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How WE GOT TO "HERE"...

Did you know that our beloved Eastside Village community was inspired by a movement that began almost 20 years ago with the founding of the Beacon Hill Village in Boston in 2002?

"We wanted everything you'd find in a retirement community or assisted living—but we wanted these services in our own homes," explains Susan McWhinney-Morse, co-founder of Beacon Hill Village. "We didn't want to leave the neighborhood we love."

The wisdom and popularity of that "aging in place" philosophy appealed to many others across the country. Today there are more than 250 open Villages and more than 100 more in development in 43 states and the District of Columbia. They range in size from fewer than 50 members to, as in the case of the inaugural Beacon Hill Village, over 500 members.



A few years later, the Village to Village (VtV) Network was formed. VtV is the national association for the Village Movement, bringing Villages across the country together to create a "Village commons."

The Network evolved as a way for Villages to share best practices, provide expert guidance, resources, and support to help communities establish and maintain their organizations.

What began with just a concept has become a positive, forward-thinking model for aging found nationwide.



This same desire for independence in aging led to the development of Villages NW (VNW), a group of Villages in the greater Portland area. Founded in 2015, Eastside Village is the oldest of the 11 Village "Spokes" connected to a "Hub" governed by the Board of Directors of the nonprofit Villages NW.

This structure offers many advantages to its member Villages:

- Speeds up the development of Villages across the Portland metro area.
- Eliminates the need for each Spoke Village to get its own independent 501(c)(3) status, yet allows them to provide tax deductions to donors.
- Provides economy-of-scale savings re: labor and operating costs to all Villages in the system.
- Enables Villages within the same area to effectively share resources and <u>Continued on page 4.</u>

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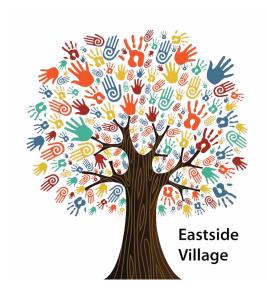
- combine efforts to apply for funding and negotiate key strategic partnerships.
- Standardizes financial record keeping, donor records, grant tracking, and data collection across multiple Villages, which makes them collectively more attractive to potential funders.
- Helps ensure that all Villages are knowledgeable about and in compliance with nonprofit legal requirements.
- Allows the Spoke Villages to focus on their greatest priorities: great service and effective operations.

While each VNW Village reflects the interests of its members, they all share two overarching goals: 1) to provide services that help us age in place, such as yard work, rides to medical appointments, and tech support; and 2) to enrich our lives as we get older – helping us "to age better" – by providing important social and intellectual opportunities that perk us up.

Acting as the liaison between the VNW Board and its member Villages is the Circle of Representatives (COR). During its monthly meetings, two representatives from each Village and several VNW Board members (the Board's Chair and finance person, among others) come together to share ideas and information and develop policy on topics that affect all the member Villages. These have included subjects such as the best response to the Covid-19 crisis and possible partnerships with other organizations such as Meals on Wheels and/or Kaiser Permanente.

Occasionally, the COR is called on to resolve questions or provide a policy solution. In that case, the COR representatives bring

the proposed policy back to their Village Councils for input and approval or revision. That input is then brought back to the Circle of Representatives for implementation.



Coming down to the local level, our own Eastside Village is managed by a nine-member Governing Council. The Council guides our wonderful and multitalented office manager, Jenny Rockwood, and oversees overall Village business issues.

Current members (and their terms) are: Liz Dally (2023), Peg Farrell (2021), Jim Houser (2023), Craig Johnson (2021), Lee Lancaster (2022), Marnie McPhee (2022), Wendy Orloff (2022), Judy Ringenson (2021), and Mary Beth Young (2023). Marnie McPhee and Lee Lancaster also serve as our COR representatives.

The Council meets formally at 10 am on the second Thursday of the month and informally on the intervening Thursdays, also at 10 am. EV members are welcome to share ideas and comments with Council members and participate in the informal *Continued on page 12.*

THE ADVENTUROUS LIFE OF RUTH BOLLIGER

It's frequently hard to condense our members' lives into just a few paragraphs. That's certainly the case when describing Ruth Bolliger's life.

