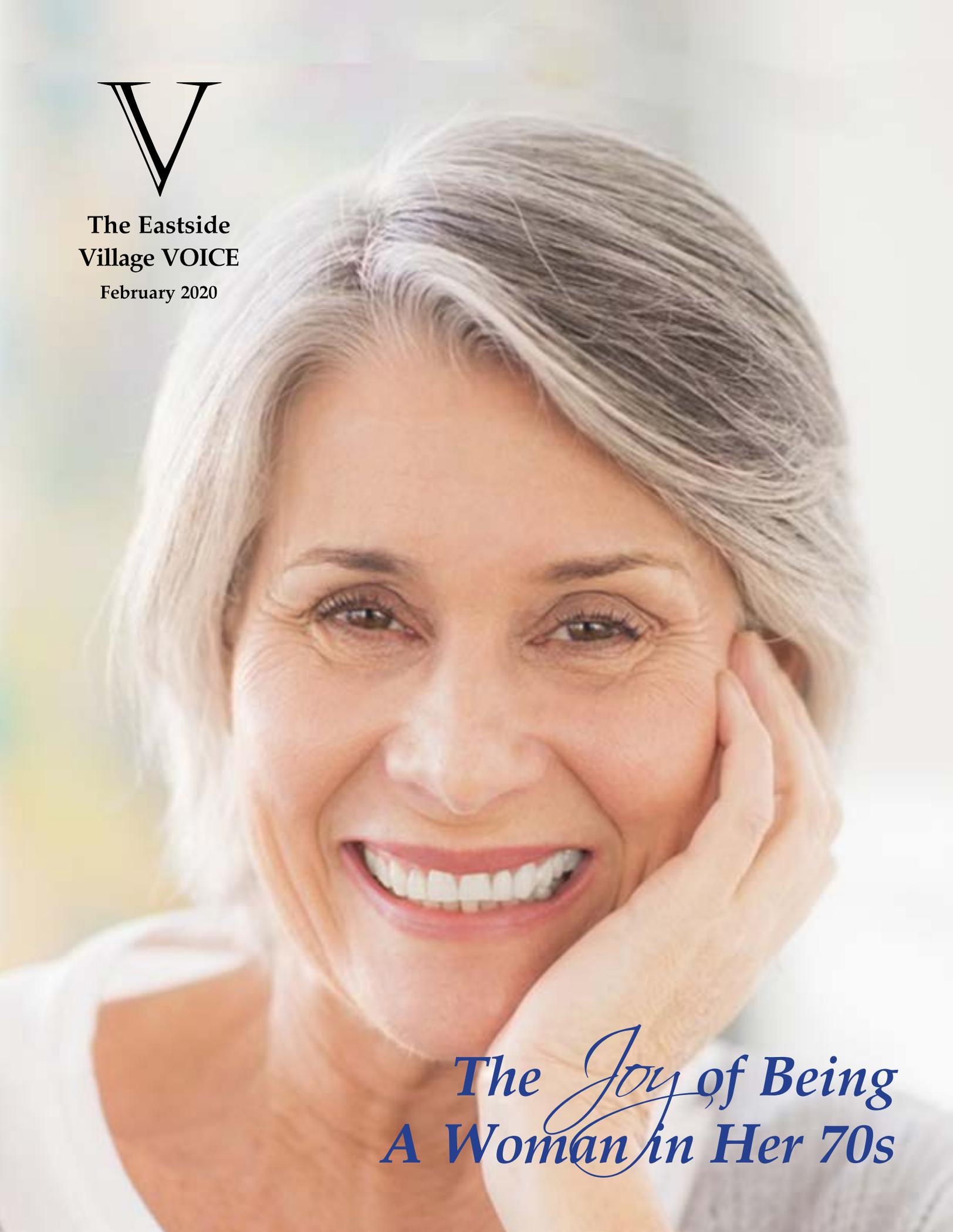




**The Eastside  
Village VOICE**

February 2020



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## *HELP US SPREAD THE WORD AT THE FIX-IT FAIR*

Fix-It Fairs are free City of Portland neighborhood events held in January, February, and November each year. The Fair includes ongoing exhibits and hourly workshops on such topics as: water and energy savings; safe and healthy homes; food and nutrition; neighborhood and community resources; recycling; weatherizing your home; gardening and growing your own food; yard care and composting; and transportation.

