Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org April/May 2008



Aubree Swart of Therapeutic Associates

Business Focus

Therapeutic Associates

By John Carson

It is a pleasure to talk with someone who is genuinely enthused about their work. Aubree Swart welcomed me to **Therapeutic Associates** at NE Portland for an interview to learn about her services and I found her to be confident, inspiring and enthused about her profession.

Aubree has directed Therapeutic Associates at 4040 NE Fremont since December 2006. She is a graduate of St Mary's College in California and Pacific University in Forest Grove where she received a doctorate of Physical Therapy in 2003. She has been working for Therapeutic

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Business Focus

Alameda Fitness: be fit – have fun

By Helen Koba

If you made a new year's resolution to get more exercise in 2008 but have not acted on that resolution yet – this article may be for you! **Alameda Fitness Center** (AFC), located at 4016 NE Fremont, is a comfortable place to work out and get fit. And it is close enough for most of us to walk, run or ride our bikes to.

The facility opened in October 2006 and is owned by Kate Fischer and Dave Pietka. Alameda Fitness draws many of its members from the Beaumont Wilshire and surrounding neighborhoods, according to Kate. The main attraction, besides its easy to reach location, is the personalized services and its no pressure and non-threatening environment.

The main workout space is well equipped but not overbearing as are some bigger

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Kate Fischer of Alameda Fitness Center

Taste of Beaumont elections and jazz

BW Community Meeting
Monday, April 14, 7PM
Cafeteria at Beaumont Middle School

Please join us April 14 for the '**Taste of Beaumont**'. This great food tasting event will start at 7 pm and will be held in the cafeteria of the Beaumont Middle School (entrance to cafeteria is on NE Fremont at 41st). Neighborhood restaurants will bring samples of delicious treats from their menus. 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. Mark your calendars, and don't miss it! Some participating restaurants are:

Bumblekiss
Cha Cha Cha Taqueria
Ottoman Klasik
Parisis
Rose's Ice Cream
Round Table Pizza, and others

We will also have elections for officers and board members during this meeting. There are five vacant positions on the BWNA board: president, treasurer and five board members-at-large. Become part of the board which meets every other month (January, March, May, July, September and November) and is in charge of heading up projects for the neighborhood, the newsletter, preparing the annual night out picnic and other events. The board needs some new blood! ■

Calendar

Monday, April 14, 2007, 7:00 PM
BWNA community meeting
Cafeteria at Beaumont Middle School
NE 42nd & Fremont

Friday, May 9, 2008
Deadline for articles and ads for June/July 2008 BW newsletter

Monday, May 12, 2008, 7:30 PM
BWNA Board meeting
Bethany Lutheran, NE 37th & Skidmore

Greetings neighbors!



April is election time for Beaumont Wilshire Neighborhood Association. We have a number of board positions open, and I urge you to consider becoming involved in your neighborhood association! This is a great opportunity to help shape the future of your neighborhood and a good way to learn about and participate in interesting projects related to livability, land use, public safety, transportation, parks, school activities, tree planting, etc. Board members serve two-year terms and meet monthly on the second Monday. At the general meeting on April 14 we will elect a president, treasurer, and five board members-at-large.

I have enjoyed the opportunity to serve as BWNA 'acting president' this past year, and wish to thank all of those who have worked faithfully throughout the year to help make this great neighborhood what it is. Please join us April 14 at 7:00pm in the Beaumont Middle School cafeteria for our general meeting and elections and for the 'Taste of Beaumont' (see more information in this newsletter) and to enjoy music provided by the Beaumont Middle School Band.

Looking forward to seeing you at the April 14 meeting!

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



VIDEOS
BWNA Website
www.bwna.org

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.



