

Bayside Week!



List of events on back cover (page 8). Full schedule at baysideportland.org

Portland's Bayside neighborhood is turning up the volume on community spirit with the launch of the very first *Bayside Week*, a seven-day celebration packed with local flavor, creativity, and good vibes. From fitness to food trucks, there's something for everyone—and it all kicks off April 25!

This festival has been a full year in the making, dreamed up by local volunteers, business owners, and residents who wanted to shine a brighter light on Bayside's unique mix of history, art, and neighborly energy. What started as a handful of brainstorm sessions over coffee became a full-blown block-by-block celebration.

First-year board member of the Bayside Neighborhood Association (BNA) and recent *Natural Helpers* fellowship recipient Peter Markoe notes, "I hope that Bayside Week is a time that folks from Bayside and beyond can come together to foster our culture of community, service, and having fun! A lot of work has been put in, not just by the BNA Events team, but also by many businesses and organizations we partner with to elevate and empower the voices of Bayside residents."

Spring Cleanup Kickoff

Things kick off with the *Annual Spring Cleanup* on Saturday, April 25, from 10 a.m. to noon, where neighbors team up to clear litter, spruce up streets and parks, and get the neighborhood looking sharp for the week ahead. Participants are invited to a free string of bowling courtesy of Bayside Bowl. We'll have reserved lanes and appetizers, as well nifty new Bayside swag.



Gnome Roam

Throughout the week, anyone can join the playful *Gnome Roam*, a neighborhood-wide scavenger hunt featuring handmade clay gnomes hidden in unexpected spots, just waiting to be found and photographed.



Maine Clay Collaborative's Sam Dooley with Chester the Gnome, who will be hiding this week

dozens of gnomes are waiting for you to track them down, snap a photo, and share it online. Clues on where to look and how to participate can be found on your phone at baysideportland.org/gnomeroam/ Try to photograph them all!

Garden Naming Ceremony



On Sunday April 26 at 1pm we'll gather in the Bayside Community Garden at 78 Chestnut Street to honor Deb Van Hoewyk's legacy. Deb was an avid gardener, longtime member of the Bayside Neighborhood Association Board of Directors, and a tireless advocate for the Bayside community. City officials, notable neighbors, friends and family will come together for this important event. Afterward we'll head to Two Fat Cats for tea and a last chance to buy pies for their fundraiser to benefit the Maine Immigrant Rights Coalition.

The BNA Events Team has compiled a full schedule of community meals, musical and theatrical performances, games, treats,

and special events, and is encouraging neighbors, community groups, and local businesses to plug in throughout the week—whether that means hosting a small gathering, organizing an activity, or simply showing up and cheering on the fun.

Free Meals, Great Deals

Wayside Food Programs hosts community meals every week at Bayside locations in collaboration with Avesta Housing at 409 Cumberland Ave. Mondays and the Equality Community Center at 15 Casco St. Tuesdays, where neighbors can enjoy free food, dessert, and friendly conversation. The Bayside Opportunity Center is also hosting an ice cream social, meet & greet, stay & play at Stone Street Playground Tuesday at 3:30pm. As always, art, movies, trivia nights, drag shows, dance parties, and live music performances will be all around, as well as community forums, lectures, and meetups and you can find it all at baysideportland.org/community-calendar/

May Day Weekend

Bayside Week wraps up with Bayside's First Friday Art Walk on May 1st, followed by a wide variety of Jane's Walks and the BNA Annual Meeting and Elections on Saturday May 2, and the wrap party for the Gnome Roam on Sunday May 3.

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CORRECTION: The Winter 2026 Edition of *The Baysider* incorrectly identified the new Equality Commons building on Casco Street as an EQME project. It is instead a project of the Equality Community Center. We regret the error.

First Friday Art Walk – Bayside

Explore Bayside during First Friday Art Walk, on May 1st from 5-8pm with art on view at 82 Parris Gallery,, Maine Clay Collaborative, Open Systems Studios, and more, plus live music at Bayside Bowl, Aphadion Theatre, and of course the legendary late-night 80's dance party at Bubba's Sulky Lounge.

Jane's Walk Bayside

Jane's Walk is a global festival of free, volunteer-led walking conversations inspired by community activist Jane Jacobs that combine neighborhood exploration, personal observations, local history, and civic engagement. In Bayside, planned walks include "Bayside Underwater," a walk down Chestnut Street into the former Back Cove shoreline led by Robert Sylvain, and "Potential Future Home for the Bayside Opportunity Center," a history walk at 28 Portland Street led by Tom Blackburn. For a complete list, consult janeswalkme.org

BNA Annual Meeting

A big thank you to the Equality Community Center at 15 Casco Street for hosting this year's BNA Annual Meeting and board elections, held on Saturday, May 2nd at 5pm, giving everyone a chance to hear updates, share ideas, and help shape what comes next for the neighborhood. Bring a dish to share for a potluck supper if you are able. All are welcome.

The Baysider

The Baysider is a quarterly publication of the Bayside Neighborhood Association, a 501(c)3 not-for-profit community organization based in Portland, Maine. For more information, please visit www.baysideportland.org

Staff

Colette Bouchard	Susan McCloskey
Joey Brunelle	Robert Sylvain
Peter Markoe	
Contributors	
Tom Blackburn	Matthew J. Barker
Amelia LaBreck	Suzanna Sylvain
John McArthur	Jay York
Deirdre Paul	Pious Ali
Katie Johnstone	

Bayside Neighborhood Association Board of Directors

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Robert Sylvain	Peter Markoe
Colette Bouchard	Sarah Gauvin
Jim Hall	Betsy Boyd
Rayyaan Hakizimana	



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View from the President's Porch

by Tom Blackburn

I was recently invited as a community expert to our own King Middle School to address students on the subject of sustainable urban planning as they worked to present models of how they imagined the Midtown Properties in Bayside could be developed. Listening to these young community members' vision and energy filled me with inspiration and hope for our neighborhood's future. The students' models included ample housing as well as

more. Now we're seeing more of exactly that kind of community engagement, while continuing to advocate for basic needs of a healthy neighborhood — namely equitable tree canopy, proper street lighting, responsible development, public green spaces and access to outdoor recreation, and the one thing we've been striving for all these years— a home base in the heart of Bayside in the form of a traditional community center.



