The Baysider

FALL Edition



October 2026 — *Published by the* ***Bayside Neighborhood Association***

Opportunity Comes to Bayside



Bayside Opportunity Center finds space at 62 Elm Street in Bayside

Many of you have already shown interest in the Bayside Opportunity Center (BOC), and we wanted to share a simple way to be part of what we're building. Perhaps you remember someone who helped you feel at home when you were new—a neighbor who listened, offered guidance, or made room for you. That same kindness can help someone else find their footing here in Bayside. Now we have a new place to make those connections: 62 Elm Street, the former Spurwink space, made available through the generosity of Reveler Development.

Our journey began with a bold vision: to establish a permanent community center in Bayside, filling the hole left in our community by the closure of the Greater Portland Immigrant Welcome Center, while fulfilling a decades-long dream for a home for the Bayside Neighborhood Association (BNA). To lay the groundwork, the BNA formed the Bayside Opportunity Center as a dedicated community development corporation. Since then, the BOC has brought neighbors together through community meals, language exchange programs, and growing partnerships. We have made major strides over the past year—appointing a diverse and multi-talented board of directors and advisory team, enlisting a professional grantwriter, and hiring our first staff member, Operations Lead Obed Aboagye. Securing a temporary home at 62 Elm Street not only gives us room to expand this work, but also provides a home base from which to meet and connect with our local partners and the people of Bayside who will actively shape what comes next. Now we need your help!

The BOC is a community center and resource hub where people with different backgrounds, languages, and life experiences can connect, learn, and contribute. We believe every neighbor brings something valuable: a skill, a story, an idea, or simply the willingness to sit with someone and listen. Our English Conversation Groups put that belief into practice. Neighbors learning English gather with volunteer conversation partners to talk about everyday life, exchange experiences, and practice speaking in a welcoming setting. You do not need to be a certified teacher to take part. Being a "chatter" means showing up, being curious, and helping someone feel comfortable using their voice.

Our recent community meals have highlighted the power of coming together. During Global Welcoming Week in September, we teamed up with the Greater Portland YMCA to host tabling in their lobby, sharing resources and greeting neighbors. This culminated in BOC board members and friends hosting an international picnic lunch at Avesta's Unity Village at Bayside, sharing dishes representing Bayside's diverse cultures. Working with the City of Portland's Office of Economic Opportunity, we are proud to support Portland's recertification process with Welcoming America, serving as a core bridge-building partner for immigrant inclusion.

Looking ahead, we envision the BOC as a vibrant, multilingual, and multicultural hub that lifts up New Mainers and connects residents to essential resources by collaborating with key partners. We are building a comprehensive network of support including Maine Action Immigrant

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above: the great room at 62 Elm Street



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 baysideportland.org

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October 24th Howl-o-ween

Bayside's popular Dog Costume Pageant Returns to the Bayside Trail

Last October, the Bayside Trail was filled with festive character: a pug in a purple octopus costume wandered by greeting neighbors, a pit bull mix dressed as a banana eagerly worked the crowd for treats, and a dog carried in his owner's chest pack went as a chipmunk—because, as she explained, that's his favorite toy. The inaugural Bayside Howl-o-ween transformed a normally quiet stretch of trail into a lively neighborhood block party.

We're doing it again! On Saturday, October 24, the Bayside Neighborhood Association (BNA) will host the second annual Howl-o-ween Dog Costume Pageant and Neighborhood Harvest Festival from 12:00 PM to 3:00 PM on the Bayside Trail at Elm and Somerset Streets (behind Trader Joe's).

The festivities being at noon with live music by DD Sweet (see review on page 3) to warm us up. The costume parade kicks off at 1:00 PM, so get there early to register your prize pup for the catwalk, and get ready to participate in the audience poll to pick your favorites. Prizes donated by our friends at local pet stores Uncommon Paws and Fish & Bone will be awarded for creative honors ranging from "Cutest Couple" to "Spookiest" and "Best Behaved" and more.

There will be a pop-up fenced-in dog park thanks to Portland Parks & Recreation, plus vendor tables (including, of course, info on the BNA and BOC) and games and activities for kids thanks to the City of Portland's Office of Sustainability.. Our favorite local food truck vendor Caroline's Cup

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View from the

President's Porch

by Tom Blackburn

A lot is happening in Bayside today. The Events team will be hosting the Second Annual Howl- o- ween on October 24th on the Bayside Trail, followed by trick or treating at local businesses. Last year's event was a howling success. Safe Streets Team members walked the streets at night conducting a street light survey that will be presented to the City Council. This survey identified that 17% of the street lights were not functioning and that several areas in Bayside are without any lights, creating dangerous areas for residents and visitors. Where there is light, there is less crime! The Bayside Business Breakfast Club has received and distributed the neighborhood maps prepared in partnership with Visit Portland to guide visitors to Bayside's businesses and streets.

