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**Your November 30, 2023 Issue**

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*Note: if your email cuts off part of this newsletter, click the link at the very top that says, 'View this email in your browser'. Enjoy reading what's new and newsworthy with WLLO!*

This month's articles (click the title to jump directly to it):

- [News and Newsworthy](#)
- [December Birthday Celebrations](#)
- [Meet and Greet & Volunteer Opportunities](#)
- [No-Guilt Book Club](#)
- [Terry's Earth Friendly Tips](#)
- [In Remembrance](#)
- [Food As Medicine - Hosted by North Start Village](#)
- [\[WLLO & Village Events\]](#)

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# NEWS AND NEWSWORTHY

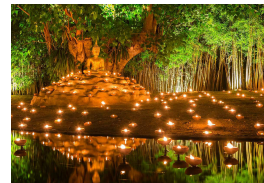


"Blessed is the season which engages the whole world in a conspiracy of love."—Hamilton Write Mabie



*Hanukkah December 7 – 15*

*Bodhi December 8*



*Solstice/ Yule  
December 21-January 1*

*Christmas - December 25..*





Kwanzaa

December 26-January 1



#### LETTER FROM SUANNE

Dear WLLO friends (members and volunteers) -

Just a short note to say what an honor it has been to get to know each of you! I have loved spending time with you on walks, at in-person events, on rides here and there, at coffee's and Ted talks, Zoom events, etc. With some of you it has been a telephone relationship. But I have loved every minute of it! You are all awesome!

I wanted to let you know that I am leaving my WLLO responsibilities at the end of December. I need a bit of a break. (LOL- My family tells me I'm supposed to be retired!)

I hope to stay connected with many of you that I consider my friends (and local family), but will be stepping down from my position on the Governing Council as well as Volunteer Coordinator and telephone answering person. So, please, let us know if you are interested in any of these positions. They are all fun in their own way.

I wish you all a GREAT Holiday Season and a Healthy New Year!  
All my Love goes out to you for the awesome community you have brought together and continue to support!

*Suanne*

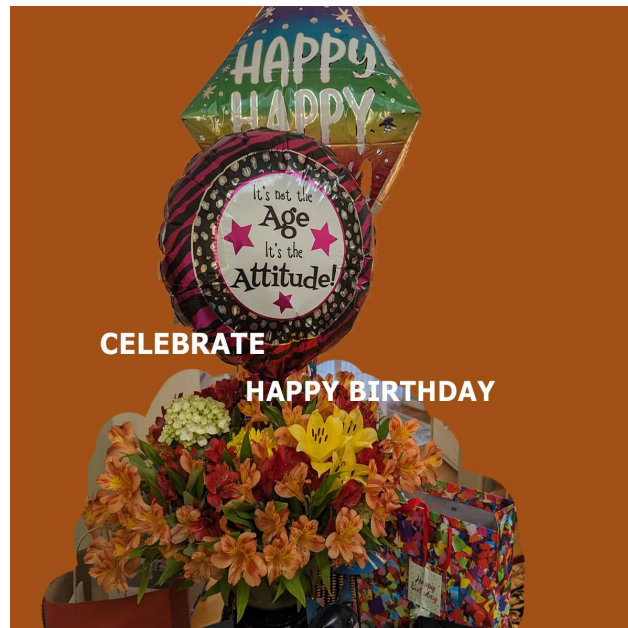
#### IT IS WITH AN ABUNDANCE OF GRATITUDE ...

...we wish Suanne the best. Suanne has headed our Volunteer Team, Transportation Team, Activities Team and has been WLLO's Co-Chair but mostly she is a friend to us all. Her enthusiasm, the giggle in her smile and the depth of her caring for each member and volunteer are among her contributions to WLLO. Many, many thanks for all your contributions Suanne. Be well, and our very best wishes to you in your endeavors.

