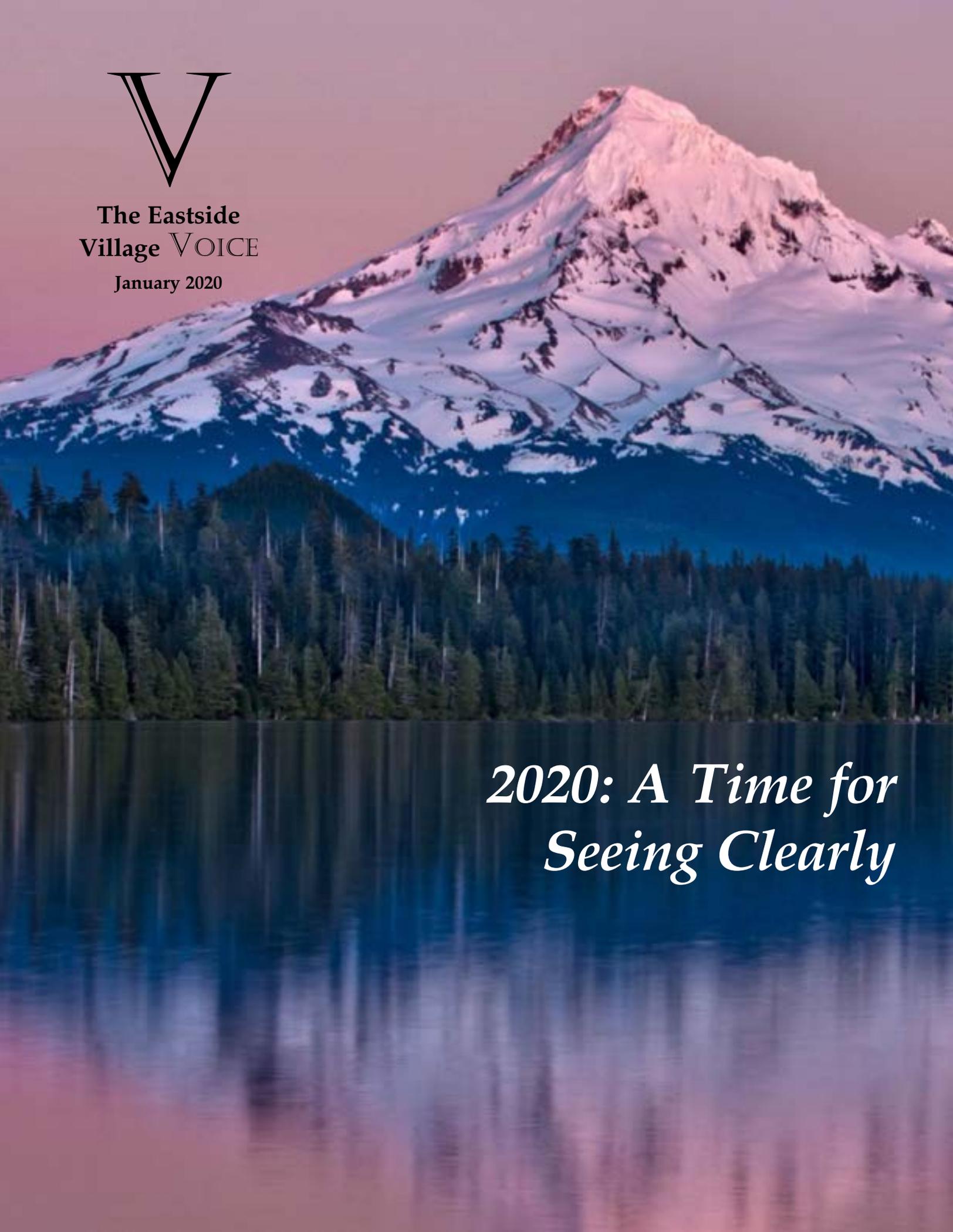




The Eastside  
Village VOICE  
January 2020



*2020: A Time for  
Seeing Clearly*

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2020: A Time for  
Seeing Clearly

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Here we are at the start of another year, and the start of a new decade. A decade that despite its newness sounds familiar to us. “2020” — the designation given to what is judged “perfect sight.”