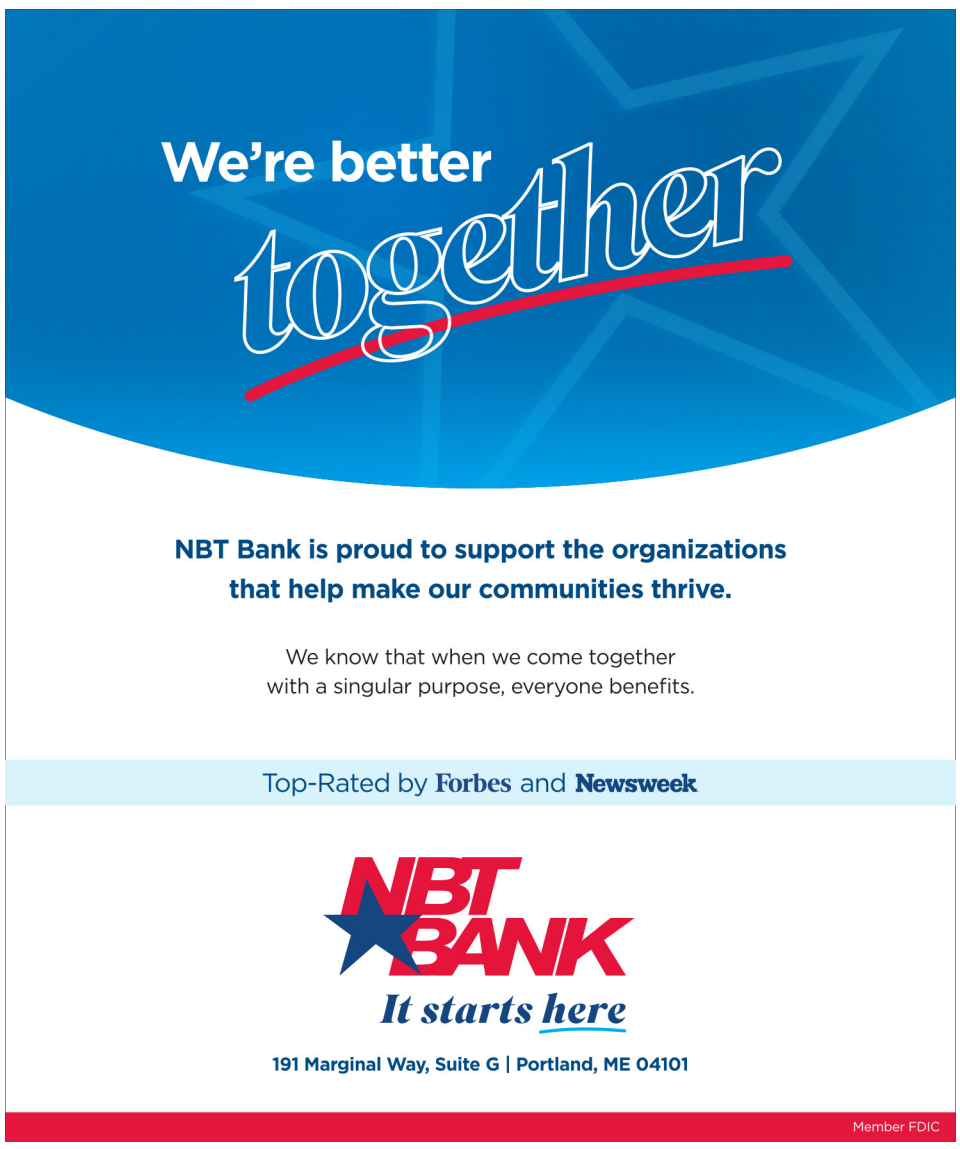
Meanwhile, the Bayside Opportunity Center received a generous donation from Back Bay Tower. This money allowed the BOC to hire grant writer Lisa Erickson-Harris, hire Obed Frempong Aboagye as the operations lead, pay rent to Reveler, and pay a retainer to attorney Andrew Kull ESQ. who is researching a remedy to the issue raised by the Portland School Department counsel that would allow the use of the vacant 17,000 sf 28 Portland Street by the BOC as community center.

The BOC now has functioning but temporary community center on an interim basis at 62 Elm Street. The owner, Reveler, agreed and has leased 3000 sf on very favorable terms for 6 months with options to extend if needed. This building is scheduled for demolition in about 2 years. We were able to furnish the space with tables, chairs, and more, thanks to a donation from Courtney MacIsaac of the Downtown Social Club.

As you may be aware, several months ago the BOC commenced its English acquisition classes in space provided by Avesta Housing. We are now able to expand this programming with more volunteer staff to assist and plan how the BOC can further support our residents. In the works are art classes and exhibits, musical and culinary programming drawing from our diverse cultural landscape here in Bayside, and community events on a recurring basis. Also being developed is work force training and resources for new Mainers and their prospective employers.

Bayside has received some very disturbing news that Seeds of Hope partnered with Preble Street to add a warming shelter to the basement of Elena's Way, despite the recommendation of the 2012 Task Force to End Homelessness, that no more shelters are to be located in Bayside and the 2021 City Council moratorium on any shelters being placed in Bayside. All of this is being considered despite the repeated failures of Preble Street to comply with their own Management Plan because Preble Street is concerned about staff safety in their required hourly walks to pick up trash and disperse loiterers. The warming shelter plan will be discussed in a public forum hosted by the Bayside Neighborhood Association on Tuesday, October 27th at 6pm in the new Bayside Opportunity Center at 62 Elm Street. I hope many Baysiders will join us to make their voices heard

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Councilor's Corner

by Sarah Michniewicz

Like many dense urban neighborhoods scarred by disinvestment, the shift in seasons in Bayside is marked less by the color of leaves on trees than the number of layers on bodies. In fall, this shows up most acutely on those with the least - living on the streets and sleeping in doorways.

Those doorways were supposed to be emptier, the unsheltered sheltered, and Downtown safer this winter thanks to a nightly warming shelter to open mid-November. Months of planning are falling apart. How did this happen?