Tom Blackburn introduces KMS students to a flood zone overlay map of Bayside

indoor and outdoor community spaces that make a diverse neighborhood thrive. That's the kind of thoughtfulness and forward thinking that Bayside needs.

Working with these students made me think about my early days on the board, in the first decade of the millennium. Back then the BNA ran several annual Black Frame Art Sales, four World Market & Fair events, and many Health Fairs & Block Parties with the USM Nursing School. In collaboration with USM and the federal EPA it also ran a lead safety program, summer lunch programs, ice cream socials, and

That last elusive dream recently got one step closer to reality by naming a board of directors for the Bayside Opportunity Center, which will hopefully find a home at 28 Portland Street. We're looking forward to working with city officials and civic leaders in pursuit of this goal. Thanks to our many partner agencies, business supporters, and to our friends and neighbors—especially our new arrivals—for helping us help each other.

See you around the neighborhood during Bayside Week! — • —

Tom Blackburn is the President of the BNA contact president@baysideportland.org

Bayside Opportunity Center Names Board



L-R Tom Blackburn, Frederick Ndabaramiye, Rob Sylvain, Anaam Jabar, Dory Waxman Apphia Kamanda Mpay, Ina Demers, Peter Markoe

The Bayside Opportunity Center has announced the formation of its inaugural board of directors, marking a significant milestone in the organization's mission to serve the Portland community.

The center, which aims to secure a location at 28 Portland Street in the heart of Bayside, is dedicated to fostering goodwill, collaboration, and compassion among residents. Whether lifelong locals or newcomers to Portland, the Bayside

Opportunity Center envisions a welcoming space where community members can connect, collaborate, and find new beginnings.

The newly formed board will guide the organization toward its goal of opening the center in 2026. Leaders say the location on Portland Street was chosen intentionally, with a belief that bringing people together can strengthen one of the neighborhood's most challenging corridors. — • —



King Middle Schoolers Tackle Bayside's Future

Sixth graders design proposals for the Midtown Project in Bayside

This past winter, a group of sixth graders at King Middle School took on one of Bayside's most pressing real-world challenges: how to develop the empty blocks along the Bayside Trail in a way that's resilient, community-centered, and

proposals — complete with flood mitigation strategies — and presented them to teachers, community members, and returning experts. Green space featured prominently in many of the designs.

Tom came away impressed. "I would like to invite a few of these students to the council workshops on the Midtown Project,"



One of the King Middle School student projects modeling thoughtful urban planning for the Midtown Properties in Bayside. photos courtesy of King Middle School

prepared for the floods that are coming.

As part of an eight-week expedition on urban planning and flood resilience, students were asked to design neighborhood proposals for the Midtown Project in Bayside — two vacant plots that sit in a flood plain. Their task was to think like planners: balancing housing, green space, commerce, and community resources, then developing concrete solutions for anticipated flooding on those streets.

In February, BNA president Tom Blackburn visited King as a community expert, joining professionals from a range of disciplines to offer students real-world perspective on what goes into designing a city. Tom was one of several guests who rotated through small groups of about 15 students, fielding questions and sharing his experience with the Bayside neighborhood.

The project culminated on March 17th with a student presentation open house. Teams brought 3D models and written

he said afterward. Teacher Katelyn Virvalo noted that several of the student designers live in the Bayside neighborhood themselves, making their proposals more than an academic exercise.

The Midtown Project will shape Bayside for generations to come, and the planning process needs as many voices as possible — from longtime residents, local businesses, and community organizations, to the people who will inherit whatever gets built. These sixth graders remind us that meaningful public input doesn't have a minimum age. When young people who live in a neighborhood are given the tools to engage seriously with its future, they rise to the occasion. We should make sure there's a seat at the table for them. — • —



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PROPRIETARY BLENDS

by Peter Markoe

Although not unusual for late March, the wind chill was taking a slightly greater toll just a few days following our first 70+ degree day of the year. I had run out of the house, donning a “spring” jacket, and was walking down to Miss Portland Diner on Marginal Way to meet Helen Carter and Reo Miyake, owners of Aomori. As we slid into one of the large booths in the dining room, we all agreed that the Lunch Car was the best place to nestle into and enjoy a hot meal or an MPD milkshake, but today, it was already full of locals and old-timers who had beaten us in. The lunch car opens at 6 am during the week and, as I learned later, had established itself in Bayside in 1964.

Aomori had just opened at 52 Hanover St. in December 2025, right down the street from me, and I strategically did not volunteer to Reo and Helen how many times I walked past their windows as they prepared to open, daydreaming of what would quickly become a Bayside hotspot. Reo, Helen, and Masa Miyake took the space, which was just an empty room on a concrete slab, and crafted two unique spaces: the restaurant, with a welcoming sushi bar and calm dining area, to the market that is curated not only with imported Japanese grocery items but

pastries and a breakfast selection to eat on the go or with your laptop in the cafe.

As I perused the familiar menu, going back and forth between the Miss P’s Breakfast Sandwich (A call-home-about combo of egg, cheese, protein, and two slices of French toast with maple syrup) and the breakfast burrito. Admittedly, it’s the same old dilemma I deal with when it’s breakfast time at MPD, and one that had ended with me having Miss P’s sandwich a few weeks prior with my partner in the lunch car. As I resolved to go with the burrito this time and was about to order, it turned out that Aomori’s owners recognized our server and were catching up. I was grateful to be afforded this cool snapshot into Portland’s culinary and service industry that seems to have diverse threads running through it, and to see how tight-knit this community could be. There are scenes like this that play out all over town, but I think especially in places like Miss Portland, where there’s always hot coffee and a welcoming face.

