new website! www.bwna.us

Beaumont Wilshire

Beaumont Wilshire Neighborhood Association www.bwna.us February/March 2009

Change is Here

My husband Mario and I want to thank the Beaumont Wilshire board members and neighbors, especially Liz Johnston, for honoring us with a plaque and a donation to Oregon Food Bank in our name at the neighborhood meeting in December 2008. These were our 'send off' gifts as we pass on the job of producing the neighborhood newsletter to Dan Johnson. Putting out the newsletter was challenging and rewarding, and we enjoyed ourselves. We could not have done it without all the people who wrote articles, contributed announcements, placed ads in each issue and delivered them to every neighbor and business in the Beaumont Wilshire neighborhood. We hope you all will continue to support Dan in his new endeavor. An endeavor that is completely voluntary, so I encourage you to get involved. We are not leaving Beaumont Wilshire, so we will still be around.



Mario Caoile and Helen Koba

CALENDAR

Monday, February 9, 2009, 7:30 PM
BWNA Community Meeting
Bethany Lutheran Church basement
NE 37th & Skidmore

Friday, March 6, 2009, 7:30pm
Deadline for articles and ads for the Apr/May 2009 newsletter

Monday, March 9, 2009, 7:30 PM
BWNA Board Meeting
Bethany Lutheran Church
NE 37th & Skidmore

Monday, April 13, 2009, 7:30 PM
BWNA Community Meeting
Bethany Lutheran Church basement
NE 37th & Skidmore

And don't forget.....
Monday, April 13, 2009, 7:30 PM
is also the
Taste of Beaumont & BWNA Board Elections

BWNA's calendar is on the web!
Go to www.bwna.us and select BWNA Calendar

General Meeting Returns to Bethany Lutheran

By Al Ellis

Over the past year or so, the BWNA Board has experimented with conducting General Meetings--which are held on the second Monday of even-numbered months (except August)--at Beaumont Middle School. It was reasoned that the school is both centrally located and a valued institution of learning in the neighborhood. What was not anticipated, however, were unexpected changes in room assignments, room arrangements, and, occasionally, inadequate seating.

Consequently, at the November Board meeting, the vote was unanimous to return General Meetings to their previous venue--the basement activity room at Bethany Lutheran Church--beginning with the February 9th meeting. A sign will be set up on the church lawn as a reminder to residents of the meeting, and arrows will indicate the walkway leading to the activity room, which is on the Skidmore side of the church. (Board meetings will continue to be held at the church in a conference room--best accessed from 37th Ave.--on the second Monday of odd-numbered months.) The BWNA Board thanks the Beaumont Middle School administration, staff, and custodial crew for their hospitality and assistance during the Association's use of their building.

Our General Meeting begins at 7:30 pm and will shine the spotlight on two entirely different, but quite timely topics for neighborhood residents: 1.) the concerns about Coyotes and other wild animals roaming our neighborhood; and 2.) NE Portland GED and mentoring services available for student dropouts. Addressing the issue of wild animals in urban residential areas will be experts Kevin Christiansen and Mike Foster from the USDA, and explaining how young dropouts can find the help they need to carry on and hopefully succeed in life will be Madeline Lockwood, AmeriCorps Member for the nonprofit Youth Employment Institute. Also on the agenda will be a question-and-answer session with local police officers, reports from committee chairs on BWNA activities, and suggested projects or programs for the Board to consider at its March meeting. Come join your fellow neighbors for an interesting and informative evening of give and take.

Beaumont-Wilshire Community Meeting
Monday, February 9, 7:30PM

Traffic & 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.

