



WLO Village Newsletter

Your June 30, 2022 Issue

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Note from the editor: This long issue might get clipped automatically by some email programs. If that is the case for you, don't forget to click on the link at the end that says, 'read the entire message' or similar wording. Or just click on the top where it says, 'view this email in your browser'. Either way, we hope you will enjoy reading what's new and newsworthy with WLO.



June 14, Left to Right: Ellen S, Karin M, Claudine W, May T, Susan R and Hostess Ginny H

GETTING TOGETHER

You told us in our April survey that you liked getting together in small groups at each others homes and if possible outdoors. So...

June saw the return of warmer weather and in person get-togethers! Ginny H hosted two lunches in June for members and volunteers of WLLO. Everyone brings their own lunch and beverage and sits in Ginny's new covered patio. The June 14 lunch was cool but dry, we all took a tour of Ginny's back yard. Hopefully, these lunches will continue as weather allows. They are limited to six people and are first come first serve when the notice is sent out by Suanne.

Other members have offered to host, so please keep an eye out for these events!



June 28 Left to Right: Jeannie M, Ginny H, Marge W, Jane L, Jan S and Cathryn O



We are welcoming new member Anita M. A heartfelt 'welcome' and thank you for joining our community and for your help to keep it growing!

It Stopped Raining!

It stopped raining! And, things are finally growing at our WLO Luscher Farm community plot! That includes the weeds that relished every raindrop.

We've added some starts to our garden: tomatoes, beans and squash. There are lots of beautiful snap peas.

Please come to Luscher for a walk around the many gardens and if you have any inclination give those weeds a pull. See you there! Shall we plan a picnic or two?

Marjorie



Save the Date July 13 5-7 pm

WLO Village is participating in the local "Soil Your Undies" study through the Oswego Lake Watershed Council. 125 pairs of 100% cotton "tighty whities" have been buried in 73 residences, including WLO Village's Adopt-A-Plot at Luscher Farm! In 60 days the undies will be dug up and compared to see which have decomposed the most! The more your undies break down, the more active the biological community in your soil is! Here's a photo of Marjorie "planting" a pair of undies in our garden plot, and Ellen showing our results. WLO has terrific soil as you can see. The big reveal for the Oswego Lake Watershed Council is scheduled for Wednesday July 13 5:00- 7:00 in West Waluga Park.



Marjorie S planting her undies



Ellen S showing the finished product!



July Birthdays

Our best birthday wishes to our July birthday ladies and gentleman: Dan W., Ellen B., Miriam F., Laura M., and Jeannie M. We hope you will celebrate in style. Our best wishes for health and happiness for the year to come and beyond.

TAKE IT OFF. TAKE IT ALL OFF.

By
Terence M. Shumaker
West Linn, OR

Labels that is. Paper labels that are glued to plastic mailing envelopes. You know, those blue and white padded plastic Amazon envelopes that arrive three times a day in the dark gray truck.

But you can leave your hat on.

Those paper labels must first be cut off before you can put them in another

plastic bag so your WLO recycling team (RT) can spirit them away to become new decking materials.

If paper labels are left on plastic bags, mailers and food wrapping, they contaminate the plastics in the recycling process, and hence become garbage. But we don't want that. We want those materials you've given to the intrepid WLO RT to arrive at their recycling destination pure and clean. So be sure to take just a minute to cut those paper labels off plastic mailers before recycling.

Those of you who get prescriptions from Kaiser experience the luxury of receiving your drugs in plastic mailers with the label printed on the bag. Lucky you! Toss the whole thing in your recycling bag.

Paper envelopes & mailers

Paper envelopes with paper labels can go right in your curbside-recycling bin. The glues on the labels are washed away in the pulping process.

Paper mailers with a plastic or bubble wrap interior lining on the other hand, are garbage. Into the trash bin they go.

So while we're on the topic of dos and don'ts of recycling, let's look at some other items of interest.

Can & jar labels

Metal cans and glass jars both go through a recycling process that involves extreme heat to melt the items back into the raw materials from whence they can. And the paper is completely burned in the process.

So no worries about taking labels off cans and glass jars. Unless you're a maudlin recycle fanatic like me. I take the labels off cans and toss in the recycle bin so they can avoid a fiery death, and instead be rendered back into another paper product. Cans of course are put in your curbside bin, and glass jars in a separate bin.

