



The Eastside
Village VOICE

June 2020



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The “Food for Thought” Lunch Bunch in September 2018.

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(NE 22nd between Holman and Ainsworth; photo by Fiora D'Mestiere)

(Music Millenium, 3158 E Burnside Portland Street; photo by Portland Street Art Alliance)



(SE Lincoln St; photo by Khalid Bouredji)

THE GOOD IN THE WORLD

It can be all too easy to feel sad and alone during this time of extended isolation. Cut off from all the people, places, and experiences that we hold dear.

Please do not despair! This is Portland, after all. Home of the Unipiper, the Naked Bike Ride, and more purple houses per capita than any other city in the world. There is humor, love, imagination, community, and so much more out there! We just have to open our eyes to see it.

What can *you* see?

[Photos from Portland Street Art Alliance (www.pdxstreetart.org/) and the Hidden Portland for the Curious FaceBook Group (www.facebook.com/groups/Hiddenportlandforthecurious/)]

(SE 72nd between Powell and Holgate; photo by Chris Eichmiller)



(N. Buffalo and Haight; photo by Todd Mandelkern)

Those unfamiliar with the reference should check out youtu.be/eCLp7zodUiI (SE Lambert St.; photo by Gretchen Scholl)



Cover: Sign at SE 31 & Yamhill; photo by Clau Summer

FIRST EV TOWN HALL MEETING A SUCCESS

Twenty-one Members were present at our May 15th virtual Town Hall meeting.

Lucien Dallaire asked the Governing Council members to introduce themselves. (Note: Council member Wendy Orloff was not present for this portion of the meeting.) He started them off by discussing his efforts to increase our Village's membership.

Lee Lancaster spoke of his year on the Council and the Membership Affinity Group and how impressed he had been with past EV programs on Death and Dying. (Note: Affinity Groups consist of representatives from all 11 of the Villages NW villages under VillagesNW to work on specific topics.) He and Jin Darney are looking to the future of the villages with the Growth Initiative of VillagesNW. Through his service on the Circle of Representatives, he is working to find a voice for our Village with the VillagesNW Board.

Peg Farrell joined Eastside Village in 2017, loves the village and enjoys doing the Newsletter.

Craig Johnson spoke of teaching volunteers to meet the requirements as drivers, and how volunteers are still driving members even during the Pandemic. He and Jin Darney offered to take in members' ballots now that it is too late to mail them. Judy Ringenson spoke of soliciting grants for low-income members and now for members who might wish to join to overcome loneliness with work in groups with young people, such as the Climate Crisis Crew (CCC) does with Sunrise.

When asked which social events and programs are most valuable, Peg mentioned the book groups because they reach across all circles in EV, and people learn to know each other on a deeper level. Vincenza Scarpaci thanked Linda Safran for starting

the program at the Portland Art Museum. Marnie McPhee enjoys RISE meetings (food as medicine, storytelling, emergency prep.), the Climate Crisis Crew (CCC), women writers, and meditation. Derianna appreciates EV members who have taken the initiative to start various programs, and she enjoys being in contact with people from different parts of the country through Zoom connections. Jay Stewart values what she has learned from others in CCC, and in having this connection with the larger community and beyond. Mary Beth Young enjoys the RISE circle. JoAnn Herrigel is looking forward to bunco and hiking with Eastside villagers again. Linda Safran feels more connected now that members are forced to use a technology that makes it easier to "move" from place to place. Jay says we will be using this technology until there is a vaccine that makes it possible for older people to emerge from isolation.

