

– Eastside Village Newsletter –

December 2023

Universal Human Rights Month and
Seasonal Affect Disorder Awareness Month!

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FAMILIAR: Food As Medicine, for Independence & Longevity In Aging & Retirement

Six-Session Zoom Workshop, Wednesdays 2 to 4 p.m., January 17, 24, 31 and February 7, 14, 21

For the last several years, nutritionist Erin Fredericks has been working with a number of Villages NW Villages, to develop, field test, and refine a very special program, FAMILIAR (Food As Medicine, for Independence & Longevity In Aging & Retirement), which has been enthusiastically welcomed by participants.

Whether you attended FAMILIAR Zoom presentations several years ago and are eager for the updated version based on the latest research or are interested in learning for the first time how you can apply Food as Medicine to your own health, this six-session lecture series is for you.

Erin Fredericks holds an MS in Nutrition from the National University of Natural Medicine and spent nearly two decades working in food and healthcare publishing for leading brands like Bon Appetit Magazine, Martha Stewart and WebMD. She is an advocate for Food as Medicine, particularly its role in healthy aging.

From its Villages NW origins, FAMILIAR is now produced state-wide in partnership with several public health and care organizations, like Oregon Care Partners and Columbia Pacific Care Oregon and celebrates 300+ completions of the full series (and counting!)

Come learn the hows and whys to improve your digestion, strengthen your muscles & bones, protect your brain & heart, calm inflammation, support your detox organs, move more, and sleep better.

Registration is required for this six-session workshop on Zoom. Classes will be held on Wednesdays from 2:00 to 4:00 p.m. January 17, 24, 31 and February 7, 14, 21, 2024. To register, contact Liz Kennedy at lizkennedy@northstarvillagepdx.org or text her at 316-686-0486.

Native Planters - Jean Longwill

On Saturday, November 18 there was a seed-sowing workshop at the Master Gardeners' Demonstration Garden on SE 57th Ave. The event was both fun and informative. Sharon Grady, Cheryl Anderson and I were able to attend, along with several Master Gardeners and other enthusiasts. Bob Shaw guided us through the process. We learned techniques for planting native seeds that required stratification (a period of cold, moist winter weather) for success. First, we planted scurf peas, which had to be scarified (put in boiling water to soften.) We also planted spring gold, fern leaf, biscuitroot and rosy checkermallow. Everything was planted in 4-inch plastic pots set in a frame on the ground, covered with a rodent screen and watered lightly. This is an economical way to propagate many plants, including some which are hard to find in stores. We were also given seeds to take home and plant.

There will be an additional seed-sowing workshop for native seeds that don't require stratification sometime in February. If you'd like more information about the Demonstration Garden, you can contact Bob at: shaw.robert146@gmail.com

A few months ago, Bob Shaw and Member Pete Jacobsen conducted an experiment with Yarrow seeds (which don't need stratification). Both had customized their potting soil in different ways. Pete strained a store mix to get rid of the larger pieces, then mixed in some vermiculite to help hold moisture. Bob's mix was more complex. They each planted a half a tray of seeds the same way in their own mix, then put them outside. They were misted equally three times a day for about two weeks. Within a week it was clear that the seeds in Bob's mix were germinating faster than the seeds in Pete's mix. This seems strange, as the seeds themselves contain everything they need nutritionally to produce those first cotyledon leaves. They concluded Bob's mix must hold moisture more evenly. It should be noted, however, that by the end of two weeks, things were even.

Considering Buying a Gardening Book for a Friend (or Yourself)? Here are suggestions from Native Planters.

