



WLLO Village Newsletter

Your June 30, 2023 Issue

Phone: (503) 308 - 8223

email: info@wllovillage.org

Note: if you find your email program cuts off part of this newsletter, just click on the link at the top that says 'View this email in your browser'. We hope you enjoy reading what's new and newsworthy with WLLO.

Click any of these links to go directly to an article:

- [Village News - Changing Times](#)
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Changing Times

We're working on making a few changes to the newsletter to make things easier for our readers! We will be sending fewer emails - a Week-at-a-Glance calendar will start this coming Sunday. Emails will include links to Zoom events and dates, times, and addresses of other events. We will continue to separately email details for the Discussion Group/Ted Talk, Book Club, and Recycling.

Next, we're looking to make a few changes to the newsletter for easier reading. We're going to add a page to our website with all the recycling articles. This will be in a printable format and have the current month's pickup schedule. We'll keep you posted.

An opportunity to explore something new for the village: If you're interested in getting together to talk about alternative healing methodologies, let us know. Topics would explore "energy medicines" such as Reiki and Pranic healing, and include talk about crystals, and aromatherpy oils. Just email or call the office, and if there is enough interest we'll get it started.

Thank You for being a part of the WLLO community!

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It's a joy to welcome Marsha H. as our newest member! We also want to welcome back one of our original volunteers, JB L. JB gave WLLO's first driver service when we opened in June!

We are very pleased to have you in our community.

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July Birthdays

Our best wishes to our July birthday villagers: Ellen B., Susan L., Laura M., and Jeanne M.

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

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PICNIC/LUNCH



Many thanks to Sherl R. for hosting our lovely lunch/picnic. Folks were heard commenting on the luscious view, friendly conversations, and the sweet banana splits. We also celebrated 90th birthdays for both May and Kevin! What a joy.

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DMV HACK

You probably saw the news that Oregon DMV records were hacked and the hackers got 90 percent of the records. You should check your credit reports. There are three companies, but you can check all three through one website - www.AnnualCreditReport.com. Beware of fraudulent sites, and make sure you have the real thing.

If you have ever had other accounts hacked in the past or use a vendor that was hacked, you may already be using monitoring services that were provided to you. If you are not currently subscribed to any credit monitoring sites, you might want to consider freezing your credit with each of the three credit bureaus. If you do that, each bureau will send you a PIN number. You can then use that PIN to unfreeze your credit if you want to apply for a loan or credit card. You can also use that PIN to re-freeze your credit after you have applied for the loan or card. The three bureaus you need to freeze your credit with are Experian, Equifax and TransUnion.

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“Is that really you?” – The New Threat of Scams Using Artificial Intelligence

By Mark Leavitt, WLLO Tech Support

Artificial Intelligence – AI – has been in the news a lot lately. AI is basically a new level of computing capabilities, with the ability to convincingly imitate human writing, audible speech, and even video appearance. Although there may be potential benefits to AI, there are also many possible risks with the

technology being used to create ever-more convincing scams.

For example, a scammer could capture a snippet of speech from your grandchild who said a few words in an online video (for example, YouTube, TikTok, Facebook, or other services). Then using AI, the scammer could “clone” your grandchild’s voice, creating convincing sounding speech with words chosen by the scammer. You then receive a voicemail that sounds exactly like your grandchild, asking for emergency funds to be wired or a gift card to be mailed. Actual instances of such fraud have already been reported.

It's even possible to create a video mimicking a person’s facial appearance and expressions as well as their voice, but this is currently not as easily achieved by a scammer.

What should you do? You probably already receive plenty of text messages and emails from scammers, and have learned to be suspicious when they’re asking for passwords or money. Now, you need to add that level of caution to voice and video. Call your loved one back using a number you know to be correct (not just any number provided in the message or even on your phone), and confirm that it’s really them.

