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Our Busy Month

[The EV Council members have opted to write this introductory article in turns. This month's article was written by Lucien Dallaire.]

My wife Anne-Marie and I moved here ten months ago from Connecticut. We moved to get closer to our sons, one in Portland and the other in Seattle area.

We definitely felt a sense that we were participating in a final "great adventure." We sold our house, downsized, and moved to the Woodstock neighborhood, where we can walk to everything.

Prior to our move, some friends from Connecticut who had moved to California told us of their great experiences with the Village concept, and so we immediately jumped in, joining in August 2018 with the wonderful Eastside village people.

We are also members of Mt. Scott Community Center, where we both partake of Boot Camp and Yoga classes. We've met

many new friends and EV group members there, all of whom have enriched our lives and filled our calendars we could never have foreseen or expected!

For example: during a *single week* this month, Anne-Marie facilitated a get-together with RISE, our neighborhood EV group, and volunteered (as usual) at EV's Cora Street office. I pitched in with the EV Mens Lunch (with adult beverages) Group and the EV Council, both of which meet monthly. We also took a class with Ann Gaffke and a Tri-Met facilitator, and learned how to use our great transportation system and took a ride to Pioneer Square and back again.

Later this month, Anne-Marie and I joined Portland Parks & Rec for our first hike at the Audubon Trails in Forest Park. I followed that with my test hike at Trillium.

Needless to say, we **love** our Eastside Village friends and love living in this great city.



Lock Identity Thieves Out of Your Phone

Nearly 60 million Americans have been affected by identity theft. Unfortunately, it's become so commonplace that in a recent survey from SAP Security Solutions, 76% of people polled said they believe it's "inevitable" they will fall victim to identity theft and cybercrime. Yet less than half of those respondents admitted taking precautions to prevent it!

Hackers love it when you are too busy to be diligent. If you're not careful, this can happen frequently on a smartphone—especially when you are in a hurry, checking texts or responding to email while rushing off to a dinner date or family party. That's when hackers love to go "phishing" and send you an innocent-looking text message or email with a link asking you to reset your password, or share sensitive financial information.

How can you protect yourself? Be smart. Think of your smartphone as the miniature computer it is and protect it as you would a laptop or desktop PC. Here are a few tips from security experts on simple things you can do to limit exposing your personal information to the "bad guys" out there:

- » Do not open email or text attachments unless they are from someone you know.
- » Likewise, do not click on links in email unless they are from someone you know. Instead, type in the address you normally use or open the app.
- » Create strong passwords—and use different passwords for every site. Downloading a password manager like LastPass can help.
- » Never give out personal details by phone, text or email, especially on a public Wi-Fi network.
- » Never access your bank on a public Wi-Fi network.
- » Turn on and use two-factor authentication when it's available. This adds a second layer of security before being granted access to an account, making it harder for the wrong person to access your information.

Slow down and think before you click, download, or respond using your smartphone. While computing on the run can be a real time-saver, it's hardly worth the risk of having your bank account compromised, or your identity stolen.

~ From the *Consumer Cellular Newsletter*,
March 2019

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

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Member Profile:

Jana Demartini-Svoboda

Jana (“Yah-nuh”) Demartini-Svoboda, a long-time member of Eastside Village, is an artist, painter, print-maker, and teacher. When I stopped by the other day, she was sorting through her pieces in preparation for an upcoming exhibit. Titled “The Way I Knew Them,” the show—her 24th solo exhibit—opens on May 2nd in the Backroom Gallery at Blackfish Gallery (420 NW 9th Ave) and features dozens of thirty-year-old drawings and paintings of friends, colleagues, and family.

She showed me several drawings that held particular significance for her. The first, a pair featuring two young boys aged 3 and 5, catches the eye with its subtle clarity and, one suspects, uncharacteristic stillness. She noted that the older “boy” now has a son that age himself!

