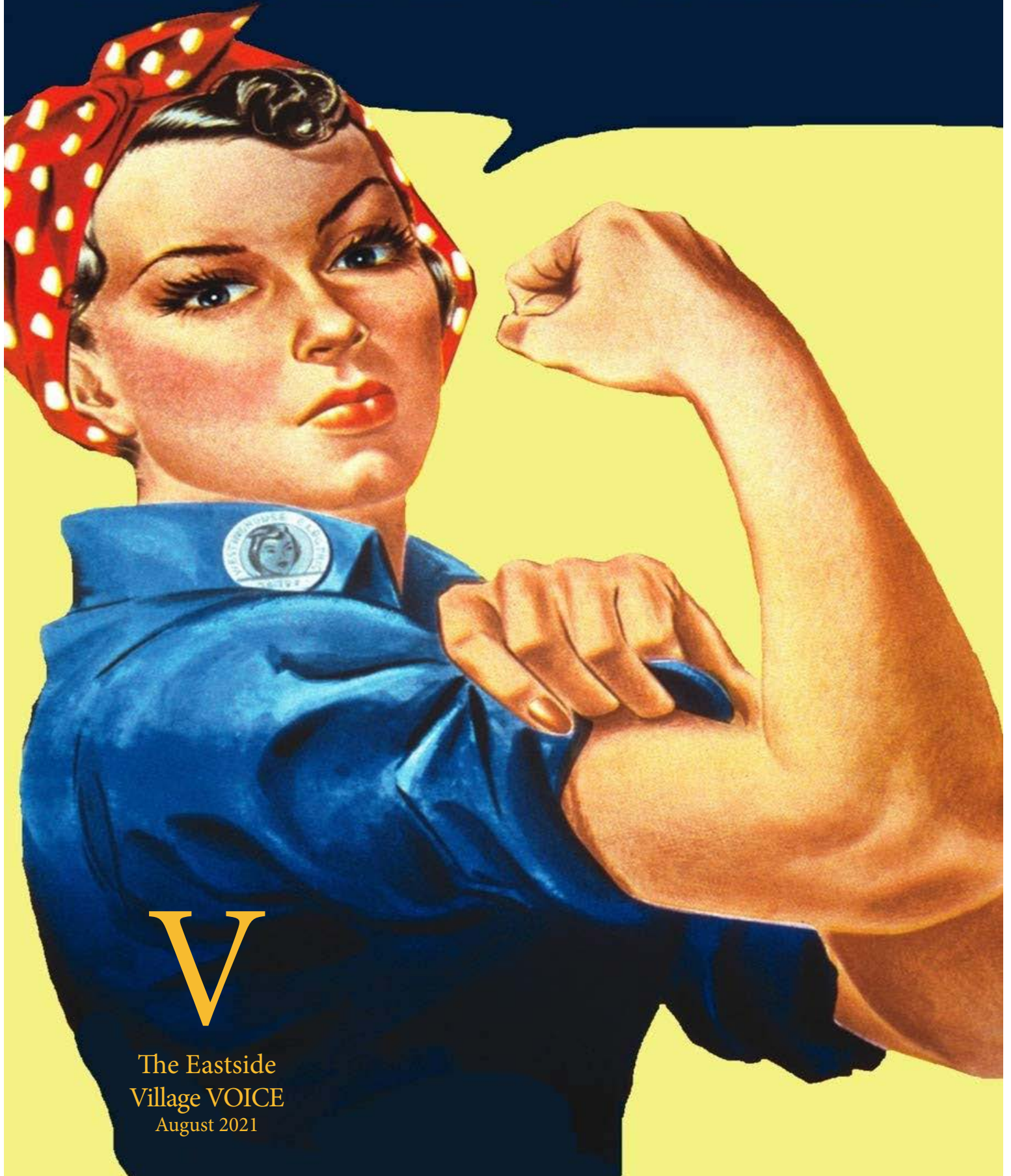


Let's Do This!



