Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org December/January 2008

Business Focus: Strada

Strada: Your personalized path to fitness

By Rita Catapano



Steve Schultz of Strada

"Strada" is the Italian word for "path" or "way". It's also the name of the "training, adventure, and discovery" center located at **4815 NE Fremont**. Strada is not your typical fitness center. There are no joining fees, memberships, open gym times, or one-size-fits-all training packages. Executive director Steve Schulz says Strada offers more of lifestyle coaching, as opposed to personal training. Lifestyle coaching is customized to meet the goals and needs of each individual, and may include strength and endurance training, nutritional guidance, functional training to experience day-to-day activities efficiently, and outdoor adventure. It may even include goal setting for individuals recovering from chemotherapy or surgery.

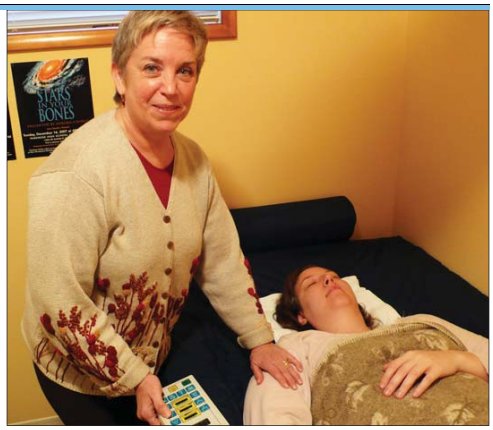
Schulz moved to Portland in 1994 from Colorado where he earned a degree from the University of Colorado with a minor in exercise science. He initially worked as a personal trainer for large corporate fitness clubs, but

Continued on page 6

Business Focus: Alameda Family Chiropractic

A thriving practice through word of mouth

By Barbara Warren-Sams



Dr Ann Wilson with client

When you enter Alameda Family Chiropractic, located at **4410 NE Fremont**, you feel like you've entered someone's parlor, not a waiting room. "There are many ways to structure a practice," notes Dr. Ann Wilson, a former fine arts and drama teacher from Pennsylvania. "I give thoughtful and comprehensive care in a nurturing environment that helps patients to heal faster."

Ann never advertises because her practice grows through referrals. "I treat my patients well and they show their appreciation by telling family and friends." Dr. Wilson began working as a chiropractor in 1995 after graduating from Western States Chiropractic College in Portland. Several years later, she realized that she wanted to have her own practice. She has been located at 4410 N.E. Fremont since 2000.

In 1985, Ann injured her neck, back, and shoulders, in a head-on car collision. After six months of daily physical therapy, she was still in debilitating pain. "I had given up hope," says Ann. Then, a friend urged her to visit her

Continued on page 6

BWNA General Meeting
Monday, Dec 10, 7:30 pm
Beaumont Middle School, Rm 140

Learning Courtyard Project, Holiday safety tips and treats!



Join us on Monday, December 10th for the year-end holiday meeting of our neighborhood. Treats will be provided by the neighborhood association. Besides the usual update reports from the BW officers, we shall have the following speakers:

Jeff Holiman, Ankist Zadeyan and members of the planning committee for the Beaumont Learning Courtyard project will present latest site-plan details for the outdoor classroom feature for the courtyard, tentative schedule for implementation and upcoming opportunities for input on comprehensive campus plan (See p. 3 for more details).

Crime prevention coordinator, Stefanie Adams, will be there with copies of 'Holiday Safety Tips'. We can all benefit from those as we shop for the holidays!

See you Monday Dec. 10 at 7:30 at Beaumont Middle School Room 140.

Calendar

Monday, Dec 10, 2007, 7:30 pm
BWNA General meeting
Beaumont Middle School, Rm 140
NE 42nd & Fremont

Friday, January 11, 2008
Deadline for articles and ads for Feb/March 2008 BW Newsletter

Monday, January 14, 2008, 7:30 pm
BWNA Board meeting
Bethany Lutheran, NE 42nd & Fremont

Monday, February 11, 200, 7:30 pm
BWNA General meeting
Beaumont Middle School, Rm 140
NE 42nd & Fremont

Seasons greetings!



The beautiful colored autumn leaves are all raked away. Thanksgiving Day meals are just a memory. We look forward to more holiday meals, Christmas trees, Hanukah candles, last minute shopping trips, and a rumored visit of Santa Claus.

We look back at a very good year in the Beaumont Wilshire neighborhood complete with new buildings, new businesses, upgraded homes, and new neighbors.

