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Your July 31, 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](#)
- [August Birthday Celebrations](#)
- [Drivers Thank You](#)
- [No Guilt Book Club](#)
- [Terry's Earth Friendly Tips](#)
- [Stoppin' By to Say Hi](#)
- [Community Corner](#)
- [In Memoriam Laura Mears](#)
- [\[WLLO Events\]](#)

NEWS AND NEWSWORTHY

We are excited to share the newsletter changes as they occur, and looking forward to your feedback. When we've landed on our final we'll send out a survey regarding our new formats. In the mean time please call or email the office with your comments.

- You've shared with us that recycling and being earth friendly is important to you, so we wanted to make it as easy as possible for you to read or print Terry's Tips, our regular recycling article in the newsletter. We've started Terry's article in the newsletter and added a link to the full article which is formatted for printing or reading online. In the same location you will find past articles, the pick up schedule and helpful recycling handouts.

You can also head for our website wllovillage.org at any time, select Activities and Recycling and you'll have access to current and past information. Please feel free to share with your friends and neighbors.

The revamped newsletter is still a work in progress.

- Erin Fredericks, who has provided **Food as Medicine classes** to WLLO and all VNW is now doing the series for Oregon Care Partners. It's free to attend the 6 sessions spread out over several weeks. It takes a functional whole-body approach: spotlighting common health concerns, while describing the variety of food and lifestyle choices which support greater well-being. Participants are encouraged to attend the entire series — while each lecture is designed to stand alone, material will be cross-referenced and cumulative.

If you haven't already joined the following classes remain and you can still sign up:

Aug 08 – Protect Your Brain & Heart: Finding Blood Sugar Balance

Aug 22 – What Heals (& What Harms): Quieting Chronic Inflammation

Sep 12 – Elimination Organs: Supporting Gallbladder, Liver & Kidney

Sep 26 – Getting Physical: Understanding Lymphatics & Glymphatics

To register : <https://oregoncarepartners.com/app/#/class-details/3025>

- MARK YOUR CALENDARS - The details are listed in the WLLO EVENTS: Terri K will be sharing her fun and interesting travel experience to Newfoundland and Labrador this Wednesday, August 2 online at 10:00 a.m. and on Sunday, August 6, she'll be hosting a get together at **the Lake Oswego Summer concert**. **If you haven't received the link in your Week at a Glance, call or email the office.**

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AUGUST BIRTHDAY CELEBRATIONS

We're happy to be celebrating birthdays with Elmer G., Joan N., Janet P., Stuart E., Marsha H., Susan C., Anne S., Lonnie S., and Darcy P. We'll give you a call and be stopping by. Wishing you a special day and year to come!

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A SPECIAL THANK YOU TO OUR DRIVERS

WLLO volunteer drivers have been very busy this summer, but thanks to everyone's efforts we have been able to meet all of our driving demands. You are the best!

It takes volunteers and members to make a village and 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

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NO GUILT BOOK CLUB

We enjoyed meeting in person and discussing *Demon Copperhead* as a group and our thanks to Janice for hosting.

Our next bookclub meeting will once again be in person, on Tuesday, August 8, at 10:30 a.m. Members and volunteers meet on the 2nd Tuesday each month.

We have changed the location for our August meeting. Thank you to Ellen Steel for hosting us at her home. If you need a ride, please call or email the office.

At our August 8 meeting we will discuss the book *Deep River* by Karl Marlantes. This is a big thick book. Good luck! Feel free to attend even if you don't finish the book! This is a No-Guilt bookclub!

At our last meeting, people made suggestions for our next book selections. After checking with available copies at the library etc, here is the proposed list:

September: *Bel Canto* by Ann Patchett

October: *The Tao of Pooh* by Benjamin Huff

November: *Wrong Place Wrong Time* by Gillian McAllister (make sure you have the right book - there are two books with this title)

December: *Women Rowing North - Navigating Life's Currents and Flourishing As We Age* by Mary Pipher

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TERRY'S EARTH FRIENDLY TIPS

Who Gives a Crap? We All Do

By

Terence M. Shumaker

shufly46@comcast.net

Earth is awash in plastic. Our oceans and waterways have become destinations



for up to 4% of the plastic produced on the planet. Microplastic particles are pervasive in the environment and even present in the fish we eat. Are we becoming plastic people?

That's depressing. So, let's think positive. How many different ways can we reduce the amount of plastic we use? We'll look at several ways we can do that in future articles, but for now let's take a look at how we clean clothes, dishes, and derrieres.