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The Eastside
Village VOICE
August 2021

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Peg Farrell, Editor | Ellen Howard & Carlotta Richard, Goof Catchers

LET'S DO THIS — TOGETHER!

In any organization, there are both official and unofficial channels for getting things done. While the more formal channels are often perceived as stodgy or boring, the “official” side of Eastside Village is anything but. Yes, the Governing Council is doing its best to ensure that the Village is financially solvent and recruiting Members and Volunteers with a mind to diversity and equity. But these are also the folks who brought us all masks and candy kisses during the worst of the pandemic. Who kept the Book Group and Coffee Hour going virtually so we could see and speak with one another. Whose meetings often break into laughter.

If you would like to be a part of this “official” part of Eastside Village, here’s your chance. There are two seats opening up this fall as Craig Johnson and Judy Ringenson are stepping down when their terms end. Take a moment to read through the following article to get a better feel for what’s involved, and step up! You won’t regret it. [Hint: Read it even if you *aren’t* interested in serving on the Council; it’s important that you understand what goes on in the background to keep our beloved Village afloat.]

But as alluded to earlier, there is also an “unofficial” side to Eastside Village. While most of us are familiar with the Forum-based

conversations and activities, the Governing Council believes that there is a need for ad hoc Member-driven Committees. These can be formed to meet a specific need and then disbanded, or they can respond to an ongoing situation. Several of these Committees are discussed on page 7.

We urge you to think about helping one of these groups. You’ll meet other folks who care about the topic at hand, and you’ll be helping to make Eastside Village the community we all want it to be.

One last thing:

Over the past 12 months, despite COVID, despite sheltering in place, despite the strangeness of Zoom gatherings, despite—for too many of us—an increased sense of isolation, nearly 40 people decided to become Members of Eastside Village.

For many of us, belonging to EV is a “no-brainer” because through it we found friendship, laughter, support, and encouragement. We found interesting people to hang out with (even if only virtually at the moment) and fun things to do.

What can we do to make sure our newest Members feel the same?



EV GOVERNANCE: AN OVERVIEW

Editor's Note: The following article closely follows one published in our August 2020 issue. Given the large number of Members who have joined us since then, we feel that it warrants an update and a second publishing.

Every year at our fall Annual Membership Meeting, EV Members elect or re-elect a few of our fellows to membership on the Eastside Village Governing Council. Any interested EV Members or Volunteers may submit their names to the general membership for consideration.

Who are these mysterious Council people? What exactly do they do? Is this something *you* could do?

At their heart, the answers are both quite simple and yet complex. Get comfy; here we go...



What is the Governing Council?

The EV Governing Council is the body that manages the day-to-day business of Eastside Village. It is responsible for the long-range planning necessary to ensure EV's growth and sustainability. Its members have several collective responsibilities and each has an individual area of focus.

Eastside Village is one of 11 similar Villages that act as "spokes" to the "hub" of our parent organization, Villages NW (VNW), the actual legal entity providing

us with our non-profit (501c3) status.

Each Village has its own semi-autonomous Governing Council; some have many members and some only a few, but all Council Members are elected by their respective Village memberships.

What does the Governing Council do?

These are the major tasks for which EV's Council is responsible:

- Attend monthly Council meetings and extra weekly meetings in times of crisis;
- Attend a monthly Affinity Group meeting with members of other VNW Villages;
- Contribute to the efforts of these groups to invigorate and strengthen the Villages;
- Find ways to secure the emotional and physical well-being of Villagers;
- Help secure the expertise needed for the recruiting and training of Volunteers, funding needed for office staff, and other bedrocks of the Village;
- Ensure that Villagers can reach out to those in need outside of our Village;

Continued on page 5.

Continued from page 4.

- Support teams within the Village, such as Rain and Shine and Climate Crisis Crew, that serve to the needs of acutely ill Members and our planet;
- Serve as Chair for Council meetings on a rotating basis;
- Write Newsletter articles as needed;
- Convene special meetings such as Town Hall or Annual Membership Meetings;
- Recruit Members for projects as needed;
- Visit nearby Neighborhood Association Meetings to share news of EV.
- Name a member to serve as the “point person” to receive and transmit information from and to Villages NW.

