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The Eastside
Village VOICE
November 2021

*This year I
am thankful
for _____*

3
What Are YOU Thankful For?

5
Ann McKinney: Volunteer,
Adventurer, Hiker, and More

9
Cold? Flu? Or COVID?
Find Out Here

10
Are You Ready for
the "Big One"?

11
Minutes of Fall Member Meeting

13
Storytelling Workshop:
Intro Session

World Cultures Study Group

Hiking Amid the
Rhododendrons

EV Website Tutorial

14
November Calendar of Events

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What Are YOU Thankful For?



We can probably all agree that it's been a heck of a year, with little to recommend it aside from the arrival of COVID vaccines. As we come into the time of year for giving thanks, we wondered what if anything our Members were thankful for. So we asked them.

Last month, the EV Newsletter began a recurring feature we called "Readers Write." Each month, we'll be posing a question and ask YOU for your thoughts, comments, ideas, memories, etc.

This month's topic was "What are you thankful for?" Here are the responses we received.

This is an easy one! I'm thankful for my health and my family.

Wendy Orloff

How is it possible that although still a newcomer to Portland, I have more friends than I did in high school? It's because our Members are intentional about helping one another and building a supportive community. I am thankful for the many ways my Eastside Village friends enrich my

life and, as someone with disabilities who regularly needs help, I am also thankful for the opportunities that arise when I can provide help to other Villagers, too.

Linda Safran

One of the many things I'm thankful for is fall. Especially this one. After another hot, dry, and dangerous summer, I yahoed when it started

Continued on page 4.

Continued from page 3.

raining in September. And kept raining. And raining. Record-setting rain. And on top of that, it got cooler. And cooler. And cooler. It's still raining. It's still cool. Snow is piling up on the mountains. I'm happy.

Marnie McPhee

I am grateful to have learned that joy and peace come from trust in belonging to one another, and to the Sacred Soul/Spirt embodied in the Wholeness of Our One Being.

I am grateful to be on the planet right now, to try to help a bit to stem the imminent threat of climate change and to protect our Northwest forests.

I am grateful to be learning of the exquisite care and communication among the trees and their friends in the forest. And I am grateful to be sharing all this with my partner Eric!

Anna Lyons-Roost



Here are the **Readers Write** topics for the next couple of months:

December: *Looking back, what good has happened to you this past year?*

January: *Care to share a goal for the coming year?*

February: *Whom or what do you love most?*

We ask that you submit only one (100 words or fewer) response per person. Submissions are due on the 24th of each month and should be sent to editor@eastsidevillage.org.

I am thankful for: family, friends, health, and the possibility of making a small impact on myself and others by moving forward each day.

Nancy Arntson

I am grateful for the dogs in my life. My dog loves me unconditionally. She is grateful and always cheerful. She listens carefully and is here for me no matter the weather, the time of day, or a new stranger.

I got my first dog while attending university; her name was Liebe. My current dog is Laelia, named after a large white orchid, and yes she is white.

Flip the spelling and dog = god. Coincidence? I think not.

Susan McCall

Continued on p. 7.

ANN MCKINNEY: VOLUNTEER, ADVENTURER, HIKER, AND MORE

Ann McKinney is an adventurer, and she can tell you that Antarctica is her favorite of all seven continents, Iceland her favorite country, Barcelona her favorite city, and Crater Lake her favorite place on Earth. Her sense of adventure led her to get out of Milwaukee, WI, where she had grown up, start college, get married, move to Dallas and five different towns in New Jersey.

Three children born within five years kept her very busy, but eventually she finished her undergraduate degree and completed a master's in social work. She worked as a drug prevention counselor in New Jersey schools for about 25 years and loved her work with kids. Along the way, she divorced, remarried, and had a fourth child—her second daughter.

To celebrate her youngest daughter's college graduation, Ann proposed a month-long trek together in Nepal, where her daughter had done a study-abroad semester. While staying in a hostel at Annapurna Base Camp, Ann overheard people in the common

area speaking English and playing bridge, which she loves. After learning that the travelers were on a break from their Peace Corps assignments, Ann surprised herself by asking, "Do they accept older people into the Peace Corps?"

Several months later, Ann was starting her own Peace Corps adventure in a tiny village in Namibia. During her two years there, Ann learned Oshindonga, the local language, and transformed the elementary
Continued on page 6.



MEMBER PROFILE

Continued from page 5.
school library from one cardboard box of books locked in a closet to a lending library with 1,400 volumes—mostly donated by her family and friends.

