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The Eastside
Village VOICE
December 2021

Pay it
FORWARD

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Peg Farrell, Editor | Ellen Howard /
Marnie McPhee / Carlotta Richard, Writers/Proofers



EV's VOLUNTEERS: PAYING IT FORWARD

"Paying it forward" is what motivates many of our Eastside Village Volunteers, according to JoAnn Herrigel, EV Volunteer Coordinator. "Why do we volunteer? Because we like people—especially THESE people—and we hope that when we need help, others will be there who will help US!"

JoAnn went on to explain, "The Village concept is unique in that many of our Volunteers are also Members. We have the benefit of knowing the people who are asking for services.

"I, and many other Volunteers, agree to help people not only to provide service but because we enjoy the company of our Members and genuinely want to help them.

"One Volunteer sat in a parking lot for hours...and I mean *hours*...waiting to pick up one of our Members. He

did this not only because he is a sweet, giving person, but because he cared about the Member and wanted to make sure she got home safely."

EV currently benefits from the generosity of 22 Member Volunteers and 29 nonmember Volunteers for a total of 51, compared with a total of 30 Volunteers only three years ago. Our current volunteer force has contributed 1,534 hours from January through October of 2021.

We are well on our way to surpassing the past three years' total volunteer hours: 1,638 in 2018; 1,698 in 2019; and 2,021 in 2020.

As impressive as these yearly totals are, they do not include the hours spent by EV's Governing Council Members, the office staff, and anyone else who does volunteer

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Eastside Village Volunteer Facts

	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021*</u>
Transportation Requests	652	846	618	565
Home Maintenance Requests	27	65	54	78
In-Home Support Requests	27	33	107	74
Unfilled Requests	49	54	7	2
Total Hours	1639	1698	2021	1534

(*partial year count)

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work not captured by ClubExpress. Our Volunteers have been with us for an average of 2.1 years, but we have a handful of Volunteers who have been with us since the very beginning in 2015.

Because our Volunteer numbers have grown, EV has been able to fill more requests. In 2018, we recorded 49 unfilled requests; in 2019, 54; in 2020, 7; and, so far in 2021, only 2. According to Jenny Rockwood, EV Office Manager, "Volunteers join and stay when they feel useful and are able to plug in. This Volunteer commitment best fits for a person who wants a gig that isn't regular and steady."

Transportation help comprises the largest number of service requests every year: 652 in 2018; 846 in 2019; 618 in 2020; and 565 so far in 2021. Rides to medical appointments represents the vast majority of those transportation requests. The next largest categories of requests are for home maintenance (e.g., handyman help, painting, plumbing, moving furniture) and in-home support (e.g., decluttering and organizing, pet care, running errands). Requests in these two categories have risen dramatically during 2020 and 2021.

But simple numbers don't tell the full story of our wonderful Volunteers who give freely of their time. JoAnn mentioned Volunteers who drove Members to their COVID vaccination

appointments and sat in line in their cars—sometimes for hours—until the Member got their jab. She said, "Kait Schuyler and her Volunteer sang songs while they waited, and I had fun listening to Wilbur's stories about his work felling trees in the forest and Joe Hickerson's 'knock knock' jokes."

When everyone in Portland was scrambling to find COVID vaccination appointments, several Volunteers got up at 4 AM to check the vaccination sites for available appointments for other Members. JoAnn said they did this "because we knew how overwhelming the appointment process was for our Members and how important it was for them to finally be safe out in the world."

Some Members express hesitation at asking for help from our EV Volunteers, saying they don't want to overuse the resource or are embarrassed to ask.

JoAnn said this feeling is not uncommon because we all are used to being more independent. She said that if Members just "stick their toe in the water," it will get easier.

Our amazing Volunteers love spending time with Members and that's why they give of their time. Member fees are used to coordinate and facilitate our Volunteer force, so we should tap into that resource when we need it.

*By Carlotta Richard
EV Member*

CHARLOTTE SARLOS: A SERENDIPITIOUS LIFE JOURNEY

Serendipity: (noun) the occurrence and development of events by chance in a happy or beneficial way.