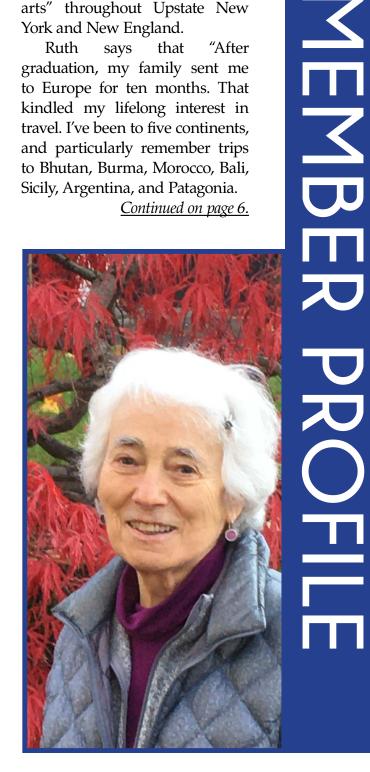
Ruth was born into an intellectual Jewish family in what was then Bohemia (now the Czech Republic), singing folk songs and becoming fluent in three languages by age two. Her grandfather won the Nobel Prize in Medicine in 1936; his fame saved his life and helped her family escape the Holocaust. They settled in New York City in 1941 when Ruth was three.

Music has permeated Ruth's life. Her mother, who was Austrian, was friends with the von Trapp family—yes, the same von Trapps made famous by the musical "The Sound of Music." She recalls that "When I was 11, we attended the von Trapps' summer music camp for adults. I was the only child there. I loved it! I sang, learned folk dancing, and played the recorder, which my mother taught."

That folk tradition continued at Oberlin College, where Ruth majored in French and the humanities—and met fellow student Joe Hickerson. Ruth joined a student group he was forming, The Folksmiths, which taught and performed the "folk arts" throughout Upstate New York and New England.

Ruth says that "After graduation, my family sent me to Europe for ten months. That kindled my lifelong interest in travel. I've been to five continents, and particularly remember trips to Bhutan, Burma, Morocco, Bali, Sicily, Argentina, and Patagonia.

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"When I returned from that first trip, I married an Oberlin classmate. While he finished his medical studies, we moved from Cleveland to Seattle, then North Carolina, the Philippines, and Nebraska before settling in Salem, Oregon. After we separated, in 1976, the kids and I moved into the Laurelhurst home where I still live today."

Ruth earned a master's in child development from Western Reserve University (now Case Western). She explains, "I created my own curriculum to help make the medical community and parents aware of the special needs of hospitalized children." She also worked at a day treatment center for disturbed children and provided counseling to incest families.

At age 45, she went to nursing school because, she says, "I wanted to know enough about the body that I could tell if one of my patients needed a brain scan or my counseling services. I started out in oncology nursing, but at age 51, found my 'professional home' as a hospice nurse." Her facility with languages helped her communicate with diverse clients and care givers, including many who were Romanian. She retired at age 75.

Ruth loves choral music. She sang soprano with the Cleveland Orchestra Chorus under Robert Shaw and had the opportunity to perform under Pablo Casals at the Casals Festival and at Carnegie Hall. After moving to Portland, she sang with the Portland Symphonic Choir for 25 years, and with the Bach Cantata Choir for 15 years. Today, she enjoys Zooming with the Lewis & Clark Community Chorale. "Singing is essential for my physical, mental, and spiritual health," she notes.

Music also brought Joe and Ruth back together, 47 years after they'd met at Oberlin. They reconnected at one of his concerts in Portland, and a week later, at a reunion of "folkies" at Oberlin. They maintained a bicoastal relationship until he moved across the country to be near her.

Joe gave Ruth an EV membership right as Covid began. She's appreciated EVers' help with one-time tasks, like getting groceries, having her hearing aid serviced, tidying up her basement, recalibrating timer lights, and repairing an aging garden gate. She also enjoys participating in our Climate Crisis Crew meetings.

Ruth remains active in Portland's Jewish community. She was on the steering committee that built the Holocaust Memorial; has participated in Tahara, a ritual that cares for bodies from death to burial; and serves on a committee for Jewish Family & Child Service that provides emergency services to Holocaust survivors.

She's adapted to Covid by attending L&C choir rehearsals, singing in two song circles, taking Tai Chi classes, folk dancing, and participating in a Jewish support group—all virtually. She'd like to find regular walking partner(s). She misses going to the gym and seeing and hugging her three daughters and two grandchildren. And honestly, she also enjoys retirement: waking leisurely, doing crossword puzzles, reading, walking, and savoring her daily cube of chocolate-covered ginger.