Cardboard box tape & labels

Don't worry about removing paper labels from cardboard boxes. And some sources say it's ok to leave packing tape and plastic shipping label sleeves on cardboard boxes. It's true that these contaminants can be removed in the recycling process, but it is also true that excess tape and plastic gum up the works and create a co-mingled glob of plastic/paper garbage.

I would encourage our conscientious members to remove as much tape as possible, and also rip off those nasty plastic shipping label sleeves. And cardboard goes into the curbside bin.

Window envelopes

Hallelujah! Finally. A mixed media product that can just be tossed into the curbside-recycling bin. Almost all windows in these envelopes are either glassine or cellophane, both of which are derived from paper.

So do a dance around your recycling bin as you toss window envelopes into it like flower petals in a Maypole dance.

And remember this. Regardless of the class of items the WLLO RT is picking up each month, we always take plastic film.

But also remember this. Your WLLO RT members are just like you. Highly experienced in Earth years. So to prevent hyperventilation and high blood pressure in our crew, please adhere to the gentle reminders given above.

We love you guys and gals. Thanks.

WLLO RECYCLING COLLECTION SCHEDULE

Important note: Every month we pick up plastic film, and that includes all clean clear #1 PET plastics. Yes those ubiquitous clamshell containers we hate to throw away.

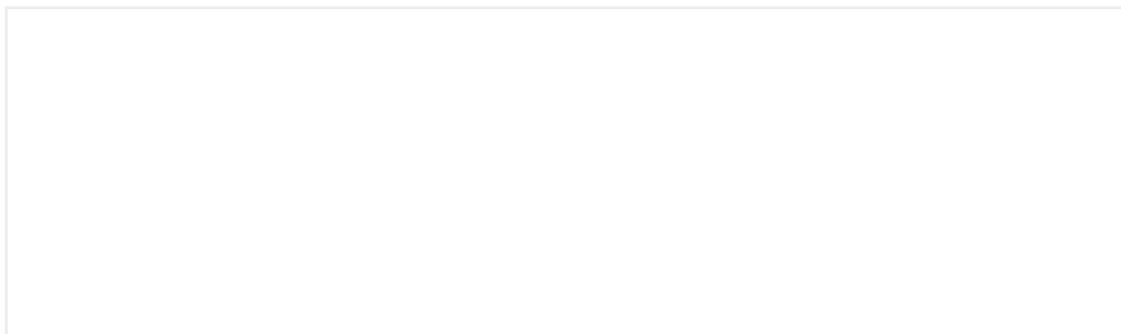
July 12: Furniture, linens, kitchen utensils, decorative items, rugs etc. Items are donated to the Community Warehouse. See what they accept at <https://www.communitywarehouse.org/give-furniture/>.

August 9: Hazardous products, old cans of paint etc. View the Oregon Metro website for hazardous products at <https://www.oregonmetro.gov/tools-living/healthy-home/common-hazardous-products> for a current list of acceptable items.

September 13: Building materials, tools, fixtures, fasteners etc. Check out the Rebuilding Center website at <https://www.rebuildingcenter.org/donations#guidelines>.

October 11: Electronics and everything with a power cord are taken to Free Geek. Find out what they take at <https://www.freegeek.org/take-action/donate-technology>. We'll also pick up Styrofoam blocks and packing peanuts, and #6 PS plastic containers. Please separate the two.

Please contact Suanne Jackson at suannej@wllovillage.org if you have items to be picked up on July 12.





On Vacation in July...

The NO-GUILT Book club is taking a summer vacation, and will not meet in July! Use the time to relax outside with your summer reading. The NO-GUILT Book Club usually meets on the second Tuesday of the month. We are called the no-guilt book club because you can attend no matter what you read, or even if you didn't read anything at all. Just come and talk about books!

We will meet again the 2nd Tuesday in August (August 9). If the weather is going to be nice, we will try to have the August book club meeting outdoors. Otherwise we will be on zoom. We will send an email out closer to August 9. As usual it is fun to chat with anyone who shows up even if you didn't read a book on our theme or anything at all. All are welcome!

WLLO Events in the Month of July

Check out our new and improved calendar on our homepage www.wllovillage.org. It's easier to read, you can change how information is being displayed and you can print.

If you know of any event that would be a great addition to our activities, or if you have comments or suggestions about an event you attended, we want to hear from you. Please email us at info@wllovillage.org or leave us a message at (503) 308 8223.

Please understand that some of these events are for members only. We welcome your interest and are always looking for ways to accommodate everyone as much as possible.