When asked which programs to add, Marnie said that Jenny and she have been working on an "EV reads" option for the website. Marnie has a book, *The Man Who Planted Trees*, that she would like to read. Vincenza would like a current events group to discuss issues of importance from the neighborhood to the international. Judy would like to help start this group. Marilyn Lipko would like to honor Mary Bedard for her humanitarian work out in the community. Peg suggested that she write an article for the newsletter. Ann suggested that Marnie and others (like Vincenza and Roberta Badger-Cain) with a gift for interviewing people continue to introduce our members one by one via the newsletter. When asked what EV programs members mention when recruiting others, Derianna Moody

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EV GOVERNING COUNCIL MEETING MINUTES

Summary of April 1st Meeting

Lee Lancaster reported that the Circle of Representatives discussed preparing for growth and expecting problems such as a greater need for volunteers; growing pains with 11 villages, etc. He suggested that there be a series of articles for the Newsletter about the relationship of the HUB to the villages; how to solicit input from members, etc. Peg Farrell felt this could help with recruitment of people for the Board. Jurie Lewis spoke of asking friends and acquaintances to be volunteers and of being active on social media. Judy Ringenson reported that the Development Affinity group emphasized the importance of focusing on members' most vibrant interests, such as helping children, protecting the environment, staying healthy through good nutrition, yoga, walks, etc. Jenny Rockwood had sent the emails and phone numbers of each Circle to help the members in them stay in contact. Jenny noted that we now have 55 fully vetted volunteers, of which 35 are non-members. There are five who still drive to appointments, grocery stores, and pharmacies. Yard work and other services have been cancelled. She will explore how the use of FaceTime on iPhones could help members with computer programs such as Zoom. She also noted that the \$149 charge for EV's "professional" Zoom account will be paid for by grant money from VillagesNW. Lucien Dallaire contacted people in RISE and found that they were satisfied in general with EV's response during the early days of the coronavirus quarantine. Jenny said that people continue to express interest in membership, despite the cutback in our activities. The Rain or Shine Committee will continue its work during the crisis, but it will focus on "rain" issues such as hospice or surgeries. Cary Hixon needs

help with intakes but is doing them virtually at present. Phyllis Wishnie and Mary Anne Joyce will help her later. Lucien, Lee, and Judy will help with the planning for the Town Hall meeting to take place Friday, May 15th, 3-4 pm. Wendy Orloff is directing the work of making masks for village members, and others are helping her. The next council meeting is May 6th, hosted by Lucien, again via Zoom.

By Judy Ringenson, Secretary.

NOTE: Beginning in June, the Eastside Village Governing Council will hold its meetings from 1-3 pm on the *second* Wednesday of the month.



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mentioned the camaraderie, the intelligence, the varied interests and personalities, and the closeness of the members. Linda mentioned the intentionality and supportiveness. She also believes EV is good for those who are mildly depressed. Marnie spoke of how people who move here need help to find new friends. Lucien mentioned how people support each other in Portland, as in wearing masks, which he discovered after leaving the East coast. He spoke of Villages as a middle option as compared to continuing care retirement communities. Linda believes that VillagesNW should mention this to members one by one to the Village via the newsletter. Judith Raymond wondered how the length of stay in Portland influences how we feel about the Village. We all compared length of stays. On the subject of how large the Village should be, many said that it could be larger than present, i.e. larger than 100.

By Judy Ringenson, Secretary

PLANT SALES BENEFIT LOCAL FOOD PANTRY

There is a thriving food pantry within Eastside Village's boundaries. Portland Open Bible Community (POBC) Pantry is one of the many food pantries in the Portland Metro area working hand-in-hand with the Oregon Food Bank to distribute food to people in need. Located on SE 92nd Avenue just

Betty Brown, POBC's Executive Director, notes that "the Pantry has seen such an increased number of individuals coming due to the Coronavirus. We have had a record number of new families using our services. Moms and Dads come with their kids, standing in line for food. We are very thankful

which netted over \$1700 in donations for POBC Pantry. "It was heart-warming to see such generosity of Eastside Villagers, our friends, and neighbors" said Ann. She was hopeful that in addition to raising funds, their sales served to raise awareness of the great need in our community.



off Powell Blvd., it serves a neighborhood where 26% of the people are living below the national poverty level.

In pre-pandemic days, the POBC Pantry served over 130 families, distributing over 6000 pounds of food every week. Even then, there sometimes was not enough food for all those in need.

With recent business closures and job losses, the need has increased significantly and will continue to grow until the economy stabilizes.

that we can serve these families at such a difficult time in their lives.