Most eye charts would have you read *down*, line by line, to discern at what point your clarity diminishes. So, in a counterintuitive way, the chart’s lines increase in importance as their size is reduced. One could argue that the “layers” of our lives, and our relationships with the people and things around us, move in the opposite direction: from the personal to the international.

I propose that this year we each endeavor to “see more clearly.” To make use of this double meaning — of “decade” and “sight” — and to work our way *up* the chart, so to speak.

Most people associate the New Year with new diet or exercise plans. To the best that one is able, these are admirable goals. Most of us could benefit from a diet filled with more vegetables and fewer cookies, certainly. Many Medicare add-on plans will cover the cost of membership at your local Rec Center, where there are a host of “senior friendly” classes. Budgets allowing, there are yoga and tai chi centers with classes galore for us older folk. If none of those sound appealing, you could take a walk in your own or one of the



## 2020: A Time for Seeing Clearly

many lovely neighborhoods nearby, or in the Lloyd Center or Mall 205 if the weather is frightful. There are also a wide assortment of “limited mobility” YouTube videos to choose from if these other options aren’t suitable.

Whatever fits your budget and/or physical abilities, find something that will test your muscles, your joints, and your heart.

Once you have an enjoyable habit, you can move up the chart to the next level: challenging your brains. Have a smart phone or tablet? There are literally hundreds of fun apps that will exercise those “little grey cells,” as Poirot would say. Get in the habit of doing a couple different puzzles every morning to start your day with a snap. Try to

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# 'TIS THE SEASON FOR POTLUCKS ...



Eastside Villagers enjoyed a holiday Pot Luck Luncheon on Dec. 2nd sponsored by the RISE neighborhood Circle.

The food was delicious, the company was lively and fun, and the entertainment, storyteller Maura Doherty, was hilarious.

It was a wonderful way to start off the holiday season.

Our thanks to the folks in RISE Circle for their gracious hospitality.



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## ... AND PUB LUNCHEAS AND POSSIBLE MEMBERS

The Eastside Mens group held our last pub lunch of 2019 at the Brass Horse Pub on Belmont. A very historical and festive place.



Despite the cold and “Saturday before Christmas” timing, the December EV Info Session was blessed with a big crowd of potential members.

Our thanks to Lucien and Anne-Marie Dallaire for sharing their day with them.

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## HELP SUPPORT OUR SUPPORTERS!

Eastside Village is very fortunate to have a number of businesses who have supported us throughout the year. For example:

Our EV stationery is printed and donated by the *Rogers Team at Windermere*.

*Hot Lips Pizza* and *Woodstock Wine & Deli* alternately open their doors to host our monthly Information sessions.

*Toast Cafe* and the *Bell Tower at TaborSpace* welcome us each month for our standing breakfast and coffee events.

*Double Mountain Taproom* hosted our early November “Dine-Out” fundraiser that raised over \$300 for Eastside Village.

This year we were fortunate to have two generous supporters who chose to donate directly to us: *100+ Women Who Care* made a large donation to Villages NorthWest, our portion totaled \$685; and *Cascade Coil Drapery, Inc.* donated \$1000.

Please, help us to support the businesses who so generously support us, and if you have the chance, stop by and say “thank you!”





## SPREAD THE WORD

Did you know that there are over 20 neighborhoods within the Eastside Village boundaries, nearly all of whom have active neighborhood associations? These associations' meetings are excellent places for us to spread the word about the benefits of EV membership.