The BWNA Spirit

By Al Ellis



Although residing in the Beaumont-Wilshire neighborhood since 1990, I didn't attend my firstBWNA meeting until well into the 2000s. Why? Two reasons: 1.) I had no idea what a neighborhood association did; and 2.) I was a busy guy, reluctant to take on added responsibilities. So what was it that finally motivated me to walk over to a BWNA General Meeting at Bethany Lutheran Church?--the enticement of a free meal, plus entertainment! It was April, and the meeting was linked up with the annual BWNA "Taste of Beaumont" event, which features a variety of cuisines from neighborhood restaurants and music performed by the Beaumont Middle School jazz band. With a healthy turnout of neighborhood residents, the BWNA leadership seized the opportunity, as it always does in April, to recruit new Board members and elect new officers. When it came time to ask for volunteers to fill Board vacancies, I surprised myself: Almost unexplainably, my hand slowly went up. I reckoned that the "BWNA spirit" had gotten the best of me. Fast-forward to today: What I've learned since then about the scope and importance of neighborhood associations in this city makes me regret waiting so long to raise my hand. Accordingly, I'd like to share a few of these insights with you.



To begin with, the more than 50 neighborhood associations in Portland play a central role in the political and social fabric of the city. As an Association President, I receive requests every week from governmental organizations, non-governmental organizations, politicians, business people, concerned citizens--you name it--requesting time at Board and General meetings to make presentations on a wide array of issues. The result: a 2-3 month waiting list. Thus, the neighborhood association is a primary conduit for the dissemination of information and introduction of programs at the local level.

Complementing BWNA's activities is CNN. No, it has no connection with the cable network (as I mistakenly guessed during my first BWNA Board meeting!). Central NE Neighbors is an organization that brings together representatives from several NE neighborhoods (see map on page 8) to discuss common concerns, provide services and grant programs, and offer yet another opportunity for speakers to get their messages out to the residents of the community. At a recent CNN meeting, Commission Nick Fish--now in charge of Parks and Housing for the city, and the Council's lone NE Portland resident--emphasized the importance he places in communicating with local residents through their respective neighborhood associations. Regarding BWNA, the Commissioner is eager for input about Wilshire Park.

As I've experienced it, BWNA has been both personally engaging and publicly beneficial, and I'm hoping it might be the right choice for you, too. The amount of time invested is up to each individual, and there is many activities to choose from. So, if the "spirit" moves you, just take a walk over to the church on the second Monday of the month or feel free to contact any board member from the list on the right. This is your year to get involved!

-Al Ellis
President of BWNA

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Website (http://bwna.org)
M. Caoile & Helen Koba 503-288-2568

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Dan K. Johnson, Waddell & Reed Financial Advisors, 503-238-6036 x132
BWNA residents may submit articles (limit 350 words). Articles are subject to editing. Send articles and ads to: dkjohnson@wradvisors.com or Attn: Dan K. Johnson, 700 NE Multnomah Street, Suite 1150, Portland, OR 97232

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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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Letter from the Editor

By Dan K. Johnson

The "arctic blast" has past, and spring is just around corner. Just as the seasons change, so must life. Mario and Helen (see page 1) have provided our community with this amazing newsletter for the last nine years. They are a true testament to the value of community and the importance of caring for each other. Thank you so much for your efforts. They will never be forgotten nor go unnoticed.

In the same spirit of community involvement, I encourage each of you to reach out to your friends, family and neighbors and make the Beaumont Wilshire community even better in 2009. As a full-time Financial Adviosr and part-time group exercise instructor, I know that change cannot happen without your involvement. Even if we all gave just 5% more...imagine what a difference it could make! Moving forward, I hope that this newsletter will connect and inspire you to do more in your life and with your community. The articles this month are based on action.... what can you do right now to make a difference. At the present time, there are two open board positons available. Is one of them for you? For more information about the Beaumont Wilshire Neighborhood Association or to see how you can help make a difference, please visit our webiste at www.bwna.us.