You are invited to our December 10 general meeting for a time of holiday celebration with food and beverages and to hear our guest speaker. Our crime prevention coordinator, Stefanie Adams, will also be there with copies of 'Holiday Safety Tips'. Here is one shopping safety tip: Avoid leaving valuables in your car in plain sight – and if you must put a purchase into your car trunk, move your car before going back to shop!

Do you have a particular topic or issue to discuss, or a suggestion for speakers for upcoming meetings? Your neighborhood board wants to hear from you!

Looking forward to seeing you at the meeting!

–Bill Markwart
Acting President, BWNA
president@bwna.org

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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.
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Ad Rates: Business card size (3½ x 2 inches), $90 for 3 issues or $180 for 6 issues. 503-288-2568, mc-hk@comcast.net

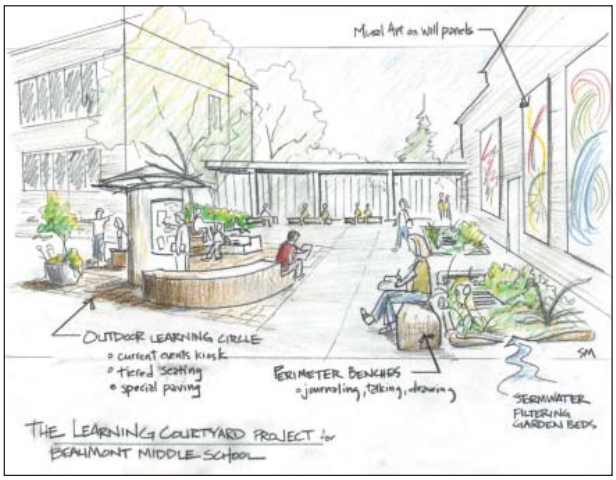
Please send other correspondence to Bill Markwart, president@bwna.org

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Beaumont Learning Courtyard update

By Jeff Holiman



This past fall, **BWNA** board members have held regular bimonthly meetings at Beaumont Middle School with interested parents, faculty and neighbors developing site plan concepts for the Learning Courtyard. So far we have secured over $13,000 in grants from the following: $1,000 BWNA, $5,000 Bureau of Environmental Services and $7,250 from East Multnomah Soil/Water Conservation District Partners in Conservation Grant. We also have submitted a proposal to Office of Neighborhood Involvement for $5,000. The generous grant funds will help transform an expanse of concrete at the core of Beaumont Middle School previously home to four large dumpsters into an inviting courtyard.

Proposed features include integrating rainwater downspouts into infiltration zones planted with native flora and a kiosk and bench seating for outdoor classroom activities. This provides a tangible example of effective, low-tech natural resource management and enhances the school yard environment. Additionally, the space can be used for neighborhood meetings and provide a sample of innovative neighborhood urban renovation

Beaumont Middle School is a particularly attractive site for the innovative storm water management practices due to its unique location on a ridge top between the our two major urban watersheds: Lower Willamette and the Columbia River Slough.

For more information on how you can get involved or contribute to this project, please contact Jeff 503-284-4393 / jeff.holiman@gmail.com or Ankist Zadeyan 503-757-6360 / ankistz@comcast.net! ■

Hey Neighbor!

Check out **Hey Neighbor!** on the front page of the BWNA website at:

http://www.bwna.org/



This is a link to a website which is dedicated to the exchange of goods and services, volunteerism and to community building. At no charge, you can post items for sale, upcoming events, garage sales and other items and activities of interest to all. ■

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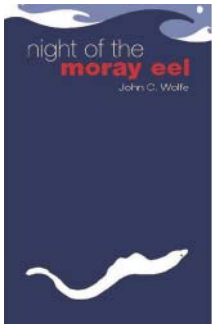
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Local author brings Hawaiian adventure to teens

By Korrina Wolf



BWNA resident John Wolfe, a social work manager by day and fiction writer by night, has published a novel for young adult readers. In *Night of The Moray Eel: A Novel in Short Stories* (Publish America), Keoni (kee-o-nee), an African American child, takes the reader, along with his family and friends, on an island journey of adventure, danger, and romance with plenty of life lessons. From a mysterious discovery of old Hawaii, to a close encounter with a shark, from being chased out of a rainforest by a swarm of bees, to a last-second shot to try to win the game and keep the girl, Keoni discovers the value of family, friendship and a lesson to listen to his young heart. This exhilarating novel is filled with excitement in every chapter.