## DECEMBER BIRTHDAY CELEBRATIONS

December is not only a busy month for holiday activities, but also a busy month for birthdays. We're happy to be celebrating birthdays with Janice L., Ty B., Cathryn O., Lori G., Jana L., Donald S., Louise D., Diana F., Aase B., Marjorie S., and Bill S. We'll give you a call and be stopping by to wish you a special day and year to come!

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## MEET AND GREET & VOLUNTEER OPPORTUNITIES

Get to know our villagers better, both volunteers and members



**BARBARA BRIDGE**  
WLLO Volunteer Since 2019

My name is Barbara Bridge. I learned about The Village from my friend, Marjorie Synakiewicz, and it sounded like a wonderful organization! I joined WLLO as a volunteer driver in the summer of 2019. I enjoy taking WLLO members to various appointments, shopping, etc. It's a way to be helpful to *one individual at a time* doing something that is helpful to them.



The most satisfying part of being a WLLO Driver is getting to know various interesting WLLO members. My life is busy with family and church commitments, and I travel fairly frequently, so my time with WLLO by necessity is rather limited, but I am grateful that I can give a few hours of time to drive members.

*Barabara's time given to WLLO adds up - So far this year alone she's helped our members with 28 service requests and in so doing drove nearly 600 miles. Our Thanks to Barbara for keeping WLLO on her calendar and sharing in the mutually beneficial relationship between members and volunteers.*

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**Villages NW Needs Volunteers**

Volunteer Opportunity – Monthly Payment (ACH) Co-coordinator

VNW uses ACH to set up automatic payments for monthly membership dues and donations. At this time there is one volunteer coordinating the ACH payment process which takes about 5 hours each month. The goal is to have two volunteers share the task so that either one can be away without interruption. Training and ongoing support will be provided in addition to written instructions.

The tasks associated with this volunteer position include:

- ☐ Setting up new ACH Authorizations
- ☐ Changing and deleting ACH Authorizations
- ☐ Process returned ACH transactions
- ☐ Creating ACH reports for each village once a month for financial reporting
- ☐ Updating the 8% sharing report for each village once a month

Skills needed:

- ☐ Minimal spreadsheet experience
- ☐ VNW Workspace
  - o Email
  - o Google Drive
- ☐ Good organizational and follow-up skills
- ☐ Attention to detail

To volunteer or learn more, contact [treasurer@villagesnw.org](mailto:treasurer@villagesnw.org).

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## NO GUILT BOOK CLUB

We're a No-Guilt book club that meets on the second Tuesday of every month. Members and volunteers are welcome even if you haven't finished the book. It's always a good discussion.

**December 12th Book Club Changes:** We announced the upcoming books for book club, but it turns out that the member who recommended the December book (Women Rowing North - Navigating Life's Currents and Flourishing as We Age by Mary Piper) won't be here in December. So how about we do our December bookclub the original way we used to meet, in our "no-guilt" style - just come and we will relax and chat and talk about our favorite holiday books. Is there a book you read every winter that fills you with gratitude or holiday spirit? Did you have a family tradition to read a classic holiday tale? Did your family give books as presents?

Our December book club will be held at Sue Driggs home, December 12,

For now, we will proceed with the new list of books as scheduled starting in January and fit in Women Rowing North as we fiddle with that list at a future date.

January: Remarkably Bright Creatures by Shelby Van Pelt

February: An Honest Man by Michael Koryla

March: Northanger Abbey by Jane Austin

April: Horse by Geraldine Brooks

May: Tom Lake by Ann Patchett

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## TERRY'S EARTH FRIENDLY TIPS

### VOLUNTEERS IN YOUR YARD

November, 2023

By

Terence M. Shumaker

[shufly46@comcast.net](mailto:shufly46@comcast.net)



Volunteers do great work – if you let them. Most of the work done in the WLLO organization is done by volunteers who show up on a regular basis to do the work that is required to keep our organization vital.

But did you ever think about the volunteers in your yard and garden, who show up every year, and are often ingloriously snatched from the ground and tossed in the yard debris barrel? Or squirrels who relish the art of excavation? Well, it's that time of year when many of the plants we have grown for food and eye candy, have either gone dormant, died and/or dropped their seeds to the ground. And the squirrels are furiously hunting, gathering, digging and planting.