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***Terry's
Recycling
Tips:
Water, Water Everywhere, but...***

By

Terence M. Shumaker

shufly46@comcast.net

Earth’s most precious resource, and our most abused, is water. And at this time of year, we take for granted the availability of this resource as we water our lawns and gardens, wash our cars and pressure wash everything we can find that supports moss. So, let’s take a break from discussing recycling and focus on the first word of the hackneyed phrase, “reduce, reuse, recycle.”

The first step in recognizing the priceless value of water. Actually, it’s the first step in recognizing the value of all of our resources, which means everything

we consume and use. But without water there is no life. Therefore, our goals should be the protection and wise use of our water resources. In fact, the United Nations World Water Development Report 2023 has issued dire warnings about the pollution and overuse of water, providing several examples of metropolitan areas around the world depleting water supplies and implementing severe restrictions on its use. So, the road to achieving the goal stated above, especially for those of us fortunate enough to own or rent our homes, is relatively easy. In fact, in relation to the confusing realm of recycling, it's "duck soup." And the origin of that ducky phrase is debatable, but rose with the popularity of the Marx Brothers movie of the same name. Anyway, getting back to water, here's flow rates in gallons per minute (gpm) of three common water outlets in your home, and ask some pointed questions.

- Faucet = 1.5 gpm
- Shower head = 2.5 gpm
- Hose bib (hose attached) = 6 - 8 gpm

Do you leave the water running when you brush your teeth? Tooth brushing takes approximately two minutes, or three gallons. Twice a day equals six gallons. You can save almost all of that six gallons by just using a squirt or two of water to rinse the brush and your mouth.

Do you leave the water running when you shower? According to the Centers for Disease Control and Prevention (CDC), the average shower takes eight minutes. That's 20 gallons. Showering rehydrates the skin, but long hot showers actually remove natural oils and opens pores and allows moisture to escape, thus dehydrating our body. So, if you wet your body, turn the shower off, suds up, then rinse, you're probably saving at least 15 gallons of water.

I've been doing that for years but I'm a bit fanatical.

But the big one for many of us is outside water use. Lawns, posies and veggies in the garden. Most of us overwater our green and colorful friends, and if we just applied an appropriate amount of water at the right time, we could save many gallons of water a day.

Any outside watering you do should occur between 5:00 – 9:00 am. This gives the water a chance to percolate into the ground and the foliage time to dry out as the day warms, thus preventing fungal growth. Water seeds and seedlings twice a day, but established veggies and flowers can be watered every other day unless it's extremely hot.

But don't just water every other day. Poke your fingers in the soil. If it's wet and soil particles stick together when pressed, don't water. Too much water

causes root rot and fungus.

Lawns are another animal all together. Intense marketing and societal pressures have made green manicured lawns an important piece of the American home, its appearance and our life styles. Environmentally speaking, beautifully maintained lawns are green deserts. Fertilized, treated with herbicides and closely cropped, these crew-cut carpets are home to few, if any, beneficial critters.

My wife is a Californian, and green, closely cropped lawns are imbedded in her DNA. But our compromise is twofold. If it grows in the lawn, so be it. Mowing is fine. Little flowering plants that survive in that atmosphere will probably attract little critters that other critters such as birds, will love to chomp on. Organic fertilizer is ok. Chemicals of any kind, no. In the heat of summer, the front patch of lawn is watered, but the back lawn is not watered. It will come back just fine in the fall.

So why do all this? Because water is our most valuable resource and the more we do not use, the more is available to stay in our rivers and in the ground. And in this age of climate change, we must do all we can to preserve water.

Just by engaging in at least a couple of the water-saving activities, you could save between 20 and 60 gallons of water per day, depending on your outside watering habits. And we haven't even mentioned washing dishes and clothes. The populations of West Linn and Lake Oswego is approximately 77,000 souls. Imagine if only 20,000 people saved just 10 gallons of water per day each. That's 200,000 gallons of water saved per day! That makes a lot of fish happy, saves you money, and maybe makes you feel good in the long run.

Thanks for wading through this rant, and again, thanks to you, our members who conscientiously do all you can to protect and care for the environment.

