Jun 3, 2026 |

ACHIEVE (Action Communities for Health, Innovation and E...

Introduction to Play Grow Learn Farm & PFMR | Germaine Flentroy

- Play Grow Learn farm provides programming and activities for youth and families. It is a working farm selling produce.
- The farm aims to work collaboratively with the community and provide space for people to grow their own food and connect with community.
- Fun fact: “Generation Germination” greenhouse has space for 1 million shoots.
- People’s Farmers Market in Rockwood has at least five different Black and Brown cultures represented through food. There are 81 vendors interested and at least 40 confirmed to provide various locally-made goods and products.
- Kids that help grow the produce are also part of the CSA program and receive the fresh produce they grow.

Juneteenth | 12-5 PM at Vance Park 1400 SE 182nd Ave

- Everyone is encouraged to attend and support Juneteenth. There will be a lot of local vendors and free family-friendly entertainment like face painting, hair braiding, a fashion show, and more. Each attendee gets a free meal.
- Looking for models, 5-24 years, to walk in a fashion show. Clothes are from local designers. Models get to keep the clothes.

Salmon Giveaway at PGL | June 10 at the PGL Farm

- 10-12lb salmon, will be fileted so people can take home
- Free to the community, Germaine will send out information.
- Salmon comes from White Salmon, WA hatchery

People’s Farmers Market in Rockwood | Hermela Demise, Stephanie Blume

- Starts Sunday, June 21 through September 27 from 1:00 to 4:00 PM at East County Courthouse Parking lot. There will be regular cultural and other events (Pacific Islander, Indigenous/Latine, Burmese, youth events, etc.)
- Looking for youth artists, DJs, performers, etc. Please see REACH website for events: PFMR site; REACH events webpage

- **Still accepting vendors for PFMR**

Portland Metro Farm to School & Farm to Early Care & Education | Jenny Seng

- PDX Metro Farm to School helps schools(?) get access to funding for farm to school initiatives. Healthy, local food is often more expensive than what they can get from the government.
- Farm to School connects OR farmers and producers with preschools, headstart, and primary schools. Kids learn about the food cycle and how to grow food.
- Kids get to eat local, fresh foods and the farmers get a stable source of income.
- Farm to School compliments a lot of what teachers are teaching in the classroom.
- PDX Metro Farm to School helps schools implement farming-related enrichment for kids in the classroom through curriculums. They also help connect families to the community.
- Kids can learn about cultural food ways and culturally specific foods.
- There are different programs depending on the age of the children and different requirements.
- OR Harvest for Schools: directory for farms producing food for Early Childhood programs
- __ see flier for second resource

Multnomah County Environmental Health Quality | Jonathan Cruz & Jaycob Padron

- The Coalition of Communities of Color zine shows _____(cultivating justice in a changing climate.
- County has weatherization services. Call 211 and they can direct you. There are many services in the county for free.
- Oregon Energy Trust has rebates. The cheapest one is $40 for an air filter.
- Air filters can be considered medical devices. Can have a doctor prescribe an air filter. Also depends on insurance. Conditions like COPD may qualify.
- This zine shows _____ (see intro section of zine).
- Pollution from ozone affects people living near highways
- Wildfire smoke is more toxic than burning regular wood. There are chemicals (herbicides) and heavy metals in the soil. The heat from the sun turns these into toxic particulates that travel with in the wildfire smoke,

- MultCo is drafting a policy stating that all schools, including preschools have air purifying filters.
- Air filter resources: Energy Trust of Oregon rebate. Can get 50 -70% off.
- Steps to take when the air quality is bad:
    - There is information about this in the zine.

- Air quality can spike to orange or red in the summer, which can impact breathing.
- AQI app is a good air quality resource.
- MultCo has resources for staying out of smoke-filled airs: Google Help for When It is Smoky for resources (e.g., schools and other safe spaces)
- The Oregon Health Authority has resources for protecting children from smoky air (want to keep kids inside when the warning levels are orange or red)
- OSHA has guidelines for outdoor workers who may be exposed to smoke
- Masks: N95 mask is best.
- Air filters: See list on the Energy Trust of Oregon's website.
- CARB website has air cleaner listsings, too. Look for a cleaner with a mechanical filter. Do not get an eclectic filter, or a filter that uses plasma filters (ozone by-product which is bad for us to breathe)
- GEt a MERV 14 or MERV 16 air filter to attach to your home heating system
- Google:"Checklist for Smoky Days" to prepare ahead of time.
- Can also purchase an air purifier for your home.
- Get an in-home air monitor to check the air quality of your home. Can also gat an outside air monitor, too.
- Can create a 'do it yourself" air filter by attaching an air filter to the back of a box fan.
- MultCo is also giving out air cleaners (via WIC, MultCo Weatherization, Native American Future Generations Collaboratives, Pacific Islander group in the County (?)
- What to do when the ozone is high?
    - Run errands early in the morning. Air quality gets worse in the afternoon, when it is ozone-driven.
- Community Tool Tips:
    - MultCo community air quality workshops (popular education based)

    - Camp AQ for kids. Youth ages 14 - 21, June 13-17 (see flier)
    - Smoke Ready communications campaign - toolkit with graphics and information. - REACH out to Jonathan

Upcoming Events (June is Men's Health Month) | All

- Jubilee Walk with PGL -