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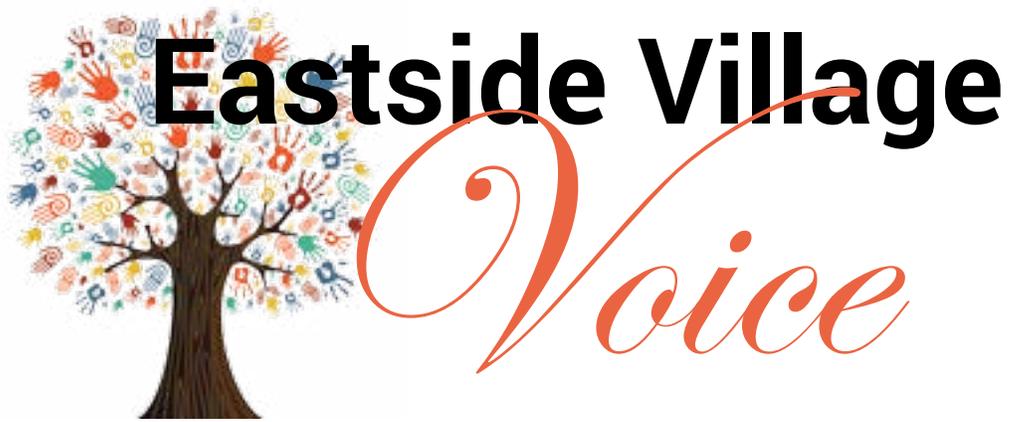
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“Why Does A Non-Member Volunteer For the Village?”

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

I was asked this the other day and had to momentarily ponder. The reason is actually quite simple and perhaps a tad selfish. I volunteer in a non-member capacity with my neighborhood Village because it makes me happy. And for me, that's my sole goal in life. I just want to live in happiness.

So many wonderful events and emotions derive from just realizing happiness as a daily objective. The practice has a welcome cotangent. How about that serene feeling you get when Mr. Random Dude asks how your day is going and actually stops to listen to your response. You can't tell me that a bit later, when you amble by Ms. Bogus Chick, you don't engage in

kind. That is happiness multiplied and spreading.

I've read a lot about the practice of Loving Kindness and the incredible benefits of just being happy, which volunteering does for me. Supposedly, boosting one's own happiness level triggers multiple positive emotions to the ON position. There's love, joy, amusement, interest, pride, contentment, and gratitude. Then comes the ripple effect of compassion and empathy. A simple kind gesture brings happiness.

Volunteering with The Villages, this amazing organization, directly and positively impacts everyone's life, from Members to Non-Members. We are all imprinting on each other's lives just by making a difference. Our little Eastside community creates

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quite a sense of comradeship among all participants. The sense of belonging to something so positive is happiness.

Oh, and the gratefulness from a person who has allowed a volunteer to assist is such a bonus. Sometimes asking for a bit of help can be awkward or uncomfortable. But without the need for an extra hand now and again, just what am I gonna do with all this effort to give?? A bit egocentric and certainly goofy sounding, but *my* happiness is just waiting to be *your* happiness!

From Village Member to Village MemberVolunteertoNon-Member Village Volunteer, we all rely on

each other and have our specific roles to contribute. We are a great little community, accomplishing our goals ourselves in the most basic manner... Neighbors Helping Neighbors.

And that makes me happy.

~ Deb Hekker
Village Council Member
Happiness Proponent

NOTE: If you'd like to reap some of those happy "volunteer vibes" Deb writes about, please sign up for the next Volunteer Training, (Saturday, March 16, 10:30-12, at the EV office, 1402 SE Cora.)

This is the last step in becoming a volunteer, so please be sure your application is in good standing first.

Position Announcement: Office Manager

Eastside Village seeks a part-time Office Manager to staff our office location at 1402 SE Cora St. and provide the day-to-day continuity necessary to keep service functions running smoothly. All other office staff are volunteers who work weekly or semi-weekly shifts to provide coverage in the Office Manager's absence.

