



Earth Day is back again

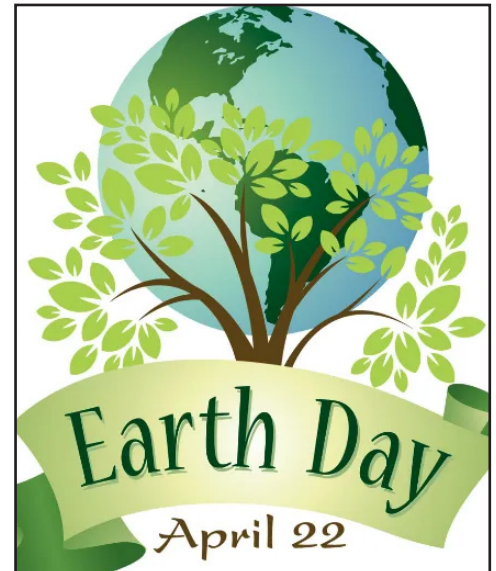
by Wayne Potter, Green Team Committee Chair

Earth Day is almost here once again. It was first celebrated on April 22, 1970, and after more than five decades, its relevance is more important than ever. Each year has a different theme. This year's is **Invest in Our Planet**. The theme hopes to focus our attention on accelerating solutions to combat our greatest threat – climate change – and to activate everyone – governments, citizens, and businesses – to do their part. "Everyone accounted for, and everyone accountable." The Green Team is pleased to announce that **we will be celebrating Earth**

Day for an entire month in April with a series of activities organized by several committees and the administration. This theme is very motivating. As chair of the Green Team, I want to thank all residents for their contribution to this effort.

Residents will have an opportunity to see movies, hear book reviews, participate in a pharmaceutical and battery collection event, and listen to professional consultant **Karl Schulz**, who will tell us how the WV administration is advised about sustainability issues.

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Building Sustainability into WV's Future

Story on page 4



Architectural Consultant **Karl Schulz** of **inici group**, designer of WV Balcony Homes, North Pointe, and Riverview Dining Room will present a program on April 11.

From the Resident Council

by Ann Phelps, Council Vice Chair

What does it take to be a leader?

Last month, I wrote about the value of purposeful engagement in order to contribute to and get the most enjoyment from our Willamette View community. We also need leaders. Right now the Resident Council is looking for a team of individuals who will provide leadership for the **Carousel**. Do you need a degree in business management or experience in retail sales to help with Carousel management? No! Previous experience is not necessary – just an attitude of wanting to help your fellow residents. The Carousel was established in 1967 and has been in continuous operation run only by residents since that time. Currently, over 40 volunteers support the store. You may be thinking, “The Carousel is too much work and I’m retired.” Actually, volunteers will tell you that there’s a lot of fun, laughter, and camaraderie. **Carol Anne Brown** says, “The Carousel was the first activity I chose as a new resident and it was a great choice.” **Sue Trotter** says, “Every day is like going on a treasure hunt!”

I often hear, “I’ll help, but I don’t want to be responsible for leading a group.” What does it take to be a leader? I think the most important ingredient is the capacity to influence others – to influence by your ideas, your dedicated work, your attitude of service, or your kindness. You don’t need to be an expert at anything! Years ago, I worked as a manager at a Southern California aircraft company. When I was offered the position, my mother was initially elated, but then hesitated with a puzzled expression and said, “But what do you know about building airplanes?!” I explained that I didn’t need to know anything about aerodynamics – the important thing is an interest in supporting a team of people who did have specialized knowledge. Past Carousel manager **Donna Krasnow** says, “Managing the Carousel is easy because volunteers do all the work!” I invite anyone who wants to be a vital part of the Willamette View community to consider joining the Carousel volunteers. We are seeking a coordinating group made up of fun-loving, creative residents who are curious about what goes on behind the scenes and who like getting a practical job done. Two or three friends with their collective talents would make a great leadership team. Join us!



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Submit articles to
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by the 17th of the month
or to 204BH.
Articles may be edited.