What an amazing person! What a life!

By Marnie McPhee

EV Member

FINALLY! THE EVENT WE'VE ALL BEEN WAITING FOR!

We, Eastside Villagers, will all soon be vaccinated and out of our two-week waiting period. How exciting! Now let's get back in the swing and by that I mean swing into spring: Let's have a picnic!

Let's celebrate our new expanded gathering abilities with a potluck lunch from noon-2 pm on Sunday, May 23rd, at Grant Park [portland.gov/parks/grant-park].

Some ideas:

- Everyone brings their own lunch. (Too early for potlucks, maybe?)
- We can bring our own chairs.
- We can add games and music.
- We can meet for two hours.
- We can wear extra-large name tags.

Best of all: we can be together *IN PERSON!* Yay!

Want to help with planning this fun event? Or help with hosting? Contact Mary Beth Young today!

By Mary Beth Young EV Member



Mary Beth is looking for......

- A guitarist (or ukulele-ist or harmonica-ist) to accompany us in a sing-a-long at the picnic
- Someone to help create and print a sing-a-long booklet
- 5 to 7 orange traffic cones
- Specific folks willing to bring a few extra chairs
- Lots of EVers at the picnic on Sunday, May 23rd!

Yum, Yum, Yum...

Krispy Creme Donuts is showing their support for those who choose to get vaccinated! As of March 22nd, anyone who shows their Covid-19 Vaccination Record Card will receive a free Original Glazed® doughnut. *Per day.* (Hint: the nearest Krispy Creme shops are in Happy Valley, Vancouver, and Beaverton.)



HAIKU THOUGHTS ON A SNOWY DAY

After the most recent "snowpacalypse," we asked our Members to send us a snow- or winter-based haiku. Here are their delightful responses.

Outside snowdrifts dance To a Winter melody Rhythmic beats in white.

It sounds like thunder, But it's only icicles Falling onto snow.

The artist at work,
Painting the land in pure white;
Her canvas our world.

Kait Skyler

Stealthily the snow falls,
Disrupting, bringing quiet,
May my soul now learn. *Jackie Lemieux*



Rock hard snow won't melt; Shovel bounces against it. Be gone, pesky snow!

Drop light hangs on branch, Keeping humming bird feeder Warm, sweet, and tasty *Kit Siegel*

Freeze and snow hushed the world Then sun came out Bringing lightness to the heart Jana Demartini-Svoboda

Used snow blankets all, Keeping hazards in the park; Streets battered with limbs. *Marjorie Takei*

DON'T MISS THE PLANT SALE: APRIL 24TH

This year we are planning one huge Spring Plant Sale to benefit the Oregon Food Bank pantry at POBC. In addition to a variety of plant and vegetable starts, small trees, and other goodies, there will also be several vendors selling yard art.

The pandemic has resulted in more people having to rely on food pantries and the need is greater than ever. Please contact Ann Gaffke if you have plants to contribute.

Please join us! Saturday, April 24th, 10 AM to 2 PM; 2014 SE 59th Ave.



WELCOME NEW MEMBERS!

It has been our custom for some time now to introduce our newer members by asking them each the same five questions. This month, we are pleased to introduce Alison Starkey and Cheryl Sears. Please be sure to give them a nice welcome the next time you see them.

How did you hear about Eastside Village (EV)?

Alison I grew up in Boston and my mother knew some of the people who started the first Village on Beacon Hill. I was impressed by how enterprising and clever it was as a way to keep seniors active in the community. So already knowing of it, as well as working professionally with seniors for some years, I was pleased to be hired in 2015 by EV as a part-time contractor to help open them up in Portland. It was fun working closely with Jin Darney, Mary Bedard, JoAnn Herrigel, and Cary Hixon.

*Chery*l A few years ago, I attended a retirement-type seminar at Providence Hospital where I picked up a brochure. I joined after I started living alone and the pandemic arrived.

What interests you about EV?

Alison There are a number of aspects I enjoy, but the most important is the sense of community and care by the members. The Covid pandemic can be isolating, so being part of a group that looks out for other seniors was a boost. It's important and fun!

*Chery*l I think that it was just the ability to reach out into the community to remain active.

What are your interests? Which EV activities and/or groups do you plan to be active in?

Alison I enjoy being creative in my home and garden. I love the arts, reading, learning, museums, Continued on page 10.