The Office Manager serves as a vital bridge between all aspects of Village operations and the office team. This is a 'hands-on' position that involves daily

interaction with members and volunteers and requires the ability to find workable solutions for situations that are not always easily anticipated.

This position is currently budgeted for 20 hours/week, has a salary range \$20-25 per hour, and will accrue sick time.

To apply: Please submit a letter of interest and resume (including a list of three references) to JoAnn Herrigel, herrigelj@alum.mit.edu. Applications will be accepted until noon on March 11, 2019. Contact JoAnn at (503-449-5039) for a copy of the complete job description or with questions about this position.

The Eastside Village Voice is published monthly by Eastside Village PDX. EVPDX is a program of Villages NW, a 501c3 nonprofit, which serves as the Hub for a network of community-based

Spoke Villages across the Portland Metro area.

www.eastsidevillage.org | 503-866-0571 | info@eastsidevillage.org

Peg Farrell, Editor | editor@eastsidevillage.org

Member Stories: Mary Lee Turner

The perks of volunteering are like icing on the cake for older adults. and the more they volunteer, the sweeter it gets. Experts agree that seniors benefit tremendously by providing service to their communities.

Eastside Village member and volunteer, **Mary Lee Turner**, has a long history of giving back to her community. Here is her story.

~ Cary Hixon

I have been involved with LIONS Clubs for over 20 years and have participated in eight vision clinics in Mexico. On my first trip, I asked them if I could take white canes since I am a retired mobility instructor and a cane user myself. During the year, I collected white canes, used glasses, and hygiene items to deliver to needy patients.

I had the privilege of placing these canes into the hands of blind children and adults of all ages (this year it was ages 3 to 83!) and providing instructions in their use. These items make a huge difference in peoples' lives, including mine.

As a passionate lifelong reader (primarily using recorded books from the National Library Service), I now serve as Chairman of the Oregon Talking Book and Braille Library Advisory Council. Being able to certify and instruct people who are no longer easily able to read printed books gives me tremendous joy.

I was hit and severely injured by an automobile in 2011 and have become devoted to promoting pedestrian safety for not only blind people but for everyone. I have stepped into the office of Chair of the Pedestrian Safety Committee for the Metro PDX chapter of the American Counsel of the Blind of Oregon. The first Pedestrian Safety Advisory Coalition Committee met to create an ongoing educational initiative this past January.

I am an ordinary person who has taken skills gained from a lifetime of living and am using them to help others. If there is any way I can be a resource for you, you are welcome to contact me for encouragement and support. I became a full member of Eastside Village in 2018 and have found it to be a powerfully positive addition to my life.



Village 101 Draws Big Crowd

Each month, Eastside Village volunteers and members host “EV 101,” an informal informational meeting for folks in the community who are looking to learn more about the Villages model in general, and Eastside Village in particular.

The most recent 101 drew nearly a dozen potential members and volunteers, over half of whom have since become members.

If you or someone you know would like to learn more about us, please feel free to come! The Info sessions are held from 10:30 to noon on the third Saturday of every month, with their location rotating between Woodstock Wine and Deli (4030 SE Woodstock Blvd.) and Hotlips Pizza (2211 SE Hawthorne).

~ Lucien Dollaire



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doctor’s appointments. “I also help in work parties every so often,” he added. “We can do a lot in a couple of hours with a big-enough crew.”

Autumn Carroll is not a member of Eastside Village, but volunteers for it because in her home health care work she saw a need. “I thought, ‘I could help with that.’”

There are two types of membership for Eastside Village. One is primarily just to join in its social activities; and the other is full-membership, which makes it possible to receive help from village volunteers. “We can even go to members’ homes to help replace a ceiling light bulb, or a smoke detector battery,” related Anne-Marie. Volunteers do a variety of tasks to help people continue to live in their homes.

