



WLO Village Newsletter

Your July 31, 2022 Issue

Phone: (503) 308 - 8223

email: info@wlovillage.org

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.

**Healthy Soils Community Science
- or -
Your Undies in the Summer Sun**



This July 13th, the Oswego Lake Watershed Council held their annual "**Reveal Your Undies**" event. This year, 125 pairs of underwear were buried throughout Lake Oswego by participants in the annual "**Soil Your Undies**" community science project designed to promote understanding of local soil health and soil carbon storage.

These undies were buried at the end of April and beginning of May. Participants

dug up their undies during the first week of July and brought them to be displayed. They also brought a soil sample to be analyzed for carbon content by local high school students. As part of the event, there were educational activities designed to increase awareness of what we need to do in our gardens to promote healthy soil. This was an opportunity to see mycelia attached to roots, wonder at tiny soil residents under a microscope, and observe how soil microorganisms work to glue soil particles together to form aggregates that increase water storage in our soils.

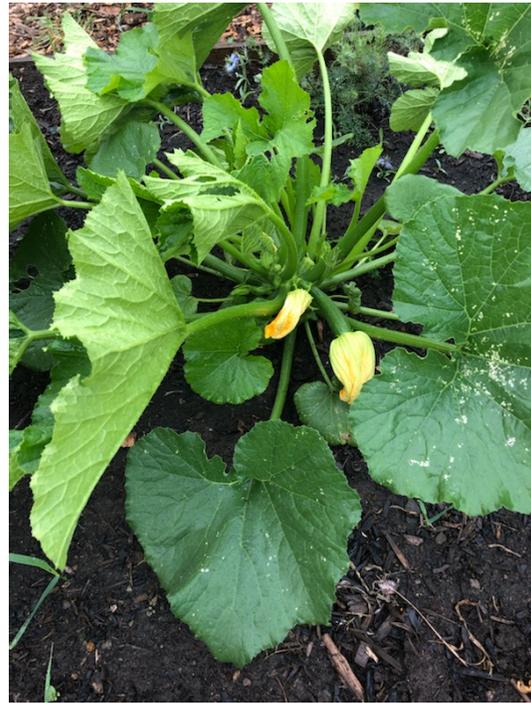
If you missed it this year but have a pair of undies to join us next year and learn about how to support healthy soil in our gardens, go to <https://www.oswegowatershed.org/soil-your-undies-2022/> for more information.



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

An Update On The WLO Community Garden!





Yes! the garden is producing and the first harvesting has happened. Radishes and zucchini were donated this past week. And, last week we gave away all of our lovely snap peas.

What the critters got in the past has risen again with some beautiful lettuce bursting out. The cucumbers, collard greens, chard and leeks are all looking good.

Stop by (when it cools down) and take in the beauty of summer at Luscher Farm.



If anyone needs proof that life with WLLO is better, a picture (or two) says a thousand words.



August Birthdays

Our best birthday wishes to our August birthday ladies and gentleman:

Joan N., Janet P., Stuart E., Susan C., Lonnie S., and Darcy P. We wish you all the best for health and happiness for this year and the ones to come.

SPECIAL BIRTHDAY COFFEE for Joan
Wednesday morning, August 3 at 9:00 AM.

Let's help her get her birthday off to a fun start!

Join the Zoom celebration:

[https://us02web.zoom.us/j/87909923421?
pwd=dVl0c0V1bGN4ZWsrQjZtMW5YU3IKQT09](https://us02web.zoom.us/j/87909923421?pwd=dVl0c0V1bGN4ZWsrQjZtMW5YU3IKQT09)

Meeting ID: 879 0992 3421

Passcode: 598386



The recycling column is taking a vacation this month, but will return in August. In the meantime, don't stop recycling. It's still a small step in our efforts to preserve our spherical home. Pickups by the WLLO Recycling Team continue on the second Tuesday of every month. Thanks for all you do to divert valuable resources from the landfills.

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.

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 August 9.



The NO-GUILT Book Club meets again on the second Tuesday of the month in August 9. We hope you had a great break in July.