Representatives from EV will be speaking to the Woodstock NA at 7 pm, Wednesday, Jan. 8th (Woodstock Community Center, 5905 SE 43rd Ave); at the Laurelhurst NA at 7 pm, Tuesday, Jan. 14th (in the large meeting room of All Saints Parish Church, 3847 NE Glisan, NW corner Glisan and Cesar Chavez); and the Montavilla NA at 6 pm, Monday, Feb. 10th (Montavilla United Methodist Church, 232 SE 80th Ave).

We would love to have EV members and volunteers who live in these neighborhoods join us to share their experiences with Eastside Village.

Please contact the office if you would like a ride to any of these meetings.

## SEEKING A CHAIRPERSON FOR A NEW COMMITTEE

The Rain or Shine Team has discovered that our Village is getting too big to have a single committee plan for New Member orientation *and* provide Member support for illness and surgery recovery.

This is good news, because it means that our membership is growing steadily. To meet this need, we have obtained Council approval to create the New Member Committee.

Have you been wondering how you can get more involved in the Village? Here is your chance to chair or become a member of this new committee.

The New Member Committee would support our members by:

- Recruiting and supporting New Member Buddies / Club Express Buddies.
- Creating ease of flow for on-line bios and photos on our profiles.
- Maintaining connection to the New Member interview process.
- Planning new member get-togethers.
- Meeting regularly for review and planning.

The Rain or Shine Team will continue to hold space for members who are:

- In recovery from surgery or illness of any kind.
- In Hospice and actively dying.
- Experiencing the initial phase of dementia.
- In need of emotional support.
- In need of support for hearing loss, vision problems, etc.
- Chronically ill or in pain.

Please call or email Marilyn Lipko for more information.

*By Marilyn Lipko  
EV Member/Volunteer*

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## MEN'S WALK FOR JANUARY

On Thursday, January 16<sup>th</sup>, the Men's Lunch Group will have a most unusual pre-lunch walk. We will be touring three of the most beautiful buildings in Portland: St. Mary's Catholic Cathedral (top right); Trinity Episcopal Cathedral (center); and Temple Beth Israel (lower right). We will be given a 45-minute guided tour at each location.

Although all three are located within a block of each other, they are in NW Portland, this gathering will require driving or public transportation.

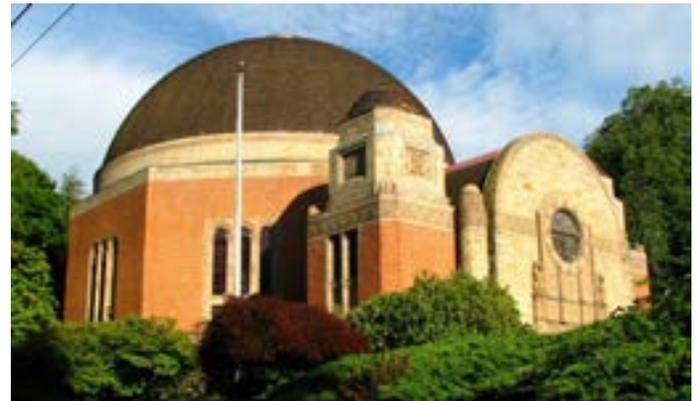
We will meet at the entrance to St. Mary's (1716 NW Davis) at 10:30 am. There is a parking lot just north of the Cathedral. From there, we will walk to Trinity Cathedral (147 NW 19th) at 11:30. Our final stop will be at Temple Beth Israel (1972 NW Flanders ) at 12:15.

From there, we will go to Deschutes Brewery (210 NW 11th) for lunch. It is 7 blocks east of the St. Mary's parking lot.

Please be sure to register for this event and indicate if you would like to carpool.

Now is the time for any new ideas for February's program on the 20th.

