

12/19

PAGE 2

Happy Visit to
Hippo Hardware

Lunch Bunch

PAGE 3

EV's Volunteer
"Jacks of All Trades"

PAGE 4

EV's Climate
Crisis Crew

PAGE 5

October GC Minutes

PAGE 6

A Couple for All
Seasons

PAGE 8

Building Community
for All Ages

PAGE 9

Got Some Extra
Time?

PAGE 10

December Library
Events

PAGE 11

Late-Night Pharmacy
Difficulties

PAGE 12

December EV Events



Helping Those in Need

As we enter this "Season of Sharing," we'd like to pass along a letter from Cary Hixon, the EV member who likely interviewed you as part of your "new Member" process. Please contact her directly if you would like to take part in this wonderful idea.

My daughter, Kelly Paluso, is a caseworker for DHS in Portland's Eastside, working with kids in foster care. This is a tough time of year for everyone involved in the foster care system. Hearing her stories made me want to help. Last year I decided to see if other Village people also wanted to help and was overwhelmed by their generous response. Although I am frequently reminded how big-hearted Village people are, the response to last year's request was truly inspiring. I am hoping we can do it again this year.

So, in the spirit of tradition, I am asking for your help with our "Second Annual Toy Drive for Kids in Foster Care" in Portland's Eastside. It's a great way to help local families who need a little extra support this time of year.

Every year, DHS partners with Toys for Tots to try to ensure that every (younger) foster kid has at least one present to open on Christmas. But because these gifts are only for kids under 12, we've been collecting gift cards for the kinds of stores kids 12+ would like. Some favorites are Target, H&M, Nike, Adidas, etc. You know, teen stuff. Local businesses are good too! Increments of \$25+ are appreciated, because it's hard to get much for less than that.

If you'd rather give toys for younger kids, those are great as well! Just make sure they're new. Foster kids get lots (and lots) of hand-me-downs, so let's give them something new. We had several members who have both donated toys and canvased local businesses for additional toy donations.

Want to go big? Get together with friends or family members to sponsor a foster family! Lots of foster families are doing a lot with very little all year round. Some

Continued on page 9.

Happy Visit to Hippo Hardware



Our men's lunch and explorer group recently visited Hippo Hardware—probably one of the most eclectic businesses in Portland. Established in 1976 by Steve Miller and his partner Stephen Oppenheim, (Steve Miller gave us the personal tour) this salvage and specialty business handles electrical, plumbing, whoziwhatsits, and can design and make up almost anything from their large assortment of treasures.

After a spirited rambling through three floors of treasures, we completed our day by lunching at Michaels Italian Beef and Sausage Co. on SE 11th. Those grinders were fantastic!

~ Lucien Dallaire

Lunch Bunch

A group of Eastside Villagers recently came together for lunch at the tasty French restaurant Bergerac.

Great food, fun conversation: a lovely day was had by all.



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.

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

Peg Farrell, Editor; Ellen Howard, Head Proofer | editor@eastsidevillage.org

Meet Our Volunteers: Gene Ellis, Al Luchini, and Jim Stevens

Leaky faucet? Piles of leaves? Crashing computer? Who're you gonna call? The Handy People!

OK, they may never feature in a Bill Murray-type blockbuster, but Eastside Village is blessed and honored to have a cadre of clever and creative volunteers, ready to tackle nearly anything.

This month we're spotlighting three EV Handy People: Gene Ellis, Al Luchini, and Jim Stevens. Here are only a few of the ways they have helped Eastside Villagers:

- » Assemble IKEA furniture
- » Hang blinds
- » Help with computer woes
- » Set up DVD players
- » Change light bulbs
- » Repair wheelbarrows
- » Hang pictures
- » Repair screens
- » Hang shelves
- » Fix the aforementioned leaky faucets
- » Stack wood
- » Rake leaves
- » Put away holiday decorations
- » Move furniture and rugs

Gene Ellis is a retired healthcare worker. A transplant from the Midwest, he has lived in Portland over 39 years. He became a self-taught handyman after purchasing his home.

"When I read about the good work of Villages around the need for volunteers, I felt it matched me perfectly!"