Clothes & Dishes

Most laundry and dishwashing detergents come in plastic bottles. Granted, these bottles can be recycled, but remember the mantra: "reduce, reuse, recycle." We can reduce the amount of plastic we consume in the laundry and dishwashing arenas by using environmentally friendly products.



One such product is *TruEarth* laundry detergent. It comes in the form of small flat sheets that you toss into the washing machine. The sheet dissolves in water and cleans your clothes as good as any plastic-encased product on the shelf. And the packaging is a thin cardboard container that you can recycle with your paper products, or it can even be cut up and tossed into your compost bin. If you purchase this product, keep in mind that each sheet is perforated and should be torn apart, thus two washer loads per sheet.

Click the link below to the complete article

<https://wllovillage.org/docs.ashx?id=1199454>

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STOPPIN' BY TO SAY HI

WLLO members and volunteers it's time to greet all of you face to face. Saturday, August 19th we'll be "Stoppin' by to say HI!" and deliver a special



treat just for YOU! This month's treat is just a little something to let you know we're thinking of you all of the time. It provides one more opportunity for us to get to know each other better, have a short visit and share a smile.



This will be the first time we exchange our WLLO cloth bags (reducing the amount of plastic we use). Please have the bag we gave you in April ready to exchange for the bag we'll give you on the 19th. We will wash the bags before our next exchange.

If you know you'll be gone that Saturday, please let us know by calling the office (503-308-8223) or emailing info@wllovillage.org and we'll arrange for another delivery time.

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COMMUNITY CORNER

These are suggestions that one or more of our members has run across that might possibly be of interest to you.

Repair Fair in Lake Oswego

When: Saturday, August 26, 2023

Time: 10 am to 1 pm

Where: Lake Oswego United Methodist Church, 1855 South Shore Blvd., Lake Oswego 97034 ([map](#))

What: Join this free community event that brings skilled volunteers and people with broken items together.

More: [Download the Flier](#)

When: Sunday, August 6, 2023

Time: 12 – 5 PM

Where: [Pete's Mountain Vineyard and Winery](#)
[28101 SW Petes Mountain Rd, West Linn, OR](#)

What: Steve Hale Solo Guitar

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IN MEMORIAM

LAURA SIMMONS MEARS



We met Laura after her successful career in business finance and knew her as an energetic active and generous person. She became a volunteer with WILLO before we opened and lead our strategic planning endeavor. She almost singled handedly championed our members efforts to get vaccinations during the pandemic and served on our Village Council and was our WILLO Treasurer. She enjoyed time with her family and volunteering for her church and we were fortunate to have her share her kindness and efforts with us.

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WILLO Events in the Month of August

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.



Terri's Travels

Wednesday. Aug 2
10:00 AM - 11:00 AM



Our member Terri K. spent 5 weeks in Newfoundland & Labrador in May and June and has pics and stories to share. This will be on zoom the link is below. All villages are invited. August 2 from 10-11 AM Call the office for a link if you have not received week at a glance which contains a link.

Brisk Walks

Every Wednesday.
Aug 2, 9, 16, 23, 30
9:00 AM

George Rogers Park

Meet in the lower parking lot at George Rogers Park. Join us at the starting place or time, give us a call at 503-308-8223 and leave a message, or send us an email to info@wllovillage.org to let us know you are interested and might want to walk with us.

Chat & Stroll

Every Wednesday.
Aug 2, 9, 16, 23, 30
10:00 AM

Veterans Memorial at Foothills Park. Meet in Foothills Park at the Veteran's Memorial, 5010 Foothills Drive, Lake Oswego. It's a no host gathering, but we will keep an eye out for you if you give us a call at 503-308-8223 and leave a message, or send us an email to info@wllovillage.org to let us know you are interested and might want to walk with us. Members and volunteers are welcome to join.

Thursdays. August 3,
17, 24, 31

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.**

Friday. August 4, 11

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.**

Sunday, August 6
Lake Oswego
Summer Concert
6:00 PM

Terri K hopes you can join her at the Lake Oswego Summer concert on Sunday August 6 at 6pm at Millennium Plaza. Enjoy the music of Mbrascatu - Mark your calendars. Terri will have a WLLO Flag, If you let us know you're coming (call office or send email) and we'll be on the look out for you. If you need a ride let us know. We'll have wine. Check out the band here: [MBRASCATU-Official Website](https://www.mbrascatu.com/)



Every Monday.
August 7, 14, 21, 28
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.

