Beaumont Wilshire

Beaumont Wilshire Neighborhood Association http://bwna.org August/September 2008

Business Focus

Midnight Sun Massage

By Dan K. Johnson



Dana Davis of Midnight Sun Massage

Dana Davis is the massage therapist and sole proprietor of Midnight Sun Massage located at 4020 NE Fremont St., at the intersection of 42nd and Fremont (next to Foot Traffic). Dana provides therapeutic bodywork in the forms of deep tissue, trigger point, and sports massage (specializing in walking, running, and biking). Her other services include Swedish, prenatal, Thai massage and reflexology.

Working as a yoga instructor, Dana became aware of the restrictions in her students' bodies and wanted to help them become more limber. Since she could not provide such a service as a yoga instructor, she naturally progressed to studying and becoming a massage therapist. Dana instinctively knew that working the body's tissue to help relax and lengthen muscles could help people be more pain-free.

Continued on page 4

Business Focus: Ottoman Klasik

A Turkish Bazaar comes to Fremont Street

By Barbara Warren-Sams

The next time you're in Beaumont Village, be sure to travel a few blocks east to visit the Turkish bazaar at Ottoman Klasik, 5015 NE Fremont (503.282.2848). Not only will you be able to shop for fine Turkish imports for your home but also experience genuine Turkish coffee, teas, and pastries.

Proprietors Ercihan Dilari and Karen Stahr met in Turkey, while she was on vacation, and where he still owns a horse ranch and riding tour business. In 2001 Karen moved to Turkey, and the couple now divides their time between Turkey and Portland. They opened Ottoman Klasik in February 2008.



Karen Stahr of Ottoman Klasik

"Erichan has a good eye for quality merchandise and for the unusual," says Karen. "He visits villages where he selects one-of-a-kind and vintage hand-crafted house wares that display the artisans' personalities."

Continued on page 7

NATIONAL NIGHT OUT

Picnic at Wilshire Park



TUESDAY, AUGUST 5TH
6:30 – 8:30 PM

The Beaumont Wilshire Neighborhood Association invites you to the annual BW picnic in celebration of National Night Out. Everyone is invited to this biggest neighborhood event of the year.

Special treat : massage therapist Johannes Venghaus will be on hand and will be offering free massages. For kids, there will be fire trucks to explore and lots of treats for everyone.

Bring a salad, side dish or dessert to share. Local businesses and the association will provide hamburgers, hot dogs, pizza, drinks, plates and utensils. There will be door prizes and surprises. Please mark your dishes on the bottom so they can be returned to you if they get left behind. Don't miss this neighborhood get-together on Tuesday Aug. 5th from 6:30 to 8:30pm at Wilshire Park. ■

Calendar

Saturday, August 2, 2008
FREMONT FEST
all day along NE Fremont

Tuesday, August 5, 2008
ANNUAL PICNIC—National Night Out
6:30–8:30PM at Wilshire Park

Friday, September 5, 2008
Deadline for articles and ads for
Oct/Nov 2008 BW newsletter

Monday, September 8, 2008, 7:30 PM
BWNA Board meeting
Bethany Lutheran, NE 37th & Skidmore

Monday, October 13, 2007, 7:30 PM
BWNA community meeting
Beaumont Middle School, Room 140
NE 42nd & Fremont

Summertime in the neighborhood



With the official arrival of summer in late June, the weather finally changes for the better and our neighborhood comes alive. July, August, and September showcase the natural beauty of Wilshire Park and the colors of our home gardens. Predictably, the sidewalks, streets, jogging paths, play areas, and commercial enterprises are filled with people taking advantage of this special time of the year--all of which underscores how fortunate we are to live where we do.

Summer is also a good time to get to know our neighbors better, and two early-August events—Fremont Fest and the BWNA Picnic—provide ideal venues for it. Besides the fun activities and delicious food at both celebrations, there's the opportunity to interact with local merchants and neighbors from various parts of the community. Accordingly, the BWNA Picnic is organized as an all-neighborhood potluck. With BWNA supplying the hotdogs, hamburgers, drinks, and entertainment, neighbors provide the bulk of the feast—including chips, dips, salads, entrees, and desserts. So mark your calendars -Saturday, August 2nd, for Fremont Fest, and Tuesday evening, August 5th, for the BWNA picnic. Partake in the fun and meet your neighbors!

Meanwhile, the BWNA Board is busy behind the scenes planning for fall, winter, and spring. Some of the issues on our lengthy agenda are traffic safety, a possible re-routing of Bus #10 to connect with MAX, crime prevention, littering in and around the park, and enhancement projects at Wilshire Park and Beaumont Middle School. I encourage you to get involved and let your voices be heard. Go to the BWNA Web site (www.bwna.org) and click on the links. Information is provided in both printed and video formats. And feel free to contact me personally with questions, concerns, and suggestions.