In general, Governing Council members feel grateful for the activities and friendships they’ve gained through their own membership in EV and are motivated to serve on the Council as a way to do what they can to ensure its future viability and growth.

While the above list can seem intimidating, taken in context of the friendships, thoughtful conversations, and frequent hilarity that can develop, serving on the Council is really not a burden.

What are these Affinity Groups?

The best thing about the VNW “hub and spoke” organizational model is that each of the 11 Villages is encouraged to share ideas and learn from each other’s insights (and occasional setbacks). This sharing is done through several subject-specific groups that meet regularly.

These affinity groups include topics such as Leadership, Volunteer Recruitment/Retention, Resource Development, Membership Development, Marketing/Outreach, and Club Express (the underlying format for the Village’s website).

There is also the “Circle of Representatives” (COR), which is designed to facilitate communication and interaction between the various Villages and the VNW Board of Directors.

In addition to the EV Council Members who attend these various group meetings, others serve as the Treasurer and Secretary for the Council and as Editor of this Newsletter.

Who are the current Council Members, when do their terms expire, and what do they do?

The EV Governing Council is currently composed of the following EV Members:

Craig Johnson (3 yrs; 2021)

Craig helps to coordinate the recruitment and training of EV’s treasured Volunteers.

Judy Ringenson (3 years; 2021)

During her time on the Council, Judy has faithfully served as its Secretary. Through her work with the Resource Development Affinity Group, she applied for and received a grant that allows the Village to offer scholarships to Members with limited financial reserves.

Continued on page 6.

Continued from page 5.

Peg Farrell (2 years; 2021)

Peg has been the Newsletter Editor since 2017.

Lee Lancaster (3 yrs; 2022)

Lee has served on the Circle of Representatives COR for the past three years. He recently has taken on the role of Co-Chair of the Growth Task Force, which has been charged with developing a strategic plan for VNW.

Marnie McPhee (2 yrs; 2022)

Marnie has been on the Council for the past year, serving with Lee as a representative to COR.

Wendy Orloff (2 yrs; 2022)

Wendy is serving as EV's Treasurer and its financial liaison with VNW.

Jim Houser (3 yrs; 2023)

Jim has been EV's representative to the Membership Affinity Group.

Liz Dally (3 yrs; 2023)

Liz represents EV with the Marketing Affinity Group and has developed EV's presence on the Instagram platform.



Mary Beth Young (3 yrs; 2023)

Mary Beth represents EV on the Programs Affinity Group and has been the inspiration for most of the Village's activities this past year.

What happens now?

The election this year will have two components, the first being the election of new Council Members. Craig and Judy have indicated that they will not be seeking another term, and so the Council will be actively recruiting new candidates for their positions during the month of August. Unless another candidate steps forward, Peg will run unopposed for another term.

The second item to be voted on are changes to the Village's Bylaws to formally designate the offices of Secretary, Treasurer (currently held by Wendy Orloff), and Newsletter Editor (now held by Peg Farrell).

If you think you might have the moxie, humor, patience, concern, curiosity, energy, and time needed to serve, please don't hesitate to reach out to Jenny in the office or one of the Council Members.

The new slate of candidates will be introduced in the September Newsletter, with voting to take place at our Membership Meeting in that month or October.

“EV GIVES BACK”

After the success of the first EV Rummage Sale (see p. 9), the Governing Council wanted to donate some of the funds raised to a local organization that works with underserved populations in the Portland area. To do so, it created a new committee called “EV Gives Back” and tasked its members—Wendy Orloff (acting as liaison back to the Council), Deb Kogan, Linda Safran, and Mary Anne Joyce—with identifying an appropriate recipient.

The Committee met recently and began by forming the criteria for donations made by Eastside

Village. Members decided to focus on organizations serving seniors as well as a more diverse population, concentrating on organizations that provide food and housing stability as well as overall well-being.

