

09/19

PAGE 2

Sylvia Kinnari

July GC Minutes

PAGE 3

New Member:

Marnie McPhee

PAGE 4

EV 101 Sessions

Flu Shot Time Again

PAGE 5

Volunteer Holly

Williams

PAGE 6

Members in the

Spotlight

PAGE 8

Volunteer

Appreciation!

Act "Swiftly" in

September

PAGE 9

Aging with Grace

PAGE 10

September Library

Events

PAGE 11

EV Job Openings

PAGE 12

September EV

Events



Eastside Village *Voice*



The EV General Council members have opted to write this introductory article in turns. This month's article was written by Deb Hekker.

Most Eastside Village members have probably figured out by now that our volunteers are the essential cogs that keep the entire EV machine humming. But did you know that of the 84 volunteers who give time to EV (54 in 2019 alone), 27 are members themselves? And they are busy!

For example, this past July our volunteers responded to 31 requests for service: 21 rides, 4 handyman projects, 4 home support, 1 technology assistance, and 1 work party gardening

assault, with 7 requests (18%) unfulfilled. Typically we range from 9 to 22% unmet, clearly indicating that we would always welcome additional volunteers.

But those are just numbers pulled from a computer database. The human aspect of that "essential cog" I mentioned earlier are the actual individual volunteers themselves. Just who are these folks who selflessly give us their time? And why do they volunteer, thus ensuring the success of our particular Village? Well, as they say on TV, "stay tuned!"

Beginning with Marilyn Harlin's lovely story about Holly Williams (p. 5) and continuing in stories

Continued on page 8.

Sylvia Kinnari, 1942-2019



We share with you the sad news that one of our members, Sylvia Kinnari, passed away peacefully in mid-August at the age of 77, after a long illness. She had been in hospice care since early May. Sylvia joined Eastside Village about a year ago and came to one membership meeting but was unable to continue attending other events. She was part of the Bagdad Branch neighborhood circle. No public services are planned.

Sylvia lived all her life in Portland and enjoyed a long career as a concert violinist and teacher of music students. She left no close relatives but will be fondly remembered in the music community, and by neighbors and friends. Since May, Sylvia has had frequent visits from our Rain or Shine Committee and from her closest neighbors, who are also her dear friends.

Condolences can be sent to Jenney Whittier and Charles Clark, both EV members, and Kevin Richardson, (please call the office for his address).

~ Sue Ayer, Bagdad Branch Circle,
EV Rain or Shine Committee

Summary: July 2019 Eastside Village Council Meeting Minutes

We now have 87 members, 22 new members since January. We agreed that an in-home interview, with Cary Hixon at present, is necessary for membership. Jenny discussed how the member map on our website can show to which "circle" a member belongs.

We discussed how to honor and mark a member's death and that their family should be contacted before mentioning their death in the newsletter. If the Rain or Shine Committee learns of a death, they will contact the office, and Jenny should then be the gatekeeper between the family, the newsletter, and the Rain or Shine Committee.

The terms of the Memorandum of Agreement with Villages NorthWest were discussed. A transportation coordinator for VNW is still needed.

We discussed how to approach members who are late in payment. We explored how to find the six new Service members who meet the scholarship income thresholds covered by our recent grant of \$3,000 from the H. W. Irwin and D.C.H. Irwin Foundation.

We currently have 54 volunteers, 27 of whom are members. More newspaper articles about us might bring more volunteers.

Linda Safran has suggested that we find an academic at PSU to study Villages and how our members' health is promoted by the "governing principle of being useful to each other."

We agreed to look for someone we each might advocate as new council members for the fall when Ellen terms out.

~ Judy Ringenson, Acting Secretary.

New Member Profile: Marnie McPhee

Peg Farrell recently sat down with one of our newest members, Marnie McPhee.

(Peg) How did you hear about Eastside Village (EV)?

(Marnie) I've known about the villages concept for several years. Like so many others, I've been exploring options to age well, with active and supportive people. I've considered joining a cohousing community, and creating shared-housing scenarios.

My friend, Derianna Mooney, joined EV and invited me to several events. I enjoyed everyone I met. A lot. After the last pot luck, I decided to join as a social member.

What interests you about the Village?

The community-within-a community experience most of my friends and I have

longed for for decades. I look forward to fun, stimulating, meaningful, and collaborative relationships with new friends.

What are your interests? What activities and/or groups do you plan to be active in?

I'm a hiker/walker, gardener, writer, reader, bird watcher, and environmentalist. I love cooking and eating with friends at home, and enjoying favorite restaurants and discovering new ones.

