

Eastside Village Voice



ATUL GAWANDE, TAKE TWO

Last February we attempted to celebrate the 15th Anniversary of Beacon Hill Village and the Village Movement with a free live video broadcast of renowned surgeon, public health researcher, and author **Atul Gawande**. The viewing was cancelled due to bad weather in the East Coast.

At 2 PM on September 25th, we will have another chance to view this talk by Dr. Gawande at the PCC Metro Workforce Training Center Auditorium (5600 NE 42nd). Dr. Gawande will speak about the value of community and opportunities as we grow older and answer questions from Villages around the country.

Space is limited, so please RSVP to the Northeast Village office: 503-895-2750 or send an email to info@nevillagepdx.org. Arrive no later than 1:45, as the video will begin at 2 sharp!

Atul Gawande, MD, MPH, practices general and endocrine surgery at Brigham and Women's Hospital. He is a Professor in the Department of Health Policy and Management at the Harvard T.H. Chan School of Public Health, and the Samuel O. Thier Professor of Surgery at Harvard Medical School.

Atul has been a staff writer for *The New Yorker* magazine since 1998 and has written four *New York Times* best sellers: *Complications*,



Better, The Checklist Manifesto, and most recently, *Being Mortal: Medicine and What Matters in the End*.

He is the winner of two National Magazine Awards, Academy Health's Impact Award for highest research impact on health care, a MacArthur Fellowship, and the Lewis Thomas Award for writing about science.

~ JoAnn Herrigel

Walking Tour of Buckman Neighborhood

Join us September 9th from 10:00 AM – noon for a walking tour to learn more about the architectural history of Buckman, one of the City's oldest Eastside neighborhoods. The Buckman neighborhood runs from the Willamette to the west, Burnside to the north, Sunnyside and Buckman Streets to the east, and Hawthorne to the south. The walk is organized by The Architectural Heritage Center (AHC). Tickets are \$20 or \$12 for AHC members and can be purchased by calling online at 503-231-7264 or [online](#). Please call the EV office and let us know you're coming so we'll look for you as the walkers congregate. This event will likely sell out so don't wait to buy your ticket.



Electrician Recommendations Needed

Our Village now has a list of vetted vendors that members may access by calling the office. Our list includes businesses which specialize in plumbing, chimney repair, gutter repair/cleaning, and more!

Have you ever had electric work done at your home? Did you like the Electrician who did the work? Call the office and give us their name. We need electricians to add to our vetted vendor list. Call the office today.



Is Your Phone Just a Little TOO Smart for You?

We can help! Did you know you can use your smartphone....

- As a magnifying glass with a bright light?
- To find out whether that light rain is going to subside or turn to a downpour in the next five minutes?
- To find the quickest way to get from Salem to your house after the eclipse?
- To put a "hold" on a book at the library?
- To find the best TriMet route to your destination and buy an electronic ticket so you don't have to fuss with buying a ticket at the station?

Join Cary and JoAnn to explore ways to make your phone work for you. We will gather at Tabor Space on Friday, September 15, right after the Eastside Coffee at 11 AM. Bring your phone and your curiosity!

Work Parties Are Still Available

Our September work party will be at JoAnn Herrigel's home. We will do fall landscape clean up and pruning. Anyone need our help for October?

Work parties can tackle indoor and outdoor projects that need 3-6 people for up to two hours. Some examples of tasks that might be requested include: yard work; garage cleaning; cleaning and dusting a space inside your home; helping to prepare food for the coming week; cleaning blinds; sorting drawers; and cleaning window blinds. Call the office to request your work party now!

September Library Events in the Eastside Village PDX Neighborhood

To register, call 503-988-5123. All events are free of charge

Belmont Library

1038 SE Cesar E. Chavez Blvd.

Prepare! Get Ready in Two Weeks for All Types of Disasters

Come learn about Emergency Preparedness and how to develop Social Resilience in your neighborhood. A lively, interactive workshop will be presented by local Sunnyside Neighborhood Emergency Team (NET) members. Whether you're a renter or homeowner you'll walk out of this workshop with knowledge of the tools and materials you'll need to take your next steps towards preparedness. After you register, come pick up your free copy of American Red Cross "Prepare! A Resource Guide" to read beforehand.

Thursday, September 14, 6-7:30 PM
(registration opens August 23)

Mushroom Foraging

This program covers how to get started in mushroom foraging: equipment needed, field guide choice and mushroom identification basics.

Sunday, September 17, 3-4 PM
(registration opens August 26)

Holgate Library

7905 SE Holgate Blvd.

Cooking Around the World: Mexican Flautas

Learn to make real Mexican hard tacos, also called flautas. Made with chicken and can be topped with different fresh ingredients and fresh salsa.