Reo and Helen shared that their inspiration for Aomori’s menu and vibe came from its namesake city in northern Japan, a place they have visited multiple times. When not covered in snow, it is celebrated for its maritime prowess, and its



photo courtesy of the author

name means green forest...sound like anywhere around here? These striking similarities make it even more obvious that Aomori, like Miss Portland, has succeeded in creating an experience that is both authentic and welcoming to the local community.

The Aomori curators told me about their weekly specials (Monday: Nigiri Night, Tuesday: Getemono Night, Wednesday: Maki Night) and also their Nakaochi special. Which, frankly, I’ll save you googling what it is — just check out this photo of a kid using a scallop shell to scrape the hidden tuna meat off the backbone so his dad could eat one last handroll. Reo had worked for a local seafood outfit, Upstream,

and, seeing this piece of fish being underutilized across the industry, identified it as a delicacy that would engage the Aomori eater like I had just done with my breakfast burrito and home fries.

As the diner changed over with the mid-morning rush, it was clear that Bayside’s culinary identity is becoming as diverse as its population. From the classic comfort of a 1940s lunch car to the refined elegance of Japanese cuisine, the neighborhood is proving to be a true “proprietary blend” of old and new. For those of us who live and work here, the expansion of these flavors is nothing short of a gift and mirrors the expansion of our own rich experiences as neighbors. — • —

Peter Markoe lives in Bayside and sits on the board of directors of the Bayside Neighborhood Association.



photo courtesy of the author

Neighborhood History:

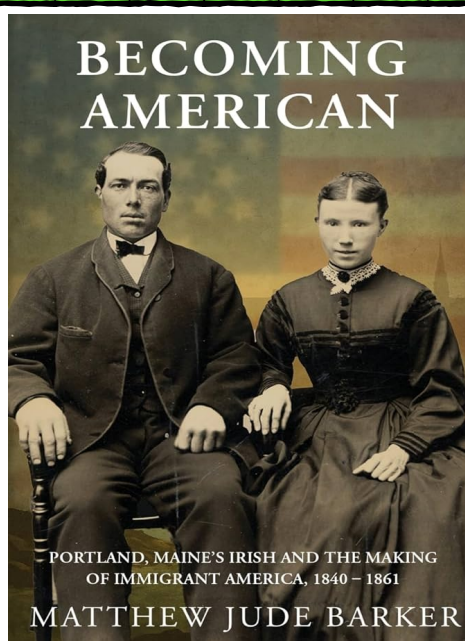
The Irish Who Built Bayside

by Matthew Jude Barker

There were many noted Irish people who lived and worked in what is now Bayside in the 1800s, including 1st Lt. Michael C. Boyce, mortally wounded at Gettysburg (his body was brought back to his home at 23 Hanover Street, where they had an Irish wake and funeral); County Wexford native Thomas Collins, who operated the Quebec Coffee House at 53 Portland Street; Derry-born bootlegger Michael McGlinchy, an innkeeper on Green Street (now Forest Avenue); and Daniel Mannix.

Daniel Morris Mannix, an apprentice to his father, John, a stonecutter from County Kerry, was born in Bangor in 1855, but came to Portland at age three. His father did the granite work for Shailer School in 1881. Daniel became one of the most well-known stonemasons in Maine, operating a business at 85 Parris Street, and then at 84 Hanover from 1874 until his untimely death in 1892.

In 1889, Daniel and his brother, Cornelius A., under the firm of Mannix Brothers, built the massive granite pedestal for “Our Lady of Victories,” or the Soldiers and Sailors Monument, at Monument



PORTLAND, MAINE'S IRISH AND THE MAKING OF IMMIGRANT AMERICA, 1840 - 1861

MATTHEW JUDE BARKER

Matthew Jude Barker is a genealogist and the resident historian at the Maine Irish Heritage Center. His new books, Becoming American: Portland, Maine's Irish and the Making of Immigrant America, 1840-1861, and The Blue and the Green: The Irish of Portland, Maine During the Civil War Era, 1861-1870, published by Ingram Spark, are available in local bookstores.

Square. Their stone yard was near the tracks of the Portland & Rochester Railroad, which gave them “fine facilities for receiving and forwarding stone by rail,” and connected with Commercial Street vessels by “the marginal railway” (*Evening Express*, March 13, 1890).

Dan, a popular member of the Ancient Order of Foresters, Ancient Order of Hibernians (an Irish Catholic fraternity), the Irish Land League, the Maine Charitable Mechanics Association, and the Builders Exchange, also helped build Union Station, the Brown Block, the First National Bank, and even the “new” custom house and post office in Eastport. His career was sadly cut short when he passed away at only thirty-seven from “gangrene” of the lungs not long after the Civil War monument was dedicated. In an unusual but telling tribute to an Irish Catholic, City Hall lowered its flag to half-mast to honor Daniel, a member of the city council in 1880-81. Cornelius, a city councilor and alderman, raised a family on Sheridan Street, and died in 1929.

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Bayside Business Spotlight

NBT Bank

NBT Bank has demonstrated a deep commitment to serving the people and businesses of Maine for more than a decade. Since establishing a presence in the state in 2014, the bank has steadily expanded its locally based team and customer partnerships.

The Maine Regional Headquarters, located on Portland's historic waterfront at 5 Wiggery Wharf, serves as the center of NBT's commercial banking operations and its community engagement efforts.

The bank has strengthened that commitment with the opening of its new Bayside branch at 191 Marginal Way. The 1,700 square foot location offers full-service personal and business banking, along with a convenient walk-up ATM and night-drop services designed to meet the needs of customers and local businesses.