I've never been in a book group but may join one through EV. I look forward to seeing and discussing movies, attending cultural events, and walking/hiking with fellow EVer. I'll explore how I can help with fundraising and writing.

Continued on page 4.



Eastside Village 101 Information Sessions



Come join us to learn more about Eastside Villages and its concept of volunteer social connectivity.

This short information session will demonstrate the active village concept and describe the social and practical aspects of staying in your own living space as you age.

Facilitators will present information along with materials explaining this growing trend and the many benefits associated with the idea.

Sessions are on the third Saturday of each month, from 10:30–noon. Please call or email the Eastside Village office to let us know you're coming (503-866-0571; info@eastsidevillage.org).

Join us this month on Saturday, September 21st at Hot Lips Pizza, 2211 SE Hawthorne Blvd.

~ Lucien Dallaire

Coming Soon: Women's Support Group

This gathering will be a confidential and welcoming space for individuals to voice their emotions, life concerns, and worries. Sometimes we feel blue and just need a neutral ear and a friendly heart. This gathering will also be a place where you can “toot your own horn”—to describe an accomplishment, an award received, or a commendation earned—to an appreciative audience.

Check the October newsletter for more information.



Continued from page 3.

How long have you lived in Portland?

I moved to Portland in 1974 and except for 1981-1989, have lived here ever since.

What would you like EV members to know about you?

I've loved the Northwest for 45 years and am thrilled that, thanks to yoga, sturdy boots, and walking poles, I continue to enjoy hiking, birding, and exploring my chosen home. Gardening is my big passion right now. In the 1980s, I was an organic farmer and have been

very active in the organic movement. I'm redesigning my yard to be more productive—for the birds, bees, and me—while improving the soil, using less water, and pulling carbon from the atmosphere and putting it back into the soil.

I enjoy making jams and juices, and drying herbs. During my 40+-years career as a freelance writer/editor, I've focused on what's now called “sustainability,” including organic farming and food, energy efficiency and renewable energy, green design and building, and recycling. It's been interesting—and my way to try to protect the Earth.

Introducing Volunteer Holly Williams

Among her many life experiences, what comes strongly through to me is that Holly is Farm Girl! She moved to Portland from Vermont ten years ago to work with sustainable farming organizations. Earlier, she had volunteered on farms all over the United States and Europe through an organization called WWOOF (World Wide Opportunities on Organic Farms). Her current employment is as a Research Program Manager at the V A hospital.

Bicycling is her mode of transportation, as she has not owned a car since moving to Portland. She not only commutes by bike year-round (except when it snows), but she has recently started long-distance cycling.

Holly enjoys cooking for which she collects antique tools. She loves to make fresh pasta with her Italian grandmother's pasta maker. She also enjoys gardening, making quilts, and weaving from recycled textiles and materials. Holly loves going to estate sales "to buy old linens to re-purpose."

With so many interests and experiences, why does Holly volunteer with Eastside Village along with other organizations in PDX? Her response is that she enjoys working with the Village because she does not have a family, and is glad to make intergenerational connections.

She has helped EV members with a number of tasks, but computers and tech have become her specialty. She herself did not grow up with the internet or have a cell phone until after college. This, she believes, helps her to bridge the gap with older users.

I can personally attest to Holly's excellent teaching skills, especially suitable for those of us



for whom technology is "not intuitive." She is patient kind, clear, and even cheerful!

What an asset for our Village! We are fortunate to be part of her current extended family.

~ Marilyn M. Harlin

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 | editor@eastsidevillage.org

Members in the Spotlight

The EV Voice is pleased to introduce a new series of articles focusing each month on a couple of our fellow EV members. Unlike our long-running “New Member Profiles” (see p. 3) which feature the same EV-centric set of questions each time, Vincenza Scarpaci’s stories will endeavor to help us know our fellow members as the distinct individuals they are. Whether new or long-standing, each of us brings something wonderful to Eastside Village, which is surely something to celebrate.

Sidne Lewis

When Sidne Lewis heard about plans to form Eastside Village, she joined the organizing group. She participates, as a social member, in various Village activities, including the annual meetings, potlucks, and movie excursions.

Sidne thrives on gardening and organic urban farming, raising chickens (she designed the coop), growing vegetables, tending fruit trees, and propagating plants. Over time, she has developed her mostly empty yard into a verdant area of production, both decorative and edible. Some of the foliage came from a nursery owned by a friend. Portland’s Friends of Trees planted three trees in the parkway in front of her home. Chicken manure and other organic materials have enriched the original soil deposited by river flows of the past.