After researching multiple options, they decided to donate the \$500 raised by the Rummage Sale to the NW Pilot Project, a local organization that works to solve housing and transportation issues for seniors by providing emergency funding for evictions, transportation vouchers, and assistance with affordable housing.

The Committee hopes to form an offshoot group that would select and organize volunteer options for EV Members in our community. If you are interested in working in this area, please contact the EV Office.

*By Wendy Orloff
EV Member*

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SPEAKING OF COMMITTEES...

If you would like to give back to Eastside Village, but aren’t sure you’re ready for the multi-year commitment needed for a Governing Council position, you might consider one of the following Committees that are needed to meet specific, short-term Village needs:

- **Fall Meeting Committee**

Every year, EV’s Members come together to vote for new Council Members, approve changes to the Bylaws as needed, hear an interesting speaker, and share a

meal. This all takes planning, publicity, and some fun door prizes. Can you give us a hand?

- **Programs and Activities Committee**

As the Programs instigator, Mary Beth Young has done a bang-up job of coming up with fun and interesting events and activities for us. She shouldn’t have to do it all by herself, however. Would *you* like to help her?

- **Circle Update Committee**

While our Neighborhood Circles were originally designed to be neighborly and contain enough people to fit in a standard backyard, several now have over 30 Members. Help us re-think, redistribute, and reimagine them!

NEW VOICES NEEDED

Eastside Village's Members and Volunteers need *you* on the Governing Council to step into one of the vacancies about to occur when Craig Johnson, Judy Ringenson, and Peg Farrell complete their current terms. Liz Dally, Jim Houser, Marnie McPhee, and Mary Beth Young will be there to welcome you.

Those of us on the Council in the Fall of 2019 thought we knew what that membership would entail. Never did we imagine that the Council would be meeting by Zoom every week and dealing with problems such as organizing life-saving masks and vaccinations and revamping the very fabric of our social connections.

What fun it was to learn how to Zoom into each other's homes with coffee cups and happy hour stories! To share the various forms of visual, textile, and ceramic arts and sculpture that our Members had created. To learn how to protest racial injustice by car or with photos. To hold Village Member Meetings and Book Group discussions. To do yoga and hold auctions. All by Zoom!

The Council kept our spirits high with music and art in a wonderful Ceilidh (even if many of us were

never quite sure how to pronounce it), a Halloween mask competition, and finally, a picnic to celebrate our full vaccination status.

Our Garden Tours ushered in the Spring, and the Biking and Hiking Groups helped to develop friendships as well as fitness. And all were accompanied by Liz Dally's camera as she brought EV into the world of Instagram and Meetup.

Our Governing Council is the voice of one of the 11 Villages that comprise Villages NW, the legal entity that provides our non-profit (501c3) status, but its voice changes with each new Council member.

Come, be a new voice for us!

*By Judy Ringenson
EV Member*

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A HEARTFELT THANKS

Extravagant thanks and praise are due Julia Brown and Daniel Peterson, who removed books, paintings and everything else from surfaces in Ellen Howard's living room, bath, and bedroom to prepare for the painting of those rooms. They were cheerful and efficient workers and a delight to meet.

*By Ellen Howard
EV Member*



EV RUMMAGE SALE A ROUSING SUCCESS

Here are the results of all your hard work on our first-ever Eastside Village Rummage Sale: After deducting our expenses—a donation to St. Paul's Church for the use of their space, the truck rental, and our new EV aprons (which can be used again at other functions)—we raised over \$1200.

From this, we handed \$500 to our new and evolving EV Gives Back Committee to donate to others in need within the Eastside Village boundaries. (See the article on p. 7 for more info on this new Committee.)

The rest of the Rummage Sale proceeds will support future EV activities and supplies.

We will also be better able to support other expenses and future all-Village events such as meetings, potlucks, ice cream socials,

or whatever we decide.

Thank you again and again for all your help with and support of our first Sale. Should we make this a yearly event? Does it help give you the impetus to look at your "stuff" and perhaps free your home of some clutter?

