



# PROMOTING DIVERSITY EQUITY & INCLUSION

## HONORING DR. MARTIN LUTHER KING, JR.



"We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

This month, as we celebrate the life and legacy of Dr. Martin Luther King Jr., let's return to one of his many powerful reminders: "We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

At BGCP, this "single garment" is woven into the bones of our Clubs and we see it every day: whether it be the laughter in our gyms, the shared meals in our Cafes, or the diversity of staff, members, and community members that come together in our Clubs each day.

Dr. King taught that our community's strength is not measured by how well some of us are doing, but by how well ALL of us are doing, and how well we uplift those who need it most. This month, we can't help but acknowledge the deep fear, oppression, and dehumanization that our administration is causing our immigrant communities, neighbors, and friends. **What Dr King reminds us, is that if one thread of our garment is frayed, the entire fabric is weakened.**

This MLK Day, we honor the "Dream" by expanding our circle of concern. We recognize that the fight for civil rights and the fight for immigrant lives are two sides of the same coin: the right to be safe, to be valued as a human, and to authentically and truly belong.

As we serve our youth this month, we aren't just teaching them to be leaders; we are teaching them to be weavers, young people who see the humanity in every neighbor, regardless of their origin or status. By standing in solidarity with our immigrant communities, we move one step closer to Dr. King's vision.

Thank you for all that you do to continue the legacy of important leaders like Dr. King. Together, we are helping ALL our members across Portland know they are an essential part of the tapestry, and our shared future.



# MLK DAY COMMUNITY EVENTS

## check out what's happening in our community!



SATURDAY, JANUARY 17 12PM-3PM 511 NW BROADWAY  
**COMMUNITY ART BUILD**  
JOIN US AND CREATE ART WITH DON'T SHOOT PORTLAND

