

Eastside Village Voice



GREETINGS FROM THE CHAIR

August 2018

Hello, Village people!

I am taking a break this month and enjoying family and some time off. I hope you are having a good summer. Let's enjoy the outdoors while we can!

Lastly:

➤ Members: There are plenty of social events to keep you busy this month (see inside). Hope you have fun!

➤ Volunteers: We love you! We *always* need help with driving.

➤ Everyone: We'd love to have you visit our booth at the Hawthorne Street Fair (Sunday, Aug. 26th) or sign up online or with the office to help us staff our information table.

Have a wonderful August, and I'll talk with you again in September!

Mary Bedard
Governing Council Chair



Village Members Meet For Dinner

Our inner southeast neighborhood group met at a Thai restaurant this time, hosted by Catha and Mary Anne. Around the table were Charlie Clark, Catha Loomis, Mary Anne Joyce, Dennis Hopkins, Claire Cofsky, Ann Gaffke, Sue Ayer, Natasha Beck, and Judy Barnes. Absent were Sylvia Kinnari, Debbie Kogan, Judy Ringenson, and Jenny Whittier. We have not named ourselves as yet.

There are four other neighborhood groups; what is *yours* up to?

~ Claire Cofsky

Continued from Page 3

Lighthipe had been thinking about organ donation ever since her husband's uncle was saved by a kidney donated by a cousin in 2000. But she decided it was time to act after reading *The Southeast Examiner* story and then meeting Campbell in person and realizing Campbell couldn't live the life she wanted while on dialysis. A battery of tests revealed Lighthipe not only had the correct blood type, but also the right antibody type, to help Campbell.

Campbell marvels at how Lighthipe never second-guessed her decision to donate.

"It was the right thing to do," Lighthipe explained. "Donating an organ is very feasible. One doesn't have to be a superhero to be a donor. There's no better feeling than helping someone else live their life to its fullest."

To register as an organ donor, go to www.donatelifenw.org/register-now



Member Spotlight

Eastside Village has been opened for a little over two years and has evolved into a strong community of members and volunteers. Many of our members are also great volunteers, and we can now add Liz Campbell's name to the long list of "Village People" who serve dual roles. Liz will be our "New Member Buddy," helping new members feel welcome and engaged in services and activities.

Liz also comes to the Village with a very interesting story. One she would like to share.... (*The following account of her experiences is taken from news.ohsu.edu.*)

Surrounded by hundreds of organ transplant recipients, donors and their families at the annual OHSU Transplant Picnic this past July, Liz Campbell experienced a surge of energy and optimism.

"It feels like the high I had shortly after the transplant," said a clearly joyous Campbell, who received a new kidney at OHSU on Feb. 13. Her kidneys failed as a result of high blood pressure, and she had to endure frequent dialysis treatments before the transplant.

"The circumstances that often lead to organ donation can be incredibly tragic, ranging from a car accident to a stroke," said Marguerite Brown, M.S.N., director of OHSU's transplant program. "But, when family members decide to donate the organs and tissues of their deceased loved one, they can prevent a similarly tragic outcome for another family. That's why it's vital to share your organ donation wishes with your family."

With a new kidney to filter out waste and excess water from her body, Campbell has shifted from surviving to living. She recently took in the Oregon Coast's beauty and started dating someone new. And, above all, she's happy.



Village Member Liz Campbell (left) with her kidney donor Emily Lighthipe

While waiting in line for the picnic's taco lunch, Campbell beamed at the woman standing next to her: Emily Lighthipe. Lighthipe offered one of her two perfectly functioning kidneys after reading a newspaper story that Campbell, owner of Kids at Heart Toys on Portland's Southeast Hawthorne Boulevard, needed one. The two women didn't know each other before last fall, but have quickly become friends.

Campbell was fortunate her survival didn't rely on another's tragedy. Though she was on the national kidney wait list for two years, she also took a more proactive approach by joining *Donate Life Northwest's Erase the Wait* mentorship program. The program taught her to advocate for herself, educate others about living donation and tell her story through social media posts, local news publications, personal conversations and more.

Asking for help was tough, but Campbell did it anyways. That's why she brought up her kidney search during an October 2017 interview with her neighborhood newspaper, *The Southeast Examiner*, about her store's 30th anniversary.

