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The Eastside
Village VOICE
August 2022

Getting a smile
back from a
perfect stranger

Listening to
my neighbor's
children playing

Sharing a joke
with the grocery
store clerk

Making sure the
counters are clean
before bed

AUGUST Is
NATIONAL HAPPINESS MONTH.
WHAT MAKES YOU HAPPY?

The smell
of lavender

Laughing with
my crazy
EV friends

Helping a friend
find the perfect
plants for
her porch

Illustration: depositphotos.com

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ACCENTUATING THE POSITIVE: OPTIMISM CAN BE CHALLENGING TO MAINTAIN, BUT SO GREAT FOR YOUR HEALTH

Eastside Villagers tend to be folks with positive attitudes. Listen to the laughter and encouraging conversation at any event, online or in person, and you'll know this to be true.

Still, more than two years into the pandemic—with masks still at the ready, reports of high transmission rates, and a fraught political atmosphere—we're all bound to feel discouraged now and then.

Even optimism itself is, at times, under attack. That's understandable, given our current times. In what's come to be known as “toxic positivity,” critics argue that putting a positive spin on dire situations is unrealistic, perhaps dangerous, and a denial of our full range of emotions.

In most everyday situations, though, few would dispute that a positive outlook can be one of our most valuable tools as a coping mechanism for daily stress, a happier way to lead our lives, and even a key to our longevity.

Abundant scientific research backs this up.

- A study published in the June 2022 issue of the *American Geriatrics Journal* suggests that positive attitudes are a major attribute of women who live beyond the age of 90.

- Another recent study by the Boston University School of Medicine found that older men who exhibit

positive attitudes have stronger emotional well-being, resulting in lower anxiety and fewer stressful situations.

- And one more, conducted over several decades by the Harvard T.H. Chan School of Public Health and other research teams, found that optimistic men and women live up to 15 percent longer than their gloomier counterparts.

Of course, we know that having a positive attitude isn't as easy as flipping on a switch. But here are some tips from experts for amping up your optimism.

- **Volunteer.** Helping others can give you a sense of purpose while you socialize and benefit the lives of others. And it's so easy to volunteer with Eastside Village! Just call the office to learn more.

- **Socialize.** Just being with other people can reassure us that we're not alone and we have value. That's one of the founding principles of Eastside Village. So if you're feeling down, take a quick look at the activities calendar and sign up for something. You can attend fun events several times a week if you like.

- **Start a gratitude list.** It's an old practice, but mental health experts still recommend it as an effective way to improve your mindset. Every morning, simply write down several things you're grateful for, and spend a few minutes reflecting on them. It's as easy as that –

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and it can have a powerful positive impact on your day.

- **Mind what you listen to.** Has the news got you down? You don't need to infuse the headlines into your thoughts all day. Why not try a half-hour with a fun, uplifting podcast? We recommend "Live Happy Now." Each episode brings scientifically proven tips and ideas to live a happier and more meaningful life.

It's grounded in reality, easy to listen to, and always offers an uplifting way to view the world. Check the podcast app on your phone and download a new episode every Tuesday for free.

By Anne Kenlon

"Keep your face always
toward the sunshine,
and shadows will fall behind you."

—Walt Whitman

*"A goal is not always meant to be
reached, it often serves simply as
something to aim at."*

—Bruce Lee

"Nobody can go back
and start a new beginning,
but anyone can start today
and make a new ending."

—Maria Robinson

"Choose to be optimistic, it feels better."

—Dalai Lama

"No act of kindness, no matter
how small, is ever wasted."

—Aesop

"I've learned that people
will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel."

—Maya Angelou

"My friends, love is better than anger.

Hope is better than fear.

Optimism is better than despair.

So let us be loving, hopeful, and optimistic.

And we'll change the world."

—Jack Layton

HEAR YE, HEAR YE: IT'S MEETING TIME AGAIN!

