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Your October 30, 2021 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 WLO.

A Very Happy Thanksgiving to Everyone From WLO Village



WLO wishes everyone a very happy Thanksgiving. As we did last year, WLO will be setting up a Zoom meeting for all of us, other Villages, and our extended families on Thanksgiving Day at 2pm. Stay tuned for all the details.





We extend a very warm welcome to Susan and James J., our newest members. We are so glad you decided to join our Village! We also won the support of a new volunteer, Sue D. Thank you, Sue, for deciding to support our Village. We are happy to have you.



Be Prepared to Stay Safe and Healthy in Winter

If you are like me, you might say that you're not ready for winter but it is coming. Take these steps to keep your home safe and warm during the winter months.

Winterize your home.

- Install weather stripping, insulation, and storm windows
- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks

Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside
- Inspect and clean fireplaces and chimneys
- Have a safe alternate heating source and alternate fuels available

Prevent carbon monoxide (CO) poisoning emergencies

- Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion
- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring. If you do not have a working smoke detector install one. Test batteries monthly and replace them twice a year.



Rain or shine, some of us had a lovely morning walk around Luscher Farms. The sun even came out at times.

This month's Recycling Tip: Plastics - A blessing and a curse

"Just one word. Plastics. There's a great future in plastic."

So proclaimed Mr. McGuire to Ben (Dustin Hoffman) in the movie The Graduate. And although that future has been good for some, in the wide view it has been extremely damaging to the earth. The National Oceanic and

Atmospheric Administration estimates there is approximately 150 million metric tons of plastic circulating in the world's oceans, and around eight million metric tons of plastic waste finds its way into the oceans each year.

Even more insidious is the fact that in a single square kilometer of the deep sea floats some four billion plastic microfibers, which means it's a safe bet that when you eat the fish you bought at the market, you're consuming plastic.

It's a sobering thought, and a problem that now seems almost insurmountable. But we can't lose hope, therefore we must act responsibly and locally, to do our part in seeing that plastics are not only disposed of properly, but are reused and recycled as much as possible.

Knowing full well that the world of plastic recycling is a rapidly moving target, you ask, "what is garbage and what is reusable and/or recyclable?" To help you answer that question, your WLLO Recycling Team (RT) is working to find outlets for a wide variety of plastics, and to make it easier for you to take part in our effort to be as environmentally responsible as possible when dealing with plastics.

So let's take a look at a list of common plastic commodities and how and where they can be recycled. The items listed here are either collected on a rotating basis by the WLLO RT, or can be taken to specific collection events.

- Plastic film. This includes plastic packing pillows and bubble wrap, Ziploc bags, product overwrap, bread bags, and any plastic film you can stretch by pressing a finger into. WLLO pickup or take to most grocery stores. NOTE: Bubble wrap and plastic packing pillows (unpopped!), can be taken to mailing facilities such as FedEx/Kinkos and UPS stores.
- Styrofoam and all #6 PS (polystyrene). Rigid block packing foam, containers, clamshells, foam meat trays, take-out containers, Solo cups etc. WLLO pickup or all #6 plastic can be taken to Agilyx Corp., www.agilyx.com
- Jars & bottles. This includes all plastic bottles and tubs 6 oz. and larger, rinsed, no lids. Buckets no larger than five gallons, rinsed, no lids, metal handles ok. Rigid nursery pots four inches across, rinsed, no dirt. Put these in your curbside recycling bin. Please do not mix these with plastics for WLLO pickup.

Clear #1 clamshells and containers. These are accepted at special events such as those sponsored by the West Linn Sustainability Coalition held regularly at Robinwood Station. Check them out on Facebook at www.facebook.com/groups/wlsustainabilitycoalition.

The items above are just a fraction of the types of plastics found in the products and packaging in our everyday lives. Many other plastic items can be

picked up by fee-based services such as Ridwell and James Recycling. In a future article we will look at these services and how they may fit into your plastic recycling efforts. In the meantime, thanks for all that you do to keep as much plastic in the waste and recycling stream and out of our streams, rivers and oceans. If you have questions regarding the WLLO recycling program, please contact Suanne Jackson at suannej@wllovillage.org.

WLLO Members Having Fun Throwing Clay

A few of our members took the opportunity to try their luck throwing clay. For a few hours, they were getting their hands dirty and wet and created bowls and vases. It was a great way to try something new and see how one liked it. If you're interested, let us know and we'll find a way to set up another class.





The NO-GUILT Book Club meets again on the second Tuesday of the month. In November, the theme will be books by Nelson DeMille. People should feel free to join even if they haven't read anything. As usual, all are welcome. We will decide the theme for December at the November meeting.