Sunday, September 24, 3:30-4:30 PM
(registration opens September 3)

Fall Origami

Come celebrate the fall season by folding autumn colored leaves, mushrooms, persimmons, pumpkins, umbrellas in origami. Instructor Yuki Martin will show you how to fold each model, step-by-step. The finished models can be used for greeting cards or room decorations.

Saturday, September 30, 2-4 PM (first come, first served)

Midland Library

805 SE 122nd Ave

SISTAS Dolled Up: Doll Making Workshop

This workshop is designed to create an "atmosphere of empowerment," encouraging emotional healing and happiness to young and mature women by allowing them to connect to their inner child while creating their own decorative healing doll. The concept is similar to playing with paper dolls: We bring the fabric, beads, cutouts, hair and glue; you bring your curiosity, good intentions and childhood memories of playing with paper dolls. This is an informal opportunity for participants to have fun and create their own healing cloth doll that memorializes their inner and outer beauty and reminds them of their experiences, magnificence, power and purpose.

Saturday, September 30, 2-4 PM
(registration opens September 9)

Sellwood-Moreland Library

7860 SE 13th Ave.

DIY Insulation Workshop

Learn how to weatherize a flat attic. This workshop covers all stages of the insulating process, including the initial audit, creating a supply list, prepping the attic, finding the right insulation, and getting cash incentives to help cover the cost of your project. The workshop is also useful for those who are hiring a professional but would like to cut preparation costs and understand the process. Perfect for DIY-ers of all experience levels.

Saturday, September 23, 2-4:30 PM
(registration opens September 2)

Environment and Modern Agriculture

Ethical Choices Program invites you to join the community discussion on modern agriculture with an introduction of how animals are raised on modern farms. We'll discuss natural resources needed to raise animals, including water, soil and crops, and examine some of the major problems in modern agriculture: pollution, high levels of water usage, soil degradation and others.

Saturday, September 9, 3-4:30 PM
(registration opens August 19)

(continued on page 5)

New Faces In Town

JoAnn thought it would be nice to profile a couple of our newest members on a semi-regular basis. The victims, er, interview subjects this month are Stephenie Frederick and yours truly, Peg Farrell.

1. How did you hear about Eastside Village (EV)?

A friend from the Brentwood-Darlington Neighborhood Association described it to me. Another friend had earlier mentioned Villages Northwest to me, but I didn't grasp the concept at that time.

I heard about Northstar Villages from a knitting buddy. I went to the orientation only to discover that I really belonged in Eastside Village.

2. What interests you about the Village?

The Village offers a wonderful way to meet like-minded people, so the social program is one interest. I would also like to be a volunteer in the organizing and decluttering departments. I expect I'll request some assistance now and again—and more as I age.

I didn't know about the social aspect at first. I was intrigued by what my son (who lives nearby) called the "rent a son" part. Then when I found out about the movie and book groups, potlucks, etc., etc., I was sold!

3. What are your interests? What activities and/or groups are you active in?

Taking care of my home and working in my yard are special joys; I hope to have a bountiful vegetable garden next year. I also like informal bicycling, learning the Tri-Met system, enjoying the company of friends and making new friends, exploring Portland, reading (mostly fiction, but also articles from *The New Yorker*, *The Atlantic*, *Salon*, *Scientific American*), taking in the morning news, trying to comprehend what is happening to our country, trying to figure out what I as an individual can do to try to reverse it. I love the plein air painting of California and the Southwest.

Like Stephenie, I read widely, fret about my government, and worry about my grandsons. Unlike Stephenie, however, I prefer to "look" at pretty gardens rather than actually muck about it in them (severe allergies as a child made a lifelong impression on me). I belong to both the Portland Modern Quilt Guild and the Ft. Vancouver Knitting Guild, finding many new friends along the way. I make fewer quilts now and have centered my creative juices in part on a small fabric-based craft business, Bella Bags PDX, selling handcrafted purses, totes, lunch/knitting bags, wallets, and various other items at one and possibly two craft sales this November. I also I design and edit three newsletters, including this publication.

Finally, to assuage my guilt over my fortunate circumstances and because it's just a fun thing to do, I deliver Meals on Wheels once a week. It's a great way to make a real difference in the world.

4. How long have you lived in Portland?

Nearly five months in Portland, two of them spent renting. I have been almost three months in my little Cape Cod cottage on SE Malden Street.



Stephenie Frederick



Peg Farrell

I moved here from the Bay Area in June 2015, and after that first summer, I nearly moved back again. I was promised "cool and temperate temperatures," not three months of 90+ weather. Yikes!

