

Eastside Village Voice



GREETINGS FROM THE CHAIR

Hello Village People!

Spring is in the air and my coworkers and friends are sneezing already! I hope you enjoy the sunshine when it peeks through now and then.

Our big event for April is the semi-annual **Member Meeting on Saturday, April 21, 2018, 2-4 PM, at TaborSpace**. We will have a guest speaker addressing home and fire safety, along with fun activities and refreshments. Members and volunteers will receive an official announcement early in April with all the details. As always, if there is a topic you would like us to address with the membership and volunteers, please pass along your suggestions to info@eastsidevillage.org, or call the office.

Included in the meeting invitation will be a flyer and letter about the ***Each One Reach One Campaign***. For every new member that an existing member brings in, the existing member will receive an entry into a drawing for a free 1-year membership! The more new members you bring in, the more chances you will have to win! There will be a drawing at our Fall membership meeting to determine the winner. We'll happily answer questions at this month's member meeting, as well as provide helpful suggestions and materials to help you win!

Eastside Village is still seeking a Treasurer to sit on the Governing Council. The day-to-day financial tracking is being done by a very capable volunteer, but we need

an officer to oversee the Village's financial matters. The position would require approximately 6-8 hours of time per month. If you are interested in volunteering, or know of someone who might be a good fit, please contact me at info@eastsidevillage.org.

As always, I welcome suggestions for making Eastside Village better. We love our community, and appreciate your help in making it successful.

Happy Spring!

Mary Bedard, Chair



Elder Orphans: Aging Alone

I learned a new term this week: “Elder Orphans.” These are people who have no children or relatives living nearby, who are aging alone. Once I became aware of it, I could see articles in the *New York Times*, on AARP’s *Next Avenue* website, and even in a Facebook Group addressing the issues of “aging in place by yourself.”

It’s been reported that a good number of Elder Orphans give false emergency contact information, just because they have no one on whom to depend.

The good news is Villages can help! Eastside Village is full of compassionate, friendly people who are determined to prevent the loneliness and isolation that can happen as we get older. We love to get together to play games, go for walks, enjoy a movie or symphony, and go out to eat. Especially eat. There is something about sharing a meal with others that creates a bond, however temporary it may seem, that can nourish us over time.

They say that money can’t buy you happiness, but I would argue that a Village membership can go a long way toward helping you to create a supportive, welcoming community that ultimately can bring you happiness. If you would like to ensure that you don’t become an Elder Orphan, join us now to create *your* support community. Social memberships start at \$300 per year and are partially tax-deductible.

For more information about membership and our calendar of events, visit our [website](#) or call or [email the office](#). We’d be happy to get you started!

~Mary Bedard



EASTSIDE VILLAGE & FRED MEYER REWARDS



Are you a Fred Meyer Customer?

You can now link your Rewards Card to your favorite nonprofit—Eastside Village, of course!—so that whenever you use your Rewards Card, you’ll be helping us earn a donation from Fred Meyer. If you don’t have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

To sign up, enter your Fred Meyer

reward card number [here](#) and select “Villages NW fbo Eastside Village #81042” when you’re asked to list your non-profit. You’ll continue to accrue rewards, and Fred Meyer will give an extra bit to the Village!

NOTE: If you’ve linked your Rewards Card earlier, please check to see that you are still enrolled with Eastside Village, as Fred Meyer has recently updated their system.