"The news talks consistently about the loss of hope that so many are experiencing. We look into the faces of those people. The food we give them provides some hope that things will get better and that we will get through this."

EV Member Ann Gaffke and her friend Sarah Camp recently hosted and organized two very successful garden plant sales

NOTE: If you missed out on Ann and Sarah's first sales, you've got another chance! This time they're teaming up with EV members Claire Cofsky, Dennis Hopkins, Jana Demartini-Svoboda, and Mary Beth Young on a "Yard Art and Plant Sale" to be held at 2014 SE 59th Ave., on June 6th, 10 am to 1 pm.

Check it out: take home some fun art for your yard and help provide food for folks who need it.

A CHILD OF NATURE: FROM SELLWOOD TO SELLWOOD IN ONE LIFETIME

A native Portlander, Shirley Clifford, lives in Sellwood, not far from her childhood home. Shirley's front yard is a bountiful garden that bursts with color and variety. She also grows blueberries and raspberries.

In addition to gardening, she enjoys walking and riding her bike in the many parks near her home. One of her favorite loops takes her through Westmoreland Park to Johnson Creek, into the Carthwick neighborhood near SE Ochoco Street, then returns home through Sellwood Park and the Spring Water corridor. It takes this 89-year-old wonder woman about an hour to complete the circuit.

Her earliest memories are of Clifford's Grocery, the store on SE Clatsop Street her father owned. She and her parents lived behind the store until she was 11 years old. Then they purchased a piece of land on SE Tacoma near today's New Seasons Market and built a U-shaped court building with the family's residence in the middle and four rental units in each of the wings.

Growing up, she loved to swim, and most every day in the summer found her in the Sellwood Park pool. Years later when she worked downtown

at Portland Children's Services (started under President Johnson's Model Cities Program), she would swim at the YWCA during her lunch break. After work, she headed home to her houseboat docked by Hayden Island, and spent an hour on her kayak, relaxing on the water.

Shirley has three sons. Mark, the oldest, is retired from a career fighting forest fires and lives in Klamath Falls. Steven, the youngest, lives in Portland, and is a personal assistant to his former co-owner of a catering business.

Douglas, Shirley's middle son, started his working career at the Portland Zoo. Then he traveled to South Africa and settled in Botswana. He and his partner rent land from a local tribe and operate an animal educational tour called *Walk with an Elephant* (see photo). He had purchased two baby elephants

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SURVEY OF EASTSIDE VILLAGE VOLUNTEERS

Of the 68 “satisfaction surveys recently returned, 37 were from individuals who were currently or had been Volunteers. Their comments are summarized here.

Most of the 12 non-Member Volunteers who responded to the survey stressed their enjoyment of meeting and serving members. They relished “being of service,” “helping people,” “meeting friendly and interesting people,” “hearing stories about their lives,” and “connecting with elders in my community.” One did comment, however, that occasionally a Member would treat them as paid workers rather than Volunteers.

Two wondered whether all those elders who need help with rides, etc., are not being helped because they can’t afford the Service membership fees. (We should note that Eastside Village has many scholarships for low-income Members that are currently not being used.)

One Volunteer complained that the vetting process took so long (3½ months). The majority of respondents had served less than one year, while two had served since the beginning of Eastside Village in 2015. They praised the office staff as “amazing” and said the office was “professionally run and executed.”

They appreciated their training. Five found it “excellent,” four found it “good,” and three had not yet completed their training. All had received their training from Eastside Village.

Half of the respondents read the EV Newsletter regularly.

The programs and events that they would like to see offered were earthquake or disaster preparation; information about Advanced Directives or other programs about the needs of seniors; and education to increase social awareness of diversity and

inclusion. Many wrote that they had enjoyed the social events staged in appreciation of their services as Volunteers. Of course, several mentioned the pandemic that has changed their situation drastically.

Thirteen EV Social Members who also Volunteer responded to the survey. Some have been volunteering since the beginning of Eastside Village in 2015; others were not yet fully vetted. Most of them have similar reasons for volunteering as do the non-Member Volunteers: “I love meeting Members and being able to help.” Most of the Social Member-Volunteers help with driving while some volunteer in the office. Others organize events and/or serve on the Council. Several pitch in when needed. Generally, they rate the driver’s training as “good” or “excellent.” Some feel that Volunteers should be allowed to attend social events and programs, because this would encourage them to become Members and because it can be costly to be a Volunteer driver.

