

# SUNNYSIDE

## *Neighborhood News*

### March 2026

SUNNYSIDE NEIGHBORHOOD ASSOCIATION  
SunnysidePortland.org      board@sunnysideportland.org

#### News from the President

*By Chris Waldmann, SNA President*

Hi Sunnyside! March. It's such a time of transition. It comes in like a lion and goes out like a lamb, with a big 4-leaf clover right in the middle! Hopefully, we have indeed passed the worst of winter as we look forward to a fresh set of spring flowers and longer days. It's a great time to prep your garden and plant those peas for mid-spring deliciousness.

Back in wintertime February, the Board met and discussed some needed updates to our bylaws. They are mostly technical, spelling out in more detail how Board transitions occur and modifying the process for declaring a Board seat vacant mid-term. From a general membership standpoint, the big update would allow for voting for Board members at the annual meeting remotely over Zoom. I think that this could be a great update that will allow more people to participate in our hyper-local democracy. These amendments will be put before the membership for approval at our annual meeting in May.

We also took some time to talk about potential projects for this year. Last year, our main project (besides the Shower Project) was to repaint the Sunnyside Piazza. We'll look at repainting that again next year, but we hope to have more events this year to bring the community together! Some of the ideas we discussed were:

- Sunnyside Cleanup Day
- Community potluck
- New mural on the blank wall of the Sunnyside Community Center facing Sunnyside Environmental School
- Neighborhood Garage Sale

What do you think? What would you like to be involved with planning or participating in? The idea line is open, so share your thoughts with us on Facebook or at [sunnysideboard@googlegroups.com](mailto:sunnysideboard@googlegroups.com). We'll be kicking off the runup for one or more of the events in the coming weeks, so stay tuned.

We will see you Wednesday, March 11th for our next general meeting. We're excited to have Councilor Steve Novick join us to discuss all the happenings at City Hall. Bring your questions, concerns and comments!

#### Quad Leader needed!

We are looking for a new Quad Leader for the area bordered by Stark, Belmont, 28th, and 39th (or someone who is willing to deliver bundles in this area). As a quad leader, you receive a box of these newsletters each month. Your job is to count out bundles of them to distribute to the dozen or so delivery volunteers who, in turn, deliver them to every home in the designated area. Contact Carrie ([fergrex@gmail.com](mailto:fergrex@gmail.com)) for more information.

#### Upcoming Meetings

**Location details and agendas are on [Sunnysideportland.org](http://Sunnysideportland.org).**

##### March

Mar. 11th: General Meeting, 7:00-8:30 p.m.,  
Board Meeting, 8:30-9:00 p.m.  
March 18th: LUTC, 7:00 p.m

##### April

Apr. 8th: Board Meeting, 7:00-8:30 p.m.  
Apr. 15th: LUTC, 7:00 p.m.

#### Sunnyside Shower Project Merch!

We finally did it: We have Sunnyside Shower Project (SSP) t-shirts, hoodies, long-sleeved T-shirts and crewneck sweatshirts. Our CustomInk Fundraiser ([customink.com/fundraising/sunnysideshowerproject](http://customink.com/fundraising/sunnysideshowerproject)) is live through March 15th. The front image features work by a fantastic Sunnyside artist, MuteNeighbor, and the back is our new SSP logo. If you've ever wanted to represent SSP—while helping us raise money—now is your chance. And of course, feel free to share the link with someone who would be excited to support SSP!

#### Sunnyside Shower Project News

It's still cold out there and we can always use clothing donations at the SSP. Right now, we especially need coats, larger sized shoes, hand warmers, pants/jeans, and new underwear of all sizes. Drop off at the Sunnyside Community Center (3420 SE Yamhill) Tues., Thurs. from 1-5 PM and Sat. from 2-6 PM.

Also: we will soon be launching an SSP e-newsletter. The e-newsletter will contain SSP-specific news, info about upcoming fundraisers, ways in which you can tap into the project, and more. To sign up for our first newsletter, which will contain exciting news about a BIG early April fundraiser that involves singing, email [sunnysideshowerproject@gmail.com](mailto:sunnysideshowerproject@gmail.com) and put "newsletter" in the subject line.

