



The Eastside  
**Village VOICE**  
June 2022



**They came. They ate.  
They laughed. And they sang.  
It was a great day!**

*See page 6 for more.*

---

3

"EV Gives Back" Needs  
Your Input

4

Welcome, Neighbor!

5

A Mom and Her Seven Pups

6

They Came. They Ate.  
They Laughed.

7

And They Sang. It Was  
a Great Day!

8

Summer Concerts and  
Movies Are Back

9

Readers Write:  
Favorite Day Trips

10

When You Really Need  
A "PepToc"

A COVID Update

11

A Blueprint for Life

12

May Calendar of Events

The Eastside Village Voice is published monthly by Eastside Village PDX.  
EVPDX is a program of Villages NW, a 501(c)(3) nonprofit, which serves  
as the Hub for a network of community-based Spoke Villages across  
the Portland metro area.

[www.eastsidevillage.org](http://www.eastsidevillage.org) | 503-866-0571 | [info@eastsidevillage.org](mailto:info@eastsidevillage.org)



Peg Farrell, Editor | Ellen Howard, Marnie McPhee,  
Carlotta Richard, and Anne Kenlon, Co-Conspirators



---

## "EV GIVES BACK" NEEDS YOUR INPUT

In May's Newsletter you learned about our recently created "Eastside Village Gives Back" Committee. In a nutshell, this group was developed to decide where to donate funds raised by our own Village fundraisers. This year, the very successful Rummage Sale provided \$1,000 for this Committee to donate to charities based in our Village's geographic area and aligned with our Village's collective interests and/or areas of concern.

Over past month, the Committee has researched and considered more than a dozen wonderful organizations. After review and discussion, the group narrowed the selection to three candidate organizations for this round of financial giving by Eastside Village.

We are pleased to share the following selected organizations. We'd appreciate your feedback about any or all. Have you volunteered at any of them? Do you know people who have benefited from any of them?

We value your input about these organizations! Please send your replies by June 10 to [Alison.Starkey@eastsidevillage.org](mailto:Alison.Starkey@eastsidevillage.org).

We'd also like to know about other nonprofit organizations you value that are located within Eastside Village's boundaries. Please send us the organization's names and if possible, contact information, so we can research them for the next round of funding.

Thank you for your input and care!



### **Immigrant and Refugee Community Organization (IRCO)**

IRCO serves holistic needs of Oregon's immigrants, refugees, and mainstream community members; empowers children, youth, families, and elders to build new lives and become self-sufficient; and provides more than 200 culturally and linguistically specific social services. Provides support to organizations, including Africa House, Pacific Islander and Asian Family Center. ([www.IRCO.org](http://www.IRCO.org))



### **WeShine PDX**

Founded in early 2021 by residents of Laurelhurst, Kerns, and Sullivan's Gulch neighborhoods, it plans to create in-neighborhood micro-villages of tiny habitations for at-risk subgroups of unhoused citizens. This year, it has been building huts for the first micro-village at the property of the United Church of Christ on NE 101st and Halsey. EV Member JoAnn Herrigel is the WeShine secretary and some other EV Members are volunteers. ([www.weshinepdx.org](http://www.weshinepdx.org))

*Continued on page 5.*

---

# WELCOME, NEIGHBOR!

We like to introduce our newest Members by asking them to answer the same five questions. This month we are pleased to present Fran Payne Adler. She exemplifies the spirited and often-surprising nature of Eastside Village Members.

## **1. How did you hear about Eastside Village (EV)? When did you join?**

I first heard about the Village from Jo Herrigel. We met at our July 4th street party when I first moved into the neighborhood from Monterey, 15—can it really be?—15 years ago. And from time to time, we walk, if I'm up and ready to go, at (yikes!) 9 AM. On one of our walks, Jo told me about Eastside Village, and I joined in February this year.

## **2. What interests you about the Village?**

I love the idea of neighbors helping neighbors stay neighbors. I plan to age in place. I love living in Laurelhurst. I moved here at the invitation of my kids and grandkids in 2007. It's been a gift to live close by ("Bubbe, can I come over?" and then the sweet knock-knock at my door...) and be a part of their lives as they grew up. They're not little anymore, that's for sure; they're all off to college.

My interests in the Village, at the moment, are social, educational, and communal. I enjoyed contributing to the Rummage Sale fundraiser, and bravo to all for its success.

## **3. What are your interests?**

I love poetry—particularly political poetry—to write it, to read it. I also love films and books and politics and walking and talking and being with family and old friends and getting to know new ones. And gourmet cooking.