Community involvement remains central to NBT Bank's mission. Team members work closely with local organizations, small businesses and neighborhood groups, including the Bayside Neighborhood Association. As part of this support, NBT Bank recently

presented the BNA with a contribution to help make its vision for a new community space, The Bayside Opportunity Center, a reality.

NBT Bank is an independent, community-focused financial institution that has provided personal banking, business banking and wealth management services for 170 years.

With 176 locations across seven Northeastern states and more than 2,000 employees, the bank's growth is guided by its commitment to building meaningful relationships, supporting local economies and empowering the people and businesses it serves.

As NBT Bank continues to grow in the Bayside community, it remains focused on a customer service model that prioritizes relationships and a strong dedication to community partnership.

The bank looks forward to supporting Maine's vibrant economy and serving as an accessible and trusted financial resource for the people who live and work in the region.

For more information about NBT Bank, visit nbtbank.com — • —



Ribbon cutting to celebrate the opening of NBT Bank on Marginal Way in Bayside



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May 2nd Board Elections

Each year at the Annual Meeting, half of the BNA board is elected to a two-year term. Last year, the board voted to add two new seats. To maintain balance between odd- and even-year members, both seats are being added this spring, bringing the total board membership to ten individuals.

As a result, five seats will be up for election in May — including three currently held by sitting board members. The Nominating Committee is responsible for recruiting a slate of candidates, which must be announced at least 30 days before the Annual Meeting.

These candidates will be officially elected at the Annual Meeting on May 2, 2026, by a majority vote of the general membership of the Bayside Neighborhood Association. Membership is open to anyone who lives, works, or plays in Bayside.

The 2026 nominated candidates are:

Susan McCloskey

Susan is a longtime resident of Bayside and charter member of the BNA board, first elected in 1999. She is board liaison to the Community Garden Team and the Trees & Greens Team, contributor to The Baysider which she previously served as editor, and dependable volunteer for the Citizens' Trash Brigade, Events Team, and Monday Community Lunches. Susan lives on Parris Street in Bayside.

Rayyaan Hakizimana

Rayyaan is Operations Manager at Food For All Services, a family food pantry located on Parris Street in Bayside. He was appointed to the board of the BNA in 2026 to a non-resident seat vacated by Alex Landry last year. Now leading the BNA Welcome Team, Rayyaan has laid out a plan to help with Bayside branding and social media outreach. Rayyaan lives in Gorham, Maine.

Sarah Gauvin

Sarah lives on Hanover Street in Bayside and works as a program manager at Hope Acts, a non-profit organization dedicated to serving asylum seekers throughout Southern Maine. She was appointed to the BNA board in 2026 to fill the seat left by Deb Van Hoewyk's passing last year. Sarah has been active in the city's ESOL Collaborative group, and has 10+ years working for non-profits in administrative, program management, outreach, and volunteer roles.

Michael Hayes

Michael lives at the corner of Cumberland and Forest Avenue in Bayside and has been a neighborhood resident for over six years. He has been attending BNA board meetings in recent months and currently serves on the BNA Safe Streets Team, participating in last year's Pedestrian Safety Focus Group, and the recently organized Portland Safe Streets Coalition. He also regularly attends and assists the Wayside Food Programs community

lunches in the apartment complex where he resides.

Patrick Beacham

Patrick lives in Westbrook and works in Bayside as the property manager for Avesta Housing's Pearl Place Apartments. He brings experience in communication, budgeting, financial analysis, political advocacy, and both journalistic and academic writing. Patrick is committed to serving the community, drawing on years of close ties and a deep investment in Bayside's wellbeing and future.

Elections Process Summary:

January 6 – BNA Nominating Committee begins considering submissions from the public

April 2 – Nominating Committee announces the slate of selected nominees to appear on the ballot

April 25 – Deadline for write-in candidates to file for candidacy

May 2 – Annual Meeting – Anyone who lives, works, or plays in Bayside may vote on board candidates.

May 5 – Regular monthly board meeting – The new board selects its 4 officers and organizational seats

Per BNA bylaws, the ratio of individual board members not residing in Bayside shall not exceed 1/3 (one-third).

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Mission Statement

"The Bayside Neighborhood Association (BNA) empowers the Bayside community by building meaningful partnerships that promote health, safety, green spaces, diversity, housing, and sustainable development for all who live, work, and play in this unique urban neighborhood."

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OPEN SYSTEMS STUDIOS



Open Systems' Zane Kanevsky, John Fireman, Sam Seda, Jason Gibbs, Grace Bedwell

by Deirdre Paul

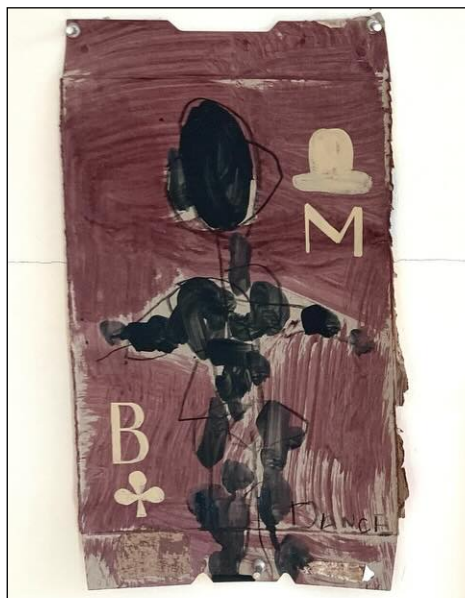
Actually finding Open Systems Studios is really a reward in itself for the person who sets out to have an authentic Portland underground experience. The air of mystery contributes to its charm...no advertisement, no picture window with a painting, no sandwich board on the street. Just a whisper that it's up there on the third floor of a nondescript building on Portland Street in Bayside with a locked stairwell and an elevator. Yep, take the elevator.