**Every Friday. July 1,
8, 15, 22, 29**

Friday Coffee

9:00 am

Online

WLLO is hosting a virtual gathering every Friday at 9 am. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Wednesday, July 6,
20**

Chat & Stroll

10:00 am

Luscher Park

Weather permitting we will be meeting at Luscher Farm's parking lot off Rosemont. Watch your email for an announcement. Members and volunteers are welcome to join.

**Wednesday, July 6,
20**

**WLLO Community
Garden**

11:00 am

Luscher Farm

Feel free to drop by every Wednesday at 11 o'clock, whether you're ready to get your hands dirty or just to provide moral support. The garden harvest will go to 2 deserving charities, Meals on Wheels and LO HungerFighters.

**Tuesday, June 7
Meditation Class**

10:30 am

Online

A guided meditation, and opportunity to share meditation experience if you would like to. Call the office for details and link to zoom call at 503-308-8223, or email info@wllovillage.org. We are looking forward to meeting you online.

**Every Thursday. July
7, 14, 21, 28**

Online Happy Hour

5:00 pm Online

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's company. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Monday. July 11, 18,
25**

**TED Talk &
Discussion**

Our discussion group will not meet on July 4. We meet weekly choosing a brief TED Talk to watch together then have a short discussion. Call or email

1:00 pm Online

**Wednesday, July 13,
27**

**Brisk Get Your
Heart Pumping
Walk**

9:00 am

George Rogers Park

the office for sign-in or call-in information!

RSVP required to get the dial-in information.

Weather permitting we will be meeting at the lower parking lot of George Rogers Park. Watch your email for an announcement. Members and Volunteers are welcome to join.

**Tuesday, July 12
Getting to Know
WLO Village**

4:00pm - 5:00 pm

Online

If you have an interest in learning more about WLO Village, this is your event. We are hosting an online meet and greet where we tell people about our Village (your Village) and answer questions. Call the office for details at 503-308-8223, or email info@wlovillage.org. We are looking forward to meeting you online.

**Tuesday July 12,
Summer Break - see
you in August!**

**The No-Guilt Book
Club**

10:00 am

Online

The NO_GUILT BOOK CLUB is taking a break and will meet again in August. Join us for our no-guilt book club meeting where you can read whatever you want following a general theme.

Come prepared to talk about your favorite piece of literature. If you haven't read for a while, maybe you'll be inspired after our discussion! We will send out an email with the Zoom link to all members and volunteers a day or two before the gathering. Or call the office! 503-308-8223.

RSVP required to get the dial-in information.

**Tuesday, June 12
Recycling**

Registering required

This month, we will be collecting electronics and most anything with a power cord. Read the article above for more details. Just remember to call the office to make sure you are going to be on the list of stops.

Shared Village Events in the Month of July

(Check the WLO calendar at wlovillage.org for additional events as

we receive them)

**Passion
In-Person Age Café**

Beaverton City Library, 12375 SW 5th St, Beaverton

First Friday, July 1, 11:00 am

Hosted by Viva Village

In-person small group conversations exploring topics of interest to older adults. Discussions from 11:00 am to noon. Stay and mingle afterward. Co-sponsored by Viva Village, Beaverton Community Library, Beaverton Committee on Aging (BCOA), and Washington County (DAVS).

Registration optional, (<https://www.eventbrite.com/e/online-age-cafe-tickets-103554793174>)

**The Quad Alliance
Great Decisions 2022**

Saturday, July 23, 10:00 am

Hosted by Village Without Walls

As part of the U.S. pivot to Asia, the United States has been in dialogue with Japan, Australia and India in an effort to contain China. Recently, the Quad countries held joint naval exercises in the Pacific. How effective will the actions of this alliance be?

Anyone is welcome to attend and participate in the discussion, you can also just listen.

Zoom link: <https://us02web.zoom.us/j/84138707930>



Have you been checking out our [YouTube Channel](#)? We keep on adding videos frequently. Learn about how we started, listen to members explaining WLLO and what it means to them in their own words, and relive how we managed through last year's turmoil together.



Neighbors
Helping Neighbors
Stay Neighbors



WLLO Village (pronounced "Willow") provides older adults with community support, companionship and connections.
Serving West Linn, Lake Oswego, and Stafford Hamlet -- (503) 308-8223

Upcoming Events

Stop by the updated website! wllovillage.org

The calendar is regularly updated with WLLO events as well as other village events to which we are invited.
Last but not least: We put together a list of resources and activities on our website. Click below to check it out.

More Resources



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