Targeted for youth age 12-18, *Night of the Moray Eel* is available at The Children's Place and Broadway Books. On Saturday, January 5th at 11:00 am John Wolfe will present a reading of one of his stories at The Children's Place, 4807 NE Fremont. Come and support your local author! ■



Picnickers get their licks

In our last issue, we forgot to acknowledge Umpqua Bank for bringing their ice cream truck to the annual picnic in Wilshire Park. Two of the bank's staff, Jeff and Crystle, were there to hand out ice cream treats which were enjoyed by all. This community service by the bank is very much appreciated and a welcome sight at neighborhood events. Thanks Umpqua Bank!

–H. Koba, editor ■

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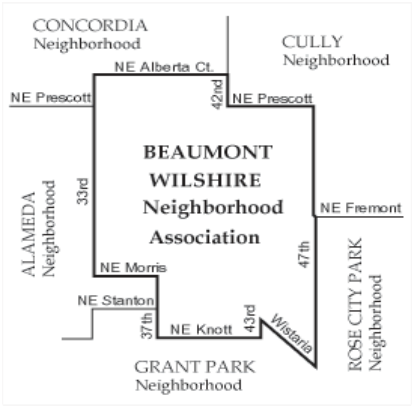
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We couldn't do it without you





By Helen Koba

This newsletter which you are enjoying conveniently appears on your door step every two months thanks to your neighbors (and you) who volunteer to deliver it. We want to thank you for taking the time every two months, no matter what the weather, or the season to do this.

THANK YOU DELIVERY VOLUNTEERS!

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Helen Koba

Thanks to the following for being the 'captains', they get the newsletter to the delivery people: Apryl Strass, Pauline Tait, Becky Walsh, Margaret Davis, Roger Price, Jan Stephens, Jo Martens, Sally Sincic, Liz Johnston, Liz Nakazawa, and Courney Lobo.

Last but not least, thank you **Marsha Mahon** for making all this happen. She is our dependable and cheery delivery coordinator. If you would like to volunteer, contract **Marsha at 503-284-1859**. She always needs back up people for those times when regular delivery people cannot make it. ■

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Strada

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did not find the work fulfilling. In 1999, he and a colleague opened Tri Level Fitness at the current location. The name of the club changed a couple years ago to better convey the commitment to working with individuals to find their personal way to fitness.

Strada draws clients from the Beaumont Wilshire neighborhood, as well as the broader Portland area and beyond. Offerings include individualized programs addressing personal goals and group goals, as well as early morning classes on Mondays and Wednesdays. Among Strada's more unique services are multi-day and multi-sport events. For example, Strada has teamed up with the Bike Gallery and Cycle Oregon since 2003 to prepare cyclists to enjoy the 500-mile, seven-day adventure ride across Oregon. During the winter, Strada offers outdoor trips such as snow shoeing for all skill levels. Seasonally, Strada staff work with elementary schools to offer "Explosion 4 Kids", an after-school, at-school exercise program for kids in kindergarten through grade 5.

The vision for Strada is to be unique in the fitness arena. It is also about you and having fun. For a more complete description of offerings and fees, check the website at www.stradalife.com, or call 503-493-2413 with questions or for an appointment. ■

Serve your neighborhood



By David Whitaker

Are you looking for an opportunity to get involved to make your neighborhood an even better place to live? Well, good news! The Transportation and Land Use Committee is looking for new members to help guide transportation and development decisions in our neighborhood. We meet once a month on the **3rd Monday of the month at 7:30 PM**.

Since our last meeting place recently closed, we are in the process of trying out a new location. For the next few months, we will meet at **Vicinato**, which is a new wine bar that recently opened across from Green Dog Pet Supply in the building at **4605 NE Fremont St**. It is a very comfortable environment and the owners are excited about us meeting there.

The committee is currently working on a host of exciting issues to improve the neighborhood and our region. Please join us at our next meeting to find out how you can get involved in making the Beaumont Wilshire neighborhood and even better place to live. ■

Alameda Family Chiropractic

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chiropractor, and that action turned Ann's life upside down. Ann recovered and returned to work. A year later, she decided to become a chiropractor herself. With her husband, Steve, and daughter, Adrianna, she relocated to Portland.

"A good chiropractor uses skill, finesse, and speed to accomplish precise adjustments," explains Ann. Her methods include gentle spinal stretching on a Leander table, electric muscle stimulation, deep muscle relaxation with percussive massage, and low-back traction on an inversion table.

An extraordinary piece of equipment that Ann employs is an AquaMed table that naturally increases the body's healing processes using dry hydrotherapy. "It's similar to sitting in a hot tub with the jets all in the right places," says Ann, who is the only chiropractor in Portland that has one.