JOIN US: SUNDAY, SEPT. 11, 1-3 PM

Yes, it's that time of year when Members of Eastside Village come together to approve the annual budget and elect two Governing Council Members.

There will be cookies and lemonade and about a zillion door prizes, so we really hope you can join us. [Would you like to help? Check out how on page 11.]

We will be meeting **in person** this year on Sunday, Sept. 11, 1-3 PM, at the All Saints Episcopal Church Parish Hall 4033 SE Woodstock Blvd. (Parking on the north and east sides; ADA access from the north entrance.)

There are two things you should be aware of. The first is a change to our usual voting process.

Every year, we elect or re-elect members for the Village Governing Council. Up until now, that process has been carried out by those present at the annual Member Meeting. Given the ongoing presence of COVID, the Council would like to expand that participation to **all** members by providing a mechanism for them to vote electronically before the Meeting. That change, however, will require an amendment to the Village Bylaws. Here is the proposal being considered:

Current Bylaw: *Section 5 — Voting: All issues to be voted on shall be decided by a simple majority of those present at the meeting in which the vote takes place.*

Proposed change: *Votes will be collected by mail or electronically prior to the*

Annual Member Meeting. All issues to be voted on shall be decided by a simple majority of those voting.

This change will be voted on at the Governing Council meeting on August 11. If you have any comments or questions, you can contact all the Council members at EVGoverningCouncil@eastsidevillage.org or call the office if you would like to attend the meeting by Zoom.

The second thing you should spend some time thinking about is the makeup of the Council itself. We will have two vacancies to fill this fall; have you ever considered serving on the Governing Council? You can read about what motivated our current Council members to serve on page 4.

What exactly does the Governing Council do? We're so glad you asked! Soon after last fall's election, the new Council met for an all-day retreat to develop a Strategic Plan for 2022.

Using six broad categories—fiscal, membership, events, volunteers, services, and the Council itself—we identified a range of broad and specific goals: some that could be dealt with easily, some that would require ongoing efforts, and some that will need to be completed over several years.

Some of these goals include:

- Find ways to better communicate with our Members about what is happening with the Village's

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“WHY I VOLUNTEERED TO SERVE ON THE EASTSIDE VILLAGE GOVERNING COUNCIL”

Current EV Council folk were asked to share with our Members why they volunteered to serve. Their reasons may vary in the details, but you will soon sense a common thread. If you also feel this way about Eastside Village, we urge you to please consider serving on the Council.

Liz Dally

#1. I was asked.

My husband Jim and I had been Members of Eastside Village for about two years, but because we still worked more than full-time in our own business, we participated in no activities. Then we retired, and the COVID pandemic struck, and before that year's Annual Meeting, we were asked to join the Governing Council to share a position.

#2 I felt an obligation to the community.

For over 30 years, my work schedule and child-rearing responsibilities had precluded any volunteer activities outside of my profession. It was time to pay the debt!

#3 It's Karma, baby.

When my elderly parents needed help, I lived on the other side of the country, so the task of assisting them fell to my sisters. To make it up in the karmic scheme of things, I volunteer to assist older

people in my community.

#4 I'm paying it forward.

I'm still healthy, strong, and have most of my marbles, and, while I still am able, want to contribute to an organization on which I will one day rely.

#5 I have skills that may be useful.

Running a small business for most of my working life taught me a few things, and I am happy to put my knowledge and point of view in service to the Village.

Peg Farrell

I had only been in Portland for a year or so when I first heard about Eastside Village. What a wonderful concept, I thought: friendships, community, and someone who isn't my son to call on for small things around the house! I was determined to make sure it stuck around for the long haul.

I began by offering to produce this monthly
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Newsletter, but quickly realized that if I was going to get all the news out that folks needed to know each month, I had to be “in the room where it happened” (i.e., at the Council meetings). The next time there was an election, I volunteered, was elected, and have served ever since.