*By Lucien Dallaire  
EV Member/Volunteer  
Governing Council Member*



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# MEMBER REPORT ON “BUILDING COMMUNITIES FOR ALL AGES: AN AGE-FRIENDLY OREGON SUMMIT”

By Lee Lancaster  
EV Member/Volunteer &  
Governing Council Member

This day-long AARP event was held in the Lents neighborhood on Dec. 9th and featured Gov. Kate Brown and Mayor Ted Wheeler. The summit was billed as an opportunity to “challenge our outdated beliefs and spark new solutions, so more people can choose how they live as they age.” I ended up staying the entire day because I became inspired and profoundly moved.

I have been an AARP member for years and appreciate the advocacy they do. However, this event went beyond the concerns of those of us over 55; it looked at how the future of our cities could be redesigned to serve *everyone*, regardless of their age.

The summit focused on cities because for the first time in history more than half the people on the planet live in cities, and the move to urban living is increasing. In the next 40 years, the number of city dwellers will nearly double to 7 billion people, presenting both a tremendous challenge and a tremendous opportunity.

Given that cities will grow, will that growth be haphazard or be “done right?” The AARP

“Poorly designed and implemented cities degrade human health and social interaction, tearing at the fabric of society and democracy.”

website on livable communities [[AARP.org/agefriendly](https://www.aarp.org/agefriendly)] states: “People of all ages benefit from the adoption of policies and programs that make neighborhoods walkable, feature transportation options, enable access to key services, provide opportunities to participate in community activities, and support housing that’s affordable and adaptable. Well-designed, age-friendly communities foster economic growth and make for happier, healthier residents of all ages.”

The nuts and bolts of making a livable community can be categorized into housing, transportation, access to health care and community services, social participation, communication, and more. The specific elements of a city “done right” can be found at [“The 8 Domains of Livability \(Slideshow\).”](#)

When cities are not planned, the burden falls disproportionately on the most vulnerable people (MVPs). These groups include the very old, the very young, disabled, poor, and ethnic and racial minorities. Poorly designed and implemented cities degrade human health and social

interaction, tearing at the fabric of society and democracy.

The Summit presented a positive vision of community and suggested concrete plans for action to redesign cities that include everyone; I also learned that this vision is part of a wider global movement.

How does a vision of redesigning cities to serve everyone affect Eastside Villagers?

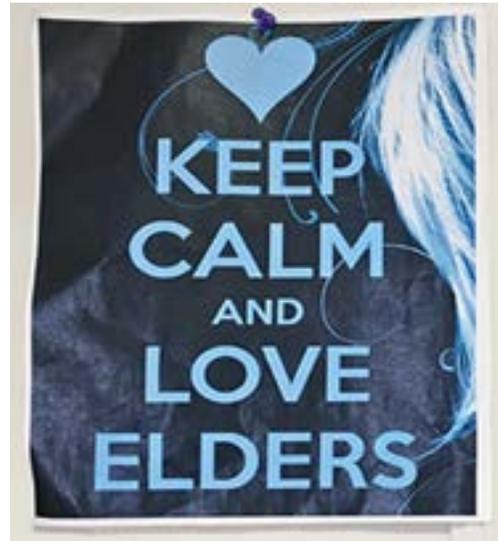
1. The Village movement is also part of a global movement for age-friendly communities. The AARP Summit showed that there are allies and ideas all around!

2. The summit reinforced the knowledge that everything is connected to everything. Redesigning cities for livability touches on the most pressing issues of our time, from adapting to and decreasing climate change to addressing income inequality.

3. Connecting to a larger network of change brings opportunities to engage and learn that range from the interpersonal to international.

4. This summit is a crucial reminder to respectfully include the MVPs (Most Vulnerable People) in our own community.

Finally, attending this summit about creating a world vision of livability has made me more appreciative of my participation in the local Village movement, which has connected me to vibrant,



If you would like to learn more about the “8 Domains of Livability,” see the links below.