Continued on Page 2

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 across the Portland Metro area.

www.eastsidevillage.org | 503-866-0571
info@eastsidevillage.org

Mary Bedard, Governing Council Chair
Peg Farrell, Newsletter Editor

What's Happening in



Music in the Garden

Saturday, August 4th, 3–7 PM

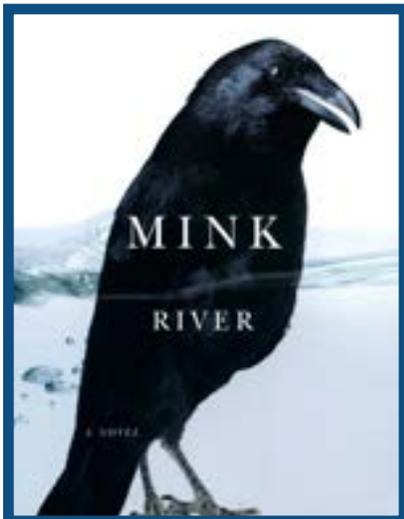
Eastside Village members and volunteers are invited to a potluck yard party. River Winds Quintet (flute, oboe, clarinet, french horn, and bassoon) will perform two 45-minute sets of light classical music. Please RSVP (online or through the office) and plan to bring a potluck dish, choice of beverage, chairs, and eating utensils (plates, silverware, cups). Some seating will be available if you do not have a foldable chair.

August COFFEE BREAK

Tuesday, August 7th, 10-11 AM (NOTE DATE CHANGE!)

Sign up now to be part of this month's COFFEE BREAK discussion: What you need to know about the "Death with Dignity Act" but didn't know who to ask! EV Member **Derianna Mooney** has been working in this field for over 20 years and will share some of her knowledge and experience with us.

If you've not taken part in earlier meetings, please see the articles in the July newsletter for tips and further information.



Book Group Features Local Author

Tuesday, August 14th, 10 AM–Noon

Better get reading: the EV Book Group has got a great book to discuss this month. Notes one reviewer: "Brian Doyle, editor of Portland Magazine, award-winning essayist, and author of ten works of nonfiction, has broken new ground with his first novel, *Mink River*. It is also the first original novel published by Oregon State University Press.

"The story, told from the perspective of an omniscient, humorous, and strikingly compassionate narrator, floats and spins through the daily occurrences of Neawanaka, a fictionalized community set on the Oregon Coast." [muse.jhu.edu/article/480125] Please contact the office to register for this event.

Eastside Village?

August Summer Potluck

Wednesday, August 15th, 6–8 APM

Got more tomatoes than you know what to do with? Are your apples coming ripe? Now's the time to make something wonderful and share your bounty with your fellow Village members and volunteers at this month's Member Potluck. Please go online or call the office to register for this fun event. And if you happen to bring extra bags of zucchinis to share, we won't tell!



Art & Conversation

Tuesday, August 21st, 9:15–11:30 AM

Join us at the Portland Art Museum on the third Tuesday of every month for coffee followed by a lecture or film screening. Coffee is at 9:15 AM in the Fields Ballroom, Mark Building, followed by a lecture at 10:15 AM in the Whitsell Auditorium, Main Building. This month, Julia Dolan, the Minor White Curator of Photography, will speak about the exhibition, *In the Beginning: Minor White's Oregon Photographs*. This series is free for adults 62 and over and includes Museum admission.

Walking Tour

Tuesday, August 21, 2018, 10:00 AM until Noon

The Architectural Heritage Center (visitahc.org/) provides guided tours through some of Portland's most venerable neighborhoods. August provides an opportunity to tour several Eastside neighborhoods, including Garthwick, Buckman, Mt. Tabor, Montavilla, and Sellwood.

Come join your fellow Eastside Villagers for the Hawthorne Walking Tour! Buy your ticket for the tour from AHC and then make sure to RSVP with our office. This event is open to members, volunteers, and their guests.



August Library Events in the Eastside Village 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.

Needle-Felt Hummingbird

Ever wanted to learn to needle felt? 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. Our hummingbird colors for this workshop are inspired by an Oregon native species called Rufous hummingbirds and their flashy colors are a wonderful reminder of the amazing nature right here in our own backyards. Class taught by guest artist Suzanne Moulton.

Saturday, August 18, 2-5:30 PM (registration opens July 28)

Gregory Heights Library

7921 NE Sandy Blvd.

Tell Your Story: Journal Making Workshop

Having a space to put your thoughts on paper is important. Many artists, writers and scientists use journals to keep track of their work and daily lives. In this class, make your own customized journal, diary or sketchbook. Learn simple bookbinding techniques with common materials that can be made again and again at home. We will also talk about the importance of journaling and look at examples of different custom-designed books. This class is run in collaboration with the IPRC.

