



The Eastside
Village VOICE

March 2020



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It's A CELEBRATION ~ OF US!

So have you made your reservation for the Celebration yet? (Saturday, April 25th, from 4-6 pm.) It's a really big deal and you aren't going to want to miss it.

And what is *it*, exactly? Oh, nothing much, just the very first Celebration of Villages NorthWest and all *11* of its Villages!

And what are we celebrating on Saturday, April 25th, from 4-6 pm?

Why, *you*, of course!

Are you a Member of Eastside Village? Excellent. Whether you've been part of our little family for several years or if you've only just discovered us, we want to thank you for your support, participation, and encouragement.

Thanks to folks like you, 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 **nearly 600** Members. Wow!

We think that's worth celebrating, don't you?

We also think it's important to honor and



celebrate our Volunteers, because, quite honestly, our wonderful Volunteers and the **4,500 separate services** they provided last year alone are the glue that holds our Villages together.

Many of our Volunteers are also Members, so the Villages NW Board decided to celebrate **all** of us: Members, Member-Volunteers, Volunteers, and Governing Council Members on Saturday, April 25th, from 4-6 pm.

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) on Saturday, April 25th, at 4 pm, you'll be greeted with displays from each Village showcasing their Members and Volunteers. There'll be a short meeting,

followed by some light refreshments — including an ice cream station staffed by the Board members themselves! — and some lovely musical background.

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

Because 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.

Please drop your soon-to-be-recycled treasures off at the EV office or bring it to your next EV event (Men's Lunch, TaborSpace Coffee, Book Group, Food for Thought Lunch, etc) and we'll collect it there.

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

By Peg Farrell

MEN'S LUNCH GROUP HAS AN ART-FILLED DAY

The EV Men's Group last month took a Cathedral/Temple walk planned by Eric Roost. Over a dozen members gathered to visit these great houses of worship here in Portland.

St Mary's Cathedral dates back to 1926 with a wonderfully refurbished interior and a massive organ restored from the 1906 San Francisco earthquake and repositioned here after the 1989 Oakland earthquake.

Trinity Episcopal Cathedral highlights its own wonderful organ along with some remarkable wooden interior structure and highlighted by a collection of icons some created by Trinity's own Iconography Institute.

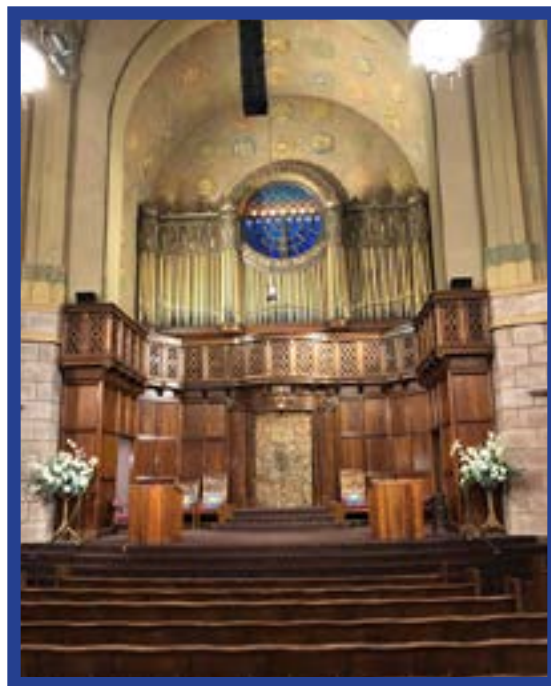
Our final visit was to Temple Beth Israel whose welcoming grounds and comfortable interior

showcase a treasure of history and art associated with Portland and one of the earliest Jewish temples in the West.

Our final highlight was lunch at Deschutes Brewery on 11th Avenue.

All EV members and volunteers are welcome to attend; please register online or with the office.