Twelve Service Members who are active or have been active as Volunteers also responded. Many in this group have been part of Eastside Village since its conception.

Their responses about their experiences are also highlighted by “wanting to help others.” For this group, however, “sharing expertise” is an important part of volunteering. As one Member put it, “I like being an agent of change.” Many are active in organizing events. They speak of “encouraging others to use their special skills.” One mentioned the need for more technological skills that can help those who are more fragile.

In general, they praised the training they had received. Several serve or have served on the Governing Council.

By Judy Ringenson, Secretary

MARY BEDARD ON THE FRONT LINES

While we are all finding creative ways to shelter in our homes, EV Member Mary Bedard goes to work every weekday at *Store to Door*, where she is the Office Manager. *Store to Door* is a vital non-profit that delivers groceries to the home-bound.

Mary puts in 40 or more hours a week, handling finances, HR., and running the office. She makes sure the office is thoroughly cleaned and sanitized every day for staff and volunteers. Of course, people wear masks as necessary and practice social distancing. Mary notes that almost everything in administration takes a little longer because of the

pandemic. In March, *Store to Door* had an initial waiting list of over 150 clients, with 50 of those activated recently.

Mary's biggest challenge is the psychological yearning to be relaxing at home like the rest of us. She hasn't even planted her garden yet, much to her dismay. However, this is offset by the tremendous gratitude that pours forth from their clients: there is an entire wall in her office that is covered in "thank you" notes.

Mary is also heartened by the increased generosity of donors who are keeping *Store to Door* open.

Clearly this is a labor of love. Thank you, Mary, for your dedication and hard work. We see you and acknowledge



your service to our greater Portland community. You are appreciated. Let us know if you need help with your garden.

By Marilyn Lipko
EV Member

"THE MAN WHO PLANTED TREES"

Please join us for this reading of the short story, *The Man Who Planted Trees* by Jean Giono on Thursday, June 11, 2-3 PM. (Zoom link on the EV website Calendar.) It's an inspiring allegory about a shepherd who single-handedly reforested a barren landscape in the Alps in eastern France.

Working day to day, over more than 40 years and through two World Wars, he turned a windblown, virtually uninhabited desert into a vibrant world of flowing streams, trilling songbirds, and thriving farms and villages. Giono, a French writer, published the book in 1953. A film based

on the book won the Academy Award for best animated short movie in 1988 (<https://youtu.be/ERziBKyzfyM>). You're welcome to read the book before or during the EV presentation: http://www.perso.ch/~arboretum/Man_Tree.htm

Please relax and enjoy this uplifting story! After the reading, the Climate Crisis Crew (CCC) will share brief information about our work and other climate-related resources, which are available on the CCC page of the Eastside Village website. We also will plan time for a discussion of the reading.

By Marnie McPhee
EV Member

EV CIRCLE GATHERINGS ARE BACK

The hearty folk of Eastside Village weren't going to let a pandemic keep them from getting together for long. Each week, a number of friendly souls visit during regularly scheduled Coffee and Happy Hours. The Men's Lunch group have their gatherings every other week, while the Book Groups meet up monthly. All are good opportunities to get out of our covid-induced isolation and commiserate, laugh, and encourage one another.

This month we can add another layer to this virtual camaraderie as our neighborhood Circles gather via Zoom (all login details are at the online EV Events Calendar).

The RISE Circle is kicking things off at noon on Monday, June 1st, with a discussion of different ways to carry on and stay in touch in our new world.

The Bagdad Circle is up next, with a meeting at 2 PM on Tuesday, June 2nd. They



will be followed by the Eastsiders Circle at 7 PM on Thursday, June 4th.

And last, but certainly not least, the Sandy Branch Circle will meet up at 10:30 am on Thursday, June 11th. Master Recycler Sandy Oakes will present "The Do's and Don'ts of Recycling in Portland," complete with props!