If you have any thoughts about this or any other EV event, feel free to contact me with your opinions and ideas for improvement.

*By Mary Beth Young
EV Member*

Editor's Note: A HUGE share of the credit for the Rummage Sale's success rests on Mary Beth's shoulders. Please be sure to thank her for her efforts "above and beyond the call of duty."

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HOT WHEELS FOR GROWN-UPS

The City of Portland, in partnership with a local bike shop, has developed an adaptive bike rental pilot program, *Adaptive Biketown*, which provides riders with access to a mix of tandem, hand-cycle, and 3-wheeled bikes.

Ten bikes are available at Kerr Bikes (on the Eastbank Esplanade near OMSI) and can be rented by seniors, TriMet Honored Citizens, and individuals with disabilities for either \$5 per hour or \$12 for three hours.

Adaptive Biketown is co-funded by the Portland Bureau of Transportation and Nike and aims to create an inclusive mobility ecosystem.

Recently, EV Member Linda Safran had the chance to test drive one of these bikes and declared it to be "great fun and good exercise!"



SOME OF EV'S NEWEST MEMBERS

We here at "Newsletter Central" have developed a series of five questions that we ask every new Member as a way to introduce them to the Village. Here are more responses from some of our newest members. Watch for others next month!



Shannon Hastings

1. How did you hear about Eastside Village?

My husband, John, and I heard about EV through a friend of our daughter whose mother is a member.

2. What interests you about the Village?

I love the motto: *Not a place but a plan. Helping you age in place.*

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

My interests are book clubs, movies, coffee times, socializing on Zoom. I also am active in my church. And I volunteer at Portland Adventist Hospital one day a week.

4. How long have you lived in Portland?

We have lived in Portland for 18 years.

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

My husband John and I have been married for 63 years.

Pat Sanders & Tom Tilton

1. How did you hear about Eastside Village?

Pat: I was part of the original planning group in 2013-2014. I was also part of the Council at that time.

Tom: I heard an introductory talk and then became part of the original planning group in 2013-2014.

2. What interests you about the Village?

Pat: Building community for the present and the future.

Tom: I'd like to meet new people and to volunteer. I like helping people and find this is also a good way to make friends.

Most of my interest is social, I'm not very good at meeting people.

My other interest is in volunteering; I like to be of use and it's also a good way to meet people.

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

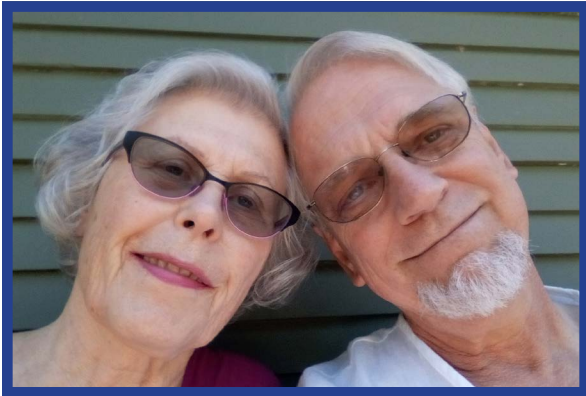
Pat: Researching and writing about local history. I also like walking with friends; gardening; watching documentaries about archaeology, history, and sciences; making collages; going to plays; and reading novels and books about psychology.

I'd like to be active in movie, book, and purely social groups.

Tom: My personal interests are wide ranging, from physics to archaeology, from neuroscience to appropriate technology, to hypnotism. I think we'll try a mixture of activities and see what happens.

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4. How long have you lived in Portland?

Tom: We moved here in 2009.

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

Pat: Before retiring, my career was in art history: teaching at colleges and universities, curating exhibitions, writing articles and books, mostly about 19th and 20th century art. I also spent 10 weeks in China in 1992 doing research on a public art project.

Since I retired, I've helped produce multi-arts events; been an environmental activist; lived in co-housing; and joined a meditation group. With Tom, I helped to establish a food forest on our property; and for the last two years I have written a blog on Montavilla history called "Montavilla Memories" published on villageportland.com.

