



# North East Seattle Together nest

## Many Neighbors, One Village

May 2014

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On May 6, 2014, from midnight to midnight, Seattle becomes one mega giving machine. For the past three years, The Seattle Foundation has organized an accurately named one-day charity effort called, GiveBIG.

Last year, in one 24 hour period, over 54,500 people raised \$12.6m and gave to 1,300 nonprofits including NEST.

Holy moly! With 1,300 organizations, I can only imagine how many emails you recieved last May.

You and I can be proud that you are a part of a generous city that values giving, volunteering and making the world a better place.

There is so much activity focused on this one day, that giving can feel stressful. I have adopted a few GiveBIG survival strategies. I hope you find these helpful.



The Seattle Foundation

MAY 2014						
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11	12	13	14	15	16	17
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### Our 2014 Sponsors



- 1. Giving feels good and even better when it comes directly from your heart.** We're celebrating what's possible in Seattle, not competing with each other.
- 2. Give however you want to give.** Spread your giving among your favorite 5 organizations or decide which cause speaks to your heart the most this year and give your entire gift to that one organization. Especially on this one day, you can tell that you are a part of a very generous collection of people.
- 3. Talk about giving with people around you.** It is really hard to AVOID talking about causes when we are clammering at your email inbox. Why fight it? You can find out so much about people when they tell you what causes are closest to their heart and why.
- 4. When all else fails, go back to #1, giving feels good. Have fun.**

Yes, please consider giving to NEST on this day. When you GiveBIG on this day, and always, you're helping to keep NE Seattle together!

Yes, we will send you additional emails reminding you to GiveBIG. We promise to share interesting stories and connect you to your NE Seattle neighbors.

Yes, we're going to celebrate what's possible in Seattle, especially in our NE part of the city.

In the spirit of community,  
Judy

# Neighbors of NEST



As a member of NEST, I like the feeling of belonging to a community of interesting people who are approaching -- or already at -- the same place I am in the journey of a long life. Seminars and workshops, potlucks and other social and cultural events offered are all contributions to my "life-long learning." NEST is a great idea that's working

because of the enthusiasm, skills, and talents of its leaders and its members. It all makes flying solo easier and happier.

- Shirley Cross



Pink and yellow [https://commons.wikimedia.org/wiki/File:Tulip\\_single.jpg](https://commons.wikimedia.org/wiki/File:Tulip_single.jpg)



Red <http://www.flowermuse.com/send-mothers-day-flowers/mothers-day-tulips.html>

Meeting Judy, Cameron and Alyssa, I felt immediately at home. Even in just the one event I have helped with (the recent fundraiser), I have seen what a unique, creative and positive community NEST is. I am excited about meeting and working with members and I look forward to finding the most useful ways I can contribute to NEST's mission and community. Random fact: My first stop in Seattle was in, NEST Builder, Rebecca Crichton's home - I was her housemate!



- Sarah Frey

# Calendar of Events

## Community Events (Everyone Welcome!):

### Women and Retirement: Why Women Need to Plan Differently

**Wednesday, May 7th from 2:30pm to 3:30pm:**

There is no reason to suffer from 'financial paralysis' and planning avoidance around big decisions. This financial presentation is specifically for women who may be taking on the household financial management for the first time, or just looking for guidance on the work they've always done. Men are welcome too! Laurie Adams and Kevin Peterson are Financial Advisers with Eagle Strategies LLC and will be presenting at Laurelhurst Community Center (4554 NE 41st St). Call the NEST office at (206) 525-6378 for more information or for a ride!

### Sentimental Journey

**Wednesday, May 14th from 5:00pm to 7:00pm:**

Enjoy mocktails, dinner, music and a display of historical photos from Sand Point Naval Air Base. The evening will feature Sweet Swing!, performing the music of the Andrews Sisters. Feel free to dress in your best 1940's garb! The cost is \$10.00. Join us for a Sentimental Journey at The newly renovated Officer's Club, Hangar 30 at Magnuson Park (7400 Sand Point Way NE, Seattle, WA 98115). For more info and to RSVP, please call (206) 386-9106.