Five years ago, in the chaos of Covid, the folly of relegating hundreds of struggling people to a few blighted residential blocks in Bayside became undeniable. The resource center and soup kitchen closed, and a shelter for high-acuity, chronically homeless adults was approved but justifiably prohibited from expanding. Its basement was selected for this year's warming shelter anyway.

Why choose an off-limits building in a neighborhood pressurized by drug trafficking, crime, suffering, and poverty? Even if City departments missed the restrictions, numbers don't lie. Beat 4, Bayside, continues to have the highest number of police calls, averaging 18% monthly for nearly a decade. The cynical answer is convenience. An uglier possibility is contempt.

The reality is, Portland doesn't have a long-term, unified, data-driven strategy to address homelessness. The Homelessness Prevention Task Force of 2011-2012 was an important effort for its time, but times have changed dramatically.

Disorder, open drug use, and violence have spiked throughout Downtown, Congress Street, and the Arts District - the economic engine of the state. Services work in silos, systems are overwhelmed, and problems are managed by displacement. Homelessness has polarized people who should be working together, and the warming shelter is the latest casualty. I knew the site was restricted, but wasn't called in to the conversation until it was too late to reroute gracefully.

The good news is, the time for action has come. At the October meeting of the Health and Human Services and Public Safety Committee, we agreed to develop a Public Safety Improvement Policy Framework by appointing a group of stakeholders and subject matter experts to develop strategies to improve both community conditions and outcomes for unsheltered people. This is the response to the friction of community homelessness that I've advocated for since before I joined the council. This is progress.

It will take time, effort, alchemy, and council unity to turn the framework into action, and for that action to endure on the ground. We'll get there by continuing to meet today's crisis and treating tomorrow's solutions as a shared responsibility, not a hot potato. That's how we can make sure this is the last year we spend more energy reacting than celebrating our success

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Councilor Michniewicz represents District One, including Bayside, on the Portland City Council.

Annual District Meeting 10/29

District Meetings offer residents the opportunity to discuss neighborhood issues with their City Councilor, the City Manager, and City staff. We look forward to meeting and talking with you. Free childcare will be available at each meeting for kids ages 5-12. More information at www.portlandmaine.gov/annual-district-meetings

2026 District One Meeting
Hosted by Councilor Sarah Michniewicz
Thursday, October 29, 2026, at 6:00 PM
Portland High School (284 Cumberland Avenue)



SoundWaves Season Two: A Bayside Collaboration

by John McArthur

In September, Maine Public Television began moving into their new media center in the former Portland Public Market building at 320 Cumberland Avenue in Bayside. The media center, which occupies over 50,000 square feet, houses broadcast studios and news operations along with a community space.



For Season Two of their local music series, Sound Waves, Maine Public Television returned to The Studio Portland on Casco Street in Bayside to ensure the highest quality audio. Hosted by songwriter Carolyn Currie, Sound Waves brings together the combined talents of the Emmy-Award Winning Maine Public Television video production team lead by Nick Woodward, Director of Media Production Services, along with sound engineers Steve Drown (MECA) and Sam McArthur (The Studio Portland).

Con Fullam, producer of the Sound Waves show, said, "I have always been astounded by the breadth and depth of talent in the state of Maine and feel very privileged to put some of that talent on Maine Public Television." The twelve episodes, which will be released in Spring 2027, feature Maine-based musicians Angelika Fahray, Carolyn Currie, GoldenOak, Bess Jacques,The Boneheads, Akiwaku, Aztec Two Step 2.0, Jonathan Edwards, Mark Miller, the DaPonte String Quartet, Dave Gutter, and Tom Snow.

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Thu 10/22 ANDREW MCIVER with Dr.Gasp
Fri 10/23 ALEX KEATON with Omen Negation, Dummy Ache, Junk Orbit
Tue 10/27 MALI OBOMSAWIN with Andrew Broder
Thu 10/29 NIGHT OF THE SPIRITS
with Gina Brown, Lynda Mandolyn, Daniel Ouelette, Devil Honey

Bayside Bowl

Sat 10/24 WEIRD PHISHES (Radiohead + Phish Tribute)
Sat 10/31 ROSE ALLEY (Jerry Garcia Band Tribute)
Sat 11/07 GRIME STUDIOS BENEFIT SHOW with Bandolino,
Brie Dee & the Muck Toos, The Fur, Junker, Field Studies, Rhys
Sat 11/21 JOHN BROWN'S BODY with Royal Hammer

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How Sweet It Is

Live Music Review by Robert Sylvain



The vibe is groovy, glittery, funky and fabulous. It's an underground speakeasy feel that only Bayside could produce. We're in an artist loft where only Baysiders in the know and friends of the show get a ticket to go. This is just the kind of scene that Deirdre Paul would be taking in for her usual Baysider column on off-the-beaten-path music, had she not been busy on stage, *making* the scene. And baby—nobody makes the scene like DD Sweet.

The space is filled with vintage furniture and objets d'art, cool posters and paintings from around the corner and around the world. Lit by colored paper lanterns hanging from the high ceilings and thrift shop lamps (wait—is that an old traffic light in the corner?) while a disco ball sprays the dance floor, it's a feast for the eyes.

