the rack" already made suits. By summer, Pam will offer men's swimming shorts. Also coming soon will be a vacation board on the boutique's website and e-commerce. In fact, you can preview some of the designs on the website. Better yet visit the store so Pam can assist you in person. Poppi Swim and Sport at 4831 N.E. 42nd Ave or call 503-970-9676 Hours: Tues – Fri 11 am – 6 pm, Sat 11 am – 5 pm, Sun 12 pm – 5 pm www.poppiswim.com

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## Alameda Cafe

*continued from page 1*

duced her breakfast menu. In spring of 2006 she added liquor to her beer and wine menu. Neighboring Alameda Brewhouse supplies the beer! A facelift with a fresh new palette of warm hues, added around the same time, completed the next step into the 25th year.

I asked Georjean, "What's next?" She suggested an interest in more special event functions. She says that participating in the Art on Fremont a few years back was a good experience. She's open to art events, anniversary or wedding parties. "Any thoughts of retirement?" I couldn't help asking. The spirited restaurateur winked at me and said, "Retirement? What's that?" Watch for 25th anniversary celebrations. Stop by Alameda Café, 4641 NE Fremont, open Mon-Sat 8am-9pm Sun 8am-2pm and 3-9pm and say 'Congrats' to Georjean for 25 years!

# Tree planting a big success

By Colin Rowan



Volunteers hard at work

ON SATURDAY, February 17, over one hundred people gathered at the Wilshire United Methodist Church to support the Friends of Trees neighborhood tree planting. The tree planting included the Beaumont Wilshire, Vernon and Concordia neighborhoods. Over 170 trees were planted in our neighborhoods, adding shade and beautifying our urban forest.

Special thanks to the Wilshire United Methodist Church for hosting the event, Umpqua Bank for financial support, Albina Bank and Ristretto Roasters who teamed up to provide much needed coffee to start the day, Bagel Land and Delphina's who provided breakfast treats and, of course, all the volunteers who came out to support the planting.

If you are interested in supporting Friends of Trees or curious as to when the next planting in the neighborhood will be, check in at http://friendsoftrees.org/.

Videos and photos from the event can be seen at http://bwna.org/videos.html.


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# Remember the trees!



By Eileen Stark

TREES ARE AS ESSENTIAL to life as we know it, so they deserve the utmost in care and preservation. Now, as leaves begin to emerge, is an ideal time to think about the care your household will offer your recently planted (and established) trees this year.

While walking in the neighborhood, we may observe trees that appear to be holding up a big red flag. These trees are victims of a constricting rope or wire that attaches the tree to stakes that have overstayed their welcome. Deadly girdling restricts water and food movement and results when a tree grows into ties. Stakes and ties should be removed one year after planting, although very large trees may need support for up to two years. If in doubt, grasp the trunk and shake it – if the root ball doesn't move, it is safe to remove the stakes. Even while staked, trees should never be held rigidly in place. If ties become tight, loosen them.

Proper watering will ensure healthy trees. While it's commendable to conserve water, young trees, especially street trees in full sun, need ample water. Friends of Trees recommend ten to fifteen gallons of water, applied once a week over a period of about two hours, during the hot summer months. Never water shallowly and frequently, as this can lead to other irreversible problems.

Try to maintain about an 18-inch radius of weed-free and grass-free space around tree trucks. On the outer 15 inches of that radius, keeping mulch away from trunk, place a couple of inches of mulch to reduce evaporation and keep weeds down. Don't use fine chips or sawdust that can tie up nitrogen and decrease oxygen in the soil

The environmental and aesthetic benefits from trees are innumerable, and if you follow these simple but crucial care instructions, your priceless trees will be well on their way to a healthy and, hopefully, long life.

# *'I Have a Dream'* comes to Rigler Elementary School

By Kathy O'Neill



Mayor Potter, Rigler principal Kathleen Kaczke and students

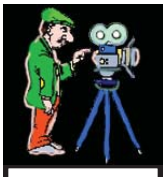
RIGLER SCHOOL WITH the support of Principal Kathleen Kaczke has been chosen to be the 10th class of Dreamers in the Portland area. "I Have a Dream" was started in 1981. The first five classes of Oregon Dreamers have graduated from high school with double the expected high school graduation rate. Half of those students have gone on to college or other post secondary education. There are four on-going "I Have a Dream" classes in the Portland area. Targeted start date for the Rigler's entire 3rd grade of 67 students is April 2007 if funding is in place.

The goal is that each child graduates from high school prepared for college or meaningful employment. This is done through a 14 year, year-round program of mentoring, tutoring, cultural enrichment and community service, with the promise of scholarship assistance for every child that graduates from high school. Volunteers are used extensively as one-on-one mentors, tutors and as one-time presenters.

About one half of the funds needed to start have been raised. All pledges and one time donations are welcome. A donation of $1000 sponsors one child for one year. For more information or to donate contact:

Julie Diamond
jullie.diamond@ihadoregon.org
(503) 281-8323 or
Karen Hill, Executive Director;
karen.hill@ihadoregon.org
(503) 287-7203.

Rigler Elementary School is located at 5401 NE Prescott St.



**VIDEOS**
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**BWNA Website**
**www.bwna.org**

# Get ready: May 12 emergency preparedness forum

By Shelly Davidson, NET Member

ARE YOU PREPARED in the event of an emergency to be on your own for up to 72 hours while authorities respond to the most serious situations?

