



WLLO Village Newsletter

Your January 30, 2023 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 WLLO.



The Village Council with support from Sue D. came together on a Saturday in January to review our activities and plan for the current year. Despite what the picture might suggest, we did work and accomplished a few things. You'll hear about it soon. Key among the new efforts are finding ways to reach out to members and volunteers and get them more closely involved.

Also, the Council would like to recognize Dr. Mary Mollway, founder and owner of [BrainWorks](#). She promoted WLLO Village in her most recent newsletter. Thank you very much for being so kind.



Let's start this newsletter with a few fun facts about WLLO Village! Have you ever wondered where everyone is from? Here is your answer:

- 4 were born in Portland
- 3 were born in Seattle
- 4 were born in Europe
- 1 was born in Australia
- 24 were born in other cities in the United States

If there is something else you always wanted to know, reach out and we'll see what we can do for you.



We are very happy to welcome Diana F. as our newest volunteer to WLLO Village. Thank you, Diana, for deciding to join our lovely group of volunteers!

If any of you know of someone who might be interested in WLLO Village, please let us know. If you want to share something with your friends and neighbors, ask us for one of our brochures. We are always looking for new members and new volunteers!

Recycling Tips of The Month: Breathing New Life Into Electronics

Our own Terry S. again gets credits for the following advice and insights on recycling.

Get your geek on, because on Tuesday, February 14, the WLLO Recycling Team will be picking up your tired and expired electronics. All of which will be transported to the Free Geek electronics rehab and recycling center in southeast Portland.

Some of our happy members have been able to reclaim some home real estate after past pickups based on the quantity of items donated. It's heartening to know that so many items and products made of valuable resources find new homes or are rendered into new products.

But before you begin assembling items you "think" may be accepted by Free Geek, we would give you a big WLLO hug if you would first check out

[their website](#) to confirm that what you have to give is actually what they want to get. When you go to the link above, click on "What does Free Geek accept?" Then be sure to read "What we don't accept." Now that you've done your homework, let's get to work. It can be fun. You may find yourself in one of many collector camps, or you may be able to lead an uncluttered life by purging regularly. Regardless, if you've got an old coffee maker that is on its way out, or already gone, and you just don't want to throw it in the garbage, well don't. It's got a power cord so Free Geek wants it! I know, I just gave them an old Keurig machine that had morphed into a countertop anchor.

Do you have a drawer, closet, boxes or shelves filled with an untold variety of electronic gee gaws and hopeless rat nests of cords, that at times seem to be procreating before your eyes? Free Geek wants 'em. But to be a kind and considerate donor, please take a few minutes and wrap individual power and electrical cords so they are not intertwined like Christmas lights.

All computers, tablets, phones and other digital devices are what the Geek thrives on. Their staff and technicians triage all donated components and pick out all devices that can be rehabilitated. All hard drives and data storage components are wiped clean using industrial strength software, and all hard disk drives that cannot be reused are first drilled with holes so absolutely no data can be recovered. Then to the smelter. It is especially rewarding to know that free computers are provided to low-income students and adults, who may not otherwise be able to afford one. The Free Geek store is also a great place to pick up used computers or any number of electronic items, and the proceeds help to further the Free Geek mission, which is:

Free Geek's mission is to sustainably reuse technology, enable digital access, and provide education to create a community that empowers people to realize their potential. Including everyone in our digital future.

So have fun rummaging around your house for all those electrical/electronic items that you don't want or need anymore. And thanks again for checking with Free Geek to be sure what you have is what they want.

WLLO RECYCLING COLLECTION SCHEDULE

Important note: Every month we pick up #6 PS Styrofoam, plastic film, and all clean clear #1 PET and PETE plastics.

February 14: Electronics and everything with a power cord. PLEASE: NO LIGHT BULBS OR SMOKE DETECTORS! Free Geek rehabilitates and

recycles this stuff.

<https://www.freegeek.org/take-action/donate-technology>

March 14: Furniture, linens, kitchen utensils, decorative items and artwork, rugs etc. Items are donated to the Community Warehouse.

<https://www.communitywarehouse.org/give-furniture/>

April 11: Cleaners, pesticides, chemicals, light bulbs, smoke alarms, paint, batteries and other hazardous materials. Metro South Hazardous Waste site reclaims and recycles.

<https://www.oregonmetro.gov/tools-living/garbage-and-recycling/garbage-recycling-hazardous-waste-disposal-oregon-city>

May 9: Building materials, tools, fixtures, fasteners etc. The Rebuilding Center breathes new

life into these items. <https://www.rebuildingcenter.org/donations>

Please contact Suanne Jackson at suannej@wllovillage.org if you have items to be picked up next month.

PS: Judy B. found out that the Postal Annex next to New Seasons in the Mountain Park shopping center (3 Monroe Parkway, Lake Oswego) is happy to take packing material off your hands. Please call ahead to make sure what you have is what they need. (503) 635 3830.