Serving on the Council gives you such a different perspective! I have a much better appreciation now for all the work, goodwill, and dedication that's needed to keep EV functioning and financially stable. I have a better understanding of our place in Villages NorthWest. And I've experienced the incredible generosity and kindness that our Council folk show one another and our Members. What an amazing bunch of funny, thoughtful, and supportive individuals.

Yes, we all work hard, but we have a lot of fun, too.

Jim Houser

I grew up in a large family in a small town in Western Ohio. Over time, most of my siblings and I moved away from our hometown.

Following their retirement, our parents moved to a smaller home they had built to have easy, minimal maintenance

and repair. As our parents aged and our father became more frail, it fell to our mother to contact their friends and neighbors to see to the many tasks she couldn't master.

When our father passed, our mother found it more difficult to keep in touch with her remaining friends and to make new friends. She also became less sure of her driving skills/attention.

Eventually we decided to move her to an assisted living apartment. Mom told us in no uncertain terms she missed her purpose-built home, her hometown, her many friends, and especially her car.

Eastside Village provides so many of the features and benefits that would have allowed our mother to successfully continue to live in the home and neighborhood where she was most comfortable.

My familiarity with my own family's challenges is why I volunteer on the Governing Council and as a “handyman.” It lets me help create a more fulfilling aging experience for this next generation.

Lee Lancaster

I heard about Eastside Village for several years before I actually joined.

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LOCAL TOOL LENDING LIBRARY BECOMING A REALITY AT LAST

Do you know about tool lending libraries? Starting this fall, the entire East Side of Portland will have access to one.

A small band of devoted folks has been attempting for a couple of years to find space to launch a tool library. Unable to find existing space, we devised a plan to provide our own structure. We found a willing location and applied for a grant from our Metro government. AND THEY ARE GIVING US MONEY!



This is the beginning of a project that will enable residents of Portland's East Side to borrow rarely needed items to get occasional tasks done. We will all be buying, storing, and wasting less.

We still need volunteers to shape the plan, execute it, and maintain the library's operation. If you are interested, please contact Nancy Arntson.

*By Nancy Arntson
EV Member*

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YOUR TABLE AWAITS YOU!

Back in the pre-COVID days, there were farmers' markets and street fairs this side of the River nearly every weekend: Belmont, Division/Clinton, Hawthorne, Lents, Montavilla, Moreland, and Woodstock, to name a few. Eastside Village Members and

Volunteers would sit behind a table at most of these events and tell passing folk about the Village.

If you haven't sat at one of these tables yourself, chances are good that you've spoken to someone who did.



Many of these events are starting to open up again and Eastside Village wants to be there. We could sure use your help!

There are events scheduled for August 14, 20, and 28. You can sign up for the two-hour shift of your choice at the [EV](#)

[website calendar](#).

It's a fun way to help spread the word about the Village, share your experiences, and have a good excuse for an ice cream cone or bag of berries.

CCC UPDATE: PROTECT OUR CLIMATE BY PROTECTING THE FORESTS

As the entire world experiences record heat, it's important to remember how forests can truly protect us against global warming. They absorb vast amounts of carbon dioxide from the atmosphere and store it in woody tissues and the soil.

Eastside Village's Climate Crisis Crew keeps members up-to-date on issues like these, with speakers and information on climate issues and practical steps we can all take to advocate for climate protection.

Take, for instance, the issue of old-growth forests—an often-misused term. Old-growth really means ancient forests that have not been logged. In second-growth forests, there are no stumps or moss on upturned trees or other undergrowth for creatures of the forests. They do not protect against wildfires as old-growth forests will.

Bethany Cotton, Conservation Director for Cascade Wildlands (an Oregon-based advocacy group), wrote this past May that when President Biden signed an executive order on strengthening the nation's forests, communities, and local economies, he acknowledged mature forests as essential bulwarks against the worst impacts of climate change. Despite this, federal agencies continue to propose and approve reckless logging projects in the last remaining old-growth and mature forests in the U.S., including many here in western Oregon.