*By Lucien Dollaire
EV Member*



JUDY RINGENSON: A LIFE OF ADVENTURE

Judy Ringenson has followed a variety of paths throughout her life, each with a common thread of discovery, service, and knowledge. Born in Minnesota, Judy grew up in Winona where her Swedish-American father worked as a printer. She spent weekends and summers on her maternal grandparents' farm, where as early as age 10 she drove horses or tractors in the fields to bring in the wheat or hay.

After high school, she took part in a study program at a large mental health facility in Rochester, Minnesota, which sparked a lifelong interest in mental health. Leaving for college in Massachusetts, she attended Mount Holyoke and spent weekends and summers volunteering at American Friends Service work camps.

At a camp for migrant workers in King's Ferry, New York, she fell in love with a Swedish volunteer, Stig Ringenson, and moved with him to Aix-en-Provence, France. They later settled in Stockholm, where she

worked as a au pair and learned Swedish.

She returned to Minnesota to finish her BA and take part in the Job Corps after Kennedy's death. She returned to Stockholm to give birth to her son and to enroll at the University of Stockholm, where she earned a PhD in a department known for action cum research.

Her curiosity and interest in mental health has directed her life of advocacy as well as her career. She moved to Alaska to direct a mental health clinic, learning from the Aleut peoples about their unique life experiences.

Returning to California, she worked in a program to integrate teens with serious mental issues into high school classes. She later worked with a program providing therapy to police officers and their families.

At Kaiser Permanente she ran recovery groups. When her attempts to emigrate back to Sweden to support her son failed, she worked as psychologist in California prisons.

In 2008, she moved to Portland to join friends from 25 years earlier in France. In Portland she loves hiking in the wilderness, playing bridge, gardening, reading,

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VILLAGE ACTIVITIES IN FEBRUARY



The RISE Circle February neighborhood meeting enjoyed a presentation by nutritionist, Erin Fredricks, on the subject of “Food as Medicine.”

Erin, who has broad experience in the food industry, brought samples of her newly created recipes for healthy living and aging. Many myths were expelled and new knowledge gained.

It was an educational and enjoyable presentation for all.

*By Anne-Marie Dollaire
EV Member*



Twice a month EV Governing Council member, Judy Ringenson, welcomes other members, volunteers, and visitors to sit and sip coffee/tea and share casual conversation. There are a few “regulars,” but the group ebbs and flows with weather, flu season, and travel. Conversation varies too, from favorite movies to daily observations. There’s always space for you to come and enjoy.



Several EV members gathered for a “Kidneyversary” luncheon to celebrate the second anniversary of Liz Campbell’s new kidney. (See the August 2018 issue of the *EV Voice* for more about Liz and her journey toward health.)



Eight intrepid EV hearts celebrated Valentine’s Day at the Japanese American senior lunch program at the Epworth Methodist Church on February 14th. Vincenza arranged the lunch date—as can *any member*—and participants signed up online or through the office.

How to Fight Ageism and Change Outdated Attitudes

Various movements, publications, and initiatives are helping the American public have a realistic understanding of aging.

John Feather, the CEO of Grantmakers in Aging, is quoted in a Hartford Foundation report that gets to the essence of the issue. "If you ask anyone who works in the field of aging services or policies about the biggest challenge we face, they may initially say lack of funding, understanding the issue or lack of political will. But shortly, they will come to the more pervasive issue: the pervasive ageism in American society."

So, what is *ageism*? It's a type of discrimination that involves prejudice against people because of their age. The term was first used by the late noted geriatrician Dr. Robert N. Butler.

The challenge to eradicate ageism has been taken on by academics, nonprofit organizations, authors, advocates and some aspects of the media. Unlike sexism or racism, ageism continues to be socially acceptable. We make statements about age and older people that we would never make about one's race, gender, religion or ethnic background. And if we did, there would be a protest.

Yet there is hope. The following examples demonstrate several approaches to changing the narrative.

Reframe Aging Project: Eight national organizations formed a partnership to create a better public understanding about the needs and contributions of older adults. The authors report on why ageism matters, ideas to shift public opinion and ways to avoid communication traps. Here are just two suggested traps to avoid: Don't refer to the

growing aging population as a "silver tsunami" or the "demographic cliff;" it suggests an inevitable problem for both individuals and society. Avoid the super senior narrative which suggests if they overcame aging, why can't you?

