

Program

In partnership with

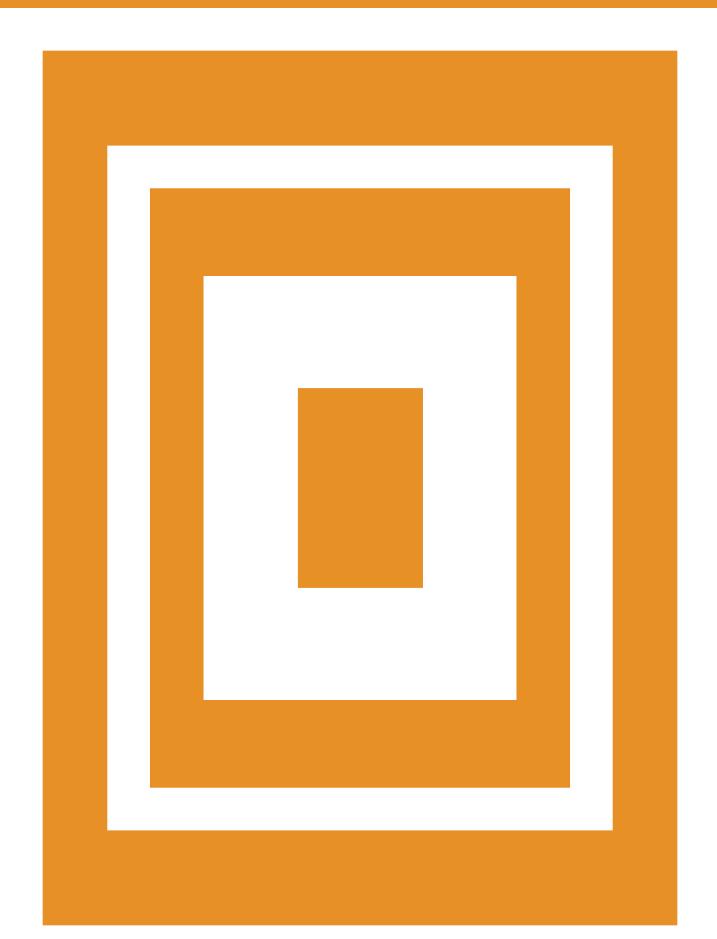




September 26, 10 AM - 4 PM

The
Anderson Family
Giving Fund





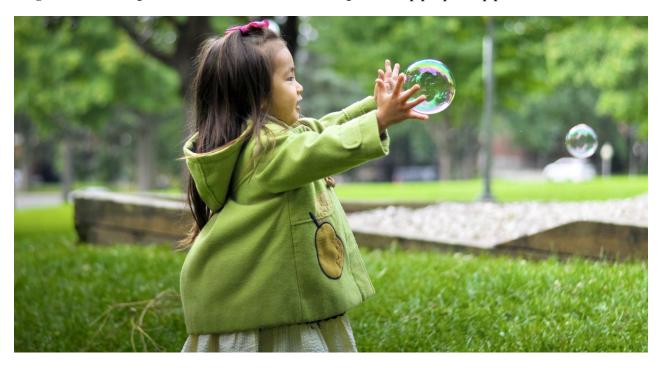
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We help people help parks.

The Portland Parks Foundation fosters leadership, creates partnerships, and raises funds to advance equity, excellence, accessibility, and good stewardship in our parks. We are the philanthropic partner of Portland Parks & Recreation and work with many other friends and ally organizations to shape Portland's system of parks and open spaces so that it is healthy, safe, beautiful, and welcoming to everyone.

As the last few months have shown, again and again, parks are essential to our health, our social resilience, and our democracy. And toward strengthening those values, Portland Parks Foundation is deepening our commitment to equity, diversity and inclusion. On our board, committees, and public forums, and in our work building and enhancing parks, we will elevate and amplify voices of those long denied a meaningful role in shaping our city.

In parks we can fight for, but also measure, change. We help people help parks.





1500 SW First Ave, Suite 760 Portland, Oregon 97201 www.portlandpf.org 503.445.0994 info@portlandpf.org



Program

Host: Jordan Hayles

Jordan is an intellectual and storyteller who has an innovation and speaking practice.

Training for Change: Exploring the intersection of fear, trauma, racism and a path to healing with Dr. Alisha Moreland-Capuia

10:00 AM to 12:00 PM

Lunch Break

12:00 PM - 12:40 PM

Welcome

12:40 PM - 1:20 PM

Land Acknowledgement

Randy Gragg & Jordan Hayles

Colville legends: How Coyote Made The Columbia River

by Ed Edmo, Shoshone-Bannock tribal member, a traditional storyteller.