IN SUPPORT OF THE 12<sup>TH</sup> ANNUAL MARCH FOR  
RECLAIM REV. DR. MARTIN LUTHER KING  
JR. DAY ON JANUARY 19, 2026

### Art Build:

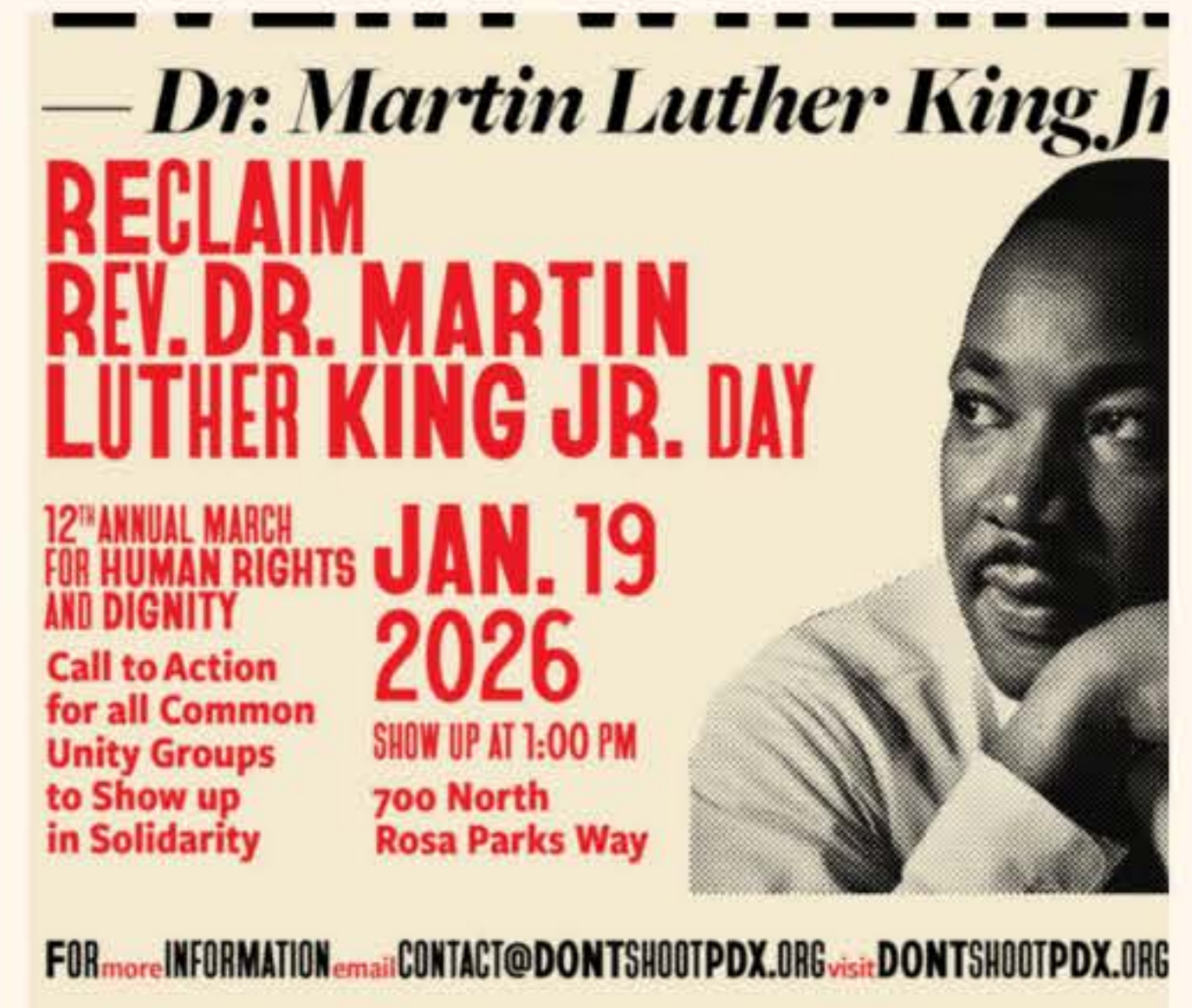
January 17, 2026  
12-3PM at PNCA

### 12th Annual Reclaim MLK March:

January 19, 2026  
1-4PM at 700 N Rosa Parks Way

From the event coordinators: Join Don't Shoot Portland for an in-person art-making event at the Pacific Northwest College of Art! We will create artwork and posters for Don't Shoot Portland's 12th annual Reclaim MLK March on January 19, 2026.

Reclaim MLK honors the legacy of Dr. Martin Luther King Jr. and the fight for racial justice and human rights. This is an opportunity to connect with like-minded individuals and contribute to a collective effort that aims to bring about positive change in our community. This is a family-friendly event. Everyone is welcome!



### Martin Luther King Jr. Day Cleanup:

January 19, 2026  
10AM-12PM at Irving Park



From the event coordinators: Honor the legacy of Dr. Martin Luther King Jr. by helping clean up one of Portland's most treasured parks, situated just south of the King neighborhood. The federal holiday, which is also known as a national day of service, brings plenty of volunteer opportunities across the city and state, but sprucing up an outdoor space that contains Portland's largest nature patch is a prime use of your time off. Show up in closed-toed shoes and weather appropriate clothing; materials will be provided by environmental stewardship nonprofit SOLVE.



# YOUTH DEVELOPMENT TOOLBOX

## How to Celebrate and Honor Dr. King's Legacy in the Club

### ACTIVITIES

#### "Making Dreams a Reality" Collage:

Listen to the "I Have a Dream" speech and encourage dialogue amongst youth about Dr. King's legacy. Consider how his dreams can still improve our world today. Then, ask youth to think about their dreams for the future. Have them finish the sentence prompts, "I have a dream that" and "I can make my dream come true by"... Turn the dreams into a collage by having students trace their hands on paper of different colors. Cut out the handprints, write their dreams down on the many-colored hands, and arrange them into a beautiful collage of dreams.

#### "Web of Connections" Activity

Materials Needed: A large ball of yarn or string, Scissors

Instructions:

1. Form a Circle: Have members stand or sit in a large circle in an open area.
2. Start the Connection: The facilitator or a participant holds onto the loose end of the string and shares a specific youth activity they are involved in, something they love to do, or a positive quality they have (e.g., "I play soccer").
3. Toss the Ball: The person with the string then calls out the name of another person across the circle and gently tosses the ball of yarn to them, without letting go of their end of the string.
4. Continue Weaving: The receiving person holds onto their segment and shares their own activity or how they are connected to the first person's activity (e.g., "I love to paint, but I'm friends with someone else on the soccer team").
5. Build the Web: The process continues until everyone has had a turn to speak and the string has created a complex "spider web" pattern across the circle, symbolizing their connections.
6. Reflect and Discuss: Once the web is built, discuss how different actions affect others in the network. For example, have one person gently tug their string and observe how many others feel the ripple effect, illustrating the impact of individual actions on the whole group.

### DISCUSSIONS

#### Possible Prompts:

- Dr. King said, 'Whatever affects one directly, affects all indirectly.' How does it affect all of us when a family in Portland feels unsafe or unwelcome?
- What does Dr. King's legacy mean to you? How has his work influenced your life? How do you think it has shaped the world you live in today?
- How do you think Dr. King would feel if he could see the United States now? Why?
- What do you think people can still learn from Dr. King? How can we use his teachings to help address problems our country currently faces?



# BGCP Staff Board

## **birthdays**

Ken Harris  
Sarah Ethridge  
Magaly Chanocua  
Renee Demke  
Pam Bechen  
Jenny Sagrero  
Roberto Bermejo  
Dani Ridenour

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## **work anniversaries**

Low Kahana, 15 years  
Pam Bechen, 1 year

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## **new staff**

Issac Boutte (YDC at CareOregon)  
Randi Ring (YDC at Inukai)  
Kathleen Porcello (Sr Dir of Grants  
Management), starts January 21st

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## **staff exits**

Amelia Ralston Okabayashi