Ann loved her time in Namibia. “I learned to be civilized there. They respect their elders. In answer to a thank you, they say, ‘My pleasure,’ instead of ‘no problem.’ ”

Ann often had to set up meeting times with villagers; in response to the meeting invitation, they would say to her, “I will try to get to the meeting on time, but I don’t know whom I will meet along the path.” She thought, “Ann, are you going to remember that when you get back to the States? What’s more important here?”

Ann’s other life lessons came from her large, German family in Milwaukee: the importance of family and of volunteering. These values led her, nine years ago, from an idyllic retirement in Brevard, NC, to a lovely ADU in her daughter’s home in Portland.

Recently, she learned about Eastside Village through Ellen Howard and thought it was time for her to get involved. “My grandkids are 12 and 7, and they’re not as excited about spending time with Grammy as they used to be.”

After Ann completes her Eastside Village Volunteer training, she hopes to be a driver or shopping companion, or visit others in their homes. She also loves books, classical music, cribbage, and traditional jazz.

On pre-pandemic Tuesdays, you would have found her at Libbie’s in Milwaukie, dancing and singing along. She loves bridge and is hoping an EV bridge group will get off the ground soon.

At 85, Ann hikes almost every day of the week; on her last birthday, she hiked 12 miles with 1,300 feet of elevation gain. “I love the outdoors so much. It’s good for my mental and physical health.”

We’re happy that her adventures have led Ann to Eastside Village.

*By Carlotta Richard
EV Member*



Continued from page 4.

I am so grateful for the young who protest the climate crisis and social injustice on the streets and at Bark, Sierra Club, and Friends of the Columbia Gorge meetings to save Northwest wildlands and rivers and to protect those who suffer from the remnants of 400 years of sanctified cruelty and genocide. I am so grateful for our elders who continue to battle bureaucracy and indolence to start projects of gardens for immigrants in apartments, or gardens on school property and elsewhere for the poorly paid. Bravo!

Judy Ringenson

I am so thankful for friends and family, as well as for opportunities to go outdoors to enjoy trees and plants, birds, animals, and insects and all the amazing variety and diversity in our world.

Sharon Grady

Of course, I am thankful for my family and my health. But considering the past couple of years, I am so grateful for Eastside Village. Without all our Zoom calls, I probably would be much battier than I am now! An hour here and there throughout the weeks took me out of my own head and forced me to think of others and stop feeling sorry for me. There was laughter, some sad stories, and some challenging conversations. All of these kept me going. My kids are busy and don't have time to dig me

out of a hole. EV friends very bravely did the job instead.

Mary Beth Young

I am thankful—
* for being alive
* for the love of my family and my partner
* that my current issues, though many, are “first-world” issues
* that between my birth + formative years (literally in the Holocaust) and COVID and current politics in these, my elder years, I have had a truly great life: interesting, satisfying, full of music, travel, education, deep friendships, fulfilling career, very varied experiences.
I am grateful.

Ruth Bolliger

I am thankful for the everyday quiet excitement of living, the explosion of leaf color before the wind, the urgent renewal in spring, laughter, and of course, the smell of baking bread.

Shirley Clifford

Continued on page 8.



Continued from page 7.

I'm thankful for living in a place where choice is available.

I'm thankful for living in a place where I can read whatever I want.

I am thankful that I can help others who don't have so much to be thankful for.

I'm thankful my mother made me cook dinner a couple nights a week.

I'm thankful for the miracle of water from the sky.

I'm thankful for the time I spend with friends.

I'm thankful for Castlevetrano olives and especially thankful for Castlevetrano olives in a martini.

Jackie Lemieux

I'm so thankful for my grandchildren and the joy they bring into my life. I'm also thankful for the COVID vaccines which make it possible for me to fly out east to see them.

Carlotta Richard

I'll nominate two thankfuls to our EV Newsletter:

Friendship is one of them because it is not contractual—that is, it doesn't need paperwork.

The second is a daily email blast I have enjoyed which also seems not to have any paperwork. You can set it up at www.gratefulness.org.

Roger Warren



COLD? FLU? OR COVID? FIND OUT HERE

When symptoms of seasonal illness set in, it won't always be clear which infection you're dealing with.

COVID-19 is a highly contagious respiratory illness that can have varying degrees of symptoms, from none to severe. Symptoms may include fever or chills, severe cough, sore throat, and the loss of taste or smell.

