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The Eastside  
**Village VOICE**  
September 2022

# member meeting



sunday, 9.11.22

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Carlotta Richard, and Anne Kenlon, Co-Conspirators



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# FALL ELECTION AND ALL-MEMBER MEETING

Yes, it's that time of year when members of Eastside Village come together to approve the annual budget, hear what our Village has been up to since last fall, and elect Governing Council members. You can read their introductory statements below.

While we can't entice you with a fabulous potluck as in past years, we can promise that there will be homemade cookies and *lots* of door prizes. **Mark your calendars for 2-4 pm on Sunday, September 11, and join us at the All Saints Episcopal Church Parish Hall (4033 SE Woodstock). Watch your email inbox for the link to the online ballot. See you soon!**

## ***Introducing Anne Kenlon, Candidate for EV Council***

Since joining Eastside Village last December, I've admired how it adheres to its purpose of supporting Members as we age in place. Every activity supports this goal, from creating social connections to providing volunteer services.

When I describe Eastside Village to others, I always use the phrase "neighbors meeting neighbors — friends helping friends." This notion speaks

strongly to the spirit of community service I learned from my parents as I was growing up.

It's been my great joy to become active as an Eastside Village Volunteer. I've seen for myself what wonderful people make up this organization, and how much difference a little help from a



Volunteer can make in their lives.

My corporate career and graduate school experience have trained me in strategic planning, objective-setting, and clear communications. If elected, I look forward to bringing those skills — and my personal enthusiasm! — to the Governing Council.

## ***Introducing Lee Lancaster, Returning Candidate for EV Council***

I learned about Eastside Village by meeting members at the Hawthorne Street Fair for a couple of years running.

In 2018 I decided to volunteer as a driver to get to know people and learn more about the Village. I finally joined in December

2019 to take part in the activities and get more involved.

I have enjoyed serving on the Governing Council and would like to

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# CCC UPDATE: LOCAL CLIMATE ACTION



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

I'd like to draw your attention to the great work of **East Portland Resilience Coalition**. Gayle Palmer, one of our Members, is in the lead of this important effort to educate us regarding climate issues and encourage our adaptation to it.

Among their upcoming efforts will be a focus on Shade Equity/Tree Canopy here on the east side and the development of Community Resilience Hubs in East Portland neighborhoods.

Contact Gayle for more information or follow their work at: [eastportlandresiliencecoalition.org](http://eastportlandresiliencecoalition.org)

Nancy Arntson

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volunteer for another term.

Surprisingly, engaging in several committees around finance, personnel, and growth has been very rewarding because of the other people who are involved. We have been able to wrestle with some of the big questions in our future and made some progress.

A vote for Lee is a vote for optimism and good humor!

## ***Introducing Wendy Orloff, Returning Candidate for EV Council***

I learned about Eastside Village many years ago when Peg Farrell 'dragged' me to a meeting for Villages NE. They told us we didn't live in their area and directed us to EV.

Peg immediately got on the ball and joined EV. I decided to wait a year and see how things went for her. Soon,



though, I was convinced.

I'm a firm believer that you get out of an organization what you put into it. So I started out by getting involved in some of the EV social events: dining out, movie-going, visiting gardens etc. After a while I decided to become a Volunteer driver as a way to get to know

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# GET A START ON HOLIDAY SHOPPING AT THE EASTSIDE VILLAGE AUCTION

**Eastside Village will hold our second EV Auction on October 8, 2022.** We have some amazing packages this year. Looking for something to do? We have fun movie and game packages! Looking to shop for grandkids? We have toys and activities to engage all ages!

We have handmade art, nights out at restaurants and in EV Members' homes, and special one-of-a-kind items and baskets to tickle your fancy.

All proceeds will be used to expand our ability to support more of our low-income neighbors, plan more social outings for our Members, and give back to our community through charitable work or donations.