And me, I'm busy agonizing over which seeds to save, which volunteer plants to snatch from the ground, and where and how will I save or replant? Like the squirrels, I harvest seed to stash away for next year, and rip out plants that don't suit me, or that I want to eat right away. I think it's related to my intense efforts to recycle as much as I can. Or save it until that special time arrives when it can be used.

A snap decision this past spring rewarded me with an abundance of daikon radish seeds. All because I decided to let the vigorous volunteer radishes, sown by last years dried seed pods, grow as they wished. A thick bed of radish youngsters soon occupied one end of a bed, so I let them flourish. As summer warmed, I stopped watering the well-developed plants and allowed them to go to seed, as plants are wont to do when they perceive the end is near.

Now we have a huge jar of daikon radish seeds, ....

***Continue reading by clicking on the link below.***

<https://wllovillage.org/docs.ashx?id=1259737>

## **WLLO RECYCLING COLLECTION SCHEDULE**

As always, every month we pick up #6 PS Styrofoam, #6 PS containers of any color, plastic film, and all clean clear #1 PET and PETE plastics. Please, no black or colored #1 plastic. Thanks.

**December 12:** Cleaners, pesticides, chemicals, light bulbs, smoke alarms, paint, batteries and other hazardous materials. Metro South Hazardous Waste site reclaims and recycles.

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## **IN REMEMBRANCE**



Eleanora was born on a farm in North Dakota in 1924. Her husband was also from North Dakota. They were both teachers in their home state, Eleanora teaching elementary school. They moved to Oregon because her sister-in-law kept writing letters home about how great Oregon was! They lived in the Vanport neighborhood when they first moved here and the house they were renting got destroyed by the Vanport flood.

She was a mother, a teacher, a volunteer and a traveler, but to us she was a kind member of WLLO singing our praises and brightening our days. She always found a way to give a special thank you to each WLLO volunteer. She was a joyful member of our WLLO family, and one who will be dearly missed.

Services will be held Saturday, December 9, at 1 p.m. at the West Linn New Life Church, 1984 McKillican St, West Linn, OR 97068. Those of us who had the pleasure of knowing her were blessed.

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## FOOD AS MEDICINE

HOSTED BY NORTH STAR VILLAGE:

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**Updated, Growing, and Available Soon!**  
**FAMILIAR**

**Food As Medicine, for Independence & Longevity In Aging & Retirement  
Six-Session Zoom Workshop  
Wednesdays 2 to 4 p.m., January 17, 24, 31 and February 7, 14, 21**

For the last several years, nutritionist Erin Fredericks has been working with a number of Villages NW villages, to develop, field test, and refine a very special program, **Food As Medicine, for Independence & Longevity In Aging & Retirement**, (known colloquially as *FAMILIAR*). *The program* which has been enthusiastically welcomed by over 300 participants (and counting!) who have completed of the full series.



Whether you attended FAMILIAR Zoom presentations several years ago and are eager for the updated version based on the latest research or are interested in learning for the first time how you can apply Food as Medicine to your own health, this six-session lecture series is for you.

Erin Fredericks holds an MS in Nutrition from the National University of Natural Medicine and spent nearly two decades working in food and healthcare publishing for leading brands like *Bon Appetit* Magazine, Martha Stewart and WebMD. She is an advocate for Food as Medicine, particularly its role in healthy aging.

