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Thoughts for a New Year

The idea of living in the year 2019 used to be the stuff of science fiction or make believe, of flying cars, world peace, and household robots. We were supposed to have figured it all out by now, weren't we? How to feed everyone, get along with our neighbors, reach for the stars. Where did we go wrong?

Don't look to me for answers, for I have none.

It's tempting, as just ordinary and uninfluential people, to give up, to go with the apparently prevailing attitude of *"I've got mine, who cares about you?"* To turn an uncaring eye toward those who hurt or are alone. But if we all did that, then the dark forces would truly win, and we can't just give up without a fight.

I recently came across a wonderful little piece by Bryan Skavnak that, while meant for children, spoke to me in a clear and compelling voice:

"Some kids are smarter than you. Some kids have cooler clothes than

you. Some kids are better at sports than you. But it doesn't matter. You have your thing, too.

"Be the kid who can get along. Be the kid who is generous. Be the kid who is happy for other people. Be the kid who does the right thing.

"Be the nice kid."

Right there, *that's* how we change the world. We start here, in our Village, in our city. We'll read to kids; we'll help out our neighbors and fellow Villagers; we'll deliver meals and help the poor. We'll give people a sense of belonging and make sure no one feels alone or forgotten.

We can—one book group, one lunch, one coffee gathering at a time—turn the tide of indifference and detachment. And like a contagion of kindness, it will spread and spread.

Join me, won't you?

[The EV Council members have opted to write this introductory article in turns. This month's article was written by Peg Farrell.]

EV Book Group Schedule for 2019

Members of the EV Book Group met last month to share cookies and hear 3-minute book “pitches.” Here are their selections.

All EV members and volunteers are welcome to join us from 10-noon on the second Tuesday of every month. Please register for locations.

January 8

The Women in the Castle

by Jessica Shattuck

February 12

The Botany of Desire

by Michael Pollan

March 12

Pachinko

by Min Jin Lee

April 9

Advice for Future Corpses

by Sallie Tisdale

May 14

The Warmth of Other Suns

by Isabel Wilkerson

June 11

The Electric Kool-Aid Acid Test

by Tom Wolfe

July 9

I Contain Multitudes

by Ed Yong

August 13

The Elegance of the Hedgehog

by Muriel Barbery

September 10

No Time to Spare

by Ursula LeGuin

October 8

The Postmistress

by Sarah Blake

November 12

Benjamin Franklin's Bastard

by Sally Cabot Gunnison

December 10

Nominations for 2020



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This and That

Speakers Bureau

Would you like to join the Speakers Bureau to let other folks know about Eastside Village? Ann Steigerwald, an EV volunteer, has offered to train more volunteers and members to present the Village message to community groups, service organizations, and other interested gatherings. Each speaker generally offers one session each month.

Let the office know if you would like to attend the training to see if it's something you'd like to do.

Feel Good About 2018 Again

Yes, Virginia, there really were some moments of joy and humanity in 2018. Check out the heartwarming stories at OregonLive.com/Tom-Hallman and feel good about the world again.

Help Fellow Villagers and Have Fun, Too

Our developing village in West Linn/Lake Oswego (WLLO) will be the beneficiary of a McMenamins "Friends and Family" fundraiser!

McMenamins will donate 50% of the night's proceeds from everyone who dines at the West Linn Pub on Monday, Jan. 28, between 5 pm and close. This is an opportunity for a night out for Villagers and will help increase WLLO's treasury as they plan for their launch next June.

Let the restaurant do the cooking, take a break from dishes, and enjoy a night out with family and friends while supporting our fellow Village.

January 2019

New Year's Resolutions

"Never fry bacon naked."

~ Ray Palla

"You'll never get bored when you try something new. There's really no limit to what you can do."

~ Dr. Seuss

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

~ Benjamin Franklin,

"My New Year's resolution is to take all the Christmas lights down by Easter."

~ Melanie White

"The bad news is time flies. The good news is you're the pilot."

~ Michael Altshuler,

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity* and its first chapter is New Year's Day."

~ Edith Lovejoy Pierce

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential."

~ Ellen Goodman,

"Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word."

~ Goran Persson

Engaging With the Community Benefits Everyone

California studies on what is important to holding Villages together focus on a new level of community engagement. Researchers have found that as retired or disabled Village members get together with volunteers to outsmart illness or disabling conditions, they are also renewing their involvement in solving civic, global, and personal problems.