Officers & Board Members

Acting President
Bill Markwart 503-282-4610
vicepresident@bwna.org

Vice-President
Bill Markwart 503-282-4610

Secretary
Jeff Bethke 503-284-3836

Treasurer
David de la Rocha 503-288-3907

Beaumont Business Association
Roger Price 503-287-9068

Crime Prevention & Foot Patrol
Bill Markwart 503-282-4610

Beaumont School
Mary Jaron Kelley 503-249-9306, Janet Baker 503-288-3441, Roger Price 503-287-9068

Transportation/Land Use
David Whitaker 503-281-2176, Patrick Sweeney 503-493-0641, Janet Baker 503-288-3441, Jim Karlock 503-284-5644, Dennis Lisk 503-282-5448

New Neighbor Packets
Ted Perkins 503-282-5816

Board Members at Large
Roger Price 503-287-9068, Jeff Bethke 503-284-3836, Al Ellis 503-287-0477, Ankist Zadeyan 503-757-6360, Debra Harris 503-284-4449, Jeff Holiman 503-284-4393, Michael Rounds 503-936-0740, Ted Perkins 503-282-5816

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

Newsletter Distribution
Marsha Mahon 503-284-1859

Newsletter Editors
H. 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), $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

BWNA is part of Central Northeast Neighbors. 4415 NE 87th Ave. 503-823-3156.
Email: cnnoutreach@teleport.com
Url: http://cnncoalition.org

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Photo by Tyler Dean

We are a photogenic bunch

By Helen Koba

Many neighbors have contributed photos of neighborhood events over the years. These can be viewed at the BWNA website at **http://www.bwna.org/photos.html**

We have photos from events going back to 2001 - annual neighborhood picnics, annual Fremont Fests, the Beaumont Middle School 75th anniversary celebration, among others.

See if you and your kids are at these events and if you have changed at all since 2001. We want to thank the neighbors who have contributed photos to our 'scrapbook' over the years and look foreword to more in the coming years: Ted Perkins, Bill Markwart, Helen Koba, Mario Caoile and Tyler Dean. ■

Neighborhood projects need volunteers

By Helen Koba

BWNA board members will be working on the following neighborhood improvement projects this spring and summer and would love for you and your family to participate:

- a mural at Wilshire Park pavilion will be created and painted in April. This project needs people who like to draw and paint.
- the street painting at the intersection of NE 37th and Shaver will be repainted in May
- Beaumont Middle School "Learning Courtyard" is still in the works and needs interested neighbors to give their input and lend a hand.

Contact Ankist Zadeyan at 503-757-6360 to get involved. ■

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May 23, 24, 25
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Bethany's Day Camp – Registration Begins

By Jeff Bethke



Beginning Sunday, July 27, Bethany will once again host Camp Lutherwood Day Camp which will be held Monday – Friday (July 28 – Aug. 1) from 9 AM – 3 PM. This camping experience, for children ages 5-12, allows children to experience, in an outdoor setting, what a Christian summer camping program is like without leaving home. Staff from Camp Lutherwood along with dedicated adult volunteers from Bethany Church guide the week as the children sing, play, discover, do crafts, act, worship and HAVE FUN! Cost for the week is $40 and includes lunch, two snacks, and a field trip to Grant Pool. Scholarships are available to make it affordable for those in need. 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. ■

Honey bee swarm removal

By Glen Andresen

The old trees in the Beaumont Wilshire neighborhood are home to perhaps hundreds of feral honey bee nests. Every spring, most of these nests divide themselves in two when the old queen bee leaves along with thousands of her offspring. She typically lands on a nearby branch or mailbox *(see photo)*, where she is then surrounded by all the other bees. This is called a swarm.

Although swarms are not very dangerous, you still may wonder what to do if you find one on your property. One option is to call a local beekeeper who will remove the swarm without killing them and take the bees to an apiary, where they will continue to live out their gentle pollinating lives.

For more information contact Glen Andresen (beekeeper), 503-282-8844, glen@pacifier.com ■