*Men's Department Manager
Walt Lundberg awaits customers.*



*Clerks Joan Cartasegna and
Janet Harney assist customer Judy Holt.*

Sustained logging author shares views of tree communication

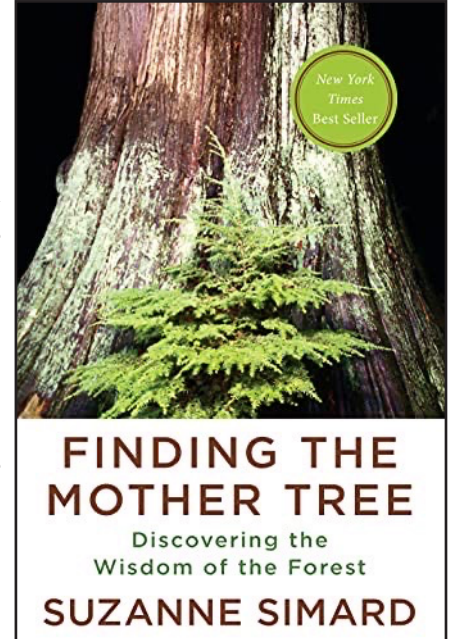
by Carla Harris

As a part of Earth Month, **Marilyn Feldhaus** will review Suzanne Simard's book, *Finding the Mother Tree: Discovering the Wisdom of the Forest*, in a review Wednesday, **April 20**, at 10:30 a.m. in the Blue Heron Auditorium.

Already acquainted with Simard's controversial research, Marilyn chose this book to find out what was so controversial. The author tells how she got her interest in trees and forest management. She has done extensive research into how sustainable logging makes forests sustainable. The book's subtitle pertains to what she has learned about how trees communicate with one another, how they survive under harsh circumstances, and what this might mean for us as we confront the ever-deepening threats of forest loss and climate change.

Marilyn thinks it seems clear that animals communicate with one another. She has wondered if plants might also have sentience. Simard shares what she has learned from her research.

Marilyn and her husband, **David Gross**, moved to WV in 2019 from San Jose, CA. Her career included volunteer teaching in Swaziland, pastoral care to indigent and elderly persons, and teaching special education in St. Louis and San Jose. Other interests include reading, hiking, walking, piano playing, folk dancing, and "trying to keep up with Spanish."



April Movies

All movies will be shown in the Blue Heron Auditorium beginning at 6:30 p.m.

Donations gratefully accepted

Documentary film

Thursday, **April 7:**

Human Nature (2019). The story of genetics, from mapping the human genome to editing our DNA. Included are interviews with Jennifer Doudna, the developer of the CRISPR technique, and others who are changing our lives. The future is now!

International film

Tuesday, **April 12: Elvira Madigan** (1967). This Swedish film is directed by Bo Widerberg and based on the tragedy of the Danish slackrope dancer Hedvig Jensen (born 1867). She worked under the stage name of Elvira Madigan at her stepfather's travelling circus. She runs away with the Swedish nobleman Lieutenant Sixgen Sparre (born 1854). **Romance/Drama. PG**

Saturday night films

Optional discussions will follow

April 2: A Fish Called Wanda (1988). British comedy at its best. Four disparate characters, John Cleese, Jamie Lee Curtis, Kevin Kline, and Michael Palin, attempt a daring jewel heist. Awards for Best Actor, Best Supporting Actor. **Comedy/British Humor. R**

April 9: Our Souls at Night (2017) Jane Fonda and Robert Redford star as two lonely people living across the street from each other in a small town. Their graceful, easygoing senior love affair gives purpose to their lives. **Drama. Mild sexual content. TV 14**

April 16: WALL-E (2008). Short for Waste Allocation Load Lifter Earth-class, he is the last robot left on Earth. He spends lonely days tidying up the planet, one piece of garbage at a time.

Brainy, charming, eco-friendly, Pixar animation at its best. It won 94 awards, including Oscar, BAFTA, and Golden Globe for Best Animated Film. **Adventure/Family/Animation. G**

April 23: Don't Look Up (2021). Jennifer Lawrence and Leonardo DiCaprio star as two astronomers who warn the world of an approaching comet. This satire takes a bite at the era of false news and capitalist greed with an all-star cast of minor characters keeping the chaos rolling. **Disaster/Fantasy. R**

April 30: King Richard (2021). Richard Williams, father and coach, is determined to put his daughters, Venus and Serena, at the top of the tennis world. Will Smith (SAGA, Best Actor) stars as Richard. Saniyya Sidney and Demi Singleton star as the daughters. **Drama/Sport. PG-13**

Building Sustainability into Willamette View's Future

by Sherman Bucher, Green Team

Years before *Invest in Our Planet* became the motto for Earth Day 2022, Willamette View engaged architectural consultant **Karl Schulz** and his **inici group** to help make that a principle here at WV. With the threat of climate change becoming ever more dire, this working relationship has become all the more important.