#### **Domain 1: Outdoor Spaces and Public Places**

- [Creating Parks and Public Spaces for People of All Ages](#)

#### **Domain 2: Transportation**

- [AARP Roadmap to Livability Transportation Workbook](#)
- [AARP Walk Audit Tool Kit](#)

#### **Domain 3: Housing**

- [Making Room: Housing for a Changing America](#)
- [The ABCs of ADUs](#)
- [AARP Roadmap to Livability Community Listening Session Workbook](#)

#### **Domain 4: Social Participation**

- [AARP Community Challenge](#)

#### **Domain 5: Respect and Social Inclusion**

- [Where We Live: Communities for All Ages](#)
- [AARP Roadmap to Livability Community Listening Session Workbook](#)

#### **Domain 6: Work and Civic Engagement**

- [Engaging the Community to Create Community](#)

#### **Domain 7: Communications and Information**

- [AARP Livable Communities Weekly e-Newsletter](#)

#### **Domain 8: Community and Health Services**

- [AARP Roadmap to Livability Health Services and Community Supports Workbook](#)

*Continued from Page 3.*

limit yourself to the “Daily Puzzle” if possible. Don’t let yourself become too engaged or you may never get anything done!

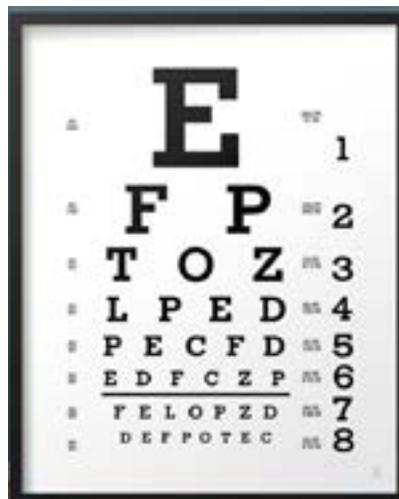
Move up the chart now to the next level: your immediate environment. Each day be sure that your home is tidy; the dishes are done; the mail sorted/filed/discarded as appropriate; there are no “science experiments” growing in the refrigerator or your garbage container; the bathroom is clean enough for company; and those six-month-old magazines are recycled or passed along to someone else.

If it feels overwhelming, make a schedule of what small steps you can take today, tomorrow, and the next day. Then repeat as needed until you can envision having your neighbors over for dinner.

On to the next chart level: your immediate neighbors. Do you even know them? If you do, rekindle the relationship by inviting them over for dinner on a Sunday afternoon (if they’re still working) or a weekday lunch (if they’re not). If you’ve not met them, make or buy some cookies and go over to introduce yourself.

Research has shown that loneliness can be as deadly as disease. Once you’ve made a start at keeping it at bay by finding things to do with (or for!) your neighbors, it’s time to reach out to your fellow Villagers.

Join one of the Book Groups if that’s your thing. Go to Toast or TaborSpace when the gang is there (see the calendar on the back cover) if you just want a low-obligation social engagement. If you knit or crochet, come to the “Knot Just Knitting” meet-ups on the last Sunday of the month. Check to see what your local Circle has going (or start something if they don’t!). Join the great bunch that form the Rain or Shine Committee (or the new New Member Committee).



Remember, you joined Eastside Village for more than the occasional work party or ride to the dentist. You *wanted* a community, and we’re here! Your fellow Villagers would love to go somewhere or do something with you, if you give them half a chance.

Now on to the next level on our quest for “clearer sight”: our greater community. Ever go to your local Neighborhood

Association’s meetings? Thought about serving as a volunteer on a City-based committee or event? There’s something for everyone: Parks & Rec, Sunday Parks, City Bureau Advisory Committees, and many, many others. Non-profits like Meals on Wheels, Store-to-Door, Habitat for Humanity, Albertina Kerr’s, ARC, and others are also always on the look-out for volunteers to lend a hand in a wide range of capacities.

In his report (on page 8), Lee Lancaster recounts the crucial importance of well-designed cities. Shouldn’t we who would stand to gain so much, do what we can to make sure Portland is such a place?

