



WLLO Village Newsletter

Your December 30, 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 WLLO.



From our families to yours, we wish all of you a healthy, happy and successful 2023!

Unsung Heroes of Lake Oswego Celebration

Luscher Farm's Adopt-a-Plot program has been chosen for the 2022 Unsung Hero Award! This award is meant to recognize and appreciate those who volunteer over an extended period of time, and celebrate the above-and-beyond effort and dedication spent giving back to the community.

From the city's webpage: *"Each year the City of Lake Oswego's "Unsung Hero" Award honors someone or a group who has worked quietly behind the scenes on behalf of the community without any expectation of recognition. This award is intended to seek out and recognize someone or a group of community members, including students, who have been involved in volunteering but not generally well-known by the general public for the good deeds they do. We want to celebrate both long-time volunteers and the volunteers who stepped up, some for the first time, as new volunteers to help our community. We want to know who you are and say Thank You!"*



Our own Marjorie S. (3rd from right above) was recognized as part of the group who made the Adopt-a-Plot a reality. She represented WLLLO Village in it. That program provides volunteers a chance to undergo the gardening process from start to finish, while providing around 800 pounds of fresh produce to HungerFighters of Lake Oswego and the Lake Oswego Meals on Wheels program.

Credit to the New York Times for helping us with our New Year's resolution strategy through [this article](#). (If you are part of the 33% who keep their New Year's resolution past January, you can skip reading this. We admire you!)

How to Make (and Keep) a New Year's Resolution

Are you making a resolution in the new year? Warning: More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully

achieve their goal.

Pick the Right Resolution

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too. According to the time management firm FranklinCovey, one third of resolutioners don't make it past the end of January. A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.

Your goals should be smart — and SMART. That's an acronym coined in the journal *Management Review* in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

- **Specific.** Your resolution should be absolutely clear. "Making a concrete goal is really important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?" said Katherine L. Milkman, an associate professor of operations information and decisions at the Wharton School of the University of Pennsylvania. "Five pounds in the next two months — that's going to be more effective."
- **Measurable.** This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out, said Jeffrey Gardere, a psychologist and professor at Touro College of Osteopathic Medicine. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.
- **Achievable.** This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money to retire in five years when you're 30 years old is probably not realistic,

but saving an extra \$100 a month may be. (And if that's easy, you can slide that number up to an extra \$200, \$300 or \$400 a month).

- **Relevant.** Is this a goal that really matters to you, and are you making it for the right reasons? "If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long," said Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. "But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then I think you have a fighting chance."
- **Time-bound.** Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. "Focus on these small wins so you can make gradual progress," Charles Duhigg, author of "The Power of Habit" and a former New York Times writer, said. "If you're building a habit, you're planning for the next decade, not the next couple of months."



We are very happy to welcome Carol C. as our newest member to WLO Village. Thank you, Carol, for deciding to join our Village!

If any of you know of someone who might be interested in WLO Village, please let us know. If you want to share something with your friends and neighbors, ask us for one of our brochures.

Helping Others Maintain Their Home

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

Construction and demolition debris accounts for approximately 50% of materials hauled to landfills in the US. Additionally, 30% of building materials delivered to a construction site can end up as waste! These numbers are disturbing because as much as 90% of construction waste could be salvaged and recycled according to Portland Metro.

We can grouse about this and gnash our teeth, or we can act locally and do something about it in our own homes and neighborhoods.

That's why your WLLLO Recycling Team has included the Rebuilding Center in Portland as a recipient of building materials and fixtures donated by our members. The Rebuilding Center is a leader not only in deconstruction, salvaging and recycling, but also in providing jobs, classes, training and tools needed for people to repair and remain in their homes. Much of the materials displayed in their warehouse store are sold for up to 90% off of retail prices.

This is a tremendous service for people living with low incomes, for it helps maintain their resilience and keep their homes safe. Your donations of materials aids in the goal of empowering low-income, BIPOC and other marginalized communities. Too many home improvement TV shows glorify the destruction of "out-of-date" rooms and homes in an effort to create modern and beautiful dwellings. But what they portray is destruction and not salvage and reuse.

We want to emphasize salvage and reuse. Therefore, we applaud our members who have, in the past, donated new and used building materials, plumbing and lighting fixtures, tools, and fasteners.

All of the materials you donate will be sorted and displayed in the Rebuilding Center's 30,000 sq. foot store in North Portland. Their store contains a wealth of architectural components salvaged from deconstructed homes and donated by construction companies and people like you.

Consider taking a field trip to visit the **Rebuilding Center at 3625 N. Mississippi Ave. in Portland** and get a feel for the enormity of their operation and maybe even find something you need. An additional benefit

to this trip is to check out all of the shops, restaurants and pubs lining the avenue.

Thanks again to our members who take the time to save and donate materials, hence keeping them out of landfills. We'll be picking up your treasures for the Rebuilding Center on January 10. See below for a link to their website to find out what they accept.

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.

January 10: Building materials, tools, fixtures, fasteners etc. The Rebuilding Center breathes new life into these items.