This month’s Fair will be held at Floyd Light Middle School, 10800 SE Washington St, on Sat., Feb. 29, from 9:30 am – 2:30 pm

Eastside Village will be hosting an info table and we’d love to have your help as we share the benefits of Village membership. Tell others about your experiences with the Village, its Members, and our Volunteers. Contact the office to get on the schedule.

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 Peg Farrell, Editor | Ellen Howard, Head Proofer

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# The Joy of Being a Woman in Her 70s

Note: The following article was written by Mary Pipher, a clinical psychologist, and the author of the forthcoming "Women Rowing North: Navigating Life's Currents and Flourishing as We Age." It was originally published in the New York Times (01/12/2019) and is reprinted here with the author's permission.

When I told my friends I was writing a book on older women like us, they immediately protested, "I am not old." What they meant was that they didn't act or feel like the cultural stereotypes of women their age. Old meant bossy, useless, unhappy and in the way. Our country's ideas about old women are so toxic that almost no one, no matter her age, will admit she is old.

In America, ageism is a bigger problem for women than aging. Our bodies and our sexuality are devalued, we are denigrated by mother-in-law jokes, and we're rendered invisible in the media. Yet, most of the women I know describe themselves as being in a vibrant and happy life stage.

We are resilient and know how to thrive in the margins. Our happiness comes from self-knowledge, emotional intelligence and empathy for others.

Most of us don't miss the male gaze. It came with catcalls, harassment and unwanted attention. Instead, we feel free from the tyranny of worrying about our looks. For the first time since we were 10, we can feel relaxed about our appearance. We can wear yoga tights instead of nylons and bluejeans instead of business suits.

Yet, in this developmental stage, we are confronted by great challenges. We are unlikely to escape great sorrow for long. We all suffer, but not all of us grow. Those of us who grow do so by developing our moral imaginations and expanding our carrying capacities for pain and bliss. In fact, this pendulum between joy and despair is what makes old age catalytic for spiritual and emotional growth.

By our 70s, we've had decades to develop resilience.

Many of us have learned that happiness is a skill and a choice. We don't need to look at our horoscopes to know how our day will go. We know how to create a good day.

We have learned to look every day for humor, love and beauty. We've acquired an aptitude for appreciating life. Gratitude is not a virtue but a survival skill, and our capacity for it grows with our suffering. That is why it is the least privileged, not the most, who excel in appreciating the smallest of offerings.

Many women flourish as we learn how to make everything workable. Yes, everything. As we walk out of a friend's funeral, we can smell wood smoke in the air and taste snowflakes on our tongues.

Our happiness is built by attitude and intention. Attitude is not everything, but it's almost everything. I visited the jazz great Jane Jarvis when she was old, crippled and living in a tiny apartment with a window facing a brick

*Continued on page 4.*

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*Continued from page 3.*

wall. I asked if she was happy and she replied, "I have everything I need to be happy right between my ears."

We may not have control, but we have choices. With intention and focused attention, we can always find a forward path. We discover what we are looking for. If we look for evidence of love in the universe, we will find it. If we seek beauty, it will spill into our lives any moment we wish. If we search for events to appreciate, we discover them to be abundant.

There is an amazing calculus in old age. As much is taken away, we find more to love and appreciate. We experience bliss on a regular basis. As one friend said: "When I was young I needed sexual ecstasy or a hike to the top of a mountain to experience bliss. Now I can feel it when I look at a caterpillar on my garden path."

