



**The Eastside
Village VOICE**

November 2020

A pair of hands holding a white rectangular sign in the center of the frame. The background is a blurred image of a person wearing a white lab coat and a brown patterned cardigan.

THANKS

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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.
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Peg Farrell, Editor | Ellen Howard & Marnie McPhee, Goof Catchers

WHAT ARE YOU GRATEFUL FOR?

Has someone in Eastside Village, on the street, or as you moved through your life done something to make you feel grateful and warm inside? Let us know and we'll share the good news. Our newest newsletter column will hopefully be full of gratitude over the coming months.

Monica Wheeler says "I am grateful to Dennis Hopkins for walking me through a security check and to Glen Applegate for repairing my "phantom flush" issue. I could not have done either on my own.

Mary Beth Young wants to thank "the Gals' and Bill Richard for lifting my spirits every Monday at 5:00 pm and Friday at 9:30 am. This group makes us laugh, helps us to forgive ourselves, and tells some great tales. If you haven't joined us, you're missing out on a key function the Village is meant to provide: mutual support. I look forward to our get-togethers every week."

The "Gals" Mary Beth is referring to frequently include Judy Ringerson, Peg Farrell, Derianna Mooney, Marnie McPhee, Bill and Carlotta Richard, Anne Gaffke, Jackie Lemieux, and, of course, Mary Beth herself.

Judy Ringerson tells us that there are "so very many people, so many acts of kindness in this Village. Let me start with Derianna Mooney and Marnie McPhee. They brighten my day with their joyful smiles on our weekly zoom contacts. They provide fascinating ideas for growing lovely fruit, trees, etc., and how to undo the damage we humans inflict upon nature. This is in part because



of Derianna's daughter, who is founder of Water is Alive, a project to clean rivers using mushrooms, fungi, and the like."

She goes on to say "I love looking at Derianna's lovely blue hydrangeas on Zoom. She has helped to make us more aware of having an up-to-date POLST and advanced directive. Marnie contributes so much to the Climate Crisis Crew, whose work helps me feel connected to the larger community."

Kait Skyler wrote her reply in verse:

"There's a volunteer named Althea Ender,
Who's wonderful; you've no idea.
She calls me a lot,
I'm never forgot
She's an Eastside treasure to me."

And then she added.....

Just as pleasant as can be;
Ever so helpful,
Never too busy to help an Eastsider,
No thing is daunting to her;
You won't find a better office person
anywhere.

Hmmm. Do you think she's thanking our very own Jenny Rockwood?

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AND THE WINNER IS...

Mary Beth Young is the voice from the back of the school bus / classroom / elevator that calls out “You know what would be fun?” Or, “What would happen if we ___?” The voice that sometimes got you in trouble, but which would *always* make you laugh.

Mary Beth had an idea: “We can’t go trick-or-treating this year. We all have to wear masks all the time. What if we had a *mask contest*? Wouldn’t that be fun?”

And evidently a number of our Members thought it would be, and they made some funny, scary, and pretty masks. And even *more* of our Members chose the ones they thought were the best.

And here they are. Thanks, Mary Beth; we needed that.

(She also made the trophies and delivered them in costume. Of course.)



Prettiest:
Anne-Marie
Dallaire



Funniest:
Peg Farrell



Scariest: JoAnn Herrigel

Stay tuned for the “Ugly Sweater Contest” coming in December!

MEMBER PROFILE: BILL & CARLOTTA RICHARD

I'm pleased to announce that, in the tradition begun by Vincenza Scarpaci and Roberta Badger-Cain, we will once again have regular features on EV Members and Volunteers, this time written by Carlotta Richard and Marnie McPhee.

*Both Carlotta and Marnie bring amazing histories of working with the written word, both as editors and writers. I am humbled and delighted to have them part of the **EV Voice** team.*

By way of introduction, I've asked them to tell us their stories. Here is Carlotta's.

