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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.



We're happy to celebrate our third anniversary. We opened June 1, 2019 with fourteen members and 16 volunteers and now we are 52 strong with 47 volunteers. We celebrate our success in creating a virtual village which strengthens connections between our members, volunteers and our community while supporting aging in place.

Congratulations to our volunteers who have given an estimated 10,000 hours to our success since the opening.

We invite members and volunteers to join us for a Happy Hour Celebration, June 2nd 4:00 - 6:00 pm. Check the calendar below or our website for details.



June means the garden is becoming lush!

Onions and eggplant and squash, oh my! Zucchini, radishes and sunflowers, too.

We have fully toiled and planted in our three Adopt-a-Plots at Luscher Farm and with any luck the sun will do its job.

Stop by anytime to see how things are going. The bench is nearby for relaxing and in no time the entire farm will be abuzz.

Feel free to bring gloves and a tool and work on those weeds. We can always count on them to keep coming. We're meeting Wednesdays at 11 a.m.

If you have any questions about the gardens, expectations, etc. please call the office or me at 503-708-9117. Looking forward to seeing WLLLO at the Farm.

Marjorie



We are welcoming new members Julia S and Bill S. A heartfelt 'welcome' and thank you for joining our community and for your help to keep it growing!



June Birthdays

Our best birthday wishes to our June birthday ladies and gentlemen: Julie R., Suanne J., Ellen S., Terri K., Sally L., Gail T., Paul L, Wayne H. and May

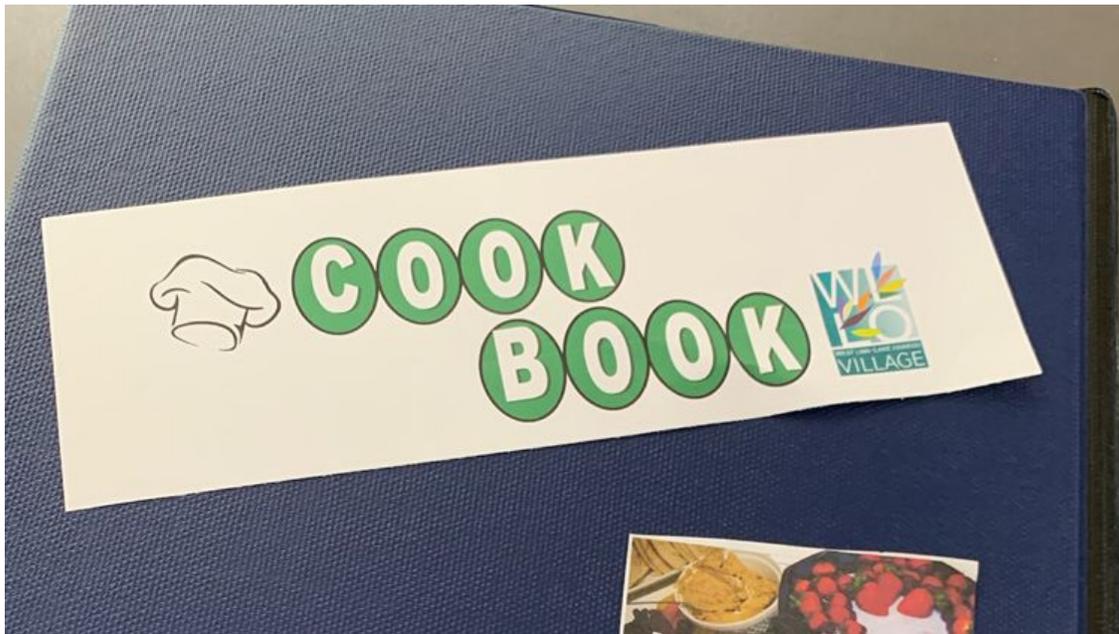
T. We hope you will celebrate in style. Our best wishes for health and happiness for the year to come and beyond.



A SPECIAL BIRTHDAY!
Eleanora turns 98

In May WLLO celebrated the 98th Birthday of one of their most cherished members, Eleanora L.

Eleanora L. has been a resident of West Linn for over 60 years. Several members of WLLO who were her neighbors recall how she always provided home baked bread for the holidays. She is not one to talk about herself, but at her birthday get together she shared stories of her missionary work (including Ukraine) and her family losing their apartment during the 1948 Vanport flood. It is truly inspiring to see a living example of aging in place with friends and neighbors!