Tom: I grew up in Pennsylvania and Ohio. I was mostly a city boy, but I enjoyed working on my uncle's farm in the summer. I worked my way through 10 years of college, including Oxford.

I moved to California in 1977 and most of my professional activity there was in the high-tech area—mostly in Silicon Valley. I briefly was a business broker and owned a restaurant in Salt Lake City.

We've lived in the Montavilla neighborhood since 2013. Since moving

here, I've volunteered for City Repair and the Winter Light Festival.

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Ken & Sherry Whitmire

1. How did you hear about Eastside Village?

We heard about Eastside Village when we stopped by their booth at a local street fair several years ago. It was also recommended by Kaiser Permanente.



2. What interests you about the Village?

Our initial interest in the Village was having access to a database of recommended contractors, getting involved with some of the activities, and having a support system available.

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

My interests consist of art (drawing, painting), crochet, knitting, weaving, antiques, and other arts and crafts. I would like to attend the knitting and poetry groups. Ken is interested in art, classic cars, fishing, camping, construction.

4. How long have you lived in Portland?

We've lived in Portland since 1970.

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

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I was born and raised in Washington, DC. My husband grew up in Lebanon, Oregon. I came to Portland 51 years ago with my husband so he could finish his studies at Portland State.

We both have real estate broker's licenses and manage several rental properties, but are basically retired now.

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Ann McKinney

1. How did you hear about Eastside Village?

I learned about the Eastside Village through a friend, Ellen Howard.



2. What interests you about the Village?

I enjoy interacting with others my age who live near me. I belong to some other groups, but most of my friends live on the west side of town. I also like to volunteer.

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

I love the outdoors and enjoy hiking and belong to two hiking clubs. I had a milestone birthday in June and wanted to keep up my miles, so several friends of mine and I hiked over 12 miles with almost 1300 foot elevation. I don't plan on doing

that every week, but I do like to hike for at least two hours. I also have a kayak.

For indoor activities, I like to read, play cribbage, backgammon, knit, and weave baskets. Oh, and I love watching the Green Bay Packers! I also enjoy classical music and traditional jazz.

4. How long have you lived in Portland?

I moved to Portland from Western North Carolina after growing up in Milwaukee and living in Texas and New Jersey. I have family here and enjoy living in an ADU at their house. I've lived here for 9 years.

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

I want to be useful and enjoy volunteering. I joined the Peace Corps and spent two years in Namibia in my middle 60s. I love to travel and have been to all seven continents.

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Val Johnstone

1. How did you hear about Eastside Village?

A Portland friend told me about it a year before I even moved here.

2. What interests you about the Village?

Continued on page 13.

THUNDEROUS APPLAUSE FOR EV'S THURSDAY GARDEN TOURS

Colorful camellias planted by the birds were among the many highlights of the Garden Tour of Jana Demartini's lovely garden. Sunshine replaced the winds of the cheerful picnic gathering of fully vaccinated EV members the previous week.

The Tours continued in Kaye Veldhuisen's elegant backyard garden with advice for combining plants and artwork. Sidne Lewis' creative use of rare varieties of roses and weeping willows, her selection of carefully pruned fruit trees, and her unusual bog plants inspired new dreams of gardens to be for EV visitors.



The earlier 115-degree temperatures did not stop Liz Dally's native plants from fascinating EV members. Questions were again answered professionally, this time by a student of native plants of the Northwest.

Ellen Howard's beautifully manicured backyard was viewed the following week over a glass of iced tea. The engrossing history of how Ann Gaffke's garden had been rescued from badly placed trees, invasive weeds, and marauding kids, and how it had been made beautiful and fruitful at a low cost charmed a fairly large EV audience the next week.

More awe-filled Garden Tours await us, thanks to the dedication of EV Members.

*By Judy Ringenson
EV Member*

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Continued from page 12.

Meeting new people, taking part in activities, and receiving help from volunteers.