Older women have learned the importance of reasonable expectations. We know that all our desires will not be fulfilled, that the world isn't organized around pleasing us and that others, especially our children, are not waiting for our opinions and judgments. We know that the joys and sorrows of life are as mixed together as salt and water in the sea. We don't expect perfection or even relief from suffering. A good book, a piece of homemade pie or a call from a friend can make us happy. As my aunt Grace, who lived in the Ozarks, put it, "I get what I want, but I know what to want."

We can be kinder to ourselves as well as more honest and authentic. Our people-pleasing selves soften their voices and our true selves speak more loudly and more often. We don't need to pretend to ourselves and others that

we don't have needs. We can say no to anything we don't want to do. We can listen to our hearts and act in our own best interest. We are less angst-filled and more content, less driven and more able to live in the moment with all its lovely possibilities.

Many of us have a shelterbelt of good friends and long-term partners. There is a sweetness to 50-year-old friendships and marriages that can't be described in language. We know each other's vulnerabilities, flaws and gifts; we've had our battles royal and yet are grateful to be together. A word or a look can signal so much meaning. Lucky women are connected to a rich web of women friends. Those friends can be our emotional health insurance policies.

The only constant in our lives is change. But if we are growing in wisdom and empathy, we can take the long view. We've lived through seven decades of our country's history, from Truman to Trump. I knew my great-grandmother, and if I live long enough, will meet my great-grandchildren. I will have known seven generations of family. I see where I belong in a long line of Scotch-Irish ancestors. I am alive today only because thousands of generations of resilient homo sapiens managed to procreate and raise their children. I come from, we all come from, resilient stock, or we wouldn't be here.

By the time we are 70, we have all had more tragedy and more bliss in our lives than we could have foreseen. If we are wise, we realize that we are but one drop in the great river we call life and that it has been a miracle and a privilege to be alive.

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## NEW MEMBER FOCUS: MARY BRANUCCI

### *How long have you lived in Portland?*

I was born in Portland, so I've lived here (almost) my entire life! I love Portland and Oregon.

### *How did you hear about Eastside Village (EV)?*

I first heard about "The Village" from a friend who lives in Beaverton. I realized there must be a Village on the Eastside and found out about Eastside Village at a neighborhood function!

### *What interests you about the Village?*

For me, EV presents an opportunity for community. My children, because of their careers, all live far away. I am looking forward to group activities and gatherings!

### *What would you like EV members to know about you?*

I travel quite a bit, to see my kids, so there are times I'm just absent. But when I'm here, I'll be very active. I hope you'll give me a call or email if you have an idea for adventure.

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

I love the outdoors so: hiking, bocce, biking, trips to the beach and mountains, and walking.



When indoors... I love games, especially card games, scrabble, and Qwarkle. I'm thinking about hosting a "game night" for EV folks. I'd love to learn Mah Jong! Also, I love going to concerts and plays and playing my ukelele.



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## A "JOYFUL" FOOD FOR THOUGHT LUNCHEON

Did our cover story on the "joys" to be found in getting older start you thinking? Want to talk about it? Come join some of your fellow Villagers for another "Food for Thought" luncheon.

We've reserved 12 spaces at noon on Tuesday, February 25th at our usual location, Albertina Kerr's Kitchen (424 NE 22nd Ave., near Glisan).

Reserve your spot now online or with the office.

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## TRUSTED LOCAL AUTO PROS RETIRE

Eastside Village members Jim Houser and Liz Dally have recently retired. They started the Hawthorne Auto Clinic together in 1983 and recently sold it to one their long-time employees, Terica Buckner, and her husband, Andrew.

Hawthorne Auto Clinic was (and remains) a vetted vendor for all Villages in the greater Portland area.

Congratulations, Jim and Liz! We look forward to seeing you both at future Village events.



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## FINANCIAL HELP FOR WATER AND SEWER BILLS

Did you know the City of Portland offers financial assistance on sewer and water bills for customers who have a crisis or limited income?

During a crisis such as hospitalization, health care bills or a death in the family that reduces household income, customers may receive a "crisis assistance discount" of up to \$500 once every 12 months.