And the last, but crucially important, level on our 2020 chart: your civic engagement. Regardless of your preferred party or candidate in this year’s election, we *all* need to be on the alert for attempts to undermine our democracy, whether by campaigns of dis/misinformation, voter purges, or simple ballot interference.

At a minimum, be sure that you’re registered to vote and encourage others to do the same. The 1960 Oregon General Election had an 86.5% turnout; by 2016, it was only 67.8%.

Certainly, we can all “see” the need for improvement this time.

*By Peg Farrell  
EV Member/Editor  
Governing Council Member*

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Members of both branches of the EV Book Group came armed to their joint December meeting with reviews, recommendations, and *cookies!*

Each member brought three books to “pitch” to their fellow readers for this year’s lineup. The top 11 vote-getters were then arranged into the calendar below.

A number of these books are extremely popular and may be in short supply at the Library, so get your holds in early! [The EV Book Group meets every second Tuesday, from 10-noon.]

**January:** *“God: A Human History”* by Reza Aslan. In layered prose and with thoughtful, accessible scholarship, Aslan narrates the history of religion as a remarkably cohesive attempt to understand the divine by giving it human traits and emotions.

**February:** *“Britt-Marie Was Here”* by Fredrik Backman.

A heartwarming and hilarious story of a reluctant outsider who transforms a tiny village and a woman who finds love and second chances in the unlikeliest of places.

**March:** *“Digging to America”* by Anne Tyler. Rich, tender, and searching, Tyler challenges the notion that home is a fixed place, and celebrates the subtle complexities of life on all sides of the American experience.

**April:** *“Mama’s Last Hug”* by Frans de Waal. Mama’s Last Hug opens our hearts and minds to the many ways in which humans and other animals are connected, transforming how we view the living world around us.

**May:** *“Boston Girl”* by Anita Diamant. An unforgettable coming-of-age novel about family ties and values, friendship and feminism told through the eyes of young Jewish woman growing up in Boston in the early 20th century.

## 2020 EV Book Group Choices

**June:** *“Where the Crawdads Sing”* by Della Owens.

At once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and subject to the beautiful and violent secrets that

nature keeps.

**July:** *“Little Fires Everywhere”* by Celeste Ng. A riveting novel that traces the intertwined fates of the picture-perfect Richardson family and the enigmatic mother and daughter who upend their lives.

**August:** *“There, There”* by Tommy Orange. Orange’s novel is one of healing, pulling together the intimacies of Native American family, community, history, and violence.

**September:** *“My Beloved World”* by Sonia Sotomayor.

Justice Sotomayor recounts her life from a Bronx housing project to the federal bench, a journey that offers an inspiring testament to her own extraordinary determination and the power of believing in oneself.

**October:** *“The Tea Girl of Hummingbird Lane”* by Lisa See.

A powerful story about circumstances, culture, and distance, *The Tea Girl of Hummingbird Lane* paints an unforgettable portrait of a little known region and its people and celebrates the bond of family.

**November:** *“The Storied Life of A.J. Fikry”* by Gabrielle Charbonnet.

Funny, tender, and moving, *The Storied Life of A. J. Fikry* reminds us all exactly why we read and why we love.

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# January 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.

### **Easy and Affordable Mason Bee Hosting for Adults**

Native, non-stinging mason bees are pollinators of early-spring blooming trees, shrubs and berries. They are easy to care for and benefit from human hosts who provide them with a cozy nesting home to raise their young while pollinating the garden. Being a host for mason bees is fun for all ages, and with honey bees facing many threats, the native mason bees are popular alternative pollinators.

Tues, Jan. 11, 3-4:30 pm

## **GREGORY HEIGHTS LIBRARY**

7921 NE Sandy Blvd.

### **Sculpting the Human Figure in Clay**

Participants will explore techniques in clay for creating lifelike and stylized sculptures relating to the human form. Perfect for beginner and intermediate students.