COVID-19 can cause medical complications, especially in higher risk groups, and can result in hospitalization and death.

The **flu** is a contagious respiratory illness that can

cause mild to severe illness, with symptoms such as fever, cough, and body aches. Although the flu can be very serious and require medical attention, most people with the flu don't need medical care or medication.

Contact your doctor if your symptoms worsen or are prolonged, or if you're at high risk of flu-related complications. Testing may be necessary to confirm a diagnosis.

With a **cold**, you may feel pretty crummy, but the symptoms (e.g., cough, sore throat, fatigue, etc.) are mild in comparison to viruses like the flu and COVID-19. Rest and many over-the-counter medications can help relieve symptoms.

Still unsure? Check your symptoms against this chart.

Symptom	COVID-19	Influenza	Cold
Length of Symptoms	7-25 days	7-14 days	up to 14 days
Body aches	Sometimes	Yes	Yes
Chills	Sometimes	Yes	Uncommon
Cough / Fatigue / Weakness	Yes	Yes	Yes
Fever / Shortness of breath	Yes	Yes	Uncommon
Headache	Yes	Sometimes	Uncommon
Loss of test/smell	Yes	Sometimes	Sometimes
Nasal congestion / Runny nose / Sneezing / Sore throat	Uncommon	Yes	Yes
Vomiting / Diarrhea	Sometimes	Sometimes	Sometimes

Information courtesy of Covenant Health

ARE YOU READY FOR THE “BIG ONE”?

Are you ready for the “Big One” or a wind storm, ice storm, power outage, or whatever? If you think you’re not, I’m going to help you get started by talking about the “KITS” where you will keep your emergency supplies. Although your KIT will work in any emergency, let’s just concentrate on earthquakes for now.

Do you need more than one KIT? Will one do for every place? The short answer to both questions is “No.” How many KITS should you have? If you’re not sure, ask yourself these questions:

Q1: What if the earthquake occurs when you’re driving in your car? How about if you’re asleep in your nice cozy bed? Does that help?

Q2: You survived the quake, but now you don’t have, electricity, water, or natural gas. What do you need?

You’re going to need enough supplies and water to last until emergency help arrives. And that’s where the KITS come in. Let’s identify them by where they’re kept.

CAR KIT: in Your Car

This would be a day pack with 1.5L bottled water, warm

sweaters, emergency ponchos, a flashlight/batteries, and an emergency rescue blanket.

You’re also going to need a gallon-sized plastic bag containing a package of water purifier tablets; 6-8 energy bars; and a bag each of trail mix, mixed nuts, and dried fruit.

BEDROOM KIT: Placed By/Under Your Bed

For each person in the home, you’ll need: a hard hat, leather gloves, flashlights/headlamps, hard soled shoes, socks, and an extra pair of prescription glasses tucked into shoes.

OUTSIDE SECOND-STORY WINDOW KIT

Escape ladder, step stool.

GO KIT: Near an Outside Door

This day pack would contain: bottles of water, hand sanitizer, a leatherman/Swiss army knife, emergency rescue blankets, emergency radio and batteries, leather gloves, water filter or purification tablets, flashlight and batteries, emergency ponchos, small first aid kit, whistle, dust masks, power bars, trail mix, and a bag of dried fruit.

STAY KITS are just what the name implies: enough supplies to last until emergency help arrives. STAY KITS are big. [For more information on what you need in a STAY KIT or any of the KITS go to: richmondpx.org/richmondready].

It can be a bit overwhelming to think about putting together all these KITS, so just start with one KIT at a time.

Remember “Don’t be scared; be prepared.”

Dennis Hopkins
EV Member

MINUTES OF FALL MEMBER MEETING

Present: Council Members Peg Farrell, Lee Lancaster, Craig Johnson, Marnie McPhee, Jim Houser, Liz Dally, Wendy Orloff, Mary Beth Young, Judy Ringenson.

Also present: EV Members Sue Ayer, Natasha Beck, Sherry Whitmire, Mary Bedard, Liz Campbell, Jin Darney, Ann Gaffke, Sherry Hall, Laurie Hansley, Shannon Hastings, Cary Hixon, Jackie Lemieux, Marilyn Lipko, Jim O'Connor, Gayle Palmer, Mike Prager, Juanita Remien, and Linda Safran.

Peg welcomed the Members and awarded various door prizes throughout the Meeting. Lee then spoke of the relationship between EV and VillagesNW (VNW), the non-profit that is responsible for EV's legal and financial decisions. The VNW Board is the "hub" and the Villages are the "spokes" of the organization. VNW Board members are not always Village members.