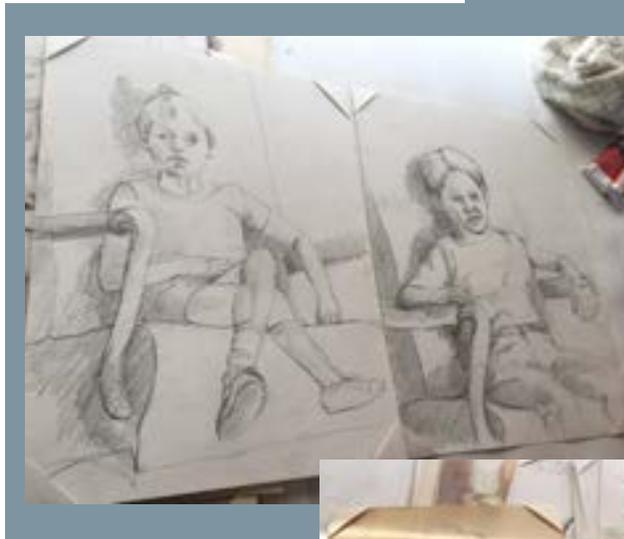
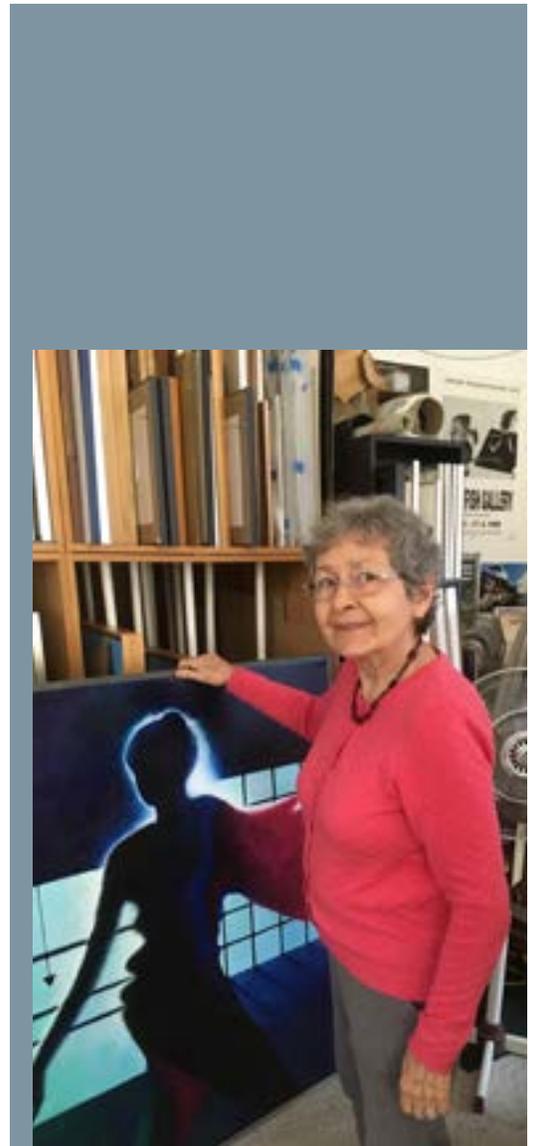
Then there’s the trio of drawings that feature Jana’s mother, her then-fifteen-year-old daughter, with a slightly stern, mid-’80s self-portrait linking the two.

However quiet her life as a Portland artist has been, she had an exciting introduction to the United States. A graduate of the Prague Charles University, she followed her soon-to-be husband as he fled from Soviet dominated Czechoslovakia in 1965: They had asked the authorities for

permission to travel to Prague and then... just kept going until they reached the U.S! They married in Phoenix, moved to Los Angeles for school, then came here when Jana’s husband Tomas got a job at PSU, where he taught music until his retirement. Jana got an MA at PSU and taught for more than thirty years at OMSI, Arts in Education, and the Pacific Northwest College of Art.

Her current exhibit will be on display throughout May. Jana would be happy to give a group of Villagers a personal tour; please contact her to arrange the details.

~ Peg Farrell



Play and Poetry Reading Group

Annette White-Parks and Craig Johnson are starting a new Eastside Village group based on poetry recitation and play reading. They have some ideas, but are waiting to finalize things until after hearing the needs and desires of other participants.

A meeting to brainstorm and organize will be held at Craig's house on Thursday, May 23, from 2-4 pm. This group is open to members *and* volunteers. Please register in advance by calling the office or signing up online. Oh yes, please bring a poem to share.



Get Your Ride On With “EV Riders”

Travel training is available on public transportation throughout Multnomah, Washington, and Clackamas counties at no cost to participants. Travel training participants, together with their trainer, develop a plan built around their specific travel needs and goals. This is a great way to maintain your independence and connection with others.

Eastside Village will have monthly rides to various locations to help members become comfortable with using public

transportation. Here's your chance to get on board and join the “EV Riders.”

The goals of Travel Training are:

- » Reading transit maps and schedules
- » Pedestrian skills
- » Safety in the community
- » Buying fares and using transfers
- » Minimizing unnecessary wait times
- » Increasing confidence
- » Maintaining independence and connection with others

Contact Ann Gaffke for more information.



**SAVE
The
DATE!**

Spring Member Meeting!

Cool Door Prizes! Speakers! Refreshments!

Come with a Friend!

**Find out where your
membership dues go!**

**Meet those
“In charge”!**

Sunday, May 19, 3-5 pm

First Covenant Church / NE 45th & Burnside

Please RSVP through the office or online.

April Library Events

Library programming this month is lighter than usual; many meeting rooms are in use for staff training, as the system prepares to launch a software upgrade in mid-May. Feel free to check out regularly scheduled library events such as Pageturners, crafting groups, and tech help—or bring a child to Storytime! All offerings are free of charge. To register, call 503.988.5123 (except where noted).