Mailbox with swarm of bees

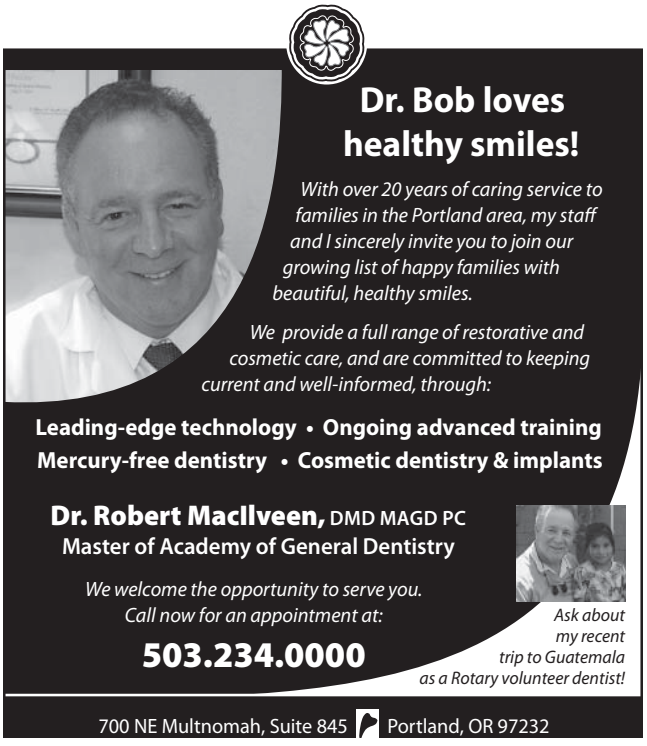


Oregon iris

Native Plant Sale

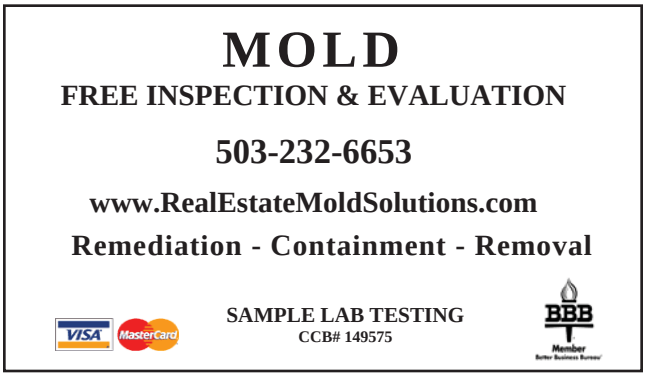
By Michele Bernstein

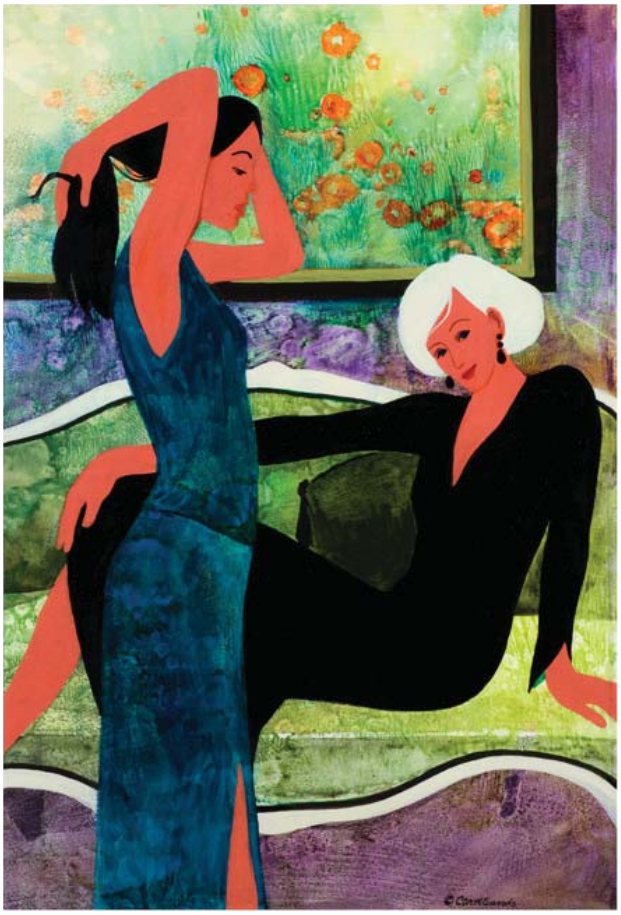
Trilliums, ferns, Oregon iris and more! Spruce up your garden with Oregon native plants. Fremont United Methodist Church Youth are hosting a native plant sale on Saturday April 26, 9 am to 4 pm through Boskey Dell Natives, Inc. (www.boskeydellnatives.com). Proceeds support the Youth on their summer mission projects. Fremont UMC is located at 2620 NE Fremont St., 503.284.4647, www.fremontumc.org ■



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Watercolor by Beaumont artist Carol Sands

Local women artists show in May '08

From a Woman's View

By Brita Gould

Quirks of Art will host a show by women artists titled "From a Woman's View". The show will run from May 1-31, 2008. There will be a reception on **May 10 from 3 to 6 p.m.**

The following artists, many of them from the Beaumont Wilshire neighborhood, will be showing at Quirks of Art: Carol Sands, Elisabeth Sullivan, Nancy Larson, Judee Moonbeam, Rita Catapano, Brita Gould, Gay Mitchell, and Terry Street.