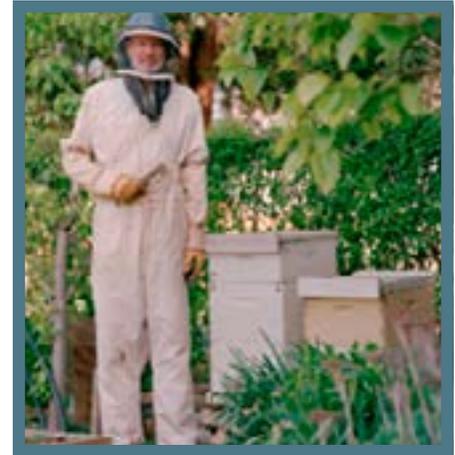
Beekeeping 101

On April 13, from 12:30 to 2:00 PM, at the Hollywood Library (4040 NE Tillamook St), the Eastside, North Star, and Northeast Villages will host a talk by Glen Andresen on the wonder and magic of honey bees. To RSVP, contact the Eastside Village office at 503-866-0571 or info@eastsidevillage.org.

Glen Andresen has been keeping bees in his own Portland backyard since 1992 and in other people's backyards since 2002. Last year, his city bees produced more than 3,300 pounds of honey. He teaches backyard organic beekeeping classes through Portland Community College, Garden Fever Nursery in Northeast Portland, and other venues.

A Master Gardener since 1991, Glen has been Metro/OSU's lead natural gardening educator since 1994. The program offers presentations and information on how to have healthy yards and gardens without the use of pesticides. Glen is also the host of the long-running, hour-long, edible gardening show, "The Dirt Bag," heard the second Wednesday of each month at 11 AM on Portland community radio station KBOO (90.7 FM).

He has degrees in economics and music, but still would rather play with his bees.



WHEN: April 10 from 12:30 – 2:00 PM

WHO: Multnomah County Commission Candidates

WHERE: Impact NW Multi-Cultural Center, 4610 SE Belmont St

HOW: Hosted by Elders in Action, Meals on Wheels, and Impact NW

WHEN: April 21 from 10 AM to 12:30 PM

WHO: Portland City Council Candidates (10–11)

WHO: Multnomah County Candidates (11:30 – 12:30)

WHERE: Friendly House, 1737 NW 26th Ave

HOW: Hosted by Elders in Action, Friendly House, and SAGE

Volunteer Corner: Autumn Carroll



Autumn Carroll discovered Eastside Village while searching for innovative ideas to help people stay in their homes and engaged in their community longer. While working in home health, she often saw people who preferred to remain in their homes, but didn't have the necessary support. Many of those she saw needed more than Eastside Village alone can offer, but nearly all could have benefited from the services and social opportunities the Village has available. As she learned more, she knew she'd like to become a volunteer.

Autumn enjoys participating in work parties and doing decluttering/organizing jobs.

A native Oregonian, Autumn grew up in Astoria and has lived in Portland for 20 years. She's an occupational therapist and recently started working for Providence ElderPlace.

When not working or volunteering, Autumn enjoys spending time with her husband and 8-yr-old son, gardening, walking, and appreciating the wonderful community we all live in.

Street Fairs / Farmers Markets = Outreach Opportunities!

Summertime is coming, and with it the fun buzz of street fairs and farmers' markets. Eastside Village is preparing to do outreach at many of the markets and fairs in our district, and we'd love to have your help.

We need people to coordinate the "day of" activities, or just help during a specific time slot. If you're looking for some project management training, volunteer to manage all of the summer's outreach events! It's a great resume-builder.

If you can help, please contact the office at 503-866-0571 or email us at info@eastsidevillage.org. And thanks!

Calling All Church Members

In an effort to reach out to more communities within Eastside Village, we would like to meet with church groups who may be interested in hearing about us.

If you or someone you know can put us in touch with your congregation, please let us know who to contact. Call the office (503-866-0571) or email us at info@eastsidevillage.org.

Tour of Oregon Ballet Theater

Vincenza Scarpaci and Ann Gaffke have scheduled a tour of the OBT facility at 3 PM on April 5th. Join them for the chance to watch the dancers up close, visit the costume shop, ask questions, and even get to experience one of their beautiful studios at 0720 SW Bancroft Street. The hour-long tour costs \$4 per person.