Jin Darney's (Re)Retirement

As Chaucer wrote, *"There is an end to everything, to good things as well."* Alas, Jin Darney, Eastside Village's Office Manager, has announced her retirement, effective April 1. The Village Council is currently recruiting a replacement for her position (see related article).



Craig, Jin, Charlie Clark

Jin and her husband Craig, who serves on the Eastside Village Council, hope to take time to travel and pursue other adventures. She will continue to

volunteer in the EV office and will remain active in the Village as a member and a volunteer.

Village members and volunteers are invited to attend a Open House in Jin's honor on March 30th, from 1 to 3 pm at the home of Ellen Howard. Appetizers and finger foods will be provided. Please join us to share your thanks for Jin's careful nurturing of our members, volunteers, and Council members during her tenure! Space is limited, so please RSVP to Cary Hixon at cary.hixon@gmail.com.

I'd like to take a moment to express my deepest gratitude (which I am certain I share with many other Eastside members and volunteers) to Jin for all the energy and commitment she brought to her work at Eastside Village.

I recall meeting with Jin at a Woodstock Coffee Shop in the months leading up to the Village's launch in 2015. I had heard about Jin's early involvement in RISE Village (which later merged with Eastside Village) and asked if she'd consider helping us form the first Eastside Governing Council, establish Village policies and processes, and maybe "help get

the office set up." She agreed to help and became an invaluable member of our EV "Worker Bees."

As a volunteer, she served as the Council's Secretary while she set up the EV office at Cora Street; established office processes and policies; and acted as a liaison between volunteers, members, and the Governing Council.

In Spring 2017, when we decided to hire an office manager, Jin stood out among all the candidates we interviewed. For over two years, she has been the "voice on the phone" when members need help. She's been the person you call when you want to volunteer. She's been the one the Council has relied on to keep not only the office, but the Village itself, running smoothly. This Village simply would not have made it as far as it has without the hard work and commitment of Jin Darney.



Autumn Carrol, Jin, Craig, George Tylinski

It has been my very great pleasure to get to know Jin over the past few years. She is dedicated, capable, level headed, funny, smart..... and a hell of a good story teller.

Her ability to "call 'em like she sees 'em" has kept our EV ship steering straight through many storms. I know you all join me in expressing my warmest thanks to Jin for her work on behalf of Eastside Village.

~ JoAnn Herrigel

“I Love TriMet, And So Should You”

Ann Gaffke has had a long-standing love affair with TriMet. Here's her story and her encouragement for you to become smitten as well.

What can I say? I love TriMet! We are so fortunate to live in Portland with such a good public transportation system!

first, those accidents were a blessing in disguise.

I was 51 years old and had made my living as an outside sales person calling on pulp and paper mills all over the West Coast and Mid-West, so I was not a likely candidate to give up driving and embrace our Portland bus system. But when my doctor said I would heal better, I reluctantly changed my lifestyle.

At first it was to only to be a

intelligently for least amount of wasted time. Fifth, it is a convenient “excuse” to politely avoid optional activities. Sixth, it has helped me look to the future in choosing my housing based on proximity to basic services that we all need, such as grocery stores, public transportation, etc.

Over time, I have developed a mental map of all the different ways to get from A to Z as efficiently as possible or to take



It has been over 20 years since I gave up my car following two accidents eight days apart. The first was due to a vehicle running a red light at a blind intersection, causing my head to hit the windshield and my chin the steering wheel. The second accident involved being hit while stopped for a red light by a large pickup+boat combo that didn't even slow down, pushing my car into the two cars ahead of me. Bystanders said it was like watching me ride a bucking bronco. Though I didn't recognize it at

temporary thing, but it took a good five years for this former mountaineer to recover her health and stop flinching, even as a passenger, whenever I saw oncoming traffic. And by then I had lost my edge, my nerve for negotiating traffic, and had become comfortable using public transportation.