An individual with a monthly income of \$1,540 may receive a discount on their quarterly bills. The discount is considerable. With a quarterly billing of \$300, the discount could be as much as \$250. Eligibility is based on gross monthly household income and family size.

Applications can be made online or by mail. For more information contact the Customer Service Center, 503-823-7770, [www.portlandoregon.gov/water/financialassistance](http://www.portlandoregon.gov/water/financialassistance).



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# MARK YOUR CALENDARS: IT'S A CELEBRATION!

Mark your calendars, everyone: Saturday, April 25<sup>th</sup>, from 4-6 pm, Villages NorthWest and all 11 of its Villages are having a huge party! And what, pray tell, are we celebrating?

Why, *you*, of course! Let me explain...



For the past several years, the VNW Board has asked each open Village to put forth the names of one or two of its most giving

Volunteers to receive a bit of special recognition.

This year they wanted to do something different: instead of just one person, they decided to honor *all* of the Volunteers in each Village, because—quite honestly—our Volunteers are the glue that holds our Villages together.

But then they realized how many of our Volunteers are also Members, and there really wouldn't be any Villages without Members...

So the Board decided to celebrate



*all* of us: Members, Member-Volunteers, Volunteers, and Governing Council Members.

For truly, this grand and glorious experiment in "intentional community" has grown tremendously in the past five years: from one or two nascent Villages and a couple dozen Members to **11** Villages and over **530** members. Our wonderful Volunteers provided over **4500** services last year alone!

OK, you get it: the Board wants to honor and celebrate all of us. What will that actually look like?

Well, when you arrive at the Parish Hall of All Saints Episcopal Church (4033 SE Woodstock Blvd), you will be greeted with displays from each Village showcasing their Members and Volunteers. There'll be a short meeting, followed by a light meal and an ice cream station staffed by the Board members themselves.

Oh, and there's also a raffle, but one where *everyone* will be a winner, because in our eyes, you *are!*

Since this is the season of 'spring cleaning,' we're asking everyone who comes to provide a gift for someone else. But the



catch is that you can't *buy* anything: it has to be something that you already

have, but no longer want or use (if you ever did); something that once "brought you joy" as the current saying goes, but now is just something stored on the shelf.

It must be in "like new" condition and be worth no more than \$50. It should be something that you can envision someone else being delighted to receive.

Everyone will get the chance to put tickets down on as many as five different items, so the chances are good you'll go home with something you'll love, and that everyone will have a good time.

So mark your calendars for Saturday, April 25<sup>th</sup>, 4-6 pm, and start thinking about what cool / interesting / beautiful / unusual / amazing thing will be your raffle contribution. There'll be

more information in next month's newsletter about where to bring your prize (or someone will pick it up from you).



By Peg Farrell

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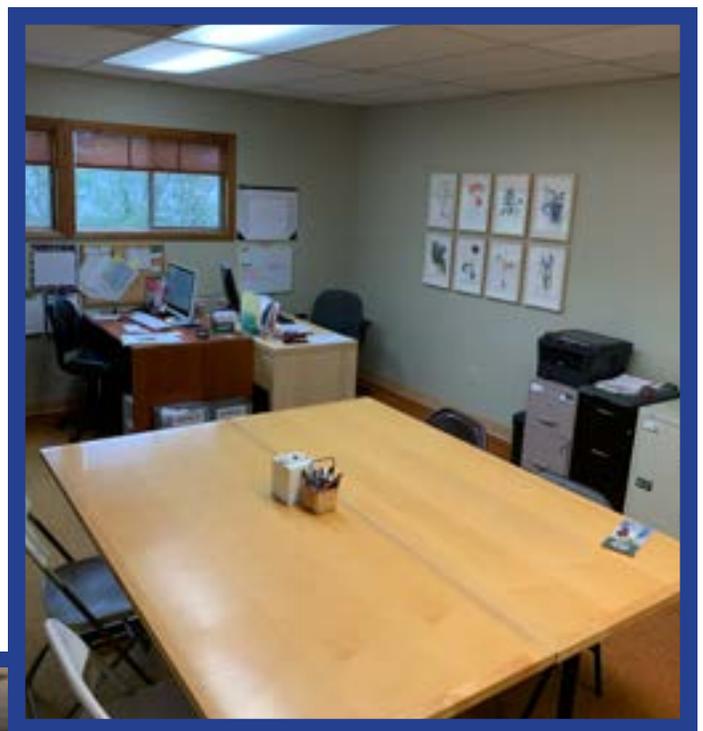
## *EASTSIDE VILLAGE IS “MOVIN’ ON UP...!!”*