Al Luchini is a social member of Eastside Village, Eastsiders Branch, and also volunteers. He was born and raised in

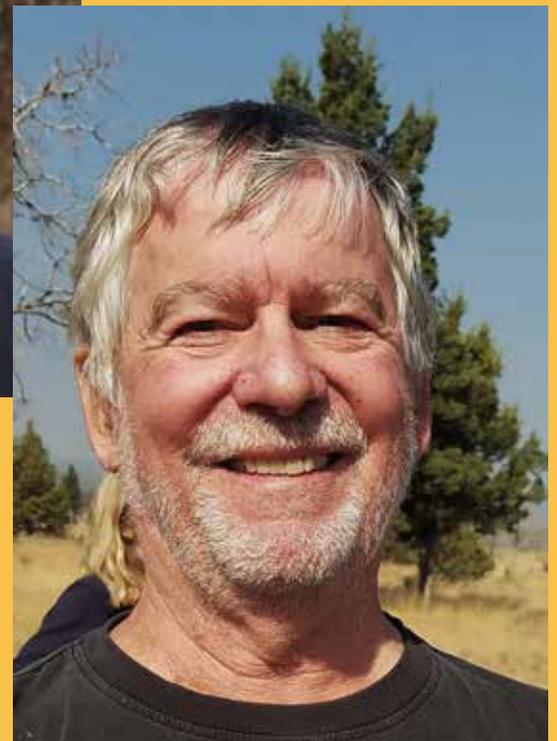
Continued on page 7.



Gene Ellis



Al Luchini



Jim Stevens

EV's Climate Crisis Crew Gets to Work

The newly formed Eastside Village Climate Group met twice in November. At our second meeting, we unanimously voted to call ourselves the “Climate Crisis Crew.” Our next meeting will be January 4th at Woodstock Deli, noon–2 PM. All EV members are invited.

At these meetings, we spoke in turn about our feelings of grief, anger, and paralysis over our current climate crisis; about what we'd like to do to help; and

reduction of both carbon pollution and plastic pollution, and the protection of trees and forests from imminent destruction. We're looking now at what we can do as a group and as individuals, and how—through collaboration with other nonprofits as well as each other—we can email, phone, write, attend meetings, etc., to influence law and policy in businesses and government. Our members already have selected arenas of action among these concerns.

In the realm of information and ideas, we're developing a list of relevant Climate Crisis books. We've also planned an Eastside Village “Food for Thought” gathering on Dec 19th at Albertina Kerr Center to discuss Greta Thunberg's TED talk (see EV calendar online). All EV members are invited.

On the topic of CO2 pollution, we're collaborating with Portland's climate awareness nonprofit, 350pdx.org, to drastically lower Oregon's carbon footprint by making phone calls to Gov. Brown (503-378-4582) to urge her to refuse a permit to allow Oregon's highest pollution project, the Jordan Cove oil pipeline, to run through Portland. We are also signing onto quietcleanpdx.org's campaign to ban highly polluting and toxic gas-fueled leaf blowers, as have many other cities. Plans have begun to also reach out to the youth group, [The Sunrise Movement](http://TheSunriseMovement.org).

Plastic pollution, and its devastating impact on our oceans, is also a primary concern of all our members. We've developed a detailed 3Rs (refuse, reuse, and recycle) recommendation list, which includes many innovative and easy ideas, some ancient and earth-based ones, some simple reminders of common-sense alternatives to single-use plastics and paper. A trip to the “Art to Save the Sea” exhibition event at the Portland Zoo will be put on the January EV calendar.

At our second meeting, we developed a letter to send to the Chairman/CEO of Trader Joe's, pointing out that about 90% of its packaging in Portland area stores is plastic, offering some suggested

Continued on page 5.



finally how others could best support us in this work. We also spoke of a wish for a place to share our experiences—both successes and frustrations—and to offer one another inspiration, encouragement, and hope around the Climate Crisis.

In our sharing, three primary challenges have emerged: the urgent need for a drastic

Summary: October 2019 GC Meeting Minutes

A report from meetings with other village representatives noted that Althea Ender is a new member of the VNW Board of Directors. Some villages are using Helpful Village software rather than Club Express. Because villages cannot have their own credit card, we may be able to add a third check run each month.

Peg noted that NorthEast Village has fliers with Service Guidelines and one with Village benefits.

Deb proposed a first draft of the 2020 EV Budget and we approved it as first draft. A final budget will be ready for the October General Member meeting.