Charlotte Sarlos has found serendipity all along her life's journey. She was born in South Africa, lived in Colorado until her teen years, and attended college on the East Coast. In 1960, she met her future husband at a party when she happened to be in New Haven taking a summer class in French.

Robi was a World War II refugee from Hungary who was in a PhD program at Yale. They married in 1962 and moved to the West Coast so he could begin his career in theater history at the University of California, Davis (UCD).

Charlotte stayed home with their two children, Lily and Tibor, until her son was in high school. At that point, she decided to go back to school so she could enter the workforce.

In the 1970s, California was seeing an influx of immigrants fleeing the Iranian revolution and overthrow of the Shah. UCD

responded to the situation by offering a master's-level course in teaching English to speakers of other languages (ESOL). Charlotte took the course and was hired to teach in the extension ESOL classes that followed.

In addition to Iranian refugees, she eventually taught adults from Germany, Brazil, Switzerland, France, and Japan. Most of her adult international students had some proficiency in English but wanted to improve their skills in order to move up in their professions.

She enjoyed the job; it gave her a lot of freedom to expand her students' experiences outside of the classroom by taking them to restaurants, museums, or shows.

After a few years of teaching at Davis, however, she felt it was time to move on. She had become very interested in Japanese culture through her contact

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MEMBER PROFILE

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with Japanese students, so she went to Tokyo and later to Osaka to teach English to adults.

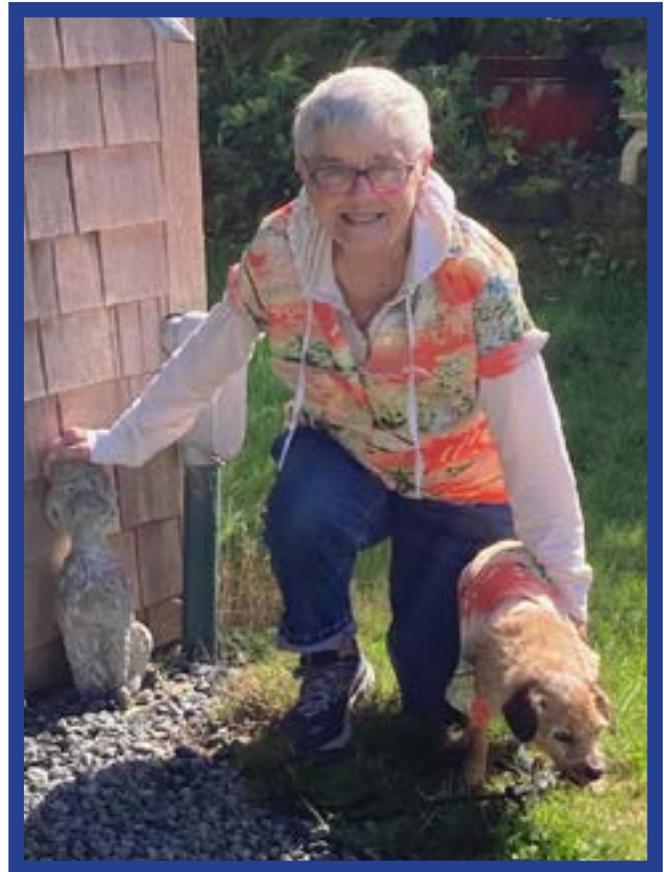
After several years of working in Japan, Charlotte returned to the Bay Area to teach. She soon found the cost of living there prohibitive, so in 1996 she said to her daughter, "Why don't I move to Portland and help you with babysitting?" Her daughter, who was teaching in a bilingual school at the time, jumped at the offer, and Charlotte moved in next door.

Charlotte spent many years babysitting and enjoying time with her grandchildren, but now her family doesn't need a babysitter and she doesn't drive any more.

About five years ago she heard about the Villages movement from her son, who had gone to an informational meeting. She found the concept intriguing but didn't join until a couple years later after attending an Eastside Village informational meeting.

She now attends the Sandy Branch Circle meetings regularly and makes good use of the Volunteers who help with her garden and drive her places, although she admits that it's sometimes hard to ask for help.

Travel and languages are Charlotte's loves. She has been fortunate to travel to 13 countries



and has taught French in addition to ESOL.