*~ Peg Farrell
Editor*

In February 2020, Bill and I were relieved to find out that Bill has Parkinson's disease. How is it possible to be relieved at such news?

Well, in the summer of 2019, Bill had been told that he has mild cognitive impairment, which we assumed would lead to Alzheimer's disease. So when a neurologist subsequently diagnosed Parkinson's, we both felt it was a reprieve from our worst fears.

Bill has been working hard at keeping his symptoms under control with medication, vigorous exercise, and meditation.

But how did we get to this place and time? Our story began in 1972 as an office romance at

Minnesota State Services for the Blind. Bill and I were two young hippies who dreamed of living off the land in north central Minnesota. We bought a bit of land outside the tiny town of Bruno, left St. Paul, and Bill found a job as a butcher at a local co-op grocery store.

After a few years, he ran for a state legislative seat against a longtime Republican incumbent. He lost the election, but in the campaign process he impressed our local Congressperson, James L. Oberstar, so much that, several months later, Mr. Oberstar hired Bill to run his Minnesota offices.

We had long since realized that we weren't cut out to be subsistence farmers, so we sadly said goodbye to our dear little rural community and moved to Duluth.

I went to work for a publishing company, and we started raising our

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Bill and Carlotta Richard in Baku, Azerbaijan overlooking the Caspian Sea, October 2019

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four children in the wonderful city on the shore of Lake Superior.

Then in 1991, Bill was summoned to DC to become Mr. Oberstar's chief of staff. We packed up and made the biggest move of our lives, out of the state we'd lived in for 40-plus years.

I went to work for a survey research company in Maryland as a proposal editor, and Bill commuted from the suburbs to the Hill every day. For my fiftieth birthday, we bought bicycles and discovered the rewards of bicycle commuting.

Our kids eventually graduated and went off to college, and we moved into DC proper. I became managing editor/associate director of publications for the American Pharmacists Association after earning my MBA. Bill continued to run Mr. Oberstar's offices and staff, while overseeing the Oberstar campaign in his "free" time. We loved living in DC, with all of its museums and cultural offerings, but we didn't want to stay there post-career.

After retiring in January 2015, we took a "gap year" to travel, try out life in Portland

and Minneapolis, and help out after the birth of our twin grandchildren in Singapore. News of another coming grandchild in Portland clinched our decision to make Oregon our new home.

We love living in this area, where we can be close to (now) two grandchildren and continue our avid cycling, hiking, and camping.

We heard about Eastside Village at an information session shortly after moving to Portland, but we didn't get involved because we saw it as an organization mostly for people who needed services; we didn't feel we were in that category yet.

About two years ago, I read an article in *The Bee* about the Village and we decided to give it another look.

We've enjoyed getting to know so many interesting people in EV and expanding our network of friends. We love that we can give of our talents and receive so much from so many other generous, talented, and caring people.

*By Carlotta Richard
EV Member*

..... And thank you!

DOING ANY PLANNED GIVING? DON'T FORGET EV!

You recently received a letter encouraging you to consider a year-end donation to Eastside Village. Did you happen to read all the way to the back? All donations to EV by the end of the year will be matched by a **\$2,000** gift. That's right: give \$25, give \$250: give whatever you can spare to support your fellow EV folk and it will be **doubled**. Any funds not matched will have to be returned to our donors.

Your support will help us keep Eastside Village financially sound and available for you when you need us. Thanks!

Continued from page 3.

Ellen Howard added, "Last spring Jenny Rockwood sent me (and other Villagers, I'm sure) a packet of zinnia seeds quite out of the blue. My granddaughter helped me plant them in the back yard, and all summer long we watched them grow. Now in the fall, I look out every day on blooming zinnias; I have a small bouquet on my table; and I think of Jenny and our wonderful Village neighborhood with gratitude."

