



Wilkes East Neighbors Work Together to Overcome Virtual School Challenges

Community in Action

By Sarah Jacobson
WENA Board Member

"Are you ready to work out today?" Wilkes East resident Cindy Cosby asked her neighbors, Jayde and Lily, one sunny Spring morning as they convened on Cindy's bright green lawn. Cindy had prepared a fun, outdoor workout to get her young neighbors active first thing in the morning. The two girls smiled back at Cindy, whose positive energy is infectious. Their mom, Rachel Arnold, waved hello from next door as they started their daily workout.

The 2019-20 school didn't end as anyone would have anticipated. Schools were quickly shut down just before Spring Break leaving families to make a quick transition to having students home all day. Rachel, acknowledging this shift was easier for her because she was already a stay-at-home mom, was relieved when schools were closed because it meant she knew her kids were home and safe. But it also meant creating a structured, positive day for her two girls while managing both their education and wellness. Right away she decided to institute a morning workout that mirrored the morning workout at Multnomah Learning Academy (MLA), where Jayde



and Lily attended second and fifth grade respectively. Her husband, Jon, took the lead in managing this activity while he was home the first month of the shut down due to a closure at his workplace. When Jon returned to work, their neighbor Cindy was quick with an offer taking over the morning workout.

Working out is nothing new to Cindy and the Cosby family. Both Cindy and her husband, John Cosby, grew up playing sports and stayed active throughout adult life. John was the P.E. teacher at H.B. Lee Middle School until he retired in 2019. They encouraged their two children to stay active by example and their son, Curt, is now a P.E. teacher at Parkrose Middle School. Cindy, a Crossfit athlete, works out at the gym four days a week and has a goal to walk 15,000 steps every day. Outside of the gym she enjoys walking their family dog, Carter, around the neighborhood and paddle boarding.

See **SCHOOL** Page 4

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Wilkes East Land-use Update

By Greg Hartung,
Board Member, Land-use Chair

Hello members of our Wilkes East Neighborhood Association. We are continuing to see many projects around our neighborhood. Here's an update on what's been happening since our last newsletter.

PAM 20-26000108 Proposed Taco Bell 2301 NE 181st Ave, Gresham, OR 97230: The proposed project set at the off ramp of the interchange of I-84 and NE 181st Avenue, is the new construction of a 2049 SF Taco Bell Restaurant with drive thru. The overall size of the site is 30,330 SF that adjoins the Burger King restaurant and is adjacent to the Bridgeway Inn and Suites and the new "My Place" hotel being built. There will be a maximum of 28 parking spots and access will be from NE Wilkes Rd with reciprocal access agreements with Burger King and the hotel. Additionally, there will be an ADA access ramp to NE 181st Ave. The Taco Bell "Tower" will be 24 feet tall and will be on the side of the freeway.

PZ20-26000275 (E) SUR Alberina Kerr Workforce Housing 930 NE 162nd Ave., Gresham, OR 97230. Summary: Development is a 4 story, 150-unit apartment building with 146 dedicated parking spots. The design of the project has changed pursuant to Net Zero. PV (Solar) Panels have been added to the pitched roof along 162nd and carports with large PV arrays have been added to the north and center strips of the parking in the parking lot.

LAND-USE (Page 4)

Get involved! Start your own Neighborhood Watch. For more information please visit: greshamoregon.gov/Neighborhood-Ready



WENA Annual Election of Officers
Join your neighborhood Board.
All positions up for election!

When: Monday, Nov 9th 7PM
Where: Online meeting via Zoom

Zoom it on your phone, PC or tablet!

Being a Board member is a great opportunity and experience for any neighbor, whether you've been on a board before or you're considering the idea for the first time. No experience needed. Participation is open to all residents who live, own property or a

business, organization, church or government agency within our boundaries. To run for the Board, simply show up Monday, Nov 9, and **nominate yourself!** ■

TO JOIN THE MEETING:

Go to <https://zoom.us/join>
Meeting ID: 552 671 8670
Passcode: #Neighbors

Mark Your Calendar!