Eastside Village’s office moved this past month to a lovely new space in the Trinity United Methodist Church building, 3915 SE Steele (at the corner of Steele and Cesar Chavez). The rent had gone up at our Cora Street location and we were fortunate to find this beautiful room for a good price.

With the help of several members and volunteers, the move was quickly made and the new space was soon ready for business.

Jenny and her office volunteers have much more room to spread out, there’s space to hold our Volunteer Trainings and other meetings onsite, and there’s abundant parking, too.

Be sure to stop by and say “hello” the next time you’re in the neighborhood.





EV Members taking advantage of the Portland Art Museum's "Arts & Conversation" program: coffee and conversation followed by a lecture and free Museum admission.

## "8 80 CITIES": TIME TO WATCH YOUTUBE

Who would have expected such dynamic ideas and such a delightful presentation from AARP Oregon this past December! As one of the four council members to attend "Building Communities for All Ages: Age Friendly Oregon Summit," I was impressed by the clarity of speaker Gil Penalosa's solutions to problems of transportation, health services, housing, economic development, and parks and recreation.

Penalosa is the "8 80 Cities" Ambassador and World Urban Parks President. He proposed ways to make both 8-year-olds and 80-year-olds active, respected participants in community activities.

When our distressed cities are transformed in the way Bogota and Copenhagen have been by introducing parks, safe bike paths, and public transportation, both the young and the old are safe and the



future of the community as a whole is brighter.

The wealth of Columbia and Denmark is drastically different, but both cities were fueled by teams of people with a passion and vision for livable communities in which everyone has access to

health services, recreational opportunities, affordable housing, and transportation, etc.

To see beautiful scenes from how Penalosa and the 8 80 Cities Project transforms cities, you can search for his video: "The 8 80 City: Creating Vibrant and Healthy Cities for all: Auckland Conversations." You can enjoy many of his TED talks on YouTube.

Lee Lancaster, who wrote an article on this summit for our January Newsletter, will arrange a video get-together for Eastside Villagers. So keep an eye out for this presentation on our calendar.

By Judy Ringenson



*Portland Winter Light Festival; February 6-8. Photo by Tom Lange*

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## DECEMBER GOVERNING COUNCIL MEETING MINUTES

The Rain or Shine committee is working overtime. Marilyn Lipko came from the team to suggest the formation of a new committee to take over some of its present functions. The Rain or Shine Committee would still help members in hospice or recovering from illness or surgery; or those with disabling conditions.

We hope to be in the new office by January 31st. VNW will not contribute to the rent there, but we will still save almost \$2,000/yr. Thanks to the Seeds of Sustainability project, we gained \$875 in donation funds.

Our membership is now at 93, of which 35 are full members, one is on scholarship, and 57 are social members. We have 58 vetted volunteers, of which 20 are members.

Our bank balance on 11/30/19 was \$24,390. Judy reported that Kaiser Permanente will make grants to Village events to enhance the community. Thus, it is important for us

to develop ways members can work to the advantage of children or others in need. Jurie Lewis (EV's VNW Rep) stressed that Kaiser looks at the whole person and evaluates the danger of isolation. Kaiser's "thrive" program may make it possible for more low-income people to use our scholarship program.