Lucien reported that we collected more than 60 names from our tables at street fairs and farmers markets this past summer. A follow-up by the office may result in volunteer opportunities and/or a Speakers Bureau presentation. We held a SB presentation at Sacred Heart Villa and will hold another at the American Legion. We will not participate in the Hawthorne Street Fair next year.

Lucien was approached by a member of the Laurelhurst Neighborhood Assn., and we agreed to meet with him at the next council meeting. Peg

passed along contacts with businesses and schools at the street fairs.

Some villages have discussed how to turn down or release a member, for example, due to cognitive functioning. Jenny will scan all documents from those villages that have proposals and report to us.

Judy gave details on the grant from the Baccash Family Foundation which should help us with fund raising. Starting an endowment fund for Eastside Village might be part of the picture.

Deb discussed plans for the upcoming volunteer appreciation event at Double Mountain Taproom on Woodstock Blvd. She will check back with Vincenza in the spring to see if she would like to organize a potluck event for volunteers.

In old business, there were minor changes to the MOA.

As to new business, Peg suggested that the council recruit two new members to replace Ellen. The council came up with a list of five potential new council members. Ellen will reach out to each of them to gauge interest. A date was set for the fall member meeting; Peg is in charge of planning.

~ Judy Ringenson, Acting Secretary.

Continued from page 4..

alternatives, and urging TJ's to take immediate action. The letter, signed by everyone present, was sent out on November 25th.

Crew members will provide testimony to the City Council on revising City codes to save trees and will be contacting "Friends of Trees" regarding ways that we can collaborate to protect the roots of trees which lift sidewalks.

Many of us joined the Climate Crisis Crew in order to fulfill our longings to protect the world not only for our grandchildren, but for *all* the peoples and species of the earth, especially those most vulnerable. Some of us also see this time of precipitous transition in

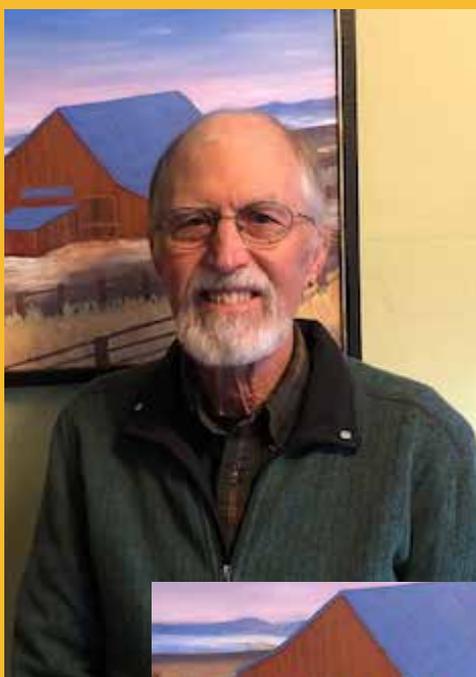
the earth and our collective consciousness as a point in history when we have been given the immeasurable gift of being able to participate in the evolution of both humanity and our world. We welcome other Villages to join us.

Despite the small scale of our initial actions, several of us have noticed that our work together is transforming much of our climate crisis malaise into excitement and, yes, even joy, in sharing in our common work of caring for our earth.

~ Anna Lyons-Roost

A Couple for All Seasons: Claire Cofsky and Dennis Hopkins

The **EV Voice** is pleased to introduce a new series of articles focusing each month one or more of our fellow EV members. Unlike our long-running “New Member Profiles” which feature the same EV-centric set of questions each time, these stories will endeavor to help us know our fellow members as the distinct individuals they are. Whether we are new or long-standing members, each of us brings something wonderful to Eastside Village, which is surely something to celebrate.



Eastside Village was a little more than an idea when Claire’s mother moved from Los Angeles to settle with her new husband in Wishek, a small (population 1,000) town in North Dakota. She was welcomed into both the family and the community. Later, when her husband died, her neighbors and the town provided support which enabled her to live at home. There was van service to Bismarck (an hour’s drive) for doctor appointments, shopping, and restaurants. Neighbors drove her to the store, mowed her lawn, and shoveled her snowy driveway. When her health declined, she moved into assisted living in Los Angeles where her son lives.