October Stop by and "Say Hi"

Thanks to our 3 Biscotti makers, Susan, Tammi, and Sandy, for brightening the day of our WLLO members with their delicious creations. Their Biscottis got augmented by delicious pumpkin spice cookies from Sally, and shortbread baked by Lonnie. A big thank you goes to these bakers and to our volunteers who drove around and delivered the goodie bags to our WLLO community.





November Birthdays

Our best birthday wishes to our two November birthday ladies, Judy B., and Elva G. All of us wish you all the best, health and happiness.

WLO Events in the Month of November

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@wlovillage.org or leave us a message at (503) 308 8223.

Every Monday.
November 1, 8, 15,
22, 29
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.

Every Thursday.
November 4, 11, 18

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's

Online Happy Hour

5:00 pm

Online

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.****November 5, 12, 19, 26****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.**Friday, November 5****LO Library****Learning Group**

7 pm - 8 pm

Online

The group will meet on the **first Friday of each month at 7:00 pm**. To sign up for a session you are interested in, just go to the Library Events Calendar

https://www.ci.oswego.or.us/calendar?og_group_ref_target_id=13

and look for the first Friday of the month to find the Learning Group and click on the link to be emailed the invitation:

<https://www.ci.oswego.or.us/library/learning-group>

Tuesday, November 9**The No-Guilt Book Club**

10:00 am

Online

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme. Any book by Nelson DeMille is the theme we picked for this gathering.

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,****November 9****Recycling**

Registering required

This month we will focus on old electronics. Who hasn't those sitting around or piled up in the garage? Just remember to call the office to make sure you are going to be on the list of stops.



Have you been checking out our [YouTube Channel](#)? We keep on adding videos frequently. Learn about how we started, listen to members explaining WLLO and what it means to them in their own words, and relive how we managed through last year's turmoil together.

Online Age Café

First Friday, November 5, 11:00 am

Hosted by Viva Village

Age Café is a collaboration between the Beaverton Library, the Beaverton Committee on Aging (BCOA), Washington County Disability, Aging, and Veteran's Services (DAVS), and Viva Village to encourage and stimulate conversations about issues of importance to the participants. The Age Café is open to all. To register, go to vivavillage.org. Under Events, click Age Café for the date you would like to attend. Once you have registered, you will receive the Zoom link by email.

How US States Got Their Names

History and Current Events Discussion Group

Friday, November 12, 11:00 am – 12:30 pm

Hosted by Village Without Walls

What do you know about how each state you have lived in or visited got its name? Who was involved in naming the state? Join at: <https://us02web.zoom.us/j/86366674028>.

Medicare: When Can I Join, Switch or Drop a Plan?

RiverWest Salon

Jennifer Allain

Wednesday, November 17, 12:30-1:30 pm

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

For those already on Medicare, the annual open enrollment period is approaching. Find out when and how you can join, switch, or drop your health or drug plan. Learn the difference between supplemental and advantage plans. There will also be time for questions. This salon will be hosted by Jennifer Allain, a US Army Veteran who has spent the last 8 years helping individuals, seniors, families and small business owners get health insurance that they can afford, understand and use.

Trumpism and the Future of US Democracy

Great Decisions Discussion Group

Saturday, November 20, 10:00 am – Noon

Hosted by Village Without Walls

How do you feel about what has happened in the US since the 2020 election? Is this just an attempt to gain power by the Republicans or is it something more sinister? To attend click: <https://us02web.zoom.us/j/84138707930>.

Trumbo, 2015**Third Thursday Movie Discussion**

Thursday, November 18, 10:00 am

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

The successful career of 1940s screenwriter Dalton Trumbo comes to a crashing end when he and other Hollywood figures are blacklisted for their political beliefs. Trumbo tells the story of his fight against the US government and studio bosses in a war of words and freedom, which entangled everyone in Hollywood from Hedda Hopper and John Wayne to Kirk Douglas and Otto Preminger. Watch the movie on Kanopy at your convenience any time during the month. Then join us for discussion. Bring your comments and insights.

Online Viva Village Book Club

Tuesday, November 23, 1:00-2:30 pm

Hosted by Viva Village

Selected book: Before We Were Yours by Lisa Wingate

For meeting link, contact 503-746-5082 or vivavillageevents@gmail.com.

Healing Your Holiday Grief

RiverWest Salon

Wednesday, November 24, 12:30-1:30 pm

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

RiverWest villager Eddy Marie Crouch, Licensed Clinical Social Worker, will facilitate an interactive salon on Zoom about the natural feelings of sadness that accompany our holiday celebrations and how we can help ourselves heal.



Last but not least: Fall can be fun but when it's rainy and dreary outside, check out [our tips for PlayTime on our website](#). We're sure you'll find a distraction that will brighten your day.

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