Peg then presented snapshots from some of EV's activities this past year: the auction, mask contest, Valentines Day goodies, Bokashi composting demonstrations, Happy Hours with Artistic Flair, April plant sale for the food pantry, May All-Member picnic, July rummage sale to help seniors avoid eviction, Book Groups, the Men's Group, Garden Get-togethers, EV Bikers, Climate Crisis Crew, Liz Dally's Instagram incentive, and in-person and Zoom Coffee Hours.

Craig spoke about the work of EV's Volunteers, the great demand for drivers at the beginning of the pandemic, and the increase in services requests as Members became vaccinated.

Jim Houser spoke of changes in our membership. We now have 111 Members, having added 38 in 2021. Lee spoke of the VNW Circle of Representatives and the Growth Taskforce. He emphasized how EV learns from other Villages about their practices and inclinations. The Growth Taskforce helps EV respond to the growing number of elderly people and increases community efforts and a sense of meaning. Thinking about diversity, equity, and inclusion in new ways seems vital.

Marnie and Peg spoke of the Newsletter as an important resource for our community. Judy said it was good to know that the minutes she had taken of Governing Council meetings would be accessible to Members on the EV website.

Judy also spoke of working with the VNW Resource Development Affinity Group to find good stories and photos from the Villages for the end-of-year appeal for funding and for the letters that will be arriving which discuss how to make our Village part of one's financial legacy.

She noted that Peg has been invaluable in doing some of the design work for the Villages' fundraising materials. Financial experts have

Continued on page 12.

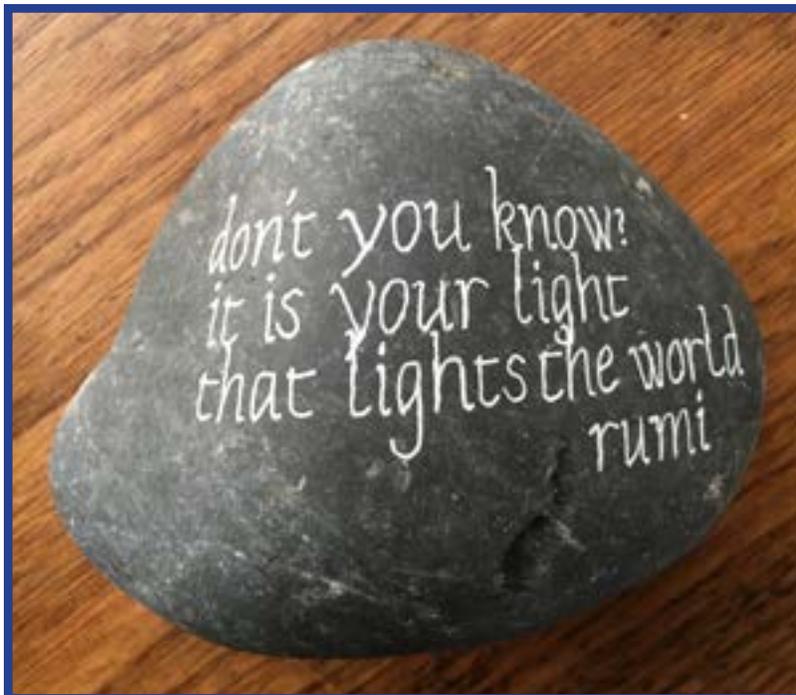
Continued from page 11.

volunteered their services in preparing fundraising brochures for all the Villages. Among other things, the funds that are raised will be used as scholarships for members who might need financial help with their membership fees.

Liz meets with the VNW Marketing Affinity Group, posts information for EV's Instagram Meet-Up followers including the 101 Information sessions, etc. She was happy with the new banner (designed by Jenny) that EV uses when tabling at neighborhood events. She appreciated Cary's postings on Facebook. EV needs Tik Tok videos, but the best marketing is word of mouth.

Mary Beth meets with the VNW Programs Affinity Group. She asked members to speak up if they have ideas for activities. "Please enjoy yourselves," she said, "by joining EV's upcoming contests for masks, pet costumes, and carved pumpkins. Send your selfies to Jenny at the office."

Wendy presented EV's budget for 2021-2022 and answered questions about expenditures.