Charlie Meyer congratulated the Climate Crisis Crew in our village, but warned that the IRS limits the ability of nonprofits to lobby. Jin will attend the Strategic Planning Group that will meet this month.

A Newsletter reader wanted to know what was meant about our council discussing what other villages are doing in regards to the problem of declining cognitive functioning. Jenny suggested that we should use the safety of our members and volunteers as a guide when making decisions of this nature.

Judy Ringenson, Secretary.

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## February 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 [[multcolib.org/events](http://multcolib.org/events)]. Event schedules do occasionally change; visit Library website for current information.

### **BELMONT LIBRARY**

1038 SE Cesar E. Chavez Blvd.

#### **Community Benefit Workshop: Ready to Own a Home?**

Do you think you're ready to become a homeowner? Come learn useful information that is specific to our local market. We will tackle common home-buying myths and address frequently asked questions. You will gain a better understanding of credit, how much you can afford, upfront costs, and what to expect during the buying process.

Wednesday, February 5, 6-7:30 pm

#### **Felted Soap**

Soap with a felted cover is an easy project that makes a great gift. We will teach you how to use a bit of wool fiber, water, and gentle manipulation to create a soap bar with a built-in washcloth that lathers and exfoliates. Supplies included.

Sunday, February 9, 10:30 am-12 pm

#### **Healthier Living for Your Brain and Body**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement — and how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Saturday, February 22, 4-5 pm

### **GREGORY HEIGHTS LIBRARY**

7921 NE Sandy Blvd.

**No special events this month.**

### **HOLGATE LIBRARY**

7905 SE Holgate Blvd.

#### **Somatic Exercise: Learn to Move Well So You Can Live Well**

Learn a method of movement based on Hanna Somatics, that helps people release chronic muscle tension—also known as Sensory Motor Amnesia—they may hold in their bodies due to accidents, falls, surgeries, and stress. They literally learn to develop new neurological pathways between their brains and their muscles to rid their bodies of poor muscle patterns that can cause pain, dysfunction, and stiffness. Things to know: Participants need to be able to get down and up from the floor (at the beginning and ending of class); most of the movements are done lying on the floor; optional: bring a towel or yoga mat on which to lie on the floor.

Saturday, February 22, 2-3 pm

### **MIDLAND LIBRARY**

805 SE 122nd Ave.

#### **Crispy Vegetarian Wonton**

According to traditional medicine, during the month there should be at least a few meals with only plant protein to help purify and detoxify

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*Continued from page 11.*

the body, prevent disease, and keep the soul at ease and peaceful. Fried vegetarian wonton is both delicious and healthy. Participants will learn how to wrap the wonton into different shapes and styles, and mix different vegetable ingredients into a delicious filling.

Sunday, February 2, 2-4 pm



### **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. Class will be cancelled if a minimum enrollment is not met, so please register in advance if you plan on attending.

Tuesday, February 4, 10:30 am-12:30 pm

### **My MCL Catalog Basics**

Explore the library's catalog, My MCL, and learn how to manage your account, search the library's collections and make the most of your online library experience. Bring your My MCL

catalog questions! Never created a My MCL account? For the first 30 minutes, we'll help you get signed up with your own My MCL account and explore check outs, holds and borrowing history. Bring your current library card and password to class.

Tuesday, February 4, 2-4 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 cancelled if a minimum enrollment is not met, so please register in advance if you plan on attending.

Tuesday, February 11, 10:30 am-12:30 pm  
(registration opened January 21)

### **Lynda.com Basics**

Want to learn a new skill from the comfort of your own home? Let us introduce you to Lynda.com, an online learning platform.

Tuesday, February 18, 2-4 pm  
(registration opened January 28)

### **Using Craigslist**

Come to this class to learn about Craigslist, the online classified ads website.

Tuesday, February 25, 2-4 pm

## ***SELLWOOD-MORELAND LIBRARY***

***7860 SE 13th Ave.***

### **Two Sellwood Poets**

Lex Runciman will read from his latest poetry collection, *Salt Moons: Poems 1981-2017*; and Paulann Petersen from hers, *One Small Sun*. Lex Runciman is a winner of an Oregon Book Award for poetry who now calls Sellwood his home.