Q&A with PP&R Director, Adena Long

Tongan Dance Performance

Tonga Women's Association of Oregon

Parks Levy Presentation + Q&A

Randy Gragg, PPF Executive Director 1:20 PM - 1:40 PM

Almost

Performed by Mei Anna, Grant High School Senior Special thanks to Friends of Noise 1:40 PM - 1:45 PM

Breakout Sessions

1:45 PM - 3:15 PM

Next Steps

3:15 PM - 3:45 PM

Breakout Session Subjects

Session A: Local funding opportunities

Four local funders discuss local opportunities for parks friends and ally groups. Panelists include:

- Crista Gardner, Program Manager of Nature in Neighborhoods grants, Metro Parks & Nature
- Allison Rose, Coordinator, BES Community Watershed Stewardship Program
- Suzanne Easton, Grants Program Manager, East Multnomah Soil and Water Conservation District
- Mary Jaron Kelly, Associate Program Director, North Portland Neighborhood Services

Facilitated by: JR Lilly, East Portland Action Plan, Advocate

Session B: Grow your membership through strategic communications

Learn strategies for coalition-building and growing and diversifying your membership/volunteer base through monthly appeals and other communication techniques.

- Lisa Christy, Chief External Affairs Officer, Portland Japanese Gardens
- Justin Pabalate, Executive Director, Willamette Valley Development Officers

Facilitated by Martina Bialek, Communications Manager, Latino Network

Session C: Just getting started

Interested in forming a parks friends group or recently formed a group in the last 0-2 years? These panelists offer tips on how to give a new or emerging group momentum and best strategies for working with PP&R and getting your community involved.

- Susan Hawes, Johnson Creek Watershed Stewardship Coordinator | Land Stewardship Division, Portland Parks & Recreation
- Megan Dirks, Partnership & Development Coordinator, Portland Parks & Recreation
- Dave Hillman, Co-Founder, Friends of Mt. Tabor Park

Facilitated by: Silas Sanderson, US Army Corps of Engineers



Breakout Session Subjects

Session D: Taking the next step

Guided by Portland Parks & Recreation Director Adena Long and PPF Executive Director Randy Gragg, this session is less of a panel, more of a group discussion. It's time for seasoned organizations to share ideas and challenges facing their organizations. Our goal is to draw upon the group's collective knowledge and develop an ongoing working group to help overcome challenges in your own organizations. Portland Parks Director Adena Long and PPF Director Randy Gragg will guide this session as we listen to each other's issues, share feedback and learn from each other.

- Adena Long, Director, Portland Parks and Recreation
- Randy Gragg, Executive Director, Portland Parks Foundation

Session E: Reflection on Dr. Alisha Moreland-Capuia's morning session

Join others from the morning session in a moderated discussion to reflect and share how Dr. Alisha Moreland-Capuia's approaches might address your organization's efforts to dismantle racist or other exclusionary systems in our parks and city.

Facilitated by: Jordan Hayles, Host



Day of Service

Saturday, October 3, 2020 9 AM to 11 AM

Join in! On Saturday, October 3, Summit participants can meet in person for socially distanced, small-group volunteer events in parks, community gardens, and natural areas. For this first Summit, we selected locations in East and North Portland to spotlight these unique parks and park programs. It's a great opportunity to get your hands dirty, meet some new people and maybe even experience a new park!

Due to COVID-19 safety protocols, space is limited to 10-15 people per site. All participants are required to wear masks. PP&R and PPF will provide masks and sanitized gloves to anyone who does not have their own.

Prior to October 3, you'll get an email with with all the necessary details including exact meeting location, current safety protocols, name and contact information of the onsite coordinator and the list of the other Friends & Allies you'll get to meet and, with them, improve a park! There are still a few spots left at each site. If you didn't sign up for a site and are interested in paricipating, email Jessica Green at jgreen@portlandpf.org as soon as possible.

George Park

N Burr Avenue and Fessenden Street Activity: Planting and mulch spreading 9 AM to 11 AM

Lincoln Park

SE 135th Avenue and Mill Street Activity: Ivy removal 9 AM to 11 AM

Native Gathering Garden, Cully Park

North of NE 72nd Avenue and Killingsworth Street Activity: Weeding and native plant education 9 AM to 11 AM AT CAPACITY

Portland Memory Garden

SE 104th Avenue and Powell Blvd Activity: Removing weeds, spreading mulch, garden education 9 AM to 12 PM

Fernhill Park (Friday, October 2) NE 37th Avenue and Ainsworth Street Activity: Nature patch planting 9 AM to 11 AM, Friday, October 2

Luuwit View Community Garden, Luuwit View Park

NE Shaver and NE 131St Pl Activity: Maintenance in the common areas 9 AM to 11 AM

Questions? Contact Jessica Green at jgreen@portlandpf.org.



Pre-training evaluation questionnaire

'The intersection of fear, trauma, racism and a path to healing'

Instructions: Please complete this section <u>before</u> the training begins. (Circle the number)

1. Pre-Training Survey						
Pr	Pre-Training		Not	Neutral	Well	Very
		all	well			well
1.	I understand the physiology of fear:	1	2	3	4	5
2.	I know the neurobiology of trauma:	1	2	3	4	5
3.	I understand the connection between	1	2	3	4	5
	fear, trauma and racism					
4.	I know about trauma-informed	1	2	3	4	5
	approaches that I can use in the system					
	in which I work:					

