



WLLO Village Newsletter

Your April 29, 2023 Issue

Phone: (503) 308 - 8223

email: info@wllovillage.org

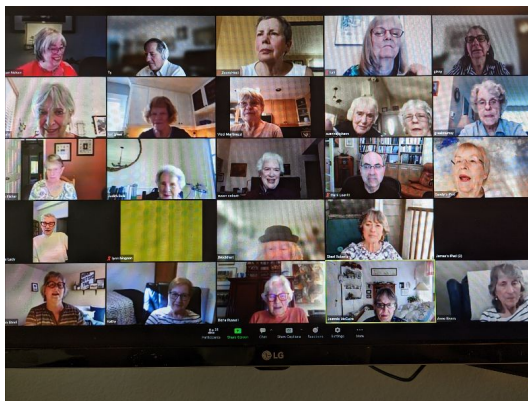
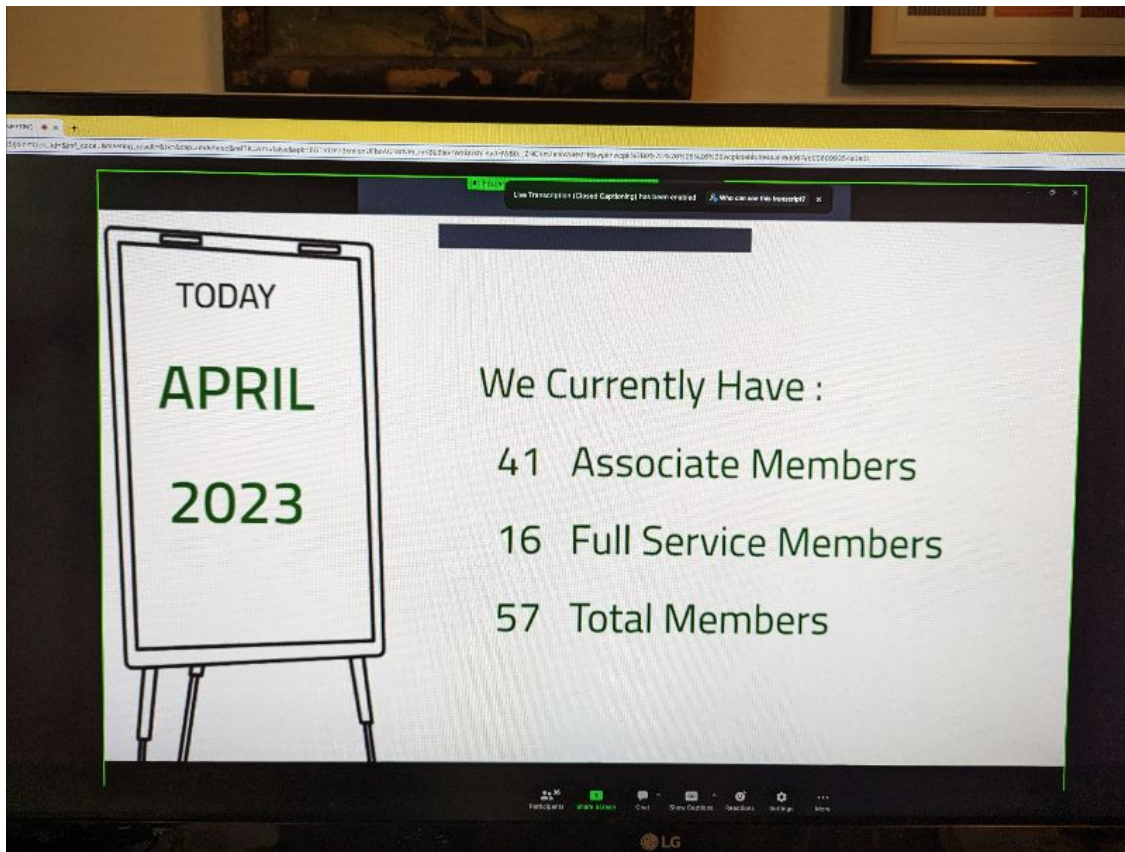
Note from the editor: This long issue might get clipped automatically by some email programs. If that is the case for you, don't forget to click on the link at the end that says, 'read the entire message' or similar wording. Or just click on the top where it says, 'view this email in your browser'. Either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