Just one example: a proposed Flat Country logging project that would



The CCC logo is based on the "Doug flag," an unofficial flag of the Cascadia bioregion.

log nearly 4,500 acres, including clear-cutting 1,000 acres of rare old-growth and mature forest in the beloved McKenzie River watershed. With the massive Holiday Farm Fire in 2020 having already raged west of the proposed project footprint, wildlife habitat is all the more compromised—especially already imperiled species like the Northern Spotted Owl. A coalition of Oregon conservation organizations has notified the Bureau of Land Management that it intends to sue the agency to stop this logging project.

The Climate Crisis Crew encourages EV Members to support Cascade Wildlands and other organizations that seek to protect forests, especially old-growth forests.

We owe these actions to younger generations. Please join us in our letter, e-mail, and phone campaigns!

*By Judy Ringenson
EV Member*

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I thought it was a good idea but felt I didn't need help yet. Eventually I became a volunteer driver in order to meet people and see if the operation was legit. Little did I know that this would open an opportunity to become engaged and connected in ways that exceeded my expectations.

I did meet people and was invited in. I saw acts of kindness and connection and felt invited to participate. I was reluctant at first, after all I was "retired," and was expecting to phase out of everything. But it turns out there are still things to do, new things to learn, more laughs to be had.

That is why I like being on the Village Governing Council. It is good to be around people who are caring and smart and funny. It is the good life.

Jackie Lemieux

I have really enjoyed being on the EV Governing Council. It has given me the opportunity to give back to the Village and to meet and get to know more people.

On the Council, we strive to ensure that every Member's experience is a positive one. I have learned more about the Village movement and what the other Villages in our area are doing.



It is fun, interesting, challenging, and I find, very rewarding.

Marnie McPhee

I learned about Portland's fledgling Villages movement from my dear friend and neighbor, Derianna Mooney, who was one of EV's pioneers. The Villages model intrigued me, but I didn't want to help launch another nonprofit organization at that time.

She shared EV's progress and introduced me to several EVerS, and I helped her represent EV at one tabling event before I joined in August 2019.

I'm SO glad I did! What a community of fascinating, irreverent, caring, generous, silly, creative, and brilliant people! I love how we take care of each other—and have a LOT of fun—especially during COVID.

I contribute to our Newsletter and website, help with fundraisers, edit copy, serve on VillagesNW's Council of Representatives, and generally pitch in as I can. I enjoy serving on EV's Governing Council, focusing on new ways to support and engage our Members, attract new ones, and help guide EV toward sustainability.

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Although I'm fortunate not to need many services yet, I imagine that may change. In that regard, I'm living what Cary Hixon told me once: "I'm involved in EV now, not because I need help today, but because I'm paying it forward for tomorrow."

Jim O'Connor

My late wife and I moved to the West Coast around 2017 to be closer our son and his family. We met Lucien and Anne-Marie Dallaire in the neighborhood and soon after saw an article in the paper about the Eastside Village that included comments from them. We soon signed up as social members.

My wife passed away a couple of years later; I was so glad that we had become members of an organization that so willingly and freely supports its Members in time of need. I felt very grateful and supported.

Since we joined EV, I've participated in various activities such as the Men's Group, RISE, the Biking Group, and other events. Because I was acquainted with some of the Governing Council members, I felt that at some point I might volunteer in this capacity. Sure enough, a couple of years ago, I was asked by a few members to serve.



I accepted and am now serving as the Secretary. I volunteered for this post because in this role I would learn more about the whole organization.

I enjoy working with other Council members and becoming better acquainted with them. This year the Council developed a number of goals with action items. This became our strategic plan and we refer to it at each meeting.

It has been amazing to be a part of a group that has been focused and effective in its effort to guide this Village.

Mary Beth Young

I serve on the EV Governing Council because I was asked, and that was an honor.

We have so many interesting, talented, and accomplished members in our Village. Someone thought I was a good fit and that was very flattering.