For example, some Villagers are continuing or are beginning volunteer activities with children, such as the SMART program which helps interest very young children in reading. Some are teaching poetry to school children, or helping increase the enjoyment of art for those with cognitive impairment.

In Eastside Village, some members meet for lunch at Albertina's Kitchen, both to socialize and to support an agency which works to help children and adults with mental health challenges and developmental disabilities.

Thus, what is true for California is true for Oregon also. At the heart of Eastside Village are the members—who join to maintain their independence and to help structure a virtual community—and the volunteers—who provide the services that enable them to

live fully engaged lives and stay in their own homes.

Both the members and the volunteers of Eastside Village increase civic engagement in the community life of North- and Southeast Portland and effect beneficial changes not only in their own lives, but in the lives of school children, disabled populations, newcomers to the area, and others. Many members are both volunteers and members who receive services.

The studies from California point out that participation in the larger community is vital to the success of the new virtual villages.

~ Judy Ringenson
EV Council Member

Make a Difference Today!

Portland SMART (Start Making A Reader Today) Program
[\[www.getsmartoregon.org/\]](http://www.getsmartoregon.org/)

Multnomah County Meals on Wheels Program
[\[www.mowp.org/\]](http://www.mowp.org/)

Oregon Food Bank
[\[www.oregonfoodbank.org/\]](http://www.oregonfoodbank.org/)

Store to Door of Oregon
[\[StoreToDooroOfOregon.org/\]](http://StoreToDooroOfOregon.org/)

Hands On of Greater Portland
[\[www.handsonportland.org/\]](http://www.handsonportland.org/)

JOIN of Portland
[\[joinpdx.org/\]](http://joinpdx.org/)



Downsizing? These Folks Can Help

Have you resolved to clean out and/or declutter your home in 2019? Are you wondering what to do with items you no longer want? Goodwill and the Salvation Army are well-known national organizations that accept donations, but there are several local (perhaps less well-known) organizations that would welcome your donations as well.

Albertina Kerr's Place Resale Shop

424 NE 22nd Avenue; 503-234-2406; www.albertinakerr.org/AlbertinasPlace/Retail
Accepts consignments, donations, and estate sales.

The Community Warehouse and Estate Store

3969 NE Martin Luther King Blvd; . 503-235-8786; www.communitywarehouse.org/estate-store
Accepts furniture and household items.

Habitat for Humanity's ReStore

Several locations around Portland
Accepts furniture, appliances, household items, and building materials. For details and locations of ReStores near you, see their website, www.habitat.org/restores.

For something completely different, check out the **Buy Nothing** group in your area to offer items to others or request something you need. Participation in a Buy Nothing group helps those in your immediate community and adds a personal touch to your donation. buynothingproject.org/

~ From the NorthEast Village PDX Newsletter

EV Men's Group

Happy New Year! Our next meeting will be on Thursday, January 17th, at Mcmenamins The Barely Mill at SE Hawthorne at 17th. (www.mcmenamins.com/barley-mill-pub-better)

Now that I have begun working on the EV Council, I have monthly meetings which are, of course, at the same time our luncheons have been so far. May I ask your indulgence to move the luncheons up to 12:00-1:30 so I might have some time to get to my other meetings, which start at 2:00? Please let me know if this poses any problems for any one.

Our December meeting at Rogue Pub was better attended, and we discussed maybe doing some events along with our lunches. Here's my idea:

There are so many neighborhoods in our SE area that also have many points of interest as well as great brew-pubs and restaurants. Let's write down all the different neighborhoods on slips of paper, then take turns drawing one from the hat. Then we can take turns to volunteer to come up with a designated lunch spot in the designated neighborhood, as well as a 30-45 min walk to some nearby points of interest such as architectural features, parks, etc.

Please let me know your thoughts on these items.

Looking forward to seeing you in 2019!

~ Lucien Dallaire

Yoga Tools for Better Breathing

Last fall's Membership Meeting featured a short discussion by Diane Thompson of yoga techniques suitable for those with limited mobility. Her colleague, Sherri Koehler teaches classes and individuals at her own Samatha Yoga Studio on Halsey, as well as at various Rec Centers in the city.

She kindly passed along to us information about breathing and several techniques.

Why Is Yoga Breathing so Important?

