

# SUNNYSIDE

## *Neighborhood News*

### February 2019

#### **Work on Good Neighbor Agreement Begins at Sunnyside Community House**

*By Matt Lembo*

In response to concerns expressed by neighbors at recent meetings regarding conditions outside the Community House and at Sunnyside Park, the Sunnyside Community House and Sunnyside Neighborhood Association began work on a Good Neighbor Agreement (GNA) at the January 8th meeting of the SNA Safety & Livability Committee. Work is expected to continue for the next several months.

Development of the agreement began with the establishment of primary goals and core principles via the SNA Safety & Livability Committee. The goals and principles established at these meetings will then be taken up by a Drafting Subcommittee which has been formed from nearby neighbors and representatives from the Community House. This small group will be responsible for producing the actual language of the GNA. As sections of the GNA are drafted, the Drafting Subcommittee will present them at the Safety & Livability Committee meetings for feedback and further discussion. Once the Drafting Subcommittee agrees on a finished draft it will be presented to all parties for adoption.

The main purpose of this and any GNA is to establish the framework for a productive, lasting relationship between the parties based on clear, direct communication and a commitment by all parties to engage in open, productive actions in pursuit of the

established goals. Though not a legal document or contract, a GNA provides an essential framework for continued evolution of important and highly valued relationships among our neighbors.

As we work through issues together, it is important to remember that this is as much a learning process as anything else. It is critical that all participants remain open and committed to learning about any topics that the group may be engaging with. This may include bringing in outside experts to help us understand more complex issues and topics, and it is essential that we all are committed to putting in the time and effort required to take advantage of these learning opportunities.

Please join us at the next meeting of the Safety & Livability Committee on February 5th, at the Sunnyside Community House or look for updates on [sunnysideportland.org](http://sunnysideportland.org) under "Current Topics" to share your thoughts and participate in this important process.

#### **International Student Hosting Opportunities Now Available**

*By Rachel Denning*

*Homestay Coordinator, Pacific International Academy*

Pacific International Academy is looking for local Portland families close to our campus in SE Portland to host international students. In return, families will receive a generous monthly stipend along with a truly enriching cultural experience.

Pacific International Academy (PIA) has recently relocated to the campus of Warner Pacific University in Southeast Portland and we are looking for host families to join our network. Homestay hosting provides an enriching cultural exchange experience for both the students and the host families. The students greatly value opportunities for communication with family members and truly enjoy being part of the community.

We welcome all types of families to join our homestay program. All host families are expected to provide a safe, caring, and comfortable living environment. In addition, host families are required to:

- Reside within 1 hour and 15 minutes from Warner Pacific University by

*cont'd on page two...*

#### **MEETING SCHEDULE**

##### **SNA General & Board Meetings**

Thursday February 14th, 7-9 p.m.

Thursday March 14th, 7-9 p.m.

@ SE Uplift, 3534 SE Main St

##### **Safety and Livability Committee**

Tuesday February 5th, 6:30-7:30 p.m.

@ Sunnyside Community House

##### **Land Use & Transportation Committee**

Tuesday February 5th, 7:30-8:30 p.m.

@ Sunnyside Community House

##### **Graffiti Clean-up**

2nd & 4th Saturdays, weather permitting.

Call 503-235-5047

##### **Sunnyside Trash Pick Up Crew**

Every Monday, 7 p.m. Meet at Sunnyside School basketball courts

**SUNNYSIDE NEIGHBORHOOD ASSOCIATION**

[SunnysidePortland.org](http://SunnysidePortland.org)

[board@sunnysideportland.org](mailto:board@sunnysideportland.org)



public transportation, or be willing to drive students to and from campus daily.

- Provide students with a private furnished bedroom and access to the kitchen, laundry, and bathroom. For some of our programs, students can share a room with another student studying the same program.
- Provide students with food for three meals per day (cooked meals and/or groceries).
- Have WiFi Internet access.

A stipend of \$700 per month per student is available to the host and we offer long-and short-term homestay placements. More information and our full homestay policies are available at [piahomestay.wordpress.com](http://piahomestay.wordpress.com). Please email this application to [rachel@piaschools.edu](mailto:rachel@piaschools.edu).

Once the application is received, PIA will contact the family to schedule an appointment for a home visit.



## Local Dad Returns to His Volunteer Roots After Youngest Leaves for School

*By David Straub*

I moved to Portland's Belmont neighborhood in 2005 with three young kids in tow, ages 5, 7 and 9. Given their age it was important to know and be involved with the other people on my block. It helped give me comfort as to the safety of the neighborhood. These interactions also helped to imbue in my children something that I believe is really important; that is to have awareness and concern for those around us.