Before I arrived for an interview, she had started her “first pick” of luscious yellow plums, filling up boxes for friends and neighbors to pick up. She planned to can and make plum jam from this abundant crop.

Born in Pasadena, Sidne moved to Massachusetts with her family at an early age. She returned to California to attend Mills College, where she majored in math and art, finishing her degree at UC Berkeley. After living in State College for five years, she settled in southern New Hampshire where she designed and cultivated a large garden. When she moved into her Portland home, she packed up her dormant plants and transported them in the truck she drove cross country.

Sidne is a “woman for all seasons.” She bought a bakery, Gap Mountain Breads, with a partner while in New Hampshire. They ground their flour and added a lunch counter. When her mother became ill, Sidne sold the bakery in order to offer full-time support.

She has enjoyed learning and participating in the ethnic/cultural dances of the Balkans. She also weaves baskets for gifts to friends.

And, yes, her garden interests inform much of her life. She has been a docent at the Chinese Garden



since 2012; perhaps EV Circle groups can arrange a future tour. And she's agreed to offer a tour of her garden in June 2020 when it's at its most showable state.

Jim O'Connor

Jim and Vickie O'Connor first came to Portland to attend their son Ben's wedding. Ben and his wife Glenda later settled in Portland because their daughter-in-law's family were in Spokane and Sacramento.

Subsequently, Jim asked for a golden handshake from his position as head of Graduate Admissions at the University of St. Thomas in Minneapolis, and Vickie left her job as accountant/consultant helping small businesses with difficulties. Although both were Minnesota natives—Vickie grew up in Minneapolis and Jim came from St. Paul—they happily headed west and moved into a home in the Woodstock neighborhood. Jim and Vickie enjoy taking care of their three grandkids while both Ben and Glenda are at work.

The article about Lucien and Anne-Marie Dallaire's participation in Eastside Village in the [Bee newspaper](#) last February caught Jim's attention. After checking EV's website, the couple joined as social members. Jim has "hit the ground running" as an attendee and sometimes convener of the Men's Lunch and Walk Group. September's event will begin with a walk in the Mt. Tabor neighborhood, followed by lunch at the Coquine Restaurant at 6839 SE Belmont Street.

Recently Vickie and Jim assisted at EV's information table during the Division/Clinton Street Fair.

Vickie enjoys cooking, creating the dish she and Jim contributed at Jo Ann



Herrigel's EV member potluck earlier this summer. They both enjoy gardening and hiking, sometimes taking the bus to a new spot and then walking back. They are avid mystery fans, especially via Brit Box, and recently located a tea place on SE 82nd that offers high tea, which they will recommend as a possible EV event.

Once a month Jim helps prepare food in the Hot Meal Saturday program at All Saints Episcopal Church on SE Woodstock Blvd.

They look forward to widening their experience in Portland and participating in future EV events.

~ Vincenca Scarpaci

Aging With Grace

Navigating the Personal Journey of Aging

A THREE-PART SERIES

September 28, 1:30–4 pm

Session 1: Relating to Others

Amy Friday, PhD. Licensed clinical psychologist and founder of the OPAL Institute for Passionate Aging and Living



October 12, 1:30–4 pm

Session 2: Relating to Ourselves

Meghan Marty, PhD. Licensed clinical psychologist and founder of Rose City Geropsychology, LLC

October 26, 1:30–4 pm

Session 3: Tools for the Journey

Panel Presentation

***Interactive learning through presentations
and group discussions***

Elsie Stuhr Center, Manzanita Room
5550 SW Hall Blvd, Beaverton 97005

Fee per presentation: \$10 (payable at the door)

RSVP: 503-746-5082 or vivavillageor@gmail.com

Co-sponsored by Viva Village and Else Stuhr Center.



September 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

Sun, Sept. 22, 2:00 to 4:00 pm
Registration required.

Please bring your device and any other equipment you need to download and/or transfer.

Portland Oregon Paper Shapers (POPS)

Enjoy origami-paper folding for fun, relaxation and stretching your brain. Drop in and practice origami with members of the Portland Oregon Paper Shapers. Please bring origami paper if you have it.
Sun, Sept. 8, 1:30 to 4:30 pm

Gregory Heights Library

7921 NE Sandy Blvd.

Fri, Sept. 6, 13, 20, 27;
3:00 to 4:30 pm

iPad / iPhone Basics

Learn the basics of using your iPhone or iPad. We will cover text messaging, taking/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. Class will be canceled if a minimum enrollment is not met, so please register in advance if you plan on attending.