Several international studies have shown that yoga interventions provide benefits to those with COPD and other pulmonary issues. These benefits include: reduced stress, improved oxygen uptake, increased release of prostaglandins in the lungs, and improved respiratory muscle efficiency.

To get the maximum benefit from these exercises, Sherri suggests that you start with just 5 minutes at a time, three times a day. Over time, you can make each exercise a bit longer, aiming for 30 minutes, twice a day.

Breathing for Capability: *Lion Breath*

Use this method to improve the strength of your diaphragmatic breathing.

- » Sit or stand with legs, feet turned slightly out, and a tall spine.
- » Inhale and lift your arms up and overhead.
- » Pause at the top of the inhalation.
- » Stick out your tongue, while at the same time exhale forcefully out through your open mouth, constricting your throat.
- » Bend your elbows, bringing your arms back down to shoulder height.
- » If you're standing, bend your knees out, dropping your tailbone while lifting your belly.
- » Make another big inhalation through your nose while bringing your arms back overhead and, if standing, lengthening your body through your legs.
- » Continue like this for several rounds, being mindful of feeling dizzy!
- » If you do feel dizzy using the Lion's Breath, you can focus instead on exhaling out with a hissing sound, through the teeth, while focusing on using your diaphragm to assist your exhalation.

Breathing for Calmness: *Square Breathing*

This breathing practice has been shown to help regulate the nervous system and help reduce anxiety.

- » Sit comfortably, with a tall spine.
- » Bring your awareness to your breath.
- » Count to yourself:
 - How long is my inhalation?
 - How long is my exhalation?
- » What changes must be made to make my inhalation and exhalation the same? Speed up the inhalation? Slow down the exhalation? Both?
- » Bring your inhalation to the same length.
- » Add a pause at the top of the inhalation, for as long as is comfortable, but no longer than the original inhalation was.
- » Add a pause to the bottom of the exhalation, for as long as is comfortable, but no longer than the original exhalation was.
- » Continue.

just breathe



Breathing for Capacity: *Smell the Roses / Blow Bubbles*

This breathing practice has been shown to help improve the efficiency of the respiratory muscles.

- » Sit comfortably, with a tall spine.
- » Bring your awareness to your breath.
- » Inhale as deeply as is comfortable, as if you're smelling something wonderful.
- » Exhale out as fully as is comfortable, as if you're blowing bubbles using a bubble wand. Don't strain to exhale.
- » Continue.

Breathing to Focus the Mind: *Step Breathing*

This practice has been shown to regulate the brain's chemistry to improve the ability to focus on the task at hand.

- » Sit comfortably, with a tall spine.
- » Inhale a tiny breath in.
- » Pause
- » Continue to inhale tiny breaths, followed by a pause, until it feels like you have taken a full inhale.
- » Pause for a few moments, but don't strain to hold it.
- » Exhale gently, as fully as is comfortable, through the nose.
- » Continue.

Reasons to Get Out in January

We understand: It's January. It's grey. It's dark. And it's probably raining. Those are all good reasons why you shouldn't hole up alone, just you and the TV.

Grab a Village buddy and check out some of these fun things that are happening right here, right now. You'll be glad you did!

› **Portland Boat Show**

Check out boats of all sizes and styles in a 250,000-sq-ft space. Jan. 9-13, Expo Center. (www.pdxboatshow.com)

› **Rose City Classic**

A must for dog lovers, it's one of the largest dog shows in the country, with over 185 breeds and many competitions. Jan. 16-20, Expo Center. (RoseCityClassic.org)

› **Portland Old-Time Music Gathering**

The Portland Oregon Old-Time Music Gathering is a grassroots volunteer-run festival that aims to celebrate and enrich the community of traditional old-time Appalachian style string band musicians. Workshops/Jams during the day, concerts in the evenings. Bring your tappin' toes! Jan. 16-20, various locations. (BubbaGuitar.com/Gathering)

› **Fix-It Fair**

The Fix-It Fair is a FREE City of Portland event where you can learn simple ways to save money and connect with resources. Included are exhibits and workshops on such topics as:



- › Water and energy savings
- › Safe and healthy home
- › Food and nutrition
- › Neighborhood and community resources
- › Recycling
- › Weatherizing your home
- › Gardening and growing your own food
- › Yard care and composting
- › Transportation
- › Free lead blood testing
- › Free giveaways and hourly door prizes
- › Free lunch
- › Free minor bike tune-ups and flat tire repair for students and families

