

# Eastside Village Voice



## GREETINGS FROM THE EV COUNCIL

This can be such a crazy time of year—leaves to rake! cards to write! gifts to wrap and mail! goodies to bake! travels to arrange!—but we hope you will all take a moment to look around and see how fortunate we are. Most of us are in (reasonably) good health, many have family or friends nearby, and we all have roofs over our heads and food in our cupboards. So many people around the world and even here in Portland are not so fortunate. Recalling the old adage, “think globally, but act locally,” we suggest that you take a moment to read Cary’s article (page 4) on how to bring a bit of holiday cheer into a foster child’s life. You’ll be surprised by how much cheer it will bring *you* as well.

Last month’s Fall Member Meeting was a resounding success, with a big audience, a great speaker, and lots and lots of fun prizes as we celebrated our third year of operation. Outgoing Chair Mary Bedard updated us on our financial status (doing well!), membership level (over 70 members now!), and services provided. This last item is quite amazing: as of early November, our terrific volunteers had responded to nearly 400 service requests, over 80% of which were to meet transportation needs. [Hint: if you’ve ever considered being a volunteer driver, please speak to Jin in the office to learn more. You will be much appreciated!]

In an effort to help our members better get the word out to their friends and acquaintances, everyone present was given a shiny new “Eastside Village” button to wear everywhere, as well as a small packet of Village business cards. If you were unable to attend the meeting and would like your own EV swag, please contact the office.

The buttons are free, but only if you promise to actually *wear* it!

The outgoing and incoming members of the Village Council would like to thank the following people for their help in making the Meeting such a success:

- Deb Hekker visited many local stores in a hugely successful search for creative and useful prize items.
- Ellen Howard found our inspirational speaker and invited her to share her insights and techniques.
- Liz Campbell solicited the many extraordinary yoga-themed door prizes.
- Peg Farrell made the business card packets and exceeded the prize giveaways.
- Susan McCall made all the lovely flower arrangements, using flowers from her own garden and containers from Liz Campbell. Susan also solicited several beautiful potted plants that were given out to those present.

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## Volunteer Notes

Eastside Village volunteers were busy in November, providing almost 50 services to our members, with transportation as the most frequently requested service.

Volunteers have raked leaves, changed lightbulbs, assessed plumbing leaks, fed cats, and much more. We have several new volunteers, and a new driver, Donald Grant, who comes to us after a career driving with UPS. Welcome, Don!

Thanks to all the volunteers who responded to the on-line survey and to the telephone check-in. Special thanks to Linda Safran and Alison Starkey for making these surveys happen.

We learned a lot about what inspires volunteers to step up to help

and what changes the volunteers would like to see. A few highlights:

- Volunteers like the opportunity to meet members and get to know them better.
- They like the sense of community they feel by working together to strengthen the relationships in EV.
- Volunteers look forward to a strong Village being there when they're ready to need services themselves.
- They appreciate having a way to support the mission of Eastside Village.
- They would like to see more volunteer gatherings.
- They want to remind the members that they are *volunteers* and are providing services on their own time—without reimbursement.
- Volunteers would like to see a way to speed up the vetting process, especially for drivers.

~ Jin Darney

## NOTES FROM THE OFFICE

Welcome to Debbie Hekker and Anne-Marie Dallaire, our new office volunteers. Each of these kind souls is helping out in the office for four hours each week. If you would like to help with answering the telephone, copying, and other office duties, in addition to unlocking the mysteries of Club Express, please let Jin know.

The EV office will be closed December 24<sup>th</sup>–January 2<sup>nd</sup>, so please place your early January service requests as soon as you can. Jin will check service requests and phone messages periodically during that time.

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[www.eastsidevillage.org](http://www.eastsidevillage.org) | 503-866-0571 | [info@eastsidevillage.org](mailto:info@eastsidevillage.org)  
Peg Farrell, Editor

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And, of course, we would be remiss if we didn't acknowledge the hard work our outgoing Council members have provided us all over the past few years. Thank you, Mary, Claire, and Cary. You're going to be a hard act to follow!

The incoming Village Council members have decided to forgo the customary fixed officer roles and will be sharing the Council's duties and responsibilities on a rotational basis. They are also committed to increasing member participation in the planning and execution of Village activities and plans. Watch this space for more about that as the year progresses!

In the meantime, let's introduce the new members of your Village Council: Craig Johnson, Deb Hekker, Ellen Howard, Judy Ringenson, Lucien Dallaire, and Peg Farrell. We asked each of them to share with us the following information: Been in Portland since?? Came from where?? Been a member/volunteer with EV since?? What's some fun thing you did in your previous (working) life? Why did you volunteer to be on the Village Council?? What are your goals for the coming year?? Can you share a very short story about yourself with us??