My first time here was on First Friday in March, and I saw a visual art collaboration by Portland's own Pat Corrigan and MP Landis. Two nights later, I went to see a triple bill of experimental performances: resident video artist John Fireman projecting rapid-fire images set to live electronic music; a local performance artist who led the room through an interactive soundscape that defies explanation; and a touring avant-garde musician creating computer generated sounds using vocal distortions and what appeared to be an old Nintendo game controller. What a weekend! Awesome.

Open Systems is a collaborative of five sound artists — Zane Kanevsky, Jason Gibbs, Grace Bedwell, John Fireman and Sam Seda — who have built both a creative home for themselves and a venue for other artists and musicians. Drawing from a network of relationships and connections,

they have a solid foundation for this haven. Open at 47 Portland Street since last summer, the space hosts visual art shows monthly alongside live performances from experimental sound artists from here and away.

Perhaps if there exists an advertisement for this place it goes something like this: Open Systems Studios Portland - where art and music really are the same thing. In my mind an artist is someone in whose life there exists a sacred, very special place for the creation of art, the



honoring of art, and the recognition of the importance of art in life. Substitute the word art with music, and you have a musician. And nowhere is the blurring of the lines between art and music more palpable than here.

Slowly but surely, this place has started to enter the collective consciousness of Bayside and continues to weave itself into the tapestry of places to see art and hear music in this corner of Portland. You just know you're going to discover something different each time you go. It's also true that whether you discover them or not, they are here. Find out what's happening through their posts on Instagram, and when you take the elevator and enter the space, they will be glad that YOU are here. — • —

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Bayside's Quiet Role in Maine's Music Ecosystem - by John McArthur

On any given day in Bayside, music is being recorded, mixed, taught, or prepared for release—often just out of view.

Bayside is home to more than restaurants, breweries, and small businesses—it has also become a quietly important part of Maine's music ecosystem.

Within a few blocks, the neighborhood includes multiple recording environments, from commercial studios to nonprofit creative spaces. Studios such as Acadia Recording Company and The Studio Portland provide full-scale recording services, while Square, home to Equal Measure Arts, offers a hybrid space for education, collaboration, and community-based projects. Ayan Mastering and Pat Keane Mastering, both in Bayside, specialize in the final stage of music production, preparing recordings for release across streaming, vinyl, and other formats.

Together, these spaces represent different entry points for musicians at

various stages of their careers—from early experimentation to professional release.

Over the past two decades, shifts in the music industry have changed how artists build sustainable careers. With revenue from recorded music declining, live performance, collaboration, and community visibility have taken on greater importance. In Bayside, that shift is reflected in how these organizations operate—not just as recording spaces, but as hubs connected to teaching, events, and artist development.

Artists such as Ryan Allen Meier, who performs both solo and with the band Sunburned Sharks, are part of this evolving landscape—moving between recording, live performance, and local partnerships to build an audience.

While much of this work happens behind the scenes, Bayside's concentration of creative spaces plays a meaningful role in supporting Maine musicians—helping turn ideas into recordings, and recordings into careers.

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Coming August 1st, 2026

The Bayside Neighborhood Association will present the inaugural BPM Drum Festival on the Bayside Trail this summer, made possible by a generous grant from the Levitt Foundation, which supports free live music to strengthen communities and activate public spaces. Perfect for Bayside!

We believe the BPM Drum Festival to be the first event of its kind to synchronize multiple drum groups performing simultaneously along a shared route. The idea was inspired by the local Vigorous Tenderness festival, where audiences move freely through outdoor performances, experiencing sound as it shifts and overlaps. In Bayside, that concept takes shape through rhythm—drawing on the neighborhood's rich diversity and deep roots in global drumming traditions.

Bayside is one of Maine's most diverse neighborhoods, shaped by a complex history and ongoing change. While development pressures continue, the Bayside Trail was created to connect the community and offer shared public space. The BPM Drum Festival builds on that



vision—bringing people together through movement, sound, and celebration.

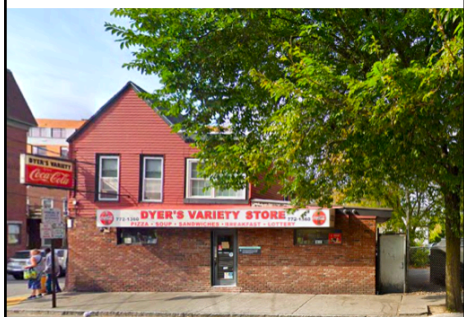
This inaugural event grows out of decades of community gatherings and partnerships with organizations including the City Office of Sustainability, Portland Parks & Recreation, Portland Trails,, Portland Downtown, and Creative Portland.

We're currently seeking volunteers, sponsors, and collaborators. Interested? Contact eventsteam@baysideportland.org

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Above: art by Pat Corrigan and MP Landis

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BNA Team Reports

BNA Teams focus on specific areas of interest to our neighbors and friends. Contact a Team Lead to ask a question, learn more, and join us, or start a team that does what you want to do. Committees meet and talk, TEAMS show up and DO stuff!



Business Breakfast Club

The Business Breakfast Club brings together Bayside business owners monthly to foster collaboration, strengthen connections, and build a more vibrant commercial community in Bayside.

Thanks to a collaboration with Visit Portland, a new Bayside Visitors' Guide is in the works, expected out in May. Local Bayside businesses need to sign up for a partnership to be included in the guide.

The Breakfast Club meets on the last Wednesday of every month. Next meeting: April 29, 8:30 a.m. at Maine Clay.



Citizens' Trash Brigade

The Citizens' Trash Brigade keeps Bayside clean and beautiful through regular community cleanups and volunteer action. The CTB is now gearing up for its Annual Spring Cleanup on April 25 from 10 a.m.–noon, kicking off Bayside Week in coordination with the city's Great Portland Pickup event.

