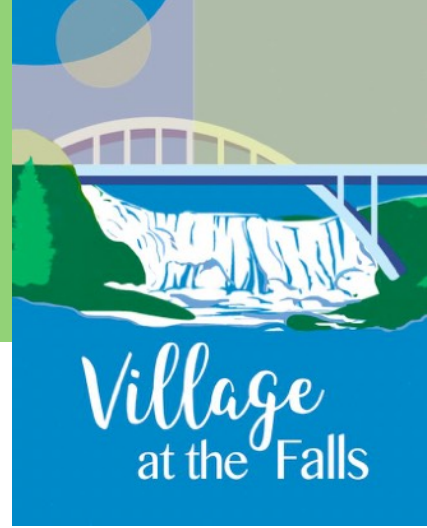


# March 2023 News from Oregon City, Redland and Beavercreek

## Garden and Art Tour Coming June 10th!



Master gardener Sharon Wiley gave me a preview of her upcoming garden delights. In March, her tulips will be up, daffodils will be blooming, and her witch hazel shrubs will be flowering.

But - not to worry because in June ready for the VATF Garden and Art tour, you will see over 100 varieties of Hosta, hillsides of ferns, and numerous other perennials for sun and shade. The 35 varieties of ornamental maples will have leafed out. Nestled throughout the gardens you will want to watch for art and whimsical treasures that Sharon and Fred have collected over the years. Listen for the sounds of wind chimes hanging everywhere. As you stroll around the gravel pathways and move up and down the stone steps you can rest on one of



the many benches.

Set along the paths are a variety of annuals and perennials in containers together. Be sure to ask Sharon how she plants her annuals and perennials in her garden pots!



Lastly watch for views of our beautiful Willamette Falls which can be seen from all three levels of our house and gardens.

Come visit us on the garden tour to see our labor of love over the last thirty years!

Sharon and Fred Wiley

## Village at the Falls Movie Tuesday March 7

Stay tuned! It will be announced soon!



Happy Villagers at the movies

## Intro to Foraging!

On Friday, April 7, the Foodways initiative/ Community Cultures Through Food is beginning our spring season (Wild Foods) with an ***Intro to Foraging***. A 2-hour foraging walk from noon – 2:00 pm at the Tryon Creek State Natural Area will be led by Erika Ironwood.

Erika will introduce participants to a variety of wild edible and medicinal plants that grow right here in our backyards. Erika has been a forager and herbalist for 17 years and has been teaching publicly for five years. She is committed to demystifying foraging and to encouraging stewardship of wild places in the Pacific NW.

Attendance is open to everyone (but adults only, please).

Space is limited; registration is required.

To register, please email [chefigata50plus@gmail.com](mailto:chefigata50plus@gmail.com) and include “Foodways: Foraging Walk” in the subject line.

(Note: this class requires good shoes and weather-appropriate gear!)

# Story Time



Once upon a time Anne Beaty told her life story to a gathering of Village at the Falls volunteers. It was a big hit and everyone enjoyed themselves. We were all ready to have another story telling event, then COVID hit ...

Now Villager, Katie Miller is restarting this activity by sharing her story. She will tell us how she spent twenty years as an expat in three different countries under three different auspices: The Peace Corps, A Fulbright Fellowship, and finally when she couldn't find anyone else to sponsor her - she found her own job!

Come join us as we gather in person and hear about the interesting lives of our Villagers. We come from many different backgrounds and experiences. This event will give us an opportunity to get to know one another better.

Katie will provide a salad lunch at her home, Monday, March 27th at 11:30. Bring drinks, dessert, or a special salad to share. Please RSVP to the Village at the Falls office by Friday, March 24th.



**VATF Membership Committee creating  
Valentines for members**



## Community Solar Coming to Oregon City



 publicdomainvectors.org

Villagers:

I want to share a resource with you that will save you a little on your energy bill and help protect the environment. Community Solar is a way to use solar energy for your home without installing your own solar panels. You can sign up to participate for free. There will be a monthly administrative fee when your chosen array goes live, but it will be offset by your monthly savings.

There are four community solar projects coming to Oregon City that will be completed in the fall of 2023. Anyone on PGE can sign up to be a member of a solar array community. Once your chosen array is completed, then your participation will begin. They will charge you an administration fee that will be offset by the discount you will receive on your electric bill for "running the meter back" into the grid. They guarantee that the difference between your new bill and the administration fee will be at least 5% so it's a guaranteed way to save at least 5% on your electric bill. For households that qualify as low income, even more savings are available. Once you sign up, they will look at your PGE bill and send you a contract based on your usage.

You can sign up now (at no cost) or wait until the fall. I signed up already because a) I might forget about it before the fall and b) I am worried they will fill up and not be able to take more subscribers. To repeat: subscribers pay nothing until the project starts producing electricity and when it does start, subscribers are guaranteed at least 5% off on their energy bill.