Earthquake Preparedness

In this workshop, you will learn what to do before, during and after a disaster (specifically a large earthquake). Discussions will include anticipated impacts on infrastructure, the ingredients for disaster resilience, the importance of having a plan, and how to put together a preparedness kit that fits your needs.

Sat, Sept. 21, 3:00 to 4:30 pm
Registration required.

Printmaking for Autumn

Printmaking is a wonderful way to add personal touches to seasonal decorations, cards and more. In this fun and engaging workshop, you will design, carve and print your own lino block stamps. Techniques for safer carving and joyful printing will be included. Take home your carved lino blocks and continue creating beautiful printed works of art.

Sun, Sept. 22, 3:00 to 4:30
Registration required.

Wed, Sept. 11, 12:00 to 2:00 pm
Registration required.

Holgate Library

7905 SE Holgate Blvd.

No events scheduled.

YouTube Basics

You can use videos you find on YouTube to learn how to fix your sink, arm knit, or even speak a new language. Join us to learn about searching YouTube, creating YouTube playlists, and why you might want a YouTube account. This class is for beginners, but you must be comfortable using a keyboard and a mouse
Tue, Sept. 24, 2:00 to 4:00 pm
Registration required.

Historical Oregonian

The Historical Oregonian is an amazing resource for finding obituaries, death and funeral notices, and even researching your house history. Learn skills and techniques for searching this archive of local newspaper articles.

Midland Library

805 SE 122 Ave.

E-books & Audiobooks:

Hands-on Help

Got an e-reader? Like to read on your tablet? Want to read or listen to a book on your phone or iPod? Drop in for one-on-one help.

Android Basics

Learn the basics of using your Android smartphone or tablet. We will cover text messaging, taking/attaching pictures, installing apps, using the Play Store, accessing the Internet, managing your contacts and more!

Bring your questions and your fully charged Android smartphone or tablet. Oregon Lifeline participants are welcome! Class will be canceled if a minimum enrollment is not met, so please register in advance if you plan on attending.

Wed, Sept. 25, 12:00 to 2:00 pm

Registration required.

Sellwood-Moreland Library

7860 SE 13th Ave.

HawkWatch: Raptor Rendezvous

Come meet a live raptor! And listen as HawkWatch International talks about the work they are doing in Oregon and why it is important.

Wed, Sept. 18, 4:00 to 4:45 pm

Free tickets available 30 min. in advance.

Woodstock Library

6008 SE 49th Ave.

The Orchid Trio Presents String Trios

Listen to classical, popular and world music for string trio (violin, viola and cello). The Orchid Trio is a recently founded string trio in the Portland area with a mission to share an appreciation of chamber music performance and collaboration.

Sat, Sept. 14, 3:30 to 4:30 pm

First come, first served.

EV Job Openings

Got some time on your hands? Eastside Village could use your help with the following tasks. These volunteer opportunities will give you the chance to give back to EV and help us grow at the same time. Contact the office for more information.

Event Planner / Helper

Have you enjoyed past EV Member Meetings? Come help us plan the next one, to be held in late October. Benefits include a great deal of laughter.

Marketing Wiz

Got a knack for PR? Help us develop handouts, brochures, and other outreach materials. Share the good news about Eastside Village!

Speaker's Bureau

If you're one of those who aren't spooked by speaking to a group of people, join the EV Speaker's Bureau! We've got short presentations (10-20 minutes) already prepared and ready for you to deliver to local organizations, businesses, and other groups.

Survey Designer

Do you have experience designing surveys or polls? The EV Governing Council could use your help with developing a Member Satisfaction Survey.

And most important of all...

Governing Council Member

Are you curious about the inner workings of Eastside Village? Are you looking to do something to help EV thrive and grow? Do you like working with interesting and fun people? Are you looking to make a difference in the lives of your neighbors?

Please consider becoming a member of the EV Governing Council! Our Village, quite literally, cannot exist without it. We have three openings coming up at the next Members Meeting and we'd love to have you join us!

SEPTEMBER 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. 10 am–noon.

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 discussion of Ursula LeGuin's latest, *No Time to Spare*. 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.

18

VOLUNTEER APPRECIATION DINNER

(R, MV) Let's show our sincere appreciation for our wonderful volunteers! All members, member volunteers, and volunteers will be treated to pizza and non-alcoholic beverages at the Double Mountain Brewery & Taproom 4336 SE Woodstock Blvd 6–9pm. Please RSVP online or with the office.

19

MEN'S LUNCH (WITH ADULT BEVERAGES)

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

21

EV 101

Want to learn more about Eastside Village? Join us at Hot Lips Pizza. 10:30–noon. 2211 SE Hawthorne.

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.