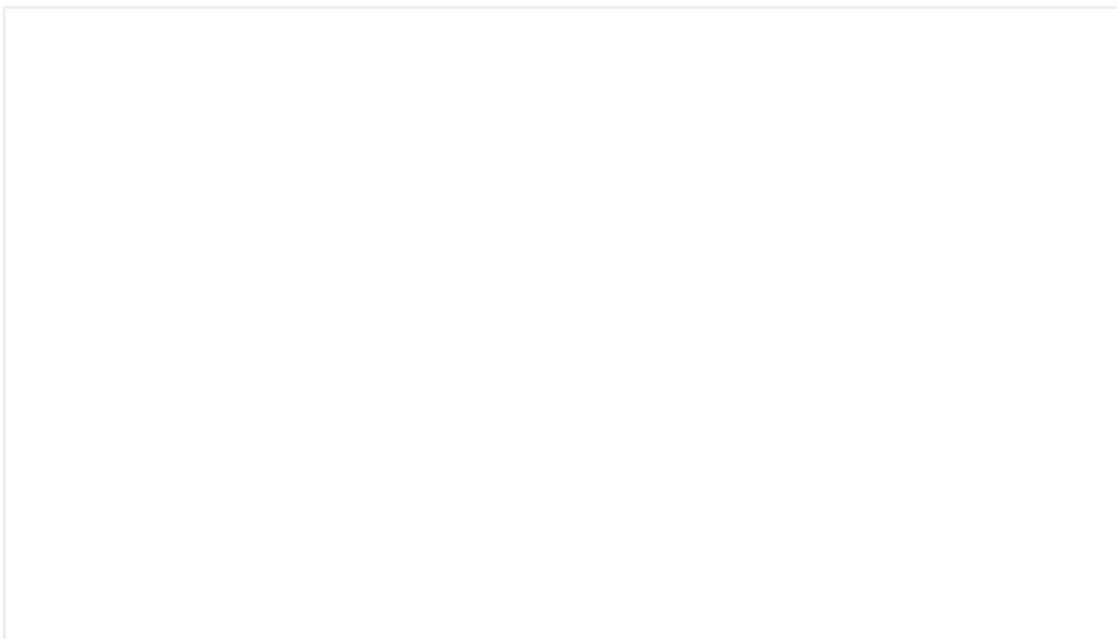


It's that time again - Our Volunteers will be stopping by to say HI!

They will be giving you a call for a Saturday June 11th visit, will be ready to chat and get to know you better and will be bringing our WLO Cookbook — A big thank you to all the WLO members & volunteers who sent us recipes & pictures for the cookbook.

Also, thanks to the cookbook team who created it from the start to putting it all together ready for delivery - Lonnie S, Sally L, Miriam F, Jana L, Marjorie S, Sandy J.

We are so excited to offer the WLO cookbook in the binder where we can periodically keep adding recipies. We hope you find it fun & useful!





The NO-GUILT Book Club meets on the second Tuesday of the month. We are called the no-guilt bookclub 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!

The theme for June is "gardens". Read any book you like that features a garden in the story!

If the weather is going to be nice, we will try to have the June bookclub meeting outdoors. Otherwise we will be on zoom. We will send an email out closer to June 14. 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!

Snack Packaging: Garbage or Resource?



We love our snacks. Especially if they are fresh and crispy. Industry heard our pleas for crispy snacks and developed packaging that seals in freshness, seals out moisture and retains taste. But at what expense?

Most of the snack packaging we use today ends up in landfills. Why? Because there are few established systems to render those materials back into useable resources. Good examples are the packages that contain most of the chips, snacks and processed munchies that our society is addicted to. Even "healthy" snacks that claim to be "earth friendly" and contain only organic, cage-free, grass-fed, gluten-free, whole-earthmother ingredients are still hermetically sealed in mostly unrecyclable packaging. Packages composed of thin layers of polypropylene, polyethylene, resin and aluminum.

So what is the responsible recycler to do?

Chant the following mantra: "Reduce, repair, reuse, repeat." Notice that "recycle" is not included. That doesn't mean we shouldn't recycle. It means that recycling should be the last thing we do.