The Auction will be online (virtual) and all are welcome to register and participate. We will send out a link to the Auction catalog to all Eastside Members and Volunteers in advance and will send out the link to bid on October 8th. We hope you will share it with your friends, family, and neighbors.

If you're reading this and are not a Member or Volunteer with Eastside Village, please contact the office, we will add you to the Auction catalog distribution list. The more people who participate, the more successful we will be!

[Images are taken from the 2021 Auction Catalog. Current offerings will be of similar quality.]

Jenny Rockwood



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people and just to help out.

About a year after that, I was asked if I would be willing to join the Council.

I'm not one for meetings, so I had to find my niche, which was to become the Council's Treasurer. When EV's bookkeeper wanted to retire, I added that to my job.

The Governing Council is filled with many hardworking, thoughtful people and it would be an honor to continue working with them.



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## EV MEMBERS DOIN' THEIR THING, #1



After several false starts and hot weather delays, a dozen intrepid members of the Eastsiders Circle met for a potluck at Gayle and Andra's home. Their shaded patio was the perfect spot for a lovely meal and fun conversation. Go, Eastsiders!!

Mary Lee Turner, EV Member and longtime instructor/facilitator at the Hull Foundation for the Blind, recently sent out a note to EV Members asking if anyone would care to donate school supplies and personal care items to a small community in Mexico. A team of Lions Club vision specialist volunteers would be going down soon to hold a pop-up clinic.

A half-dozen EV Members took on this challenge with gusto. Who knew buying school supplies would be so much fun!?



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## READERS WRITE: MY FAVORITE TEACHER

School is starting up again, and it's a good time to remember those truly extra-special teachers, the ones who believed in us, encouraged us, challenged us. Here are a few as recalled by EV Members.

The teacher who leaps to mind when I think of "favorite" is Mr. Roy Pierce, Senior English, Franklin High School. On my first day of class I thought Mr. Pierce was the homeliest man I had ever seen, but by the last day, I saw only beauty when I looked at him.

Mr. Pierce so loved his subject that he enthused even the most reluctant and determined-to-be-bored student in his classes. Perhaps even more importantly, he loved his students, not just the ones to whom reading and language came easily, but all his students.

From his cross-legged perch on a table at the front of the room, he opened worlds to us, worlds that I, for one, am still exploring.

*Ellen Howard*

My favorite teacher was my first music teacher. He had played with Sousa's band, with the newly formed NBC Symphony conducted by Toscanini, and the then world famous Barrere Chamber ensemble which toured the world many times.

The stories he told lit a fire in me, and the passion with which he told them added the fuel that convinced (13-year-old) me that professional music performance was the only path for me. I never looked back.

Thank you, Carlos Mullenix!

*Forrest Jennings*

I was bullied in school and teased, with few friends. When I was a junior in high school, I got a PE teacher named Janet Amrine.

I would go early to her apartment, and we would walk to school together because I craved her love and friendship. She helped me feel loved and accepted, and we stayed close friends.

Last August, she went with me to my 50th class reunion and I stayed at her house. We pray with each other, and she has loved me when I was at my lowest.

She is just a phone call away whenever I need her unconditional love.

*Kait Skyler*

My favorite teacher was Mrs. Kolbinger, who taught biology during my sophomore year at an all-girls Catholic high school. She was young, dynamic, and brooked no BS from her students. She wore 3-inch pumps and got married during the school year.

We had biology books so new that we got sections of them at a time as they were completed and published. The most exciting topic was Watson and Crick's discovery and description of DNA's double helix structure. Mrs. Kolbinger loved her subject, and we adored her.

*Carlotta Richard*

## JIM KEEPS OUR TECH HUMMING

Electronic devices and apps can link us to the world – but if not set up correctly, they can also be a source of endless frustration.

Jim Stevens has solved many technology problems for Eastside Village Members over recent years, bringing his sense of calm logic to the confusing tangle we can find ourselves in when trying to do something new.