Wilkes East Neighborhood

Fall Meeting
November 9th • 7PM

Online meeting via Zoom

Visit www.wilkeseastna.org

Wilkes East Neighborhood Association Newsletter

Published three times a year. Over 1500 copies distributed throughout Wilkes East.

The Wilkes East Neighborhood Association (WENA) is a non-profit organization in Gresham, Oregon. Deadline for submission is the 10th of the month prior to publication. WENA reserves all rights, and all copy may be edited for clarity and length. Download a PDF of this newsletter online at: wilkeseastna.org/newsletter.htm.

BOARD MEMBERS

- Chair** Kris Freiermuth
chair@wilkeseastna.org
- Vice Chair** (Vacant)
vicechair@wilkeseastna.org
- Secretary** Gail Voge
secretary@wilkeseastna.org
- Treasurer** Billy Simmons
treasurer@wilkeseastna.org
- Land Use** Greg Hartung
Kris Freiermuth
landuse@wilkeseastna.org
- At-Large** Sarah Jacobson
member2@wilkeseastna.org
Bob Lundbom
webmaster@wilkeseastna.org
Juanita Null
member1@wilkeseastna.org
Dimitrios Zourkos
member3@wilkeseastna.org

BOARD MEETINGS

Meetings are held on the second Monday of each month at 6:30PM. See wilkeseastna.org for details.

CONTACT US

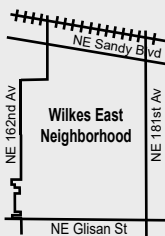
Email: info@wilkeseastna.org,
Postal Mail: 17104 NE Oregon, Portland OR 97230

VOLUNTEER OPPORTUNITIES

Get involved. Let us know how you'd like to help. Email info@wilkeseastna.org for details.

SPECIAL THANKS

- The newsletter is funded in part through a generous grant from the [City of Gresham](http://www.cityofgresham.org).
- Printing by [Print Results Inc.](http://www.printresults.com) 503-287-9566
- Meeting: [Albertina Kerr](http://www.albertinakerr.com), 722 NE 162nd Av, Training Bldg (center north on campus)



Dear Neighbors • a message from your WENA President

It seems incredible, but between the virus, the recent decrease in air quality, and all the fires, we are worse off since my last column. I hope all of you are doing better, since the smoke is not as much of an issue as it was in late September.

LAND USE

The Board has been busy with Land-use issues, which are outlined in Greg Hartung's column. Please take time to check it out.

STREET SWEEPING

The 2nd Monday of the month May through November the City of Gresham sweeps our curbs. Please keep the following items off the street on this day: garbage cans, recycle carts, cars, boats, campers, basketball hoops, etc.

Keep overhanging tree branches at least 12' above the street and 8' above the sidewalk. Prevent vegetation from overhanging the curb. Due to the heavy winds in September, we have an over-abundance of leaves. Leaves are gathering in piles along the curb and on top of drainage grates. Once the rain begins, the

leaves act as stoppers to water flow. Please help us keep the grates running smoothly by clearing leaf debris.

BOARD ELECTIONS

Our November Annual meeting will be virtual via ZOOM on Monday, November 9th, at 7PM. This is our election meeting -- please consider joining the board. Monthly meetings are the 2nd Monday of each month (excluding December). There are many opportunities to make a difference in your community. Sarah Jacobson will be our moderator and will post the link the week before our meeting, or e-mail her at sjmeng09@gmail.com; also you can find the link on our website at www.wilkeseastna.org.

Wilkes East is a better community because of you!

Hope to see you on November 9th!

Your Neighbor,

Kristen Freiermuth

Tips to Prepare for Winter



There's nothing more comfortable than knowing you're prepared for winter before it arrives. Here's some tips to help you get ready.