Let's deal with just the first step. Reducing our consumption of just about everything. It's a big step, and maybe too high for some. So how do we reduce consuming those snacks we dearly love? If you are creative you may want to pop your own popcorn, bake your own potato chips and dehydrate your own strawberries and apples. Buy nuts and banana chips in bulk and make your own candied pecans and peanuts.

But in our frenetic everyday lives, how many of us have, or make, the time to create our own snacks? I don't see many hands raised. Mine included. So what are the alternatives?

As I stated in last month's column, demand that companies invest in the research and development of environmentally friendly packaging. Some companies are already using proven, earth-friendly packaging that is compostable at home. This kind of packaging is made of a compostable plant-

based cellulose foil, starch and paper. Cellulose is derived from wood pulp and is one of the most abundant natural materials.

So take a few moments and write or call companies that use foil and plastic-based packaging and tell them you want their product contained in renewable containers such as those created by the Natureflex company. You can even send them this link: <https://www.natureflex.com/uk/>.

But what about all those snack bags that aren't recyclable? Check out the Terracycle company at <https://www.terracycle.com/en-US>. They have a convenient system by which you order a box of three different sizes, for a cost, then fill with a wide variety of materials you would not normally think are recyclable. When the box is full, attach the free shipping label and drop it off at a UPS store.

The Terracycle program is great for organizations such as churches, clubs, non-profits or your local neighborhood. Locally the West Linn Sustainability Coalition conducts regular recycling collection events and accepts products that are sent to Terracycle. Get informed on their Facebook page at <https://www.facebook.com/groups/wlsustainabilitycoalition>.

And finally, the state of Oregon is moving in the right direction with the passing of Senate Bill 582 in August 2021. This bill establishes a producer responsibility program for packaging, printing and writing paper and food serviceware, requiring producers to cover a portion of the costs related to recycling. This bill has only baby teeth right now so encourage your state legislators to make this bill even stronger.

Remember this. The more you can eliminate from your garbage can, the more money you can save by signing up for monthly garbage pickup, or even on-demand pickup. Now that's an incentive!

So in the meantime, continue to enjoy your fresh and crunchy snacks, but be aware of some of the alternatives that can reduce and eventually eliminate all that packaging from being buried in a landfill forever. Happy munching!

WLLO RECYCLING COLLECTION SCHEDULE

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

June 14: Electronics and most anything with a power cord. Our collected items go to Free Geek. Since the items they accept change, please check their website at <https://www.freegeek.org/small-donation> for items they accept, and also for those things they do not accept.

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.

Contact Suanne Jackson at suannej@wllovillage.org if you have items to be picked up on June 14.

WLLO Events in the Month of June

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.

**Wednesday, June 1,
15, 29**
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, June 1,
8, 15, 22, 29**
**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.

**WLLO'S THIRD
ANNIVERSARY PARTY
& HAPPY HOUR**
June 2 IN-PERSON

A HAPPY HOUR - GET TOGETHER - ANNIVERSARY PARTY!

We'd love to see you in person at: Oswego Pointe Clubhouse, 5065 Foothills Drive, Lake Oswego. There will

4:00 - 6:00pm

**Every Friday. June 3,
10, 17, 24**

Friday Coffee

9:00 am

Online

be snacks and beverages including wine and both indoor and outdoor space is available for you comfort. Call 503-308-8223 if you need us to provide a ride.

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.

**Every Monday. June
6, 13, 20, 27**

**TED Talk &
Discussion**

1:00 pm Online

Each week we will choose a brief TED Talk to watch together then have a short discussion. Call or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.

**Tuesday, June 7
Getting to Know
WLLO Village**

4:00pm - 5:00 pm

Online

If you have an interest in learning more about WLLO 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@wllovillage.org. We are looking forward to meeting you online.

**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.

**Wednesday, June 8,
22**

**Brisk Get Your
Heart Pumping
Walk**

9:00 am

George Rogers Park

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.

**Every Thursday. June
9, 16, 23, 30**

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.

Tuesday, June 14
The No-Guilt Book Club

10:00 am
Online

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 14
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 June

Super Rummage & Plant Sale

Friday and Saturday, June 3 and 4, 9:00 am – 5:00 pm
Hosted by Rivers East Village

Shop for treasures! Rummage includes housewares, tools, toys, games, sporting goods, craft supplies, knick knacks, handbags, books, electronics, home and yard décor, small, lightweight furniture pieces. We'll also have potted plants, plant starts, gardening tools and supplies.