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

Environmental issues, gardening, knitting, symphony, and ballet.

4. How long have you lived in Portland?

Seven months this time. Before that, I lived here from 1989 to 2003.

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

I'm a retired speech pathologist, born and raised in England, but have been in the US for 59 years. I'm a graduate of the University of Oregon.

EXPANDING EV's ONLINE PRESENCE

Thirteen years ago, I jumped onto Facebook because I wanted to see photos my daughter was posting of my first grandchild. In 2015, I joined Instagram for the same reason: I wanted to see photos and videos that friends and family were posting only on that platform. I have stayed with social media because, through it, I have been able to find and keep in touch with friends from high school, childhood friends, past work colleagues, far-flung family members, and friends in the many cities in which I've lived. I've even reconnected with the exchange student from Chile who shared my bedroom during my senior year in high school.

I love using Instagram because it's simple and its main purpose is to showcase photos. I've shared my experiences of international and domestic travel and reveled in the photos of other travelers.

Social media has been especially helpful during the pandemic when many of us were isolated from loved ones and family; I relied heavily on Instagram for connections with my East Coast grandkids and Midwest extended family.

I recently asked Liz Dally, EV's Marketing guru, how she had become involved in social media. She said that, before joining the Eastside Village Council, she had never even used Instagram. When she took on EV's marketing responsibilities, Dally realized that EV's only digital presence consisted of our website, Facebook, and our monthly emailed EV Newsletter.

Inspired by the possibility of reaching a younger audience and raising community awareness of Eastside Village, Liz learned how to create an Instagram account and post to it. Her main objective is to allow members to see pictures of themselves and other Villagers and our activities, but she enjoys the side benefit of seeing her kids' posts too.

She has also set up a Meetup group for EV public-facing activities and is considering whether a Twitter account would be of interest to EV members who are writers, with the idea of sharing the perspective of



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older citizens with the community at large.

Dally very generously zips around on a daily basis to various EV activities to document them for our EV Instagram account. She hopes that other EV members and volunteers will be intrigued about the possibilities of Instagram and email her their own photos to be shared on EV's Instagram account.

If, like me, you are concerned about social media privacy and security, you can choose the highest security settings for your Instagram account. According to an article at PCMag.com [www.pcmag.com/how-to/how-to-stay-safe-and-secure-on-instagram], you can ensure that you are interacting on Instagram only with people you actually