You can contact Dr. Wilson at 503/249-0114. ■

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Neighborhood NET activated for TOPOFF 4 exercise

By Shelly MacEachem
BW NET member



KOIN 6 News interviews Erika Wolfe Burr, Acting Team Leader for the Beaumont-Wilshire NET, during the October 20 TOPOFF 4 exercise. A recap of the day's events (including Erika's interview) aired during KOIN's evening news telecast.

The U.S. Dept. of Homeland Security recently conducted the most comprehensive counterterrorism exercise to date: Top Officials 4 (TOPOFF 4). This was one in a series of congressionally-mandated exercises that involved more than 15,000 participants from government, international partners and the private sector in a full-scale, simulated response to radiological dispersal device attacks. Participants included Beaumont Wilshire's own Neighborhood Emergency Team (NET) volunteers!

The exercise began on October 15 and focused on five key areas to enhance inter-agency coordination, planning and preparedness:

• Prevention: Test the handling and flow of operational and time-critical intelligence between agencies to prevent a terrorist attack.

• Intelligence/investigation: Test the handling and flow of operational and time-critical intelligence between agencies prior to, and in response to, a terrorist incident.

• Incident management: Practice the full range of existing procedures for domestic incident management of a terrorist weapon of mass destruction event and improve top officials' response capabilities.

• Public information: Practice the strategic coordination of media relations and public information in the context of an incident of national significance.

• Evaluation: Identify lessons learned and promote best practices.

It wrapped up on October 20 when NET volunteers played their role. At 8:30 a.m. the Portland Office of Emergency Management's (POEM) NET Coordinator Lawrence Behmer contacted 13 NET team leaders, instructing them to activate their trained volunteers. NETs then reported to one of ten staging sites throughout the city where they were assigned to canvass nearby residences and disseminate information about the exercise and how to "shelter-in-place" in the event of an actual emergency. Shelter-in-place means to take immediate shelter where you are—at home, work, school or in between—usually for several hours.

According to Behmer, "Rumors fly and misinformation runs rampant at times like this. NET volunteers will go door-to-door answering questions, dispensing emergency preparedness and basic crime prevention education." Additionally, emergency volunteers asked a brief series of questions to better gauge residents' knowledge in emergency response, first aid and related topics.

To learn more about Portland's NET program and future free trainings, please visit www.pdxprepared.net. For additional tips on disaster preparedness or to learn more about shelter-in-place protocol, visit www.RedCross.org or www.FEMA.gov. ■

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Books for Beaumont

Barnes & Noble at Lloyd Center will donate a percentage of sales on **Sunday, December 9, between noon and 5:00 pm**, to the Beaumont Middle School Foundation. Shoppers must mention Beaumont when they check out. Stock up on books, CDs, DVDs, calendars and more. You can even enjoy beverages and food from the in-store café—it all supports Beaumont Middle School. Beaumont students will be on hand with vocal and instrumental performances. There will be a few activities for children throughout the day too. ■

Caoile at Blackfish Gallery



"Chainsaw erect" by Mario Caoile

Beaumont resident Mario Caoile is showing recent abstract oil paintings at Blackfish Gallery, 420 NW Ninth Ave. 503-224-2634, during the month of December 2007.

Opening reception is **Thursday Dec. 6, 6-9 pm.**

Quirks of Art group show



"Late Summer's Composition" photo by Rita Catapano

During the month of December, members of Beaumont Artspace will exhibit at the **Quirks of Art, 3602 NE 40th Ave** (south of Sandy Blvd next to the A Boy parking lot).

The show runs through December 2007 with an opening reception on **Saturday, December 15, from 3-6 pm.**

The featured artists include Keith Buckley, Mario Caoile, Rita Catapano, Elaine Falbo, Barry Frankel, Brita Mae Gould, Jude Moonbeam, Carol Sands and Suzie Spaggiari. ■

Traffic and Land Use Concerns

Transportation and Land Use Committee meets every 3rd Monday of each month, 7:30pm at Vicinato, 4605 NE Fremont. Open to all Beaumont Wilshire residents and business owners.

Bethany holiday events



Thursday, December 13

—6:30–7:30 pm, Christmas Carol Sing Along ~ Come and sing some traditional as well as many of your favorite Christmas carols and help the Sunshine Division Food Bank of the Portland Police Bureau. Admission to the carol sing is a donation to the Sunshine Division food barrel (suggested donation: two cans per attendee). Light refreshments served following the carol sing along.

Sunday, December 23

—9:30 am Traditional Worship

—11:00 am Contemporary Service

—7:30 pm Danish "Little Christmas Eve" Service (reception following)

Monday, December 24

—7 pm Christmas Eve Family Worship Service

—10:30 pm Christmas Eve Candlelight Worship Service

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