END OF PRE-TRAINING SURVEY

Post Training Survey		Not at	Not	Neutral	Well	Very	
Aft	er this training, I now:	all	well			well	
	Understand the physiology of fear:	1	2	3	4	5	
	Know the neurobiology of trauma:	1	2	3	4	5	
	Understand the connection between	1	2	3	4	5	
	fear, trauma and racism:	1	2	3	4	3	
	I know about trauma-informed						
	approaches that I can use in the system	1	2	3	4	5	
	in which I work:						
	One thing I can do to be more Trauma Informed in the next 2 weeks that does NOT require any money is:						
	One idea/ suggestion for reducing re-traumatization and increasing trauma informed care in my role, work area, and/or the court as a whole is: (think about practices, policies, staff, co-workers, partnerships, training, etc.)						
	Any other information you would like to provide regarding your learning experience:						
	END OF POST TRAINING SURVEY						

Facilitating System Change

	Brain Development/Human Behavior	Trauma-Informed Lens	Culturally Responsive Lens
Policies	Are policies reflective of an understanding of human behavior? (Can better understand human behavior by understanding how the brain develops and potential threats to normal development.)	Do policies account for trauma? Do policies avoid further perpetuation of trauma?	Do policies account (or adjust) for various cultural and subcultural experiences?
Practices (normally reflective of a systems core beliefs)	Do practices reflect an understanding of the range of the human experience (suffering, poverty, lack of privilege, chronic marginalization)?	Are practices developed with the goal of creating safety, reducing fear, and minimizing trauma?	Are practices culturally responsive?
System Narrative (Does the system's narrative match the kind of change it seeks to facilitate?)	Does the narrative in and of the system demonstrate an understanding of human behavior?	Is narrative trauma- informed?	Is narrative culturally responsive?
Other (partnerships, training)	If the system lacks in its understanding of brain development/human behavior, are there strategic partnership to fill the "lack-gap"?		

Dr. Alisha Moreland-Capuia (2019), "Training for Change: Transforming Systems to be Trauma-Informed, Culturally Responsive, and Neuroscientifically Focused"

