



WLO Village Newsletter

Your August 31, 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.

Up and Coming in WLO Village This Month

We have a few announcements for the month of September.

One is that the **Happy Hour** on Thursday, September 8 will be an in-person affair. We will meet at Luscher Farm and hear about the history of this place.

On Saturday, September 17, we offer members and volunteers the opportunity to **shred some of their documents** that are too confidential to put out with the recycling. It's restricted to members and volunteers

and limited in time, so make sure you'll read the instructions carefully.

Don't forget to drop by our booth at the **Lake Oswego Farmers Market** on Saturday, September 24. We would love to see you.

Last but not least, mark your calendar for **WLLO's celebration of the International Day of Older Persons** on October 1.

Details on all these events are in the calendar section below. They will also be communicated closer to the actual event through email.

Our WLLO Community Garden Needs You This Month!



The garden gleaners from HungerFighters have been filling their baskets with our beautiful produce. If you haven't had a chance yet, you must treat yourselves to a trip up to Luscher Farm to see our bounty.

While the season eventually brought us lots of sun, we'll be needing some help from volunteers and members keeping the garden watered. A couple of us who have been dropping by frequently are going to be out of town.

At the same time!

So, now is a chance for a visit or two. Grab the hose that's right there. And water! The dates when we'll be needing your eyes on

our Adopt-a-Plots are from September 8 until September 26.

Luscher Farm is a great spot to take in the beauty of our area. Enjoy a walk in the cool mornings and early evenings. Great sunsets are included free of charge. For questions, or to sign up to water, call the office at (503) 308 8223.



We are very happy to welcome new members Jessie C., Mary Kay P., and Margaret K. Thank you for joining our Village. We are looking forward to becoming friends with all of you.



A Big Thank You to Our WLO Volunteers

Our WLO Volunteers have been busy this summer. Thanks to all of you who have been driving, and gardening, doing maintenance, and tech support. You guys are all awesome!!

A Very Big Thank You to Joan and Lonnie S. for pulling together the treats for the August Drop-By day. And many THANKS to the drivers who delivered them: Judy B, Susan R, Darcy P, Lonnie S , Miriam F, Vicci M, Ginny H, Julie M and Jana L.

PS: And also a huge thank you to Suanne who tirelessly gets everyone organized.



Here is Lonnie, one of our volunteers, hard at work readying the bags of cherries that were delivered in August. Four-legged security had been organized to guard the treasures.



September Birthdays

Our best birthday wishes to our September birthday ladies: Nancy O., Rose T., Sandra J., Anita M., Marge W., Linda F., and Miriam F. We wish you all the best for health and happiness for this year and the ones to come.

Celebrating the International Day of Older Persons on October 1

This year, WLLO Village and Villages NW – in conjunction with the UN Department of Economic and Social Affairs, and with the help of several local organizations – will celebrate the International Day of Older Persons on October 1. The theme this year is 'Resilience and Contributions of Older Women', a theme we are eager and honored to acknowledge.

Throughout the month of October, several Villages will pay homage to the International Day of Older Persons and the role of older women in our communities.

Globally, in 2019 there were 703 million persons at least 65 years of age. By 2050 that number will have more than doubled to 1.5 billion. As the age line progresses, women represent a larger and larger proportion of their age group.

In the Portland-Metro area, we have 10 active Villages, with another Village in development on the northern Oregon coast. Currently our Village volunteers serve 708 members, assisting with everything from tasks such as transportation, yard/gardening, help to socialization, educational opportunities, and fun!

So far this year, volunteer drivers have logged 19,000 miles, 68% of which for medical appointments. Activities and social opportunities range from discussion/educational groups, book clubs, to coffee klatch, or cocktail hour. There are walking and biking groups, 'garden party' work groups, men in the kitchen with a cooking group, minor home repairs, and so much more. During times of crisis, such as the pandemic or severe weather, telephone trees help isolated seniors stay in touch with their neighbors.

(Excerpts from an article written by Nancy D. for the VNW September newsletter.)

Too Much Stuff

(Please enjoy another issue of Terry's recycling column.)

Those of you involved in the WLLO recycling program are doing a great job, so keep it up. It's still a small but important step in our efforts to preserve our spherical home. But our principal goal should be to reduce burning fossil fuels, which is the primary energy source for the production of the stuff we consume.