Quirks of Art is located at 1602 NE 40th Ave. Portland, Oregon (just south of the A-Boy parking lot near Sandy Blvd.) 503-282-4429, website: http://quirks-of-art.com/ ■



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Therapeutic Associates

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Associates, Inc. for the last five years.

The Therapeutic Associates clinic offers a broad spectrum of services for many different conditions. Injuries following accidents, surgery or athletics and problems related to stress, arthritis, imbalance disorder, and others, all receive skillful attention. Aubree's approach is to enhance the patient's quality of life and treat the whole person, not just the injured area. Her goal is to help each person achieve balance and well-being. Being an athlete herself, she especially understands the needs of dedicated athletes who sustain an injury.

When you drop by the office, you will be greeted by her receptionist Lisa whose friendliness reflects her great customer commitment and experience. Both Aubree and Lisa told me that they were very impressed with the quality of life in the Beaumont Wilshire neighborhood and look forward to giving back to the community by providing superior and timely services. You may contact Aubree at 503-493-4463 to learn more about her services or to make an appointment. Therapeutic Associates, Inc. NE Portland, 4040 NE Fremont or visit website at: www.therapeuticassociates.com. ■

Alameda Fitness Center

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fitness places. AFC offers an array of services including:

- group fitness classes providing aerobic, core and strength training for all ages and abilities (Ex: pilates, yoga, preschool ballet, abs, spinning, etc.)
- individual workout sessions with one of three personal trainers OR one-on-one pilates or yoga instruction
- general workouts using cardio or strength equipment at your convenience
- nutrition consultations with Kate, who has a Master's Degree in Exercise Physiology (OSU), and a Bachelor's Degree in Dietetics (University of Wisconsin-Stevens Point).

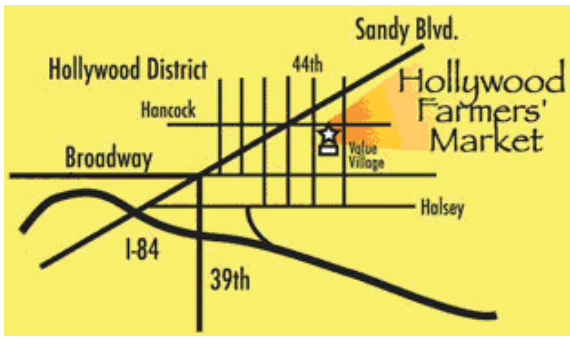
Besides its convenient location, AFC has a low-key approach to membership. It offers member plans on a month to month basis. There is no joining fee or long term contract to sign. Class sizes are small, allowing for more individual attention. AFC is open seven days a week: M-F 6am-8pm. Sat 8am-4pm and Sun 10am-4pm. Rates are as follows: $49 per month for unlimited use of equipment and classes. $39 per month for senior (59 and over) or youth (through high school). Family members may join at an additional $20 per month. Visit AFC at 4016 NE Fremont or call 503-548-4011 for more information.

www.alamedafitness.com ■



Hollywood Farmers Market reopens May 3rd

Hollywood Farmers' Market located on NE Hancock between 44th and 45th Avenues in Portland, Oregon and are open 8 AM to 1 PM on Saturdays from May through October. We will also be open in November from 9 AM to 1 PM. ■



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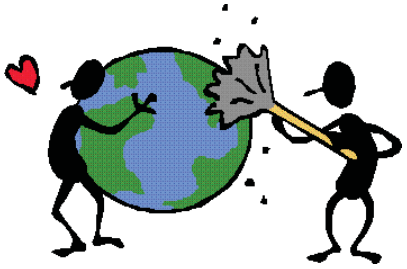
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Clean Up and Recycle on April 19th

Cully Association of Neighbors Earth Day Spring Clean Up

Saturday, April 19, 2008
9 am to 3 pm at
Trinity Lutheran Church
5520 NE Killingsworth.