Participant Directory

E' . N	T . NT	F 1	Will Coll Del De De de La La La Cala
First Name	Last Name	Email	Which friends groups or Portland Parks & Recreation partners do you work or volunteer with?
Michael	Ahr	michael@wmswcd.org	West Multnomah SWCD
Anabertha	Alvarado	anbee6@gmail.com	
Carine	Arendes	carinearendes@gmail.com	Friends of Spring Garden Park
Amani	Austin	amanilanae@gmail.com	Emerging Leaders PDX
Kate	Ayres	ayres.kate@outlook.com	Solar oregon
Jules	Bailey	jbailey@obrc.com	PPF Board of Directors
-			
Brian	Bainnson	brian@qautrefoilinc.net	Friends for the Portland Memory Garden and the Friends of the Portland Community Gardens
Joshua	Baker	joshua@ecolloyd.org	Peace Memorial Park (Lloyd EcoDistrict)
Lisa	Batey	lisabatey@msn.com	Friends of Elk Rock Island
Carole	Beauclerk	Globalnomadpdx@gmail.com	Friends of the South Park Blocks
Suzanne	Bishop	suzannerinehart@gmail.com	PPF Board of Directors
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			Friends of International Rose Test Garden Friends of Peninsula Park Rose Garden OSU Master Gardeners Portland's Royal Rosarians
Kimberly	Bown	waparkroses@gmail.com	Portland Rose Society
T 1	D.	. 11 (00 1	NE Village PDX
John	Braunger	jpaulbraunger68@gmail.com	St. Vincent de Paul/St. Andrew Catholic Church Conference
Jane	Braunger	janebraunger@gmail.com	Northeast Village PDX
Rachel	Burdon	rachelburdon@gmail.com	Friends of Columbia Park
Cath	Busha	cath.busha@gmail.com	
Beven	Byrnes	bbyrnes@bridgesms.org	NECN
Gordon	Campbell	gordoncamp112@gmail.com	Multnomah arts Center association
Julia	Cannell	Juliac@airwayscience.org	Airway Science for Kids
-		, , , ,	Portland Garden Club
Ann	Carter	anncarter4@comcast.net	
Mary Anne	Cassin	cassinmaryanne@gmail.com	PP&R and PPF Board of Directors
Katherine	Charney	kat.charney@gmail.com	Confluence Environmental Center & Johnson Creek Watershed Council
Julie	Conner	conner29@pdx.edu	PSU
Jonathan	Cruz	jonathan.cruz808@gmail.com	NACAC and North Portland Parks Advisory Group
Kady	Davis	Kady@forestparkconservancy.org	Forest Park Conservancy
		, , , , , ,	
Steve	Davis	stevepdavis49@gmail.com	Friends of Pier Park
Holly	Davis	holly.davis@nashville.gov	
Michelle	Delepine	Michelle@wmswcd.org	City Nature West, East
Paul	Dickow	chair@gatewaygreenpdx.org	Friends of Gateway Green
Megan	Dirks	megan.dirks@portlandoregon.gov	PP&R
Andie	Doo	adoo@humansolutions.org	
			Editada of Transa Cariara (Barada analara antara da 2016)
T A	Daniela	:- t tt	Friends of Tanner Springs (Board member, volunteer since 2016)
Judy	Douglas	judyvdouglas@verizon.net	The Fields Park (Liaison with PP&R, just starting)
Norm	Duffett	nduffett28@gmail.com	Friends of Wallace Park
Suzanne	Easton	suzanne@emswcd.org	Friends of Community Gardens
Deborah	Edward	deborah.edward@gmail.com	
Ginger	Edwards	ginger.edws@gmail.com	North Portland Parks Advisory Group
Michael	Elliott	MikeElliott503@gmail.com	Portland Parks Board and PPF Ex Officio Board Member
T.S.	E-1	Li-EA	Member Luuwit View Community Garden
Lin	Felton	LinFArgay@gmail.com	Member Argay Terrace Neighborhood Association -parks
Heather	Flint Chatto	foragedesigner@gmail.com	Richmond Neighborhood Association, PDX Main Streets Design Initiative
April Ann	Fong	app1efrog@yahoo.com	Friends of Sylvania Natural Area Park
			Friends of Peninsula Park Rose Garden
Patricia	Frobes	pfrobes@me.com	Friends of Crystal Springs Rhododendron Garden
Will	Fuller	wwfuller@teleport.com	
Robert	Gandolfi	bobevents@comcast.net	PPF Board of Directors
		v v	
Crista	Gardner	Crista.Gardner@oregonmetro.gov	Metro
Lise	Gervais	weed.warriors.coord@gmail.com	Friends of Mt Tabor Park, Friends of Trees
Jenny	Glass	jennyglass84@gmail.com	
Rebecca	Goldcrump	rebecca@goodcausepdx.com	N/A
Anna	Goldrich	anna@hoytarboretum.org	Hoyt Arboretum Friends
Stephen	Goldsmith	stgoldsmith@gmail.com	Center for Living City
-		8 08	5 ,
Alejandra	Gonzales	alejapdx@gmail.com	Milwaukie Parks Foundation
Crystal	Granger	crystalg@harsch.com	Store to Door
Jessica	Green	jgreen@portlandpf.org	Portland Parks Foundation
Jan	Groh	jan.groh@gmail.com	Community Gardens
maha	guliani	maha.guliani@portlandoregon.gov	
Gary	Hancock	Outside503@aol.com	Friends of Wilshire Park
,	Harris	mvh@hormelharris.com	PPF Board of Directors
Maja			
Susan	Hawes	susan.hawes@portlandoregon.gov	PP&R
Mercedes	Herrada	yosoyladycubana@gmail.com	Parklane Park Project Advisory Committe.
Erin	Holsonback	erineholsonback@gmail.com	
Marita	Ingalsbe	m_ingalsbe@yahoo.com	SWNI Parks, Friends of Gabriel Park
Pramodh	Jacob	pramodh@solaroregon.org	Confluence Americorps Member at Solar Oregon
Robin			·
	Jensen	fmnp@comcast.net	Friends of Marquam Nature Park
Jack	Jewsbury	jjewsbury@timbers.com	PPF Board of Directors
Colleen	Johnston	soccer_colleen@yahoo.com	
Melissa	Jones	hey.melissa.mae@gmail.com	
Combin	Keller	sophie.keller@tnc.org	
Sophie		monica@solveoregon.org	SOLVE
Monica	Kelly		
Monica	,		West Multnomah SWCD
Monica Kammy	Kern-Korot	kammy@wmswcd.org	West Multnomah SWCD
Monica Kammy Barbara	Kern-Korot Kerr	kammy@wmswcd.org Kerrclifford@hotmail.com	
Monica Kammy Barbara Karen	Kern-Korot Kerr Kervin	kammy@wmswcd.org Kerrclifford@hotmail.com karen.kervin@usbank.com	PPF Board of Directors
Monica Kammy Barbara	Kern-Korot Kerr	kammy@wmswcd.org Kerrclifford@hotmail.com	
Monica Kammy Barbara Karen	Kern-Korot Kerr Kervin	kammy@wmswcd.org Kerrclifford@hotmail.com karen.kervin@usbank.com	PPF Board of Directors
Monica Kammy Barbara Karen Heather	Kern-Korot Kerr Kervin King	kammy@wmswcd.org Kerrclifford@hotmail.com karen.kervin@usbank.com hkingbl@gmail.com	PPF Board of Directors Willamette Riverkeeper
Monica Kammy Barbara Karen Heather Karen	Kern-Korot Kerr Kervin King Kitchen Kopel	kammy@wmswcd.org Kerrclifford@hotmail.com karen.kervin@usbank.com hkingbl@gmail.com karenkitchenpdx@gmail.com annkopell @gmail.com	PPF Board of Directors Willamette Riverkeeper NACAC Former member of neighborhood Tree Team through PPR Urban Forestry
Monica Kammy Barbara Karen Heather Karen Ann Eileen	Kern-Korot Kerr Kervin King Kitchen Kopel Kravetz	kammy@wmswcd.org Kerrelifford@hotmail.com karen.kervin@usbank.com hkingbl@gmail.com karenkitchenpdx@gmail.com annkopel1@gmail.com thparkfoundation@gmail.com	PPF Board of Directors Willamette Riverkeeper NACAC Former member of neighborhood Tree Team through PPR Urban Forestry Tualatin Hills Park Foundation
Monica Kammy Barbara Karen Heather Karen Ann Eileen Henry	Kern-Korot Kerr Kervin King Kitchen Kopel Kravetz Kunowski	kammy@wmswcd.org Kerrelifford@hotmail.com karen.kervin@usbank.com hkingbl@gmail.com karenkitchenpdx@gmail.com annkopell @gmail.com thparkfoundation@gmail.com onri.henri@gmail.com	PPF Board of Directors Willamette Riverkeeper NACAC Former member of neighborhood Tree Team through PPR Urban Forestry Tualatin Hills Park Foundation Pittock Mansion Society
Monica Kammy Barbara Karen Heather Karen Ann Eileen	Kern-Korot Kerr Kervin King Kitchen Kopel Kravetz	kammy@wmswcd.org Kerrelifford@hotmail.com karen.kervin@usbank.com hkingbl@gmail.com karenkitchenpdx@gmail.com annkopel1@gmail.com thparkfoundation@gmail.com	PPF Board of Directors Willamette Riverkeeper NACAC Former member of neighborhood Tree Team through PPR Urban Forestry Tualatin Hills Park Foundation