Put your Circle's meeting on your calendars today: you won't want to miss these!

"FOOD FOR THOUGHT" IN SEARCH OF NEW VENUE

Over the past few years Eastside Villagers have gathered at the charming Albertina's Kitchen restaurant for our periodic *Food for Thought* lunches. Sadly, the restaurant and shops have closed, yet another casualty of the corona virus. (You can read about this difficult decision here. <https://www.albertinakerr.org/after-nearly-40-years-restaurant-shops-at-albertinas-place-close/>)

We thoroughly enjoyed the food, the ambiance, the stylish geriatric models, free parking in their lot, shopping at their three stores, and supporting the wonderful work of this social service agency. Most important, we were able HEAR one another as we discussed the topic of day.

Can you recommend somewhere we could meet once we can do so safely?

Our specifications:

- Capacity for a group of 6 to 12
- Acoustics that allow us to hear one another
- Good parking
- Accessible
- If a restaurant, a menu with reasonable prices
- If a meeting room where we would BYO lunch, a fee of up to \$100

Please contact Linda Safran with suggestions.

EV READS!

Do you have fond memories of reading to your children when they were small? Have you ever thought — deep in your secret heart of hearts — that you'd really like to act in a play sometime? Well, dear EV Member or Volunteer, now's your chance!

Beginning with the Climate Crisis Crew's short book reading next month, Eastside Village is launching a new corona-inspired activity: *EV Reads!*

As the name implies, this is a (Zoom-based) forum for all you readers and wannabe thespians. Have a favorite short story you think others would enjoy? Tell the folks in the office about it and they'll put it on the calendar and get you set up with a Zoom login. Same if you've written some poetry you'd like to share with us, or maybe an excerpt from a book you've written.

Perhaps you and a couple of your friends would like to read/act out one of the many short quarantine plays that can be found online? Same procedure, with



just one of you acting as "host." [Want to see how easy it can be? Check out this fun reading of *James and the Giant Peach*: youtu.be/29LDBdpNMRc.]

C'mon, EVerS! Let's get reading!



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and raised their subsequent family members, who consider Douglas part of the herd.

Shirley is a member EV's RISE Circle and enjoys the Bookies Book Group.

When she retired, Shirley decided to relocate from her houseboat to a home she and her mother had purchased in Sellwood in the early '70s.

And thus this Sellwood girl came home again.

*By Vincenza Scarpaci
EV Member*

CALENDAR FOR JUNE 2020

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

Please note: ALL Eastside Village events will be held via the virtual Zoom online meeting platform. See the Events Calendar for each event's specific link.

1

RISE Circle Zoom Meeting

(R, MV) Join us for a discussion of different ways to carry on and stay in touch in our new world. Noon.

1, 8, 15, 22, & 29

Happy Hour

(MV) Share stories and chat with fellow EV members and volunteers. 5 pm.

2

Bagdad Circle Zoom Meeting

(R, MV) Join us for a fun gathering. 2 pm.

4

Eastsidiers Circle Zoom Meeting

(R, MV) Join us as we check in, catch up, and carry on. 7 pm.

4 & 18

EV Men's Lunch Bunch

(R, MV) See Events Calendar for more info on our virtual format. Noon–2 pm.

5, 12, 19, & 26

Coffee Hour

(MV) Join your friends and neighbors for coffee and conversation. 9:30-10:30 am.

9

EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *Where the Crawdads Sing* by Delia Owens. 10–Noon.

10

EV Council Meeting

(R, MV) Please contact the office if you wish to attend. 1–3 pm

11

Sandy Branch Circle Zoom Meeting

(R, MV) Master Recycle Sandy Oakes will give a presentation on “The Do’s and Don’ts of Recycling in Portland.” 10:30 am.

11

CCC Book Reading

(R, MV) Join us for a short reading and discussion. (See p. 9.) 2-3 pm.

27

EV Climate Crisis Crew

(R, MV) Join us to share ideas: from small and energizing changes in how we live our lives, to what we can do together in our teamwork. Noon–2 pm.