<https://www.rebuildingcenter.org/donations>

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>

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.



January Birthdays

Our best birthday wishes to our January birthday ladies and gentleman:
Claudine W., Jane L., Vicci M., Richard B., Margaret W., Susan C., Mary Kay
P., Sue D., and Janet S.,

We wish you all the best, health and happiness for this year and the ones
to come. Live it up!



This is not an endorsement of any business but if you shop at Amazon anyway, did you know that you can select a charity, which will get a donation from Amazon (0.5% of the price of eligible purchases)? The URL is different but everything else is the same. In the last quarter, Villages NW received a donation of \$28.35. To date, Amazon has donated a total of \$463.09 to Villages NW. Keep up the good work!



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

We would like to explore moving to **10:30am** and perhaps meeting in person some of the time. We are a small group and would welcome new members and new ideas.

Please join us for an in-person meeting Tuesday January 10, at 10:30 at Morse Coffee company, 417 First street in downtown LO. (It's a cute local spot, sort of next to the sewing store and between a nail salon and a hair salon).

We will discuss whatever we've each been reading, and what to read next.

WLLLO Events in the Month of January

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@wllloville.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.
January 2, 9, 16, 23,
30**

**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, January
4, 18**

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.
January 5, 12, 19, 26
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. January
6, 13, 20, 27**

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, January 10
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, January 10

Recycling

Registering required

On the list for January are building materials, tools, fixtures, fasteners, etc. Please see the recycling article above for more details.

Wednesday, January

11, 25

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.

Shared Village Events in the Month of January

Online Age Café

First Friday, January 6, 11:00 am – Noon.

Hosted by Viva Village

Registration optional. Check the Viva Village calendar for registration link, <https://tinyurl.com/ycdsehf9> 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.

Women's Coffee In-Person

Wednesdays, January 4, 11 and 25 at 10:00 am

Jim & Patty's Coffee, 4130 SW 117th, Beaverton

Hosted by Viva Village

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

Technology – Love It or Hate It?

Coffee and Conversation

Friday, January 13, 11:00 am

Zoom, <https://us02web.zoom.us/j/86366674028>

Hosted by Village Without Walls

Do you hate how technology rules your life? Do you stress out over technology changes, or do you enjoy learning how to use the newest app on your mobile

phone? Come tell us how you really feel about the impact technology has on your life! Grab a cup of coffee or tea and join in the discussion. We share information and opinions in a friendly atmosphere.

RiverWest Potluck

Tuesday, January 10, 11:30 am

Patricia D. Whiting Hall, Metzger Park

8400 SW Hemlock St, Portland (corner of SW Hall Blvd ad 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 or your own meal, along with any necessary utensils. Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, January 10, 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.

Protection from Fraud and Scams

Viva Village Forum

Monday, January 16, 2:00-3:30 pm

United Methodist Church, Wesley Room

12555 SW 4th St, Beaverton

RSVP Recommended. Register on the Viva Village website, vivavillage.org Carlos D. Romos, Ph.D., from AARP, will share valuable information about scams and effective ways to protect your family, friends and yourself. Time for questions. Refreshments served. No charge.

Anesthesia (2016)

Third Thursday Movie Discussion

Thursday, January 19, 10:00 am

Hosted by RiverWest Village

Written and directed by Tom Blake Nelson, this existential movie challenges us to examine what may be truly important about living, and it makes it clear this question is universal to everyone. It may not matter what the circumstances our lives seem to be. What matters is how we choose to meet those circumstances. To live, and to care about how to be truly alive, is surely a worthy preoccupation.

We see the lives of several characters – a self-destructive student, a hard-drinking housewife and an impoverished junkie – linked to the brutal attack of a philosophy professor on the verge of giving his final lecture before retiring from a long teaching career. This film will not let you down! Watch the move

via the web application "Kanopy" any time before the discussion and bring your comments and insights to the online meeting.

<https://tinyurl.com/2p8upfmt>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Men's Coffee Break

Monday, January 23, 10:00-11:30 am

Ki Coffee

4655 SW Griffith Dr #160, Beaverton

Hosted by Viva Village

RSVP Recommended, vivavillage.org

Conversation and coffee.

Midnight's Children by Salman Rushdie

The Final Revival of Opal and Nev by Dawnie Walton

Online Viva Village Book Club

Tuesday, January 24, 1:00-2:30 pm

Hosted by Viva Village

RSVP for Zoom link, <https://tinyurl.com/ycdseh9>

The Book Club meets on the 4th Tuesday of each month. This month's books are Midnight's Children by Salman Rushdie and Beaverton City Library selection for the 2023 One Book One Beaverton, The Final Revival by Dawnie Walton.

Live! Village In-Person Happy Hour

Friday, January 27, 3:00-5:00 pm

Copper River Restaurant

7370 NE Cornell Rd, Hillsboro

Hosted by Village Without Walls

Start the new year by joining us for the best in-person happy hour in town!

Spend time with Village members, volunteers and friends. We have

reservations for a table in the "extended area", which is indoors, but only has one row of tables in a separate room.



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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Email

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