Einst Name	I N	F	W/Link Citation and Dark & Donate & Donate & Dark & Citation and D
First Name	Last Name	Email	Which friends groups or Portland Parks & Recreation partners do you work or volunteer with?
Madisen	Lattanzi	madi.lattanzi@gmail.com	Nature Conservancy
Inna	Levin	inna@portlandersforparks.org	Portlanders for Parks Campaign
Michele	Levis	michele@wmswcd.org	West Multnomah SWCD
Aliza	Lieberman-Barnard	iball94@yahoo.com	
JR	Lilly	jrlilly11@gmail.com	East Portland Action Plan, PPF Board of Directors
Sophie	Linden	sophie.l.linden@gmail.com	volunteer with PPR and Backyard Habitat
Talia	Littlejohn	Talialittlejohn01@gmail.com	PCC Habitat Team
Cheryl	Lohrmann	cheryl.lohrmann@gmail.com	Create Plenty
teri	lysak	info@cascadiawild.org	Cascadia Wild
	•	0 0	
Kathleen	Madden	kacklem@aol.com	Multnomah Arts Center Association
Sarah	Mahler	maleviak@mac.com	
Dave	Manville	dmanville@outlook.com	SW Trails, Friends of Woods Park, Ashcreek Trails
			Portland Community Gardens
Rebeca	Marquez	rebeca@familiasenaccion.org	Familias en Accion
Kyle	McAvoy	kylebmcavoy@gmail.com	Friends of Wallace Park
James	McGrath	jmcgrath@nelsonnygaard.com	Halprin Landscapes Conservancy
Thomas	Meinzen	thomas.meinzen@columbiaslough.org	Columbia Slough Watershed Council
Adrienne	Moat	adrienne@wisdomoftheelders.org	Wisdom of the Elders, Johnson Creek Watershed Council, Friends of Trees
Felicita	Monteblanco	fmonteblanco@thprd.org	Tualatin Hills Park & Recreation District
Nancy	Murray	bob-nancy@comcast.net	Markham Neighborhood Association; SWNI
renee	myers	renee@forestparkconservancy.org	Forest Park Conservancy
Melissa	Naito	melissa@naitodev.com	PPF Board of Directors
Roxann	Nayar	roxynayar@gmail.com	
Sara	Nelson	snelson7553@gmail.com	
Linda	Nettekoven	linda@lnettekoven.com	Friends of Ladd's Addition Gardens
Jonathan	Nicholas	jonathan.nicholas@modahealth.com	PPF Board of Directors
Laura	Niemi	laura.niemi@portlandoregon.gov	Friends of Portland Community Gardens
Juntu	Oberg	juntu@nw-trail.org	Northwest Trail Alliance
Gayle	Palmer	palmertum@gmail.com	
Reid	Parham	reid.parham@gmail.com	Portland Japanese Garden, Lan Su Chinese Garden
Elizabeth	Parkman	eliz.parkman@gmail.com	Friends of Peninsula Park Rose Garden
			Portland Parks Foundation
Lucy	Pawliczek	lpawliczek@portlandpf.org	
Marco	Petri	mfpetri@gmail.com	Friends of Mt Tabor Park
Richard	Phillips	randhphillips@aol.com	PDX PP&R Community Gardens
Annette	Pronk	awpronk@gmail.com	Cully Assoiation of Neighbors, Verde, Audubon Backyard Habitats
Oriana	Quackenbush	oriana.quackenbush@oregonmetro.gov	y Metro
Randi	Razalenti	randi@wmswcd.org	West Multnomah SWCD
Maren	Reed	marenereed@gmail.com	
			Friends of Gateway Green
			Friends of Gateway Green Friends of Gateway Discovery Park
Linda	Robinson	lrobinspdx@comcast.net	East Portland Parks Coalition
Jessica	Rojas	jessica@necoalition.org	NGG Cully
-	,	, ,	:
Geralyn	Rovello	rovello1@msn.com	Berkeley Park - Alex Rovello Memorial Courts
Mary	Ruble	mbruble@gmail.com	PPF Board of Directors
Marcus	Runkle	mrunkle@sunsetempire.com	Sunset Empire Park and Recreation District
Silas	Sanderson	silastsanderson@gmail.com	PPF Board of Directors
Lisa	Sanman	lsanman@portlandpf.org	Portland Parks Foundation
Joseph	Saraceno	joesaraceno@gmail.com	Rose City Park Playground Project
Stephen	Schneider	stephen@cityandpsire.com	Pioneer Courthouse Square
Becky	Schreiber	becky@hoytarboretum.org	Hoyt Arboretum Friends
Courtney	Schultz	courtney@healthandtechnologypartner	s.com
Celeste	Searles Mazzacano	cmazzacano@gmail.com	Crystal Springs Partnership
Kia	Selley	selleyk@comcast.net	PPF Board of Directors
	Senechal Biggs	trustee@aslaoregon.org	111 Double of Directors
Jean			Exicade of Tongon Carines
michele	shapiro	mshapiro1022arts@gmail.com	Friends of Tanner Springs
Jo	Shintani	jshintani@leachgarden.org	Leach Garden Friends
Mark	Smallwood	msmallwood9@gmail.com	Friends of Peninsula Park Rose Garden
Julia	Smith	julia.anne.smith2010@gmail.com	Friends of Mt. Tabor Park
Ebbe	Smith	ebber@q.com	
Hannah	Snyder	hannah.c.snyder@gmail.com	
Mauricio	Somilleda	mauricio.somilleda@gmail.com	UNIDOS
Annette	Stanhope	ursagrrl@comcast.net	Friends of Gateway Green
Karis	Stoudamire-Phillips	karis.stoudamirephillips@modahealth.c	•
Laura	Taylor	laura@wmswcd.org	The Forest Park Conservancy
	Thomas		N/A
Briggy		Briggy.Thomas@portlandoregon.gov	
Catherine	Thompson	thompsoca@gmail.com	CPFP
Chie	Togo	chie@forestparkconservancy.org	Forest Park Conservancy
Mary	Verrilli	mary.verrilli@portlandoregon.gov	PP&R
Diane	Victoria	queen@icloud.com	
Sofia	Vidalis	sofiavidalis1@yahoo.com	Community Garden plot at Fulton Community Garden
Julie	Vigeland	julie@thevigelands.com	PPF Board of Directors
С	von Hammerstein	hammersteinc@gmail.com	
			Wasteida Watarshad Rasourca Center
			Westside Watershed Resource Center PP and R nature patch at Gabriel Park
Andrea	Wall	andywall@comcast.net	SOLVE
Rebecca	Wells-Albers		
		chop1975@gmail.com	Exicade of Tueso
Rebecca	Wetherby	rebecca@happypredicament.com	Friends of Trees
John	White	whiteja@pacificu.edu	
Rashad	Williams	skidswilliams6@gmail.com	
Stephanie	Wisniewski	stephanie@thesquarepdx.org	Pioneer Courthouse Square
Jeffrey	Wright	omelight@gmail.com	Community Gardens
Dean	Yioulos	deegeewhy@gmail.com	Friends of Wallace Park
Suzanne	Zarling	suzanne.zarling@comcast.net	