Ann Gaffke wanted to thank "Mary Beth Young for mentoring me with my ADU rental. Lucien and Ann Marie Dallaire for showing me how to heat my patio. Diane Penley for lending me her Hamilton book. Peg Farrell for dragging me 'kicking and streaming' into the 21st century by introducing me to phone and television options. All my EV friends for your ideas and swaps that helped me transform my backyard."

Let's all take a moment in this season of thankfulness to remember those who have been kind or patient or funny or supportive or who have impacted our lives in other ways. Thank you!

If you'd like to thank someone in the Village, send an email to Mary Beth Young and we'll include it in a future Newsletter.



A CALL TO BOOK GROUP MEMBERS AND OTHER BOOK LOVERS

If you are a current EV Book Group member or would like to join the Group in 2021, please sign up on the EV website and join us at a Zoom meeting on Tuesday, Dec. 8 at 10:00 am to present our book selections. Here are the details:

Dec. 8th: Zoom meeting for each person to pitch up to 3 books you love and why you love them, taking no more than 2 minutes to do so. Please note that you may suggest only books you have read yourself and which are available from the library.

If you are unable to attend the meeting and want to pitch your 3 books, please email the titles and authors of your books, and why you recommend each, to Judy Ringenson and Phyllis Wishnie.

Dec. 10th: Deadline to email Judy and Phyllis the titles and authors of your books and any short summary you want to include.

Dec. 12th: Book recommendations to be combined into a single document and emailed to everyone on Book Group mailing lists and to other book lovers who want to join book group and participated in the Zoom meeting.

Dec. 14th: Deadline to email list of your top 11 choices to Judy and Phyllis.

Dec. 18th: The 11 highest scoring books will become the 2021 reading list. Book Group members will be randomly distributed into two groups (Bookies and Page Turners). The book schedule and list of Book Group members will be emailed to everyone on the Group mailing lists.

*By Judy Ringenson
and Phyllis Wishnie*

WE ALL SAY “THANKS, VOLUNTEERS!”

November, known to many as the “Month of Giving Thanks,” feels especially important this year as we continue to weather some of the most unpredictable times in recent memory.

While all of us have stepped up to help one another through these trying times, the Eastside Village Volunteers assisting during the pandemic are at the heart of those efforts. They certainly deserve special recognition and thanks for the role they play in keeping EV members cared for and socially connected.

Let’s face it: our Volunteers are worth their weight in gold. They share their talents and time without any compensation; they step forward with compassion to assist (sometimes at a moment’s notice); they treat everyone with the utmost respect and kindness. It truly is a beautiful thing.

Although we have not been able to host a Volunteer Appreciation event this year, the amazing gift of their work has not gone unnoticed.

EV Member *Teresa* says, “I can’t say enough for all the Volunteers who have continued to help out, especially since COVID started! Being willing to keep on being of service is huge!

This is a hard time for all of us, and since I don’t drive, the folks who have done errands for me have certainly made my life less stressful.

“I know we aren’t supposed to give tips or gifts etc., and it’s hard to imagine my simple ‘Thank you’ is enough. So here is MASSIVE THANKS for all the selfless things the EV Volunteers do!!!”

“Our Eastside Village Volunteers have carried on through the Covid challenge,” said *Vincenza*. “They have extended themselves above and beyond the customary and expected ‘call of duty’ while Covid kept us restricted and in place.

“I had appointments at the Casey Eye Institute and my EV driver conscientiously cleaned her vehicle to accommodate me. We were helped by many as we prepared for our move from our home to Russellville. EV volunteers provided a variety of needs, from helping to transport items to our apartment, to packing, sealing and mailing packages of books and memorabilia downsized for the move. They were always by our side with kindness.”

Monica said, “I just can’t thank the Volunteer drivers enough. Of course, that is also true of the gardening

Volunteers and the fix-it people!”

Echoing those thoughts, *Mary* said, “Because I am without a car, I am always appreciative of those drivers who volunteer to give me (and others) necessary rides.”