*Il tempo si ferma quando si è seduti a tavola*, which translated from the Italian, means "Time stands still when sitting at the table." Love that.

## **3. Which activities and/or groups do you plan to be active in?**

I'm in the Sandy Branch Neighborhood Circle and have been enjoying getting to know everyone. I'm in the "Done" group, with the intention to thin out my files—because my papers are growing more papers! I started out thinking I'd join the movie group and the French Club, but not yet. I'm still working, and afternoons are my most productive time. I also plan to start a Rummikub game when the weather is fine enough to play outside in my

Continued on page 5.



---

# A MOM AND HER SEVEN PUPS

It is always a challenge and a delight to foster puppies, kittens, rabbits, and other creatures from the Oregon Humane Society. I recently had the opportunity to take in a lovely dog named Jade and her seven pups. So many nights with so little sleep and Jade jumping over all possible barriers to get to her seven babes! One fun reward from caring for these little ones was that I got to name them. Soon little Andriv, Bella, Dymtrus, Lucky, Oscar, Sofia, and Zelensky will be moving on to their “forever” homes.

*By Judy Ringenson*



.....

Continued from page 3.

## **SE Farmers Markets SNAP “Cash Produce Match” Funds**

Serving residents of the Lents, Montavilla, Hawthorne, Woodstock, and Moreland neighborhoods, this organization supports both low-income people who use SNAP (Supplemental Nutritional Assistance Program) and the farmers who bring goods to the market. For Oregon Trail SNAP participants, the markets provide locally donated dollars to match dollar for dollar (up to an additional \$20 per week per household for most markets) to spend with market vendors.

*By Allison Starkey*

Continued from page 4.

backyard. Rummikub, anyone?

## **4. How long have you lived in Portland?**

As I said earlier, since 2007.

## **5. What would you like EV members to know about you?**

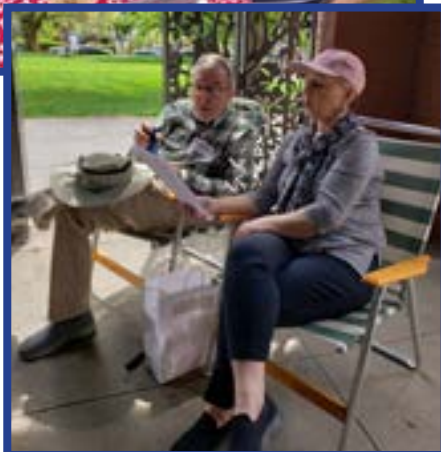
I love to play with words. No surprise, eh, since I'm a poet? I'm originally from Montréal, lived in California for many years, and taught creative writing and social action at California State University Monterey Bay. Now retired from teaching, I'm writing, and working as the poetry editor of *Tikkun Magazine*.

---

# THEY CAME. THEY ATE. THEY LAUGHED.



EV Members,  
Volunteers, and  
friends came  
together for the  
Second Annual  
Spring Picnic,  
Sunday, May 22.





---

# AND THEY SANG. IT WAS A GREAT DAY!



Many thanks to Mary Beth Young and her crew, Dan & Anne Kenlon for the singalong; and all those who came out for a fun afternoon.



---

## SUMMER CONCERTS AND MOVIES ARE BACK



Grab your camp chairs, pack some snacks and something cold to drink, because it's time once again to listen to fun music under the evening skies! Portland Parks & Recreation recently announced that two of its most popular programs, *Movies in the Park* and *Concerts in the Park*, will be returning this summer, with the addition of new special cultural events including live comedy, spoken word, and "date night" shows.

Some of the *Movies in the Park* highlights include the acclaimed animated movies

*Encanto* (July 16, Cully Park, Spanish with English subtitles), *Sing 2* (July 21, Grant Park), and *Soul* (September 3, Woodstock Park), as well as the high-energy musicals *In The Heights* (August 20, April Hill Park) and *West Side Story* (September 1, Overlook Park).

A few *Concerts in the Park* highlights include the return of music to Mt. Tabor Park with the Afro-Latin dance music of *Grupo Masato* (July 14), the searing funk of *Tyrone Hendrix & Friends* (August 12, Dawson Park), and the family-friendly kids' music

supergroup *Smith & Yarn* (Red Yarn with Aaron Nigel Smith) at Peninsula Park on July 30.

You can also catch the DJ-led dance party with *DJ Prashant and Jai Ho! Dance Troupe* (August 13, Laurelhurst Park), and soulful line dancing with *Sistahs4Life* (July 15, Gateway Discovery Park). And, yes, "chair dancing" is perfectly acceptable.