**From its Villages NW origins, FAMILIAR is now produced state-wide in partnership with several public health and care organizations, including Oregon Care Partners and Columbia Pacific Care Oregon. and celebrates 300+ completions of the full series (and counting!)**

***Come learn the hows and whys to:***

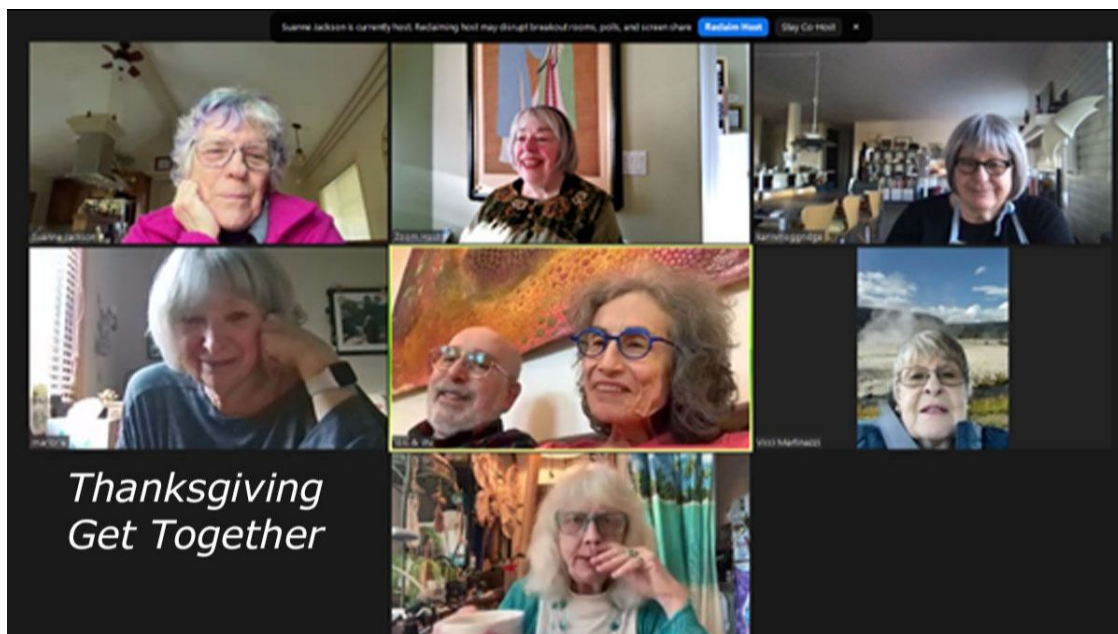
- ***Improve your digestion***
- ***Strengthen your muscles & bones***
- ***Protect your brain & heart***
- ***Calm inflammation***
- ***Support and detox your organs***
- ***Move more, sleep better.***

**Registration is required for this six-session workshop on Zoom. Classes will be held on Wednesdays from 2:00 to 4:00 PM on January 17, 24, 31 and February 7, 14, and 21. To register, contact Liz Kennedy at [lizkennedy@northstarvillagepdx.org](mailto:lizkennedy@northstarvillagepdx.org) or you can text her at 316-686-0486.**

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## WLLO & Villages Events

Check out our calendar on our website [homepage](#). It's easier to read, you can change how information is displayed and the calendar is also printable.

- Also be sure to check your **Week-At-A-Glance** email. Members and Volunteers receive Week-At-A-Glance emails every Sunday with detailed information for the upcoming week.
- Summary of Regularly Scheduled Events:
  - Ted Talk Discussion Group - Monday 11:00 AM
  - No Host Brisk Walk Wednesdays at 9:00 AM
  - No Host Chat and Stroll Wednesdays at 10:00 AM
  - 2nd Thursday of the month - Happy Hour in person at 4 PM
  - The 3rd and Last Friday - Coffee's are in person at 10:00 AM
  - All Thursdays except the 2nd, Thursday of each month, Happy Hour on Zoom at 5 PM



- All Fridays except the 3rd and last Friday of each month Coffee Hour on Zoom at 9:00 AM.
  - For registration, calendar questions, or log-in help, contact the WLLO office (503-308-8223). To get log in details to specific events, email [info@WLL OVillage.org](mailto:info@WLL OVillage.org). (Many events are for members and volunteers only.)
  - Members and Volunteers receive a Week-At-A-Glance email every Sunday with detailed information for the upcoming week.
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