Sunset Western Garden Book

The Pacific Northwest Gardener's Book of Lists. Ray and Jan McNellan

The One-Straw Revolution. Masanobu Fukuoka

Landscaping for Wildlife in the Pacific Northwest. Russell Link

The Self-Sustaining Garden: The Guide to Matrix Planting. Peter Thompson Rainer
Planting in a Post-Wild World: Designing Plant Communities for Resilient landscapes. Thomas & Claudia West.
The Overstory - a book about really big plants called trees
Gardening with Native Plants of the Pacific Northwest. Arthur R. Kruckberger and Linda Chalker-Scott
The Gardener's Color Palette: Paint Your Garden with 100 Extraordinary Flower Choices. Tom Fischer
Fragrance in Bloom: Cultivating the Scented Garden Throughout the Year. Ann Lovejoy
The Sanctuary Garden: Creating a Place of Refuge in Your Yard or Garden. Christopher McDowell and

Climate Crisis Crew: Focus on Youth - Judy Ringenson

The November meeting of the Climate Crisis Crew focused on youth and their involvement with climate issues. Judy Ringenson spoke to attendees about several young activists, and reminded us that while young people are most likely to experience the worst effects of climate change, their stories are often not told.

In 2019, many news channels focused on Greta Thunberg, who led the first school strike for the climate in Sweden. The year before, although unheralded in the news, American Varshini Pralash, with 11 others, helped build *Sunrise*, a climate change organization for youth. Even as a child, Varshini was concerned about the degradation of our environment and the lack of clean air, clean water, and clean soil throughout the world, as well as the catastrophes such as Hurricane Katrina, the extreme monsoon seasons, and the Great Pacific Garbage Patch.

As a university student she joined University of Massachusetts, Amherst (U Mass) Permaculture Initiative to provide fresh organic vegetables and fruits on campus. She took a class on Grassroots Community Organizing. After joining the 2013 protests to stop the Keystone XL pipeline, she took part in demonstrations and negotiations that made U Mass the first public university to divest its endowment from holdings in fossil fuels in 2018. Today there are more than 400 Sunrise Hubs in the US. She, as executive director of Sunrise, took part in the Biden-Sanders Unity Task Force on Climate and worked to bring about the American Climate Corps in the Inflation Reduction Act (IRA).

Other youth leaders are Tahsin Uddin of Bangladesh, and Vanessa Nakate of Uganda. Youth like them have spoken at the UN Climate Change Conference (COP27) and helped to launch the UNESCO Youth Climate Action Program in Madrid in 2019. Youth intend to educate others, sometimes with marches. They volunteer for environmental causes and eat plant-based diets. They work with their political representatives for policy changes. They may need help from us in doing this, but sometimes, young people don't need us!

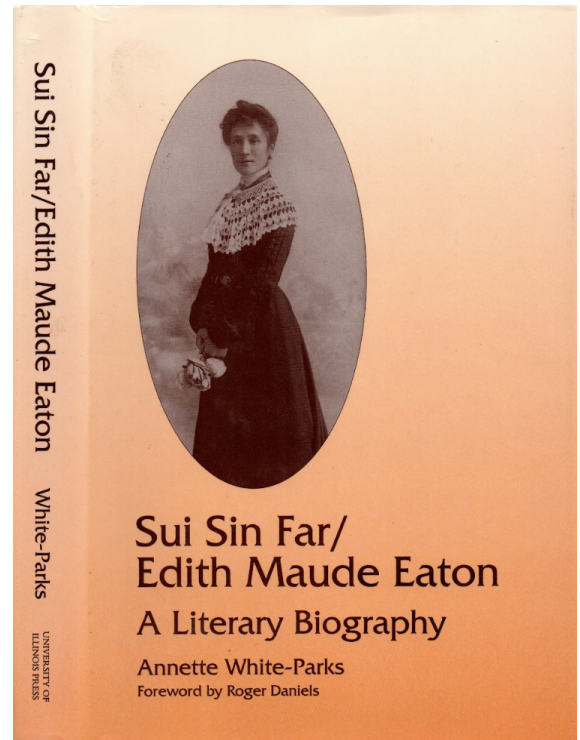
Note: The Climate Crisis Crew will not meet in December. Stephenie Frederick will do a follow up on climate issues for students in our schools for the January 12th noon meeting.

Author! Author!

This month I'd like to introduce Member Annette White-Parks, whose book, *Sui Sin Far/Edith Maude Eaton: A Literary Biography*, examines the life and literature of the first Asian American writer to be published in English in North America. I asked Annette to describe the book and how it developed. I asked Annette to describe the book and how it developed.