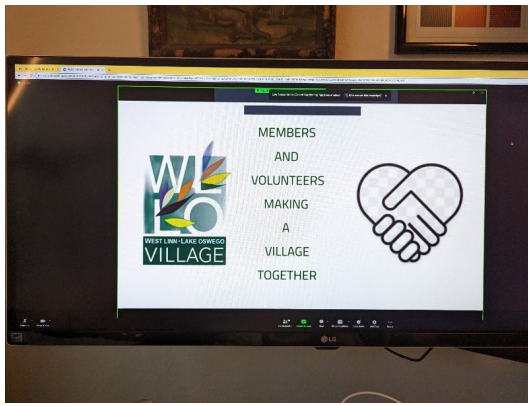
WLLO's 4th Annual Meeting is in the Books

We had a great turnout for this week's annual meeting. As previously, it was conducted over Zoom. Thanks to our volunteers who put together and distributed a special goodie bag for the event. Thanks to their help, people had champagne and madeleines to ease the workload - electing council members.

The majority of the meeting was spent getting to know each other better and welcoming new members, watching very entertaining videos chronicling WLLO, and recognizing efforts of volunteers and members. Below are some snapshots

for those who missed the event. Those who were there know that the pictures hardly do justice to Joan's video talents and the fun meeting we have. My apologies for funny facial expressions from the snapshots of the participants. I couldn't even find one where I am smiling, even though I distinctly remember doing so. A lot.





We are very happy to welcome Sharon R. as our newest member. Thank you for deciding to join. You will make our Village better!

In the meantime, if any of you know of someone who might be interested in WLLO Village - as a member or as a volunteer - please let us know. If you want to share a brief summary with your friends and neighbors, ask us for one of our brochures. We are always looking for new members and new volunteers!



Thanks To All and Every One of You!

You might know that April was volunteer appreciation month. What better reason to highlight our many volunteers who put in time and effort - often behind the scenes - to keep our little Village humming. Here they are in no particular order:

- Hurray to the WLLO office team (Linda, Joan, Laura, Susan L, Ginny) as well as the other "behind the scenes" volunteers (Becky, Joan, Marjorie, Ellen S, Terri, Susan R, Judy B, Sandy J, Karin, Lonnie). These are the folks that bring on new members and make things happen!
- Thank you to the "Drop By Say Hi" delivery drivers (Sue D, Lonnie S, Darcy P, Marjorie S, Diana F, Sandy J, Jana L, Susan R, Judy B, and Sally L.)
- Our gratitude goes out to the folks who put the Drop By Say Hi bags together (Lonnie S, Susan L, and Marjorie S.)
- Thank You to the members who wrote cards to the volunteers (Eleanora L, Marge, W, Terri K, Sue C, Janet P, Janet S, Jane L, Margie W, Julie R, Cathryn O., Mary Kay P.)
- A great big thank you to the Recycling Team for all their hard work all year long! And welcome to Joe R, the newest member of the team that includes Ginny, Claudine, and Terry.

Last but not least, a special and heartfelt thank you to Joan, who tirelessly leads us and takes care of so many things, listing them all would make this already long newsletter bursting at the seams.

A HUGE THANK YOU to all our volunteers who give so much of their time to all of us! We thank you from the bottom of our hearts for your service

Special Thanks To 3 Local Businesses That Support WLLO Village

WLLO Village wishes to thank and acknowledge some of our local businesses for donating herb starters for our members in celebration of WLLO Village's fourth year in operation. We are so fortunate to have had such a wonderful response to our request to provide these herb starts for our members.

These are our most generous leaders in business helping us with this project this year:

- We want to thank Joey from our Lake Oswego Trader Joe's, who has provided this donation of herb starts for the two years that WLLO Village has included these in our gift bags. Joey, always with a smile, took care of all the necessary details so we could receive these gifts.
- Our sincere appreciation is also sent out to Marjorie, assistant manager of Home Depot for her diligence in procuring the necessary approval for these donations. Marjorie took time to personally select these herb starts to ensure we had them on time in a variety of plants.
- How fortunate WLLO Village is that owner Clinton at Stafford Ridge Nursery, located across from Luscher Farm, really came through with so many herb starts for our members. Clinton was so delighted to support our community with his donation.

All these businesses demonstrated that we truly live in a community that values its residents through their generous donations this year. We hope you are inclined to return this good deed by frequenting these businesses. We so appreciate their kind and generous donations for our WLLO Village members. Pictured below are Marjorie from Home Depot, Joey from Trader Joe's, and Clinton from the Stafford Ridge Nursery.













Terry's Recycling Tips:

Batteries: The Salt of the Digital World

First let me extend a hearty WLLO Recycling Team thanks to those members who took the time to check on the veracity of the battery recycling program mentioned in last month's newsletter. It is heartening to know that there are those among you who are taking the time to question "authority."