We can do this in many ways, but for starters we can just reduce our consumption of stuff. We are drowning in stuff. So much stuff that we build storage cathedrals to warehouse all that stuff we purchase, but have no place for in our homes. We have annual "spring cleaning" events and desperately try to purge our lives of accumulated stuff crawling from our closets like the living dead clawing up out of the grave. Problem is, we then collect more stuff and the cycle repeats.

So what are we to do? Make no mistake, your WLLO Recycling Team is happy to do our part in hauling away your recyclables. But what can we all do to reduce our consumption? We must first ask ourselves a question. Do I really need that? If so, can I find it somewhere without buying it? There may be times when we don't need to purchase an item; we just

need to use (or borrow) it. Several options exist.

Here's a few resources to get you started in purchasing less and purging more.

Library of Things – You'd be amazed at the "things" you can check out from the West Linn and Lake Oswego libraries, or LINCC (Libraries of North Clackamas County.) Give it a gander at <https://refweb.lincc.org/research/library-things>.

Buy Nothing Project – This free worldwide site allows you to give stuff away, ask for stuff and express gratitude to show appreciation and thanks. Explore their realm at <http://buynothingproject.org>.

Portland the Rooster – An active barter site with absolutely nothing for sale. Everything's free. Stuff, information, assistance. You can even borrow stuff. <https://portland.therooster.co>.

Nextdoor – This all-purpose social media site is your one-stop shopping center for rumors, controversy, wild speculation, conspiracy theories, while at the same time offering a wealth of opportunities, opinions and possibilities for barter, trade, sales and giveaways. If you can avoid the numerous rabbit holes into which you could fall (Ask Alice), you may be able to find something you need, glean a good idea, or give away that piece of stuff you've been tripping over for years. Enter here, but beware that beyond these gates be dragons:

https://nextdoor.com/news_feed.

Craig's List – The age-old site that everyone either loves or hates. But you can find and get rid of a lot of stuff there. Check it out at <https://portland.craigslist.org>.

In the meantime, please continue to do the great job you're doing in keeping your WLOO Recycling Team in business. We appreciate your concern for the environment and our own resilience.

WLOO 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.

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.

November 8: Furniture, linens, kitchen utensils, decorative items and art work, rugs etc. Items are donated to the Community Warehouse. See what they accept at

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

Please contact Suanne Jackson at suannej@wllovillage.org if you have items to be picked up on September 13.



The NO-GUILT Book Club meets again on the second Tuesday of the month on September 13. The theme is 'back to school', since September is back to school month.

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 the event. 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!

WLO Events in the Month of September

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.
September 5, 12, 19,
26

**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,
September 7, 21
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,
September 7, 14, 21,
28

**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.
September 1, 8, 15,
22, 29

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.
September 2, 9, 16,
23, 30

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.

Thursday, September 8

In Person Happy Hour

5:00 pm
Luscher Farm

We will be hearing about the history of Luscher Farms. 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, September 13

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, September 13

Recycling

Registering required

This month, we will be collecting building materials, tools, fixtures, fasteners, etc. Check out the Rebuilding Center website

at <https://www.rebuildingcenter.org/donations#guidelines>

Wednesday, September 14, 28
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.

Saturday, September 17

Special Shred Event for Members and Volunteers only

2pm- 4pm
LO United Church of Christ
111 Country Club Rd,

WLLO is organizing this event that will end promptly at 4pm. Please plan accordingly. You don't need to remove rubber bands, staplers, hanging folders or similar. You cannot bring 3-ring binders however.

Because of space limitations, this event is for members and volunteers only.

Be advised, batteries, backup tapes, x-rays, live ammunition, prototypes, product/part samples, tools, garbage, and careless inclusion of unapproved items will damage the shredders, contaminate recycling, and cause fires. All of these items above are very real risks and

Lake Oswego

have shown to have caused mechanical damage and fires. We want to avoid these situations!

Saturday, September 24

WLLO at the LO Farmers Market

8:30am - 1:30pm

Downtown Lake Oswego

Join us at our stand at the Lake Oswego farmers market. Meet (y)our neighbors and friends and share information about (y)our Village.