Monday, August 6, 3-6 PM (registration now open)

Holgate Library

7905 SE Holgate Blvd

Funky Bead-Filled Earrings for Pierced Ears

In this fun and challenging class, we will fill the inside of a round or rectangular bead to create a one-of-a-kind set of pierced earrings. Participants must be 16 years or older.

Saturday, August 25, 3:30-5 PM
(registration opens August 4)

Midland Library

805 SE 122 Ave.

Sushi Making

Joyce Li will introduce two basic types of sushi: the traditional Japanese Inari sushi (tofu pouch) and the modern American California roll. Learn how to make them with the right kind of rice for sushi and practice how to wrap and roll sushi for a professional look. This class will be taught in Chinese only.

Saturday, August 11, 3-5 PM (registration now open)

Learn Uzbek Dance

Dance in Uzbekistan is considered a national treasure. Join us for this dance master class to explore the elements of this old choreographic tradition. You will not only dance, but study the meaning behind the movements, dancers' traditional dresses, and the distinctions between regional choreographic styles. This workshop will focus on women's traditional dance; however, men are welcome to join. Basic dance background will help but is not required. Please wear comfortable clothes and shoes. Program will be conducted in Russian.

Wednesday, August 15, 6-7:30 PM (first come, first served)

Seed Saving for Gardeners

Learn how to integrate seed saving into your garden with Grow Portland. We will cover the basics of seed saving, planning your garden to save seed successfully, tools and equipment for cleaning seed, and how to store seed until next year. If you have a garden, come with a garden plan to work with. If you do not have a garden plan, come and make one! Saving seed has many benefits from saving money to enriching biodiversity in your garden.

Monday, August 20, 2-4 PM (first come, first served)

Sellwood-Moreland Library

7860 SE 13th Ave.

12 Key Acupressure Points For Everyday Health

Yiwen Yoga presents an experiential holistic event sharing information based on the wisdom of the ancients that

will improve your health and strengthen your immune system. Learn how to find and self-massage the most commonly applied pressure points in the Traditional Chinese Medicine system for everyday care and optimal health. Teach yourself how to massage and trigger these pressure points using essential oils.
Sunday, August 19, 2-3 PM (registration opens July 29)

Woodstock Library
6008 SE 49th Ave

Chinese Tai Chi: An Anti-Aging Exercise

Tai Chi, the choreographed meditative exercises that have been a healing art in China for thousands of years, is practiced by over 100 million people worldwide and owes

its popularity to simple facts: it's enjoyable and it makes you stronger. Tai Chi is an easy form of exercise and for people of all ages. This workshop includes four classes and is presented in Mandarin and Cantonese only.
Wednesdays; August 1, 8, 15, and 22; 10-11 AM
(registration opens August 15)

Summer Crafting

Join this summer gathering to make lovely seasonal art and crafts with recycled and nature-based materials. Have fun designing pieces to beautify your home and connect with the natural world this summer season! Whether you're an expert crafter, or this is your first time crafting you'll enjoy this workshop and go home with lovely pieces to decorate your life.
Saturday, August 18, 2-3:30 PM (registration opens July 28)



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 January 2019. Increasing the membership of Eastside Village 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 to Eastside Village within the next 12 months. Each Eastside Village member that brings in a new member will be placed in a drawing and be eligible to win a one-year free membership to Eastside Village.

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 Information Session 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?

			1 11:25 AM–NOON Movie: Three Identical Strangers (Check with office for details)	2	3 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	4 3:30–7 PM Music in the Garden *#
5 10 AM–4 PM Lents Street Fair (SE 92nd Ave & SE Harold)	6	7 10–11 AM Coffee Break # Meet EV Neighbor, <i>Death with Dignity</i>	8 9–11 AM Breakfast at Toast (5222 SE 52nd Ave)	9	10	11
12	13	14 10 AM–Noon Book Group *# <i>"Mink River"</i> by Bryan Doyle	15 6–8:00 PM Summer Potluck *#	16	17 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	18 10:30 AM–NOON Village 101 Woodstock Wine and Deli (4030 SE Woodstock Blvd.)
19	20 10 AM–Noon Walking Tour Of Hawthorne Neighborhood (Call Office or check online for details.)	21 9:15 – 11 AM Portland Art Museum Art & Conversation #	22	23 12:30–2:30 PM Men's Lunch with Adult Beverage # (Horse Brass Pub 4534 SE Belmont)	24	25
26 11 AM–6 PM Hawthorne Street Fair (SE 31 st – 38 th Aves) 2–4:00 PM Knot Just Knitting *#	27	28	29	30	31	

August Village Events

Listings with asterisks (*) are for EV Members or Volunteers only, while those with hashtags (#) require registration (go online or call the office).