On the day of our visit, the ballet troupe will be practicing for their next show, *Man/Woman*, described as a “juxtaposition of all-female and all-male ballets to explore gender stereotypes, and one of Resident Choreographer Nicolo Fonte’s most successful works to bring the two sexes together.”

Space on the tour is limited. Please register [online](#) or with the office



Hello Spring!

Our volunteers are willing and ready to help you welcome spring. Do you have a flower bed that you would like cleaned out? A sidewalk to power wash? A room or closet that you would like help cleaning out or reorganizing?? Eastside Village volunteers are eagerly awaiting your requests!





... *Into Safety*

Spring, thankfully, is here once again. Check out these Spring Season fire safety tips that will help ensure you and your family have a fire-free entrance to summer!

Kitchen

- Allow appliances to cool before putting them away. Never wrap cords around warm appliances.
- Don't leave cooking food unattended.
- Keep all paper and cloth materials away from heat sources.
- To prevent pot handles from getting bumped or grabbed, turn them inward toward the middle of the stove.
- Be consistent in cleaning grease and food off the stove.
- Check exhaust filters for dirt and grease build-up. Clean them on a regular basis.
- Wear short or tight-fitting sleeves while cooking; loose sleeves could easily catch fire.
- Use only microwave-safe dishes in the microwave; never microwave metal dishes.
- Do not hold children while cooking.

- Establish a “safety area” in your kitchen to keep small children confined and away from hot surfaces, hot liquids, and flames.

Yard and Garage

- Clear your yard of leaves, debris, and other combustible rubbish.
- Make sure that mulch is at least a foot away from your home with a non-combustible barrier such as rock in between.
- Store gasoline in a strong, metal safety-type can with self-closing caps on the openings.
- If your garage is attached to your home, make sure it's separated by a tight-fitting door which is kept closed.

Housekeeping

- Clear basements, closets, and attics of old rags, papers, mattresses, broken furniture, and other combustible odds and ends.
- Place used oily polishing rags or waste in covered metal containers.
- Store paint and varnish in tightly covered containers away from sources of heat.
- Keep matches out of children's reach.
- If small children are present, install child safety latches on all drawers and cabinets containing harmful products.
- Keep cleaning products in their original containers with the original labels.

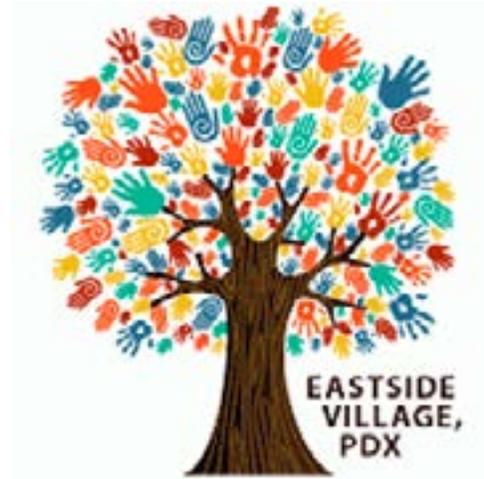
Protect Yourself and Your Family Today!

Mark Your Calendars:

Spring Member Meeting!

Saturday, April 21, 2018 | 2:00 to 4:00 PM

Taborspace Annex | 5441 SE Belmont St



Raffle Prizes! Guest Speakers! Fun! Snacks!

EACH ONE, REACH ONE Membership Campaign

EASTSIDE VILLAGE is excited to kick off its 2018 “Each One, Reach One” Membership Campaign. Our goal is to double the membership of Eastside Village by December 2018. Increasing our membership will bring new energy, fresh ideas, and additional resources to our Village.

THE CHALLENGE is for each Eastside Village member to sign up at least one new member within the next several months. Each member who brings in a new member will be placed in a drawing for a one-year free membership to Eastside Village to be held at our Fall Membership meeting.