February Birthdays

Our best birthday wishes to our January birthday ladies and gentleman:
Chris K., Steven C., Bonnie M., and Kathy S.,
We wish you all the best, health and happiness for this year and the ones
to come. Live it up!



The NO-GUILT Book Club meets again on the second Tuesday of the month.

We will meet again at **10:30am** at the upstairs tables at the **Market of Choice in West Linn**. This is upstairs above the deli/bakery and there is an elevator. We are a small group and would welcome new members and new ideas.

We decided to alternate reading the same book one month, and then reading whatever you want following a theme the next month. Repeat. **For the February meeting, we will discuss the book The Midnight Library by Matt Haig.** There are quite a few copies in the library in LO and WL, and I have a copy if someone would like to borrow it. Here is a description of The Midnight Library:

"Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better?"

For the March meeting, we will have a theme: Read whatever you want related to a Road Trip or Journey. Examples could be the Lincoln Highway, Travels with Charley, Huckleberry Finn, Eat Pray Love, etc.

For April, we will read *The Seed Keeper*, by Diane Wilson. This is the selection for the Lake Oswego Reads program. The library will distribute 800 copies of this book on Feb 25 and there will be multiple copies to borrow. There will be an author talk and events related to this book in April. We also selected *A Tale for the Time Being* by Ruth Ozeki (currently being read for the Multnomah County Everybody Reads Program).

So our reading list is:

February: *The Midnight Library* by Matt Haig

March: Any book you like related to the theme: a Road Trip or Journey

April: *The Seed Keeper* by Diane Wilson (LO Reads book selection)

May: Any book you like related to a theme: Theme To Be Determined at a future meeting

June: *A Tale for the Time Being* by Ruth Ozeki (Multnomah County Everybody Reads book selection)

WLLO Events in the Month of February

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 Other
Wednesday. February
1, 15**

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.

**Every Thursday.
February 2, 9, 26, 23
Online Happy Hour**

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

5:00 pm
Online

(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.
February 3, 10, 17,
24**

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.

**Every Monday.
February 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.

**Every Other
Wednesday. February
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.

**Tuesday, February 14
The No-Guilt Book
Club**

10:30 am
Morse Coffee
417 1st Street, Lake
Oswego.

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, February 14

Recycling

Registering required

On the list for February are electronics and everything with a power cord. Please see the recycling article above for more details.

Shared Village Events in the Month of February

Women's Coffee In-Person

Wednesdays, 10:00 am

Jim & Patty's Coffee

4130 SW 117th , Beaverton

Hosted by Viva Village

RSVP recommended, 503-746-5082 or vivavillageevents@gmail.com.

Bernard Garrett, Incredible Black Entrepreneur

Black History Month

Friday, February 3, 10:00 am

Virtual. Call 626-765-6037 for Zoom link

Hosted by Pasadena Village

Villages NW Board member Jurie Lewis discovered that Bernard Garrett was a great uncle of hers. She has looked into the story and will share what she has learned about her amazing relative and his incredible enterprise. In the 1960s Bernard Garrett devised an audacious and risky plan to take on the racist establishment by helping other African Americans pursue the American dream. His plan succeeded despite many vigorous challenges and over the years he and his associates built a very successful business in real estate and banking. Bernard died in 2019 and the amazing story of his enterprise has been made into a [motion picture](#), called The Banker with Apple TV. An interesting trailer will give you a preview of the movie.

Online Age Café

First Friday, February 3, 11:00 am – Noon.

Hosted by Viva Village

Registration optional. Check the Viva Village calendar for registration link,

[https://vivavillage.clubexpress.com/content.aspx?](https://vivavillage.clubexpress.com/content.aspx?page_id=4001&club_id=33466)

[page_id=4001&club_id=33466](https://vivavillage.clubexpress.com/content.aspx?page_id=4001&club_id=33466) Meeting by Zoom this month. Small group conversations exploring topics of interest to older adults. A new topic every month. Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS.

Health Assessment Tools & Strategies

RiverWest Salon

Tuesday, February 7, 11:00 am

Neighborhood House Senior Center

7688 SW Capitol Highway, Room 33, Portland

Hosted by RiverWest Village

John Piazza DeDonatis is a nurse at St. Vincent Hospital. He's in a Nurse Coach Program and will talk to us about health assessment tools and strategies to help us pinpoint which aspect of our health needs focus and what is most important to us. For example, questions such as "Are you yearning for that feeling of invigoration that you once had?." Or: Are you wanting to simplify your life by making some practical changes to your health? Or struggling with either achieving a specific health goal or even identifying a challenge? Come and listen and learn.