Annette, another EV member, wrote in to let us know how beautifully the rides were coordinated to take her to and from her radiation treatments. She said “My drivers have been angels, on time every day and waiting to drive me back. They are wonderful company, good-humored, keeping my spirits up, encouraging me to carry on. I’m not sure I could have stayed with it without them.

“In these days of social isolation, our great conversations are a gift in themselves. Even through masks!”

We *all* are deeply thankful for the EV Volunteers who have stepped forward for the past eight months.

THANK YOU!!

By *Jenny Rockwood*
EV Office Manager



EASTSIDE VILLAGE PLANS ITS FIRST CEILIDH

What's a ceilidh you say?

ceilidh noun
cei-lidh | \ 'kā-lē \

A social event at which there is Scottish or Irish folk music and singing, traditional dancing, and storytelling.

To kick off the holiday season, Eastside Village is planning to have a Ceilidh on November 18th as a Village-wide Zoom meeting. We know that our membership is full of people with all types of talent. If you would like to share your talent and brighten the day of many, please consider letting the office know so we can schedule your time slot.

We've expanded the definition of "ceilidh" to include all talents. We'd love to

hear you playing your piano, guitar, flute, banjo, ukelele — or any instrument at all.

We have many singers among us. A beautiful solo, or perhaps, a few can gather and entertain us with a medley of classics or well-known folk songs.

How about the writers? Any beautiful prose or poems that you care to share? Are you a good storyteller? Card tricks? Art you'd like to share? What an opportunity to entertain a crowd!

Let's not allow social isolation to spoil our fun. Join together (virtually) with the joy of sharing something you love with others who will be appreciative and thankful for your gift this Thanksgiving season.

Call the office today to sign up.

~ Jenny Rockwood
Office Manager

EV BIKERS HIT THE ROAD

Since moving here a few years ago, Lucien Dallaire has been exploring the backroads and byways of Portland by bike. Recently, he invited his fellow EV folk to join him on his jaunts. Craig Johnson and Liz Dally took him up on the offer despite the recent cold snap. Lucien does have a knack for coming across the unusual on his rides!

Give him a call if you'd like to be included on future rides.



GOVERNING COUNCIL MTG MINUTES

Wendy Orloff welcomed all present: Peg Farrell, Lee Lancaster, Lucien Dallaire, Craig Johnson, Jennifer Rockwood, Jurie Lewis, and Judy Ringenson (secretary).

1) Amendment and Approval of Last Month's Minutes.

2) Council Reports and Discussion:

a) Circle of Representatives (Lee Lancaster): All Villages in VNW will receive funds when their members use Amazon's Smile to "give" to VNW with their purchase from Amazon; VNW will divide the funds among the Villages. The employee handbook will not be immediately revised as the member who was to do this has been called away.

b) Volunteers (Jenny Rockwood): Craig Johnson and Deb Hecker will do volunteer training on September 19th. Jenny will call those on the list to see whether or not they still wish to volunteer.

c) Office Operations / Club Express (Jenny): There have been changes again in how Club Express works. Jenny is generally in the office, although the church limits the number who can be present in the buildings.

d) Marketing / Outreach (Lucien Dallaire): The Saturday Zoom 101 information session hosted by Lucien and Peg will continue again the 2nd Saturday in September.

e) Membership (Lee): The membership numbers are holding steady in Eastside Village, though other Villages worry about renewals.

f) Financial (Wendy Orloff): We are not falling behind financially, despite the pandemic:

g) Resource Development (Judy Ringenson): The fall fund-raising appeal letter was centered on stories of how Village Members have coped with the pandemic

with help from their Village. The letter was produced by Lyn Trainer with Peg's help with the graphics and with her story. We are working on procuring IRA donations and working on enabling Members to designate the Villages as beneficiary in their IRA account. They can even designate 100% of funds to the Villages, and escape taxes at the time of death.

3) Old Business

a) The Growth Plan's task force will be headed by Lee and will deal with Section 1. Questions will go to the affinity groups. We are now empowered to do new things.

b) Helen Elder has not contacted Peg about steps to make Meals on Wheels a way to gain new members and volunteers.

