

CAN News

The Cully 2023 Summer Free for All Concert will be happening soon!

Where: Khunamokwst Park, 5200 NE Alberta Street.

When: Friday, July 28, 2023. 6:30 pm - 8:30: pm.

Food carts are available for food and refreshments.

For more information:

www.portland.gov/parks/arts-culture/sffa

Community Tablers:

- Alder Commons
- Our 42 nd Ave
- Cully Boulevard Alliance
- Portland Community College Workforce Training Center
- Cully Tree Team
- Friends of Trees
- Cully Association of Neighbors
- Community Sponsor
- Cully Association of Neighbors

For more information: www.portland.gov/parks/arts-culture/sffa



Connect Cully Health Celebration

August 6, 2023 | 1:00 - 4:00 pm
La Clinica de Buena Salud
6736 NE Killingsworth Portland, OR 97218



Family-Friendly • All Are Welcome!

- Free health resources
- Learn about the new La Clinica site & expanded services coming to Cully in 2025
- Family-friendly activities and games
- Optional group bike ride to visit the new location
- Food, refreshments and more!



Bike Ride to Health

Ride on BIKETOWN e-bikes to visit the new Cully health center site. Round-trip ride led by Multnomah County Health Center & The Street Trust.

Ride departs La Clinica at 1:30 pm
Returns at 3:30 pm

Reserve your **FREE USE** OF BIKETOWN e-bike and helmet

<https://qrco.de/be9fYr> or scan →



Sign Up



Thank You for Celebrating with us!
The Cully Park Birthday Party and community celebration was a resounding success! The event saw an impressive turnout, with an estimated 600

attendees and over 200 free meals served to the community. We ensured the event was engaging and informative, with a total of 14 Community Booths providing valuable resources, knowledge, and entertainment. The live entertainment, piñata, and cake made the celebration even more exciting! The dedicated efforts of staff and volunteers were commendable, working tirelessly to ensure a smooth and enjoyable experience for everyone.

Northeast Cully Portland Sunday Parkways reaches a new attendance milestone!

WOW! The community really showed up for the Northeast Cully Portland Sunday Parkways event presented by Kaiser Permanente with 33,000 participants throughout the day making a new attendance record. The weather was perfect for walking, rolling, and playing in the open streets. Thank you to our sponsors, volunteers, partners, vendors, and staff who make these events possible. Relive the magic of the Cully event by checking out [this video created by Bike Stuff PDX!](#)

The 2023 Portland Sunday Parkways season hasn't ended yet!

Portland Sunday Parkways will finish the year with a visit to the **Southwest Multnomah neighborhood** for the first time since 2014 on Sunday, September 10! Let's celebrate community and the end of summer with a festive fun time to remember for years to come.

Come walk with us! The Southwest Multnomah route will feature a 1.5-mile walking only route along with a 2-mile multi-modal route along. You can join at any point and head in any direction you choose. Take in Gabriel Park's inclusive playground as you stroll along the flat walking route or enjoy the wind in your hair as you ride the neighborhood hills and new infrastructure along SW Capitol Highway, including sidewalks and bike lanes. For more details about the event and ways to get involved, please visit bit.ly/SPSW2023.



CAN Board Meeting Tuesday, July 25, 2023

CAN Board Meeting Agenda - DRAFT

Community Updates

Neighbors for Clean Air - Camp AQ

Here at NCA we're busy preparing for our second annual Camp AQ, a four-day camp **August 7-10th** located in the Cully neighborhood!

We have a great group of campers enrolled, but **we still have slots open** and are eager to welcome youth, ages 14-18, who have an interest in environmental justice, public health, and air quality issues! Campers, with the guidance of incredible educators and community leaders, will:



- Explore the physical, mental and emotional impacts of air pollution.
- Get a better understanding of sources, policies, and programs for air management in the Portland-area.
- Think critically about scientific methods, racial justice, and land allocation in Portland and Oregon.
- Connect learning outcomes to community advocacy with NCA, other community organizations, or public processes.

Camp AQ is free and we will be providing a stipend to help youth who may otherwise not be able to attend!

[Register here!](#)

PEP External Listening Report

The independent consulting firm Pregame just released their report from the Portland Engagement Project (PEP) External Listening Sessions!

Through PEP, Civic Life and the City wanted to learn how we can better serve Portlanders and make it easier to get involved with government. Pregame hosted meetings with all different people all over Portland like neighborhood associations, community leaders, nonprofits, and parent groups.

- The learnings in the report can help not just the City, but any organization trying to reach more people. These tips might help with your next project: Keep it simple. This can mean anything from limiting your survey to a few questions to making sure your graphics are clean and easy to read.