At the end of the summer of 2018 my youngest daughter went away to school, creating a big change of dynamics in my house. During their teen years I had

become less involved with those on my street as the size of my children's community expanded. My daughter's departure gave me both the time to do what I wanted to do as well as the ability to return to my roots, so to speak.

Both my parents were heavily involved with family and at work. My mother with the people at her job and my father with the retailers in the large strip mall where his music store resided and, later on - when he effectively changed careers - with the larger catering community as he transitioned to a mobile entertainment service. There was always a sense that we were all in it together and that, when feasible, we were expected to help and support each other. They instilled in me the notion that one helps the larger group as it not only makes the larger community more successful, but it also makes life more rewarding.

Given the opportunity to re-engage with my community after my youngest left for school, the one thing that kept coming to the forefront was the issue of homelessness. Having a good understanding of child development as well as the mental health field, I felt this was an area where we, as a society, were failing. And given my inherent group ethos, I saw it as "our" problem, not "their" problem. After all, there is a price we all pay when we have people living in the street. More importantly, no one wants to be homeless. It's a horrible condition. And it's something that happens when someone has no other options.

My first foray into this was simple. A couple years ago I began interceding in situations where someone - generally assumed to be homeless although one can never be certain - was experiencing emotional dysregulation (ED). People might refer to it as when someone is acting "crazy" - although I hate that term - or, at the very least, "agitated". Clearly, they are experiencing an episode that they cannot handle, whether others are directly involved (as with an argument with someone in a store) or not (like the time someone was just standing in the middle of Belmont St. during rush hour).

More recently, I began volunteering with organizations working with those experiencing homelessness. At first I was doing some work with vets with Transition Projects and, later on, did a short stint with Central City Concern. And while I was "assisting", I felt the impact I was

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making was small, mostly because the opportunities were intermittent and I didn't have a lot of autonomy. Then I happened upon our own Sunnyside Community House (SCH).

I work from home so I'm around a lot. Hitting a local coffee shop each day is pretty common. As a result I'm often walking past SCH where some regular activity is likely. I knew something was going on because there is often a number of people presumed to be homeless hanging around outside, so I figured I should find out more. One day I looked to see if SCH had a web site and they did. There I learned that they did lunch Tuesday - Thursday and Saturday as well as a dinner on Wednesday. And, sure enough, volunteers were welcome.



I started showing up the beginning of January and have been pretty involved since, working two or three sessions a week as well as one emergency overnight in the middle of the month. I have a decent amount of construction skills as well as some kitchen experience and general project management capabilities. As a result, the tasks I've taken on have been varied -- not necessarily related to providing food or other services directly. Regardless, I feel I'm making a difference. I don't know where it's going but I'm ready to take it to the next level.



## Board Membership and Initiative Update

*By Matt Lembo*

January 10th's meeting of the SNA General Membership and Board began with a resignation announcement by Co-Chair Sean Watkins who has stepped down from the SNA Board for health reasons, reducing the number of sitting board members to eight. We are sorry to see him go and wish him all the best. Sean's announcement was quickly followed by Russell Rinaldi's resignation from his position as Co-Chair. Russell, who was unable to attend the meeting but communicated his resignation via written letter, has stepped down as Co-Chair due scheduling and workload conflicts but will remain on the SNA Board as a Member at Large in addition to remaining Co-Chair of the Safety & Livability Committee. After a brief discussion the Board elected a new executive committee consisting of Matt Lembo as Chair, Reuben Duemling as Vice Chair, Lorraine Henriques as Secretary and Maggie McGann remaining as Treasurer.

In addition to these administrative matters, the Board and a lively group of six neighbors engaged in a very productive discussion of budget priorities led by Treasurer Maggie McGann as well as a renewed effort to adopt a comprehensive communications strategy led by Communications Committee Chair, Dave Boush. Both of these topics will be on the agenda for our next meeting on February 14th. In the meantime, we are actively seeking new membership for the Communications Committee whose work will include neighborhood event and activity organizing, website and other digital communications development, outreach to potential neighborhood and nearby partner organizations, and much more.

## Belmont Library Offers Alzheimer's Caregiver Kits, Tech & Resume Help and Book Talk

*By Megan McDaniel*

Multnomah County Library now offers Caregiver Kits for those caring for people with Alzheimer's or other dementias. Anyone can get a kit by placing a hold online.

Every themed kit contains multisensory items. For example, the gardening kit has seeds, tools and books, while the cooking kit has kitchen items and cookbooks from the 1950s. The themes are designed to stimulate conversations and bring back happy memories. To learn more visit [multcolib.org](http://multcolib.org) or call Library Outreach Services at 503-988-5404.