Karl will address the sustainability in our designs and construction projects and in our work on the master update in an Earth Month talk on Monday, **April 11**, at 10 a.m. in the Blue Heron Auditorium.

Karl's appearance in the Blue Heron will be a homecoming of sorts. The auditorium is one of several buildings on campus in which he has had a hand.

The Balcony Homes, Riverview Dining Room, North Pointe, and the Manor Utility Project are others.

More than 15 years ago, Karl was one of the earliest to earn the highest level of sustainable construction certification, LEED (Leadership in Energy and Environmental Design). Three of his projects have earned the highest LEED level, and one project was named by *Forbes* magazine one of the 10 most sustainable buildings in the world.

What would become Karl's life work began in high school, with success in the seemingly disparate fields of mathematics and art. A tour of an architectural and planning office confirmed an interest in the construction of buildings and made him realize he en-

joyed problem solving and developing solutions that provide a better space to live and work.

Karl was born in Chicago and raised in White Plains, NY. After graduating from the Pratt Institute in Brooklyn, he worked his way west, including a five-year stint in Montana that led to his first offer of a project in Oregon. "I have been in Portland since 1986, so I feel more like an Oregonian." Karl's experience as a key player in promoting buildings that are water and energy efficient, built with sustainable materials, including high indoor environmental quality, and staying within budgets with sustainability for the long haul makes him an excellent partner for our WV community.

Earth Month is back again

Continued from page 1

Reducing greenhouse gases is a massive challenge. It has been stated that effective, timely control of GHG is well beyond one person's ability. The amount of change required to reduce the use of fossil fuel products will require substantial government intervention.

The Oregon Legislature adopted state laws and policies during the 2021 legislative session that commit the state to provide all our electricity from sustainable energy sources (wind, solar, and biofuels) by 2040. The shorter 2022 session in February worked on new environmental legislation that was designed to ensure that our forests effectively sequester CO₂. A citizen's primary role will be to support these changes by monitoring the legislature and contacting our house and senate leadership to support these policies.

These changes will affect the way that WV residents and administration use fossil fuels and access electricity from sustainable energy sources for the next several decades.

Willamette View's Triangle Garden takes shape

by MH Socolofsky

The new Triangle Garden is taking shape. A project of the Outdoor Campus and Garden committees and the Blue Heron Foundation, this garden is especially significant because it will be the first resident-designed and maintained outdoor campus space. WVI will assist as needed. An earlier plan was submitted to the Green Team in 2021 as one of the first grant proposals but was not funded. An anonymous donor recently provided funds for developing the garden.

Outdoor Campus Committee Chair **Cliff Hillebrandt** drew the original design and leads the project. Cliff has a degree in agricultural engineering, with a specialty in irrigation and drainage. He is assisted by residents **Judy Halesky**, a landscape designer, and **GINNA JONES**, a landscape architect who taught classes at California Polytechnic State University. Together, they further developed the garden plan.

The garden space has six inches of clay topsoil, with a layer of gravel underneath. The top layer of sod will be removed so the new features can be constructed, and an irrigation and drainage system will be installed. A licensed contractor will install an electrical outlet box. The garden will feature large rocks, a berm, a dry creek streambed, a water feature, and a variety of plants. There will be a path of crushed rock

Continued on page 5

The Way We Were – Reclaiming the Culture of Willamette View
by Carol Borjesson

Neighbors Being Neighbors

Five years ago, a group of concerned residents, led by **Dale Harris**, wondered, “What if a natural disaster strikes Willamette View at night? Or on a weekend?” The Resident Emergency Response Team (RERT) developed into a campus-wide task force to answer that question. RERT has 59 resident volunteers – mostly floor leaders whose job is to check on neighbors in a disaster.

Coordinator **Donna Krasnow** says, “Willamette View has an elaborate emergency plan in place. If a disaster occurs in daylight between Monday and Friday, Willamette View will handle it. If it’s at night or on a weekend, they may need our help. That’s when we grab our walkie-talkies.” If independent living residents are injured or trapped in their homes in an emergency, RERT’s floor leaders would alert the administration or rescue workers. Most RERT leaders have some training in CPR and first aid but “We are not trained to help people downstairs if they can’t walk,” says Donna. “We could hurt ourselves if we tried. Or – worst case scenario – we could fall down the stairs, together with a resident and maybe a wheelchair or a walker – and block an exit for everyone else.”