*Continued on page 13.*

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# CELEBRATING A LIFE: SYLVIA KINNARI, 1942-2019

Very few EV members even knew who Sylvia Kinnari was. Yet a handful of us gathered in November, meeting with some 30 others—family members, caregivers, friends, and fellow musicians—to honor Sylvia’s life and to learn how her life had touched us all in some way. As we shared stories and personal reflections of Sylvia, we discovered her vibrant musical career as a gifted performer, inspiring teacher and steadfast community leader. And we helped reunite some family members who had never even known of each other’s existence.

Sylvia was an independent elder who valued her privacy and mostly kept to herself—even after she’d joined our Village, at the urging

“... TO HONOR  
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of longtime neighbors Jenney and Charlie of the Bagdad Branch. Surprisingly, Sylvia did not reach out to receive any Village services, and she rarely attended events.

What became so clear at Sylvia’s Celebration of Life was how much community really did surround and support her by the end of her life. The music community in Portland, her closest neighbors, those who stepped up to help during her last months, and her newly-found Village friends who simply wanted to show we cared. And everyone who came to share tea and cookies and memories of Sylvia that November afternoon could see what it means to be part of a community.

*By Sue Ayer and her friend Jenney*

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*Continued from page 12.*

Paulann Petersen is an Oregon Poet Laureate Emerita who called Sellwood her home for 25 years.

Tuesday, February 4, 6:30-7:30 pm  
(registration opens February 4)

## **Anyone’s Domain 2020: A Writing Workshop**

Poetry is not the domain of just a few. It’s as natural and accessible as heartbeat and breath. Writing poetry requires nothing more than a love of words and a willingness to let your pen move across a page, following language wherever it takes you. Join Paulann Petersen in a workshop devoted to generating new poems. Using innovative springboards that include

notable poems, we’ll make an exhilarating plunge into language.

Saturday, Feb. 8, 1:30-4:30 pm

## **Word Processing 1**

During this session, we will learn about different tools you can use to create and edit documents. This class is for beginners, but you must be comfortable using a keyboard and a mouse.

Tuesday, Feb. 25, 10 am-12 pm (registration opens February 4)

## **WOODSTOCK LIBRARY**

6008 SE 49th Ave.

No special events this month.

# CALENDAR FOR FEBRUARY 2020

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

## 5

### EV Council Meeting

(R, MV) Space is limited; please contact the office if you wish to attend. EV Office, 3915 SE Steele; Noon–3 pm

## 7&21

### Coffee @ Tabor Space

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

## 11

### EV Book Groups

(R, MV) Join us as we discuss “Britt-Marie Was Here” by Fredrik Backman. Please contact the office for location. 10–Noon.

## 12

### Breakfast at Toast

Come for a nosh at this traditional neighborhood cafe. 5222 SE 52<sup>nd</sup> Ave; 9-10 am.

## 15

### EV 101

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

## 18

### Conversation @ PAM

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

## 20

### EV Men’s Lunch Bunch

(R, MV) Join the EV men on a special walk followed by lunch. 11:30 am – 2 pm.

### EV Volunteer Training

(R) Required training for all EV Volunteers. EV Office, 3915 SE Steele; 10:30–Noon.

## 21

### Knot Just Knitting

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

## 25

### Food for Thought Luncheon

(R, MV) If this issue’s cover story gave you things to talk about, join us for lunch at Albertina Kerr’s Kitchen. 424 NE 22<sup>nd</sup> Ave. Noon – 2 pm. Space is limited; please register online or with the office.

## 29

### EV Climate Crisis Crew

Come share ideas: from small and energizing changes in how we live our lives, to what we can do together in our teamwork. Memorial Room at Trinity United Methodist Church., 3915 SE Steele; Noon–2 pm.