House (Outdoor)

- Clean the gutters.
- Drain sprinkler system, garden hoses and outside faucets. (When water freezes, it expands and can cause your pipes to burst). Install outdoor faucet covers (\$2.27 Home Depot), foam pipe insulation (\$2.22 Home Depot).
- Cover and secure patio furniture and barbecue grill, or store in a shed, garage or basement.
- Inspect outdoor lighting.
- Inspect wood-burning fireplaces and chimney. Have a supply of emergency firewood handy.
- Protect your gas mower, edger, and blower from ethanol carburetor damage. Drain the fuel tank, start the engine and run until it quits. Always use ethanol protector in your fuel.

House (Indoor)

- Test your smoke and carbon monoxide detectors. Install fresh batteries.
- Reverse ceiling fans to push air down.
- Have a battery-powered radio with extra batteries.
- Keep a flashlight with extra batteries handy.
- LED Super Bright Flip Light (2-\$4.99 Lowe's)

Vehicles

- Check your vehicle's radiator anti-freeze (\$2.99 tester at Autozone).
- Add windshield washer with anti-freeze.
- Locate your tire chains.
- Make a box of stay warm items such as extra hats, coats, mittens, and a blanket.
- Windshield ice scraper. Spray De-Icer.
- Small shovel. Bag of cat litter for traction.
- Battery-powered radio with extra batteries.
- Flashlight with extra batteries.
- Water and snack food. ■

**Seasonal Climate Forecast
Nov 2020 – Jan 2021**

Issued: October 15, 2020, by the Oregon Department of Agriculture and Oregon Department of Forestry.

<https://www.oregon.gov/oda/programs/naturalresources/documents/weather/dlongrange.pdf>

"NOAA's Climate Prediction Center (CPC) has issued a La Niña Advisory and expects La Niña to continue at least through this winter. Expect periods of significant storminess, especially in December and January. Look for a transition from relatively-mild conditions, in November, to relatively-cold weather from about Christmas through January. Prepare for markedly more volatile weather than we had the past two winters. As we progress from November 2020 through January 2021 expect to see weather ranging from rainy and windy to Arctic cold and snow." ■

Did you know? Gresham's elevation is 301 ft. Average winter temperatures: high 46', low: 35'

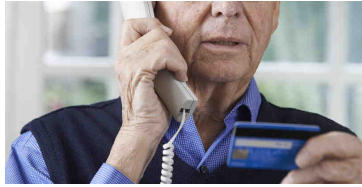
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Elder Fraud Alert. Cyber Security Awareness: Online Scammers Will Do Anything and Impersonate Anyone.



By Greg Hartung
WENA Board Member

The month of October is best known for the changing seasons, goblins, haunted houses and the return of the Pumpkin Spice Latte. But, did you know October

is also [National Cyber Security Awareness Month \(NCSAM\)](#)?

NCSAM should serve us all as a reminder that online scammers will do anything and impersonate anyone to carry out illegal scams, searching for victims who are vulnerable to today’s fast paced world of technology. Most everyone today is now attached to the Internet via smart phone, personal computer, or tablets (pads). And many of us use the conveniences of on-line banking, medical care and social media. This leaves the door wide open for online scammers to prey on their next victim.

An 81-year-old retired truck driver from Portland recently found himself in this very predicament. A scammer had sent a text to him requesting a payment of \$799 for a past due bill from Amazon. The victim had never ordered from Amazon but called the number and spoke to who he believed was a legitimate Amazon representative. The scammer was very persuasive. The scammer was able to gain the victim’s trust thus allowing full access to the victim’s personal computer through computer sharing programs. Once access was given, the scammer was able to manipulate the victim’s bank accounts to make it appear he was being reimbursed. When in fact, it was the victim’s own money from his saving account that was moved to his checking account. The scammer eventually persuaded the elderly truck driver to purchase \$5,000 worth of gift cards to pay off a debt of \$799 which never existed.

Eventually, family members intervened and had the bank accounts frozen, and computer access changed. But it was too late. The \$5,000 cannot be recovered.