So, why do I say that riding TriMet has been a blessing in disguise? First off, I arrive at my destination composed and not rattled by traffic. Second, just imagine the money that I have saved not paying for a car or insurance or repairs. Third, it has forced me to look closely at my priorities and shed superfluous obligations. Fourth, it has helped me organize and group my stops

in any desired stops. In Portland, we have such a wealth of choices: the TriMet buses, streetcars, MAX lines, trains, and trams, all intersecting and available under a single transportation umbrella. Our Metro transportation system allows us to go to Wilsonville, Canby, Troutdale, Forest Grove or Vancouver. And once we get to these distant destinations, there are connecting lines from those hubs to take us even farther.

Transportation apps on your smart phone can help you plan your trip, whether by bus, Max, streetcar, train, tram, Lyft, Uber, or RideConnection.

It's easy peasy to get where you need to go using public transportation.

~ Ann Gaffke

TriMet 101: Give It a Try!

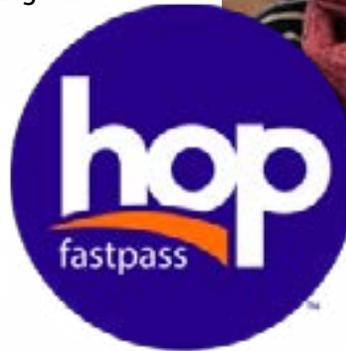
Christina Cooper with Ride Connection will offer two seminars for Eastside Villagers at the Multnomah County Woodstock Library, 6008 SE 49th Ave.

April 3 from 1-3 PM: Transportation seminar with focus on transit and other transportation options. We will then put this knowledge into practice and take a group trip.

April 17 from 1-3 PM: Transportation seminar focusing on the HOP ticket system. Once again, we will put this into practice by taking a group trip.

Christina has offered to bring system maps and schedules as well as HOP cards for those in attendance. And, I have 20 free All Day Honored Citizen HOP cards for the first 20 Eastside Village persons who sign up for the seminars. Please RSVP to save a place.

Look forward to seeing you there!



When Is It Time to Give Up the Keys?

We often regard our automobiles as a ticket to freedom, so the decision to give up driving is not made lightly. AARP lists the following warning signs that show when it may be necessary to limit or stop driving:

- » Feeling nervous or fearful while driving
- » Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
- » Difficulty staying in the lane of travel
- » Getting lost
- » Trouble paying attention to signals, road signs and pavement markings
- » Slow response to unexpected situations
- » Medical conditions or medications affecting the ability to handle the car safely
- » Frequent “close calls” (i.e., almost crashing)
- » Trouble judging gaps in traffic at intersections and on highway entrance/exit ramps
- » Other drivers honking at you and times when you are angry at other drivers
- » Friends or relatives not wanting to ride with you
- » Trouble seeing the sides of the road when looking straight ahead
- » Being easily distracted or having a hard time concentrating while driving
- » Having a hard time turning around to check over your shoulder while backing up or changing lanes •
- » Frequent traffic tickets or warnings in the past two years

AARP recommends that if you notice one or more of these warning signs, you should attend a driver refresher class. Some doctors recommend that you stop driving if three or more warning signs apply.



Elders
in Action & AARP[®] Real Possibilities
Oregon
present
CIVICS 101

Your voice matters. Learn how to use it!

Do you want to be more involved with your city, county, and regional government and your community? CIVICS 101 is for you!

We invite you to participate in a 3-session training series—sponsored by the Multnomah County Bar Association—to learn about the structure and operation of various levels of government, engage with elected officials, and advocate for causes you believe in.

In this series you will:

- » Learn the basic elements of our local political system.

- » Have personal conversations with elected officials
- » Visit city, county, and regional offices
- » Learn how to advocate for issues of concern to older adults.

Snacks & refreshments will be provided, and reimbursement is available for bus tickets to and from the sessions.

These sessions are expected to fill quickly, so register early for those you are interested in: info@eldersinaction.org and 503-595-7530.