Here's a link to the Oregon Shines website for more information and to sign up if you choose: <https://www.oregonshines.com/>

Amy Wachspress

## Childhood Memories: Ironing



The work of doing the laundry has come a long way over the last century from being a thankless, labor-intensive chore to something that has become a fairly mundane task. Even when I learned to do laundry from my mother in the mid-sixties, much of the truly hard work of laundry had been automated, but it was still a lot more work than it is today.

I began reminiscing with my sister-in-law recently about ironing. She needed to iron a dress to wear to an event, and laughingly said that she had an iron, but she just wasn't sure where it was. That could be most of us, I think, these days. Really, who irons anymore? It brought some fond memories to mind of my mother doing the laundry.

World War II saw the development of exciting new synthetic fabrics like rayon that wrinkled much less, but it really wasn't until the 1970s that advances in cloth-making became so widespread, that it made the electric iron far less important than it was previously. My father wore a cotton button down shirt to work every day, so ironing was crucial.

As a child, I remember watching my mother do the laundry. We did not have a clothes dryer, and while she had an electric iron, it wasn't a steam iron. I would watch her take the wet laundry from the washing machine and take it to the clothesline in our back yard and pin each garment to the line with a clothespin. Then she would let Mother Nature take over and the breeze and sunshine dried the clothes stiff.

The next part of the process was the thing that confused me. After she removed the dry clothing from the line, she would bring it in and lay each garment on the kitchen table and proceed to dampen them. She dipped her hand in a small bowl of water and sprinkled drops all over the garment.

Then she would roll them up and put them to the side until she had gotten the rest of the dry clothes damp. My mother didn't have one of these little gadgets, but here's a little sprinkler head that you would fit onto a pop bottle that would have made that task a little easier.



What I didn't understand until I got a little older was that she was in effect creating steam in the garment to help in ironing the wrinkles out of cotton. Steam irons had been around for decades, but just as my family didn't own a clothes dryer, we only had a plain electric iron.

When it was time to iron, my mother would lay a garment on the ironing board and after the iron had had enough time to get hot, she would lay it flat on a section of cloth and then almost instantaneously a hiss of steam issued out in a cloud around the iron. And then the best thing of all: the pleasurable and almost indescribable scent of hot, clean cotton. There still is nothing like it, in my mind.

My mother taught me to iron by pressing flat things like pillow cases and my Dad's handkerchiefs. Shirts were too complicated and I had to show that I could use the iron safely and do a good job with the pillow cases before she let me move on to the clothing.

I still hold on to the task of ironing pillow cases and tea towels all these decades later. I don't iron clothes anymore, but I still enjoy it as a meditative and pleasurable task. And the scent! The wholesome and welcome scent of hot clean crisp cotton.

Mary Anne Elliott

**Shout out to Villager Ron Reed**  
who generously shared tapes from his radio show "After Hours" from previous years. Such a great selection of tunes, which I enjoyed listening to as I worked on this newsletter!

Thank you Ron!



# National Slam the Scam Day

**March 9, 2023**

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

## **Recognize the four basic signs of a scam:**

1. Scammers **pretend** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a **problem** or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers **pressure** you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to **pay** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a “safe” account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

Visit [www.ssa.gov/scam](https://www.ssa.gov/scam) for more information

# Upcoming Events

## **First Friday In Person Coffee Klatsch at Crossroads Coffee Cafe**

**Friday 3/ 3/ 2023 11AM**

## **New Volunteer Training**

**Tuesday 3/7/23 2:00 - 4:00 PM**

## **Village at the Falls Movie Tuesday**

**March 7 To Be Announced**

## **Third Thursday in Person Happy Hour at Lil Cooperstown.**

**Thursday 3 / 16 / 2023 4:00 - 6:00 PM**

## **VATF Governing Council**

**Wednesday 2/22/23 3PM Virtual**

## **Story Time**

**Monday March 27th 11:30**

**Please RSVP by March 24th**

**At the VATF Website under events**

Village at the Falls is an all-volunteer program that empowers our older adult neighbors to sustain independence, stay connected to others, and remain in their homes as they age. Volunteers assist Village members with minor maintenance, transport to appointments, or technology troubleshooting.

Villagers create and participate in a range of social events including breakfast clubs, walking groups, educational speakers at potlucks, or garden tours.

Contact Us :

[info@villageatthefalls.org](mailto:info@villageatthefalls.org)

Please leave phone message at  
503-479-8256 or visit [VillageAtTheFalls.org](http://VillageAtTheFalls.org)

Mail us at:

Village at the Falls

PO Box 264

Beavercreek, OR 97004

Village at the Falls is a member of the Villages NW nonprofit Hub & Spoke Network, 501(c)(3)  
To learn more about Villages NW visit [villagesnw.org](http://villagesnw.org)