How did this happen? Several factors possibly led to the victim’s vulnerability:

- Age. A generation of people who are more trusting and giving.
- Recent medical care or medication that may have impaired decision making.
- Ethics. Wanting to fix the problem.
- Remaining independent and not asking for help.

Can you recognize a scam when you see it? Fraudsters and online scams are a fact of life in today’s world of technology. They will do anything to try to get into your bank accounts. Common scams, like posing as a company employee to access your computer, or a caller pretending to be from your bank to get a passcode sent to your phone are some ways that people become easy victims.

Here are a few ways you can stop them:

- Do not click on pop-ups or attachments if you do not know who they are from.
- Never share your password with someone on the phone.
- Do not allow anyone to access your computer remotely.

If you feel you or someone you know is a victim of an online scam, immediately report it to your bank and have a stop put on your accounts. Change access passwords on your computer and social media accounts. Also, file a report with your local police department (Gresham Police Non-Emergency phone 503-823-3333) and the FBI’s Internet Crime Complaint Center at: <https://www.ic3.gov/default.aspx>. ■

Did you know? Lemons contain more sugar than strawberries



How To Safely Visit Family This Holiday Season

It may be safest to skip this year’s family holiday gathering if possible, public-health experts say — but the decision is a personal one, and there are ways to minimize the risk of COVID-19 transmission if you choose to forge ahead. In a recent survey 47% say their holiday get-togethers this year will be canceled.

On October 13, 2020, the Centers for Disease Control and Prevention director Robert Redfield said, “the increasing threat right now” was infection spread through small household gatherings. “Particularly with Thanksgiving coming up, we think it’s really important to stress the vigilance of these continued mitigation steps in the household setting,” Redfield said.

The CDC recently issued detailed guidance for hosting, attending and traveling to holiday celebrations this fall and winter, noting that in-person gatherings posed “varying levels of risk,” compared to low-risk virtual celebrations or festivities held among members of the same household. Risk factors to consider include community spread of COVID-19, the location and duration of the gathering, the number of attendees and where they travel from, and attendees’ preventive behaviors before and during the gathering.

If you are at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.

Traveling increases the chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

General considerations for fall and winter holidays

First and most important, do not attend any gathering if you are not feeling well, or have recently been ill. Avoid touching your eyes, nose, and mouth. Limit contact with commonly touched surfaces or shared items.

People from the same household can be in groups together and don’t need to be 6 feet apart – just 6 feet away from other families. When guests arrive, minimize gestures that promote close contact. For example, don’t shake hands or give hugs. Instead wave and verbally greet them. Wear masks when less than 6 feet apart from people indoors. Consider providing masks for guests or asking them to bring their own. Consider providing hand sanitizer containing at least 60% alcohol. Remind guests to wash their hands before serving or eating food. Use single-use hand towels or paper towels for drying hands so guests do not share a towel. Limit people going in and out of the areas where food is being prepared or handled. Avoid any self-serve food or drink options, such as buffets. Use disposable food service items including utensils and dishes. ■

Wilkes East Neighborhood Fall Meeting
November 9, 2020 7PM
Online meeting via Zoom

Agenda

- **Robin Sells**, Gresham Chief of Police
- **Emily Bower**, Executive Dir, City of Gresham Redevelopment Downtown Rockwood Rising
- **Election of Officers**
- **Lee Dayfield**, Parks Advocate
Progress report to get a Parks District for Gresham

SCHOOL (Page 1)

"I just feel better when I am active," Cindy says, highlighting the important link between physical activity and mental health. She didn't think twice about offering to guide Jayde and Lily's workout each morning because she understands the importance of exercise, especially now when kids are missing out on P.E. class, recess and spending time on the playground. Cindy viewed the workouts as a fun way to support her neighbors while sharing her passion. For Rachel, it was a welcomed reprieve- a 30 minute break each morning for her to get ready for the day.