A book and force: Ashton Applewhite, advocate, speaker and author of "This Chair Rocks, A Manifesto Against Ageism," erases the myths about later life. She focuses on ageism in the workplace, addresses the all-American myth of independence, critiques the portrayal of older adults as a burden to society and catalyzes a movement to make discrimination on the basis of age as unacceptable as any other kind. Applewhite advocates "age pride."

Senior Planet: This is a community of people 60 and older who are harnessing technology to change the way we age. Their mantra is "age with attitude." More than just about the latest apps, websites and gadgets, Senior Planet advances technology as a means to an end that enables older adults and people of all ages to thrive in today's digital age. This community offers multi—week technology courses, most of them free with locations in New York, Maryland, Colorado, Texas and California. See www.seniorplanet.org. Senior

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This article was written by Helen Dennis, a columnist, author, and lecturer on Aging and the New Retirement (www.helenn@aol.com / www.renewment.org) It first appeared in the [Los Angeles Daily News](#).

EV CLIMATE CRISIS CREW UPDATE

The Climate Crisis Crew held its third meeting on Feb 1st at its new location, the Memorial Room (next to the new Eastside Village Office) in Trinity United Methodist Church, 3916 Steele, Portland. If you'd like to join us on the fourth Saturday of the month, we'd love to have you. Please register on the EV calendar or with the office.

As she described in her article, "How Can Something We Do Make a Difference?" Jay Stewart facilitated a discussion of a critical study in *The Proceedings of the National Academy of Sciences* cited in the NY Times article "Things We Can Do: The Big Picture." (Thanks to Ann Gaffke for sharing the original article with us.)

The Carbon Team is now bringing their members' multiple strong backgrounds to bear in investigating the enforcement of current laws and regulations regarding idling engines, especially diesel-fueled motors in Portland and throughout Oregon.

This complex issue may involve the need for subsidies to help small, one-truck operators change their vehicles' emissions, as well as the Federal control of transferring goods from trains to trucks, and the need for more power stations to enable stationary trucks to run their refrigeration systems with outside energy.

The team is also closely monitoring websites such as 350PDX.org to stay current on letters, emails, and testimony needed in our efforts to lower carbon emissions.

The Carbon Team recently shared news of a big step forward in the efforts of Oregonians to try to lower carbon emissions. Jordon Cove LNG withdrew its application to the Oregon Dept. of State Lands. If allowed to go forward, the Jordan Cove Project would build 1) a pipeline through Oregon for the transportation of natural gas sourced from elsewhere in the United States and Canada; and 2) an international export terminal in Coos County, Oregon. The project would have been Oregon's largest single climate polluter and would have made

it nearly impossible for Oregon to achieve climate reductions to meet the Paris Accords' 2-degree target. T

With the help of our Plastics Team, CCC members are sending letters to Trader Joe's to urgently request the curbing of single-use plastic packaging, particularly clam shells and styrofoam. TIP: If you are interested in adding your voice, please contact Roberta Badger-Cain.

The Tree Team has alerted us that City Council will vote this spring on protecting trees from being eliminated from Portland's Forest Canopy to make room for warehouses, truck-loading, etc. in industrial & commercial areas.

Portland Parks and Rec's Urban Forestry Dept. is asking for testimony from citizens at upcoming meetings. For more information: call Roberta Badger Cain or Anna Lyons-Roost.

A closing quote from Chris Palmer at 350pdx.org which is especially relevant to us as Villagers who both care deeply about our earth home, and simultaneously face multiple limitations on time and energy:

"The best part of my role at 350PDX is that I get to watch people progress from someone who ticks 'interested in volunteering' on a sign-up form, through orientations, trainings, and settling into a sustained and meaningful role on one of our teams. And I also see volunteers have to take a step back because their life gets busy.

"But often with that stepping back, I see people take on a feeling of guilt.