**October 1
Special Celebration**

2pm-4pm

Oswego Pointe, 5033

Foothills Rd, Lake

Oswego

WLLO is celebrating the International Day of the Older Adult. This year's theme is contributions to women and their resilience. We'll have hors d'oeuvres and libations and share video stories of our members. Watch this space for more details about prices, a raffle drawing, and more. Contact the office for more details!

Shared Village Events in the Month of September

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.

Listening

In-Person Age Café

Beaverton City Library, 12375 SW 5th St, Beaverton

First Friday, September 2, 11:00 am – Noon. Stay and mingle afterward.

Hosted by Viva Village

"Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words." –Roy T. Bennett, *The Light in the Heart* Discussions from 11–12. Stay and mingle afterward. Sponsored by Viva Village,

Beaverton City

Library, Beaverton Committee on Aging, and Washington County DAVS

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

What's the First Amendment and What Does It Mean to You?

Coffee and Conversation

Friday, September 9, 11:00 am

Hosted by Village Without Walls

Full text of the First Amendment: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."; This amendment has been interpreted over the last 200 plus years in different ways. What does the First Amendment mean to you? 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>

Beaverton Celebration Parade

September 10, 10:00 am

Enjoy a festive morning – walk with Viva villagers behind our banner to celebrate our

city and our Village or cheer us on from the sidelines. See the Viva Village calendar for more details,

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

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, September 13, 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.

Theresa Verboort's September presentation:

Friday, September 16, 3:00 pm

Virtual event on Zoom

Registration is required, [Click here to register](#) on our NEV Calendar

Hosted by Northeast Village PDX

Theresa Verboort is author of *The Communing Tree*, a novel awarded the 2019 WILLA Literary Award, and a forthcoming sequel. An article, "[Mountain Lookout](#)," about her experiences working in a Coos County Forestry lookout, recently was published in the online [Oregon Coast Magazine](#).

She was born in Coos Bay, OR, and raised in Bandon. She graduated from Bandon High School and Mt. Angel College. She and her husband raised six children. When she retired from the Hillsboro Library she started writing *The Communing Tree* and at 79 published it. She says the sequel is completed and hopefully will be published soon. She currently lives in her family home in Hillsboro, OR, with her retired husband.

Official Secrets (2019)

Third Thursday Movie Discussion

Thursday, September 15, 10:00 am

Kiera Knightly and Ralph Fiennes lead a world-class ensemble in the gripping true life political thriller of a woman who risks everything to stop an unjust war. Katherine Gun, the British whistleblower who uncovered U.S. efforts to dirty-trick the U.N. into approving the Iraq War, is an appealing figure whose findings should have been scandalous enough to unseat two governments. They did not, the Iraq War was launched anyway. Four years in 150,000 to a million were dead, including thousands of U.S. and British soldiers. Gun was a translator who received a memo she eventually shared with the British press—an apparatus that, like the U.S. press, took a notably non-skeptical view of the “weapons of mass destruction” line both U.S. and British power players fed the world in its quest to unseat Saddam Hussein.

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=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, September 26, 10:00 am

Hosted by Viva Village

Conversation and coffee. RSVP Recommended,

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

The New 3 R's: Reduce, Reuse, Recycle!

Viva Village Forum

Monday, September 26, 2:00-3:30 pm

United Methodist Church, Wesley Room

12555 SW 4th Street, Beaverton

Hosted by Viva Village

Join local experts Kate Taylor, City of Beaverton Sustainability & Recycling, and Ricardo Palazuelos, Washington County Solid Waste & Recycling, to learn about 1) reducing and reusing before recycling, 2) preventing food waste and 3) new legislation for a positive impact on recycling. Handouts available. Lots of time for questions! Refreshments served. RSVP recommended, vivavillage.org, or contact the Viva Village office, 503-746-5082.

The Heart of a Woman by Maya Angelou

Viva Village Book Club

Tuesday, September 27, 1:00-2:30 pm

Hosted by Viva Village

RSVP for meeting address,

[https://vivavillage.clubexpress.com/content.aspx?
page_id=4002&club_id=33466&item_id=169
0809&event_date_id=255](https://vivavillage.clubexpress.com/content.aspx?page_id=4002&club_id=33466&item_id=1690809&event_date_id=255)



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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