You can help us meet our goal in the following ways:

- Encourage a friend, neighbor, or relative to become a member of Eastside Village.
- Invite a friend, neighbor, or relative to join us for an Eastside Village activity.
- Host an Eastside Village gathering in your home for friends, neighbors, and relatives.
- Serve as an ambassador for Eastside Village at community events.

For additional information, contact the Eastside Village Office at: 503-866-0571 or info@EastsideVillage.org

CAN WE COUNT ON YOU TO COMMIT TO OUR
“EACH ONE, REACH ONE” CHALLENGE?

April Library Events in the Eastside Village PDX Neighborhood

To register, call 503.988.5123 (except where noted). All offerings are free of charge. In addition to the events listed below, many libraries have recurring events such as crafts groups, reading groups, résumé help, and tech help. For details on these, and on Multnomah County Library events outside the Village's service area, please check the library's website. Event schedules do occasionally change; visit Library Events for current information.

Belmont Library

1038 SE Cesar E. Chavez Blvd.

Making the Most of Social Security

Social Security is key to the retirement plans of most Americans. Congress recently changed the laws covering Social Security, and many people are concerned about the future of the program. Learn about recent changes and future prospects, and learn some Social Security strategies that could help you build a more comfortable retirement. Thursday, April 26, 6:30-7:30 pm (registration opens April 5)

Anyone's Domain 2018: A Writing Workshop

Poetry is not the domain of just a few. It's as natural and accessible as heartbeat and breath. Writing poetry requires nothing more than a love of words and a willingness to let your pen move across a page, following language wherever it takes you. Join Paulann Petersen in a workshop devoted to generating new poems. Using innovative springboards that include notable poems, we'll make an exhilarating plunge into language.

Saturday, April 28, 2-5 pm (registration opens April 7)

Gmail and Google Tools

Your Google account can do more for you than you thought! Come to this class to learn about managing your Gmail inbox, using your Google calendar to share your schedule, and using Google Tasks to keep your to-do list online. You must have a Google or Gmail account before coming to class in order to participate.

Sunday, April 29, 1-3 pm (registration opens April 8)

Gregory Heights Library

7921 NE Sandy Blvd.

Cut Paper Bookmarks

Join the local artist from Little Gold Fox Designs and learn to design, cut, and glue your own paper creation to a mat board bookmark and decorate it with a tassel. All supplies

and tools will be provided. Just bring your imagination and leave with a cut paper bookmark of your own.

Sunday, April 8, 2:30-4:30 pm (registration opens March 18)

Our Story: African Americans of Portland

The prolific journey of African Americans in Portland is rooted in the courageous determination of black pioneers to begin anew in an unfamiliar and often hostile territory. Amazingly, a small population of African Americans settled in Portland against a backdrop of exclusion laws that banned free blacks from settling in Oregon. The war boom, coupled with the tragic Vanport flood, forever changed Portland's urban landscape and reshaped the socioeconomic realities of Portland's African American community. This program is part of the *Our Story: Portland Through an African American Lens* digital collection and project. Made possible by The National Endowment for the Humanities Fund of The Library Foundation. For teens and adults.

Monday, April 23, 6-7 pm (first come, first served)

Holgate Library

7905 SE Holgate Blvd.

Just Uke It! For Newbies

Learn to play the ukulele with Aaron Canwell of Micah And Me. In this class for beginners, you'll focus on learning chords and new songs. The song selection includes the standard ukulele repertoire, children's music, American folk music, and pop and rock songs. Ukuleles provided; however you are welcome to bring your own.

Saturday, April 28, 4:30-5:30 pm (first come, first served)

Midland Library

805 SE 122 Ave.

Needle-Felt Hummingbird

In this class, we will go step by step through the needle-felting process and hand stitch some fabric details to make

a cute little hummingbird. Class taught by guest artist Suzanne Moulton.

Saturday, April 14, 10 am - 1:30 pm (registration opens March 24)

Android Basics

Learn the basics of using your Android smartphone or tablet. Bring your questions and your fully charged Android device.