Claire and Dennis were amazed, impressed, and hopeful that a similar spirit somehow transport to Portland. When they heard about plans to launch Eastside Village, they signed on to help the concept blossom. Claire served on the Governing Council and spearheaded the Sunshine group (now the Rain and Shine group.) She also became a mainstay of the Book Group.

Dennis and fellow EV member Charlie Clark initiated the Men’s Coffee Group, which has morphed into EV’s monthly Men’s Lunch (With Adult Beverages). Each monthly meeting begins with a walking portion and ends at a restaurant for a meal with the titular “adult beverages.” This group has grown as members rotate in arranging the month’s outing.

Dennis’ community service includes an active role in emergency preparedness and training, and service as part of his Neighborhood Emergency Team. He leads workshops and advises others on

Continued on page 7..

Continued from page 6.

getting the equipment necessary to prepare for emergencies.

Both he and Claire are active in the Richmond Neighborhood Association (RNA), where Claire serves on the board.

Claire was born in Los Angeles. After attending University of Oregon, where she majored in education, she taught elementary and middle school in Portland until she retired ten years ago. She enjoys playing the recorder and her music class perform periodically for community groups. She reads broadly, does ceramics, and enjoys the arts.

Dennis was born in Milwaukie, Oregon, and attended Portland State University where he majored in music education. He plays keyboard, percussion, guitar, and

recorder. His most enjoyable position was at North Gresham Grade School where he taught general/vocal music- He would tell his students that music was their first foreign language, which serves as a bridge to the arts and science. For the last ten years, he's delved into painting landscapes with acrylics.

We met for their interview at the Marigold Cafe on SE Holgate and noticed the bare walls. We agreed that the venue might be a possible location for displaying some of Dennis' work. Claire plans to research other options, perhaps for an Eastside Village Art Show. Stay tuned.

Claire and Dennis enjoy their Portland life. They enjoy hiking, biking, and exploring nature. They host potluck dinners, a

yearly solstice celebration, and enjoy creating outings with the members of their Bagdad Circle group.

Both Dennis and Claire volunteer to help EV members. Dennis is a "do it person" who changes washers and lightbulbs and performs other routine household chores for EV members. Claire reaches out to EV members who need assistance when ill or disabled.

They hope that every EV member will be motivated to become active, as they are able, in the daily aspects of Eastside Village's community living. They stress the importance of interactive friendships in brightening everyday life and supporting members as they age in place.

~ *Vincenza Scarpacci*

Continued from page 3.

the Parkrose area of Portland. He worked in the banking industry for 28 years and then in corporate accounting for 12 years before semi retirement in 2016.

With time on his hands, he searched several years for the best non-profit for him for volunteering. "When I looked into Eastside Village, I was impressed by how organized and local they were. So I signed up in May this year. It's a good fit." In addition to being one of our valued drivers, Al has moved furniture and appliances and serviced dryers.

"My favorite is yardwork. I started working on a truck farm when I was 5 years old which led to a love of dirt! Give me a rake, clippers, and a knee pad, and I'm as happy as can be." Al added, "Members of Eastside Village are so kind. I'm thankful they give me a new purpose."

Jim Stevens is a retired forester/forest economist who moved to Portland with his wife, Char, and son, Ben, 21 years ago. Doing maintenance projects for Eastside Village members has been fun and rewarding.

It also has a sense of deja vu because in the mid-70s Jim did apartment maintenance for city-owned housing in Boulder Colorado while establishing Colorado residency before starting grad school. It was during this stint that he learned that fixing things that go wrong in your home can usually be solved by common sense. He would add that today. Common sense and YouTube videos can solve most problems.

Fun fact about Jim: He has lived and worked in Denmark, India, Micronesia, South Africa, and Tanzania.

~ *Linda Safran*



Building Communities for All Ages: Age-Friendly Oregon Summit

It is time to challenge our outdated beliefs and spark new solutions so more people can choose how they live as they age. The best way to predict the future is to create it! Join Age-Friendly Oregon Champions from around the state as well as national and international leaders to help make Oregon communities great places to live, work and play for people of all ages and abilities.

Explore and discover innovations and promising practices in housing, transportation, health, intergenerational connections and other critical age-friendly domains. Connect with other thought leaders who are driving community change.