The book started out as a dissertation, which her first advisor wanted nothing to do with. "Why do you want to write about her?" she asked. "No one even knows who she is." Which was exactly the point, and the reason Annette went back to grad school at age fifty: to uncover writers, especially women and ethnic minorities, whose work had been buried and 'lost' to readers of the present. The works of these writers were often originally published in obscure journals and newspapers, quickly going out-of-print with the next issue.

Such research is like a treasure hunt, and Annette loved it. She found an advisor who supported her project and plunged in. Clues came quickly, and each led to the next. It is impossible to overstate the joy that each brought. The birth certificate that arrived from England, proving where Sui Sin Far was born. The stash of letters unearthed in an obscure library, each with a place name and date pointing the way, the Sui Sin Far's byline on a news piece or magazine story. Spotting her only book, published in 1912 and long since out-of-print, in the window of a second-hand bookstore.



The eldest daughter of a Chinese mother and British father, Sui Sin Far was born in England in 1865, migrated with her family to Quebec when she was seven, taken from school at age ten to help support what would come to number twelve siblings. At the turn-of-the-century, her stories began to appear in newspapers of the Pacific West Coast, focused on women in Chinatowns as far south as Los Angeles. She gave voice to Chinese women and children, breaking the stereotype of "bachelor society." Her stories are the breadcrumbs pointing the path of her journey.

White-Park's book was published by University of Illinois Press, and was followed by a second volume collecting Sui Sin Far's stories. The Association of Asian American Studies presented it with the 1996 National Book Award in Cultural Studies. Best of all, the "hunt" has been picked up by younger scholars, who continue to research and publish on Sui Sin Far, and to contact Annette after all these years. This project truly taught her to follow the mythologist Joseph Campbell's advice: "Follow your bliss."

Volunteer Opportunity at Villages NW

Monthly Payment (ACH - Automated Clearing House) Co-coordinator

VNW uses ACH to set up automatic payments for monthly membership dues and donations. At this time there is one Volunteer coordinating the ACH payment process which takes about 5 hours each month. The goal is to have two Volunteers share the task so that either one can be away without interruption. Training and ongoing support will be provided in addition to written instructions.

The tasks associated with this Volunteer position include:

Setting up new ACH Authorizations

Changing and deleting ACH Authorizations

Process returned ACH transactions

Creating ACH reports for each village once a month for financial reporting

Updating the 8% sharing report for each Village once a month

Skills needed:

Minimal spreadsheet experience

VNW Workspace

Email

Drive

Good organizational and follow-up skills

Attention to detail

To Volunteer or learn more, contact treasurer@villagesnw.org.

Rain or Shine: Caregiving Through the Holidays - Holly Stern

The Rain or Shine committee asked Eastside Village Member Holly E. Stern to provide a few thoughts for this month's newsletter. Holly is the author of a recently published book, *Small Triumphs: Lessons in Alzheimer's and Love*. Here are her comments.

If you spell DESSERTS backwards, you get STRESSED. Many of us have done a similar alchemy to the holidays: made something beautiful into a thing of terror. Add into that the fact that you are caregiving for someone, and you have what we kindly refer to as "challenges."

While I do not consider myself an expert on anything, I did spend many years caring for my husband with Alzheimer's, and I literally wrote the book on it. So here are my recommendations:

STOP! Just stop. Forget about expectations for a minute and try to look at the world through your loved one's eyes. With dementia, it becomes harder to process information, making the world a scary place. With physical disease and frailness, there may be pain and/or fatigue to consider.

LOOK! Look for ways to simplify. Do you really need to do all those traditions this year? If you're in a gathering with 27 grandchildren under the age of 5, is there a quiet place to make your loved one feel safe, where they can visit with one or two people at a time?

LISTEN! This one's for the non-caregivers among us. The most wonderful thing you can do for a caregiver is NOT to give them advice or tell them about someone you know, but simply to ask, "How are you doing?" And then listen.