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KAIT SKYLER: FREE SPIRIT OF FAITH

Kait Skyler may be one of the quieter of Eastside Village's members, but she is, nonetheless, a gentle powerhouse.

Her well-received 2003 children's book, *Up to Our Ears in Elephants*, illustrated by Mo Martindale, is in libraries from Bend to Michigan. She has donated three copies to a school in Haiti. Anyone with grandchildren or great-grandchildren preschool through elementary school age, would be a hero for gracing them with a reading/showing of the story, or better yet, with a personal copy of the book.

This enthralling story is about a family welcoming ever more elephants into their home and the hilarity that ensues. Kait must have been prescient of the plight of today's refugees and migrants.

Kait has won every award for poetry at the Oregon State Fair, including the Grand Prize, and participates regularly in "Write Around Portland." She also had a personal story published in *Angels on Earth*, a Guideposts publication. Her current project is a book of poetic prayers.

Kait grew up in Longview, Washington, but was born in Calcutta in 1953 as its citizens

were rioting for India's independence. Her father was a career employee of the YMCA. Her mother was involved with many things, including politics. Her first childhood memory was dictating poems to her Mom when she was only 4 or 5.

Influenced by an "adopted" Dad, Ray Lynch, she continues to live out his early guidance, not only to be a go-getter, but more importantly, to be a go-giver. She is a "Prayer Warrior" and long-time member of St. Philip Neri Catholic Church.

Kait has been on a one-woman crusade to brighten up the world, as exemplified by her aura, her colorful attire, and the unexpected swaths of color in her hair. Her favorite person, living or dead, is Mister Rogers.

Kait has a degree in Social Sciences from PSU. Her entire work career has been that of helping people. One of her favorite jobs was as a "Jill of All Trades"/Admin. Asst. to Sociology Prof. Dr. Nanette Davis, in which

Continued on p. 11, "Kait Skyler."



*Continued from p. 3,
"Judy Ringensen."*

providing foster care for dogs. She also serves on Eastside Village Council, has written a successful grant for EV membership scholarships, hosts EV coffee mornings at Tabor Space, and is passionate about climate crisis and the welfare of the mentally ill.

*By Vincenza Scarpacci
EV Member*



*Continued from p. 10,
"Kait Skyler."*

she was tasked with the "care and feeding of a college professor."

Kait participates in many Eastside Village activities, but her favorite thus far has been EV's sing-along. She would love to inspire an active EV Game Night group.

She is appreciative of Jennifer in the EV office and is eager to assist and nurture EV members.

*By Roberta Badger-Cain
EV Member*

YOUR VOICE MATTERS, LEARN HOW TO USE IT CIVICS 101

Do you want to learn about your city, county and regional government? Are you interested in getting more civically involved, but aren't sure where to start? The upcoming 5-session Civics 101 training can help!

Civics 101 is sponsored by SAGE (Senior Advocates for Generational Equity) and taught by JoAnn Herrigel, former Deputy Director of Elders in Action. Participants in this free training series will learn about the structure and operation of city, county, and regional government; engage directly with elected officials; and learn to advocate for issues of concern. This year, Civics 101 will focus on the City of Milwaukie, the City of Portland, Clackamas County, and Metro Regional Government. The final session will be a hands-on advocacy training.

Sessions will run from mid-April to mid-May and will be held mostly on Tuesdays from 1–3 pm. The City of Milwaukie session is set for April 14 at Milwaukie City Hall, and the City of Portland Session will be on April 21 at Portland City Hall. Dates, times, and locations for the balance of the sessions will be set shortly. To register or for more information, contact JoAnn Herrigel.

Long-time EV Member JoAnn Herigel developed the Civics 101 training series and has coordinated these trainings for the past five years, attracting attendees of various ages and backgrounds. JoAnn currently works part time for Urban Excursions and volunteers for both Eastside Village and Project Linkage.



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. . . that makes it hard to step back up when life frees up again.

"I've been trying to articulate why you should absolutely **not** feel guilty for having to take a step back! A few days ago I found my answer on Twitter.