Local Funding Opportunities

Funding Types:

Grants- funds given to an organization for a particular purpose. Most involve an agreement and reporting requirements that binds both parties together for a project. Grants can come from all levels of Government, other Nonprofit Organizations, Foundations, Businesses, and Family Funds.

Sponsorships- funds given to an organization for support. Most are given to support an event or activity with no reporting requirements or signed agreement.

Donation- funds given to an organization for support. Mostly given unrestricted to be spent as the organization decides.

Checklist before applying for Grants:

Organization Information- make sure you have all of your organizations basic information ready to filled into applications or to be attached to applications. Which would include your organization's EIN Number, Board Details, Budget, IRS Letter, and Contact information.

Project Description- make sure you have a good written summary of what project/program you want to be funded. Spell out what you hope to accomplish, who will benefit, who will be involved, where the activities will take place, and a timeline.

Budget- make sure you have a detailed summary of the project/program budget with a narrative/notes that explains why you will spend funds on that line item. Make sure you know if you will have any matching funds for the project/program. Also note if any of the line items for the project will be donated or covered by volunteer support. Its important to know how much this program will cost and how you plan to pay for it all.

Partnerships- make sure you know if you plan to have other organizations partner with you on this project/program. You might need a letter of support, organization contact, or some kind of confirmation of support. Partners could help with the project/program by providing other funds, donations/volunteer support, advertising, etc.

Case for Support- most importantly make sure you have some good arguments on why your project/ programs should be supported over other programs/projects. Have a clear description of the need, stats about the community benefiting, reasons why your organization is best suited to handle this project/program, and the positive impact this project/program will make.