The music, then, is a feast for the ears. Playing an eclectic mix of originals, funky R&B classics, and danceable re-imaginings of deep tracks from unexpected places, DD Sweet sets the mood with inventive, well-crafted arrangements and an engaging stage presence that invites the eager crowd to dance along. Sweet's vocals hit the sweet spot, buoyed by lush harmonies from kindred spirits Svanna Clariot and keyboardist Jacqueline Van Meter, elevating every track with timeless beauty. Rounding out the band is a roster of top-tier musicians including Mike Taylor on guitar, Nate Soule on bass, and Dan Capaldi on drums, laying down the groove with inimitable Portland style. Just when you think it couldn't get more hip, enter djembe master and Bayside idol Namory Keita, bringing the dancers to a fever pitch, yelling for an encore as the last beat drops.

The party didn't stop there though, as Bayside's own favorite DJ Stack-it-up Steve took the stage to finish the night in style, spinning tracks and inspiring the perspiring. To cool off folks visit the fire pit in the fenced-in and festooned courtyard. Meanwhile DD's neighbor, Coconut Johnny, is in the corner, opening whole coconuts with three deft whacks of his machete, so guests can sip the fresh juice along with their favorite additive. Seriously, only in Bayside. — • —



BNA Team Reports

Bayside is powered by people-focused, purpose-driven teams. You don't need to be on a formal committee to participate—everyone who lives, works, or hangs out in Bayside is welcome to jump in. Whatever your interests are, there are teams for you to join. If not, let's start one together! Here is what our teams have been working on over the past three months across the neighborhood.



Citizens' Trash Brigade (CTB)

The CTB keeps Bayside clean and litter-free through regular volunteer sweeps, recently joining forces with staff and clients from Preble Street's Elena's Way. CTB meets on the third Friday of every month at 3 PM (meeting at 28 Portland Street). As the weather turns colder, the team will transition to shoveling and sanding neglected neighborhood sidewalks. *Lead:Megan Holt (ctb@baysideportland.org)*



Relevant Developments Team

With over 260 housing units currently under construction and more than 1,200 units in the planning pipeline—including the recent opening of 54 senior housing units at Equality Commons on Casco Street—Bayside continues to evolve rapidly. Track all current development proposals and construction updates across the neighborhood via our online tracker at baysideportland.org/construction. *Lead: Amelia LaBreck (development@baysideportland.org)*

Bayside Business Breakfast Club

In partnership with Visit Portland, the Business Breakfast Club completed and distributed the new printed Bayside Visitors' Guide maps across town to boost foot traffic to local neighborhood shops and eateries. Over 10,000 copies of the map were placed at major transportations hubs including the Jetport, Amtrak, and Ocean Gateway. The club is also collaborating with the Events Team on the upcoming Bayside Business Trick-or-Doggie-Treat from 3pm-4pm following the annual dog pageant. *Lead: Stacy Begin (business@baysideportland.org)*



Events Team

It has been a busy season for the Events Team! Following a successful BPM Drum Festival on the Bayside Trail and a BNA night at Hadlock Field with the Portland Sea Dogs, the team co-hosted an At-Large City Council and District Attorney Candidate Forum on October 14th with Portland Downtown at the Portland Media Center. Next up is the 2nd Annual Howl-o-ween Dog Costume Pageant on Saturday, October 24th (12–2 PM) on the Bayside Trail, followed by neighborhood business trick-or-treating from 2–4 PM. *Lead: Deirdre Paul (events@baysideportland.org)*

Baysider Team

The Baysider print circulation has doubled to 2,000 copies starting with the Fall issue, reaching more residents, businesses, and public spaces throughout Bayside than ever before. As always, we're looking for new content submissions, advertisers, and volunteers. *Lead: Joey Brunelle (baysider@baysideportland.org)*



Community Garden Team

The Bayside Community Garden at 78 Chestnut Street enjoyed a full summer bloom and fall harvest despite challengingly dry weather along with the loss of the water supply from the former Oxford Street Shelter building. Many thanks to the Portland Fire Department for periodically refilling rain barrels provided by Portland Parks & Recreation in order to get through the season. The team is working on securing a permanent, long-term water tap connection to support our 27 neighborhood plot holders for seasons to come. *Lead: Holly Picotte (garden@baysideportland.org)*

Public Art Team

The Public Art Team met informally during the September First Friday gallery opening at 82 Parris Street to plan upcoming public art initiatives. Current focus areas include reviving the "Black Frame" art sale fundraiser, preparing for another round of utility box painting, and seeking new funding sources for the oak stump art project. The team is actively recruiting new members and looking to build a raft of volunteers to help local galleries expand opening hours. *Lead: Kincaid Pearson (arts@baysideportland.org)*



Safe Streets Team

The Safe Streets Team conducted a comprehensive street lighting audit across 44 neighborhood map sections, identifying dark spots and finding that 17% of streetlights were out. The findings are being compiled into a formal report for City Council. The team has been following the warming shelter proposal to make sure any new social services in the neighborhood come fully funded with management plans and accountability. The Safe Streets Team also coordinated with businesses on Hanover St. to refine new traffic calming measures proposed and implemented by the Portland Urbanist Coalition. *Lead: John Van Hoewyk (safestreets@baysideportland.org)*

Tech Team

The Tech Team is upgrading BNA's digital infrastructure to make neighborhood communication clearer and more accessible. Key initiatives include consolidating the community calendar, developing digital primers for board members, strengthening file security, and testing a streamlined team reporting and weekly newsletter workflow. *Lead: Johnny Sylvain (info@baysideportland.org)*