Inside the City of Portland

Tuesday, March 26th, 1:00 PM-3:00 PM. Portland City Hall, 1221 SW 4th Avenue

- » Intro to the City of Portland and how its city government works
- » Presentation/discussion with a Portland City Council member
- » Tour of Portland City Hall

Inside Metro Regional Government

Monday, April 8th, 1:00 PM-3:00 PM. Metro Building, 600 NE Grand Avenue

- » Intro to Metro and how the regional government works
- » Presentation/discussion with a Metro Council Member
- » Tour of the Metro building

Advocacy in Practice

Tuesday, April 16th, 1:00 PM-3:00 PM. United Way, 619 SW 11th Avenue, #300

- » Learn tips and tools for advocacy
- » Practice your advocacy skills

Extra! Extra! Read All About Us!

*Eastside Village found itself in the news recently when **The Bee** published a story about a Village Work Party held at Saida Kupel's home. Eight members and volunteers worked together to get Saida's yard shipshape again. The story, written by Elizabeth Ussher Groff, was published in the Feb. 1st issue.*



On a recent sunny Sunday fall morning in Eastmoreland, eight people affiliated with nonprofit “Eastside Village” helped homeowner Saida Kupel with the yard work she is no longer capable of doing. “I have incurable cancer and I’m living alone. I’ve always been really independent, but now I’m needing a lot more help.”

Kupel has only been a member of Eastside Village—not exactly a village, but an organization that helps people in Southeast Portland “age in place”—since early September. She says when a Village volunteer came to her home to assess her situation the volunteer remarked diplomatically, “I see your front yard needs some tender loving care.”

One of the volunteers on hand that day to help rake fall leaves and sweep Kupel’s driveway was Anne-Marie Dallaire, who

just moved with her husband Lucien from Connecticut in August, to be closer to their sons in Portland and Seattle. They are now living in the Woodstock neighborhood, where they can happily “walk to everything,” as she says.

Asked how they found out about Eastside Village, Anne-Marie said, “We had friends move from Connecticut to California and they had joined a ‘village’. They said to check and see if there was one in Portland.

“We found Eastside Village and we already feel like we know all of these people,” Anne-Marie commented, referring to all of the Eastside Village members they have met through the social outings and volunteer work.

Woodstock resident Jin Darney, who is part-time office manager of Eastside Village, has been a member since the organization began in 2015. She says, “It is fun to get together and work on a project [with other Village people]. We have a once-a-month slot for work parties.”

Darney’s husband Craig Johnson reported that in 2015 two villages had merged to form Eastside Village. He volunteers most often as a driver, making it possible for people like Kupel to get to

Continued on page 4.

SPRING WORK PARTIES!

It’s time for garden spring cleanup! If you would like a work party of volunteers to help with your yard, give the office a call. We’ve scheduled some for March 17, April 21, and May 19, but can certainly schedule more if there is enough demand.

March Library Events

To register, call 503.988.5123 (except where noted). All offerings are free of charge. In addition to the events listed below, many libraries have recurring events such as crafts groups, reading groups, résumé help, and tech help. Event schedules do occasionally change; visit [Library Events](#) for current information.

Belmont Library

1038 SE Cesar E. Chavez Blvd

Tea 101

Learn the basics of tea in this class. The Jasmine Pearl Tea Company will cover what is tea, its history, growing regions, production, and how to brew a great cup of tea. Participants will get to sample a variety of teas during the class as well.

Saturday, March 23, 2-4 pm

(registration opens March 2)

Gregory Heights Library

7921 NE Sandy Blvd.

Crafting Delicious Teas

With fresh herbs from your own garden or with dried herbs, this class will help you craft teas and tisanes to meet your own tastes and needs. We will taste a variety of teas and herbs, and talk about complimentary tastes and a few common herbs. Everyone will go home with a tea blend inspired by what they have learned in class.