### NESTcafé - Cross-training for the Body, Mind, Heart and Soul

**Monday, May 19th from 2:00 to 3:30 pm:**

Kevin Marshall, a practitioner of hatha-yoga and meditation for 30 years, and a member of Seattle Integral Transformative Practice (ITP), will outline and demonstrate how through Integral Transformative Practice you can transform yourself – and our world – for the better. ITP is a practice, not a quick fix. Drawn from ancient wisdom and developed by human potential pioneers George Leonard and Michael Murphy, it's a proven method that since 1992 has helped create positive change in people of all ages, all over the world. Join us at Magnuson Park Brig, room 406 (6344 NE 74th St.)

## NEST Events:

### Member Happy 2 Hour Potluck Friday, May 9th, from 4:30 to 6:30 pm:

Bring your favorite dish and enjoy the company of your neighbors! It's time to get together again for good conversation and good food. Join us at Faith Lutheran Church (**8208 18th ave NE**). We hope to see you there!  
(NEST members)

## Developing Groups

### Writers Corner

3 members have expressed interest in this group - a relaxed and supportive weekly drop-in writing space for members. You can write in your journal, create something new, rework a piece or do whatever inspires you. There is power in simply showing up to write. Prospective meeting time, Monday afternoons, 1:00-2:30 at the NEST office. Call 206.525.6378 to let us know if you're interested.

### Meditation hour

NEST member, Ella Maria invites you to participate in a sea of calm and silence in a supportive meditation group and environment. She has been active for 30 years in human growth work, in academic and clinical settings. Prospective meeting time, Wednesday afternoons, 2:00 - 3:30 pm at the NEST office. We'd like to start this group by the end of May. Call 206.525.6378 to let us know if you're interested.

### Caregiving Group - for Adult Children caring for their parents (near and far)

This group would be open to members and any adult child of a NEST member. Let us know at the NEST office if this group sounds interesting and if you think it would be helpful to you or others.

### Second book group

There is interest in having a new group focused in the Maple Leaf/Ravenna neighborhoods and/or reading "lighter" selections. If interested, please call or email the NEST office at 206-525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org)

## Ongoing Member Groups:

### Caregivers Support Group

**Fridays, 10:30 am-12:00 pm:**

Julia Devin leads this group at the NEST office. Come enjoy a great space to connect with other members who are supporting a loved one who needs care. If you are interested in joining, please contact the NEST office at 206-525-6378 or [info@nestseattle.org](mailto:info@nestseattle.org).

### Men's Drop-In Coffee & Chat

**Fridays, 10:30 am to 12:00 pm:**

The men of NEST get together for great conversation and coffee! It is a good way to get to know a new friend or neighbor you didn't know you had. If you're a male NEST member and want to get connected, please drop on in. We'd love to see you!

### NEST Paints

**Tuesdays, 10:00 am to 12 pm:**

NEST Paints is in a warm, cozy, inviting spot for indoor painting through the winter. Location is the office of NEST at the corner of 60th St. NE & 32nd Ave NE on the 2nd floor of the red brick Methodist/Catholic Church. Please bring your own subject material (photos or objects) and supplies (paint, brushes, & paper). This group is regularly hosted by Donna Kostka. If you have any questions, please feel free to call or email the NEST office.

### Book Group

**Thursday, May 1st and 15th from 2 to 4 pm:**

This group meets for good conversation about books that raise current issues and may help us understand our changing lives and culture. There are eight members and more are welcome! Call NEST member, Donna Kostka, at 206-283-7805 for more information.

### Congenial Conversation

**Thursday, May 15th, from 10am to 11:30 am:**

May's conversation will be hosted by NEST member, Taeko and facilitated by Jerald. They will be talking about some experience or event that occurred in the last month that was meaningful for you.

Do you have a Congenial Conversation you'd like to jumpstart in June? The NEST office will be happy to guide you in planning our next conversation. **Call the NEST office by May 10th to join in this month's conversation. Call anytime to explore hosting future conversations.** New friends are just a congenial conversation away!



# Last Chirps



Image courtesy of @ronjymar

Today - Mary Oliver  
Today I am flying low and I'm  
not saying a word.  
I'm letting all the voodooos of ambition sleep.

The world goes on as it must,  
the bees in the garden rumbling a little,  
the fish leaping, the gnats getting eaten,  
And so forth.

But I'm taking the day off.  
Quiet as a feather.  
I hardly move though really I'm traveling  
a terrific distance.

Stillness. One of the doors  
into the temple.

Contact us!  
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Get social with  
us!