And yes, it is true, the battery recycling program in Clackamas County mentioned last month, is alive and well. So, check the last newsletter to see how you can prepare your batteries for pickup in your curbside glass recycling bin. Since we're on the subject, let's dig a bit deeper into batteries, because our modern society is held together by electricity.

A host of electrical and electronic conveniences, tools and appliances get their power from batteries. We purchase them like candy, and discard over 3 billion batteries every year. Unfortunately, most are tossed in the garbage and end up in landfills. Which is exactly where we don't want them. Corroding batteries leach a witch's brew of toxic chemicals into the ground, which eventually find their way into the water table and hence the oceans.

But you can help reduce the severity of this problem. First, purchase only rechargeable batteries, and second, recycle ALL of your old dead batteries. Although the minerals and metals used to manufacture batteries are highly toxic when entombed in a landfill, they are also extremely valuable when recycled. The more batteries we recycle, the less mining of minerals is required, thus preserving more of the natural environment. The three most common rechargeable batteries are nickel-cadmium (NiCd), nickel-metal hydride (NiMH) and lithium-ion (Li-ion). Some alkaline batteries can be recharged, but only with special chargers. Even then alkalines can only be recharged a few times and recharging them runs the risk of causing leakage.

So, which rechargeable batteries should you purchase? The chart below provides some pros and cons of the three most common types of rechargeable batteries. But if you're not into nerd-ing out on batteries, skip this next section and read the recommendations below.

Nickel-cadmium (NiCd)

PROS:

- ☐ High electrical current
- ☐ Charge quickly
- ☐ Maintains full power to end of charge
- ☐ Good for cameras & portable power tools
- ☐ Hardly & long-lasting (10 –15 years)

CONS:

- ☐ Low capacity (don't hold charge long)
- ☐ Cadmium is toxic
- ☐ Improper charging can damage battery
- ☐ Should be completely discharged before recharging
- ☐ Less safe for environment
- ☐ Expensive
- ☐ Older technology

Nickel-metal hydride (NiMH)

PROS:

- ☐ Up to 1000 charges (3 – 5 years)
- ☐ Not as toxic as NiCd
- ☐ Better capacity than NiCd
- ☐ "Low self-discharge" version holds charge longer
- ☐ Best for general use

CONS:

- ☐ Retain power better than Li-ion when sitting on shelf
- ☐ Shorter lifespan than NiCd

Lithium-ion (Li-ion)

PROS:

- ☐ Very high voltage
- ☐ Quick charging
- ☐ Lightweight
- ☐ 300 – 500 charges (about 3 years)
- ☐ Hold charge longer than other batteries
- ☐ Best for motorized products

CONS:

- ☐ Most expensive
- ☐ Potential fire risk
- ☐ Require special charger

By far the most popular rechargeable battery for general use is the Nickel-metal hydride. You can use a NiMH charger with any brand of battery. Whereas Lithium-ion batteries should be recharged in their manufacturer-specific chargers.

A wide variety of rechargeable batteries are available. Such is the bane of the

American consumer. Which one to buy and why?

Most brands of AA and AAA rechargeable batteries will do the job, it just depends on how much you want to spend. Keep the following points in mind:

- Check the device you're putting batteries in. Some devices may recommend using alkaline batteries.
- Batteries with a higher capacity rating (mAh) will last longer. For example, a 2500mAh battery will outlast a 1900 mAh unit, but will cost more.
- Buy a battery charger that will handle the capacity of the batteries you use. For example, a charger with a maximum charging potential of 2000 mAh will not fully charge a 2500 mAh battery and may decrease the life of the battery.
- If you purchase lithium-ion batteries, be sure the device can handle them. You will also need a special charger for Li-ion batteries.

Finally, here's a few brands of good batteries and chargers to get you started.
BATTERIES

- Panasonic Eneloop: AA = 1900 mAh, AAA = 750 mAh
- Panasonic Eneloop Pro: AA = 2500 mAh, AAA = 900 mAh
- Sony Rechargeable: AA = 2500 mAh, AAA = 800 mAh
- Tenergy Premium Pro: AA = 2800 mAh, AAA = 1100 mAh
- Pale Blue Earth (Li-ion): AA = 1700 mAh, AAA = 600 mAh (requires USB charging cable, included with bundle purchase)

CHARGERS (All prices Amazon)