He reboots, he explains, he sorts through multiple remotes and connections. And more often than not, he can pinpoint the exact problem a Member is having, getting them swiftly on their way to using a new computer, smartphone, or TV — or even just getting their old one working again.

“There are a lot of technical terms with home electronics that

can intimidate people, but most things are pretty easy to use once you get past that,” says Jim. “I really enjoy being able to help people keep technology working for them, and maybe learning how to use a few new bells and whistles.”

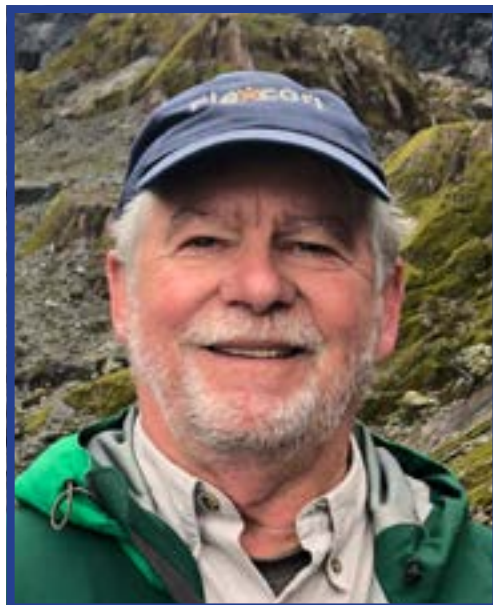
Jim had a long professional career, but not in the high-tech field. He was a forester and forest economist, bringing his knowledge of environmental science and natural resources to various university, governmental, and private-sector jobs.

At the same time, he says, “I was always pretty comfortable with technology, and was an early adopter as new innovations came on the market.”

He retired from forestry about 10 years ago. And when he started searching for volunteer opportunities, he learned about Eastside Village. He was attracted to the notion that simple problem-solving — provided by neighborhood volunteers — could make a big difference in people’s day-to-day lives.

He began volunteering for tasks like assembling IKEA furniture and changing

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## EV MEMBERS DOIN' THEIR THING, #2



An exuberant group turned out to celebrate EV's Hiking Group on its first-year anniversary with a return trip to Powell Butte. Well done!

Whether you would like to hike, play cards, learn French, go for a bike ride or a walk in a new neighborhood, learn how to use the EV website better, or talk about movies, there's an EV group that's waiting to hear from you. Check out all the opportunities available on page 16. Who knows? Your new best friend might be waiting for you!

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lightbulbs. But once he started seeing requests for technology, he developed a reputation as one of the volunteer team's tech specialists.

"In most cases, the requests have a pretty simple fix," he says. "The alternative might be to call someone from a tech company or a big-box store to come out, but that can be cost-prohibitive and still might not solve the problem.

"They might be able to tell you your hardware is working fine, but you still have a setup problem with your streaming services and three different remotes. And all you want to do is watch PBS.

"I usually just start by looking at the bigger picture, and oftentimes can sort out things fairly quickly," he adds. "I can't always solve the problem, but it is satisfying when I can."

Anne Kenlon

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# WELCOME, NEIGHBORS!

We like to introduce our newest Members by asking them to answer the same five questions. This month we are pleased to present Claire and Perry Fisher, Lois Buerk, and Joyce Peck. Each exemplifies the spirited and often-surprising nature of Eastside Village Members.

## **CLAIRE FISHER**

### **1. How did you hear about Eastside Village? When did you join?**

My husband, Perry, and I heard about Eastside Village from EV Member Mary Beth Young when we were staying in her Airbnb while visiting our son and family who live here.

### **2. What interests you about the Village?**

We moved here about six months ago from the Chicago area. In addition to our son and family, our only other connections were through our Christian Science church. Because this congregation is building a new edifice, the church meetings and services have only been online.

We wanted to expand our circle of contacts/friends that we've met in person, and Eastside Village is one way.