Tree Team

Summer heat and drought have highlighted the vital importance of Bayside's urban canopy, while straining the health of many of Bayside's recent plantings. The Tree Team is advocating for the protection of mature trees in the proposed Franklin Street redesign. Members participated in the Portland Urban Forest Master Plan Advisory Group led by Rachel Comte of Urban Canopy Works to ensure Bayside improves its historically low tree equity score as Portland plans future plantings. *Lead: Avery Yale Kamila (trees@baysideportland.org)*

Welcome Team

The Welcome Team is now the Bayside Opportunity Center's official liaison to the BNA board. BOC Operations Lead Obed Aboagye will be reporting to BNA board liaison Rayyaan Hakizimana, who is also the operations manager for Food For All Services on Parris Street. The team remains focused on outreach and social media, while continuing to build the partnerships that foster community building and programming for new arrivals and long-standing immigrant populations. *Lead: Obed Aboagye (welcome@baysideportland.org)*

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Vote by November 3



On Wednesday, October 14, 2026, at 5:30 PM, the Bayside Neighborhood Association and Portland Downtown co-hosted a Candidate Forum for District Attorney and At-Large City Council at the Portland Media Center (PMC). Admission was free and open to the public, and the PMC videotaped the event for streaming online.

The candidate forum brought together key contenders for local public leadership positions impacting the Bayside neighborhood, downtown commercial districts, and the greater Portland community. Co-hosted by the BNA and Portland Downtown, the event provided voters an opportunity to hear directly from candidates regarding neighborhood safety, infrastructure, housing development, economic priorities, and local municipal policy.

The forum highlighted two key contested races appearing on local ballots: the Maine 2nd Prosecutorial District Attorney for Cumberland County—including incumbent District Attorney Jacqueline A. Sartoris and former District Attorney Stephanie Anderson—and the Portland At-Large City Council race, including Atiim Boykin, Joey Brunelle, and Kate Snyder. The forum was taped live in front of a studio audience for subsequent cablecast and on-demand streaming. For links to the youtube videos see www.baysideportland.org.

Voting & Local Election Resources

For information regarding voting requirements, district boundaries, or local voting logistics in Maine, residents can consult the following print and web resources:

Verify voter registration rules, absentee ballot details, and statewide election guidelines through the Maine Bureau of Corporations, Elections & Commissions (maine.gov/sos/cec/elec).

Check local voter information, polling place maps, and official municipal resources via the City of Portland Elections Portal or by visiting the City Clerk's office at Portland City Hall (389 Congress Street, Room 103, Portland, ME). — • —



Bayside's Best Recipes



Braised Short Ribs

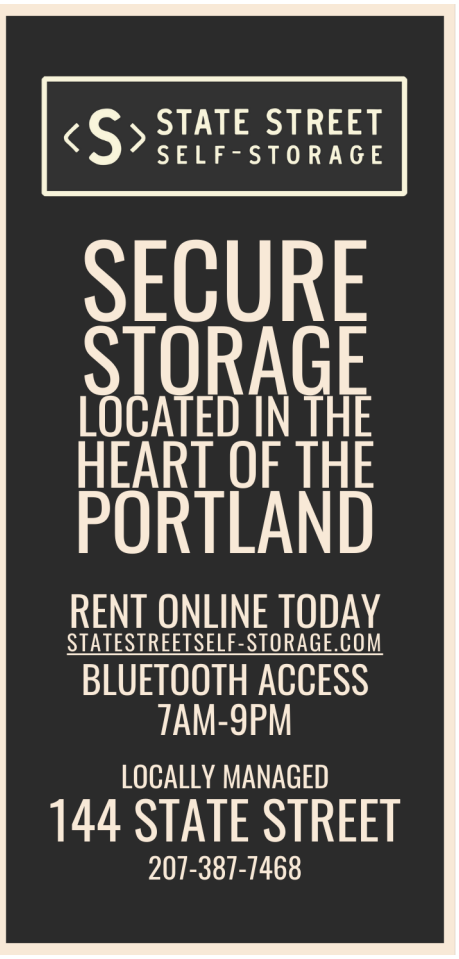
1lb boneless short ribs
1 onion diced
2 carrots diced
4 celery stalks diced
1 can whole tomatoes
2 sprigs of rosemary
2 cups red wine

Place all ingredients in a braising pot and add water to cover the meat.

Cover with lid or foil and place in a 350 degree oven for 3-4 hours, until meat is super tender.

Remove from liquid and let cool enough to handle. Strain the liquid and discard solids. Pull/clean the meat and add it back to the liquid.

Heat a sautéed pan adding some meat, liquid and a spoon of butter. Heat until liquid is reduced into a thick sauce. Add to your favorite taco shell and top with salsa or pico de gallo. Or come to Isa and have it on a house made corn tortilla!



Bayside Sea Dogs

Thanks to the Portland Sea Dogs for hosting a wonderful evening at Hadlock Field on September 8th!

Big shout out to BNA board member Michael Hayes for putting it together and to our VP Peter Markoe and son for delivering the ceremonial first pitch! Congratulations to our home team for a hard fought win, and thanks to our friends, neighbors and families for joining the celebration! — • —







Then & Now

A Conversation with Susan McCloskey
by Patrick Beacham



Patrick: How did you wind up moving to the Bayside neighborhood?