WLLO RECYCLING COLLECTION SCHEDULE

Remember, every month we pick up #6 PS Styrofoam, plastic film, and all clean clear #1 PET and PETE plastics.

July 11: Furniture, linens, dishes (no chips or cracks or alcohol-themed items), 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>

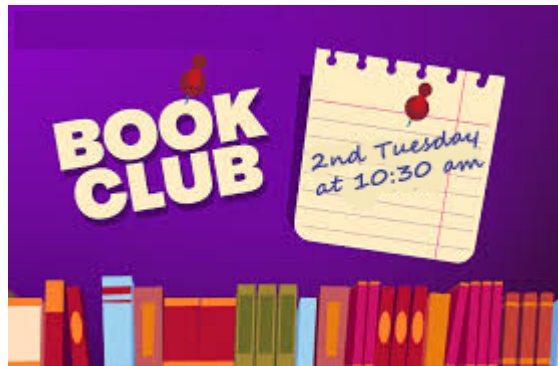
September 12: Building materials, tools, plumbing and lighting fixtures, fasteners etc. The Rebuilding Center breathes new life into these items.

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

October 10: 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>

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

Thanks to Sue D. and Cathryn O. for hosting the book club last month.

This month our book club meeting will be on **Tuesday, July 11, at 10:30am. Janice L. will be hosting this month's book club at the Mercato Grove Residence lobby, 4055 Mercantile Drive, Lake Oswego.**

The following titles are the next books we'll be discussing at the upcoming meetings:

- ***July: Demon Copperhead by Barbara Kingsolver***
- ***August: Deep River by Karl Marlantes***

If you don't read the book, come anyway! Just listen and enjoy being around your friends and neighbors.

Directions to the Mercato:

Enter the driveway to Mercato from Mercantile Drive. The 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 there's unlimited parking time under the covered garage.



ALL VILLAGE LISTEN LUNCH & LEARN

All eight Village NW villages were represented on June 15 at a 4-hour learning session about developing leadership. There was a panel of four villages that talked about recruitment, retention, and engagement of both volunteers and members. Some villages have mentor or buddy programs to help the members or volunteers through the first few weeks or months.

All villages shared challenges and successes of recruiting and bringing on new leaders, and incorporating new leaders and council members. It seemed like people were saying that it is important to know your members and volunteers. Know what they like, don't like, and if they might like to try something different.

Viva Village has put a compass on their website with clear expectations and descriptions of each volunteer team. (maybe a link here to that part of their website) They are happy to have all villages use their work as a baseline:

https://vivavillage.clubexpress.com/content.aspx?page_id=22&club_id=33466&module_id=239306

It was a great forum, and was incredibly valuable to have all villages together in one place. We also had a great time visiting and networking with others over our boxed lunches!

Another all village forum is planned for the fall with another topic. I hope more folks from WLLO can attend!

WLLO Events in the Month of July

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

- For registration, calendar questions, or log-in help, contact the WLLO office (503-308-8223) or email info@wllovillage.org to get log-in details. (Many events are for members and volunteers only.)
- Stay alert for emails announcing small get-togethers.

**Every Monday. July 3
Cancelled, 10, 17, 24,
21**

TED Talk & Discussion

1:00 PM

Online

Each week we will choose a brief TED Talk to watch together then have a short discussion.

Members & Volunteers receive login information by email.

**Thursdays. July 6, 20,
27**

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. **Members &**

Volunteers receive login information by email.

**Thursdays. July 13
In-Person Happy
Hour**

4:00 PM

In person

Five Spice Seafood and Wine Bar (Downtown Lake Oswego)

315 1st St #201, Lake Oswego, OR 97034

Please stop by even if you can't arrive that early!

Friday. July 7, 14

Online Friday Coffee

9:00 AM

Online

WLLO hosts a virtual gathering on the Friday dates listed at 9 am. **Members and volunteers receive login information by email.**

**Friday. July 21, 28
In-Person Friday
Coffee**

10:00 AM

In person

Our in person coffees are at 10:00 am and the specific location and directions are mailed to WLLO members and volunteers.