All this on one day only: Jan. 26, 9:30 am - 2:30 pm, Ockley Green Middle School, 6031 N Montana Ave

› **Oregon Truffle Festival**

Now in its 15th year, the Oregon Truffle Festival promotes the glorious native culinary truffles found in abundance in Oregon's Willamette Valley (who knew?). Observe trained dogs as they hunt, join fellow aficionados for lunch or dinner at local wineries, or purchase some truffles for your own use. Jan. 25-27, 10 am - 4 pm, various locations. (OregonTruffleFestival.com)

Notes From the Office

We're wrapping up 2018, with reports to the Council and to Ride Connection, and Villages NW. We send monthly data about services and memberships to VNW, and monthly accounting of rides to Ride Connection.

We're also updating the Member Directory. If you would like a printed copy of the Membership Directory, please let the office know. I'm in the office four hours every day, although the times vary according to volunteer availability. I always pick up phone and email messages at the end of the day.

And the news from SE Cora is that it looks like the apartment construction across the street from the office is finally beginning. They've dumped loads of dirt so far, and there's more action in the fenced-in storage. Lots of traffic, and tight parking.

~ Jin Darney

Tips for Staying Happy As You Age

- » Accept your reality and move forward from there.
- » Don't compare how you feel *now* to when you were younger.
- » Focus on maximizing what you *can do*, not what you can't.
- » Prioritize the things that are truly important to you.
- » Don't be afraid to ask for help.
- » Plan your day around maximizing your energy.
- » Stay connected with friends and family.
- » Be proactive and advocate for your own health care.
- » Continue to exercise, even while seated.
- » Be grateful for the small things.
- » Have a purpose in your life.
- » Find a way—even a small way—to help others

What has worked for you? How do you keep your life balanced? Send your favorite tips to Eastside.Village.Ed@gmail.com, and we'll include them in a future issue

January Library Events

To register, call 503.988.5123 (except where noted). All offerings are free of charge. In addition to the events listed below, many libraries have recurring events such as crafts groups, reading groups, résumé help, and tech help. Event schedules do occasionally change; visit [Library Events](#) for current information.

Belmont Library 1038 SE Cesar E. Chavez Blvd

Edible Native American Plants

Have you ever wanted to know which berries are edible when you're hiking? Or what other plants are edible and how to use them? Take this opportunity to learn about traditional Native American food plants like huckleberry, cedar, sweetgrass and other plants used for basketry and medicine.

Saturday, January 12, 1–3 pm
(first come, first served)

Building Women: Get Started in the Trades

What's it like to be a carpenter, plumber or electrician? Anjeanette Brown of Oregon Tradeswomen presents an overview of what it takes to build a successful career in the trades, whether you're just getting started, or looking for a change.

Join us for Everybody Reads, Multnomah County Library's annual community reading project. For teens and adults.

Wednesday, Jan. 23, 5–6 pm
(first come, first served)

Photo Editing Basics

Explore your creative side with digital photography by editing your photos for social media, flyers and invitations. Learn about lighting, filters, layers, file management and more. We will explore free apps and software for mobile devices. Bring your mobile device to follow along.

Sunday, Jan. 13, 11 am – 1 pm

Gregory Heights Library No special events this month.

Holgate Library 7905 SE Holgate Blvd.

Building Women: Get Started in the Trades

What's it like to be a carpenter, plumber or electrician? Anjeanette Brown of Oregon Tradeswomen presents an overview of what it takes to build a successful career in the trades, whether you're just getting started, or looking for a change.

Join us for Everybody Reads, Multnomah County Library's annual community reading project. For teens and adults.

Saturday, Jan. 19, 1–2 pm
(first come, first served)

Cooking Around the World Club: Soup and Salad

Kick off the new year by eating healthy! Allison Dominic will demonstrate how to make a pesto pasta salad, spiralized vegetable salad and a basic green salad, along with a tasty minestrone soup, using fresh herbs and local vegetables.

Sunday, Jan. 20, 3:15–4:30 pm
(first come, first served)

Banh Su Kem

Learn how to make a cream puff with the owner of Lan Vinh Bakery. Program conducted in Vietnamese.