Moving forward, I want to hear from you. Please take a moment and share with others why the Beaumont Wilshire meighborhood is so special to you by submitting a small article (75-100 words) that we can share with others. We want to know what unique qualities this community provides that meets your needs. Please include a photo if possible. This is an amazing community, with great shops, restaurants and very kind people. I encourage you to share your journey with others, as well as shop locally! Please send all articles to dkjohnson@wrad-visors.com by the editorial deadline (see "calendar" on page 1). Would you like to recieve a PDF version of the newsletter via email? Just send me your email address and I will add you to our distribution list (a list that is only used for newsletter distribution). I look forward to hearing from you.



Dan K. Johnson, Editor

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SMART Goals for Life-Long Change

By Kate Fischer MS, RD, LD
and Ian Rubin MA, CPT, LWMC

We all know diets rarely work for long term success; however, year after year we go back on them. Unfortunately, our society desires radical change and quick results, but many of us know first-hand, this can lead to equal if not greater weight regain. This is a hard pill to swallow, so we challenge you this year to go the way of the tortoise and not the hare – radical change replaced with slow and steady progress towards life-long change.

Careful SMART goal setting can help you do this

•Goals should be action-based versus weight based. Times you go to the gym, or number of glasses of water you drink, or number of vegetable you eat. Actions will help you lose weight without the intense focus on a number.

•Pick 1-3 small goals you are ready, willing and able to do NOW. Success will push you towards more success. For example, bringing your lunch 2 times per week versus bringing your own lunch every day. Every day is difficult as you adjust to a new behavior, but 2 times a week is more achievable NOW.

•Consider the 80/20 concept. Goals don't need to be "always do without fail." Instead, stick with it 80% of the time, allowing for unexpected events. Allow for reality without guilt of failure. Failure often leads to rash emotional decisions and undermines positive progress. Strive to be better, perfection is most often unrealistic.

Consider the SMART approach to your resolution making.

Specific – identify a specific action– break down large goals into baby steps versus an expansive over arching goal.

Measurable – your goal is something you can track and count.

Attainable – don't overreach your bounds. Make sure it is within your ability to achieve. Is it doable? Is it an 80/20 behavior?

Realistic – you physically can meet your goal. Do you have the skills to achieve the goal?

Time-based – book end the time it takes to achieve your goal. This will give you a target to move towards. Don't make it too short, like losing 20lbs in one week, but not too long that you lose focus over the time it takes you to achieve it.

Mario Caoile show at Blackfish Gallery

Beaumont resident and artist Mario Caoile will show recent works at Blackfish Gallery on March 3 - 28, 2009

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Business Focus: Tangles Salon

A Neighbor with Style

By Dan K. Johnson

Julie Feinberg's entire career has been in the hair styling industry. It's been an exciting journey moving through all of the fashion trends and changes over the years, and still today she is excited to stay on top of the very latest techniques. Julie is passionate about hair color! "How lucky we are to be able to enhance or change our looks so easily, with the many techniques and beautiful products available today" says Julie. Haircutting is also something she takes great pride in. Julie loves a challenge! One example would be, taking someone with fine hair and creating the illusion of fullness and movement. The end result is the appearance of a full head of hair.....with a great cut.



After years of working in the hustle and bustle of a full salon, Julie decided to build a private salon inside her home, right here in your neighborhood! As Julie explains, "I am thrilled with the results and feel I have met my goal of having created an artistic and relaxing space. My time and energy is concentrated on each individual in a comfortable and relaxed environment".

Come warm yourself by the fireplace while enjoying a fresh latte as you discuss with Julie the style that is perfect for you.

Please mention this add for 25% off your service. Tangles salon is located at 4512 NE 37th and you can reach Julie at 503 288-2929.

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Stand for Children President's Day Rally

By Eric and Heidi Blischke

Do you consider schools and children's programs a priority? Are you concerned that children will suffer in this tough economic time? If so, then come give children a voice at the Presidents Day Rally to Protect Kids and Schools on February 16th at noon on the Capitol Steps in Salem. To keep from losing ground, legislators need to hear that Oregonians support reasonable revenue increases and targeted investments in education. By standing together, we will make it possible for legislators to stand up for our children and other vulnerable members of our communities.