–Al Ellis

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.



VIDEOS
BWNA Website
www.bwna.org

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BWNA residents may submit articles (limit 350 words). Articles are subject to editing.
Send articles and ads to:
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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 Al Ellis 503-287-0477 or ApeLainJoy@aol.com

BWNA is part of Central Northeast Neighbors. 4415 NE 87th Ave. 503-823-3156. Email: cnnoutreach@teleport.com
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Fremont Fest Aug 2

By Kate Fischer

Kids parade at 10:30AM
and carriage rides 11-4





Fremont Fest 2008 will be held on Saturday Aug. 2nd, 2008 with festivities beginning at 10AM and continuing well into the evening! Fun for the whole family – check out what we have planned for you:

Gather for the annual Fremont Fest Parade – pets, families and families on bikes welcome (helmets required!) **Parade kicks off at 10:30AM.** Gather in the parking lot of Beaumont Middle School at 10AM. Sponsored by Green Dog Pet Supply who will host a pet costume contest before the parade – judging begins at 9:45AM.

Music — For your listening, dancing and singing enjoyment, hear The Retrofits, playing at Fremont Court (41st and Fremont). At the courtyard at Amalfi's Italian Restaurant: What's That Noise?, the Ultrapants and SFOS, a Latin Jazz Trio. There will be more music all along the street from 10AM through the evening hours.

Art — Local artists and jewelers will show case their work between 11AM and 5PM at the Fremont Court Art Fair behind Foot Traffic, on the corner of 41st and Fremont.

Sparkle Beauty Bar will also be hosting a Children's Art Gallery showcasing and selling local children's artwork. 100% of proceeds will go to the Make a Wish Foundation.

Foods of Fremont — Tempt your taste buds with wine tasting at Blackbird Wineshop and Vinideus, free Turkish coffee served at Ottoman Klasik, Bar-B-Q at Beaumont Market, roasted corn on the cob, grape slushies from Blackbird Wineshop, pizza at Amalfi's and Papa Murphy's and more!

Test your **Fremont Facts** with the *first* **Fremont Fest Scavenger Hunt**. Pick up your maps and clues at Alameda Fitness Center (4016 NE Fremont) and win a prize when you complete the hunt. This map will also provide a guide to activities and vendors for Fremont Fest.

Take a free carriage ride sponsored by Gazelle Natural Fibre Clothing, Alameda Brewhouse and Fremont Veterinary Clinic, starting at the corner of 41st and Fremont. **Rides will continue from 11AM to 4PM.**

Your favorite Fremont retail stores will have sales and discounts galore! Check out tent and sidewalk sales in addition to in-store discounts! Balloons and face painting will be available for the young and young at heart! ■

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Midnight Sun Massage

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When Dana was ready to open her own business, she chose the Beaumont Wilshire neighborhood. She feels that her personality and professionalism blend well with this vibrant and lively community. Dana also chose this area because the residents are known for supporting local businesses, and she knew she would be able to work more closely with the many other health care providers located in the area.

Dana is especially recognized for her expertise in Trigger Point Therapy. A trigger point is a hyperirritable spot in a muscle that causes muscle spasm, tension, weakness, local and referred pain. Trigger Point Therapy is extremely effective in treating tension headaches, carpal tunnel, sciatica, and any area of chronic tension.

If you visit Midnight Sun Massage in August or September, mention this article and you will receive $10 off your massage. Midnight Sun Massage is located at 4020 NE Fremont. For an appointment, call Dana at 503-449-3957 or visit her website www.midnightsun.maidix.com for more information about her services. ■

Recycle electronics, plastics & metal Sept 20th

By Kathy Fuerstenau



Be good to the environment and dispose of your TV's, computers, DVD and VCR players, printers, electronics (basically anything that plugs in), microwaves, small and large appliances (no cooling units), power tools, cell phones, lamps, Styrofoam, car and household batteries, unbroken fluorescent bulbs, metal and plastic items at the Central NE Neighbors Coalition recycling event!

Saturday, Sept 20
9 AM to 3 PM,
Glenhaven Park,
82nd & Siskiyou

FEES:

- ☐ TV's and Microwaves -$15.00 each
- ☐ TV's over 36"- $20.00 each
- ☐ Computer monitors - $10.00 each
- ☐ Styrofoam - $2.00 a carload
- ☐ Electronics and Bulbs - $2.00 each
- ☐ Household batteries - $1.00/lb
- ☐ Recyclable Metal and Plastic items -FREE!

Check the Master Recycler Program web site at www.masterrecycler.org for a complete list of acceptable plastic items.

Proceeds will help to buy a new copy machine for the Central NE Neighbors Coalition's office!

Pickup arrangements available, fees apply. For more information or to volunteer to help contact Ronda at 503-823-3157 or visit www.cnncoalition.org .