What can residents do to help floor leaders in a disaster? “First of all,” says Donna, “if you are OK, put your OK sign outside your door. That relieves floor leaders of worrying about residents who are not in trouble – so they can focus on those who may be,” she adds. In an emergency, RERT generally advises residents to “shelter in place,” wherever they are at the time. “Don’t try to walk back to your apartment,” says Donna. “Stay put where you are – unless your own good sense tells you not to.”

Manager of Security Services **Zac DePaoli** says emergencies at Willamette View come in many forms – not just life-threatening ones. “Patrol officers watch out for anything out of the ordinary on campus. Maintenance staff regularly test our generators. In bad weather, they may distribute ice-melting materials. Other emergencies may require police, fire, EMT, or wellness staff interventions. We stay in touch with all those resources on a regular basis.”

Zac adds, “We are always on the lookout for any kind of change on campus that could turn unsafe. And then we fix it.” But he says it’s good to know that the dedicated RERT volunteers are trained and available if the need should arise.

If you do not have an OK sign, a yellow folder outlining basic emergency procedures for residents, or a yellow or red emergency Get-Out-of-Bed bag by your bed, contact your floor leader.

Willamette View’s Triangle Garden takes shape

Continued from page 4

with benches along the way. It will be visible from the windows along the busy hallway leading from the Manor to the Riverview Dining Room, with easy access to the garden path outside. Residents can look forward to a garden-naming contest, as “Triangle Garden” is only a temporary name. A Willamette View rule is that outdoor campus spaces may not be named after a person, living or deceased. Donations for plantings and maintenance may be made to the Blue Heron Foundation – call Philanthropy Director **Loraine Collacchi** (6203). The Outdoor Campus and Garden committees hope that all residents will feel ownership and pride in the garden and joy in using it.



Outdoor Campus Committee Chair Cliff Hillebrandt constructs the trellis screen for the new garden.

Photo by Candace Bradley

✓ Check it out

by Linda Panaretos Thomas, Library Committee Chair

Accessing the Library Catalog

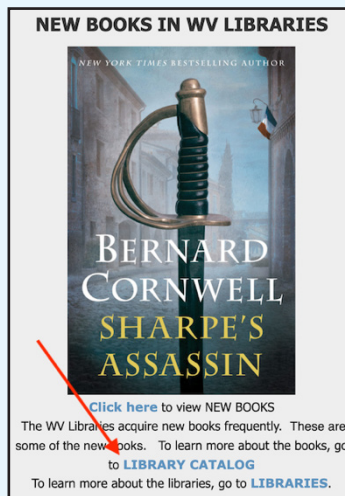
Six years ago, computers were installed in each library to give residents online access to the books in our catalog. The access is known as OPAC (On-line Public Access Catalog). The library computers, which are located at the checkout desk, are not connected to the internet, so can only be used to search our catalog.

You can also access the catalog from your home computer. Start from the resident website: www.wvresident.org. In the right-hand column you'll see a book cover, under the header *New books in WV libraries*. Beneath the cover, click on the link *Library Catalog*. From the page you land on, click on the word *here* that's above the image of the blue herons. This link takes you to the library website and the OPAC catalog. Consider bookmarking or saving the link in your favorite sites, so the next time you can go directly to the library page.

You do not have to log in to use the catalog. There is a search box at the top of the page. Use this to look for books by keyword, title, author, or subject. When you select one of the books from the search results, you'll be taken to a page with information about the book, including location, and whether the book is available or checked out. If the book is unavailable, you can complete a yellow Reserve Request form from any library checkout desk. A Reserve Team volunteer will contact you when the book becomes available. *Side note:* We're hoping to automate the reserve book process as the new resident website rolls out.

Our library managers and volunteers are happy to help. The managers are:

- **LaJean Humphries**, Manor Library
- **Sue Bosshardt**, Court Library
- **Anne Tracy**, Terrace Library



Pet a Pooch News

Bonnie Belle, a beautiful black poodle, and owner **Judith Webber** will be in the North Pointe lounge, on Friday, **April 8** and **22**, from 10:30 to 11:15 a.m. **Emma**, a goldendoodle, and owner **Marie Gilliam** will be in the Terrace lobby on Monday, **April 11** and **25**, from 10:30 to 11:30 a.m. Standard poodle **Rossa** and owner **Barbara Limandri** will in be the Plaza lounge on Tuesday, **April 5** and **19**, from 2:30 to 3:30 p.m.