"A friend once shared what she called the Parable of the Choir. A choir can sing a beautiful note impossibly long because singers can individually drop out to breathe as necessary and the note goes on.

'Social justice activism should be like that,' she said. That's stuck with me."

*By Anna Lyons-Roose
EV Member*



JANUARY GOVERNING COUNCIL MEETING MINUTES

Peg Farrell discussed the upcoming meeting April 25th, 4-6 pm at All Saints Episcopal Church on SE Woodstock Blvd. to celebrate all members and volunteers of Villages NW. The celebration with prizes will follow the brief VNW Board Meeting.

Deb Hekker reported that we have 52 volunteers of whom 19 are members, and 95 members of whom 37 are full-service.

Lee Lancaster presented findings from the Strategic Planning from the NE Village Retreat of Sept. 24th. Each council member will present one of the action plan ideas at coming meetings.

Jenny Rockwood (EV's Office Manager) will put a "Give Back" day on the EV calendar for the day volunteers will take full-service members to activities with children, or blood banks, etc.

Lucien Dallaire reported that recent 101 meetings have gone well.

Judy Ringenson will start the satisfaction survey of members and volunteers that is

needed to satisfy the requirements of our grant from the Irving Foundation.

Deb will ask JoAnn Herrigel to conduct Jenny's annual evaluation

The move to the new office at 3915 SE Steele will proceed with Jenny asking for volunteers to help when needed.

As to new business, Mary Lee Turner may give a talk to volunteers about dealing with disabilities.

Judy presented the Mission Statement for Eastside Village Climate Crisis Crew as formulated by Anna Lyon-Roost and Roberta Badger-Cain. It includes cultivating ways to actively help mitigate the climate crises; to co-create a more conscious, compassionate, and sustainable way of life on the planet; and to find meaning and joy in working together with like-minded neighbors to care for our earth.

*By Judy Ringenson
EV Secretary.*

March Library Events in the EV 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]. Event schedules do occasionally change; visit Library website for current information.

BELMONT LIBRARY

1038 SE Cesar E. Chavez Blvd.

Adventure Travel for Older Adults

This interactive workshop will explore a range of travel ideas for older adults, regardless of activity level. Whether you plan to travel solo or with family or friends, you will learn practical tips, discover new resources and connect with other adventure seekers.

Tuesday, March 10, 6-7:30 pm

Presentations 1

During this session, we will learn about different tools you can use to create and edit presentations. We will use Google Slides and Microsoft PowerPoint. By the end of class, you will be able to: Create and format an engaging presentation Insert pictures and charts into your presentation. This class is for beginners, but you must be comfortable using a keyboard and a mouse.

Sunday, March 22, 11-1 pm

(registration open)

GREGORY HEIGHTS LIBRARY

7921 NE Sandy Blvd.

Copper Wire Bouquets

Artist Kathy Karbo will show you how to create whimsical flowers using colored wire and beads. Gain experience with hammers,

anvils and needle-nose pliers as you make a few vibrant designs to brighten up these wet spring days.

Sunday, March 29, 2:30-4:30 pm

(registration open)

HOLGATE LIBRARY

7905 SE Holgate Blvd.

Pet Portraits: Paper Cutting

Explore the art of paper cutting while creating unique art pieces about the pets in your life! Learn techniques for successful illustration and safer tool use while developing personal stories. Participants should bring a photo or two of their pet(s) for best results.

Saturday, March 14, 2-3:30 pm

MIDLAND LIBRARY

805 SE 122nd Ave.

Tax Help

Get free individualized tax preparation assistance provided by trained AARP volunteers. Please bring photo ID, documented proof of Social Security number and last year's return, as well as any current tax documents. Contact 503-988-5123 to register.

Friday, March 20, 12-5 pm

Friday, March 27, 12-5 pm

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File Taxes for Free

Get free individualized tax preparation assistance in Vietnamese, Chinese, Korean, Spanish and English provided by IRS Certified Volunteers in partnership with Vietnamese Community of Oregon. Please bring photo ID and documented proof of Social Security number, last year's W2/1099/1098, last year's tax return, last year's medical and educational receipts, as well as any current tax documents. First come, first served.