Sunday, Jan. 27, 3:15–4:45 pm
(registration opens January 6)

Photo Editing Basics

Explore your creative side with digital photography by editing your photos for social media, flyers and invitations. Come learn about lighting, filters, layers, file management and more. We will explore free apps and software for mobile devices. Bring your mobile device to follow along.

Tuesday, Jan. 29, 5:45–7:45 pm
(first come, first served)

Midland Library
805 SE 122 Ave.

Leatherwork: Sedum Planter

In this hands-on workshop, presented by Purpose, you will learn to make a leather planter. You will edge dye, wax and burnish edges. Next, you will punch holes and stitch. Finally, you will choose a sedum and plant it in a jar which fits nicely into your leather planter.

Wednesday, Jan. 16, 5:30–7:30 pm

Lunar New Year Floral Art

This workshop, presented in Chinese, enables you to enjoy your flower garden longer. Please join Ann LeFleur Copine to learn tips and techniques to create elegant pieces of floral art using seasonal flowers from your garden.

Saturday, Jan. 26, 3–4:30 pm
(registration opens January 5)

Sellwood-Moreland Library
7860 SE 13th Ave.

Setting Intentions: Page-by-Page Art Journaling

Join writer and creative facilitator Anya Hankin to jumpstart your creativity in the new year and explore intention-setting through the practice of art journaling. In this hands-on workshop, participants will be introduced to unique art-journaling techniques such as inspiring writing prompts, mixed-media collage, stamping,

and pen and ink illustration.

Learn how to utilize your journal as a place for imagination and vision to unfold. Please bring your own blank journal; all other materials will be provided.

Sunday, Jan. 6, 12:30–2 pm
(registration open)

LinkedIn Basics

Learn how LinkedIn, the internet's number one professional networking website, allows you to create and promote workplace skills, experience, and successes. By the end of this class, you will learn how to get around in the LinkedIn website, start building your LinkedIn profile, connecting with others to build your network, and search for jobs and organizations. Please sign up for a LinkedIn account before coming to class.

Tuesday, Jan. 15, 10 am – 12 pm

Woodstock Library
6008 SE 49th Ave.

Setting Intentions: Page-by-Page Art Journaling

Join writer and creative facilitator Anya Hankin to jumpstart your creativity in the new year and explore intention-setting through the practice of art journaling. In this hands-on workshop, participants will be introduced to unique art-journaling techniques such as inspiring writing prompts, mixed-media collage, stamping, and pen and ink illustration.

Learn how to utilize your journal as a place for imagination and vision to unfold. Please bring your own blank journal; all other materials will be provided.

Sunday, Jan. 6, 12:30–2 pm
(registration open)

JANUARY VILLAGE EVENTS

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

4&18 COFFEE @ TABOR SPACE

Join your friends and neighbors for coffee and conversation at Tabor Space. 9:30-10:30 am. 5441 SE Belmont

08 EV BOOK GROUP

(R, MV) The Book Group starts the year off with "The Women in the Castle," a thought-provoking work of historical fiction. 10 am–Noon. Please register for location. (Want to join us for future meetings? See the year's book list on page 2.)

09 BREAKFAST @ TOAST

Come for a nosh at this traditional neighborhood cafe. 9-10 am. 5222 SE 52nd.

15 CONVERSATION & ART @ PAM

(R) Coffee & conversation, followed by a lecture. Portland Art Museum. Free for adults 62+. 9:15-11 am.

17 MEN'S LUNCH WITH ADULT BEVERAGES

(R) OK, guys, this one's for you! Mcmenamins The Barely Mill (SE Hawthorne at 17th). 12:30-2 pm. (See p. 5 for details)

19 EASTSIDE VILLAGE 101

Join friends and neighbors for coffee and conversation at Tabor Space (5441 SE Belmont). 9:30-10:30 am.

21 COFFEE BREAK

(R, MV) Come on a virtual Visit to St. Petersburg, Russia, with Pete Ellis, Volunteer. In addition to our tour, COFFEE BREAK will feature a segment on health tips, as Mary Lee Turner shares some important facts about vision. 10-11 am.

First time COFFEE BREAKer? After you register, host Linda Safran will be in touch to schedule a 10-minute practice session. Please register [online](#).

27 KNOT JUST KNITTING

(R, MV) Bring your favorite fiber project and join us for talk, technique, and lots of textile-touching. All skill levels welcome! 1-3 pm. Please register for location.