Susan: I ended up moving to Portland because a friend and I had taken a camping trip. I was living in Pittsburgh at the time or Chicago. I forget which, but my friend had taken a camping trip to Swan's Island once years before and he wanted to go back, so I went with him. On the drive back we just drove through Portland, where I had never been before, and I thought it would be a nice place to live maybe, and this is maybe 40 years ago. So starting 40 years ago it just got burned in my brain that I wanted to move to Portland and so I eventually did about 35 years ago. I lived at Woodfords Corner first, in an apartment at Woodford and Stevens, and began looking for a house to buy right away. This house in Bayside was the second house I looked at, and I walked in the front door and it was love at first sight, so this is the house I ended up with.

Patrick: What were some of your initial impressions of Bayside back then?

Susan: When I was looking around I had contacted the broker and he was about to show me this house, he said he wasn't sure about the neighborhood because of course Bayside has always had this crappy reputation. So I went to look at the house and saw the street, and I said, this is a fine neighborhood. I really didn't see any issues with it, and when I moved in, I also didn't find any big issues. I mean you just had to keep your wits about you, and the neighbors were nice and it was walkable, and I still don't see why everyone doesn't want to live in Bayside.

Patrick: What kinds of things were you going to see and do? How do you pass time in the neighborhood?

Susan: My favorite thing to do is to go to the library and to the Nickelodeon. I love movies, and the museum is great, and the grocery store is also walkable. I didn't have a car for a long time—probably the first 10 years that I lived here—so it was just great to have everything within walking distance. Who knows, I might get to a point where I don't have a car again, so here I'll stay.

Patrick: Looking back over the last 35 years that you've been in Bayside, what are some of the major differences between then and now?

Susan: I'm always struck by the fact that even though there have been some big changes, things are basically the same. Like that Simon and Garfunkel song, after changes we are more or less the same; we still have the same problems. Even though the demographic has changed somewhat and the housing situation—there were at least three or four vacant houses on my street and our neighboring street when I moved in, and they have all been renovated and moved into—so possibly the population has increased and certainly the income level of most of the residents here has increased. So those are big changes. One thing that struck me too, when I moved into



Susan with the BNA Community Garden Team

Bayside there were practically dozens of stray cats in the neighborhood, and I ended up with nine of them in pretty quick order. I'm just struck these days at how few stray cats we see, and maybe that speaks to the demographics, I don't know. The changes, some of them are good and some of them not so good. But basically, we still have all our societal problems that we started out with, and have had for generations probably, in Bayside.

Patrick: As far as those challenges that you said have been long-running, can you be a little more specific about what those are and what's changed and stayed the same?

Susan: I suppose the addiction problem is the big one. These days it seems to be generated mostly by drugs, whereas when I moved in, it was basically alcohol, and I think maybe the alcohol problem was easier to deal with, certainly for the police. The drug problem has complicated things endlessly as far as needles and people passed out on the street and having no place to really help them on a consistent basis. It's all very spotty, it seems.

Patrick: On the flipside, I'm sure there have been a lot of great things about the neighborhood that have presented some continuity over time.





What has stayed the same, or changed for the better?

Susan: Yeah, I think basically, it's the BNA that has provided this thread of consistency. It formed as an earlier iteration of a neighborhood association before I moved in, and we've always had some very dedicated leaders, including Tom Blackburn, our present president, and Ron Spinella and Steve Hirshon, both of whom have passed. And we were very lucky to have Sarah Michniewicz as our president for several years.

Patrick: I want to follow that thread about the people and what it's been like in the neighborhood to have community. What have you found people really connected around in the neighborhood?

Susan: Yeah, I have made some friends. You talk with the neighbors, and sometimes when they need an apartment, they'll ask if yours is available or will be available. Then I have a regular walk to the Y almost every morning and I see the same people walking their dogs, and we say hello and chat. You get to know some neighbors who have been BNA members of course, and get really close



Susan with fellow BNA board members in 2013

to those people too because you see them more consistently. When the apartment building next door was subsidized housing I made a couple of close friends--Mike and Cathy--who have since passed. I still miss them.

Patrick: Bringing this around to something in the present, what are some of your hopes and aspirations for the neighborhood in terms of development and community direction?

Susan: Well, it seems like we have a lot of gentrification right now, and I would like to see a lot more mixed-income people living here in the housing developments that are coming up. Certainly I would like to see more diversity in ownership; I think we can have too much property owned by the same corporations. I don't mean dangerous in a physical sense, but that can lead to higher rents, so I'd like to see more mixed-income rentals, fewer needles, and of course, more help for people who need it.

Patrick: As you walk around the neighborhood, is there anything that you would like to see grow? What do you see as a hopeful future for the neighborhood?

Susan: I would like to see more families move in. Speaking of businesses, I've always wanted to see a vertical greenhouse, and I thought the old Federated property that is now up for grabs would be a great place for one. I think that's out of the question, but more green stuff in the neighborhood would be great.

Patrick: Over the course of living here, are there particular milestones that you've gotten to be a part of that you're proud of, or major accomplishments that really stick with you?

Susan: One of our finest accomplishments was establishing a community garden on Chestnut Street--all thanks to Steve Hirshon, one of our former presidents. We've also held community dinners and art shows and a couple of World Market and Fairs that were great successes, as was the drum festival--BPM--that we held this past summer.

Patrick: What made those feel successful, and what inspires that sense of pride?

Susan: They attracted more people into the neighborhood. When people who don't know the neighborhood are drawn in by an event, they discover that it doesn't live down to its reputation. It exposes people to different groups and talents, and it's just such a broadening experience. One of our board members--Michael Hayes--organized a trip to a Sea Dogs game this fall—not just for BNA members but also for people from other neighborhoods and organizations. It was fun to mingle with a variety of people.

