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The Eastside
Village VOICE
January 2021



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

WE HAVE COME SO FAR... TOGETHER!

By all measures, 2020 was an extraordinary—and extraordinarily trying—year. A year filled with divisive politics, devastating wildfires, deadly hornets, and atop it all, of course, was the pandemic.

The Coronavirus made its presence felt in all areas of our lives and the lives of those around us: over 385,000 lives lost as of this writing; countless businesses shuttered and jobs lost, many forever; educations upended; families separated.

But through it all, we—the Members and Volunteers of Eastside Village—were there for each other again and again, and yet again.

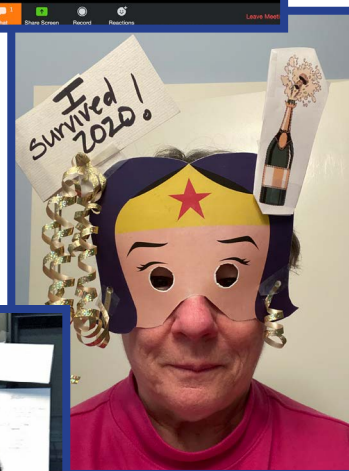
When social distancing rules made our popular potlucks untenable, we pivoted to Zoom meetings for Book Groups, Climate Crisis Crew, Movie Groups, and Men's Lunches. Then we formed new Zoom groups just for fun (Monday's Cocktail Hour and Friday's Coffee Hour).

Ellen Howard read us a delightful Christmas book. Mary Beth Young organized a Halloween Mask Contest. And she, JoAnn Herrigel, and Jenny Rockwood created an online auction out of thin air that raised over \$3,000 for EV!

We made and distributed masks to everyone in our Village in *a week!* And we made sure everyone had an emergency vial to put in their 'fridge.

The Book Group couldn't have its usual Cookie Exchange at its December meeting, so Wendy Orloff collected

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Zoom Is HERE TO STAY. SO WHAT'S NEXT?

No, Zoom meetings are *not* like meeting in person, that's for certain. But they do have their advantages. For example:

- You can have meaningful conversations and see people you haven't seen in a while and even make new friends and learn new things.
- Nobody has to clean their living room or find a meeting space.
- AND you don't have to go out in the weather, or arrange transportation, or leave early enough to get there, or even get dressed up!



Because of those benefits, it is clear we will be using this kind of technology more from now on. Even after the pandemic, there will be hybrid get-togethers where some people come in person and some dial in with a device. Distance will no longer be a barrier.

Already families are using it to celebrate, neighbors are using it to collaborate, businesses are using it to calculate, and friends are using it to commiserate.

Eastside Village has had something like thirty "meetings" in the last month alone:

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Continued from page 3.

recipes, made up a booklet, and got them sent out to *everyone* in the Village.

And we called one another; we went for walks and bike rides—properly masked and socially distant, of course. We made sure that those who couldn't get out got their groceries. And we called one another again.

And through it all, our magnificent Volunteers continued to deliver Members to and from medical appointments and other obligations.

All of this is what makes us a *community*: A group of people who care for and about one another.

And this is what is going to get us through this next year, while we wait (and wait!) for the vaccines to reach us, for the world to return to

some semblance of normality, for the chance to hug our friends and laugh and break bread together again.

There is light at the end of this interminable tunnel, my friends. Truly. But in the meantime, we must stay on our guard, wear our masks, keep our distance.

And continue to find new ways to "be together" for one another.

*By Peg Farrell
Editor/Member*

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book club, movie club, coffee breaks, happy hours, readings, friendly check-ins, business meetings, as well as discussions of current events, the climate crisis, and diversity and inclusion.

Even though we have physical isolation, we don't have to have social isolation. And we can keep learning and be engaged.

Join us!

If you'd like help using Zoom, please call the office. We'll get you connected and give you the support you need!.

You Can Join a Zoom Meeting with an Ordinary Phone.

Most people use a device like a smartphone, tablet, or computer but it is also possible to participate with an ordinary telephone. You will need the phone number and meeting ID from the invitation (listed in the calendar). Then you can hear everyone and add to the conversation.

For more control use *6 (star six) on the phone to mute and unmute your phone, or *9 (star nine) to raise your hand and let the host know you want to speak.



Zoom Buddies!

Our Zoom Buddies will help you figure out how to use Zoom and guide you through one or more practice sessions. Before you know it, you'll feel confident! Call the office and we'll link you with a Zoom Buddy. We always need more Zoom Buddies, so please call the office to sign up to help.

Zoom Hosts Needed

Because the Village is doing so many types of meetings and get-togethers by Zoom, we could always use more members who are comfortable "Hosting" to help moderate them. Hosting entails starting and ending the meeting with the Zoom software, letting people into the meeting, recording the session if desired, and helping people use the audio and video functions during the session.