### **3. What are your interests? Which activities and/or groups do you plan to be active in?**

I love to hike and walk. We live near Mt. Tabor and I go there to walk regularly. I love being able to hike right from my house. I've taken so many pictures of the tall trees around here. I may join EV's hiking group.

I also am interested in movies, reading, live theater, and the symphony. I listen to Audible. (I'm listening to "Horse"

right now; it's an epic that weaves race relations through US history, from its founding to today.)

One of the many upgrades in the quality of our lives in Portland is that we can get to cultural events downtown in just 12 minutes—and find affordable parking!

Also, immediately before moving here, we lived in a seventh-floor condo in Evanston, a suburb just north of Chicago. Here, we live in a house, so I can garden again!! I even have to buy a shovel!

I'm also very involved with our son, his wife, and two-year-old daughter. And I'm thrilled that our daughter, her husband, and their two-year-old daughter, who live in Liverpool, England, were able to spend a couple of weeks with us in August.

We love being with our children, who are loving, thoughtful, and intelligent people.

### **4. How long have you lived in Portland?**

We moved here in spring 2022. Our son went to Reed College and Lewis & Clark Law School. He's wanted us to live in Portland for years. When he and his wife had a little girl almost two years ago, and our daughter—who married a Brit and lives in Liverpool, UK—also had a daughter about the same time,

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we decided to move to Portland for our family's sake. That means there's only one place our daughter has to visit!



**5. What would you like EV members to know about you?**

I met Perry at the University of Michigan, where I was an undergrad in sociology, and he was earning his PhD in meteorology. We then went to Case Western University in Cleveland, where he taught meteorology, and I earned a master's in library science.

I was a public librarian for 10 years, then worked in a homeless shelter, and then ran a soup kitchen in a Baptist church for 13 years. Perry and I are very active in the Christian Science church. I was the librarian of the Christian Science Reading Room in Evanston for nine years.

Perry and I follow the news closely. I really appreciate the *Christian Science Monitor* and the "Monitor Daily," which

highlights five key news items every day. We also enjoy Fareed Zakaria on CNN and PBS's *NewsHour*. Perry studies the news nationally and internationally and I stay informed by reading the *CSMonitor's* daily briefing and CNN online, and I peruse *The Atlantic*.

Perry is thorough in studying what's happening in Portland government, and I'm learning from him.

I'm so happy to have a small but sunny garden in our backyard. What a pleasure to plan for cultivating rhubarb, squash, and tomatoes!

**PERRY FISHER**

**1. How did you hear about Eastside Village? When did you join?**

My wife Claire and I heard about EV from Mary Beth Young. We stayed in her Airbnb when we were visiting our son and his family, who live here, and again when we were moving here from the Chicago area. She was so enthusiastic about the Village we decided to join in May 2022.

**2. What interests you about the Village?**

I especially appreciate the value of the Village to seniors, many of whom are living alone and don't have many opportunities to meet other people.

I love that the Village enables people to stay in their homes and still interact with others, rather than move into a retirement home. After living in Chicago for 50 years, I really value being able to meet new people.

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**3. What are your interests? Which activities and/or groups do you plan to be active in?**

So far, I've gone to one of the Men's Luncheons. Claire and I are very interested in foreign relations and had hoped to attend Mary Beth's talk on Moldova, but our plans changed and we couldn't make it. I look forward to being much more involved.



I've also just started a new program for the Village, to help Members expand their vocabularies. I began studying words back in high school to improve my verbal scores on college entrance exams. I studied the book *30 Days to a More Powerful Vocabulary* carefully and enrolled in my first choice: Cornell.

About 30 years ago, I was working as an environmental consultant and decided to offer co-workers the opportunity to build their vocabularies. Every week or so, I'd email them a list of six words with their definitions,

pronunciation, and context. I've been sending the list to a growing number of people ever since.

Some of my readers send me words, too; I add them to the list if they're not too esoteric and I don't know the definition, I've been doing this since 1992 and have accumulated more than 3,000 words! If there are word lovers in the Village, let's discover words together!