Sponsored by Central NE Neighbors Coalition, with support from Bear eCycling, Master Recycler Program, GreenWall Industries, AGG Enterprises, Far West Fibers, Pacific Land Clearing, Safeway, Albertsons, and Portland Parks and Recreation. ■



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Attention Grant grads!

By Christi Knutson



A Grant High School Alumni Association has been formed and is looking for your membership and participation. "We'll never let that old Grant spirit die" through newsletters, social events, scholarships and special projects for the school.

Grant High School alumni are invited to the first public event sponsored by the U.S. Grant High School of Portland Alumni Association. A no- host luncheon and social hour at the Sextant Bar and Restaurant, 4035 N.E. Marine Drive from 1 to 3:30 p.m. on Friday, September 12, will be followed by attendance at the Grant vs. Barlow high school football game at 4:30 p.m. in the Grant Bowl on NE 33rd and U.S. Grant Place.

There will be special prizes as well as Grant sports items available. Many have received notice through the recently started alumni newsletter according to President Rodger Eddy. The alumni group was formed in 2005 and is still reaching out to Grant alums for membership.

The Grant bowl for many years was the site of Grant General's football games during several state championship years. Use of the field was recently reactivated. An admission fee is charged for the games. Alums who register will be provided with a name tag and a group cheering section, said John "Buddy" Leonard, vice president of the alum group and a former championship team guard. All who attended or graduated from Grant are cordially invited.

Hope to see alums at these events. For more information about the alumni association, call President Rodger Eddy at 503-223-3606 or email at grantalumni@aol.com or mail to PO Box 13291 Portland, OR 97213. ■

Possible bus #10 route change

By Al Ellis



Bus #10, which runs past Wilshire Park along 33rd Ave., is a popular line for neighborhood residents headed downtown. Tri-Met is studying the possibility of modifying that route in order to connect passengers with MAX light rail.

With an increased frequency of the MAX Red, Blue, and Green lines to every five minutes beginning in Sept. '09, Tri-Met believes Bus #10 passengers might benefit from a route linked directly to a MAX station. One of the proposals under consideration is to have the Bus #10 line routed to the Lloyd Center MAX stop, with passengers transferring to a MAX train for the fifteen minute ride into downtown.

Tri-Met spokespeople emphasize that this is far from being a done deal. In fact, the decision-making process has involved extensive surveying of Bus #10 passengers—both online and on the bus itself--to determine if they would be willing to transfer to MAX in exchange for improved service (i.e., enhanced frequency, later/earlier hours, etc.).

The final proposal from Tri-Met on a Bus #10 route change goes to the public in late September, '08, at which time a comment period will begin. An open house forum is also currently planned for late September.

If you have questions, comments, and/or concerns, contact Tom Mills at Tri-Met Public Relations--503-962-4883. ■

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Tips for parents about teen parties & alcohol



By R. Lee
CNN Crime Prevention Specialist

For Parents of Teens HOSTING A Party:

- ☐ Set your ground rules with your teen before the party. Stress responsibility for hosting the party and in the planning of the event.
- ☐ Plan on being present for the entire party. Select a location in your home that allows for adequate supervision. Replenish food trays and the drinks often. Your presence will help keep the party running smoothly and give you a chance to meet your teen's friends. However do not hang around!
- ☐ Remember it is illegal to offer alcohol to guests who are under 21 or to allow guests to use other drugs in your home. Make sure your teen knows the law and the consequences.
- ☐ Educate yourself to the signs of alcohol or drug use by teens.
- ☐ Guests who try to bring in alcohol or drugs should be asked to leave. Be willing to call police if unwanted guests refuse to leave.
- ☐ Notify the parents of teens who arrive at the party drunk or under the influence of other drugs.
- ☐ Notify your neighbors in advance of the party.
- ☐ Limit party attendance and set start and ending times. Make a guest list, issue invitations and restrict party crashing.
- ☐ Guests should not be allowed to come and go. This will discourage teens from leaving the party.

For Parents of Teens ATTENDING A Party:

- ☐ Be sure you know where your teen will be. Get the address and telephone number of the host/hostess. Let your teen know you expect a phone call if the location is changed.
- ☐ Contact the parents of the party-giver to: verify the location, offer assistance, and make sure that a parent will be present.
- ☐ Be sure that alcohol and other drugs will not be allowed.
- ☐ Know how your teen will get to and from the party. Be available to transport if necessary.
- ☐ Set the time your teen is to be home. Be awake when they get home.
- ☐ If your teenager stays overnight with a friend after the party, check with the parents of the friend to see if this is OK, the length of stay and the rules.
- ☐ Avoid spontaneous sleep-overs whenever possible. ■



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Food, fun and field trips for seniors

By Arleta Ward

The Urban League of Portland, Adult & Senior Services Program is excited to announce opportunities for seniors age 60 and over to have fun with their peers by going on field trips, having lunch, playing games, going shopping, watching movies, volunteering, and participating in health and education classes every weekday at the Urban League Multicultural Senior Center. Studies show that seniors are healthier and happier when they engage in fun activities.