Lights Out

The sun goes down; all is dark,
but Thomas Edison
has made his mark.

How lucky we are;
at the flip of a switch,
we can see what we like
with nary a glitch.

If you don't need it,
there is no excuse.
You might even call it
power abuse.

Please pay attention;
please get it right.
When you don't need it,
just turn off the light.

by Julie Wheeler, Green Team

Vision Support News

by Sandra Gerling

Low Vision Mutual Self-Help Peer Support Group to meet

The group will share concerns, struggles, and insights about vision loss on Wednesday, **April 13**, in the Court Family Room on the second floor from 1:30 to 2:30 p.m. This is not a therapy group; it is a peer, mutual help group facilitated by Counselor **Linda Tofflemire**. All discussions are confidential.

Glaucoma Update

Ophthalmologist and glaucoma specialist **Dr. Aiyin Chen** of Oregon Health & Science University Casey Eye Institute will provide an overview of glaucoma on Tuesday, **April 26**, in the Terrace Auditorium from 1:30 to 2:30 p.m. This will include information about various types of the disease, diagnosis, medical and surgical treatment modalities, and new research developments.

Sponsored by Vision Resources

Of Equal Value

by Sherry Johnston

Be prepared to be delighted! Few WV residents know about the new relationship we have with students with disabilities enrolled in the North Clackamas Adult Transition Program.

This motivated group of five to six 18-to 21-year-olds come for one hour, twice a week, to Riverview as part of a work-study curriculum. The emphasis centers on preparing them for the best possible independent life outside family and school.

I met with students **Ben, Ian, Noah, Sam** (a her), and **Grayden** in the southwest corner of Elk Rock. Youth and Adult Transition Program Specialist **Gail Newton** and Online Supervisor **Kristine Hobson** sat in. The young people talked about participating in this long-established school district program. Everyone agreed that learning to act responsibly, to be socially appropriate, and to function well in one's surroundings matter in their positive transition into the general adult world. They described their favorite Riverview job experiences, which include cleaning tables, dusting dining chairs, filling

and replacing salt and pepper shakers, and with Sam's happy contribution of "wrapping the silverware in napkins." Feeling such warmth and gratitude after meeting them, I thanked them for making our meal experience better at WV.

Their goal of living as independently as possible equals our same need. The difference rests in which chapter we're writing in our life story. Our emphasis rests in maintaining a vital and empowering life in our seasoned years with the support of WV's programs and services. These students concentrate on developing the skills and experience necessary to navigate into their adult horizon successfully.

WV's complex menu of required food and beverage tasks fits their goal of on-the-job training and creates a practical win-win for everyone. Riverview Dining Room Manager **Lisa Gaspar-Sanford** coordinates and watches the class for prospective employee candidates. One of the current students checks all the boxes. Lisa awaits his parents' approval of when.

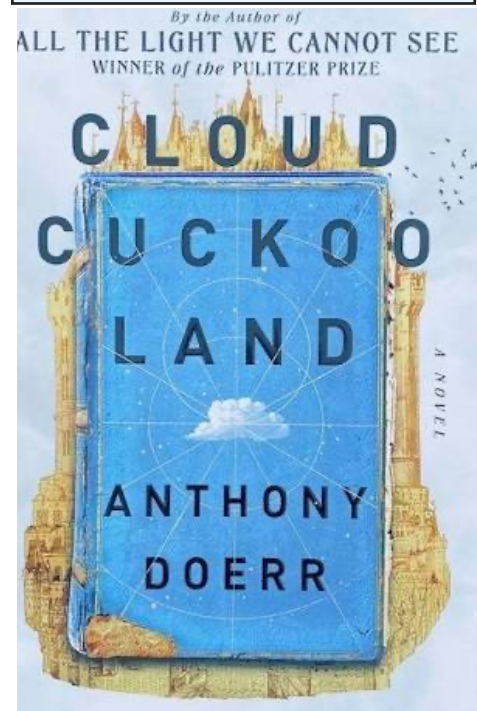


Students Noah, Ian, Ben, and Grayden from the North Clackamas School District's Adult Transition Program are learning valuable skills at WV. (Sam is not shown.)