Here's an example: *sesquipedalian*! My recent post on the EV Open Forum explains the etymology of this word.

**4. How long have you lived in Portland?**

As I said, we moved here this year. But we've been coming to Portland for many years because our son is a criminal defense attorney in private practice here.

We were attracted to the urban nature of Portland: the food, culture, sports, parks. It's a neat city.

I'm very impressed with the Oregon Symphony. I served on a board that supported community symphonies throughout Illinois. Incidentally, our daughter is a violist with the Royal Liverpool Philharmonic Orchestra in England.

Our kids strongly advocated we move to Portland. We're glad we did!

**5. What would you like EV members to know about you?**

I earned a PhD in meteorology from the University of Michigan. For a while, I taught meteorology at Case Western University in Cleveland, but for most of my career, I was an environmental

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consultant, specializing in air pollution for the firm Dames & Moore. My clients mostly were larger industrial companies including GM, Toyota, as well as utilities, and pulp and paper manufacturers.

When I was growing up in New England, I got into mountain climbing, and climbed all of the tallest peaks in every state in the East, plus Mt. Whitney in California, and the Matterhorn.

I also was into long-distance running; I ran 12 marathons and, then at age 60, I did three 50-km (31-mile) runs. And I was a competitive tennis player.

Forten years, I also served as a charter member of a volunteer chaplaincy group serving the police department in Park Ridge, a Chicago suburb.

But the most important thing in my life is my commitment to spiritual growth, and with it, spiritual healing. I'm a part-time Christian Science practitioner, which means I pray for others for God to heal them. This is a profession.

## **LOIS BUERK**

### **1. How did you hear about Eastside Village?**

From Carlotta Richard.

### **2. What interests you about the Village?**

The prospect of being a part of a community. To share our life experiences... both past and present.

### **3. What are your interests? What activities and/or groups do you plan to participate in?**

I enjoy biking, hiking, reading, game playing, movie groups, happy hours, lunches, coffee gatherings, garden parties. Times to join together and share thoughts and ideas.

### **4. How long have you lived in Portland?**

My current stint in Portland has been about 32 years. I grew up in Salem and have also lived in Creswell (a small community south of Eugene). A true Oregonian thru and thru!



### **5. What would you like EV Members to know about you?**

I am very much interested in remaining in my home for the foreseeable future. What I have learned about EV is that my participation in EV will help me to realize that option.

My experiences to date have been that of meeting a group of individuals who are extremely welcoming, thus helping me to feel confident that remaining in my home, at this point, is

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definitely a viable option. A very good feeling at this moment in time!

The side benefit is an opportunity meet some incredibly wonderful new friends.

Thank you for your kind welcomes.

## **JOYCE PECK**

### **1. How did you hear about EV?**

I first heard about the Village from Ellen Howard when we were attending a yoga in chairs class at Mt. Scott Community Center. I wasn't ready to join until this year when I began thinking of joining friends in a retirement home. I realized that would not work for me because I need to cook for a restricted diet without dairy or wheat.

I got SIBO (it's like IBS) in 2018 and have been on a strict diet since then. I still want to stay in my home and am grateful to EV for making that possible.

### **2. What interests you about the Village?**

I like the values of the EV community of helping people to stay in their homes as long as they choose. I am interested in social gatherings, outings, and opportunities to help others and give back to the community.

### **3. What are your interests?**

**Which activities and /groups do you plan to participate in?**

I enjoy meeting new people. I like the EV website, and the Calendar is easy to use to sign up for activities. I have not used online social sites due to my limited abilities on the computer due partly to



some ADD issues which frustrate my concentration. I do not have Zoom on my old computer at this time. So, I will miss those activities until I replace my computer later this year.

I have attended an in-person coffee hour at New Seasons rooftop, a Garden Happy Hour and the Ice Cream Social. (I brought my own non-dairy ice cream.)

I am interested in the Card Group, the World Cultures Group, a leisurely walking group, and helping with yard cleanups.