Register today at www.stand.org/or/rally or to reserve your seat on the Alameda Bus call Heidi Blischke at 503-280-0133. Bring your children and grandchildren and a home-made sign. We need to show our strength through numbers. It also makes for a fun and educational day for your kids.

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Managing Technostress

By Michaelene Conner

Technology encourages the concept of multitasking, which attempts to help juggle multiple thoughts and actions at the same time. For example taking a phone call while checking e-mail while simultaneously reviewing documents. Psychologists who study brain function and information storage and retrieval describe the brain as a massive associative network of interconnected thoughts that light up in the brain as needed to create the illusion of multitasking. Unfortunately, there are inherent limits to how many parts of the brain can be lit up at the same time. In studies, individuals asked to perform excessive, laboratory-induced multitasking, showed increase tension, diminished perceived control and even physical discomfort. They became nervous, anxious, and eventually became withdrawn or even frenzied (Monet & Lazarus 1991). One of the most pressing problems associated with technostress was that people do not get to unwind. There is a continual, unrelieved build up of stress on a chemical level which in turn eventually contributes to a behavioral and/or physical problem.

Symptoms of technological stressors are:



.Feelings of memory loss, forgetting what you started to do or why you walked into a particular room

.Impatient with self and others

.A lessened ability to relax or slow down

.Anxiety over having access to your cell phone, palm, TV or other types of techno equipment

.Headaches, stomach discomfort, back pain, ulcers, and irritable bowel syndrome (IBS)

.Difficulty falling asleep

.Continuously checking your e-mail, voicemail, surfing the web, and other types of techno equipment, and not turning it off for the night

To manage the high-tech age of overload, we must go to the place it originates, the brain. To help the brain retain cognitive fitness, we must look at factors that affect the brain, primarily Glucose (sugar) and H2O (water). Low levels of glucose (hypoglycemia) and dehydration significantly affect the functioning of the brain. Eating complex carbohydrates and fresh fruit and vegetables is a great way to replenish glucose and not feel run-down. The slow release of glucose from complex carbohydrates keeps the brains energy level consistent with less dramatic spikes representing a healthier choice then that of simple carbohydrates like fruit juice, candy, or sweet treats which break down immediately causing the body to have dramatic spikes. Here are some tips to manage technostress in your life:

.Staying hydrated

.Give yourself more time to do everything by building a margin for error

.Schedule time to take care of specific daily tasks

.Set regular "Time-Out" periods or simply go outside and take a break

.Stretch, exercise, and do some deep breathing

.Take a short vision break every 30 minutes

.Limit multitasking

.Plan ahead if possible

.Resist the urge to acquire new technology and use technology to publicize your boundaries

.Educate and contract with others realistic time lines

Technology is here to stay. It is a permanent brick in the wall of our society, and it is still in its infancy and we are just learning its effects on our mind and bodies. It will only grow in use and with it the human state of technostress.

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Change Takes Action-PDX

By David de la Rocha

PDX made its community service debut on Saturday the 10th of January in support of the Portland Public Schools PTA Clothes Closet and the Oregon Food Bank. The clothing and food drive was an exercise in social networking that resulted in the donation of 70 large bags of clothing, shoes and winter coats for needy school children, and 309 pounds of food to help prevent hunger.



Representative-Elect Michael Dembrow

About a dozen people showed up at Willow Cottage, a Beaumont-Wilshire residence, to sort food and clothing that group members collected from their friends and neighbors. Representative-elect Michael Dembrow (pictured above) was on hand to work with his new constituents on this exciting project, and to take advantage of an opportunity to take questions concerning the upcoming legislative session.

CHANGE TAKES ACTION – PDX was inspired by President-Elect Obama's call for community involvement in our government, and is one of over 4,000 groups that met in homes across the country in December. The goal of the meet-up was to develop a grass-roots method to discuss issues, make recommendations to public officials, and to plan and carry-out community service actions. The group expects to meet monthly to help ensure that government at the federal, state and local levels is engaged in a two-way communication to enhance our sense of community.