Take an hour on Saturday May 12 to learn some simple ways to prepare yourself and your family. Join Beaumont Wilshire Neighborhood Emergency Team (NET) member Erika Wolfe Burr as she leads this FREE forum with topics such as:

- Easy steps to prepare a 72-hour kit,
- The importance of having out-of-state contacts,
- How to survive without utilities, and
- General tips on how to ready our families and houses in the event of an earthquake, flood, ice storm, or other disaster.

Stop by to meet your Beaumont Wilshire NET and learn how they have been trained to help neighbors in an emergency. Saturday, May 12 at 10:00 a.m.; Bethany Lutheran Church, 4330 NE 37th Ave.; Open to the public.




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# It's your E-Mission!

By Donna Green

DO YOU LEAVE your vehicle idling for more than 10 seconds while waiting to pick up your child at school or at the drive-up window at the bank? Here are some very good reasons to rethink this common habit:

Vehicle emissions are the largest contributing factor to air pollution. The combustion of fossil fuels releases several air pollutants that are detrimental to our health, such as sulfur dioxides, particulate matter, carbon monoxide and other toxins contributing to the formation of atmospheric carbon dioxide (CO2) levels.



Children are particularly vulnerable to air pollution. They breathe 50 percent faster and inhale more air per pound of body weight than adults. Studies have shown a direct link between many respiratory diseases and pollutants found in vehicle exhaust. Asthma is the third leading cause of hospitalization for children under the age of 15.

Excessive idling is expensive. Over 10 seconds of idling uses more fuel than restarting your engine. Idling for 10 minutes a day uses an average of 22 gallons of gas per year, and gets zero miles to the gallon. Excessive idling is not good for your vehicle. It can damage your engine components, including cylinders, spark plugs, and exhaust systems, whereas frequent restarting has little impact on engine components like the battery and starter motor. So please remember to keep your emission down and turn off your car if it isn't moving!

# Farm produce at Wilshire Park



By Ankist Zadeyan

VICKI HERTEL of SunGold Farms is willing to bring her fresh produce once a week to Wilshire Park this spring and summer. The cost is $16 a week for 4 months. If you are interested in this great service, contact Ankist at ankistz@comcast.net.

SunGold Farms uses no pesticides. Take advantage of this great opportunity to eat local produce brought to you directly from SunGold Farm, as part of the Community Supported Agriculture (CSA) program.

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# Community Cycling Center needs our help

By Susan Remmers



Americorps member Marcus instructs Anthony on how to true a wheel

In FEBRUARY, the Community Cycling Center located at 1700 NE Alberta was burglarized. The intruders ransacked desks, scattered files, and toppled displays. The shop was cleaned out of locks, lights, and parts. Three refurbished bikes were missing.

The loss was estimated at $12,000. This did not include security upgrades. More than 25 people donated over $1,500 upon hearing the news. Insurance will cover some costs too. However, the Center needs an additional $10,000 to recover losses and make upgrades to prevent thefts in the future. We can help by making a financial contribution to strengthen the Community Cycling Center or by donating a bike. The Center needed bikes before the break-in and could use them now more than ever. They're looking for good quality adult bikes and kids bikes that they refurbish and use in their outreach programs.

Help the Center to continue their excellent work of reaching kids, recycling bikes and restoring community.


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# Easter at Bethany

Two services on Easter Sunday, April 8:
Traditional at 9:30AM
Contemporary at 11AM

10:30AM – 12PM, a continental brunch will be served. NE 37th and Skidmore

### *1,000-egg Easter Egg Hunt – Saturday, April 7th at 11AM*

Bethany Lutheran Church will host a 1,000-egg Easter egg hunt at Wilshire Park beginning at 11AM. 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 hunter there!

### *3rd Annual Day Camp – kids 5-12 yrs. old*

Bethany will host Camp Lutherwood's Day Camp Monday – Friday, July 30 to Aug. 3, from 9AM–3PM, Children ages 5–12 can experience, in an outdoor setting, what a Christian summer camping program is like without leaving home. Staff from Camp Lutherwood and adult volunteers from Bethany Church guide the children in many activities. Cost for the week is $40; which includes lunch, two snacks each day and a field trip to Grant Pool. Scholarships are available. Contact Bethany Lutheran Church for registration information at (503)284-3836 or go to our website at www.bethanyportland.org and download the registration form.

# Cully spring clean up

**Saturday, April 28, 2007**
**from 9 AM – 3 PM**

Trinity Lutheran Church parking lot on 5520 NE Killingsworth.

**Acceptable items:** Yard debris, furniture, appliances without cooling units, mattresses, tires, plastics, carpets, rubber, cell phones, computers, clothes, metal and wood.

**NON Acceptable items:** Hazardous waste, gasoline, chemicals, oil, paint, tar, batteries, animal waste, liquids of any kind, under the sink garbage, also landscape and building materials

**Fees:** Car–$5, Van or SUV–$15, Pickup–$20; additional fees for oversized loads or trailers. Tires are $3 on rim and $2 off rim. Computer monitors $10 each.

This event is for residential vehicles only.

# Help with newsletter delivery

Marsha Mahon, the newsletter delivery coordinator, has a few **OPEN POSITIONS** for those who want to help get the newsletter out. *Great way to get exercise and meet your neighbors.* If you are interested call Marsha at **503-284-1859** or mahonmurrell@comcast.net.





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