Ideally that could be a person who wanted to attend the meeting anyway, so more volunteer hosts would be helpful. Call the office to indicate your interest in hosting.

*By Lee Lancaster
EV Member*

FUNDRAISING UPDATE



The December Eastside Village Auction was a great success! We raised \$3,295 (\$2,873 in Auction sales and \$422 in outright donations), had nearly 40 packages available, and about 60 people who participated in the bidding.

While the Auction Committee also included Mary Beth Young and JoAnn Herrigel, the lioness's share of the work on the Auction was done by our amazing office manager, Jenny Rockwood. Her talents for creating and photographing the Auction packages and gonzo tech skills in developing the bidding system itself were critical to this effort!

Thanks to all of our Eastside members who donated auction items and services, participated in the auction and invited friends to join in the fun!



In other news, the wonderful Members, Volunteers, and friends of Eastside Village came through in grand fashion for our Fall Fundraising Appeal by helping us meet the goal of matching our earlier donations of \$2,000.

This means that our Village is now \$7,295 further along on our way to sustainability and longevity. Well done, everyone!

*By JoAnn Herrigel
EV Member*

BOKASHI COMPOSTING 101

Ever heard of Bokashi? Neither had most EVers until November 28, when Virginia Kilgore, of WaterIsAlive.org, and daughter of EV member Derianna Mooney, spoke to us from her home in Texas. Her presentation, sponsored by the EV Climate Crisis Crew, gave about 15 of us step-by-step instructions in how to turn most kitchen and yard wastes into Bokashi compost.

The process, which harnesses micro-organisms to facilitate rapid, anaerobic (oxygen-free) composting, has spread worldwide since it originated in Korea about 5,000 years ago.

It's now alive and well in Portland, including in Derianna's yard.

Virginia showed us the two-bucket system she uses to produce the Bokashi compost. First, she placed a layer of rotting fruits and vegetables in a plastic 3-gallon bucket with 20-30 holes in the bottom, then sprayed a mix of water, organic unsulphured blackstrap molasses, and a product called EM 1 (which contains effective micro-organisms) on each successive layer until she almost filled the bucket. (The holes prevent the fermenting vegetables, cheese, bones, etc., from becoming too moist for the micro-organisms to work effectively.)

To ensure anaerobic fermentation, she pressed a plastic bag onto the contents and topped that with a large plate, then screwed on a tight-fitting lid.

Virginia explained that the EM 1 microbes work without oxygen, and thus without the heat that might destroy enzymes, essential amino acids, and other valuable nutrients. The tight seal

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keeps the air out and prevents bugs and odors that can deter some gardeners from composting.

She then nested that bucket into a second, same-sized bucket with a spigot at the bottom. She explained that during the subsequent two to three weeks, she'd drain off the liquid (called "compost tea") produced by the decomposition.

She dilutes the compost tea with water (using 10 parts water to one part "tea") and applies it as a fertilizer around plants' roots or on their leaves. When it's ready, she digs the compost into her garden beds, then plants her seeds and starts. Some gardeners also mix the finished Bokashi into their regular compost bins.

After her presentation, Derianna gave us a virtual tour of her garden, including her Bokashi set-up. She noted that she often gathers small amounts of food scraps in a yogurt container on her kitchen counter before she and her housemate, James, empty it into her Bokashi bucket, which she keeps outdoors.

Derianna also pointed out her 1,400-sq.-ft. parking strip, which is farmed by an extended Burmese family she met through Catholic Charities. She provides the land, water, and some help with seeds and soil amendments. In return, they tend the plantings, feed their entire extended family, and share the remaining fresh, organic produce with Derianna and her neighbors.

Derianna said that EVerS who would like to make their own Bokashi system usually can get free buckets from restaurants and others who use food-grade/vegan materials.

Virginia recommends using a step drill bit to make the holes in the upper bucket because that generates fewer small plastic bits, which are major pollutants.

Virginia and Derianna inspired us! Immediately after the meeting, EV member Bill Richards bought a two-bucket system online and is pleased with the results. (Other systems are available online, some of which resemble coffee urns and fit easily under a kitchen sink.)

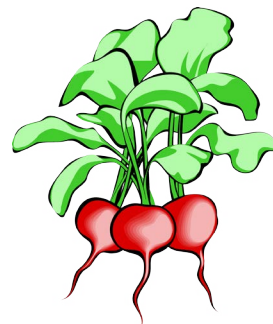
Mary Beth Young and Marnie McPhee have volunteered to each create and test an affordable two-bucket Bokashi system like Virginia's. If these work, they hope handy EV Members and Volunteers might produce Bokashi kits for interested EVerS.