All of our activities are wheelchair accessible, open to those with disabilities and we offer transportation for seniors to and from activities. We also offer case management services that link seniors to other agencies for transportation, in-home and personal care services, food and nutrition services, respite for caregivers, grandparent support groups, tax and legal assistance, and utility assistance. Most of these services are at no cost to seniors.

Urban League of Portland

The purpose of The Urban League of Portland, Adult & Senior Services Program is to promote the health, well-being, and economic security of seniors by providing opportunities and services that enable them to live independently and safely in their homes for as long as possible.

The Urban League Multicultural Senior Center is located at 5325 NE Martin Luther King, Jr. Blvd., 97211 and can be accessed by TriMet bus lines 6 and 72. You can also contact us to arrange transport by the Urban League van.

If you would like to obtain more information, please call our information and assistance line at 503-280-2632, or Arleta Ward, Activity Coordinator at the Senior Center at (503) 988-5470. ■

Ottoman Klasik

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The shop has a wide selection of unique Turkish kilims, flat-weave rugs, and Turkish carpets, known for the durability of their double-knot construction (Persian rugs are single-knot). They carry hand-painted and hand-thrown classic and contemporary ceramic tiles and table wares. "So far, ceramics are the most popular item we carry. People love the colorful designs," notes Karen. Other items include natural soaps, cushion covers, lamps and lanterns, inlaid wood boxes, large terracotta jars, antique wooden chests, copper cauldrons, pots, and trays, and a variety of Turkish food products.

You can enjoy Turkish coffee, similar to espresso in taste but made from a fine powder, a coffee drink from Illy's Coffee, or traditional Turkish tea served indoors or in a secluded Mediterranean-type garden with young fig and olive trees and Turkish poppies.

Hours are 8 a.m. to 6 p.m. every day except Tuesday. Free Wi-Fi is also available, making this shop a lovely combination of the old and new worlds. ■

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Wilshire United Methodist Church Events

3917 NE Shaver

Saturday August 9

Pancake Breakfast 9 am - 12 pm

Pancakes, berries, eggs, sausage, beverage

Adults $5, Children up to 10 $.50 per year

Yard Sale 9am - 4 pm

Bring your treasures to sell, donate treasures and come find treasures galore

Sponsored by the Wilshire UMC/Native American Fellowship

Saturday Sept 13

Chili cook-off and baked potato feed 11am – 1pm

Taste and vote for you favorite chili $1

Bowl of chili and baked potato with condiments and beverage, $5

Antique Appraisal 1- 3pm

Terra Goodman – Sotheby's trained and certified appraiser on hand to appraise your family treasures; each item $3 or 3 items $8. Bring photos of larger items

All proceeds benefit mission projects of the United Methodist Women

Bethany Church Events

By Jeff Bethke

Bethany's **Call to Community** – Bethany Lutheran, at 37th & Skidmore, is being called into its community to serve neighbors. In an attempt to build and strengthen community, Pastor Jeff is working toward a goal of 1,000 neighborhood contacts within the next few years. He will be connecting with neighbors in Beaumont Wilshire and asking: "What does community look like to you in your part of the neighborhood?" As a token of our appreciation for a moment or two of your time, we will offer a small gift card to a local business to say "Thanks!" We will base our contact to a time that is appropriate and convenient for you as our neighbor. If you are interested or have any questions, please leave a message for Pastor Jeff at 503-284-3836.

Sept 11 – Benefit Concert – Bethany will host "An Evening with Aivars and the Praise Team Band" at 7 PM. The concert will benefit the Portland Police Bureau's Sunshine Division Food Bank. (Suggested donation – 2 cans of food or $10 per family.) Aivars, a native of Latvia, has been with Bethany and the Praise Team Band for over two years and brings a wealth of contemporary Christian songs to our contemporary service. As a song writer, he continues to inspire through his generous sharing and his boundless energy. There will be a reception after the concert. Call Bethany at 503-284-3836 for more information. ■

Old news is good news

By Helen Koba

Is there ever a time when you either don't get or can't find the current issue of the BW neighborhood newsletter? Do you ever want to re-read an article from a past issue but didn't save it? The rain ate your newsletter before you could rescue it from the front porch and it is totally unreadable? Not to worry!

You can access each current issue as well as past issues of the BWNA newsletter online on the neighborhood website www.bwna.org. The current and most recent issue can be reached from the front page where there is a direct link to both, just click on the month you want. You can also click on the 'newsletter' icon and it will take you to the page which has links to every issue published since June/July 2000. Good for research or for just checking out what was going on in BW way back then. Happy reading. ■

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