- Panasonic BQ-CC55: Best overall. Automatic sensors prevent battery overcharge. Use for any AA and AAA NiMH batteries. Holds four batteries and plugs into wall socket. \$33
- EBL 6201: Any AA and AAA NiMH batteries. Holds four batteries and plugs into your existing USB plugs. \$13
- Tenergy TN480U: Any AA and AAA NiMH and NiCd batteries. Holds eight batteries. Good choice if you use a lot of batteries. \$24
- Tenergy TN456: Most versatile. Four-slot charger handles AA, AAA, AAAA and C batteries, including lithium and nickel-based batteries. Features a variety of settings and charge rates. \$40

In summary, the most important takeaway is that you should recycle all of your batteries, regardless of the type. And if you are concerned about environmental impact, use rechargeable batteries whenever you can, and invest in a solar

battery charger so that you'll never be caught short when the power goes out. May the force be with you.

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.

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

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

June 13: 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>

July 11: Furniture, linens, dishes (no chips or cracks), kitchen utensils, mattresses/box springs, small appliances (in working condition), decorative items and artwork, rugs etc. Items are donated to the Community Warehouse.

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

August 8: 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 Birthdays

Our best birthday wishes to our May birthday ladies: JB Lockhart, Ginny H., Susan R., Dorie R., Eleanora L., and Diane H.

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 enjoyed meeting in person and discussing *The Seed Keeper* as a group during our April meeting. Our next book club meeting will once again be in person, on **Tuesday, May 9, at 10:30am, at The Mercato, 4055 Mercantile Drive, Lake Oswego**

In May we will meet in a new place. Thank you to Janice L. for hosting us at the common area of the Mercato Grove Residence lobby. See for directions below.

Our original plan for May was to discuss the book *Lessons in Chemistry* by Bonnie Garmus. But it is a very popular book and many people have not been able to get a copy to read! So, we decided to move it to a later month. Next month we will read the book we had planned for June, *A Tale for the Time Being* by Ruth Ozeki (The Multnomah County Everyone Reads selection)

If you don't read that book, that is fine –just listen and enjoy being around other people who like to read. Feel free to wear a mask if this will make you more comfortable. Call the office for her address and directions.

These are the upcoming books we agreed to read:

May: *A Tale for the Time Being* by Ruth Ozeki (The Multnomah County Everyone Reads selection)

June: *Lessons in Chemistry* by Bonnie Garmus

July: Demon Copperhead by Barbara Kingsolver

August: Deep River by Karl Marlantes

It might be advisable to put these books on hold at the library now; they are popular and in demand!

Directions to the Mercato:

Enter driveway to Mercato from Mercantile Drive. Entrance door to the lobby is on your left as you enter the driveway to the complex. 45-minute Parking is available in the outside spaces or unlimited parking time under the covered garage.

WLLO Events in the Month of May

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.

For now, there will be no more official **WLLO Brisk Walks**. But Brisk Walkers can check in with suannej@wllovillage.org and agree to meet any time for 'unofficial' brisk walks.

**Every Monday. May 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.

**Thursday, May 4, 11
Food as Medicine**

10:00 am - noon

This is the start of the new Spring class. It runs for 6 weeks. Contact Susannej@wllovillage.org for more information or to register for the class. Registration is mandatory.

Online

Every Thursday. May 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. May 5, 12, 19, 26

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.

Tuesday, May 9

Recycling

Registration required

On the list for May are building materials, tools, fixtures, fasteners etc. The Rebuilding Center breathes new life into these items.

Tuesday, May 9

The No-Guilt Book Club

10:30 am

In-person at the

Mercato

4055 Mercantile Drive,

Lake Oswego

Read above for

directions or call the

office for the address.

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! Call the office for all the details and read more in the article that is posted earlier in the newsletter Tel. 503-308-8223.

Every Other

Wednesday. May 17, 31

Chat & Stroll

10:00 am

New location!

Veterans Memorial at

Foothill Parks

Weather permitting, we will be meeting at the Veterans Memorial at Foothills Park. Watch your email for an announcement. Members and volunteers are welcome to join.



Spring has sprung all over. Venture out and enjoy what's blooming in our neighborhoods.



Shared Village Events in the Month of May

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.**Let's Get FAMILIAR****Food As Medicine Series (2 virtual sessions left)****Thursdays, May 4 and 11****Register for Zoom link, suannej@wllovillage.org**

Hosted by Villages NW Program Affinity Group

With every decade, our health needs change. And while we often feel these differences in our bodies, we were never taught how to adjust our daily routines. FAMILIAR is an online workshop, taught by Erin Fredericks, MScN, dedicated to the variety of simple foods and lifestyle practices which support a healthy aging plan. All cooking skills are welcome. Come learn how your body works – along with at-home techniques that may help you.