Belmont Library

1038 SE Cesar E. Chavez Blvd

No special events this month.

Gregory Heights Library

7921 NE Sandy Blvd.

No special events this month.

Holgate Library

7905 SE Holgate Blvd.

No special events this month.

Sellwood-Moreland Library

7860 SE 13th Ave.

No special events this month.

Woodstock Library

6008 SE 49th Ave.

No special events this month.

Midland Library

805 SE 122 Ave.

E-books & Audiobooks: Hands-On Help

Drop in for one-on-one help. Please bring your device and any other equipment you need to download and/or transfer.

Fridays, 3-4:30 pm (first come, first served)

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, May 28, 2-4 pm (registration opens May 7; call 503.988.5123)



Helping Our Neighbors to the South

Rivers East Village, a fledgling fellow Village, is holding a **Fundraising Garage Sale** on June 14 and 15. If you would like to donate items for their sale, please bring them to the sales site on Thursday, June 30 between 9:00 am and 8:00 pm. Clothing and large or heavy furniture items will not be accepted.

The address for the sale is 5576 SE Viewcrest Dr, Portland. For more information, write to info@riverseastvillage.org or leave a message at 971-808-2340.

Reasons to Get Out in May

If the glorious weather we've been having wasn't enough to tempt you out of your winter's lair, Portland and its surroundings have conspired to bring you a veritable treasure-trove of fun activities this month.

Go on, get out there!!

› **Cinco de Mayo Fiesta**

It's one of the nation's most spectacular Mexican and Latino celebrations, with fireworks, mariachis, folks dancing, and carnival rides. Waterfront Park; May 3-5. (cincodemayo.org)

› **Crafty Wonderland Art & Craft Markets**

Over 250 artisans gather to share and sell their handmade products. Free admission and tons of gift ideas. Oregon Convention Center; May 4. (craftywonderland.com)

› **Doggie Dash**

Who's faster, you or your pet? Hosted by the Oregon Humane Society, it's "Portland's biggest party for pets and people." Proceeds help Oregon pets. Waterfront Park; May 11. (oregonhumane.org)

› **St. John's Bizarre**

Cheer on the St. Johns Parade, and then check out the live bands, local artisans, food carts, and more. No. Lombard St.; May 11. (stjohnsbizarre.com)

› **McMenamins UFO Festival**

In McMinnville, the nation's 2nd-largest UFO festival is truly out of this world, with a parade, a costume ball, and lectures by alien specialists. McMenamins Hotel Oregon, McMinnville; May 16-18. (ufofest.com)

› **Mt. Tabor Art Walk**

Grab a map and tour this artistic neighborhood's art studios and artists' homes. May 19-21. (mttaborartwalk.com)

› **Festival of Flowers**

In a city famous for flowers, this huge art installation in Pioneer Courthouse Square takes the cake. May 22-June 7. (thesquarepdx.org)

› **Portland Rose Festival**

The best city on earth knows how to get down, with parades, runs, and concerts galore! May 24-June 9. (rosefestival.org)



MAY VILLAGE EVENTS

R = Register online or with office.

MV = Attendance limited to Eastside Village Members or Volunteers.

3&17 COFFEE @ TABOR SPACE

Join your friends and neighbors for coffee and conversation at Tabor Space. 9:30-10:30 am. 5441 SE Belmont

8 BREAKFAST @ TOAST

Come for a nosh at this traditional neighborhood cafe. 9-10 am. 5222 SE 52nd.

14 EV BOOK GROUPS A & B

(R, MV) Join us for a discussion of engrossing *The Warmth of Other Suns* by Isabel Wilkerson. 10 am to noon. (See the office or website for location.)

16 MEN'S LUNCH (WITH ADULT BEVERAGES)

(R, MV) See the online calendar for details about the pre-lunch Woodstock Neighborhood walk.

19 SPRING MEMBER MEETING

(R, MV) Prizes! Speakers! Refreshments! Grab a fellow Village person and join the fun. 3-5 pm. (Please RSVP online or through the Office.)

21 CONVERSATION & ART @ PAM

(R) Coffee & conversation, followed by a lecture. Portland Art Museum. Free for adults 62+. 9:15-11 am.

18 EASTSIDE VILLAGE 101

Want to learn more about Eastside Village? Join us at Hotlips Pizza, 10:30-noon. 2211 SE Hawthorne

23 POETRY/PLAY READING GROUP

(R, MV) Join fellow Villagers for an afternoon of poetry and planning. (See p. 4 for details.)

26 KNOT JUST KNITTING

(R, MV) Bring your favorite fiber project and join us for talk, technique, and lots of textile-touching. All skill levels welcome! 1-3 pm.