Here are their responses:

### **Craig Johnson**

Craig has been a resident of Portland for most of his life; he and his wife Jin (EV's Office Manager) live in his Woodstock neighborhood childhood home. He's been a member of Eastside Village since the beginning and a volunteer nearly as long. While he's done many types of volunteer activities, if you've ever needed a ride the chances are good Craig was your driver.

He came forward to serve on the Council because he felt it was important to give the folks who had been serving in leadership positions up to now a chance to step back and just be members again. His goals for the coming year include encouraging other members to volunteer as well.

A teacher for most of his career, Craig's favorite memory was of taking thirty 7th and 8th graders to Washington for Jimmy Carter's Inaugural ceremonies. Not too many folks from Oregon were going, so they decided to take advantage of Trailways Bus Line's "\$50 for 50 Days" promotion and headed east. They stayed in a church basement in D.C., and marched the next day in the Inaugural Parade. "It was really cold that day, but it was a great experience," he recalls.



*Craig Johnson and Peg Farrell*

### **Deb Hekker**

Deb just started as an EV volunteer earlier this summer and has become very popular, especially when it comes to yard work. She and her husband Lewis have lived in the Woodstock neighborhood of Portland since 1989, after having lived in Israel for five years.

Both Deb and her husband were long haul trucking owner/operators for 18 years, meeting in a cornfield in Boardman in 1997. Her fascination with the whole Village concept was the impetus for her volunteering to be on the Council this year.

Her goals for the coming year? "To simply continue being happy and grateful and share that when I can."

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## Holiday Help Needed



*EV Member and former Governing Council member Cary Hixon is asking for your help with a truly worthy cause. Here she is:*

In what is becoming an annual tradition, I NEED YOUR HELP to support Oregon foster care families this holiday season. I know many of us are looking for ways to help families who need a little extra support this time of year, and this is a great way to do it!

My daughter is a caseworker with the Oregon Department of Human Services (DHS) in eastside Portland, and has some suggestions and requests.

1. Every year, DHS partners with Toys for Tots to make sure every (younger) foster kid has at least one present to open on Christmas. But because these gifts are ONLY for kids under 12, we can't be sure kids over 12 will get a gift at all, which would really be a shame.

For the past few years we've been collecting gift cards—for the kinds of things kids 12+ would like!—so they can have a gift to open and can choose what they

want from a store they like. You know, places with teen stuff. (Target, H&M, Nike, Adidas, etc.) Local businesses are good too! Increments of \$25+ are appreciated as it's hard to get much for less than that.

2. If you'd rather give toys for younger kids, those are great too! Just make sure they're new. Foster kids get lots of hand-me-downs, so we're looking to give them something new. A few years ago, we had an epic toy drive and our community really came through with some top-notch stuff. Let's do it again! (This is a particularly great way for local businesses to help out, by donating items from their stores!)

3. Sponsor a foster family! Lots of foster families are doing a lot with very little all year round. Some are new foster parents and are still adjusting to life with a new child. Anyone with kids knows how much work/time/energy that takes! Let's lighten their load a little! If you choose this option, we'll match you with a family (you won't actually meet them; their info is private) and give you a list of things they really need/want.

You can do as much as you can to help meet their requests (don't have to provide it all). My extended family is sponsoring a family this year; it's a great way to help meet a bunch of needs for a family, and share some holiday-giving/spirit with your own family or friends!

No matter what you choose, we need it all back to us by DECEMBER 15<sup>th</sup> to make sure it makes it to families in time.

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Her funny story? “Lewis and I did the drive-through wedding in our semi truck 16+ years ago.”

### **Ellen Howard**

I’ve lived in Portland off and on since I was 7 years old, which was 1950. We came from North Carolina, where I was born and we lived, together with my grandparents, in the Mt. Tabor neighborhood.

I’ve been a member of Eastside Village since it first began.

My most fun work has been my 25 years as a writer of books for children, and then a teacher in an MFA program in Writing for Children and Young Adults.

I volunteer because I very much believe in the mission of helping us “olders” and disabled folks stay in community with our friends and neighbors.

My goal for the coming year is to stay as independent as I can for as long as I can, and that fits perfectly with my goals for the Village: to help others to do the same thing.

Writers are notoriously “spacey,” and I’m no exception. In a way, it’s quite wonderful to have always been that way, because no one can blame it on my age. I frequently “answer” the TV remote and try to turn on the TV with the phone. Recently, I forgot my own phone number and just this morning, I... Oops! Now I’ve forgotten what I forgot this morning! Take it from me, it was something I should have remembered. .

### **Judy Ringenson**

I was born in Minnesota. I left for Sweden to marry a Swede and have a Swedish-American son. From there I ventured to Alaska, Wyoming, California, and Portland.

Two friends begged me to come and live in their city, one lived in wintry Colorado and one in Portland. I chose the city where I could keep on gardening year round.