ASK FOR HELP! The people who love you may not know what you need. Rather than wait till you can only convey that information at a high decibel level, ask for smaller things earlier.

FOCUS ON GRATITUDE AND JOY! I know, this is tough when you're feeling overwhelmed. But without it, it's pretty hard to put the "happy" in the holidays.

Dept of Human Services Foster Kids Donations - Cary Hixon

My daughter is a social worker and has worked for DHS's eastside office for 18 years. She told me years ago that most foster kids get little, if anything, for Christmas. Early in her career she said Toys for Tots was a big supporter but, over time, their donations have dwindled. Also, their gifts were almost always geared toward babies and toddlers. Since learning that, I have donated every year hoping that caseworkers could use the money to buy Christmas gifts for their older kids.

Several years ago, I decided to see if other Village Members wanted to join me and was overwhelmed at their generous response. It's become a bit of a tradition and this year marks the fifth time I have asked seniors in my community to help support their youngest neighbors. The boundaries of Eastside Village and the boundaries of DHS's eastside office are nearly identical so these kiddos really are our neighbors. This is a shining example of keeping it local!

Making a cash donation allows caseworkers to buy personalized gifts. In fact, last year caseworkers met with foster parents to shop together, which my daughter tells me will likely be a new tradition. Part of me continues to be involved with this because my heart aches for these kiddos but, to be honest, I enjoy lifting spirits and

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lightening the load of foster parents and caseworkers just as much. Eastside Village Members raised enough last year that every single kiddo supported through DHS's Eastside District received something new for Christmas. That's quite an accomplishment.

Jo Herrigal has supported the effort from the beginning. I asked her why she continues to contribute. She responded "I am fortunate to have been raised by my own parents, in a nice house with my siblings surrounding me. And, while our family life was tumultuous at times, my home life was consistent and stable. Thinking about how different my life (and those of my siblings) would have been had we been removed from our home and placed in foster care terrifies and saddens me. It is with this vision in mind that I donate gift cards, toys and/or money to the Foster Care Christmas Gift Drive. I am in awe of the work that Foster Care placement staff and foster parents do and I feel that this annual donation is the least I can do to support foster children in Portland."

Ellen Howard has also supported the program from the beginning. She says "For several years I served as a CASA, a court-appointed special advocate for foster children, and in that time I came to know just how difficult the holidays can be for these kids. Foster families usually do their best to make a joyful holiday for their foster kids, but they often don't have the means to provide much in the way of gifts. Donating some money or a few new toys or books is a way I can help Santa find these kids. Won't you help, too?"

Donating is easy. You can choose any of the options below. This year our deadline is December 8th.

- Donate a gift card. Some favorites are Target, H&M, Nike, Adidas, etc. Increments of \$25+ are appreciated. (It's hard to get much for less than that.). Drop gift cards at the EV office or contact the office to arrange for a pick up.
- If you'd rather give new toys for younger kids, those are great too!
- Write a check. Most folks write the checks to me, and I turn them into gift cards.

Most of us don't get to claim donations on our taxes anymore but if you would like a receipt please include that information along with your name, street address and amount of your donation so that DHS can mail you a receipt. Email me (cary.hixon@gmail.com) or text/call me (503.453.0229) if you have any questions.

Thanks to all those who have donated over the years. The caseworkers at the DHS office are thrilled beyond measure that we have lightened their load a bit.

Eastside Village's New Communities Group - Peg Farrell

If you're a long-time EV Member, you can't help but notice that there are a lot of new faces in our midst. And if you're one of those new faces, getting to know the rest of us can be a bit overwhelming. Yes, there are dozens of ways to meet other EV folk at one or another of our groups or gatherings, but maybe you feel intimidated in larger groups or maybe you're hungering for the opportunity to make deeper connections.

We think we've come up with a solution to both issues; we're calling it the "Communities Group."

If you sign up, you would make a commitment to meet up once a month for the next four months with five other EV Members. This can be a meal at one another's home or a restaurant. It can be breakfast, lunch, or dinner. Each "Community" would decide what works best for them. The only fixed requirement is to meet once a month for four months. At the end of that time, if you would like, you would be matched with five other Members for the next four months, and so on. Just think: in just 12 short months, you could have a chance to really get to know 15 of your fellow EV Members.