She is interested in the EV Book Groups and would like to see and participate in an EV music group with instruments and singing.

Charlotte's other love is dogs; she has had five of them. Her current companion is a fox terrier named Sherlock who joined her at the beginning of the pandemic. She and Sherlock love to walk to her local coffee shop and enjoy the trees and flowers along the way. She said of him, "We are rescuing each other!"

By Carlotta Richard
EV Member

WELL-DESERVED THANKS

Eastside Village saw a major “changing of the guard” in the last election, as long-time EV Members / Volunteers / Founders Judy Ringenson and Craig Johnson stepped down from their leadership roles on the Governing Council.

Judy and Craig were instrumental in launching Eastside Village and have worked quietly but tirelessly to ensure its continued success.

Be sure to give them your thanks for a job well done the next time you see them!



Mary Beth Young presents thank you gifts from the Governing Council to outgoing Members Judy Ringenson and Craig Johnson.

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WHY DOES EV HOLD FUNDRAISERS?

Our membership dues support almost all (85%) of what we do. Thank you! We raise the remaining 15% through donations and fundraisers. Together, these sources cover all of our costs, which include Jenny, our office manager; office space; supplies; phone; internet; insurance; and payments to our parent organization, Villages NW. In addition, some of our donations and fundraising monies are earmarked for: subsidized scholarships for members with lower incomes; and “giving back” to our community.

This is why we recently sent you an end-of-year fundraising letter and have tentatively planned a rummage sale in late winter/early spring and an auction in the fall. Proceeds from all of these will go to our general fund. If you'd like more information about our fundraising and donations, please contact Jenny Rockwood; our Treasurer, Wendy Orloff; or me; or visit the [EV website donation page](#).

Thanks again!

*By Mary Beth Young
EV Member*

P.S.: Do you want to help with the rummage sale or auction? Please let me know!

JOIN EV'S NEW PROGRAM COMMITTEE

From the get-go—and especially during COVID—EV has thrived, thanks to our combined creativity, energy, and cooperation. We've visited and worked in each other's gardens, shared our artwork, hiked together, played mah jongg, learned about Middle Eastern history, acted to preserve Oregon's environment, discussed books, gotten vaccinated, welcomed dozens of new members—and *lots* more.



We've met in person, and by phone and Zoom. And we've kept our community together. Bravo, us!

There are so many more ways to deepen our connections and give back to others. But we need your help.

Our Governing Council is asking 12 EV Members to step forward and become the Program Committee.

You won't be on your own, though, because I'll be there as chair.

This group will turn great ideas into appealing events and activities, including a rummage sale in late winter and an auction in late fall. We'll be sure to add informative, silly, and uplifting opportunities, too.

And, as the pandemic allows, these will include more in-person gatherings such as pot lucks, picnics, hikes, and more. How about another plant sale and Ceilidh, a Fourth of July picnic, a Halloween costume party, and a white-elephant party at Christmas?

Each event will be publicized in the Newsletter and posted in your weekly email "Upcoming Events" listings.

We'll include information about each event, who's leading it, and how EV Members like you can help.

We're sure you'll find something that'll tickle your fancy—and maybe inspire

you to create a new event! You'll meet new friends, contribute your skills and experience, and even learn something that'll surprise you.

Please contact me or the office for more information.

I promise that you'll have a LOT of FUN!

Mary Beth Young
EV Council Member

HEADS UP, BOOK LOVERS!



Greetings, fellow EV book lovers! If you're currently a Book Group member—or if you'd like to be one next year—please join us for a special Zoom meeting on Tuesday, December 14, at 10 am.

Please come prepared with the title, author, and a *short* description of up to three books that you've already read. These can be a tried-and-true classic or one fresh off the bestseller lists.

Judy Ringenson will facilitate the meeting. You will have two minutes to pitch your choices to the rest of us. And yes, we know that there will be a lot of people on that Zoom call; only one person will be speaking at a time, however, so it should be manageable.

Whether you can attend this meeting or not, please email your three recommendations (including

the title, author, and a short description of each) to Ann Gaffke and Phyllis Wishnie by December 16. They'll gather them all into a single document and email it to everyone by December 18.