Support Rivers East's fundraiser to support local seniors. SE Concord Road, one block east of SE Oatfield Rd in the Oak Grove area. Watch for SIGNS as you approach the location. Visit the Rivers East website for more details, <https://rivers-east.helpfulvillage.com/events/1218>

Passion In-Person Age Café

Beaverton City Library, 12375 SW 5th St, Beaverton
First Friday, June 3, 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>)

Extraordinary Garden Tour

Saturday, June 4, 10:00 am-5:00 pm

Hosted by Village at the Falls

Limited space. Registration required.

Village at the Falls is sponsoring a Garden and Art tour on Saturday, June 4 from 10:00 am until 5:00 pm. The tour invites guests to nine extraordinary gardens in and around Oregon City. This is an opportunity to see beautiful and unique private gardens and support Village at the Falls at the same time. In addition, there will be local artists at several of the gardens. Tickets cost \$10.00/person. Registration is required. You can pay by credit/debit card entering information on the registration form. You can select to pay by check and mail to PO Box 264, Beaver Creek, OR 97004.

We encourage you to carpool. Shuttles are available and recommended for the two houses on South Center St. Please meet the shuttle at the basketball courts at Rivercrest Park. Send any questions to: info@villageatthefalls.org or leave a message at 503-479-8256.

Drug Policy in Latin America

Great Decisions 2022

Saturday, June 4, 10:00 am

Hosted by Village Without Walls

The issue of migration to the United States from Latin America has overshadowed the war on drugs, which has been underway for decades with little signs of progress. What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug control policies that disrupt supply chains and punish drug possession?

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

Zoom link: <https://uso2web.zoom.us/j/84138707930>

Your Favorite TV Shows Over Time

Coffee and Conversation

Friday, June 10, 11:00 am

Hosted by Village Without Walls

Stacker.com created a [list](#) of the 100 best TV shows of all time. Shows were ranked by IMDb user ratings, with ties broken by the number of votes. For this list, a series had to have at least 50,000 votes. The following are the top 10 shows from the list.

- Breaking Bad
- The Wire
- Avatar: The Last Airbender
- Game of Thrones
- Rick and Morty
- The Sopranos
- Sherlock
- Firefly
- Batman: The Animated Series
- The Twilight Zone

Do you agree with this selection? Which TV shows would be on your top ten list? Grab a cup of coffee or tea and join in the discussion. We share information and opinions in a friendly atmosphere. Zoom link: <https://us02web.zoom.us/j/86366674028>

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, June 14, 2:00 pm

Hosted by Villages NW

Join fellow villagers – including some from other states – for this semi-monthly discussion on equity, diversity and inclusion. Bring your voice and share an experience. Contact Jurie Lewis, jlewis@villagesnw.org to be added to the distribution list.

Shoplifters (Japanese, 2018)

Third Thursday Movie Discussion

Thursday, June 16, 10:00 am

Drama film directed, written and edit by Hirokazu Kore-eda.

The film is about a family that relies on shoplifting to cope with a life of poverty. Living on the margins of Toyoko this band of dysfunctional outsiders is united by fierce loyalty. When the young son is arrested secrets are exposed that upends their tenuous, below-the-radar existence.

The film contemplates what makes a family, as well as poverty and shoplifting in Japan. It won the 2018 Palme d'Or and was a critical and commercial success as well as nominated for Best Foreign Language Film at the Oscars and the Golden Globe.

Watch on Kanopy ahead of time and bring your thoughts and reflections to the discussion. Kanopy is free with your library card.