Alison Starkey



Cheryl Sears

Continued from page 9.

gardens; travel; etc. I also love going on adventures. My husband and I are planning to move into a smaller home in the Woodstock neighborhood this spring/summer; it's been a great way to feel constructive during the pandemic. I hope to start a blog about downsizing and creating our new home.

I've only put my toe in the water of EV options. I've attended a few calls and the book and movie groups. I also volunteer for EV and have done some food runs, yard work, call outs, etc. I anticipate that after we move, I'll be able to put more energy into some of the groups I am part of, including EV. I'd enjoy participating in outdoor activities like gardening, walking, and biking (my husband rescued an old Schwinn from the recycling center. I haven't used it yet!).

*Chery*l I like music, especially Broadway musicals; movies; biographies; writing; medicine/health; pitching in where needed; and working with children. As a new member, I'm just learning about the different groups and activities EV has.

How long have you lived in Portland?

Alison We moved here from Southern California in 2004.

*Chery*l I moved here in August 1979.

What would you like EV members to know about you?

Alison I'm pretty easy-going and like to go on adventures and learn interesting things. I like a good laugh, meeting good people, enjoying beautiful things, and giving back to the community. And, I'm thrilled to have been vaccinated.

I grew up in New England and after college moved to Seattle to be a city planner. Subsequently, I spent 20+ years in corporate finance, followed by five years in nonprofit management with the American Red Cross. These jobs allowed me to live in wonderful

places, including Seattle; San Francisco; and Orange County, California.

My husband's work brought us to Portland 17 years ago. I love it here; it's a blend of the many things I enjoyed about each of my previous homes. All along we've been involved with various local nonprofit and neighborhood organizations.

I've been retired for two years and I'm enjoying it immensely. Before Covid, I took numerous Portland Parks and Recreation hikes to areas outside of Portland. It was exciting to learn more about the area, and I look forward to resuming them when I can!

Cheryl I was a member of a champion Sweet Adelines chorus for 26 years. I have four children, but lost my oldest son in 2019. I have eleven grandchildren and nine great-grandchildren.

I worked for 30-plus years as a physical therapist (half that time in pediatrics). I have a double degree in P.T. and Psychology. I lost my husband in 2018.

I was born and raised in northeastern Ohio and lived in Southern California for ten years before moving to Oregon.

I'm a member of Oregon Writers Colony and Willamette Writers, and self-published an instructional book for children called *Make Gravity Your Friend*.

REMEMBERING ULISSE'S TOMATOES

The last, and only, time I had grown tomatoes was over forty years ago when I was just out of college and living in Seattle. It was an utter failure due to lack of research and poor placement. From that time on, I simply bought tomatoes and left the growing to the experts. As a regular of the Woodstock Farmers Market, I have again appreciated the specialness of home-grown tomatoes as well as other locally grown vegetables.

With the Covid-19 pandemic settling into our communities during the spring of 2020, and with our lives looking ever more inward, I figured growing tomatoes seemed

a good project for the summer. It would provide routine as well as something to look forward to as things progressed. So, I bought three plants in late May.

Much of this idea was spurred by a friend who offered plum tomato plant

starts her husband grew from seeds from cherished plants that originated from the vegetable garden of a family in Northern Italia. These tomatoes were so treasured that a few ancestral tomato seeds were brought over 100 years ago in the pocket of Ulisse Edera, who emigrated with his brother to La Grande, OR, in 1916. He later moved to Milwaukie, where he and his wife, Daria, created a 22-acre farm known as Johnson Creek Farms. Over the years, they became known for their wonderful produce, especially the tomatoes, that were sold at local farmers' markets. Ulisse's story is as interesting as his life was long; he passed away at the age of 103.

Wanting to honor Ulisse's and the young tomato plants' legacy, I planned

on success this time. After some research and YouTubing regarding watering and fertilizing, I decided on an old American Indian fertilizing practice of planting a raw fish head (\$3 each from a local fish monger) under the roots of each plant. This provided nutrients for most of the growing season. Well, that sounds easy — just add water and sun — right?

What I didn't realize was that my tomatoes were "indeterminate" or leggy vine-like plants and not bush plants. Who knew? One should have. Soon the three-foot tomato cages, inserted in the 15-20-gallon

black plastic pots placed on an old bench on the sunny part of our driveway, were joined by spare ladders and other tall structures to help trail long branches of fruit.