### **4. How long have you lived in Portland?**

I moved here in 1975. I have lived in SW, North, NE, and SE Portland and in Gresham. I was born in Eureka, Calif and lived in Ohio and Mississippi before returning to the West Coast. The Neighborhoods of Portland are one of its treasures! When The Oregonian newspaper used to have a Treasure Hunt for the Medallion contest during the annual Rose Festival (before

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# LIVING WITH CHRONIC DISEASE AND/OR PAIN? EV HAS A NEW GROUP FOR YOU

A new Chronic Disease/Pain Support Group has started at Eastside Village. The Group meets every other Monday at 1:00-2:30 on Zoom and is facilitated by Laurie Hansley (living with Scleroderma), a trained Support Group leader with over twelve years of experience leading similar groups.

This Group hopes to support those of us who need coping strategies and understanding when dealing with the mental and physical challenges of a chronic illness.

For those of you not familiar with Support Groups, we are non-professional, peer-supported, and confidential. We understand that sharing health challenges can be intimidating and we provide a safe space where Group members can offer and receive understanding and

shared personal experiences. It can be surprising and validating to hear how we have the same concerns and vulnerabilities!

Our format consists of a “check-in” with each Member and then discussion on topics suggested by Members. During the first meeting, we discussed COVID fears and its impact on us individually. Other topics may include asking for help, changing negative thought patterns, mindfulness, isolation, invisibility, worsening symptoms, compassion for ourselves, humor, tough choices, holidays, and anything else that we agree upon.

The only rules we ask are confidentiality and respect for the speaker. If you feel that this is something you might be interested in trying, please contact Laurie Hansley.

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Smartphones) I participated in researching the clues from the paper. I learned a lot of local history and geography in a fun way!

## **5. What would you like EV members to know about you?**

My sister and two nephews live in Monroe and Junction City, OR. A high-school friend lives in Salem. I like a bigger city the size of Portland.

After I moved into my current home one of my nephews removed the grass on my small lot for me and put in garden beds and gravel pathways. I like to hand water the flowers and commune with them. In the spring I enjoy going to garden nurseries to replenish the flowers in my garden beds. Climate change now requires me to choose more heat-tolerant flowers.

# CALENDAR FOR SEPTEMBER 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**

French Club (**R**, MV, IP/Z) 9-10 AM

**1**

Brunch at Toast

(**R**, MV, IP) 10:30-11:30 AM

**2, 9, 16, 23, & 30**

Coffee Hours

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

**2**

RISE Circle Lunch (**R**, MV, IP) 12-2 PM

**5, 12, 19, & 26**

Happy Hour (MV, **Z**) 5-6 PM

**6, 20**

Tuesday Hiking Group

(**R**, MV, IP) 9:30-10:30 AM

Card Group# (**R**, MV, IP) 1-3 PM

**7, 21**

Movie Club (**R**, MV, **Z**) 3-4 PM

**8**

EV Council Meeting

(**R**, MV, **Z**) 10-Noon

**9**

Climate Crisis Crew

(**R**, MV, **Z**) 12-2 PM

**10**

Pancake Work Party

(**R**, M, IP) 8:30 AM-5:30 PM

See online Calendar for details.

Virtual EV 101 (**R**, **Z**) 10-Noon

**11**

Fall All-Member Meeting

(**R**, M, IP) 2-4 PM

See p. 3 for details.

**12, 26**

Chronic Disease/Pain Support Group

(**R**, M, **Z**) 1-2:30 pm

**13**

EV Book Groups (**R**, MV, IP/Z) 10-Noon

**15**

Men's Lunch (**R**, M, IP) 5-7 PM

**25**

Knot Just Knitting (**R**, MV, IP) 1-3 PM

**27**

EV Website Tutorial

(**R**, MV, **Z**) 11-Noon

**29**

World Cultures Study Group

(**R**, M, IP) 1:30-3:30 PM