## Mindful Media Tech Tip

*By Megan Orton, Member-at-large*

My family loved the Sunday Parkways so much that every year we'd try to do all of them. As the years went by, I started to notice that our day-long bike rides—and even our family time at home—were getting interrupted by phones. Now that we carry around a device that allows us to bank, buy cat food, check our work email, get the latest news, and stay in touch with friends all over the world, it's no surprise that constant productivity and connectedness is distracting. Checking our phone instead of being fully present with the people in front of us today is so common that there's even a term for it—"Phubbing" (a combination of "phone" and "snubbing").

Obviously, leaving phones at home or completely off during family time is a great option. But years ago, when I talked to my husband about minimizing phone interruptions during family time, he pointed out that he was running a business with employees that might need to reach him. He also had an elderly dad who was living alone and who might have an emergency. As nice as it sounds, for many of us being unreachable for six hours (or even two hours) is not an option.

When we can't fully disconnect, how can we still give the people around us the attention they deserve, and be fully present for the moments that matter? Eventually, my family worked out a compromise that really works, and I invite you to try it too!

This month's Mindful Media Tech Tip is called Real Life Live For 55. The basic idea is that phones are put away for 55 minutes of every hour. Here's how it works: Before leaving on a family outing, one person collects everyone's phone and stores them (ringers off) in a purse or backpack. Your family gets to enjoy 55 minutes of fun and connection with everyone fully present and undistracted. After 55 minutes, anyone who wants to can check their phone, for five minutes only. When five minutes are up, the phones are stored away for another 55 minutes and the pattern repeats every hour.

The first few times you try this, it can feel a little clunky and overly scripted, but here's what I've found: five minutes of intentional phone checking every 55 minutes is a small price to pay for almost an hour of undistracted presence. Without a plan for intentional phone use, people tend to get pulled away by their phones randomly (and more frequently). No sooner has one

person pocketed their phone and rejoined the conversation then someone else gets a text and drops out. With the average person checking their phone 186 times a day (or every five minutes of waking hours), it's easy to wind up in a state of "continuous partial attention."

Here's why Real Life Live For 55 is an easy solution:

- For many people, it's more realistic than completely disconnecting for several hours.
- Having only five minutes to check requires people to prioritize what's actually important, and leave everything else until later.
- For folks who have a harder time parting with their phone, knowing they can check-in once an hour makes it easier for them to put it down for a while.
- It's a workable compromise between family members who want everyone to fully disconnect, and family members who prefer to stay connected to their devices.

Great times to try Real Life Live For 55:

- Family time, in or out of the house
- At grandma's house
- Date nights
- Spending time with the kids but still feeling pressure to get things done

Real Life Live For 55 isn't just for families with kids. It's a great option for couples, friends, co-workers, or any group of people that wants to create more time together undistracted by the constant ping-pong of our phones.

For more healthy screen time tips for families, go to the Printouts page of my website: [mindful-media.net](http://mindful-media.net).

## News From Sunnyside Environmental School (SES)

*By Sarah Centerwall*

*Member-at-large and SES parent*

As the evenings begin to get longer and the bulbs start to poke their heads out, the feeling of false spring is high on the mind. Is spring really here? Or will we get a last winter hurrah—a cozy little snow storm to remind us that the Northwest still is the NORTHwest? Either way, there are so many wonderful things happening in Portland and in the Sunnyside neighborhood that neither will disappoint. Our "weirdly awesome" celebrity leader of the February Bike bus was none other than the Portland Unipiper. The students were dishing up the tea with excitement to see such a fun Portland icon at the school for Keep Portland Weird day. The Read-A-Thon was a great success thanks to our amazing community. For March there is more fun to come.

### Flags in Antarctica

One of the amazing things about SES is that the different projects our students take part in have real world reaches and always go a step beyond the classroom. This year, fifth grade students researched the Adelie Penguin Colony in Cape Royds, Antarctica. As a culmination of their project, each class created a flag to send to the researchers in Cape Royds. Their flags are flying at the bottom of the world for the penguins and researchers to enjoy. I imagine this fifth grade cohort will always remember this project and it will have an impact on their future selves.

### March 5th Dine Out for SES

Tired of cooking? Head to Gorges Beer Co. (2724 SE Ankeny St.) on Thursday, March 5th from 5-8 p.m. to fill your belly with delightful brew pub fair and a nice brew to go along with it. 20% of sales will go to SES. I can't think of an easier or yummiest way to support the school! You can check out the menu at <https://www.gorgesbeer.com/foodmenu>.

