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## WLLO Village Newsletter

Your September 30, 2023 Issue

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**Phone: (503) 308 - 8223**

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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](#)
- [October Birthday Celebrations](#)
- [Meet Our Villagers](#)
- [No Guilt Book Club](#)
- [Terry's Earth Friendly Tips](#)
- [Red Hot Recommendations](#)
- [Community Corner](#)
- [\[WLLO Events\]](#)

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# NEWS AND NEWSWORTHY

## OCTOBER 1, INTERNATIONAL OLDER PERSONS DAY!



" Older persons are invaluable sources of knowledge and experience and have much to contribute towards peace, sustainable development, and protecting our planet."

[UN Secretary-General António Guterres](#)

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**F**riends and Neighbors, WLLLO members and volunteers get together for fun, at non WLLLO Events.

In September they were found at the Living Well Dance with The Millennium Dance Band which played dance music as performed by the "Big Bands" of the 1930's, 40's, and 50's, with an occasional ballroom favorite.

What a fun evening at the Episcopal Church where the band was in great form. The crowd was made up of people who liked music, loved to dance, and were there to enjoy music from their generation. Some of the crowd were dressed-up for the dance floor, and it seemed if you wanted to take a turn, there was a partner for everyone. Even a gentleman in his wheelchair had more than one partner taking him around the floor.

Those friends and neighbors were also found attending exercise class on Tuesdays and Thursdays at 24 hour fitness. "Silver Sneakers Senior Fitness" classes. Exercise at all levels of fitness. More good fun.

We ran into each other at the disaster preparedness fair, which even saw some WLLLO members getting items to add to their disaster kits. If you didn't make it to the fair, Lake Oswego holds one every September. Clackamas County and the Red Cross have lots of valuable information on their websites about disaster preparedness, including items to have on hand at home, plans you should make ahead of a disaster so you're prepared, and more!

As we share, have fun, learn and enjoy more activities that help us live well, we are spending more valuable time with friends.

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**H**uge SHOUT OUT to all VOLUNTEERS -especially drivers & "friend" ride drivers! We have been very busy over the past month or so, giving an average of 5-7 rides a week. We are also doing lots of yard, maintenance & tech services. THANK YOU Volunteers!

Also, a big THANK YOU to Terry and the entire recycling team! Not only for all the work you do, but also for your helpful articles that make really tough subjects entertaining. Without Terry's educational articles with their dry twists

of humor, and without the follow-through from the recycling team, the program would not be as successful as it is.

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## OCTOBER BIRTHDAY CELEBRATIONS

We're happy to be celebrating birthdays with Barbara B., Noreen L., and Monica S. We're very happy to part of your celebration! We'll give you a call and be stopping by. Wishing you a special day and year to come!

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*We don't always remember to take pictures (because we're so enjoying being with you) and not all pictures make the newsletter. However, if we took a picture, we'd be happy to send it to you.*



Marge turns ninety-seven with friends, treats and sweets.

## MEET AND GREET

Get to know our villagers better, both volunteers and members



### LINDA FRIEDMAN

WLLO Member and Volunteer Since 2020

Linda Friedman is one of our volunteers who helps keep the WLLO wheels turning behind the scenes. She is a member of our office team. On Wednesdays and Thursdays Linda responds to phone messages left by our members with all manners of requests from rides, to technical, home management, to yard or garden assistance, and everything in between. She also maintains the event calendar, keeping it up to date and participates in birthday visits.

Linda says she found WLOO thanks to her neighbor. "When my neighbor lost most of her vision and hearing a few years ago and became a part of the WLOO community, I realized the value of this organization and I almost immediately volunteered to work in the office when I found out there was a vacancy."

When she's not volunteering with WLOO, Linda enjoys travelling and hiking with her daughter, or spending time with her dog, Scooby. We are so thankful for your time and dedication, Linda! And a happy belated birthday!

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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.