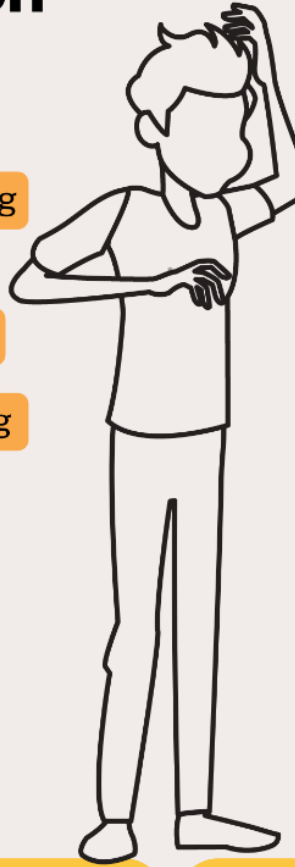
- Keep conversations constructive. Focusing on creating ideas instead of making complaints helps keep the conversation moving toward solutions.
- Design for regular people, not professionals. Using an “explain it like I’m 5” guideline can help. It’s not about intelligence, but respecting people’s valuable time and attention.
- Make it as easy for people to share information. Try creating simple social media posts and asking partners to share with their networks.
- Be clear about the scope of the project. It’s easy to get off topic and spend valuable time on things that will not help you achieve your goals.
- Equitable engagement is about more than translation. More or different forms of outreach may be needed to engage with non-English speakers.
- Make new connections through current relationships. Being introduced by someone both parties know can be helpful for building trust and interest.
- Consider the competition. Highlight how your project is unique and make it easy to participate to stand out from other engagement efforts.
- Big projects need a reliable manager. Projects benefit from a consistent manager to keep track of the many moving parts.

[Read the full report and learn about next steps for PEP!](#)

Heat Exhaustion


- Faint or dizzy
- Excessive sweating
- Rapid, weak pulse
- Nausea or vomiting
- Cool, pale, clammy skin
- Muscle cramps

vs.




Heat Stroke

- Throbbing headache
- Confused, may lose consciousness
- Rapid, strong pulse
- Nausea or vomiting
- Body temperature above 103°
- Red, hot skin




Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

For more information, visit healthoregon.org/preparedness



Staying Safe and Cool During Hot Weather

The weather is heating up and there are some important steps you can take to help keep yourself and others safe and cool.

- Drink a lot of water (8 oz. every hour).
- Bring your pets inside and never leave your pets or kids in the car.
- Open windows at night and use a fan to pull cool air inside. Then, close the windows and the shades before it starts to get hot.
- Stay on the lower floors of your home to avoid the hot air rising.
- Avoid outside activities and try to stay inside or in the shade.
- Wear light clothing, sunscreen, hats, and other protective clothes outside.

- Avoid using hot appliances like your stove, oven, and toaster.
- Check in with your friends, family, and neighbors, especially those who may need more assistance.
- Call 2-1-1 for help finding cooling shelters or check this [interactive map](#).

More information from the Oregon Health Authority is available in [Español](#) (Spanish), [اللغة العربية](#) (Arabic), [简体中文](#) (Simplified Chinese), [繁體中文](#) (Traditional Chinese), [foosun Chuuk](#) (Chuukese), [한국어](#) (Korean), [Kajin Majol](#) (Marshallese), [Русский](#) (Russian), [Af Soomaali](#) (Somali), [Tiếng Việt](#) (Vietnamese).

Learn more at portland.gov/united/stay-safe-during-heat and Multnomah County's [Help for When it's Hot web page!](#)

Participate, Engage, Volunteer!

Join an Advisory Body!

Joining an advisory body is a way for Portlanders to lend their expertise and personal or professional experience to the City of Portland. As an advisory body member, you will work closely with community members and City of Portland liaisons to impact policies and programs.

Development Review Advisory Committee - Closes Sunday, July 30

[Learn more about member responsibilities and apply here!](#)

Portland Children's Levy Community Council - Closes Monday, August 7

[Learn more about member responsibilities and apply here!](#)

Ongoing recruitments closing Sunday, December 31

Historic Landmarks Commission

[Learn more about member responsibilities and apply here!](#)

Mechanical Code Board of Appeal

[Learn more about member responsibilities and apply here!](#)

New Portlanders Policy Commission

[Learn more about member responsibilities and apply here!](#)

Private For-Hire Transportation Advisory Committee

[Learn more about member responsibilities and apply here!](#)

River Community Advisory Committee

[Learn more about member responsibilities and apply here!](#)

Towing Administration Advisory Committee

[Learn more about member responsibilities and apply here!](#)

Transportation Network Company Driver Advisory Committee

[Learn more about member responsibilities and apply here!](#)

Ongoing CAN Events

CAN General Meetings

TBA at Grace Presbyterian, 6025 NE Prescott

Join by Zoom @ Meeting ID: 892 9705 9428 Passcode: 795423
General Meetings are every 2nd Tuesday, monthly from September through June. CAN Members are all persons who live, work, hold a business license, or own property within the boundaries of Cully.

CAN Transportation & Land Use (TLC) Meeting

TBD

Join Zoom @ Meeting ID: 892 9705 9428 Passcode: 795423
*CAN Transportation & Land Use (TLC) Meetings are on the 3rd Tuesday, monthly and/or as-needed from 6:30-8 pm. More **Land Use and Zoning** info*

CAN Board Meeting

Tuesday, July 25th, 6:30 - 8:30 pm

Join Zoom @ Meeting ID: 892 9705 9428 Passcode: 795423
CAN Board Member Meetings every 4th Tuesday, monthly year-round from 6:30-8:30 pm

Community Resources

Check out all these other events happening around the neighborhood.

- [Alder Commons](#)
- [Hacienda CDC](#)
- [Living Cully](#)
- [Naya](#)

Living Cully maintains a list of **community resources**. Let us know what we're missing!



Cully Association of Neighbors | 4415 NE 87th, Portland, OR 97220

[Unsubscribe_cullyassociation@gmail.com](mailto:unsubscribe_cullyassociation@gmail.com)

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