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CITY AFRICAN AMERICAN NETWORK

CAAN NEWSLETTER

SPRING 2018



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WELCOME MESSAGE

Spring Awakening

Hello Beautiful people! Welcome to Spring. The birds are chirping, pollens are

running around in the air like wild zombies, long shut windows are opening, flowers are blooming and the rain has ceased (knock on wood).

For us, spring is a time of renewal – a period when new ideas come into fruition. It is one of the best times of the year to connect or re-connect with your community. For CAAN, it signals the launch of our monthly newsletter. We hope you enjoy reading the newsletter and plan to attend CAAN's monthly lunch meetings on the first Friday of every month.

In this new season of renewal and community connectedness, we encourage you to innovate and create. Develop new ideas and implement them all. Think big! Explore new territories. You can do all things, nothing is impossible.

Remember to uplift your community. Also, give back when you have the opportunity to do so. For CAAN to continue to thrive and shine this year and beyond, we need committed leaders and volunteers like you.

Stay CAANECTED!

Tosin Abiodun and Kim McCarthy

CAAN NEWS

Announcing CAAN's Bi-Monthly Newsletter

We are very excited and proud to debut the City African American Network newsletter. We hope it becomes an essential tool for empowering Black City employees and showcasing our achievements and contributions to the City of Portland. We will publish the CAAN newsletter every two months and announce it with an email in your inbox. Please don't forget to send suggestions, topics or training resources you need to CAAnetwork@portlandoregon.gov. Each newsletter edition will include three standard columns including: CAAN Inspiration, CAAN-do Leader, CAAN News and Events and more to come. Enjoy!

VOLUNTEER
all that's missing is U!

The City African American Network needs you. We are searching for event organizers, graphic designers, writers, newsletter contributors, website administrators, bureau representatives and project coordinators. We also need leaders who can help plan and implement CAAN's Juneteenth events and programs. If you are interested or ready to volunteer, please send an email to CAANetwork@portlandoregon.gov

CAAN MONTHLY NETWORK EVENT

CAAN's Never Eat Lunch Alone



Invite a friend and bring your lunch. Come and enjoy some quality time with Black City staff. Everyone is invited. For more information, please email

Mychal.Tetteh@portlandoregon.gov or Kim.McCarthy@portlandoregon.gov

Date: First Friday of Every Month

Time: Noon to 1:00 pm

Venue: Congress Center, 1001 SW 5th Ave, Room 513

CAAN-DO LEADER



Mychal Tetteh recently stepped up to serve as the Event and Program Coordinator for the City African American Network's monthly *Never Eat Alone Lunch* Event. He wants to develop programs and ideas for the monthly networking event. If you are into event coordination, a people person with a keen eye for details and want to offer support, please send an email to Mychal.Tetteh@portlandoregon.gov

Who is Mychal Tetteh?

A life-long Portlander who graduated from Benson High School with an emphasis on computer software. A Tuskegee University graduate with a degree in Forestry. A father of a 1½ year old daughter and a 4 year old boy.

What do you do at the City of Portland?

I serve as the Fixing Our Streets Program Manager at the Portland Bureau of Transportation (PBOT). I spend my time identifying great challenges and collaborating to develop practical and innovative solutions.

What are the one to three books that have greatly influenced your life?

Things Fall Apart by Chinua Achebe
Existentialism by Friedrich Nietzsche
The Elements of Style by William Strunk

If you could have a gigantic billboard anywhere with anything on it, what would it say?

"Love always gives more than it takes." We have three crises facing society today: environmental, economic, and spiritual. The expectation of abundance (economic), and net contribution (environmental) and love between people (spiritual) all require love, sacrifice and an accurate accounting of one's contribution to the world. The above is an imperfect reminder of the principles that underlie the challenges we face.

What do you think the City can do to further encourage and advance the career and professional experience of Black City staff?

Increase funding to support the work of the City African American Network so that employees can contribute to advance their own career and professional experience.



MEMBER SPOTLIGHT



The wonderful CAAN member spotlighted in this edition of the CAAN Newsletter is the lovely, KrisAnn Washington!



What do you do at the City of Portland?

I am a Service Dispatcher in the Portland Bureau of Transportation.

What aspects of your job do you enjoy most?

The best part of my job is helping community members find solutions and address their transportation issues, needs and concerns.

Who inspires you?

All the people who keep Portland weird! People who strive to make our City a great place for everyone to live in. Those who are woke.

Who has been a mentor for you here at the City of Portland?

I see Director Leah Treat work every day to create an inclusive work environment. I know that she uses her voice to talk powerfully about white privilege and discuss equity at work. I think she's a great example of a good leader.

What was the best concert you ever attended?

Every year that I have attended the Safeway Blues Festival. Tons of great acts, but the most electrifying was watching Etta James. Anytime I could listen to our local (s)heros, the likes of Linda Hornbuckle and Janice Scroggins.

What piece of advice would you give to a new employee?

I would say to cross train and shadow other jobs, take opportunities or create opportunities for yourself. Volunteer to pick up little projects to learn new skills and to network. Learn to be dedicated and always give your best. Be yourself and have FUN!

CAAN-INSPIRATION



CAAN READING LIST



Forty Million Slaves: The Rise, Fall and Redemption of the Black Athlete by William Rhoden

So You Want to Talk About Race by Ijeoma Oluo

Invisible Man by Ralph Ellison

Who Moved Cheese: An Amazing Way to Deal with Change and Work in Your Life by Spencer Johnson

Man's Search for Meaning by Victor E. Frankl

Tribe of Mentors by Timothy Ferris

What to Say in Every Job Interview by Carole Martin

A History of Black Business in America by Juliet E. Walker

How Will You Measure Your Life by Clayton Christensen

ATTENTION ALL PODCAST LOVERS:

Here are some career development podcasts to add your play list:

Therapy for Black Girls (Joy Harden): The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development and all small decisions we can make to become the best versions of ourselves. Take some time to listen to Joy Harden, the host and licensed psychologist based in Atlanta.