You can find a complete schedule online [\(/tinyurl.com/5yeak7nm\)](https://tinyurl.com/5yeak7nm).

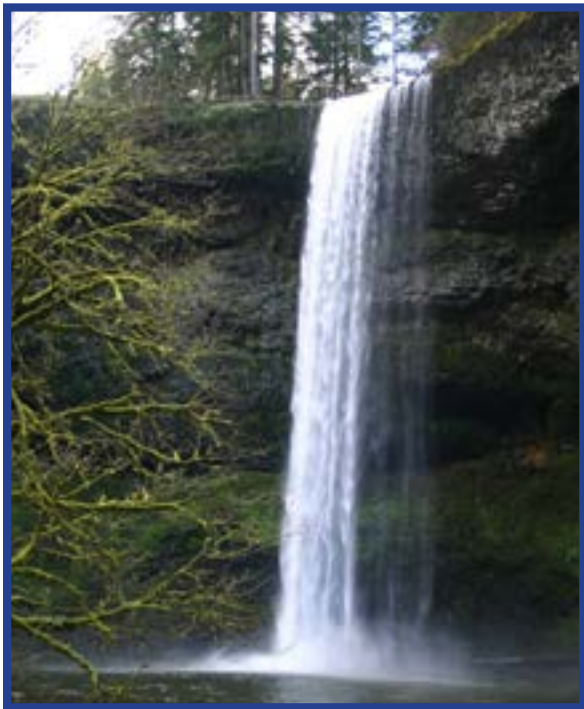


---

## READERS WRITE: FAVORITE DAY TRIPS

Now that the weather has begun to warm up, you might be thinking about getting out of town for the day. Here are some suggestions for day trips from our Members.

**Jon Feldhausen's** favorite places nearby are Ecola State Park, Silver Falls State Park (shown below), and, closer to home, driving around Sauvie Island.



**Roger and Rebecca Warren** enjoy walking in either direction on the Vancouver side of the Interstate Bridge.

"Being in easy sight of the water refreshes us. The paths are well-developed and flat. The adjacent housing and commercial property is fairly recently built. We are comfortable with the feeling of the immediate surroundings."

"There's a new park and a pier that juts 90 feet out over the river and includes a massive, angled metal beam that brings to mind a passing sailboat or being on the deck of an ocean liner."



**Marjie Takei** tells us, "Words cannot describe the natural world where mountains meet the Pacific. There is magic in Yachats."

"Eagles fledge their young on the giant firs at the ocean edge. The sunsets are 360 degrees up and down and around. The rain and wind have personality and drive people inside at the same time saying 'come out, come out.'"

"Seals, gulls, pelicans, and whales make eye contact. The community is welcoming and relaxed. There is peace to be made with the indigenous members of the coast."

"And yes, plenty of excellent restaurants, grocery store, farmers market, and hikes for all abilities."

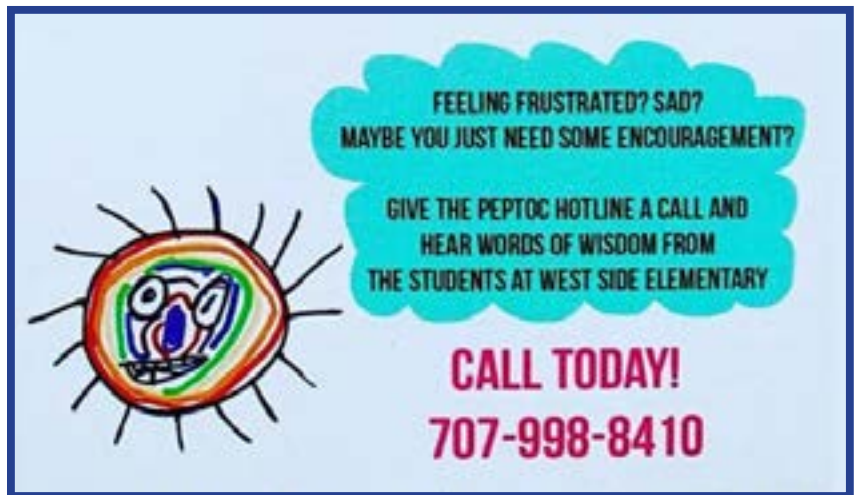
"Three hours from Portland, but the road west IS scenic!"