With the heat of summer on high and bright red fruit

ripening in late August, I sliced and placed the fruit on parchment paper-covered cookie sheets and put them in the freezer for a couple of hours. Once frozen, it was easy to pop them individually into a freezer bag for future use.

Over this past year they have been added to sauces, soups, and even mock tomato jam to go with an over-easy egg breakfast. Although I never knew him, I thought of Ulisse many times as we prepared meals with these offerings.

As my supply of frozen tomatoes dwindles, I've started thinking, should I try again and plant Ulisse's treasured red fruit this year?

By Alison Starkey EV Member

Continued from page 4.

Council meetings. For more information, please contact Jenny in the EV office.

Villages NW has organized a number of "affinity groups" in which representatives from the 11 member Villages gather to share ideas, resolve issues, and develop policies on a variety of overarching topics. It is not uncommon for topics to arise at the affinity group level, be taken up later by the Circle of Representatives, and eventually be formalized into VNW policy.

Each EV Council member serves on the affinity group that most closely aligns with their personal interests or talents: resource development/fundraising (Judy Ringenson); diversity, equity, and inclusion (Lee Lancaster and Jackie Lemieux [noncouncil representative]); finances (Wendy Orloff); office operations/Club Express (Jenny Rockwood); marketing/outreach (Liz Dally); membership (Jim Houser); programs (Mary Beth Young); and volunteers (Craig Johnson).

EV Council members and our office manager Jenny Rockwood communicate important information and ask for members' input through a variety of means, including this newsletter, the *Eastside Village Voice*; our online Open Forum; as well as various emails and mailings.

We welcome your ideas and suggestions: your ideas matter!

And finally, we have come to you, Our Members. While some Villages in New York and California work together with state agencies, others, like Eastside Village, are *Member*-driven.

You organize activities and services, such as: growing organic plants and food and selling them to fund the Oregon Fund Bank;



discuss books and current events; work at saving the planet; helping the visually impaired; reading your favorite poetry, including your own, to others; playing the guitar and singing your own songs at a Ceilidh; making textiles or handbags on Zoom; supporting foster kids; teaching each other how to formulate advance directives; sharing the bounty of your yards with those who really need those fresh vegetables; and making sassy Halloween masks.

You are what makes Eastside Village such a force for good and hope, friendship and support. Let's keep it up!

This article was developed by Judy Ringenson and Marnie McPhee, with additional input from Peg Farrell and Lee Lancaster.



HAPPY HOUR WITH ARTISTIC FLAIR

Raise your glass with a "cheers" and "À votre santé" to Eastside Villagers who share their art work and ambitions with others at our new event, a "Happy Hour with Artistic Flair." On Thursday, April 8th, from 4-5 pm, we will welcome Dennis Hopkins, painter, and Claire Cofsky, ceramic designer.

Artistic souls in Eastside Village have had little opportunity to work together to create pottery, textiles, watercolors, oils, etc. this past year. This event is a time to talk about beauty, creativity, and so much more. Guests welcome. 4-5 PM.

By Judy Ringenson EV Member

EV BIKING GROUP HAS SUCCESSFUL ROLLOUT

Our first organized "Cherry Blossom Ride" was held on Friday, March 26th. These masked riders include (from l-r) Liz Dally, Bill Richard, Craig Johnson, Jim O'Connor, Carlotta Richard, JoAnn Herrigel, Janet Billups, and Lucien Dallaire (not shown).

If we missed any EV Members who would be interested in joining us on future rides, please call Lucien Dallaire. Just leave your number and I will call you back. We'd love to have you join us!

By Lucien Dallaire EV Member



A REAL SHOT IN THE ARM

If you've ever used an Eastside Village volunteer driver, then you know that it's a random luck of the draw as to which wonderful driver you will get. After my first Covid shot, which Joanne Herrigel drove me to, I immediately called Jenny to schedule a ride for my second one.

Soon after, I was informed that my driver for shot #2 was Sue Stadler. "Hmm," I thought. "I don't know her." But I love meeting new people, so I wasn't concerned.

I think that may be the best part of belonging to the Village: meeting new people. But if you asked Jenny or the people who read the surveys that ask us what events we want to see more of, I would say one of the best parts would likely be the sing-alongs. I have only been to one, but I keep asking for more.