By Kathy Fuerstenau,
Chair, Cully Association of Neighbors

Acceptable items: Yard debris, furniture, appliances (no refrigerators or cooling units), mattresses, tires, plastics, Styrofoam, carpets, rubber, cell phones, computers, clothes, metal, electronics, printers, VCRs, DVDs and TV's.

NON Acceptable items: Hazardous waste, gasoline, chemicals, oil, paint, tar, animal waste and liquids of any kind or under the sink garbage. Also these landscape and building materials: concrete, asphalt, dirt, sod, cement, sand, gravel, roofing and asbestos materials.

Fees: Car-$7, Van or SUV-$15, Pickup Truck-$20 and up with additional fees for oversized loads or trailers. Tires are $3 on rim and $2 off rim. Computer monitors and TV's are $8 each (TVs over 37" are $20). This event is for residential vehicles only. No commercial vehicles allowed.

There will be a cell phone, clean bubble wrap and Styrofoam collection area and an electronics, TV and computer drop off area. The NE Emergency Food Program will be on hand to collect cases and cans of food (especially fruit) and toiletries or other personal items including toilet paper. Gently used clean clothing such as shoes, clothes, and hats will be gladly accepted. The "You Price It" area is where you can find donated reusable items that you price, pay for then take it home.

Sponsored by: Cully Association of Neighbors, Metro and Portland Office of Sustainable Development, SOLV, Trinity Lutheran Church and AGG Enterprises. ■



Farm produce at Wilshire Park

By Helen Koba

Vicki of SunGold Farms will be bringing her fresh produce once a week to Wilshire Park this spring and summer again. If you are interested in this great service, contact Ankist 503-757-6360 or ankistz@comcast.net. SunGold uses no pesticides. Take advantage of this great opportunity to eat local produce brought to you directly from SunGold Farm.

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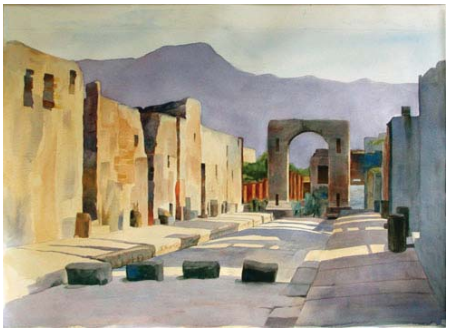
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Carol Sands exhibits art



"Pompei" watercolor by Sands

BWNA artist Carol Sands will have a piece in the Watercolor Society of Oregon "Aqueous Media Exhibition" at Columbia Arts Gallery, 215 Cascade Avenue, Hood River, Oregon during the month of April 2008. Opening is April 5th.

Also in the "Senior Expo" at the Hilton in downtown Vancouver, Washington on Sunday April 13. Look for five paintings by Carol Sands. Hilton Vancouver, 301 W. 6th Street, 1-360-993-4500.

You may view work by Carol and other BWNA artists on the BWNA website at: http://www.bwna.org/artspace/index.html

Wilshire United Methodist Church events

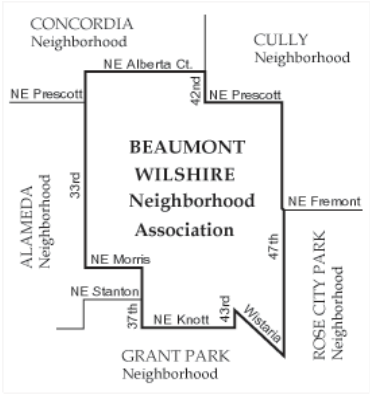
Plant and Garden Sale

Saturday April 5th, 10 am to 4 pm
Wilshire United Methodist Church
3917 NE Shaver (39th and Shaver)
Plants, tools, accessories for you indoor and outdoor gardens
Snacks and Beverages available

Past Present and Future

Musical Journey and Performance
April 12th, 6 pm silent auction
7-9 pm performance
Hosted by Cascadia Flute Circle and Wilshire UMC Native American Fellowship
Featuring Native American story tellers and musicians
Bring you percussion instruments for audience participation segment

Admission Free
Wilshire United Methodist Church Native America Fellowship, 3917 NE Shaver, 503-287-6526



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 any BWNA meeting.

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