Joblogues (JoyMarie Parker and Cortney Cleveland): This podcast hosted by two childhood friends highlight candid career conversations with young professionals around the globe.

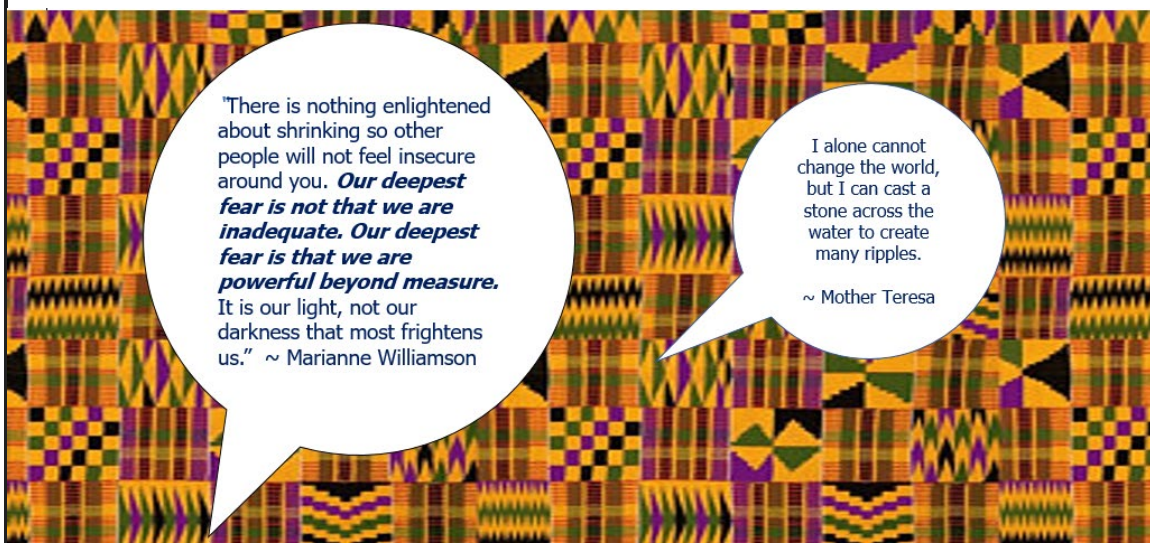
Career Tools (Michael Auzenne and Mark Horstman): This is a weekly podcast that highlights specific actions you can take to grow and enhance your career, whether you are a manager or just learning how to climb to the top.

Productivityist (Mike Vardy): This is a weekly show that discusses tips, tools, tactics and tricks that are designed to help you take your productivity, time management, goals, to do lists, habits and workflow to new heights – both at work and at home.

The Tim Ferris Show (Tim Ferris): Want to learn from high achievers? If your answer is yes then you need to listen to Tom Ferris.

Switch Pivot or Quit (Ahyiana Angel): This weekly show is for everyone seeking encouragement, inspiration and change.

Side Hustle School (Chris Guillebeau): Do you have a side hustle? Want to start a business on the side? Want to make a little extra money to complement your 9 to 5 job? If that's your case, you might want to listen to Side Hustle School, a podcast that aims to reveal the secrets of bringing in cash through a side gig.



"There is nothing enlightened about shrinking so other people will not feel insecure around you. ***Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.*** It is our light, not our darkness that most frightens us." ~ Marianne Williamson

I alone cannot change the world, but I can cast a stone across the water to create many ripples.

~ Mother Teresa

COMMUNITY-LED EVENTS

APRIL

APRIL 27 (At Night in My Backyard Event (Event to honor the memory of Stephon Clark)

MAY

MAY 4 Now Going Beyond the Flint Water & Housing Crisis

MAY 5 Derby Day Our Way - A Kentucky Derby Day Party

MAY 17 Partners in Diversity Say Hey Event

MAY 19 Family Saturday with at the Oregon Historical Society in partnership with the Oregon Black Pioneers and OHS's Racing to Change: Oregon's Civil Rights Years exhibit.

MAY 23 Proclamation for Vanport Day of Remembrance

MAY 28 Memorial Day

JUNE

JUNE 23 Good in the Hood Parade

YOU ARE NOT ALONE

Need someone to talk to? Need someone to uplift you and make you smile? Don't hesitate, reach out to a CAAN representative (CAAN Buddy) in your bureau or consider participating in the City of Portland's Employee Assistance Program. For access to confidential help 24 hours a day, seven days a week, call toll-free 1-800-433-2320, text 503-980-1777, or go online to [Cascade Centers](#).

HOW TO SUBMIT IDEAS AND NEWSLETTER CONTENT

Our goal is for CAAN's newsletter to serve as a channel to build and strengthen our community, provide up to date information about community events and highlight leadership as well as professional development opportunities.

CAAN's newsletter is a work in progress. We have myriads of ideas but we recognize the importance of your contribution. We will love to hear from you. If you have interesting topics and innovative content, please let us know via email. We want to make sure that we tailor our content to fit your needs and speak to the issues you care deeply about.

HOW TO CONTACT CANN AND STAY CAANACTED

Email CAANetwork@portlandoregon.gov
Kim.McCarty@portlandoregon.gov



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