I started as a founding member Eastside Village’s first year. Before that, I’d been active on the professional advisory board of NW Village as a psychologist.

Fun things in my previous working life were starting an experiment group in project orientation learning at the University of Stockholm when I taught there.

I volunteered for the Village Council because I enjoy all that the Village offers me and my friends, and I thought I should share some of the responsibility for maintaining the structures that others had founded.

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*Deb Hekker (and Lewis Sprouse),  
Ellen Howard*

# Latest EV Happenings

## Knot Just Knitting

Sunday, December 23<sup>rd</sup>, 1-3 PM

Catch your breath amidst all the holiday madness and come stitch with fellow EV members and fiber-fanatics. Sign up online or with the office.

## Men's Lunch With Adult Beverage

Thursday, December 20<sup>th</sup>, 12:30-2 PM

Calling all Villagers of the male persuasion! Join Lucien Dallaire at the Rogue Eastside Pilot Pub & Brewery (928 SE 9<sup>th</sup>) for a lunchtime discussion / discovery of common interests.

## COFFEE BREAK

Monday, December 10<sup>th</sup>, 10-11 AM

Sit back with a cup of coffee from the comfort of your home and log on or dial in to COFFEE BREAK. Debbie Kogan will show us the beauty of Bosnia and tell us about the many moving experiences she had there last summer.

Register through the EV's office or website. No internet? No problem! See the articles in the July newsletter for tips and further information on how to simply call in to these virtual meetings.

## Portland Art Museum Art & Conversation

Tuesday, December 18<sup>th</sup>, 9:15-11:30 AM

Join Eastside Villagers on the third Tuesday of every month at Portland Art Museum's Art & Conversation series. We gather for coffee at 9:15 AM in the Fields Ballroom, Mark Building before the 10:15 lecture in the Whitsell Auditorium, Main Building.

The series is free for adults 62 and over and includes Museum admission. Linger longer to enjoy the permanent collection and lunch!

Please register online or with the office so that we can look out for you!

## Food For Thought

Please join us in January!

# The Mysteries of Villages NW

Eastside Village is one of nine villages in the Portland metro area, all connected by Villages NW, our “hub.” While our liability insurance, finances, and large-scope fundraising are handled by VNW, each of the nine villages operates independently.

In addition to ours, VNW includes the following active villages: Northeast Village PDX, North Star (north and inner NE Portland); Rivers West (SW Portland); Village without Walls (Forest Grove, Hillsboro); Viva Village (Beaverton, Cedar Hills).

Rivers East Village (Milwaukie, Oak Grove, Gladstone); Villages Clark County (Vancouver and environs); and WLLO [pronounced “willow”] (West Linn Lake Oswego, Stafford Hamlet) will open next fall or shortly after.

The villages collaborate on activities such as this fall’s series of Quarterly Seminars and Aging with Grace. In addition, volunteers from all the villages meet regularly to problem-solve and share ideas for Volunteering, Membership, and Development. Eastside Village shares volunteer trainings with Northeast Village PDX.

We are lucky to be a part of such a vibrant organization that offers engagement, community, and services to the entire Portland metro area.

Check the Villages NW website for more information about other villages, and the ways in which the hub supports us. [www.villagesnw.org](http://www.villagesnw.org)

~ Jin Darney



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Here’s how to get these gifts where they need to go:

» You can bring your donation to my house and I’ll get it to the DHS office. Call me to make arrangements (503.453.0229).

» You can mail them or drop them off at DHS’s Child Welfare office at 1425 NE Irving St, Bldg 400, Portland, OR 97232. If you mail them, address your envelope “Attn: Foster Kids Holiday Gifts (c/o Kelly Paluso)”. Please include: 1) your name, 2) your complete address/phone #, and 3) the value of the toy or gift certificate (best if they are also labeled with their value, too). That way you can get a receipt for your donation. If you don’t need a receipt, just say so in your note.

» If you’d rather drop things off, you can do so with the receptionist at that address from 8 AM–5 PM any weekday. They’ll ask you to fill out some basic info so that you can get a receipt.

And, finally, if you have any questions about donations or sponsoring a family, you can call my daughter, Kelly Paluso, a DHS caseworker at Midtown branch in Portland, directly at 971.673.1784.