### RESUME HELP

Sunday February 3, 3-5 p.m.  
Sunday February 17, 3-5 p.m.

Do you need some help with your resume? Are you unsure about your choice of words? Struggling to describe your accomplishments? Come meet with an experienced volunteer for one-on-one help. If you have a paper copy of your resume, please bring it along. First come, first served.

### TECH HELP

Sunday February 3, 2-4 p.m.  
Thursday February 7, 5:30-7:30 p.m.  
Sunday February 10, 2-4 p.m.  
Thursday February 14, 5:30-7:30 p.m.

Do you have technology questions? Meet one-on-one for 30 minutes with a friendly, knowledgeable Tech Helper who will help you find answers to questions about mobile devices, websites, downloading, e-readers, getting started with tech, and more. If you need help with a smartphone, iPad or tablet, please bring it with you, along with your username and password, or we may not be able to help.

### PAGE TURNERS

Wednesday February 13, 6:30-7:30 p.m

Engage in stimulating conversation about books, exchange perspectives about characters and plot, and get to know your neighbors. The book for this month is the 2019 Everybody Reads selection, *Americanah*, by Chimamanda Ngozi Adichie. Free copies of *Americanah* are available at all Multnomah County Library locations, while supplies last.

## Free Emergency Preparedness 101 Workshops

*By Jan Molinaro & Glenn Devitt*

The volunteers of Sunnyside Prepared! are offering free emergency preparedness training for you and your neighbors. We promise it will be fun and empowering, not scary! Here's how:

1. Gather at least eight people and pick a couple of possible dates & times.
2. Contact us to schedule:  
[info@sunnysideprepared.com](mailto:info@sunnysideprepared.com)
3. We will facilitate a 90 minute presentation & conversation to help you begin (or improve) your personal, family, and community preparedness. Free literature will be provided as well. There is no sales pitch; we are volunteers who want to help our neighbors be better prepared for everything from a power outage to an earthquake.


Potlucks, public halls, living room dessert parties, local businesses, summer block parties . . . get creative! So far we have provided these presentations to groups ranging from 8-160 people. You can be next!

Learn more at [SunnysidePrepared.com](http://SunnysidePrepared.com)



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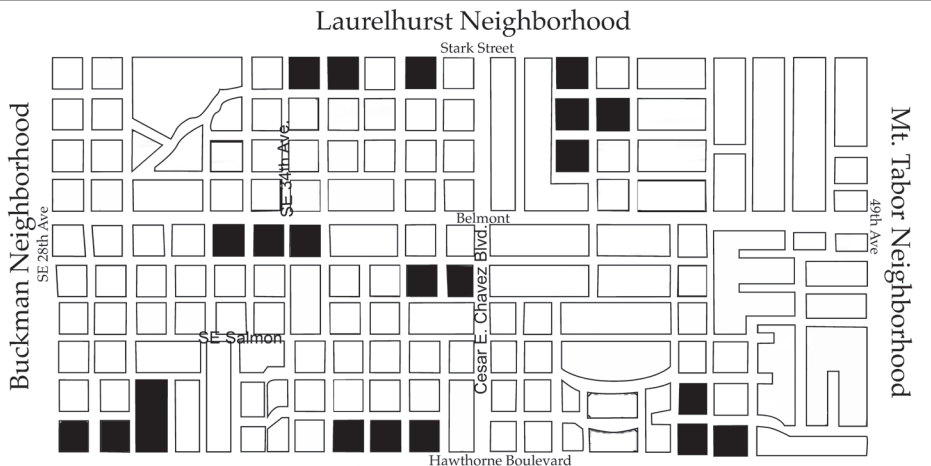
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[SunnysideNeighborhood.com](http://SunnysideNeighborhood.com)  
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Any opinions expressed, unless specified, are not  
 necessarily those of the Sunnyside Neighborhood  
 Association or its board. Sunnyside residents  
 are welcome to submit articles for consideration  
 that concern neighborhood issues, by emailing  
[newsletter@sunnysideneighborhood.com](mailto:newsletter@sunnysideneighborhood.com). Many  
 wonderful volunteer Sunnyside residents distribute  
 the Neighborhood News.

## Sunnyside Neighborhood Map

■ Delivery help needed here



Laurelhurst Neighborhood

Stark Street

Belmont

SE 28th Ave

SE 24th Ave

SE Salmon

Cesar E. Chavez Blvd

Hawthorne Boulevard

Richmond Neighborhood

Buckman Neighborhood

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SNA Meetings @ SEUL