Tuesday, July 11

Recycling

Registration required

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

Tuesday, June 11

The No-Guilt Book Club

10:30 AM

In-person

Join us for our no-guilt bookclub meeting. Call the office for all the details. You can also read more in the article posted earlier in the newsletter Tel. 503-308-8223.

Walks:

No host walks, but if you'd like the regulars to look for you please call the office or email info@WLL OVillage.org.

Brisk Walks

Every Wednesday.

July 5, 12, 19, 26

9:00 AM

George Rogers Park

Chat & Stroll

Every Wednesday.

July 5, 12, 19, 26

10:00 AM

Veterans Memorial at Foothills Park. Members and volunteers are welcome to join.

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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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Shared Village Events in the Month of July

Shared Village Events
July 2023

Oregon Donkey Sanctuary Tour – Come Pet a Donkey

Saturday, July 29, 10:00 AM

Oregon Donkey Sanctuary

15900 S Thayer Road, Oregon City

Hosted by Village at the Falls

RSVP Required, www.villageatthefalls.org

Visit the many rescued donkeys, take the opportunity to pet and brush them, and learn about the sanctuary. Family members are welcome, and admission is free. Donations are appreciated. Tables in the shade are available if you would like to bring your lunch and enjoy this beautiful setting after the presentation and donkey time. Please go to www.villageatthefalls.org and register so we know how many to expect.

You will be asked to sign a release of liability waiver on arrival. Be sure to wear closed-toed shoes. This activity requires walking short distances in gravel and barnyards and is not suitable for walkers and wheelchairs.

Experiences of Aging

Age Café

First Friday July 7 11:00 AM – Noon.

Beaverton City Library

12375 SW 5th St, Beaverton

Hosted by Viva Village

Small group conversations explore topics of interest to older adults. There's new topic every month. Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS.

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, July 11, 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.

Bird Watching Excursion

Friday, July 14, 8:30 AM

Children's Arboretum

10040 NE 6th Drive, Portland

Hosted by North Star Village

Join villager Anjala Ehelebe for our monthly gentle bird watching excursion. ("Gentle" refers to the fact that we go on paths accessible to participants using walkers or canes.)

This month, we're meeting at the Children's Arboretum, a hidden gem in NE Portland, near the Columbia Sloughs. Newly paved, mostly level, accessible! But the birding will be trickier because there's lots of places for them to hide. Learning how to bird by ear will be a focus. Last time we birded, we went to brunch afterwards, and that could be an option this time, too!

Please RSVP to anjalansv@gmail.com so Anjala will know to wait for you. When you RSVP, she will suggest some items for you to bring, if you have them.

Away From Her, 2006 Academy Award Nominee

Third Thursday Movie Discussion

Thursday, July 20, 10:00 AM

Hosted by RiverWest Village

Married for almost 50 years, Grant and Fiona's serenity is interrupted by Fiona's increasingly frequent memory lapses. When it is no longer possible for either to ignore the fact that she is being consumed by Alzheimer's disease, the limits of love and locality are

wrechingly redefined.

Using sympathy and tenderness for its characters, “Away From Her” tells the story of a marriage that drifts out of the memory of the wife, and of the husband’s efforts to deal with that fact.

Inspired by a short story of Alice Munro who has the ability to evoke a lifetime in images and dialogue of almost startling perception.

Watch ahead of time on Kanopy or other streaming services. Then join us for discussion and companionship.

Join the discussion:

[https://us02web.zoom.us/j/89016059225?
pwd=bmhESjNoN3NhRUE3MXuesJWSWpVQoNrdzo9](https://us02web.zoom.us/j/89016059225?pwd=bmhESjNoN3NhRUE3MXuesJWSWpVQoNrdzo9)

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Men’s Coffee Break

Monday, July 24, 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

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