Sun, Jan. 12, 2:30-4:30 pm

## **HOLGATE LIBRARY**

7905 SE Holgate Blvd.

### **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, Jan. 11, 3-4:30 pm

## **MIDLAND LIBRARY**

805 SE 122nd Ave.

### **Hanging Tea Light Lanterns**

Come learn the fundamentals of using a Silhouette Cameo cutting machine. Learn side-by-side with mentors who will help you design, cut, and assemble these Hanging Tea Light Lanterns.

Thurs, Jan 9, 12-2 pm (waitlist open)

### **Portland + Me Tote Bags**

Come learn the fundamentals of using a Silhouette Cameo cutting machine. Learn side-by-side with mentors who will help you design, cut, and weed your heat-transfer vinyl with a fun Portland design.

Fri, Jan 17, 12:30-2:30 pm (waitlist open)

### **Uprise and Beyond**

*Rejoice!* is a Portland-based contemporary dance ensemble led by the bold vision and artistic direction of Oluyinka Akinjiola. Inspired by the folklore of the great African diaspora, *Rejoice's* performance repertoire boldly weaves stories of adversity and hope, captivating audiences with their outspoken calls for social change.

Sat, Jan. 18, 2-2:45 pm (first come, first served)

*Continued on page 11.*

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*Continued from page 10.*

### **Fake News Survival Guide**

Are you puzzled about telling real news from fake news? Learn the tricks and tools to evaluate the credibility of news stories and info online.

Tues, Jan. 21, 10:30-12:30pm

### **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

Tues, Jan. 7, 10:30-12:30 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.

.Tues, Jan. 14, 10:30 am-12:30 pm

### **Gmail and Google Tools**

Your Google account can do more for you than you thought! Come to this class to learn about: managing your Gmail inbox; using your Google calendar to share your schedule; using Google Tasks to keep your to-do list online. You must have a Google or Gmail account before coming to class. Bring your username and password to class; you will need to be able to log into your account. Bring your phone; you may need to verify your google account.

Tues, Jan. 21, 2-4 pm

### **LinkedIn Basics**

Learn how *LinkedIn*, the internet's number one professional networking website, allows you to create and promote workplace skills, experience, and successes in this class.

Tues, Jan. 28, 2-4 pm (registration opens Jan. 7)

### **SELLWOOD-MORELAND LIBRARY**

7860 SE 13th Ave.

#### **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.

Tues, Jan. 28, 10 am-12 pm (registration opens Jan. 7)

### **WOODSTOCK LIBRARY**

6008 SE 49th Ave.

#### **Abstract Acrylics to Beat the Winter Blues**

Students of this playful and colorful workshop will learn painting techniques and design tips to create unique and expressive artworks out of acrylic media. Options for finishing touches and display methods will also be covered.

Sat, Jan. 11, 2-3:30 pm

#### **12 Key Acupressure Points for Everyday Health**

An experiential holistic event sharing information based on the wisdom of the ancients that will improve your health and strengthen your immune system!

Sat, Jan. 25, 2-3 pm (registration opens Jan. 4)



# CALENDAR FOR JANUARY 2020

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

## 4

### 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. 12–2 pm; Woodstock Wine & Deli, 4030 SE Woodstock

## 8

### EV Council Meeting

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

## 8

### Breakfast at Toast

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

## 14

### EV Book Groups

(R, MV) See Page 11 for this month's book title. Please contact the office for location. 10–Noon

## 16

### EV Men's Lunch Bunch

(R, MV) Join the EV men on a special walk followed by lunch. See P. 7 for more info. 10:30 am – 2 pm.

## 18

### EV 101

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

### EV Volunteer Training

Required training for all EV Volunteers. 10:30–Noon. Contact the office for location..

## 21

### Conversation @ PAM

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

## 26

### Knot Just Knitting

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