Tuesday, April 17, 2-4 pm (registration opens March 27)

PDX Death Café

Death Cafe is an international movement of people who come together in a relaxed and safe setting to discuss death and drink tea. Our goal is to increase awareness of death with a view to helping people make the most of their (finite) lives. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Sunday, April 22, 2-4 pm (registration opens April 1)

Sellwood-Moreland Library

7860 SE 13th Ave.

Misinformation, Fake News, and Political Propaganda

We are overwhelmed with messages from politicians, news sources, and other media. This workshop uses real world examples of political ads, news headlines, graphs and charts, the effect of word choice in messaging, statistical data, and other types of information so you can learn to distinguish truth from fiction and become your own "fact-checker." Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Tuesday, April 10, 6-7:30 pm (first come, first served)

Creating a Wonderful Family with Family Meetings

Katherine Foldes is the author of **Family Meeting Handbook: Here for Each Other, Hearing Each Other**, a parenting book on why and how to hold family meetings. Hear how family meetings help parents find the middle ground in parenting and ways to stay on the same page with your parenting partner.

Saturday, April 21, 12-1:30 pm (registration opens March 31)

iPad/iPhone Basics

Learn the basics of using your iPhone or iPad. We will cover text messaging, taking and attaching pictures, installing

apps and using the Apple Store, accessing the internet, managing your contacts, and more. Bring your questions and your fully charged iPad or iPhone.

Tuesday, April 10, 10 am-12 pm (registration opens March 17)

Woodstock Library

6008 SE 49th Ave.

Braiding Trivets

Reuse your old rags by turning them into something practical and colorful. Learn how to get a braid started and begin stitching your work together. Have no fear, discover folk wisdom! Leave with a finished trivet and the knowledge to make a full-sized braided rag rug to cozy up your home. Bring your own rags or we'll have some to get you started.

Saturday, April 21, 2-5 pm (registration opens March 31)

If You Can Boil Water, You Can Brew Kombucha!

Kombucha is an ancient form of fermented tea and cane sugar that has probiotic benefits for your digestive system. You can buy it from the store or, even better, you can make your own! Brew one gallon for less than one bottle of the store-bought kombucha! Maxwell Bliss of Treehouse Kombucha will show you simple steps to brewing and flavoring your own kombucha. Starter cultures, tea bags, and other supplies are provided.

Saturday, April 28, 2-3 pm (registration opens April 7)



The **Eastside Village Voice** is published monthly by **Eastside Village PDX**. **EVPDX** is a program of **Villages NW**, a 501c3 nonprofit, which serves as the Hub for a network of community-based Spoke Villages in development across the Portland Metro-area.

www.eastsidevillage.org | 503-866-0571

info@eastsidevillage.org

Mary Bedard, Governing Council Chair

Peg Farrell, Newsletter Editor

1	2	3	4	5 3 PM OBT Tour *# (0720 SW Bancroft Street)	6 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	7
8	9	10 10 AM – Noon Book Group *#	11 9–11 AM Breakfast at Toast (5222 SE 52nd Ave)	12	13 12:30–2 PM Beekeeping 101 *# Hollywood Library (4040 NE Tillamook St)	14 10:30 AM–NOON Village 101 Hot Lips Pizza (SE Hawthorne and SE 22 nd Ave)
15 10 AM – Noon Work Party *#	16	17	18	19	20 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	21 2–4 PM Spring Member Meeting *# Tabor Space (5441 SE Belmont St)
22	23	24 9:30–10:30 AM Coffee with Northeast Village (Café Fleur de Lis, 3930 NE Hancock)	25 10 AM–NOON Neighborhood Stroll: Ladd's Addition *#	26	27	28
29 2–4:00 PM Knot Just Knitting *#	30	<h2 style="color: #8B4513;">April Village Events</h2> <p>Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration.</p>				