However, I wasn't thinking of sing-alongs as I got ready that Sunday morning and waited for Sue. I was anxious and praying that God would get me through this second shot okay. I had talked to Sue the day before to checkin, and she seemed very

nice, but I wasn't sure she was ready for my anxiety.

Soon enough, anxiety or no anxiety, I was in her car and away we went.

"Where do I know you from?" she asked as we headed for the airport.

I named a few things including my volunteering with a fix-it fair and various street fairs.

No go there.

Then she asked, out of the blue, "Have you ever been to a sing-along?" "Yes," I replied, "just one." "Well, it was at my house," she enthusiastically proclaimed.

My jaw dropped and l got all giddy inside. Jenny had been telling me the previous host was out of town, etc., whenever I asked, and I was sure that the sing-alongs would never happen again.

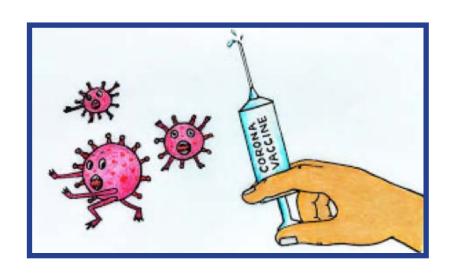
Of course, since getting a Covid shot means waiting in the car, we proceeded to... you guessed it... have our own sing-along!

We sang songs from our favorite female singers, and I taught her a song with riddles, so we did riddles and jokes, too.

Let me tell you, it was the most fun I ever had getting a shot. And thanks to Sue, my anxiety was gone.

In fact, you could say, she was a real shot in the arm.

By Kait Skyler EV Member



REMEMBERING FRAN DAGGETT

Eastside Village member and pioneer Fran Daggett died the morning of March 27th at Fieldstone Cornell. Fran grew up on a farm in North Dakota and met her first husband in Denver while working at a bank. They had two daughters, Robin and Lesley. Fran had another daughter, Carrie, whom she gave up for adoption, but later located and built a relationship with.

She left Denver and moved to Portland when her daughters were still young. Here she met her second husband, Rod, a school social worker, while working in Child Protective Services for the State of Oregon. Fran retired at the young age of 54 and spent over 20 years pursuing her various passions.

She and Rod enjoyed traveling together with Elderhostel and shared interests in social issues. They cultivated strong relationships with local Portland restaurants, including Broder, Toast, and Woodstock Wine and Deli, where Rod's memorial service was held. Eastside Village's "Breakfast at Toast" are a Fran legacy.

Fran was an avid hiker, birder, a master gardener, and a fierce (and we mean *fierce*) Scrabble player. She found time to volunteer regularly at the Audubon Society, and supported local environmental causes, including her local CSA, 49th Avenue Farms.

Fran was also active in local Democratic politics and was a committed member of the First Unitarian Church of Portland, where she participated in many groups and activities, but mostly treasured her many friends there.

Fran enjoyed spending time with her children and grandchildren: Christy, Tyler,



Annie, Brendan, Connor, William, and Colin.

During the early formation of the Villages in Portland, Fran participated in planning for a Village called RISE, which later became Eastside Village. Committed to the Village concept, Fran sat on the first Eastside Village Council and was a founding member when EV opened in 2015.

She participated in many Eastside Village events and attended Toast breakfasts even after moving to Calaroga Terrace in 2017. Photos of Fran and her welcoming smile are featured prominently throughout Eastside Village's website and promotional materials.

Fran's daughter, Robin, expects to hold a memorial, but no specifics are available yet. Eastside Village will keep members informed as these plans develop.

She will be missed.

By Robin Fouché, Sherry Hall, and JoAnn Herrigel

CALENDAR FOR APRIL 2021

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

Please note: Most Eastside Village events will be held via the Zoom online virtual 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 folks. 5-6 PM.

5, 12, 19, & 26

Coffee Hour

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

7, 21 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.

8

EV Council Meeting

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

Happy Hour with Artistic Flair

(MV) EV members Dennis Hopkins, painter, and Claire Cofsky, ceramic designer, will share their works with us. See page 13 for details. Guests welcome. 4-5 PM.

10

Virtual EV 101

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

13

EV Book Groups

(R, MV) Join us as we discuss *The Color of Water:* A Black Man's Tribute to His White Mother by James McBride. 10–Noon.

15

Men's Lunch w/ Adult Beverages

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

24

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. 12–2 pm.