Patrick: It really made Bayside feel like a larger part of the city, right?

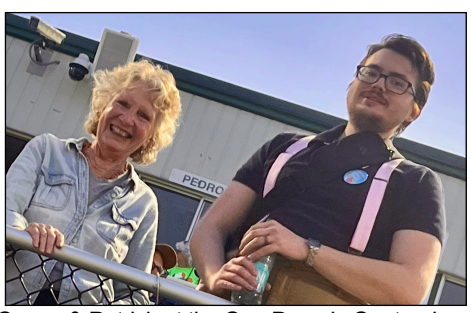
Susan: Exactly.

Patrick: I think that will do it. Thank you so much for your time.

Susan: Thank you, Patrick. We'll see you at the next meeting.

— • —

Susan McCloskey has served on the BNA board since the year 2000. Patrick Beacham joined the BNA board this year.



Susan & Patrick at the Sea Dogs in September

LIVING WELL

with Katie Johnstone, PharmD of Coastal Pharmacy & Wellness

Built to Last: Why Strength May Be the Key to Aging Gracefully

When we think about aging gracefully, we often picture healthy skin, steady energy, or a sharp mind. Yet one of the best indicators of how well we age is rarely discussed: staying strong and steady on our feet. Strength and balance determine whether we can carry groceries, climb stairs, travel, and remain independent for years to come.

Menopause marks a significant shift. Estrogen helps protect bone and muscle, so as levels fall, bone loss accelerates. Women may lose up to 20% of their bone density in the five to seven years after menopause. Muscle follows a similar path; we gradually lose mass each decade starting in our thirties, a process called sarcopenia, and the loss speeds up in midlife. Together, these changes set the stage for falls and fractures.

Falls are more common than many realize. One in four adults over 65 fall each year, and a single fall can shift someone from independence to needing support. The good news is that much of this risk is modifiable, and it is never too late to start.

Strength training is the foundation. Bones respond to load; when muscles pull on bone, the body maintains and builds density. Research in postmenopausal women with low bone mass shows that supervised, progressive resistance training can safely improve bone density. Walking and light weights are a good start, but muscles and bones need a challenge that increases over time. Aim for two to three sessions per week using everyday movements like squats, step-ups, suitcase carries and getting up from the floor.

Power and balance matter, too. Power, or strength applied quickly, declines even faster than strength and is what helps you catch yourself when you stumble. Standing up briskly from a chair helps train that reflex. Balance fades without practice and improves with it; try standing on one leg while brushing your teeth, walking heel to toe, or tai chi, which has strong evidence for reducing falls.

Nutrition supports the work. Protein needs rise with age, and 25–30 grams per meal supports muscle repair better than saving most of it for dinner. Vitamin D, calcium, and creatine are also worth discussing with a knowledgeable provider.

Other fall risks include vision changes, unsupportive footwear, home hazards, and medications such as sleep aids and blood pressure medications that can cause dizziness. A medication review with your pharmacist is a simple, often overlooked step.

Aging gracefully is about building reserves before we need them. Strength is not just about how we look; it is about how freely we get to live.

— • —

FITNESS CENTERS in BAYSIDE

Club Pilates
– 75 Chestnut St, Suite 101
The Exercise Coach
– 118 Marginal Way
F45 Training
– 178 Kennebec Street
Jibe Cycling Studio
– 82 Hanover St, Suite 12
Orangetheory Fitness
– 23 Marginal Way #5
Planet Fitness
– 145 Marginal Way
Reframe Fitness
– 180 Kennebec Street
Workout Anytime
–511 Congress St, Suite 12



Howloween

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will be on hand for hot coffee and specialty drinks, too.

As the festival wraps up, the fun continues throughout the neighborhood with a Trick-or-Doggie-Treat trail hosted by local Bayside businesses from 2:00 PM to 4:00 PM. Bring your costumed pup to explore the neighborhood and say hello to participating shops!

Interested in getting involved? reach us at *events@baysideportland.org*. Vendor tables are also available; sign up directly on our website at *www.baysideportland.org*. Help us spread the word by sharing the event on Facebook or hanging a flyer at your workplace, local coffee shop, or anywhere fellow dog lovers gather! See you there!

— • —



poetry place

… a brief creation tale

in the sea aside the land at the place where
the sun first looks our way—welk devours
quahog like light consumes darkness—most
ancient loon bird knows all about black and
white, red and blue wampum beads woven with
sinew pulls string ties together—these dirt and
water relatives will tell you old stories' meaningful

memories and narratives as mnemonic device
which later become belts of relationships—
collective agreements in treaties, marriages
and deaths but in this story we're not there yet
because even beavers are great teachers who
leave their crosshatch marks to fell and drag
trees, weaving cut lumber with red teeth, waddling

and nibbling like porcupine bark eaters—when
they're not acting as sharp quilled defenders, like
bears who claw towards cambium layers and rub
their backs to send message in the woods where
gluskabe, the non-binary man who manifested from
nothing shoots a single arrow into brown ash trunk
and in that split of flesh, wabanaki people emerge

and flow like phloem from between the rings, drip
dropping like drumming pounding logs into gauge
stripped parts woven becoming baskets to carry
berries because there was more to share than bear
could ever gobble as birch beings peel into vessels
to carry clean water moved by beaver's mission—
bark etched with bone and seams embroidered by

soaked refills of quills become
the marrow matter of this

cosmos story …

Lilah Akins

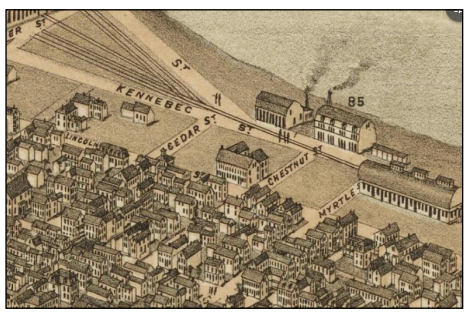
BAYSIDE HISTORY
Did You Know?