Keynote Speakers



Gil (Guillermo) Penalosa,
MBA, PhDc, CSP
Founder and chair, 8 80 Cities



Danielle Arigoni
Director of Livable Communities,
AARP

Other Speakers include:

Gov. Brown, invited

- Mayor Ted Wheeler,** City of Portland
 - Mayor Chuck Bennett,** City of Salem
 - Commissioner Nick Fish,** City of Portland
 - Dr. Margaret Neal,** Portland State University
 - Peggy Maguire,** Cambia Health Foundation
 - Marcus Mundy,** Coalition for Communities of Color
- and more ...

WHEN: Monday, December 9, 2019

9:30 a.m. – 6:00 p.m.

Check-in and Coffee at 9:00 a.m.
and reception at 4:30 p.m.

Lunch and refreshments included

WHERE: Asian Health & Service Center

9035 SE Foster Road
Portland, OR 97266

WHO: Advocates, planners, elected officials,
policy makers, business & community
leaders, residents and students

RSVP: Register online

**[http://aarp.cvent.com/
agefriendlyoregon2019](http://aarp.cvent.com/agefriendlyoregon2019)** or call
1-877-926-8300. There is no cost to
attend this event, but space is limited.



Eastside Village Voice

Got Some Extra Time? Help Deliver Groceries to Homebound Seniors

Store to Door—a local non-profit—is looking for Delivery Drivers. Store to Door helps low-income seniors and people with disabilities maintain their health, dignity, and independence by delivering fresh food, prescription medications, and household supplies to their homes. They believe in helping their clients stay independent in the setting of their own choice.

The position is part-time (12-12 hours/week) and starts at \$13.25/hr. They are in need of a delivery driver on both Wednesdays and Thursdays (late morning to early afternoon), picking up the groceries at the Hollywood Fred Meyer (3030 Weidler St.). As an added perk, all Store to Door employees enjoy Fred Meyer gas rewards!

As a regular visitor, drivers can help increase a client's social support system and reduce loneliness and isolation. They would love to have you join their fun and dedicated team! For more information call the Store to Door office, 503-200-3333.



Continued from page 1.

are new foster parents and adjusting to life with a new child. Anyone with kids/grandkids knows how much that takes! Let's lighten their load a little! If you choose this option, we'll match you with a family (you won't 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/like to help meet their needs. Our 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!

The details:

--- Our deadline is December 16th. We will deliver everything to the DHS office near the Lloyd Center on December 17th. Caseworkers will distribute the gifts to their families.

--- We have two Village members who are gathering and storing the gifts—one in the Northeast and another in the Southeast—which should make drop

offs easier for you. If transportation is a problem, we'll come to you to pick it up. Send me an email or call/text me (info in the member directory online) for drop off locations or to make arrangements for a pick-up.

-- Please include a note that has your name, street address, and the value of the gift. DHS will send you a receipt for your donation. And don't worry about them using the information to solicit in the future; they truly just use the information to send you a thank you note and receipt for your donation.

-- Please contact me if you have any questions. Also, PLEASE SHARE THIS ARTICLE with your social networks, too! And, finally, if you have any specific 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

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

Tax-Efficient Retirement

Middle-income retirees can easily be taxed on 85% of their Social Security income and may face federal tax rates as high as 55% on each additional withdrawal from a retirement account. This program will show you why taxes are different in retirement and how to avoid key pitfalls in how you harvest income from various accounts.

Tuesday, Dec. 3, 6-7:30 pm
(first come, first served)

Gregory Heights Library 7921 NE Sandy Blvd.

No events scheduled.

Holgate Library 7905 SE Holgate Blvd.

Festive Floral Arrangement

Create a festive fresh flower arrangement with the florist-designer Margarit Petrosyan. Learn the refinements of flower care and arranging.

Tuesday, Dec. 17, 5:30-7:30 pm

Midland Library 805 SE 122 Ave.

Health Insurance Marketplace Sign-up

If you are unsure of your Health Insurance Marketplace options or have questions, come to an enrollment session and let our trained enrollment specialists assist you.

Friday, Dec. 7, 11 am-3 pm
(first come, first served)

Homemade Herbal Holiday Gifts

Handmade gifts are easy to make and cherished by everyone. In this herbal class we will create dream pillows, a sugar scrub for an at home spa treatment, and a culinary salt blend for the chef in your life. Each project will involve hands on creating and working with herbs. There will be some hand sewing involved for the dream pillow and cutting with scissors.