Serving on the Council keeps me active and connected to so many great people. I found my "tribe" by getting involved and meeting new people. That is not always easy, and the early days were a bit rough. Then I began

to see even more levels of intelligence and a willingness to reach out within that group. So exciting.

I'm retired but not tired!

EV HOSTS ICE CREAM SOCIAL IN THE PARK



The whirring sounds from a “Rube Goldberg on the Farm” double-barrel ice cream maker could be heard as just over forty Eastside Village members and volunteers made their way to the Woodstock Park picnic area in early July for our first Ice Cream Social.



The weather was a perfect mid-80s under the canopy of trees. Retired Benson High School teacher Matt Pellico brought his amazing ice cream-making invention. Crafted from an old John Deere tractor engine and several tractor parts, it churns out four gallons of ice cream at a time.

In a little over 30 minutes, Eastside Village Members were enjoying homemade vanilla and strawberry ice cream, as well as a variety of delicious toppings.

By Jennifer Rockwood



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money.

- Update the EV website's content and appearance.
- Implement new tools for communication and interaction with Members and Volunteers.
- Create a support group for the Office Manager and general office functions.
- Streamline monthly meetings to focus better on goals and action items.
- Develop outreach and marketing strategies and evaluate their effectiveness.
- Make it easier for Members to initiate events/activities on their own.
- Update information in new Member packets that emphasizes the parameters of Volunteer services.

If you'd like to be part of this ongoing process, please contact the office or a current Council Member.

By Peg Farrell and Lee Lancaster

EV NEEDS YOUR HELP!

You know that old expression, "it takes a village to...."? Well, this Village needs your help! Our Annual Meeting will be held in person this year (see page 5 for the details) and there are a number of tasks that need doing if it's going to be a success.

What kinds of things, you ask? Here are a few: greet folks as they arrive, hand out name tags, set up the tables and chairs (and put them away afterwards), help provide refreshments, set up the refreshment tables, obtain door prizes, choose the prize winners, and more.

Small things or bigger things, we've got them all and we're gonna need an army of helpers.



If you'd like to help out in some way, check out the handy-dandy [online form we've made](#). Please tell us how you'd like to help and how we can contact you. We'll reach out to you soon!

Thanks!

CALENDAR FOR AUGUST 2022

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. **IP** = Events held in person. **Z** = Events held via the Zoom online conference platform. See the online Events Calendar for more information.

1, 8, 15, 22, & 29

Happy Hour (MV, Z) 5–6 PM

2, 16

Tuesday Hiking Group

(R, MV, IP) 9:30–10:30 AM

Card Group (R, MV, IP) 1–3 PM

3, 17

Movie Club (R, MV, Z) 3–4 PM

4

Brunch at Toast

(R, MV, IP) 10:30–11:30 AM

4, 11, 18, & 25

French Club (R, MV, IP/Z) 9–10 AM

5, 12, 19, & 26

Coffee Hours

(MV) 8:30–9:30 (IP) / 9:30–10:30 AM (Z)

5

RISE Circle Lunch (R, MV, IP) 12–2 PM

5, 6, 9, 18, & 19

Garden Happy Hour (R, M, IP) 5–7 PM

9

EV Book Groups

(R, MV, IP/Z) 10–Noon

11

EV Council Meeting

(R, MV, Z) 10–Noon

12

Climate Crisis Crew

(R, MV, Z) 12–2 PM

13

Virtual EV 101 (R, Z) 10–Noon

14

Montavilla Farmers Market Tabling

(R, M, IP) 9:45 AM–2:15 PM

18

Men's Lunch with Adult Beverages

(R, M, IP) 12–2 PM

20

Moreland Farmers' Market Tabling

(R, M, IP) 10 AM–2 PM

23

EV Website Tutorial

(R, MV, Z) 11–Noon

28

Hawthorne Street Fair Tabling

(R, M, IP) 8:30 AM–5:30 PM

Knot Just Knitting (R, MV, IP) 1–3 PM