Bayside's Unpretentious Beginnings

by Aimee Keithan, Educational Programs Manager, Greater Portland Landmarks.

Did you know that Bayside earned its name quite literally? As late as 1823, much of the area that is now Bayside was part of Back Cove, then a larger bay, with Cumberland Street the only east-west thoroughfare between Congress Street and the cove. Streets like Preble, Elm, and Chestnut dead-ended at the water, which nearly reached Cumberland Street in places and was deep enough to accommodate large vessels at one point.

By 1826, infilling began in earnest to accommodate the Kennebec and Portland Railroad's depot, and Oxford Street emerged atop this newly created



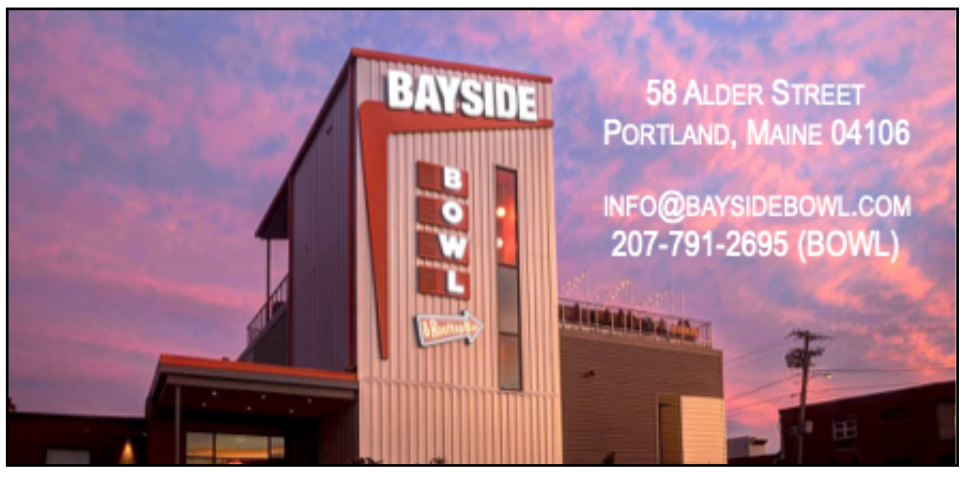
land. The 1840s brought more land from gradual infill to increase the size of the railroad yards, though it wasn't yet a through station. The 1850s saw the creation of what we now know as Lancaster Street (originally called Lincoln Street) positioned in front of the depot, and Kennebec Street behind it, closer to the cove. This phased expansion of the peninsula coincided with increasing railroad traffic, both passenger and freight.

By the 1870s, maps show North Bayside's first residential buildings around the railway depot, on the block between Elm and Chestnut. Since the railroad remained the main business nearby, these were likely inhabited by railway workers and managers. In the decades that followed, the neighborhood saw a variety of dwellings crop up in this area, such as duplexes, single family homes, and tenements. Along with housing, industry in the area grew, including a lumber mill and a pickle factory.

By the 1950s, Portland's urban transformation began reshaping Bayside, and the neighborhood was split by the creation of Franklin Street. Heavy industry, like the lumber mill, faded out and in its place rose lighter manufacturing activity. Many homes were cleared to make room for businesses like Cushman's bakery complex and related structures (between Cedar and Elm) and H.J. Heinz Wholesale Food Company (on the Chestnut-to-Cedar block).

Today, it's likely that some of the early industrial structures still stand at the core of the current buildings and that 20th century siding conceals 19th century building fabric. You can still discern the past in the rear façade of the back of 165-175 Lancaster Street (the Cushman and Heinz buildings), which still has loading docks and bump-outs, relics of manufacturing processes that outlasted more homogenized fronts. Even though the railway depot is long gone, tracks still poke through the asphalt on Kennebec Street. Through its entire history, Bayside has been continuously reinvented, yet it has always remained rooted in its unpretentious, working-class character. — • —

—Originally published on Greater Portland Landmarks' online blog found here with more info: www.portlandlandmarks.org/gplblog





Opportunity

(continued from page 1)

Network, Hope Acts, Food For All Services, Portland Adult Education, ProsperityME, YMCA, Boys' & Girls' Club, Avesta Housing, Maine Immigrant Rights Coalition, A. Philip Randolph Institute, and local trade unions as well. At 62 Elm Street, we aim to create connections through skill sharing, cultural exchange, and community events.

We welcome your ideas, your involvement, and the care you already bring to this community. Become a conversation partner, share a skill, volunteer, or introduce us to a potential community partner. In the coming weeks we'll be busy cleaning, painting, collecting furniture, tools, and supplies, moving in and setting up. It's all hands on deck! Together we can turn this new space into a home for connection, belonging, and opportunity, with light and love for every neighbor. — • —

for more info: www.baysideoc.org

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 new Bayside Opportunity Center at 62 Elm 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





DONATE TODAY

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

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