The two candidates for Governing Council then introduced themselves to the rest of the Members. Jackie Lemieux spoke of EV as dynamic and robust, and said she looks forward to offering more services. Jim O'Connor spoke of joining EV two years ago with his late wife, Vickie. He is fascinated by technical things like Google Workspace and would like to check out interest in a chess club. The vote to elect them was overwhelming.

The final door prize, a stone calligraphed with a line from the poet Rumi (painted by Jackie Lemieux and pictured at left), will be awarded to Jenny. Peg sent a heartfelt thanks to her and to JoAnn Herrigel and Jin Darney. She is grateful that Members continue to reach out to each other. We look forward to a successful and lively 2022!

By Judy Ringenson
EV Member and
Outgoing Council
Member

STORYTELLING WORKSHOP: INTRO SESSION

Join EV members for an introductory session with Ann Singer, Executive Director of Rogue Pack, a non-profit theater company that has brought writing/theatrical programs to organizations throughout the Portland metro area for more than ten years.

Discover and write *your* stories.

Registration for this Zoom-based event is required. Monday, November 8, 10:00–11:30 AM

WORLD CULTURES STUDY GROUP

Bob Hunter, EV Member and retired professor of history specializing in the modern Middle East and North Africa, is organizing an EV World Cultures Study Group. Join the discussion and follow, in as fair-minded a way as possible, world affairs, especially those that affect the United States.

Registration is advised as space is limited. Do join us on Thursday, November 11, 1:30–3:30 PM in the Fireside Room at Trinity United Methodist Church, 3915 SE Steele Street.

HIKING AMID THE RHODODENDRONS

The EV Hiking Group will be trekking through the beautiful Rhododendron Gardens on Monday, November 15, 10–11 AM. EV Members and Volunteers are welcome to join them.

The group will meet at the Rhododendron Garden parking lot, 5801 SE 28th Avenue, at 10 AM.

EV WEBSITE TUTORIAL

Forgot how to look up someone in the Member directory? Never seen the directory? How about a refresher on signing up for calendar events? What about the Forum?

Marilyn Lipko, our website expert, has generously offered to host this EV website tutorial. Watch via Zoom while Marilyn shares her screen, going through the EV website basic functions.

Ask questions if you'd like, or just listen along for this great refresher.

Are you a brand-new Member?? Please join us on Tuesday, November 23, 11:00 AM–Noon, for this great introduction!

CALENDAR FOR NOVEMBER 2021

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. **IP** = Events held in person. **Z** = Events held via the Zoom online conference platform. See the Events Calendar for each event's link.

1, 8, 15, 22, & 29

Happy Hour

(MV, Z) Share stories of what you're happy about with fellow EV folks. 5-6 PM

2, 16

Tuesday Hiking Group

(MV, IP) See online calendar for location details. 10:30-11:30 AM

3, 17

EV Movie Club

(R, MV, Z) We watch a movie individually, then talk about it together. 3-4 PM

5, 12, 19, & 26

Coffee Hour

(MV, IP/Z) Join us in person at 8:30 am on the 2nd story of New Seasons Market (4500 SE Woodstock Blvd.) or by Zoom at 9:30 AM

5

RISE Lunch @ Lardo

(R, MV, IP) Join us for lunch at Lardo (1212 SE Hawthorne Blvd.). Please register online or with the office. 12-2 PM

8

Storytelling Workshop

(R, MV, IP) See details on page. 13. Registration is required. 10-Noon

9

EV Book Groups

(R, MV, IP) We will discuss *The Vision of Emma Blau* by Ursula Hegi. Registration is required. 10-Noon

11

World Cultures Study Group

(R, M, IP) See p. 11. 1:30-3:30 PM

13

Virtual EV 101

(R, Z) Zoom in for a virtual introduction to Eastside Village. Please sign up with the office. 10-Noon

15

EV Council Meeting

(R, MV, Z) Please contact the office if you wish to attend. 10-Noon

Rhododendron Garden Hike

(R, MV, Z) See details on page. 13. 10-Noon

17

Men's Lunch with Adult Beverages

(R, MV, IP) Join the EV men for a hike/walk, bag lunch, and conversation. 12-2 PM

23

EV Website Tutorial

(R, MV, Z) See p. 13 for more information. 11-Noon

27

EV Climate Crisis Crew

(R, MV, Z) Join us to share ideas, from small and energizing changes in how we live our lives, to what we can do together. 12-2 PM

28

Knot Just Knitting

(R, MV, IP) Bring your project or problems and let's have fun together. 1-3 PM