Now comes the hard part: You will need to look over the list carefully, choose the 11 books that you would most like to read, and email those 11 titles to Ann and Phyllis by December 20. The top 11 vote getters will form the 2022 Book Group schedule, which will be published in the Jan. 2022 EV Newsletter.

So review your reading lists, check your shelves, and dive deep into your memories to find those three books you know we will all love as much as you do!

By Phyllis Wishnie
EV Member

Discover Your Hidden Creativity

Artist trading cards began as a conceptual art project by Swiss artist M. Stirnemann in 1997. In an effort to bring art out of the marketplace and make it available to everyone, he made 1,200 cards and ran an exhibition at his gallery.



At the end of the exhibit, he held a trading session with other local artists. The event was open to all people at any skill level and all artistic styles. His idea was so successful that it was picked up by other artists and soon spread worldwide.

While there are many ways to make and trade these unique little pieces of art, they are consistent in their size (2½" x 3½"). They are usually



made of paper or cardboard, but I have seen some made of fabric too.

My hope is to make some cards together and perhaps start a trading group among our Members.

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NEITHER RAIN NOR CHILLY AIR...

... Keeps intrepid Eastside Villagers from their Coffee Hour!

Now meeting in person on Friday mornings for coffee & conversation outside on the 2nd story of New Seasons Market on SE Woodstock Blvd. Just park in the parking lot under the Market, then take the elevator to the 1st floor. Buy your coffee or tea and optional sweets at the counter to your right. Head back to the elevator and up to the 2nd floor. Lastly, walk past the now empty Treehouse Bar onto the roof top tables and chairs. Enjoy the camaraderis and the view!



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At the very least, we can spend some time doing little collages or drawings with our friends. No experience is necessary; just bring your kindergarten skills: cutting and pasting!

I will bring card blanks and art supplies, but you are welcome to bring anything you'd like to work with. I could especially use little bits of fabric and some extra scissors. If

you have magazines to cut up, that would be great, too.

If you have any questions or concerns please give me a call. I hope to see you on December 14, from 2 to 2:30, in the Fireside Room of the Methodist Church, 3915 SE Steele St. Please make your reservations online or through the office to secure a space.

*By Laurie Hansley
EV Member*

OUR READERS WRITE: LOOK FOR THE GOOD

The past year has been a tumultuous one. Some would even say distressing. Politics, pandemic, Portland's woes. It all seems so overwhelming.

Here at Newsletter Central, we wanted to help EV folk counteract those feelings of helplessness and despair by asking them to share their thoughts on "What good has happened to you this past year?" Here are their responses.

This past year I made a new friend, became closer to my grandchildren, and learned a new one is on the way. I became reacquainted with riding my bike and began in earnest to downsize. Or shall we say—*rightsized*. Interestingly the more old that goes out, the more newness that comes in.

Nancy Arntson

I am grateful for the COVID pandemic reminding us of the importance of our connections with friends and family.

Ann Gaffke

I have connected with family and friends by text and phone more because of COVID. I made good contact with a homeless person and his dog, and he helped me in the yard.

I finished two paintings that I am very proud of, and I feel my creativeness is developing. My tai chi group has gotten stronger being together.

Mainly, though, I have gotten in touch with myself and accepting the fact that I will be 77 next year and

that my life has been full and empty at times.

I am settling down with myself and look forward to 2022.

Kit Siegel

In 2021, I found myself blessed by so many wonderful Eastside Village people who took care of me when I was having a hard time caring for myself.

When I got COVID, they brought food and medicine and took me to the doctor. When I went to my 50th class reunion, they treated me like a queen, and they cheered when I was on TV and when I shared my writing during the Eastside Village Talent Show.

They have sung to me, hugged me, listened, and cared. And even dismantled an old shed.

I am in their prayers and they are in mine.

Kait Skyler

My dog, Smidgen, had me worried for about 2½ months. He couldn't get comfortable, wasn't happy, and moaned and cried a lot. There was

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a lot of gurgling and other noises coming from his belly.

We tried all kinds of things and were contemplating ultrasound and maybe surgery; then one morning he let loose a flood of urine on the kitchen floor after which he gradually improved. I think he had a kidney stone that finally passed. He has been a happy, healthy guy ever since.