Community Garden Team

The Garden Team has been growing community connections since 2001 at the Bayside Community Garden located at 78 Chestnut Street. Unique as Portland's only community garden run by a neighborhood association without city funding or support, the garden is a testament to over two decades of dedication from residents who have poured their hearts into maintaining this rare green space in one of Portland's most challenged urban neighborhoods.

The naming ceremony for the Deb Van Hoewyk Bayside Community Garden will take place Sunday, April 26 at 1 p.m. (rain date May 3).

Comms Team

The Comms Team manages technical aspects of the BNA's communications and

digital presence, including the website, workspace coordination, social media channels, community calendar, newsletter, and outreach materials.

Events Team

The Events Team brings fun and connection to Bayside through creative community gatherings and celebrations.

After Bayside Week, the Events Team is looking forward to the inaugural BPM Drum Festival at Bayside Trail on August 1st, funded in part by a grant from the Levitt Foundation, the 2nd annual Bayside Dog Costume Pageant in October after last year's howling success, and more — proving that Bayside is the Playside!

Public Art Team

The Public Art Team creates and promotes visual arts throughout Bayside to enhance the neighborhood's cultural identity and sense of place. Recently the Art Team applied for a Creative Communities Grant from the Maine Arts Commission to help fund the Bayside Tree Resurgam project, with award decisions expected in late June.

Safe Streets Team

The Safe Streets Team focuses on public safety, walkability, lighting and other infrastructure improvements, and crime prevention to make Bayside safer and more livable for all residents.

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Baxter Academy and Portland High School. This group is currently seeking a new team lead and student members.

Relevant Developments Team

The Relevant Developments Team monitors and engages with proposed construction projects and urban planning initiatives that will shape Bayside's future. Just a few of the projects we're watching include: Reveler's Bayside MDP, Equality Commons on Casco St, Boys & Girls Club expansion, the Franklin Street Redesign, Youth & Family Outreach, Avesta's Oxford Street project, and of course the Midtown Properties along the Bayside Trail.



Trees & Greens Team

This team advocates for and engages in the planting, maintenance, and stewardship of trails, playgrounds, and green spaces throughout Bayside, working to bring more trees and greenery to a neighborhood that has historically been underserved in this area. The team works closely with Portland's Parks Department and City Arborist on tree planting initiatives, coordinates care for the Bayside Trail's sapling forest, and advocates for development projects to allocate tree-planting fees specifically for use within the neighborhood boundaries. Recent accomplishments include organizing meaningful ceremonies like the blessing of the Bayside Trail sapling forest by the Penobscot Nation's Burnurwurbskek Singers, and conducting forest bathing experiences to help residents connect with nature. The team recognizes that green spaces and tree canopy are vital to creating a healthy, livable, and sustainable urban neighborhood.

The Baysider Team

Since 1999, *The Baysider* has been the voice of Bayside—starting as The Bayside Newsletter, evolving into Inside Bayside, and becoming the community newspaper

you know today. For over two decades, neighbors, writers, and volunteers have used these pages to share the stories that matter most: new businesses, local events, neighborhood history, and the voices of the people who make Bayside unique. From updates about neighborhood development to profiles of local businesses, from event calendars to the issues shaping our neighborhood's future—*The Baysider* is here to inform, engage, and celebrate what makes this corner of Portland special. Whether you're a longtime resident, a new neighbor, a business owner, or simply curious about this evolving neighborhood, *The Baysider* is your guide to where Portland's past meets its future.

Welcome Team

The Welcome Team is where community connection begins in Bayside. In our diverse and dynamic neighborhood, we organize volunteer opportunities that bring people together—from community meals and seasonal celebrations to emergency response coordination.

New team lead Rayyaan Hakizimana is excited to get to work and continue building community connections. The team presented a media proposal and a sample welcome video, with plans to vote on a mascot and create additional videos before launching the campaign. — • —



JOIN IN!

Shared experiences build the relationships, friendships, and trust that are the bonds of a strong community. Join one of the BNA's teams today to meet your neighbors and help your neighborhood.

The Baysider Team

baysider@baysideportland.org

Development Team (*Planning board watch*)
development@baysideportland.org

Safe Streets Team

safestreets@baysideportland.org

Welcome Team (*Helping recent arrivals*)
welcome@baysideportland.org

Citizens' Trash Brigade

ctb@baysideportland.org

Trees & Greens Team

greenteam@baysideportland.org

Community Garden

garden@baysideportland.org

Public Art Team

arts@baysideportland.org

Business Breakfast Club

breakfastclub@baysideportland.org



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LIVING WELL

with Katie Johnstone, PharmD of Coastal Pharmacy & Wellness

The Third Pillar: Why Healthy Sleep May Be Your Most Powerful Health Tool

We tend to think about health in terms of what we eat and how much we exercise. But there is a third pillar that often gets overlooked; one that influences everything from hormone balance and metabolism to immune function and mental health. That pillar is sleep.

During sleep, your tissues repair, hormones reset, immune cells mobilize, and the brain undergoes a remarkable cleansing process; flushing out toxic waste products, including proteins linked to Alzheimer's disease. Neuroscientists sometimes describe it simply: sleep is when the brain takes out the trash.

Two systems regulate when and how deeply we sleep. Most of us are familiar with the first system, called circadian rhythm. This is set primarily by light exposure; sunlight signals the brain to produce, or not produce, melatonin. It's well documented that artificial light wreaks havoc on this system. But light isn't the only thing working against us.

The lesser-known system is called sleep pressure, which is how your brain tracks tiredness. Throughout the day, a chemical builds up in the brain, acting like a drowsiness meter. The more it accumulates, the sleepier you feel. Enter the biggest sleep pressure interceptor: caffeine. Caffeine blocks the receptors that read that chemical, so the fatigue quietly builds in the background. Cutting off caffeine 8-10 hours before bed helps reduce this interference, so your brain gets the message by the time bedtime arrives.