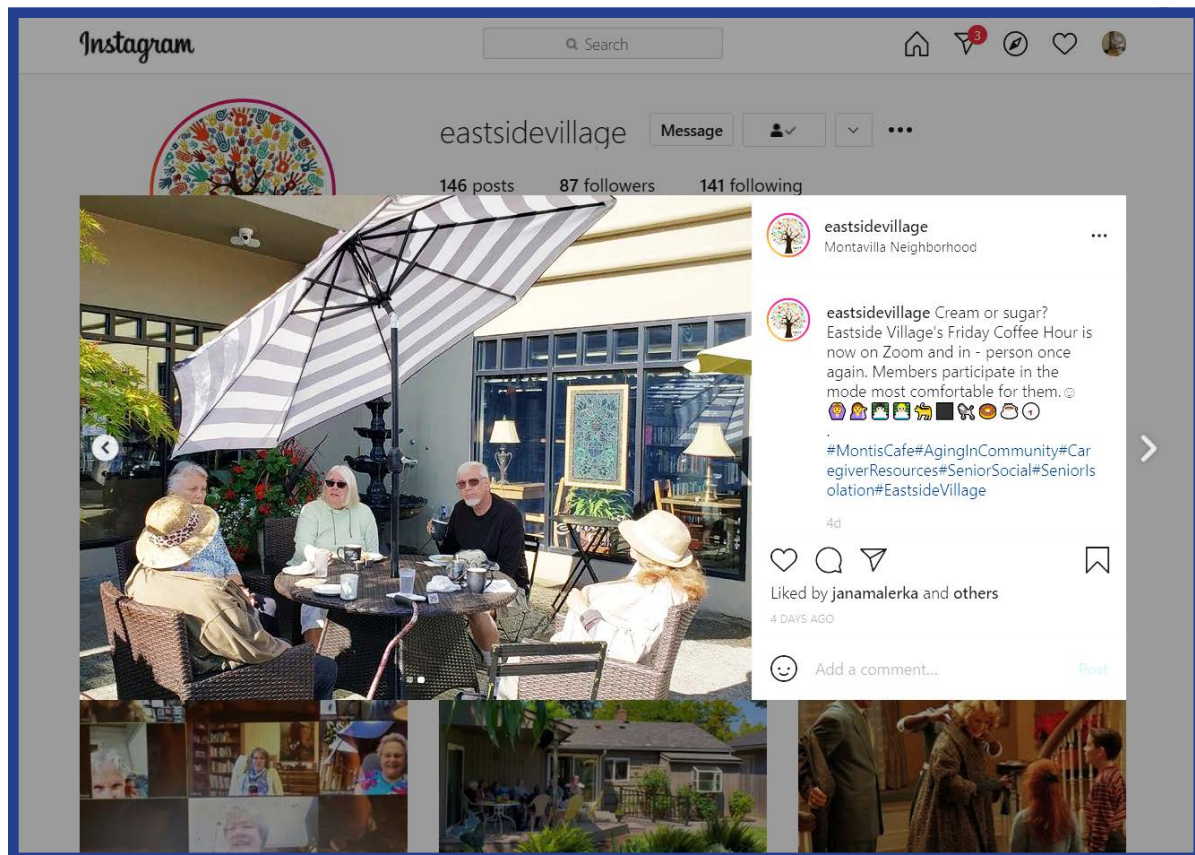
know by setting your account to private via *Settings > Privacy > Account Privacy*, then toggling *Private Account* to ON.

When your Instagram account is private, you'll be able to approve new followers before they can see your photos or videos. Only approved followers will be able to find your posts through search, see which posts you've liked, and send you direct messages. In this way, your content is secure.

So fire up your laptop, tablet, or cell phone, log on to Instagram.com, and get started on a fun journey of photo sharing.

Let's show the world what we've got!

*By Carlotta Richard
EV Member*



CALENDAR FOR AUGUST 2021

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 Events Calendar for each event's link.

5

EV Garden Tours

(MV, IP) See online calendar for details. 2–3 PM.

2, 9, 16, 23, & 30

Happy Hour

(MV, Z) Share stories and chat with fellow EV folks. 5–6 PM. .

4, 18

EV Movie Club

(R, MV, Z) We watch a movie individually, then talk about it together. 3–5 PM.

6

RISE Circle Meeting

(R, MV, IP) Please contact the office if you wish to attend. Noon–2 PM.

6, 13, 20, & 27

Coffee Hour

(MV, IP/Z) Join us in person at 8:30 or by Zoom at 9:30 AM.

10

EV Book Group

(R, MV, Z) We will discuss *The Library Book* by Susan Orlean. Registration is required. 10–Noon.

12

EV Council Meeting

(R, MV, Z) Please contact the office if you wish to attend. 10–Noon.

14

Virtual EV 101

(R, Z) Zoom in for a virtual introduction to Eastside Village. Please sign up with the office 10–Noon.

15

Eastsiders Circle Potluck

(R, MV, IP) Join fellow Eastsiders for a fun potluck and meet the new Members. See online calendar for details. 4–6 PM.

18

Men's Lunch with Adult Beverages

(R, MV, IP) Join the EV men for a hike/walk, bag lunch, and conversation. 12–2 PM.

20

Sandy Branch Circle Meeting

(R, MV, IP) Please contact the office if you wish to attend. 10–11 AM.

28

EV Climate Crisis Crew

(R, MV, Z) Join us to share ideas, from small and energizing changes in how we live our lives, to what we can do together. 12–2 PM.

29

Knot Just Knitting

(R, MV, IP) Bring your project or problems and let's have fun together. 1–3 PM.