4) New Business

a) We discussed how to present the budget at the Fall Member Meeting as regards Jenny's salary for 2021. Jenny believed it will be reassuring to members to see how we have managed to keep the budget balanced.

b) We will change the EV website to make it easier to find the Donate Tab.

c) Peg presented the slides she had prepared for the Fall Meeting. We agreed that Lee would present the diversity proponent and that Craig will mention new services for members such as Bill Pay, walking, and ballot delivery. Lucien will discuss the benefits of the office move. He will introduce Rep. Rob Nosse and tell participants about the drawing for prizes. Lee will get a photo of the participant list from which to draw for prizes. Lucien explained that we can give five \$25 certificates from McMenamins and hardware stores as prizes. Peg, Lucien, and Lee will share the hosting.

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ANTI-FRAUD RESOURCES FROM THE FTC

The Federal Trade Commission has developed a number of resources addressing different aspects of fraud, identity theft, and other scams that older adults should be aware of.



At their "Pass It On" webpage, for example, you can download a variety of resources, including articles, activity sheets, bookmarks, and PowerPoint presentations. Topics include:

- Charity Frauds
- Grandkids Scams
- Health Care Scams
- Home Repair Scams
- IRS Imposter Scams
- ID Theft
- Money Mule Scams
- Online Dating Scams
- Unwanted Calls
- Work-at-Home Scams
- "You've Won!" Scams

There are also resources on how to stop unwanted calls on landlines, mobile phones and VoIP.

They have an entire page devoted to Coronavirus Scams (who knew there was such a thing?).

In addition, you can find guides from the Consumer Financial Protection Bureau on managing someone else's money. There are national guides and then a handful of state specific guides each for trustees, court-appointed guardians, people w/ power of attorney and government fiduciaries.

Online tricksters got you worried? The FTC has a range of suggestions and tips for increasing your online security.

On a related note, the Village to Village Network* is working with the FTC to host a free webinar this

month on Imposter Scams. Some imposters say they're calling from the government or from a business with technical support expertise. Others pose as legitimate users of online dating sites or claim that they are a friend or family member with an emergency.

But they all involve a con artist who pretends to be someone you trust, to convince you to send money or personal information. This webinar will describe the various types of imposter scams, the warning signs of scams, and how to help you avoid them.

**Village to Village Network is the National Association of the Village Movement.*

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d) Wendy suggested that EV form a movie discussion group. We discussed costs for members. Multnomah library is free, and Netflix is low in cost.

e) Peg suggested that we meet with the new Governing Council members for an orientation, perhaps in a park with masks, chairs from home, etc. We could begin at 11 am with present and new members, then break for lunch. Council members who are leaving would not have to participate in afternoon activities.

5) Adjournment with Orientation of New Governing Council Members scheduled for 11 am to 3 pm, October 14th, chaired by Peg.

CALENDAR FOR NOVEMBER 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 link.

2, 9, 16, 23, & 30

Happy Hour

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

3, 17

Current Events Luncheon

(R, MV) Join us for lunch and a great discussion of the current events in our ever-changing landscape. 12-2 pm.

6, 13, 20, 27

Coffee Hour

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

6

RISE Circle Zoom Meeting

(R, MV) Join us for program featuring Catherine Failor, a local artisan and author. Noon-2 pm.

10

EV Book Groups

(R, MV) Join your fellow EV book group Members for a virtual discussion of *The Storied Life of A.J. Fikry* by Gabrielle Charbonnet. 10-Noon.

12

EV Council Meeting

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

14

Virtual EV 101

(R) Want to learn more about Eastside Village? Join a virtual introduction. Please sign in with the office to get the link. 10 am-Noon.

19

Men's Lunch w/ Adult Beverages

(R, MV) Join the EV men for a hike/walk, bag lunch, and some social distanced conversation. 12-2 pm.

28

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. Noon-2 pm.