When these systems are disrupted, as they often are in modern life, the downstream effects are wide-ranging. Hunger hormones shift, driving appetite for high-calorie foods. Insulin sensitivity drops, making blood sugar harder to regulate. Inflammatory markers rise, increasing long-term risk for multiple chronic diseases. The brain's emotional alarm center becomes more reactive while the rational prefrontal cortex goes quiet, fueling anxiety, mood swings, and poor decision-making.

Additional contributors to disrupted sleep, such as blood sugar instability, bedroom temperature, alcohol intake, and inadequate wind-down routines can complicate the process. Take note of possible contributors when you have an especially sleepless night, comparing them to when you sleep well. When you determine what works, be consistent with the routine. Consistency of sleep matters as much as the total hours.

Sleep issues are rarely just about bedtime. Healthy sleep is built across the entire 24-hour cycle. Fortifying this pillar is one of the most powerful tools for healing available to us.



—Councilor's Corner—

by At-Large City Councilor Pious Ali

Bayside stands at a rare and important moment in its history. Decisions we make now about how key parcels of land along Somerset Street (commonly referred to as the "Midtown Properties") are used will shape the neighborhood and our city for decades.

These parcels represent some of the last large publicly controlled sites on Portland's peninsula, making this a once-in-a-generation opportunity for residents to help shape what comes next.

For many years, Bayside has been a place of change, energy, and possibility. It is home to longtime residents, immigrant families, small businesses, artists, and service providers who contribute every day to Portland's strength.

It is also the most racially and economically diverse neighborhood in the city and one of the most diverse in the state. This moment gives us an opportunity to pause and ask an important question together: what should this neighborhood become, and who should it serve?

This moment belongs first to the people who live in Bayside. Residents

understand the needs of their streets, their families, and their community better than anyone. Their voices must help guide what comes next.

At the same time, the future of Bayside matters to all of Portland. The decisions we make here will shape housing, opportunity, public space, and connection across the city.

That is why I encourage neighbors from Bayside and across Portland to stay engaged and share their ideas.

Land like this does not become available often. What we decide now will influence generations to come. If we do this right, we will not only shape buildings. We will strengthen community trust and help create a future that reflects the people who call Bayside home and the values we share as a city.

This is a once-in-a-generation opportunity. I hope you will be part of shaping what comes next for Bayside and for Portland. — • —

—Pious Ali serves on the Portland City Council in an at-large seat. He is also a resident of the Bayside Neighborhood.



City Councilor Pious Ali with a young constituent. Photo courtesy of the author

poetry place

Springtime Is Just Like Love

by Suzanna Sylvain

remember: springtime is just like love. the sunlight is different. under the unfurling day's touch, night is itself again - the two unwinding from the sleep of winter's embrace rustling awake, breathing visions of tomorrow in subtle grace

miscalculating in excitement, shedding snowy concessions, we feel solar kisses on weathered cheeks leaving loving impressions bare shoulders and knees boldly dared as the season breaks thankfully a friend's borrowed sweater forgives bit-chomping mistakes

in the dull fall brown, heads turned skyward to catch the first frozen flakes, now we cast our starry eyes to the earth to seek among the drab scrape those bright jewels that burst through the mud, those life-tipped promises of warmth and color and mirth, the inevitable lime tendrils of steadfast daffodils poke beside delicate crocuses and snowdrops as the peepers croak

springtime is like love - its sweetness touches everything around you, and as bulbs in the ground and the familiar migrant bird's sound, the hope we didn't know we kept and cared for the winter long is coaxed out slowly; then all at once, prophesied by the robin's song.



Bayside Week Event Calendar

Saturday April 25

Bayside Spring Cleanup 10am-12pm,
Bayside Community Garden, 78 Chestnut Street
Part of the "2nd Annual Great Portland
Pickup." Coffee, water & snacks provided.
Trash bags, gloves, and pickers provided.

Gnome Roam Kickoff — Show up for
the cleanup and get a headstart on the
Gnome Roam with instructions, tips
and clues. The more you photograph,
the bigger the prize- including new
Bayside swag, local gift certificates,
and more. You may even get to take
you very own gnome home! Full
details at www.baysideportland.org/gnomeroam

Spring Cleanup Afterparty 12pm-3pm
Bayside Bowl, 58 Alder Street • Free bowling
string for every cleanup participant!

Consider the Source w/ S.C.O.B.Y.
8pm-11:30pm, Bayside Bowl, 58 Alder Street
Live in concert. all ages. \$20 adv. \$25 door

Sunday April 26

Drag Brunch 10:30am-1pm
Batson River Brewing & Distilling, 82 Hanover St.

**Deb Van Hoewyk Community Garden
Naming Ceremony** 1pm-2pm
Bayside Community Garden, 78 Chestnut Street
Honoring longtime BNA board member and
community activist Deborah Van Hoewyk.

Tea Time Afterparty 2-3pm,
Two Fat Cats Bakery, 195 Lancaster Street
Every pie sold benefits the Maine
Immigrant Rights Coalition

Rainbow Reels-Movie Watch Party 2pm-5pm
Equality Community Center, 15 Casco Street

**Bach's B Minor Mass, Portland
Symphony Orchestra** 2:30pm, Merrill
Auditorium, 20 Myrtle Street • Pre-concert
conversation at 1:30pm.

**Live Concert — Boy Scout, The Fur,
Robert Samantha** 7:30pm-11:30pm
The Apohadion Theater, 107 Hanover Street

Monday April 27

Wayside Community Lunch 12pm-1pm
409 Cumberland Avenue • Presented by
Wayside Food Programs. Open to the public.

Sundaes on Monday 1pm-2pm
409 Cumberland Avenue • After lunch join us
for dessert!