Local Grant Opportunities

Portland Parks Foundation

https://www.portlandpf.org/grants-program

East Portland Action Plan

https://eastportlandactionplan.org/grants

Neighborhood Coalition Offices

https://www.portlandoregon.gov/civic/28390

East Portland Community Office

https://www.eastportland.org/funding

Metro Parks & Nature Community Partnerships

https://www.oregonmetro.gov/parks-and-nature-community-partnerships-program

BES Community Watershed Program

https://www.portlandoregon.gov/bes/43077

East Multnomah Soil & Water Conservation Dist.

https://emswcd.org/grants-and-cost-share/

North Portland Neighborhood Services

https://www.npnscommunity.org/fund-my-project/local-funds/

Nonprofit Association of Oregon

https://nonprofitoregon.org/resources/funding_opportunities

Oregon Community Foundation

https://oregoncf.org/grants-and-scholarships/grants/

Regional Arts & Culture Council

https://racc.org/grants/

Portland Children's Levy

https://www.portlandchildrenslevy.org/small-grants-fund

Oregon Arts Commission

https://www.oregonartscommission.org/grants

The Ford Family Foundation

https://www.tfff.org/what-we-do/vital-rural-communities/community-and-economic-development/good-neighbor-grants

Oregon GEAR Up

https://oregongearup.org/calendar/fund

The Portland Clinic Foundation

https://www.theportlandclinic.com/foundation/grants/

The Collins Foundation

http://www.collinsfoundation.org/grants-awarded/2019-grants

Northwest Health Foundation

https://www.northwesthealth.org/open-opportunities

The Portland Garden Club

https://www.theportlandgardenclub.org/community/grants/

Spirit Mountain Community Fund

https://www.thecommunityfund.com/

Meyer Memorial Trust

https://mmt.org/apply/grant-types

Providence Health & Services

https://oregon.providence.org/our-services/p/providence-community-health-division/grants-and-sponsorships/

The Brainerd Foundation Resource List

https://www.brainerd.org/resources/other-nw-funders.php

MRG Foundation

https://www.mrgfoundation.org/general-fund-grants/

Portland Parks Foundation Small Grants Program

ACCEPTING APPLICATIONS SEPTEMBER 1 - 30, 2020

Portland Parks Foundation offers small grants up to \$2,500 to support community organizations working to create or care for public parks and park programs, community gardens and natural areas. The program is founded on a generous bequest from Nancy Hebb Freeman, an artist, hiker and lover of Portland parks.

Grant Purposes

Projects for funding consideration may include organizational development, programming, events, transportation, challenge grants or other imaginative ideas.

PPF is especially interested in projects that further develop an organization's capacity to fulfill its mission. Competitive projects will clearly align with PPF's mission to ensure a thriving and accessible parks system for a healthy Portland. Preference will be given to projects that promote equitable access for all Portlanders to parks and parks programming, primarily benefitting low-income populations, communities of color, and other historically marginalized groups. Grant applicants may seek to stabilize or strengthen their operations through a specific activity, including, but not limited to:

- Building and diversifying revenue sources
- Planning or updating communications, marketing and outreach
- Improving and diversifying volunteer recruitment, training and retention
- Strengthening governance, leadership or volunteer expertise
- Developing and implementing a fundraising plan

Contact:

Jessica Green jgreen@portlandpf.org 503-445-0994

For more information go to portlandpf.org/grants-program



Portland Parks & Recreation



Flickr/SoulRider.222

Metro Funding Opportunities oregonmetro.gov/grants

Metro Sponsorship Opportunities

Metro gives sponsorship funds to nonprofit organizations whose work aligns with Metro's mission and goals. Funds are used to support community programs, activities, events and projects that benefit the public, engage a diversity of residents and businesses, address inequities that impact our communities, and inspire inclusive and innovative solutions to the challenges of making the Portland area a great place for everyone. Accepted on an ongoing basis. Learn more and apply at our website https://www.oregonmetro.gov/tools-partners/grants-and-resources/sponsorship-opportunities

2021 Parks and Nature Sponsorships

Metro <u>Parks and Nature Sponsorships</u> provide up to \$3,500 for community-led activities led by and for people of color and held at Metro parks and natural areas. <u>Apply</u> **now** for your community-led activity. Community-led sponsorships are part of the Community Partnerships Program, which works with community groups and organizations to connect people of color with nature. Learn more and apply at our website https://www.oregonmetro.gov/parks-and-nature-community-partnerships-program.

2021 Nature in Neighborhoods restoration and community stewardship grants

Want to restore and care for nature in your community? If you have a vision for improving water quality, creating fish and wildlife habitat, getting rid of weeds, or restoring nature in the Portland metropolitan area, Metro Nature in Neighborhood <u>restoration and community stewardship grants</u> can help get your idea off the ground.

Grant recipients have planted native species at Ross Island, improved water quality and amphibian habitat in Willow Creek, and restored habitat at the Sandy River Delta for fish, migrating birds and turtles all while engaging local residents in being stewards of their local natural areas. Other grant recipients have transformed the M&M Marketplace's parking lot from gray to green by rain garden creation, and native plant installation and creating a diverse conservation leadership program for youth interns. Metro grants expand partnerships to inspire new approaches to restoration, including economic and environmental equity. The restoration and community stewardship grants program will award \$700,000 this year. One- or two-year grants are up to \$100,000. Groups throughout greater Portland are encouraged to apply.