Judy Ringenson is also developing a proposal to fund a pilot project that would help those EV members' who would like to contribute compostable material to Derianna's farmers' Bokashi compost.

Several EVerS are interested in offering their parking strips to other refugee families who farmed in their home countries, but who don't have access to land in Portland.

For more information about Virginia Kilgore, her approach to Bokashi, and her many environmental projects, visit WaterIsAlive.org or contact Derianna.

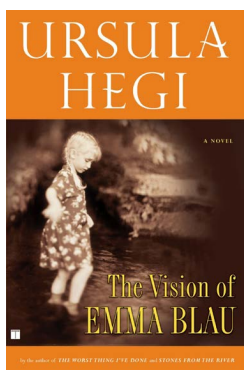
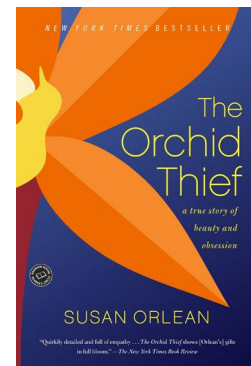
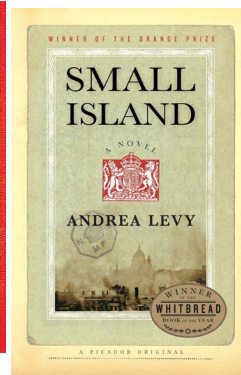
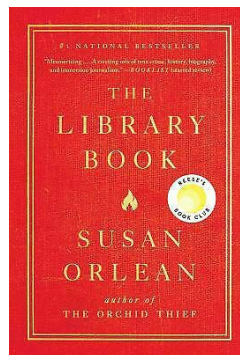
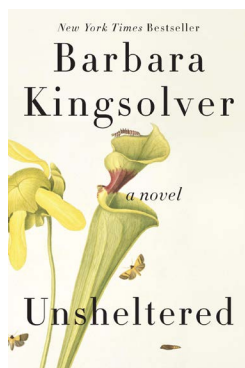
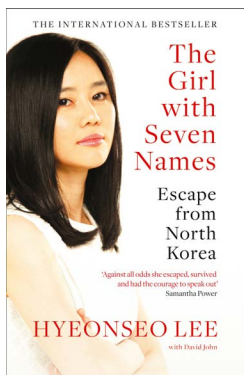
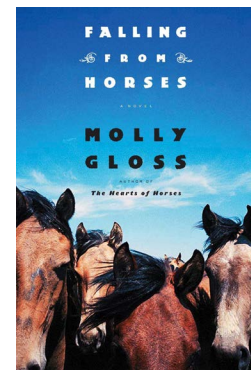
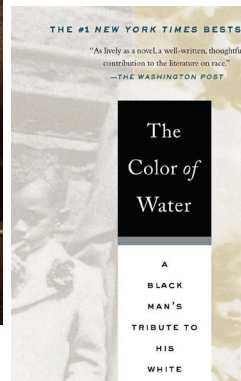
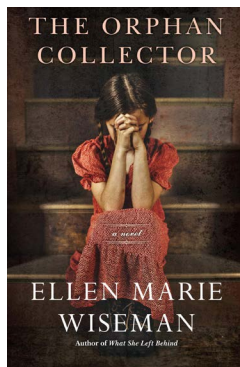
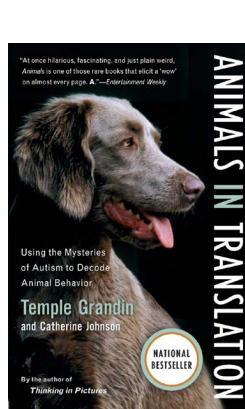
*By Marnie McPhee
EV Member*



2021 EV Book Group Choices

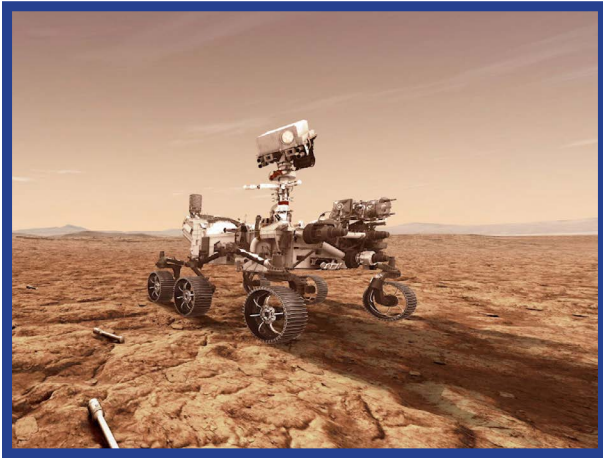
In early December, the EV Book Group members met to “pitch” the books they were recommending to their fellows. Facilitators Judy Ringenson and Phyllis Wishnie compiled the suggestions and sent them to the Group, who in turn, voted on their favorites. The top 11 recommendations were then assigned a month in 2021.