Age Café**First Friday May 5, 11:00 am – Noon.****Beaverton City Library, Meeting Rooms A&B****12375 SW 5th St, Beaverton**

Hosted by Viva Village

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.

RiverWest Potluck**Tuesday, May 9, 11:30-1:00****Patricia Whiting Hall, Metzger Park****8400 SW Hemlock St, Portland 97223**

Hosted by RiverWest Village

Bring a dish to share and your own plate, utensils and beverage to the indoor Patricia Whiting Hall at Metzger Park. 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 May 9, 2:00 pm

Hosted by Villages NW

Join fellow villagers – including some from other states – for this 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.

Birdwatching Excursion**Friday, May 12, 8:30 am****Smith and Bybee Refuge****5327 N Marine Drive, Portland**

Hosted by North Star Village

Join villager and birdwatcher Anjala Ehelebe for a gentle birdwatching outing at Smith and Bybee Refuge, 5327 N Marine Dr, 97203. Meet at the central parking lot near the picnic shelter. The paths are paved, there are benches here and there, and the watching is easy. Two hours or so, slow walking.

There are park toilets and the occasional porta potties. There is also an area that is unpaved if you want to venture out a bit. Bring your water, binoculars, bird book, camera, and phone. Wear attire suitable for Portland's changeable weather. RSVP to me at anjalansv@gmail.com.

Village Without Walls In-Person Coffee Hour**Tuesday, May 16, 10:30 am****Tous les Jours – Orenco Station****6221 NE Cornell Rd, Hillsboro**

Hosted by Village Without Walls

This is a great way to get acquainted and learn more about the Village community. Everyone welcome! Korean/French bakery with coffee, tea and other treats available for purchase. Look for our table in the seating area.

Beaverton School District: The Future Direction**Viva Village Forum****Monday, May 15, 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 Shellie Bailey-Shah, Public Communications Officer of the School District, will talk about the District's 5-year strategic plan and answer your questions. Refreshments served. No charge.

My Wonderful Wanda**Third Thursday Movie Discussion****Thursday, May 18, 10:00 am**

Hosted by RiverWest Village

Watch on Kanopy or Prime.

Winner of awards, My Wonderful Wanda (2020) is a delightful satire of the haves and have-nots set against the backdrop of a gorgeous lakeside villa in Switzerland. At the story's center is Wanda, a Polish caretaker who has left her

own small children in Poland to look after Josef, the stroke-ridden patriarch of the wealthy Wegmeister-Gloor dynasty. Wanda is adept in navigating the tricky family dynamics between the two grown (if still childish) offspring and the elegant if controlling matriarch, Elsa, along with sporadic interventions of animals stuffed or alive. But an exceptional turn of events turns everything upside down. While *My Wonderful Wanda* exposes present-day realities of class injustice, it is never less than a very human comedy. Filmed in Zurich, it is in German with subtitles.

Join the discussion:

[https://us02web.zoom.us/j/89016059225?
pwd=bmhESjN0N3NhRUE3MXuesJWSWpVQ0Nrdz09](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

Monday, May 22, 10:00-11:30 am

Ki Coffee

4655 SW Griffith Dr #160, Beaverton

Hosted by Viva Village

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

The House in the Cerulean Sea

Online Viva Village Book Club

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

Hosted by Viva Village

RSVP for Zoom link, 503-746-5082 or vivavillageevents@gmail.com

The Book Club meets on the 4th Tuesday of each month. This month's book is *The House on the Cerulean Sea* by T.J. Klune.

Garden Tour of Schreiner's Iris Garden & Adelman's Peony Garden

Wednesday, May 24, 1:30-5:30 pm

Schreiner's Iris Garden, 3625 Quinaby Rd NE, Salem

Hosted by RiverWest Village

Tour Schreiner's Iris Garden (near Keizer) and Adelman's Peony Garden (near Schreiner's). Both gardens have gorgeous displays of different flowers besides their specialties. It is a treat to walk and be dazzled by the colors, shapes and fragrances of the flowers.

Admission to Schreiner's is \$5 per person. Adelman is free. We'll carpool, leaving from Multnomah Senior Center at 1:30. Please contact Janet Liu at janetliu1@juno.com to reserve carpool space – or to let her know you will meet us at Schreiner's.



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.



Facebook



Website



YouTube



Email

Copyright © 2023 WLLO Village, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