Friday, Dec. 13, 4 pm to 5:30 pm

Word Processing 1

During this session, we will learn about different tools you can use to create and edit documents.

Tuesday, Dec. 3, 2-4 pm
(registration open)

iPad / iPhone Basics

Learn the basics of using your iPhone or iPad. Bring your questions and your fully charged iPad or iPhone.

Wednesday, Dec. 4, 12-2 pm
(registration open)

Android Basics

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

Wednesday, Dec. 11, 12-2 pm

Spreadsheets 1

During this session, we will learn about different tools you can use to create and edit spreadsheets

Tuesday, Dec. 17, 2-4 pm

Sellwood-Moreland Library 7860 SE 13th Ave.

Felted Gnomes for Adults

Everyone knows gnomes come out in winter. Come make a gnome of your own using needle felting techniques. This is a beginner class - everyone is welcome! All materials provided. Registration required; register online, in the library or by calling 503.988.5123.

Saturday, Dec. 7, 11-1 pm

Continued on page 11.

Late-Night Emergency Pharmacy Difficulties

If you wake up in pain in the middle of the night and know that it is not time for a visit to the ER, can you just send a friend to a nearby pharmacy?

I thought that was possible in Eastside Portland, but it is not so. Walgreens has two pharmacies that can be reached with an expensive taxi receipt: one on 1950 NE Burnside Road in Gresham, and one on 14600 SW Murray Scholls Drive in Beaverton. Neither Kaiser Permanente or Providence have any 24-hour pharmacies in the greater Portland area. Worst yet, there is nowhere to fill a prescription after 8 pm when you may be leaving the ER.

Many of us in Eastside Village may have to face an emergency without access to an 24-hour pharmacy. I plan to have pain medications and aspirin in good supply. If you have some good ideas, please share them with us!

~ Judy Ringenson



Continued from page 10.

Oregon Humanities Conversation Project: Exploring Power and Privilege with Courage, Creativity, and Compassion

Oregon Humanities Conversation Project Facilitator Ridhi D'Cruz invites us to metabolize our participation in systems of oppression with vulnerability, forgiveness and empathy. This conversation may include hands-on activities. This program is made possible with support from Oregon Humanities, the National Endowment for the Humanities, and the Oregon Cultural Trust.

Monday, Dec. 9, 6-8 pm
(registration open)

Photo Editing Basics

Explore your creative side with digital photography by editing your photos for social media, flyers and invitations. Come learn about lighting, filters, layers,

file management and more. We will explore free apps and software for your mobile devices. Bring your mobile device to follow along. Here are the resources shared in the class Registration required; register online, in the library or by calling 503.988.5123.

Tuesday, Dec. 3, 10 am-noon
(registration open)

Woodstock Library 6008 SE 49th Ave.

DIY Bath Bombs for Adults

Join us to make your own bath bombs with all natural supplies. Bath Bombs make wonderful gifts for yourself or your friends and family. Have fun with your library community, and go home with beautiful bath bombs to promote more relaxation in life!

Saturday, Dec. 7, 3:30-4:30 pm



DECEMBER EVENTS

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers.

3

EV COUNCIL MEETING

(R, MV) Please contact the office for location. Noon-3 pm.

6&20

COFFEE @ TABOR SPACE

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

10

BOOKIES & PAGETURNERS BOOK GROUPS

(R, MV) Join us for a cookie exchange as we “pitch” our favorite books for 2020. 10–noon. (See the office or website for locations.)

11

BREAKFAST @ TOAST

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

17

CONVERSATION & ART @ PAM

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

19

MEN'S LUNCH (WITH ADULT BEVERAGES)

(R, MV) See the online calendar for details about the pre-lunch Neighborhood walk, followed by lunch at a local pub.

19

TED TALK: FOOD FOR THOUGHT

(R, MV) Have a lovely lunch while discussing Greta Thunberg's recent TED Talk. Please register online or through the office, as space is limited.

21

EV 101

Want to learn more about Eastside Village? Join us at Woodstock Wine and Deli, 10:30-noon, 4030 SE Woodstock Blvd..

22

KNOT JUST KNITTING

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