Photo by Sherry Johnston

Try This Title

by Penny Fiske



"... an ancient manuscript braids three disparate strands: the 1453 siege of Constantinople, present-day Idaho, and a 22nd-century starship careening away from a poisoned Earth. Doerr's prose casts a spell. Come for the magician's tricks; stay for the exquisite storytelling."

Hamilton Cain, Star Tribune

Publication date: 2021

Manor Library F DOE

Winter Delayed Until May

WV residents who arrived in 2020 and 2021 were planning to hold their **Class Party** in early February, but COVID restrictions have postponed the party until **May 10**. The theme, **Worldwide Winter Wonderland**, remains unchanged, given that winter is always happening somewhere in the world. One change: The doors to the Blue Heron Auditorium will open at 4:30 p.m instead of 5 p.m.

SAVE THE DATE: May 10, 4:30 pm!

WV activities celebrate Earth Month 2022

by Sherman Bucher, Green Team

Earth Month has been a five-decade celebration of our planet and its wonders, as well as a time to show what we need to do to protect it. Never has this latter aspect of protection for our planet been more important.

The perils of climate change have made the theme of **Earth Month 2022, Invest in our Planet**, a call to action for all of us. And the first guest speaker of the month will tell us what Willamette View is doing.

Karl Schulz is a renowned consultant who has been advising our management, architects, and contractors on sustainable building for several years. He will be here Monday, **April 11**, at 10 a.m. in the Blue Heron Auditorium. He will let us know where we have been and where we will be going with sustainability. *See page 4.*

On Saturday, **April 16**, the plant-based nutrition group will have a Zoom meeting at 3 p.m. **Dr. Sailesh Rao**, executive director of Climate Healers, will be the featured guest.

The Movie Committee will offer two Earth Month showings on Saturday evenings at 6:30 p.m. On **April 16**, it will show *Wall-E*, a film about a robot and consumerism, corporatocracy, waste management, love, and so much more from Pixar-Disney. A week later, on **April 23**, it will present *Don't Look Up*, with a comet as stand-in for climate change. A discussion is planned to follow this movie. *See page 3.*

Marilyn Feldhaus of the Green Team will present a book review of *Finding the Mother Tree — Discovering the Wisdom of the Forest*, by Suzanne Simard, on **April 20** in the Blue Heron Auditorium at 10:30 a.m. *See page 3.* And throughout April the

Library Committee will have books and posters highlighting Earth Month

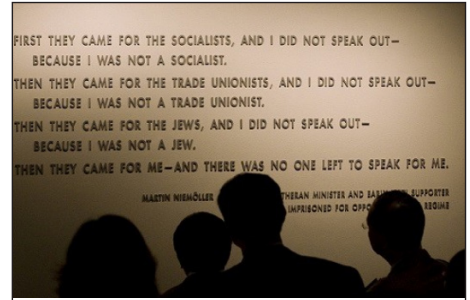
The semi-annual cleanup of a portion of River Road by the Green Team is set for the morning of Saturday, **April 23**. A section of River Road, from north of the campus to Oak Grove Boulevard, is the responsibility of the Green Team. Also, besides its twice-yearly major cleanup, the Green Team wishes to thank all those who walk River Road and the surrounding neighborhood streets and pick up trash as they go.

Part 2 of a series of programs co-sponsored by the Education/Green Team Lecture Series Committee and the Public Affairs Committee will be on Thursday, **April 21**, at 7 p.m. in the Blue Heron Auditorium. It will feature a talk by **Krystyna Wolniakowski**, Executive Director of the Columbia River Gorge Commission. *See page 9.* Part 1 in March was about Oregon's wildfire future and Part 3, in May, will address management of urban watersheds.

Team Trivia will challenge participants' knowledge of Earth Month, its history, and the activities that have gone on this April at Willamette View when they meet on Monday, **April 25**, in the Terrace Auditorium at 6:30 p.m..

The last official event for Earth Month will be Friday, **April 29**, from 10 a.m. to 2 p.m. **Elaine Toll** and **Bob Palendech**, with a team of volunteers, will collect old pharmaceuticals and batteries in the Blue Heron Auditorium.