If this all sounds wonderful to you, please look for an EV Forum message -- either at the EV website or in your email Inbox -- that will have a link to a short questionnaire. Once you've completed this form, the Group's coordinators will place you with a Community Group that matches your preferences, send you your group's contact information, and identify a host who will initiate planning for your first meeting. Before that first event concludes, your Community will need to determine a host, date, and time for the next three months' meetings.

****Please respond by December 20 to be included in the first group of Communities. Thank you!****

Our hope is that, over time, all of Eastside Village will become a community where most, if not all, of our Members know one another. We hope that you will join us.

On Tech: How to Succeed with Unclickable Web Links - Dennis McNulty

Fox News recently had an article on their website about how to tell when an older person should quit driving:
<https://www.foxnews.com/health/when-should-older-drivers-have-stop-driving>

You probably noticed that while the text in the preceding paragraph looks like a web link, but it doesn't have a special color and it isn't underlined. If you try clicking on it, it won't take you anywhere. That's because I didn't tell my word processor to make it into a link. Shame on me, right? Well, I bet that you get a couple of emails every month from friends telling you to look at some special news or hobby articles on the web, and the links they give you are unclickable. It's not practical to "wag your finger" at everyone who does this, so the next best approach is figure out how to see those web articles anyway. That's the purpose of this article.

How to jump to a web page if a link in an email is unclickable.

From a Desktop

- 1) In your web browser program (e.g. Chrome, Safari, etc.), create a new tab or have a tab ready where you don't care if it gets covered over. Blank out the URL field near the top that normally starts out with "https://somewhere".
- 2) In your email program, open the message with the non-working link, highlight the text of the link (no more, no less), then right click over it and ask it to copy (press ctrl-C on a PC, cmd-C on a Mac).
- 3) Go back to your browser program and click in the empty URL field you made in Step 1. Then right-click over it and ask it to paste (press ctrl-V, or cmd-V). Then press Enter/Return for the desired page to appear.

Even if your email program is also a browser (common for GMail users), you would just go back and forth between an email tab and an unneeded page tab.

From a Smartphone (These instructions are similar whether you are Android-based, or iPhone-based)

- 1) Open your web browser app, and create a new tab. Make sure the "Search for" or URL field is blank.
- 2) Open your email app, open the message with the non-working link, and tap the reply button. In the reply message, you can long-touch (touch and hold) the link text to highlight it. This will bring up the begin and end markers and a small menu where you tap on "copy".
- 3) Return to your browser app, long-touch the URL field made in Step 1, which will bring up a small menu where you can tap on "paste". The keyboard will also appear, use it to tap the "Enter" (-->) button for the desired page to appear.
- 4) Later on, return to your email app and close the reply operation in case you don't actually want to send one.

With these instructions, see if you can view that news article that I mentioned at the start of this article. Just pretend that this article is your email message.

Gallery of Rogues



Biking in the Rain



Clearing the Jungle

That's All Folks!

The Puzzle articles are taking a break due to apparent lack of interest. Our regular articles introducing new Members will be back next month, as will the Travel articles. Starting the new year, we'll also add an article covering the activities of the Governing Council.

One significant action taken by the Governing Council at the November meeting, besides welcoming new Council Members, was in regard to our office space. The room next to our current office at Trinity Lutheran Church has become available, and the Council authorized our renting that space. Kathi's office will move to the new room, and the existing office will become a meeting space available to any Eastside Village group.

We would love suggestions for topics to cover or constructive feedback of any flavor. Send a note to ptjacobsen@gmail.com. If you plan to write an article for the Newsletter, please let us know your plans as early in the month as possible, and send in the completed article by the 25th of the month. It takes a bit of time to put all the pieces together, allow time for proofreading to find my mistakes, and still allow the office time to get the newsletter to Members by the 1st of the month. Eastside Village has 190 Members now! *It's not a place, it's a plan!*