This fall, students are once again returning to online learning. Danelle Heikkila, principal at H.B. Lee Middle School, says the transition to virtual has been hard but that staff at the school are much more prepared going into fall than when they had to abruptly switch to virtual in the Spring. Staff spent the summer creating new protocols for content delivery, attendance, family outreach, curriculum alignment, and student assessment, taking into consideration different challenges families might be facing. The school also added a third counselor and a school social worker, knowing the strain that families and students are facing right now. The schools SUN program is working to make fun activity kits that will be delivered to families and they are continuing to serve free lunch five days a week for any children up to the age of 18. The school also has backpacks full of school supplies for anyone who needs them.

To support online learning, Danelle says the school has distributed iPads with data packages to students. They have also instituted a walkup tech help window at the school and an online tech help desk that can also be accessed by calling the school. While the staff has been pouring energy into fine tuning their online classes, they also want students to know they miss having them at school and are all looking forward to the day in-person school can be resumed safely. In the meantime, Reynolds is committed to providing a virtual option at least through the remainder of the school year, even if a hybrid option becomes available.

Danelle says if there is one area of need that the community could step in to address it would be enrichment activities that keep students feeling engaged, positive, and hopeful. The school has had to prioritize academic programming and is still working to figure out a model for clubs and extracurricular activities. In addition to that, many nonprofits in the area that work with youth are still struggling to redefine what that looks like in the face of a global pandemic. Danelle highlights that students are missing out on the social opportunities associated with school attendance, so opportunities for them to socialize safely with their peers are a necessity.

Like H.B. Lee and other Reynolds schools, MLA has resumed school this fall in a 100% virtual format. Rachel says she is glad the girls are still able to stay home as the pandemic continues and that both she and the school were more prepared for virtual learning going into the 2020-2021 school year than in the Spring. Jayde and Lily are working to solidify their daily routines and meet their virtual classmates, now in third and sixth grade. And Cindy is looking forward to restarting their morning workout. As families and educators struggle to find balance between work, health, family, and the demands of virtual education, it is more important than ever to share our strengths and work together as a community. ■



Find us on Facebook

The WENA board is excited to invite you to connect through a private Facebook group for Wilkes East residents and businesses. Find us under

Wilkes East Neighborhood Association. Join to stay up to date on neighborhood happenings, meetings and most importantly- connect with neighbors! ■

Did you know? When water freezes it expands by 9%

wilkeseastna.org

LAND-USE (Page 1)

Special use review: Proposed use is a Solar Energy Generation system to produce enough energy to satisfy the projects anticipated energy demand - this project is designed to be Net Zero and generate 727.4 MWh/year, which is targeted to meet the buildings demand of 662 Mwh/year with a recommended 10% buffer. Solar canopies are mounted facing South internal to the site, and not facing towards any adjacent street. Solar panels are designed to absorb the sun, not reflect it so there should be no glare.

More information on these land use projects can be obtained by calling 503-618-2845 to speak with a submissions coordinator or email ePlanReview@GreshamOregon.gov ■



WENA Annual Election of Officers

Join your neighborhood Board. All positions up for election!

To join the Board, simply show up Monday Nov 9th, 7pm and nominate yourself! Get involved. Make a difference!

Zoom it on your phone, PC or tablet.

TO JOIN THE MEETING:

Go to <https://zoom.us/join>

Meeting ID: 552 671 8670

Passcode: #Neighbors

Peace, Joy & Happiness
Wishing you Happy Holidays and a New Year filled with prosperity and success.
 This holiday season take the time to give thanks for all that's good in your own life -- and to give to others who may not share the same good fortune.
Have a safe and happy Holiday Season

Save the Date!
**Wilkes East Neighborhood
 Fall 2020 Meeting
 Monday, November 9th, 7-9PM**
 Visit www.wilkeseastna.org
 Click on the Zoom meeting link!

- Robin Sells, Gresham Chief of Police
- Emily Bower, City of Gresham
Downtown Rockwood Rising
- Election of Officers
- Lee Dayfield, Parks Advocate
Update on Gresham Parks District

See you Online!

Are you signed up?
 Nextdoor is the social networking service for neighbors to connect with each other. Sign-up today!