Thanks to Ellen Steel for hosting the upcoming meeting on Tuesday, October 10th, at 10:30 AM at her home. We will be discussing The Tao of Pooh by Benjamin Huff. If you want to attend and need a ride, just give the office a call, or send us an email.

For November- December, we will be discussing the following books, which you can check out from our local library:

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

**Power Dieting: Part II**

October, 2023

By



Terence M. Shumaker  
[shufly46@comcast.net](mailto:shufly46@comcast.net)

So how did your diet go this past month? And I'm not talking about Keto, Noom or Oprah's diet-of-the-month. We're talking about your power consumption diet and how you manage the air in your home to reduce your BTU consumption.

Now that cooler weather has arrived, let's take a look at the various ways we heat our homes and what, if anything, we can do to continue our power diet. Since the carbohydrates and sugars of the power grid are fossil fuels, we'll examine electricity, fossil fuels and wood as our heating sources.

#### **How do we heat our homes?**

Let me count the ways. Electricity, natural gas, propane, heating oil, kerosene stoves or wood? All of these rely on fossil fuels. Electricity can be generated by fossil fuels or by water, wind and sun. The polluting and fattening culprits in this crew are fossil fuels. Reducing their use should be our prime consideration.

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

[wllovillage.org/recycling](http://wllovillage.org/recycling)

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## **RED HOT RECOMMENDATIONS**

*These are member or volunteer recommendations and we encourage you to participate and send us your favorites in TV, movies, recipes,. (These are not WLLO Village recommendations, just valued sharing from friends and neighbors.)*

**T**his month's recommendations from our members and volunteers are for Netflix documentaries that share the beauty of the sea.

*My Octopus Teacher* is a 2020 film that documents a year spent by a free diver foraging a relationship with an octopus! *Deepest Breath* is a 2023 film about freediving. Both beautiful and inspirational, the photography in both will leave you breathless.

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## COMMUNITY CORNER

Community Events shared by friends and neighbors:

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### **North Star Village HAND WORK SALE**

Classic Foods Outlet is generously hosting the outdoor sale to benefit North Star Village during the Outlet's Saturday sale of spices, ravioli, pasta, olive oils cheese and more.

Fifteen percent of the proceeds will provide funds for North Star member activities and membership scholarships for those in need.

**North Star will be featuring:  
QUILTING, STITCHERY, WEAVING, JEWELRY, CLOTHING,  
STAINED GLASS and more..**

[www.northstarvillagepdx.org](http://www.northstarvillagepdx.org)

**When:** Saturday, October 7, 2023

**Time:** 11 am - 3:0 pm

**Where:** Classic Foods Outlet, 817 NE Madrona St. 97211

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[COVID Home Tests](#) | [USPS](#)

4 free at-home COVID-19 tests are now available! Click the link above.

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## WLLO Events in the Month of September

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

- Check your **Week-At-A-Glance** email. Members and Volunteers receive Week-At-A-Glance email every Sunday with detailed information for the upcoming week.
- Summary of Regularly Scheduled Events:
  - Ted Talk Discussion Group - Monday 1:00 p.m. (Cancelled 10/2 due to scheduling conflicts)
  - No Host Brisk Walk Wednesdays at 9:00 a.m.
  - No Host Chat and Stroll Wednesdays at 10:00 a.m.
  - 2nd Thursday of the month - Happy Hour in person 4 p.m.
  - The 3rd and Last Friday - Coffee's are in person at 10:00 a.m.
  - All Thursdays except the 2nd, are Happy Hour on Zoom 5 p.m.
  - All Fridays except the 3rd and last are Coffee on Zoom at 9:00 a.m.
- For registration, calendar questions, or log-in help, contact the WLLO office (503-308-8223) or email [info@wllovillage.org](mailto:info@wllovillage.org) to get log-in details. (Many events are for members and volunteers only.)
- Members and Volunteers receive Week-At-A-Glance email every Sunday with detailed information for the upcoming week.

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