Yea! No surgery! I am so grateful to have my buddy back.

Cheryl Sears

There was silence, an abundance of silence. Within silence there is possibility.

I found my way to knowing my own rhythm. I learned how to safely invite my family into my garage for socially distant meals. There were lots of lights and candles and the scene was somewhat poetic. Poetic because it was and is more mindful, careful, thoughtful, and designed.

Then there is zoom yoga. What a gift! I don't turn the video on, so no one knows I'm in my pjs with my cup of tea nearby.

There is grace in this new way of being mindful of how we are living.

Marjie Takei

October of 2020 was a challenging month for me. I made an exhausting move from Port

Here are the **Readers Write** topics for the next couple of months:

January: *Care to share a goal for the coming year?*

February: *Whom or what do you love most?*

March: *What is your favorite part of spring?*

We ask that you submit only one (100 words or fewer) response per person. Submissions are due on the 24th of each month and should be sent to editor@eastsidevillage.org.

Townsend to Portland, and two days after I got here my beloved cat, Lily, died unexpectedly. I had owned her for 15 years.

But some good happened this year! I rescued adorable 9-year-old Sweet Pea from the Humane Society in Longview, Washington. A senior for a senior!

Her purring and affection have made such a difference to my life.

Val Johnstone

My great joy throughout this year was seeing my great-grandson Milo grow and change during his first year—from the newborn in my arms last Christmas Eve to an enterprising young explorer of his ever-expanding world.

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Seeing Milo's delight in achievement is a joy I didn't have with my four grandchildren, as they lived hundreds of miles away. Any memories of my own two children's earliest years were blurred by the anxieties of a young mom with little family support and no circle of allies.

Yet my children, with their spouses, became fine parents themselves. They're even parenting me now!

Sue Ayer



After struggling with my weight for years, trying every diet around and most recently Weight Watchers, I finally stopped trying to conform to rules and regulations about what I put in my mouth.

I had success on WW, and am grateful for the kickstart, but I'm

done with tracking and worrying about points and pounds. I'm back to whole grains, real food, no dairy, no sugar, and vitamins from food rather than a bottle.

I can feel success rather than paying for an app to tell me I'm healthy! And my joints are happy, too!

Mary Bedard

The biopsy came up benign. And I grew a 3.5-lb tomato.

Jackie Lemieux

Riding 3500 miles on my bicycle has definitely slowed the progress of my Parkinson's disease.

Bill Richard

I am amazed at all the wonderful things that have come my way this past year, despite the pandemic!

I was able to celebrate a milestone birthday with my kids and grandkids, my wonderful neighbors and friends, and so many of my fabulous EV buddies.

After my dual cataract surgeries, I got true colors back in my world again and am free from the need for contacts.

I found several new friends who are already so dear and I continue to treasure my ongoing friendships.

And I'm vaxxed and boosted!

Peg Farrell

CALENDAR FOR DECEMBER 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 online Events Calendar for more information.

1, 15

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

2, 9, 16, 23, & 30

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

2

World Cultures Study Group
(R, M, IP) 1:30-3:30 PM

3, 10, 17, 24, & 31

Coffee Hour
(MV, IP/Z) In-person at 8:30 AM or Zoom at 9:30 AM

3

RISE Lunch @ Pizza Roma
(R, M, IP) 12-2 PM

6, 13, 20

Storytelling Workshop
(R, MV, IP) 10-Noon

6, 13, 20, & 27

Happy Hour
(MV, Z) 5-6 PM

7, 21

Tuesday Hiking Group
(MV, IP) 10:30-11:30 AM

8, 22

DONE Group
(R, MV, Z) 4-5 PM

9

EV Council Meeting
(R, MV, Z) 10-Noon

11

Virtual EV 101
(R, Z) 10-Noon

14

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

14

Art Trading Card Workshop
(R, MV, IP) 2-3 PM

15

Men's Lunch with Adult Beverages
(R, MV, IP) 12-2 PM

18

Volunteer Training
(R, MV, Z) 10:30-Noon

18

EV Climate Crisis Crew
(R, MV, Z) 12-2 PM

26

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

28

EV Website Tutorial
(R, MV, Z) 11-Noon