Saturday, March 21, 10 am-4:30 pm

Saturday, March 28, 10 am-4:30 pm

SELLWOOD-MORELAND LIBRARY

7860 SE 13th Ave.

LinkedIn Basics

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

Tuesday, March 10, 10 am-12 pm

WOODSTOCK LIBRARY

6008 SE 49th Ave.

No special events this month.

FREE HEALTH SCREENINGS

Providence St. Joseph Oregon Regional Behavioral Health's "Better Outcome Through Bridges (BOB)" Program ***Impact Your Health Portland*** is an annual free clinic offered since 2016. Staffed by volunteer healthcare providers to help as many people and families

in need as possible, it will be hosting its fourth FREE medical, dental and vision clinic on Friday, March 27th and Sunday, March 29th, from 8 am to 4 pm, at the Portland Adventist Academy Gym, 1500 SE 96th Ave, Portland.

Patients will be seen on a "first come, first served" basis; one service per visit.

Once again there will be **FREE** eye exams and glasses; dental checkup / cleaning / filling / extractions; medical checkup and advising; massages; health insurance consultations; counseling; foot washing and new socks; etc.

The organizers of "Impact Your Health" are tremendously grateful for the generous and continuous support provided by our local schools, churches, healthcare organizations, non-profits, local businesses and more.

ImpactYourHealthPDX.com.



“UNDERSTANDING MILD COGNITIVE IMPAIRMENT” A WORKSHOP FOR VILLAGE VOLUNTEERS

Villages NW and Washington County are cosponsoring this informative workshop on Saturday, April 4th, from 10:30 am to 12:30 pm, in the Griffith Building, Room 100, Courtroom B, 4755 SW Griffith Dr, Beaverton.

Attendees will have the chance to learn more about the difference between mild cognitive impairment (MCI), dementia, and normal age-related changes. Other topics will include the Timeslips™ Creative Communication techniques for MCI; designing an MCI-friendly environment; and determining when and how to encourage professional support.

To reserve a spot at the workshop, please write to info@villagesnw.org or call 503-515-1948.



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Planet embraces their community and defies the myth that seniors aren't techies.

Ageism First Aid: This online course is sponsored by the Gerontological Society of America for those working in the field of aging to help change common misconceptions about aging, replacing the myths with facts. The goal is to increase professionals' understanding of ageism, its development, how to avoid it and ways to interact more skillfully and effectively with older adults. See www.geron.org.

Changing the Narrative, Colorado: This strategic communications and awareness campaign is designed to increase understanding of ageism and to change how those in Colorado think about aging. It is a movement that trains advocates, policymakers

and other influencers in aging by using evidence-based communication tools and messages developed by Frameworks Institute and tailored for Colorado audiences. The campaign helps with blogging, opinion pieces, letters to the editors and targeted stories. They use Change AGents, trained volunteers who educate their networks to eliminate ageist practices and advance a positive view of aging. Their goal: end ageism.

The forces are in action. Collectively we can change attitudes, beliefs, practices and even policies to provide equal opportunities for older adults, pathways to contribute to society and acknowledge our older population with respect and dignity. After all, if we are lucky, we will get there.

CALENDAR FOR MARCH 2020

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

4

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

6&20

Coffee @ Tabor Space

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

10

EV Book Groups

(R, MV) Join fellow EV members as we discuss “Digging to America” by Anne Tyler. Please contact the office for location. 10–Noon.

11

Breakfast at Toast

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

14

EV Does Bunco

(R, MV) Join us to play bunco, a dice game for 12! First-time players welcome! 12-3 pm. Space is limited; please register online or with the office.

17

Conversation @ PAM

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

19

EV Men’s Lunch Bunch

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

21

EV 101

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

EV Volunteer Training

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

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.

28

EV Climate Crisis Crew

(R, MV) 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.