The Arrangement

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Put your Best Foot Forward in 2009

By Jenny Andrews

Ours is one of the most walkable areas in the city, thanks to our bright shops, big trees, friendly neighbors and yes, calorie-burning hills. Winter drizzles are no match for the walking and jogging faithful of our neighborhood. Those stepping into 2009 with a new fitness routine can take advantage of a number of close-by resources.

Take a lap around Wilshire Park: We're biased, but we have one of the best walking and running parks in the city. Two laps around Wilshire Park is just over a mile. Its wood-chip trail is easier on joints than pavement, and large trees can provide shelter from the rain.

Find a route that works: Here's a popular route to get your heart rate up: Take the winding incline up Wistaria Drive, which turns into 41st Ave. Turn right onto the Alameda Street ridge, and take one of the staircases back down to Wistaria. Build into your routine staircase climbs as you gain endurance. For a more extensive walking map of the Alameda ridge and stairs, visit http://tinyurl.com/7rmojd.

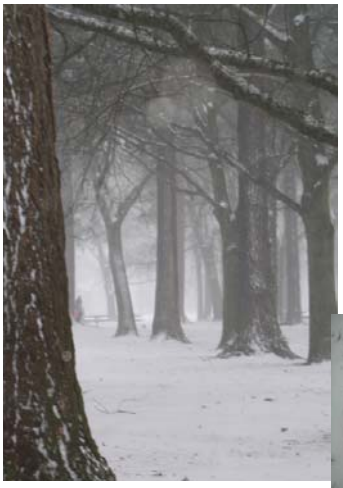
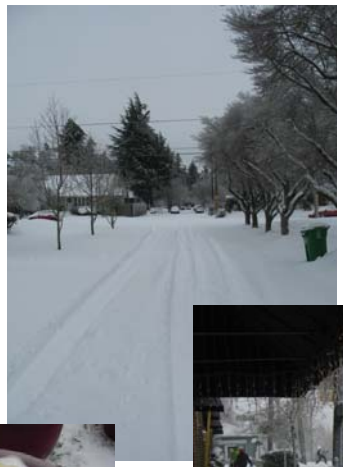
Train for a half marathon: Out of your reach? Maybe not. Local fitness retailer Foot Traffic is partnering with Alameda Fitness to put on Foot Traffic University, the only half marathon-specific training program in Portland. Starting at $85, entrants get experienced and fun coaches for both runners and walkers of all ability levels. Training begins February 2, and sign-ups are open until the first week of April. Groups meet every Saturday morning through July 4, with an optional weekly strength training at Alameda Fitness Center. Foot Traffic Manager Lara McCulloch says varied training locations around Portland help runners not get bored of the same course. For more information, visit www.foottraffic.us or call (503) 284-0345.



Form a walking group: It doesn't cost a thing to call up a neighbor, plan a regular meeting time and keep each other motivated.

Artic Blast 2008!

Photos by Darian Minkunas & Andrine de la Rocha




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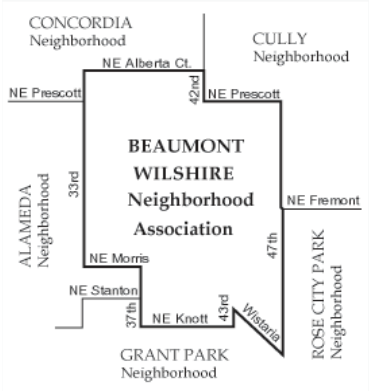
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Wilshire United Methodist Church Upcoming Events

Saturday, February 21, 10:00am - 4:00pm
Annual book sale

Saturday, March 14, 5:00pm - 7:00pm (tentative)
Annual roast beef dinner

Saturday, March 28, 10:00am - 4:00pm
Annual plant and garden sale

All events will be held at 3917 NE Shaver

For more information, please call 503 287-6526 or 503 281-0324

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