### March 13th and 14th SES Original Musical with Mo Phillips

Mo and his cast of 2-5th graders are working hard preparing a whimsical evening full of adventure, music and laughs. The middle school crew is also hard at work helping with the set, costumes and direction. As of yet the title and theme are a mystery, but a little birdy told me that the script includes a librarian and a pickle. Sounds like a

must see! Performances will take place on Friday, March 13 at 6:30 p.m. and Saturday, March 14 at 4:00 p.m. & 6:30 p.m. Keep an eye on the SES Instagram page (ses\_ptsa) for more details.

**March 17th and 19th SES Mini Classes**

Every March the Sunnyside community gets together to share their knowledge with SES middle school students by offering Mini Classes. Caretakers, guardians, and community members volunteer to come to the school and teach middle school students about something they specialize in or are experts about. Prior classes have included: cooking, sign language, computer programming, D&D, how to start your own business, trail running and much more. The classes last for two days (three hours each). Mini classes give middle school students the opportunity to learn about something new or expand their knowledge in an area they are passionate about. Students walk away with enrichment that reaches beyond the classroom.

Do you have an idea for a Mini class? You can submit a form at [bit.ly/SES-MiniClass-2026](http://bit.ly/SES-MiniClass-2026). Forms are due March 1st, so this is cutting things tight, but it never hurts to check in and see if there is still room for another fun class to throw in the mix!

Have questions about SES? Email [sunnysideenvironmentalnews@gmail.com](mailto:sunnysideenvironmentalnews@gmail.com) and maybe I'll answer them in a future column!

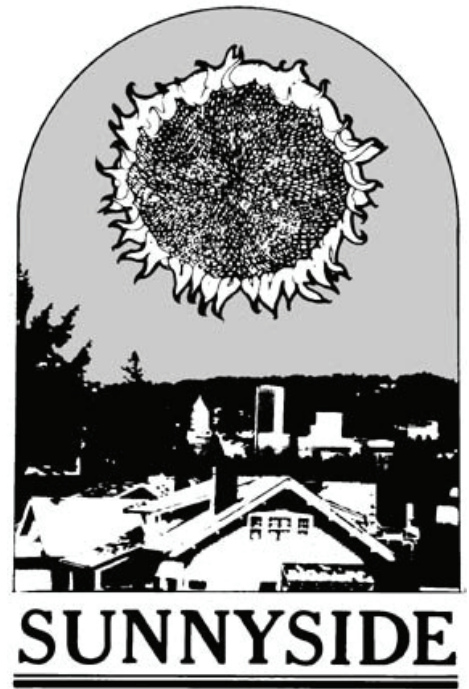
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Any opinions expressed, unless specified, are not necessarily those of the Sunnyside Neighborhood Association or its board. **Sunnyside residents are welcome to submit articles for consideration that concern neighborhood issues, by emailing [newsletter@sunnysideportland.org](mailto:newsletter@sunnysideportland.org). Deadlines are the 15th of the month prior.** Many wonderful volunteer Sunnyside residents distribute the Neighborhood News.



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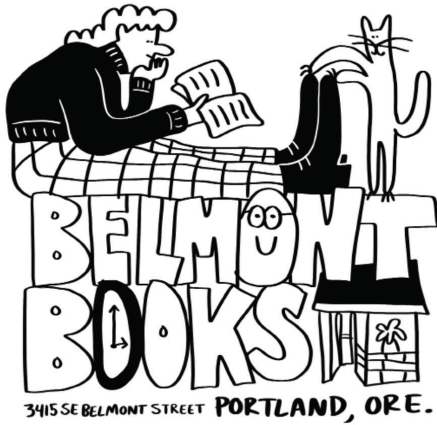
Donate to Sunnyside Shower Project Here: 

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**Sunnyside Neighborhood 'Gap Map'**

Live near any of the blocks marked in black below? We need your help! Contact [fergex@gmail.com](mailto:fergex@gmail.com) to volunteer for our delivery service.

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Email Hannah at [hannahwallace@gmail.com](mailto:hannahwallace@gmail.com)  
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