Applications are due in January 2021. Learn more at our website https://www.oregonmetro.gov/tools-partners/grants-and-resources/nature-neighborhoods-grants/nature-neighborhoods-restoration,

2022 Nature in Neighborhoods nature education and outdoor experiences grants

Does your organization offer young people of color work training in parks and natural areas? Maybe you have a partnership that introduces refugees and new residents to the outdoors in greater Portland? Or do you teach school kids how nature connects to their STEM classes? Do you hope to create a program that advances resiliency to climate change, improves water quality, restores fish and wildlife habitat, or connects people to nature?

Metro's Nature in Neighborhood <u>nature education and outdoor experiences</u> grants supports programs like these. With the goal of building cultural, environmental and economic equity, these grants provide communities of color and underserved communities' educational opportunities, work training, organizational development and the chance to get out and spend meaningful time in nature.

Applications are due **January 2022.** Learn more about Metro <u>nature education and outdoor experiences</u> grants at our website <u>https://www.oregonmetro.gov/tools-partners/grants-andresources/nature-grants/nature-education-grants.</u>

2021 Community Placemaking grants

Metro's 2021 <u>Community Placemaking grants</u> program supports creative, community-driven projects that strengthen social fabric, foster connection to place and involve and benefit communities of color and other historically marginalized communities. The 2021 grant cycle grants range from \$5,000 to \$25,000. Applications due October 2, 2020.

2020 Investment and Innovation program grants

Metro is now accepting applications for grants up to \$50,000. Deadline is no later than 5 p.m. on Wednesday, Sept. 30, 2020.

The Investment and Innovation program is now seeking proposals for grants to support creative ideas, build resiliency and reduce the negative health and environmental impacts of materials produced, used or discarded in greater Portland. Metro expects to award up to \$500,000 in Investment and Innovation program grants this year. There will be no capital grant cycle in 2020.

The <u>Investment and Innovation program</u> stimulates contributions by private businesses and nonprofit organizations to create, expand, preserve and broaden efforts to reduce impacts throughout a product's life cycle. These efforts include waste prevention, reuse and repair, recycling, composting and energy recovery. The grants seek to foster economic opportunities and generate positive benefits for people who have historically been left out or negatively impacted by the garbage and recycling system – particularly communities of color. If you have any questions or would like to be added to this mailing list, contact <u>investmentandinnovation@oregonmetro.gov</u>. Learn more at our website https://www.oregonmetro.gov/tools-partners/grants-and-resources/investment-and-innovation-grants

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Community Enhancement Grants

<u>Community Enhancement Grants</u> improve economic opportunities, neighborhood livability, public safety and more in areas near the region's garbage transfer facilities. Six communities participate in the program, including Forest Grove, Oregon City, Wilsonville, Sherwood, Troutdale, North Portland and Northwest Portland. Learn more at our website http://www.oregonmetro.gov/tools-partners/grants-and-resources/community-enhancement-grants

ADDITIONAL METRO RESOURCES

Metro Free Park Days

Resource: Enjoy free parking at Oxbow and Blue Lake regional parks, Broughton Beach, M. James Gleason Memorial Boat Ramp and Chinook Landing Marine Park on select days in 2020. Parking at all other Metro parks and boat ramps is free year-round. More information at our website https://www.oregonmetro.gov/news/free-parking-days-metro-parks-2020.

- Aug. 20
- Sept. 17
- Oct. 15
- Nov. 11, 19 and 27
- Dec. 17

Nature Education Materials

For some nature education activities at home, see the ideas from Metro Our Big Backyard, including Colorin Nature, at https://www.oregonmetro.gov/news/read-summer-2020-issue-our-big-backyard.



YES on Measure 26-213 by November 3

Portlanders love our parks, and parks need our help.

The coronavirus pandemic, closure of community centers and pools, and cancellation of recreation activities have created a multi-million-dollar deficit for Portland Parks & Recreation.

This measure—a five-year local option levy—is essential to restore these cuts, reopen community centers and pools, protect essential programs for families with lower incomes, and provide the recreation services we all count on.

On November 3, we have the opportunity to ensure our parks serve all Portlanders—by restoring recreation programs and protecting parks and natural areas and by making all of our parks programs more accessible to those facing financial challenges.



Vote YES on 26-213 to maintain our parks and natural areas and restore vital recreation services for the equitable park system that our community deserves.





The levy would restart recreation programming, ending a reliance on user fees to deliver programming, and make equity and affordability the primary goals.

The levy will help protect the 8,000 acres of natural areas and care for the 1.2 million trees on parks lands surrounding Portland's rivers, creeks and streams.





The levy will keep parks and restrooms cleaner and safer for all Portlanders, improving service in existing parks while also ensuring new parks get their necessary care as well.

The levy will reduce Parks' reliance on fees, **expanding recreation opportunities** for communities of color, refugees and immigrants, and families experiencing poverty.





The levy will **prevent further job cuts** for the frontline parks workers who care for our parks and provide recreation services.

The proposed levy rate of .80 per \$1,000 will raise about \$48 million per year over five years. For a home with an assessed value of \$200,000, the owner would pay about \$13 a month.



YES on Measure 26-213 by November 3

 $\textbf{\#Portlanders for Parks} \bullet \textbf{Portlanders for Parks.org} \bullet \textbf{@Portlanders for Parks}$



1500 SW First Ave, Suite 760
Portland, Oregon 97201
www.portlandpf.org
503.445.0994
info@portlandpf.org