<https://us02web.zoom.us/j/89016059225?pwd=bmhESjNoN3NhRUE3MXJWSWpVQoNrdz09>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Class Notes: A Young Teacher's Lessons from Classroom to Kennedy Compound

Carolyn Wood

Virtual Author Series

Friday, June 17, 3:00 pm

Hosted by Northeast Village PDX

Registration Required

Portland author Carolyn Wood is the second guest in our NEV Author Series. Carolyn first rose to fame when she won a gold medal in the Olympics at the tender age of 14. She has been an English teacher and writer for over 35 years. She will discuss her most recent book, "Class Notes: A Young Teacher's Lessons from Classroom to Kennedy Compound," the story of her journey going from a classroom to being a governess for the Kennedy family. Q & A to follow. Open to all; registration required. [Click here to register, https://nevillagepdx.org/content.aspx?page_id=4002&club_id=293188&item_id=1723906&event_date_id=255](https://nevillagepdx.org/content.aspx?page_id=4002&club_id=293188&item_id=1723906&event_date_id=255)

AARP Driver Safety Overview

RiverWest Village Virtual Salon

Wednesday, June 22, 12:30 pm

Hosted by RiverWest Village

Bob Nix of AARP will join us to talk about the AARP Driver Safety programs, which offer a range of topics geared toward drivers, age 50+, with proven strategies and techniques to drive safer and longer as we deal with and adapt to changes in ourselves, vehicles, roadways and laws as we age.

<https://us02web.zoom.us/j/83444197121?pwd=cTcrcUVTNThieXp6VmIrb3pZZz09>

Meeting ID: 834 4419 7121

Passcode: 158022

Attend by Phone: 253-215-8782

Leach Botanical Garden Tour

6704 SE 122nd Ave, Portland

Friday, June 24, 2:00 pm

Hosted by RiverWest Village

Our June garden tour is Leach Botanical Garden, a garden gem in outer Southeast Portland with features of rock, riparian, native, physic and more.

Meet at the Multnomah Senior Center to carpool. We'll gather at 1:30 pm in the back parking lot by the entry to the Senior Center, 7688 SW Capitol Highway. Email Janet Liu, janetliu@juno.com, to join the carpool or for questions.

Cutting for Stone

Online Viva Village Book Club

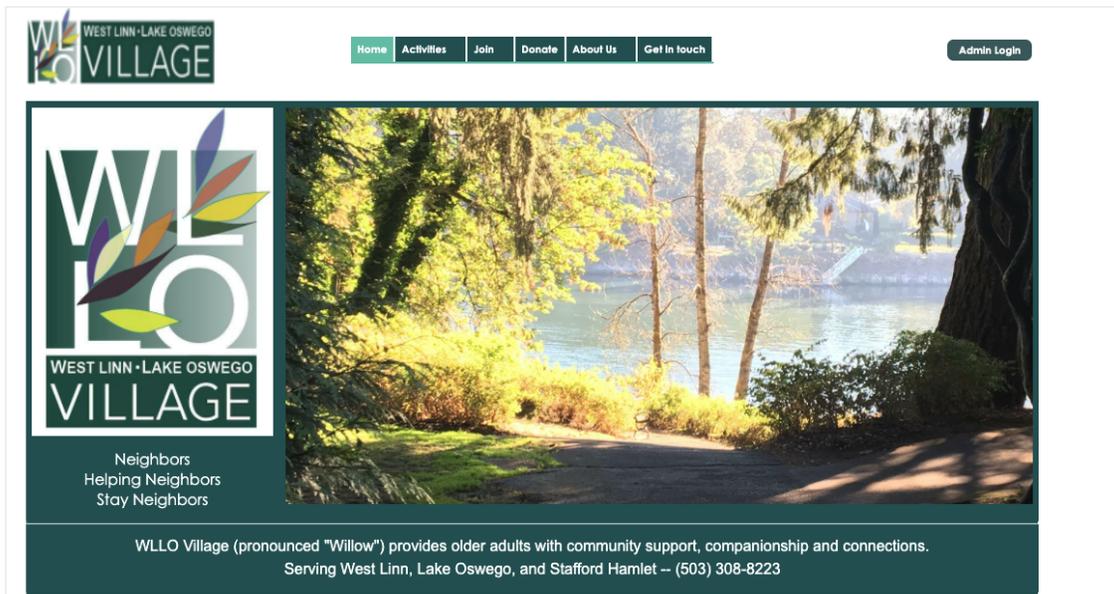
Tuesday, June 28, 1:00-2:30 pm
Hosted by Viva Village

June's selection is [Cutting for Stone](#) by Abraham Verghese.

For meeting link, contact 503-746-5082 or vivavillageevents@gmail.com.



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



Upcoming Events

Stop by the updated website!
wlvillage.org

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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