---

## WHEN YOU REALLY NEED A “PEPTOC”

Has the pandemic got you down? For that matter, has *hail* in May given you a downer? The students of West Side Elementary School in Healdsburg, California, have got something that's guaranteed to lift your spirits and make you smile.

With the help of their teachers, these students created PepToc, a helpline for folks who are in need of, well, a pep talk. If you call 707-998-8410, you'll be greeted with a series of delightful, pre-recorded clips. *“If you're feeling mad, frustrated, or nervous, press 1. If you need words of encouragement and life advice, press 2. If you need a pep talk from kindergartners, press 3. If you need to hear kids laughing with delight, press 4. For encouragement in Spanish, press 5.”*



Pressing 3 leads to a chorus of kids sounding off a series of uplifting mantras: “Be grateful for yourself,” offers one student. *“If you're feeling up high and unbalanced, think of groundhogs,”* another chimes in. *“Bro, you're looking great.”*

I don't know about you, but I've already got them on speed dial.

By Peg Farrell

.....

## A COVID UPDATE

Well, COVID-19 continues to confound us! Just as we were enjoying relative freedom again, wham! Here comes another variant.

The Oregon Health Authority [announced on 5/18](#) that cases recently jumped 51%.

Many of us have gotten COVID or know others who have, even though we're fully vaccinated and boosted. And then there's that gnarly “long COVID” to consider.

Here's the latest info from the CDC about what to do if you test positive for, get, or are exposed to COVID: [t.ly/ZQM9](https://t.ly/ZQM9)

Let's continue to protect ourselves and each other!

By Marnie McPhee

---

# A BLUEPRINT FOR LIFE

At the time, I was only 20 years old, working part time as a nurses' aide at the Benedictine Nursing Home in Mt. Angel. It was just a stop-gap job to help me earn my way through my first two years at Mt. Angel College.

It was so much better than picking beans and berries in the field side by side with migrant workers and neighbors. It was steady. It was clean.

Though I was used to being around my aging grandfather and my many aunts and uncles, as a 20-year-old, I was scared of taking on the responsibility for the welfare of the patients I served.

What I didn't realize was the impact these seniors would have on my life.

The contrast was startling between those just vegetating with eyes glued to the television set in their room versus those who had developed many interests and were bustling with conversation and activity.

Right then and there, I decided to develop as many interests as possible using all my senses. If my eyesight failed, I could turn to music. If my hearing failed, I could read, write, sew, paint, or draw. Physically, I could garden and walk to maintain my strength and balance.

And so I focused on learning as many new skills as possible so that I would have a basis in later life for pursuing them if the occasion presented itself.

What I found is if I kept a balance of learning, exercise, faith, friendships, and creativity in my life, all was well. The absence of any of these elements left my life askew. This has led to a fullness of life and a wealth of experiences.

This blueprint has made all the difference in my life.

Likewise, Eastside Villagers come to the same realization about the many benefits of learning new skills and focusing on others through their camaraderie and volunteer efforts. The outreach of a person, just like an organization, is essential to its health and growth.

By Ann Gaffke



*A young Ann Gaffke.*



# CALENDAR FOR JUNE 2022

**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 online Events Calendar for more information.

**1, 15**

EV Movie Club

(R, MV, Z) 3–4 PM

**10**

EV Climate Crisis Crew

(R, MV, Z) 12–2 PM

**2**

Brunch at Toast

(R, MV, IP) 10:30–11:30 AM

**11**

Virtual EV 101

(R, Z) 10–Noon

**2, 9, 16, 23, & 30**

French Club

(R, MV, IP/Z) 9–10 AM

**14**

EV Book Groups

(R, MV, IP/Z) 10–Noon

**3**

RISE Circle Lunch

(R, MV, IP) 12–2 PM

**16**

Men's Lunch with Adult Beverages

(R, M, IP) 12–2 PM

**3, 10, 17, & 24**

Coffee Hour

(MV, Z/IP) 8:30–10:30 AM

**21**

EV Card Group

(R, MV, IP) 1–3 PM

**6, 13, 20, & 27**

Happy Hour (MV, Z) 5–6 PM

**26**

Knot Just Knitting

(R, MV, IP) 1–3 PM

**7, 21, & 28**

Tuesday Hiking Group

(R, MV, IP) 9:30–10:30 AM

**28**

EV Website Tutorial

(R, MV, Z) 11–Noon

**8, 22**

Eastside Mahjongg & Cards

(R, MV, IP) 1–3 PM

**30**

World Cultures Study Group

(R, M, IP) 1:30–3:30 PM

**9**

EV Council Meeting

(R, MV, Z) 10–Noon