80 for Brady

Village at the Falls Movie Tuesday

Tuesday, February 7, 1:00 pm

Regal Hilltop

325 Beaver Creek Road, Oregon City

Hosted by Village at the Falls

Do you like movies? Do you like great deals? Then join us for Village at the Falls Movie Tuesday. We plan to see 80 for Brady with Sally Field, Jane Fonda, Rita Moreno and Lily Tomlin. Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017

Super Bowl. It hasn't been released yet so please watch the Village at the Falls website to confirm date and time and be sure to sign up so you get an email notification. We'll be meeting at Regal Hilltop, 325 Beaver Creek Road, Oregon City, by Hilltop Safeway. Rated PG13 so suitable for most ages. You'll need to purchase your own ticket. Ticket price is \$5.95 on Tuesday if you are a Regal Crown Club Member, which is free and easy to join online. If you need help, please call the

office at 503-479-8256. Tickets can be purchased online with a surcharge or at the theater to avoid the ticket surcharge.

Please meet the group in the lobby with your ticket and popcorn in hand, 15 minutes prior to the start of the movie. Don't forget to register on our website at www.villageatthefalls.org so we know to look for you. You're required to choose a seat but the theater is usually empty so we just all sit together in recliner seat comfort. It's a lot of fun Hope you can join us!

RiverWest Potluck

Tuesday, February 14, 11:30 am

Patricia D. Whiting Hall, Metzger Park

8400 SW Hemlock St, Portland (corner of SW Hall Blvd and Hemlock)

Hosted by RiverWest Village

Good company. Good friends. Good food. Indoors. Join us inside at Metzger Park for lunch. Bring a dish to share and we'll have a good time eating, appreciating the variety of food, and learning what's happening in our lives.

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, February 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.

Carol (2015)

Third Thursday Movie Discussion

Thursday, February 16, 10:00 am

Hosted by RiverWest Village

Nominated for 6 Academy Awards, including Best Actress and Best Supporting Actress. Carol traces the

love affair of two women from very different backgrounds in the 1950s.

Therese is a young clerk in a

department store while Carol is a mother stuck in a loveless marriage. During a chance encounter, the

two women feel an immediate in connection that soon develops into a much deeper affection which

inspires a new passion for life in both of them. A masterpiece of melancholy longing that manages to miraculously avoid being devastatingly tragic or dramatic. Available on both Prime and Kanopy. Watch ahead of time and bring your thoughts and impression to the discussion.

<https://us02web.zoom.us/j/89016059225?pwd=bmhESjN0N3NhRUE3MXuesJWSWpVQ0Nrdz09>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Cooking with Grains

Community Culture Through Food

Thursday, February 16, 2:00-4:00 pm

Virtual. FREE. Please join us!

Register at chefigata50plus@gmail.com

Villages NW is participating in a new Foodways program, "Community Culture Through Food", brought to you by a group of food enthusiasts as part of our Equity, Diversity & Inclusion Affinity Group. We seek to address the cultural and community-building aspects of food traditions through presentations,

hands-on classes, tours and other activities as this new year progresses. The renowned Food as Medicine program, to begin again in the spring, will dovetail nicely with the 'Community Culture Through Food' programming. Watch for updates from both groups as the topic of food takes on new and expanded interest. The Foodways program is hosting another presentation on cooking with grains with Maureen Quinn of the Oregon Extension Agency and a two-county family nutrition program. To register for the virtual talk about cooking with grains, please contact Stefana Sardo, chefigata50plus@gmail.com. (Look for the drop down 'contact me'.)

The first 20 registrants will receive a packet of focused grain ingredients and related recipes with instructions and an opportunity to try some advance preparation. We will take some time at the end of the presentation to hear from YOU! For other information or questions, email info@villagesnw.org.

Stories Create Connections

Viva Village Forum

Monday, February 20, 2:00 pm

United Methodist Church, Wesley Room

12555 SW 4th Street, Beaverton

Hosted by Viva Village

RSVP Recommended. Register on the Viva Village website, vivavillage.org Eric Foxman of The Portland Storytellers' Guild will inspire and entertain us with fun, informative, and delightful stories. He will also share storytelling techniques and guidelines. Refreshments served. No charge.

In-Person Coffee Hour

Tuesday, February 21, 10:30 am

New Seasons Market Orenco Station

1453 NE 61st Ave, Hillsboro

Hosted by Village Without Walls

This a great way to get acquainted and learn more about the Village. Please join us for general discussions, ideas, and community. Everyone welcome! We meet at the table area by the Beverage Bar, which is in the left side front of the store. Drip and espresso coffee, tea and other treats are available for purchase or bring your own drink.

Men's Coffee Break

Monday, February 27, 10:00-11:30 am

Ki Coffee

4655 SW Griffith Dr #160, Beaverton

Hosted by Viva Village

RSVP Recommended, vivavillage.org

Horse by Geraldine Brooks

Online Viva Village Book Club

Tuesday, February 28, 1:00-2:30 pm

Hosted by Viva Village

RSVP for Zoom link, https://vivavillage.clubexpress.com/content.aspx?page_id=4001&club_id=33466

The Book Club meets on the 4th Tuesday of each month. This month's book is Horse by Geraldine Brooks.



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



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