Tuesday April 28

**Bayside Opportunity Center Meet &
Greet, Stay & Play** 3:30pm-5pm,
Stone Street Playground, 170-174 Oxford St.
Learn about the BOC and imagine a
community center in Bayside. Games,
sweet treats, and freebies for kids.

Trivia Night with Sporcle 6:30pm-8:30pm
Batson River Brewing & Distilling, 82 Hanover St

**Bach's B Minor Mass, Portland
Symphony Orchestra** 7pm,
Merrill Auditorium, 20 Myrtle Street • Pre-
concert conversation at 6:00pm.

Wednesday April 29

Bayside Business Breakfast Club 8:30am
Maine Clay Collaborative, 65 Hanover Street
Last Wednesday of every month. RSVP:
breakfastclub@baysideportland.org

**Midtown Properties Community
Feedback Session** 4pm-6pm
City Hall, 389 Congress Street, Room 24 • Share
your ideas for four City-owned,
undeveloped parcels in Bayside.

Trivia Night 7pm-9pm
Wilson County Barbecue, 82 Hanover St Suite 8
Every Wednesday 7-9pm. 75¢ wings +
rotating beverage special.

Thursday April 30

Sidewalk Chalk Flash Mob 3pm-4pm
28 Portland St (under the big green Bayside sign) •
Draw your dream streetscape, send a
message of peace to your neighbors, or
maybe play a little hopscotch!

BNA Teams Appreciation Party 5pm-8pm
RSVP to info@baysideportland.org for
information

Friday May 1

2026 Gallery Season Opening 5pm-8pm
82 Parris Gallery, 82 Parris Street • First Friday
Art Walk

Clay Play 5pm-7pm
Maine Clay Collaborative, 65 Hanover Street
Free drop-in pottery wheel experience. No
work kept — just fun!

Spring for the Kids 6pm-9pm
Boys & Girls Club, 277 Cumberland Avenue

Drag Race Viewing Party 7pm-9:30pm
Batson River Brewing & Distilling, 82 Hanover St

Bearly Dead, Live in Concert 8-11:30pm,
Bayside Bowl, 58 Alder Street

80's Dance Night 8:30pm-12am
Bubba's Sulky Lounge, 92 Portland Street • Wear
full 80s gear and get in FREE + chance to
win \$50 cash. Spectators: \$5 cover.

Saturday May 2

USCF Monthly Chess Series 10am-2pm
Baxter Academy, 185 Lancaster Street
Registration 9:45am. USCF ID required.
\$10 entry, \$15 prize for quad winners.
baxter-academy.org/baxter-chess-series

**Re-Urbanizing the Urban Fabric:
Portland's Franklin Street (Jane's Walk)**
9am-10am, Meet at Lincoln Park near Federal
Street & Congress Street

Imagine Peeing Here (Jane's Walk)
10am-11am, Meet at Monument Square

**Affordable Housing in Portland:
Rethinking Expectations (Jane's Walk)**
11pm-12:30pm, Meet at 72 Oak Street,
Ends at 24 Stone Street

**The Potential Future Home of the
Bayside Opportunity Center at 28
Portland Street (Jane's Walk)**
1pm-2pm, Meet at 28 Portland Street,
Ends at 28 Portland Street

Bayside Underwater (Jane's Walk)
2pm-3pm, Meet at Chestnut St. and Congress St.
Ends at Miss Portland Diner

Vogue Ballroom 101 with Aquarius Funk
2pm-4pm, Equality Community Center,
15 Casco Street • Intro to vogue ballroom —
practice and conversation about ballroom
culture. By donation, no one turned away.
Open to all 18+, centering QTBIPOC
individuals.

**Bayside Neighborhood Association
Annual Meeting** 5pm-7pm Equality
Community Center, 15 Casco Street • Potluck,
board elections, year-in-review. Bring a
dish if you can!

Honey Tones in Concert 7pm-9pm,
"Last Church on the Left" at 58 Wilmost Street •
Swing, blues, jazz, and folk. Suggested
donation \$20, all proceeds to performers.
BYOB (no red wine) text 207-773-3434 for
more information

Everything Dance Party with DJ Jon
9pm-12am, Bubba's Sulky Lounge, 92 Portland St
Today's hits plus everything else.

Sunday May 3

Gnome Roam Wrap Party 5pm-8pm
Wilson County BBQ, 82 Hanover Street
Share photos and stories, and take home
prizes and "gnomentos" from Bayside Week
Note: Schedule is subject to change. For the
latest updates and more information please
see the Bayside Neighborhood Association
website at baysideportland.org



The Honey Tones, performing at the Last Church on the Left on May 2.

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About the Bayside Neighborhood Association (BNA)

Bounded by Forest Avenue, Franklin Street, Interstate 295, and Congress Street, Bayside is situated in the heart of the peninsula as Portland's gateway to downtown. Today, it is a vibrant mix of families and singles, young and old, New Mainers and old-timers, historic architecture and new development, social services, shops, restaurants, and small businesses.

The BNA was founded in 1998 and seeks to represent all those with a vested interest in the Bayside neighborhood. The Bayside Neighborhood Association empowers the Bayside community by building meaningful partnerships that promote health, safety, green spaces, diversity, housing, and sustainable development for all who live, work, and play in this unique urban neighborhood.

The BNA board has monthly meetings the first Tuesday of the month at 6pm, which are always open to the public. It's a great way to hear about what is happening in the neighborhood. They alternate between virtual (Zoom) and in-person at the Steve Hirshon Community Room at Unity Village at 24 Stone Street.

BNA Teams meet at various times. You don't have to be on the BNA board to be on, or even lead a team! Check the website for more info— www.baysideportland.org

BNA

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Use your phone's camera to scan the QR code above or go to givebutter.com/BNA25

The BNA is a 501c(3) non-profit organization. Qualified donations are tax-deductible.