Thursday. August 10
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!

Tuesday, July 11
Recycling
Registration required

On the list for August: Remember, every month we pick up #6 PS Styrofoam, plastic film, and all clean clear #1 PETE and PETE plastics.
August 8: Cleaners, pesticides, chemicals, light bulbs, smoke alarms, 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>

Tuesday, June 11
The No-Guilt Book
Club
10:30 AM
In-person

Join us for our no-guilt bookclub meeting for members and volunteers. Check the website calendar wlloville.org or call the office for all the details. You can also read more in the article posted earlier in the newsletter Tel. 503-308-8223.

Friday, August 18, 25
In-Person Friday
Coffee

10:00 AM
In person

AUGUST 18 - LOCATION TO BE DETERMINED (A notice will be sent to members and volunteers in Week at a Glance)

AUGUST 25 - COFFEE AT THE LOLA'S CAFE BAR

We meet in person the 3rd and last Friday of the month. This week Marjorie is hosting and we're meeting at the **Lola's Cafe Bar, 525 3rd St, Lake Oswego, OR 97034**. Members please call the office if you need a ride. Each week members and volunteers come and go as their schedules permit. Friends, new and old catch up with the weeks events.

Saturday, August 19
All Day WLLO Drop
By

We will call and schedule a time to drop by and say HI! We'll have a little gift for you, lots of smiles! Please have the bag we dropped off in April ready for us to pick up, and we'll hand you a new bag in exchange. (We will wash the bags.)

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SHARED VILLAGE EVENTS

Shared Village Events
August 2023

Bird Watching Excursion

Friday, August 4, 9:00 – 10:30 am
Whitaker Ponds
7040 NE 47th Ave, Portland
Hosted by North Star Village

Join villager Anjala Ehelebe for an easy morning outing with beginner bird watching and critter spotting. One and a half hours or so, slow walking.

Meet Anjala at Whitaker Ponds, 7040 NE 47th Ave, Portland, OR 97218. It has mostly level paths, but there's some short unimproved parts (can be negotiated with a walker).

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.

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday August 8, 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.

Age Café

First Friday August 11, 11:00 am – Noon.

Beaverton City Library

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 Picnic

Tuesday, August 15, 11:30-1:00

Pendleton Park

SW 55th Ave and Iowa St

Hosted by RiverWest Village

Bring a dish to share and your own plate, utensils and beverage. We'll have a good time eating, appreciating the variety of food, learning what's happening in our lives and enjoying summer.

The Wobblies (1979, Documentary)

Third Thursday Movie Discussion

Thursday, August 17, 10:00 am

Hosted by RiverWest Village

Founded in Chicago in 1905, the Industrial Workers of the World (IWW) began organizing unskilled workers into one big union and changed the course of American history. This compelling documentary of the IWW (or the Wobblies as they were known) tells the story of workers in factories, sawmills, wheat farms, forests, mines and on the docks as they organize and demand better wages, healthcare, overtime pay and safer working conditions. The IWW employed a great diversity of tactics aimed at organizing all workers as a class, seeking greater economic justice on the job and, ultimately, the overthrow of the wage system which they believe most

responsible for keeping workers in subjugation.

"The Wobblies" trailer: <https://www.imdb.com/title/tt0080142/>

IWW websites: <https://www.iww.org/>; <https://www.portlandiww.org/>

Watch ahead of time on Kanopy (or other streaming service), then join the discussion:

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

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

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

The Book Woman's Daughter

Online Viva Village Book Club

Tuesday August 22, 1:00-2:30 pm

Hosted by Viva Village

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

The book is The Book Woman's Daughter by Kim Michele Richardson.

Men's Coffee Break

Monday, August 28, 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

Garden Tour: Swan Island Dahlia Festival

Thursday, August 31, 11:00 am – 2:00 pm

Swan Island Dahlias

995 NW 22nd Ave, Canby

Hosted by RiverWest Village

RSVP to janetliu1@juno.com

We'll visit the beautiful display garden and then walk the dahlia fields, with acres blooming with all different dahlias. We'll have lunch in the covered picnic area; bring your own lunch or buy from the food carts. We'll meet at Multnomah Senior Center parking lot to carpool. RSVP to janetliu1@juno.com whether you want to carpool or plan to meet us at the festival so we will know to look for you.

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