All EV Members and Volunteers are encouraged to join us on the second Tuesday of each month for a lively Zoom-based literary discussion. To encourage easy conversations, we will be breaking into randomly assigned smaller groups at each meeting. Happy reading!



Jan. 12: *The Vanishing Half* by Britt Bennett; Feb. 9: *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior* by Temple Grandin; March 9: *The Orphan Collector* by Ellen Marie Wiseman; April 13: *The Color of Water* by James McBride; May 11: *Falling from Horses* by Molly Gloss; June 8: *The Girl with Seven Names* by Hyeonseo Lee; July 13: *Unsheltered* by Barbara Kingsolver; August 10: *The Library Book* by Susan Orlean; Sept. 14: *Small Island* by Andrea Levy; Oct. 12: *The Orchid Thief* by Susan Orlean; Nov. 9: *The Vision of Emma Blau* by Ursula Hegi.

ROCKET SCIENCE AND THE HUMAN BODY: THE CHALLENGES FACING THE COMMERCIAL CREW ASTRONAUTS AND THE ARTEMIS GENERATION



What's next in humanity's quest to explore the frontiers of space? Jason-Flor Sisante, MS, PhD, is a cerebrovascular scientist and a NASA-JPL Solar System Ambassador who is curious about the role of the heart-brain interaction as it pertains to cognitive aging, exercise, and extreme environments such as space.

Our neighbors in Village Without Walls (Hillsboro, Cornelius, Forest Grove, and Aloha) have invited us to join them on Sat., Jan. 9, from 2-3 PM, for this live

session with Dr. Sisante. He will discuss NASA's plans to return to the Moon and travel onwards to Mars with emphasis on the physical and mental impact on the astronauts. Bring your questions!

Please RSVP to www.activities@gmail.com for the Zoom link. You can learn more about Dr. Sisante's background [here](#).

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BOLO FOR THE MEMBER SURVEY

If you've watched any police procedure-based TV show, you know that "BOLO" stands for "*be on the lookout*." And what, pray tell, should you be bolo-ing for?

In the next day or so, all EV Members and Volunteers will be receiving a very short survey that explores your interactions with Eastside Village during this past year of pandemic elisions, restrictions, and adaptations.

Please do take a few minutes to think about and record your responses and then send it back to us.

Thanks!



BEYOND DOOMSCROLLING: HOW TO SEE THE GOOD IN THE WORLD



There's no question that 2020 was a tough year. We're grappling with a global pandemic. A deep recession. Fresh reminders of racial injustice. But without minimizing the justifiable pain that 2020 has brought to so many people, Shankar Vedantam—the host of the NPR podcast *Hidden Brain*—wanted to explore another way of seeing things. He spoke with psychologist Steven Pinker about why it's so hard to see things that are going well in the world.

Hidden Brain explores the unconscious patterns that drive human behavior and the questions that lie at the heart of our complex and changing world

You can listen to [*this episode online*](#) or find it on Apple Podcasts.

*Suggested by Linda Safran
EV Member*

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RIDWELL: A BETTER TAKE ON GARBAGE

You've been dutifully separating your paper and cans, putting your kitchen waste in your green bin, but there's all those padded envelopes you get in the mail. Surely there's something that can be done with them?

Well, it turns out there is! Ridwell will give you bags to store your batteries, light bulbs, plastic film, and threads until they are picked up at your front door. They make sure it all gets sustainably reused or recycled and out of the landfill.

They also invest in new recycling partners and processes to promote waste diversion, seeking new reuse partners to find homes for things that still have value.

Check it out at [Ridwell.com](https://ridwell.com).



CALENDAR FOR JANUARY 2021

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.

1, 8, 15, 22, & 29

Coffee Hour

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

4, 11, 18, & 25

Happy Hour

(MV) Share stories and chat with fellow EV folks. 5-6 PM.

5, 19

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, 20

EV Movie Club

(R, MV) We watch a movie individually, then talk about it together. Join us!! Check the online Calendar for specifics. 3-5 PM.

9

Virtual EV 101

(R) Join a virtual introduction to Eastside Village. Please sign in with the office to get the link. 10-Noon.

12

EV Book Groups

(R, MV) Come share a conversation about The Vanishing Half by Britt Bennett. (See p. 9.) 10-Noon.

14

EV Council Meeting

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

21

Men's Lunchw/Adult Beverages

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