If the weather is not too hot, we will have this 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 August

Check out our new and improved calendar on our [homepage](#). It's easier to read and you can change how information is being displayed.

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 Monday.

August 1, 8, 15, 22, 29

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.

Wednesday, August 3, 17, 31

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, August 3, 10, 17, 24, 31

WLLO Community Garden

11:00 am

Luscher Farm

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

Every Thursday.

August 4, 11, 18, 25

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.

**Every Friday. August
5, 12, 19, 26**

Friday Coffee

9:00 am

Online

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

RSVP required to get the dial-in information.

**Tuesday, August 9
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, August 9
Recycling**

Registering required

This month, we will be collecting hazardous products, old cans of paints etc. 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.

**Wednesday, August
10, 24**

**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.

**September
Special Shred
Event**

WLLLO in conjunction with Lake Oswego United Church of Christ will be holding a Shred Event for our members and volunteers and the church community in September. Watch the September Newsletter and our website for details.

Shared Village Events in the Month of August

Saturday Walks on the University of Portland Campus

Every Saturday, 12:30 pm

Meet at the main entrance to the campus, 5000 N Willamette Blvd, Portland
Hosted by North Star Village. The beautiful University of Portland campus is open to non-students once again. There are several routes to take (all paved) so the distance of your walk will be up to you. Meet at the main entrance to the university, 5000 N Willamette Blvd. There's ample curbside parking. Join North Star Village's small, but enthusiastic Saturday walkers any or every Saturday at 12:30 pm.

Boundaries In-Person Age Café

Beaverton City Library, 12375 SW 5 th St, Beaverton

First Friday, August 5, 11:00 am – Noon. Stay and mingle afterward.

Hosted by Viva Village

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." –Brene Brown

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>)

Your Dream Trip Coffee and Conversation

Friday, August 12, 11:00 am

Hosted by Village Without Walls

Have you already taken your dream trip or is it still on the horizon? If you could go to that spot, you always longed to see, where would it be? 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, July 12, 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.

The Insult (2018) Third Thursday Movie Discussion

Thursday, August 18, 10:00 am

In today's Beirut, an insult blown of or proportion finds Tony, a Lebanese Christian, and Yasser, a Palestinian refugee in court. A cracking thriller that boils down centuries of Middle East conflict into one reckless insult— let the sparks fly. Nominated for Best Foreign Film. 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/89016059225pwd=bmhESjN0N3NhRUE3MXuesJWSWpVQ0Nrdz09>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Men's Coffee Break

Ki, Coffee, 4655 SW Griffith Drive #160, Beaverton

Monday, August 22, 10:00 am

Hosted by Viva Village

Conversation and coffee.

RSVP Recommended,

https://vivavillage.clubexpress.com/content.aspxpage_id=4002&club_id=33466&item_id=1708639&event_date_id=255

"We Need to Talk," The Transition from Driver to Rider

Viva Village Forum

Monday, August 22, 2:00-3:30 pm

United Methodist Church, Wesley Room

12555 SW 4th Street, Beaverton

Hosted by Viva Village

An AARP® presentation with tips and advice about determining when it's time to limit or stop driving, plus transportation alternatives when driving oneself is no longer an option. There will be handouts and lots of time for questions! Refreshments served. RSVP on the Viva Village website, vivavillage.org

The Night Watchman Viva Village Book Club

In-Person for August Only

Tuesday, August 23, 1:00-2:30 pm

Hosted by Viva Village

RSVP for meeting address,

https://vivavillage.clubexpress.com/content.aspxpage_id=4002&club_id=33466&item_id=1690809&event_date_id=255

Garden Tour of Swan Island Dahlia Farm

Tuesday, August 30

To carpool, meet at the Senior Center in Multnomah Village at 11:00 am. Bring a picnic lunch, enjoy the fields of dahlias and a beautiful display garden. We should be back by 2:00 pm. For more information, contact Janet Liu, janetliu1@juno.com



Last but not least: We put together a list of enjoyable activities on our website. Check out [our tips for PlayTime on our website](#). We're sure you'll find a distraction that will brighten your day.



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