



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Tom Raabe

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Chair

Claudia Yakos

Past President

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Rotary Foundation Chair

Duties

Program

Jun 27 Allen Stephens -

Concours History & Why

Jul 4 No Noon Meeting

Jul 11 Alisa Waibel -

STEM

Jul 18 Club Assembly

Rototeller Article

Jun 27 John Ball

Jul 4 No Noon Meeting

Jul 11 Lucas Welliver

Jul 18 TBA

Greeting Partners

Jun 27 Jim Cain & Tara

Cirlincione

Jul 4 No Noon Meeting

Jul 11 Scott Coffey & Don

Compton

Jul 18 TBA

Thought For The Day

Jun 27 John Minor

Jul 4 No Noon Meeting

Jul 11 Josh Shinoda

Jul 18 TBA

Raffle Prize

Jun 27 Jeff Hoyt

Jul 4 Non Noon Meeting

Jul 11 Mike Hundley

Jul 18 TBA

We Are Meeting In The MPR at Pacific This Week!

June 27, 2018

The Stuff We Keep (And The Stuff We Don't)

The inspiration for my first Rototeller article comes from both the last few years and the past few weeks.

Five years ago, this September, I retired from a 34-year career at Central Lincoln PUD in Newport, Oregon, a public utility similar to Forest Grove Power and Light. The very next day, my mother-in-law Jean Barker died whereupon my wife Sarah and I assumed primary responsibility for clearing out the family home of 65 years.

Jean, and her husband Dr. Henry Barker had been children during the Great Depression whose families were particularly affected by the hardships of that era. Like so many who struggled through, their subsequent lives showed in many subtle and not-so-subtle ways the enduring effects of their earlier experiences.

As it happened, the lifetime habits of Sarah's parents, which began in the early 1930's, directly affected the lives of their only daughter and me 80 years later when in 2013, we began to deal with the collected belongings of nine decades. Among many other things, that included every receipt from every business transaction Jean or Dr. Barker had ever made, carefully catalogued by month and year and stored in countless boxes so any individual document could be retrieved; a masterful and massive effort of organization. So also the medical publications of 50 years. For Jean, insatiably curious and highly intelligent, it was shelves and shelves of books about endless topics.

My first year of 'retirement' was spent with Sarah going through every single thing, to decide what had enduring value and what to get rid of. We persevered, with occasional help from Sarah's three brothers. Because of this arduous process, Sarah and I swore we would absolutely not cause our own three children similar duress when it came their time to deal with our own belongings.

My second year of 'retirement' provided the opportunity to make good on our resolutions as we prepared to relocate to Forest Grove. In our case, we had only 37 years of collected stuff to deal with. Beginning 12 months before the move, we started off with good organization, but as endless important projects intruded, the process devolved over time until at last we were rushing to simply finish packing and get out of the house, ultimately throwing hastily

Meeting Place

Jun 27 MPR Pacific U
Jul 4 No Noon Meeting
Jul 11 MPR Pacific U
Jul 18 MPR Pacific U

Events

Concours Board Meeting

June 26, 2018

Rotary Board Meeting

July 19, 2018

Thirsty Thursday

July 19, 2018

Forest Grove Concours d'Elegance

July 15, 2018

Board Members

Director 2015 - 2018

Lucas Welliver

Director 2015 - 2018

Michael Hundley

Director 2015 - 2018

Stan Reasoner

Director 2016 - 2019

Pete Van Dyke

Director 2016 - 2019

Lorrie Hutchins

Director 2016 - 2019

Bryce Baker

Director 2017 - 2020

Doug Thompson

Director 2017 - 2020

Mackenzie Johnston

Carey

Director 2017 - 2020

Josh Shinoda

Community Outreach

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Jim Crisp

Club Services Group

Chair

Geoff Faris

New Generations Chair

Ryan Garcia

packed boxes into the van as the new owners came to take possession of our house!

Now three years after our move to Forest Grove, some of those boxes still languish in our garage. They would probably remain there, possibly for years, except that our son and his family will soon be moving in with us as they transition back to Oregon from Boston after 17 years. OK, guess we need to deal with our stuff before they can have room to put their stuff!

So my idea for this Rototeller was to list a number of principles for dealing with stuff which I had read in several excellent books I used to have in Newport. I definitely need the reminding, and I hoped it might be useful for at least a few of you who may have some stuff to sort. However, those fine books can't be located; I either gave them away in the first frenzy of downsizing, or they remain in one of those boxes still waiting in the garage!

Fortunately, the Internet came to my rescue. So here, for what it's worth, are a few guidelines from "Clutter's Last Stand" by Don Aslett, 10 Creative Ways to Declutter Your Home by Joshua Becker and Zen Habits by Leo Babauta:

1. Remember the 80/20 rule as it applies to possessions: 80% of the value come from only 20% of the items.
2. Anything that gets in the way of living fully is junk and should be gotten rid of. Anything which enriches our spirit, makes us truly happy regardless of cash worth is not junk and is a strong candidate for keeping.
3. Sorting/decluttering is a marathon, not a sprint and will need regular periods of attention. Try spending 5 or 10 minutes a day over a number of weeks or months.
4. Ask "Will I likely use this in the next year?" if not, consider discarding it.
5. How to deal with stuff. Start with 3 large heavy-duty garbage bags and one box. Label them:
 - a. JUNK
 - b. CHARITY
 - c. SORT
 - d. EMOTIONAL WITHDRAWAL (the box)

Dragging the bags and box behind you, systematically approach every room in your residence over time, putting junk candidates into the containers. Take the bag with JUNK to the trash, the contents of CHARITY to friends, relatives, or a thrift store. Keep the SORT bag to re-sort at a later time. Store the WITHDRAWAL box for 6 months to a year in a place where you can get it if you want, then give the box away after that time, not looking at the contents; you probably won't use it in the next 6 months or year, either.

6. When you're stuck on whether to keep or divest, ask yourself: What's significant about this object? Does it have genuine, lasting emotional value? Do I like it enough to display it, or will it be in a box forever? Would it be more valuable to someone else?

7. Consider taking a picture of something and then getting rid of the actual object. That can also work for entire rooms, to preserve some sense of 'the way it was,' particularly if you clearing out an entire house.

8. Keep in mind everything you keep will eventually require someone else to handle and decide what to do with it.

9. Remember above all that the most important things in life are not 'things.' (Courtesy of this week's Forest Grove Seventh Day Adventist reader board).

John Ball

Number of Wild Poliovirus Cases Globally as of June 19, 2018

New Cases Last 7 Days	3
YTD - 2018	11
YTD - 2017	6
Total - 2017	22
Total - 2016	37
Total - 2015	74
Total - 2014	359
Total - 2013	416
Total - 2012	223
Total - 2011	650
Total - 2010	1,352
Total - 2009	1,604
Total - 2008	1,651

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>