~ Cary Hixon

## December Library Events in Eastside Village

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**  
**Gregory Heights Library**  
*No special events this month.*

using the cloud. You must be comfortable using the internet to participate in this class.  
 Tuesday, December 18, 2-4 PM (registration open)

**Holgate Library**  
 7905 SE Holgate Blvd

*Vietnamese Floral Art with Home-Grown Flowers*

This workshop, presented in Vietnamese, enables you to enjoy your flower garden longer. Join Ann Le of Fleur Copine to learn tips and techniques to create elegant pieces of floral art using seasonal flowers from your garden.  
 Sunday, December 16, 3-4:30 PM (registration open)

*Winter Origami*

Celebrate the winter season by folding snowflakes, snowmen and ornaments in origami. Instructor Yuki Martin will show you how to fold each model, step-by-step. The finished models can be used for greeting cards or room decorations.  
 Monday, December 10, 6:30-7:30 PM (first come, first served)

**Midland Library**  
 805 SE 122 Ave.

*What is the Cloud?\**

Come to this class to learn what you can do in the cloud, the benefits of using the cloud, and how to get started

**Sellwood-Moreland Library**  
 7860 SE 13th Ave.

*Printmaking for the Holidays*

Printmaking is a wonderful way to add personal touches to holiday cards, wrapping papers, decorations and more. Students of this fun and engaging workshop will design, carve and print their own lino block stamps. Participants will take home their carved lino blocks so that they can continue preparing for holiday festivities on their own.  
 Tuesday, December 4, 6:30-8 PM (waitlist open)

*Windows 10*

Are you confused by your new operating system? Come learn the basics of Windows 10 at the library. We'll cover what's new in Windows 10, how to navigate the Windows 10 start menu, basic Windows 10 settings, and what apps mean in Windows 10. This is a class for beginners. You can bring your own Windows 10 laptop or mobile device, or use a library Windows 10 laptop.  
 Tuesday, December 11, 10 AM-12 PM (registration open)

**Woodstock Library**  
 6008 SE 49th Ave.

*Stress Not for the Holidays: Moisturizing Lotion Bars*

This twist on your favorite moisturizing lotion is a solid bar of lotion that melts as you warm it in your hands and rub it across your body. These bars are also great homemade holiday gifts because they are easy to make in large batches, are far less expensive than store-bought lotions, and can actually help de-stress your holidays.  
 Saturday, December 8, 3-4:30 PM (waitlist open)

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Personally, my goals for the next year are to continue hiking, snow-shoeing, gardening, and otherwise enjoying the beauty of nature in Oregon and Washington state. In order to do this, I want to remain in my home and attend my three book groups and eat wonderful potluck dinners. That means that the present activities of Eastside Village must be maintained. I hope to help grow other activities and to find new ways to attract newcomers to the Village.

Let's see, a silly story: when I was 17 years old and working as a student/volunteer at a teaching program at Minnesota State Mental Hospital in Rochester, Minnesota, I left the campus to buy a soda at the neighborhood store.

As I walked to the door, the owner of the grocery store stopped me and told me to wait. In a few minutes, security guards from the hospital arrived to lock me up! Fortunately, I have white skin and blue eyes, so they thought for a moment before locking me up and called my supervisor.

### **Lucien Dallaire**

Lucien and his wife Anne-Marie have been in Portland since this past July, coming from Farmington, Conn. They joined Eastside Village shortly after arriving.

Lucien has traveled extensively, and has built a time capsule for an organization.

The Dallaires joined EV for the social connections, and are both volunteering in order to help the Village grow.

His goals for the coming year include continued immersion in his new city/state, getting more work done on their home, and expanding their social network.

### **Peg Farrell**

I moved to my home in the North Montavilla Neighborhood of Portland from the Bay Area in the summer of 2015. My older son had been here for some time and, after my husband passed away, encouraged me to move closer to him. I've not once regretted that decision.

I've had a wide variety of responsibilities in my life in addition to the usual wife/mother roles, all university-based (catering manager, web designer, book editor, conference coordinator, etc) and have lived in six states. I'm definitely a child of the West, however, and this past move—my 12th since high school—is going to be my last.

These days, I keep myself busy with knitting and sewing projects, having fun with my friends, and getting to know this wonderful state better.



*Judy Ringenson, Lucien Dallaire*

Designing and editing this newsletter has been the focus of my volunteer activity so far, and now I'm hoping to add what I can to the Village Council. Being an EV member has made such a difference in my life and given me such wonderful friendships. I just want to tell *everyone* about it!

# December Village Events

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

2	3	4	5	6	7	8
					9:30 AM <b>Coffee Gathering</b> Tabor Space (5441 SE Belmont St)	
9	10 10–11 AM <b>Coffee Break #*</b> "Travel Tales" (See p. 4 for details)	11 10 AM–Noon <b>Book Group *#</b>	12 9–10 AM <b>Breakfast at Toast</b> (5222 SE 52nd Ave)	13	14	15
16 1–3:00 PM <b>Knot Just Knitting *#</b>	17	18 9:15–11:30 AM <b>PAM Art &amp; Conversation</b> (See p. 6 for details)	19	20 12:30–2 PM <b>Men's Lunch with Adult Beverage #</b> Rogue Eastside Pilot Pub & Brewery (928 SE 9th)	21 9:30 AM <b>Coffee Gathering</b> Tabor Space (5441 SE Belmont St)	22
23	24	25	26	27	28	29