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

I am a widow with one grown daughter, two grown stepsons, and six step-grandchildren—all of whom live far away! The marvelous riches of Portland drew me to move here from Fresno, CA, despite having no connections in the area (but my stepsons come to Portland regularly, one reason for the move, and my daughter loves the city and has friends here—she has already visited and will return for Christmas). I have not regretted my decision for a minute, and hope to have a vibrant network of friends with whom to share this final adventure. I very much look forward to meeting all of the members of Eastside Village.

I, too, am a widow, who left my "dream home" to move closer to my older son. [My younger son and his family live in Mission Viejo (Orange County, CA).] I spent much of my childhood in the same Fresno that Stephenie just left, going on to move over a dozen times during the years, mostly throughout California. I'm really hoping that this will be the last time.

I love everything about Portland, but especially the trees, the colorful and distinctive neighborhoods, the glorious mountains in the background, and even the weather (well, except for these really hot days).

The EV people I've met so far have been very kind and most welcoming. Once I get past the fall craft fair season, I'm hoping to take a more active role.

OMSI Pompeii Exhibition Outing

We'll meet Sept. 29th at 9:30 at OMSI to explore this new exhibition, which features nearly 200 artifacts, including frescoes, mosaics, and precious items belonging to the residents of Pompeii, as well as a 4D movie where we can experience a simulated eruption of Vesuvius. We'll gather afterward in the cafeteria for a light lunch. Tickets for seniors are \$22 and can be purchased at [online](#) or at the museum. Please also call the EV office and let us know you're coming so we can arrange a meeting place in the museum.



(continued from page 3)

Woodstock Library
6008 SE 49th Ave.

Lead Poisoning Prevention Workshop

This workshop empowers people to reduce lead exposure and lead poisoning in their lives. It provides participants with the tools and resources needed to locate lead sources within their home and occupation, stabilize or eliminate hazardous lead conditions, and find additional agencies and organizations in the Portland metro area that can help to further limit lead hazards in the home. Participants receive a booklet and a kit of lead-safe cleaning and testing materials. Note: In the event there are not enough people pre-registered, the program will be cancelled. Tuesday, September 26, 6-7:30 PM (registration opens September 5)

If You Can Boil Water, You Can Brew Kombucha!

Kombucha is an ancient form of fermented tea and cane sugar that has probiotic benefits for your digestive system. You can buy it from the store or, even better, you can make your own! Brew one gallon for less than one bottle of the store-bought kombucha! Our presentation will show you simple steps to brewing and flavoring your own Kombucha. The presenter will provide starter cultures, tea bags, and other supplies. Saturday, September 23, 2-3 PM (first come, first served)

The **Eastside Village Voice** is published monthly by **Eastside Village PDX**.

EVPDX is a program of **Villages NorthWest**, a 501c3 nonprofit, which serves as the Hub for a network of community-based Spoke Villages in development across the Portland Metro-area.

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

JoAnn Herrigel, Governing Council Chair
Peg Farrell, Newsletter Editor

September Village Events

Listings with asterisks (*) are for EV Members only

1	2
9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	
3	4
5	6
7	8
9	10 AM – Noon Architectural Heritage Walking Tour of Buckman Neighborhood
10	11
12	13
14	15
16	17
18	19
20	21
22	23
24	25
26	27
28	29
30	

10

11

12

10 AM – Noon
Book Group
at J. Stolle's
("A Book of American
Martyrs" by
Joyce Carol
Oates)

13

9 AM
**Breakfast at
Toast**
(5222 SE
52nd Ave)

14

15

9:30 AM
**Coffee
Gathering**
Tabor Space
(5441 SE
Belmont St)

16

10:30 AM
**Eastside
Village
Information
Session**
Woodstock
Wine & Deli
(4030 SE
Woodstock)

17

9 AM – 2 PM
**Lents
International
Farmers
Market
Tabling**
(Volunteers
needed)

18

9:30 AM
Men's Coffee
New Seasons
(4500 SE
Woodstock)

19

* 6 PM
Potluck at
Derianna
Mooney's
Home (RSVP
required)

20

21

22

23

24

* 10 AM
Work Party
at JoAnn
Herrigel's
home

25

2 PM
**Talk by
Dr. Atul
Gawande**
(see first
page)

26

9:30 AM
**Coffee with
NE Village**
Café Fleur de
Lis (3930 NE
Hancock)

27

28

* 7 PM
Knit Night
(call office for
location)

29

* 9:30 AM
**Pompeii
Exhibit** at
OMSI

30