Sunday, March 10, 3-4:30 pm

Vietnamese Floral Art with Home Grown Flowers

This workshop, presented in Vietnamese, enables you to enjoy your flower garden longer. Join Ann Le-Fleur Copine to learn tips and techniques to create elegant pieces of floral art using seasonal flowers from your garden.

Sunday, March 17, 3-4:30 pm

Holgate Library

7905 SE Holgate Blvd.

Hong Kong Pop Karaoke

Karaoke is a popular pastime in many parts of Asia. The music selections will include many popular songs in Mandarin and Cantonese. For those who love to sing, join us for a wonderful singing experience.

Wednesday, March 27, 2-4 pm (first come, first served)

LinkedIn Basics

Learn how LinkedIn, the internet's number one professional networking website, allows you to create and promote workplace skills, experience and successes. By the end of this class, you will learn how to get around in the LinkedIn website, start building your LinkedIn profile and connecting with others to build your network, and search for jobs and organizations. Please sign up for a LinkedIn account before coming to class.

Saturday, March 9, 3:30-5:30 pm (first come, first served)

Midland Library

805 SE 122 Ave.

Tai Chi: An Anti-Aging Exercise

Tai Chi's choreographed meditative exercises are enjoyable and make you stronger. This workshop includes four classes.

Mondays, March 4-25, 10-11 am (registration open)

Festive Floral Arrangement

Create a fresh flower arrangement with the florist-designer Margarit Petrosyan.

Wednesday, March 13, 5:30-7:30 pm (waitlist open)

Crafting Delicious Teas

This class will help you craft teas and tisanes to meet your own tastes and needs. Everyone will go home

with a tea blend inspired by what they have learned.
Thursday, March 14, 6-7:30 pm (registration open)

Paper Crafts: Pop-Up Cards and Shadow Boxes

In this two-class series, presented by Portland YouthBuilders, you will create a nature-inspired pop-up card by utilizing a Silhouette Cameo craft cutter.
Wednesdays, March 6 and 13, 12-2 pm (waitlist open)

Sellwood-Moreland Library
7860 SE 13th Ave.

Anyone's Domain 2019: 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. Please note: During 2019, the content of this workshop will remain the same at Multnomah County libraries.

Saturday, March 16, 1-4 pm (registration open)

Woodstock Library

No special events this month.

Men in the 'Hood

February's "Men's Lunch with Adult Beverages" was held at DOTS Dive Bar on SE Clinton. provided by Craig Johnson and Jon Feldhausen.

Lee Lancaster led a walking tour through Ladds Addition in the Hosford-Abernathy Neighborhood, with historical commentary. This monthly, drop-in lunch gathering is open to all EV members and volunteers of the male persuasion.



March 2019



MARCH VILLAGE EVENTS

R = Register online or with office.

MV = Attendance limited to Eastside Village Members or Volunteers.

1&15 COFFEE @ TABOR SPACE

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

12 EV BOOK GROUP

(R, MV) Join us for a discussion of *Pachinko* by Min Jin Lee.

13 BREAKFAST @ TOAST

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

14 COFFEE BREAK

(R, MV) Join us for a look at some prize-winning, jaw-dropping, mind-blowing quilts from around the world with Peg Farrell. 10-11 am.

16 EASTSIDE VILLAGE 101

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

19 CONVERSATION & ART @ PAM

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

21 MEN'S LUNCH WITH ADULT BEVERAGES

(R, MV) Eastmoreland Golf Course Bar & Grill, 2425 SE Bybee Blvd. (See the online calendar for details about the pre-lunch Eastmoreland Neighborhood walk.)

22 FOOD FOR THOUGHT

(R, MV) Discussion of *The Art of Dying Well* by Katy Butler. 12-1:30 pm. Albertina Kerr's Dining Room.

30 JIN'S RE-RETIREMENT OPEN HOUSE

(R, MV) Members and volunteers of Eastside Village are invited to celebrate Jin's (Re)Retirement. RSVPs required. 1-3 pm.

31 KNOT JUST KNITTING

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