And by the time you read this, the tireless efforts of **Marilee Thompson** will have provided you a handy calendar in your in-house mailbox for your reference of events throughout this important Earth Month.



The Holocaust Remembrance Ceremony

is an annual Portland tradition in which members and friends of the Jewish community gather on **Holocaust Remembrance Day** to read the names of Jewish victims who died in the Holocaust. On Tuesday, **April 26**, from 9 to 11 a.m., the 77th anniversary of the Warsaw Ghetto uprising, the WV community will host a Holocaust Remembrance Ceremony, **Read Their Names**, in the Blue Heron Auditorium. Residents are asked to enter and exit quietly. It is not necessary to stay the entire time. Members of our WV community will read the name, date, place of death, and age of individual Holocaust victims from a list provided by the US Memorial Holocaust Museum in Washington, DC. To give weight to the statement, "Never Again," we must remember that the suffering of the six million Jews and four million people from other groups was the suffering of individuals one at a time – mothers, fathers, children, aunts, uncles, friends, loved ones. They have no graves to mark their passing. So, we will "read their names" and remember together. If you wish to volunteer to read during this ceremony, please contact **Joyce Liljeholm** (6595) by Friday, **April 22**. The ceremony will also stream live to the entire Willamette View community via Zoom. The link will be sent out several days in advance.

Columbia River Gorge Commission Director to speak

by Doug Morgan, Education Councilor

The Education/Green Team Lecture Series on Environmental Resource Management and the Public Affairs Committee will present **The Politics of Resource Protection: How the Columbia River Gorge National Scenic Area Act Saved Our National Treasure** on Thursday, **April 21**, in the Blue Heron Auditorium at 7 p.m. Speaker **Krystyna Wolniakowski** is the executive director of the Columbia River Gorge Commission. The Commission is responsible for managing the multiple and sometimes competing values of our Columbia Gorge national treasure – abundant fish and wildlife species, extraordinary scenic views, unique cultural resources, world-class recreational opportunities, and a place where people live and work. This mission requires collaboration with multiple local communities, businesses, agencies, the four Columbia River Treaty Tribes, and the general public. Krystyna was formerly regional director of the Western Partnership Office of the National Fish and Wildlife Foundation. In 2015, the President of Poland awarded her the Knight's Cross of Merit Award for her decade of work in philanthropy and development of environmental partnerships in post-Communist Poland. She earned a BS in biology/chemistry at the University of Wisconsin–Eau Claire and an MS in oceanographic science at Oregon State University.



Young Crooner Shaymus Hanlin to perform

by Harvey Leff, MusicWorks



Portland bowtie-wearing vocalist and bandleader, reminiscent of young Frank Sinatra. His musical knowledge and maturity are well beyond his years. Displaying a remarkable sense of swing and jazz cool, he is a natural performer.

Growing up with the American Songbook in his heart, he began performing at age 13. Hanlin has appeared with many great musicians and performers, including the current version of the Glenn Miller Orchestra. He was introduced to the music festival circuit at a young age with

the Oregon Coast Lab Band. Notable performances include appearances at the Sun Valley Jazz & Music Festival, Sacramento Hot Jazz Jubilee, and the Glenn Miller Orchestra tour through

out Mexico. Additionally, he sang our national anthem at the Moda Center.

Shaymus and his quartet consist of pianist **Wes Georgiev**, bassist **Liam Hathaway**, drummer **Michael Rodenkirch**, and of course Shaymus. The group's debut CD was released February 5, 2021. It shows the quartet to be a tightly knit group with excellent rapport. After listening to it, I was motivated to write this on Shaymus' website, "This CD is truly wonderful, with a great selection of songs, each arranged and played beautifully. I enjoyed it all, but was particularly taken by "**How High the Moon**," including the walking bass and scatting ..."

The sky is the limit for Shaymus Hanlin, and Willamette View is fortunate to have him and his quartet perform early in his career in the Blue Heron Auditorium.

Around the Campus

by Donna Kling



One of the tall pine trees across River Road from the Manor, on private property, was removed in March. It was fascinating to watch the arborist start from the top and take each huge limb off, one by one, and then remove sections from the massive trunk. In the upper left photo, a sloth-like growth encircling the fence post is a vigorous English ivy plant. You can find it on the fence between our campus and The Bluffs Apartments. The photo on the upper right is the view from **Peggy Christensen's** apartment. Her view of Mount Hood is clearer now.

Photos by Donna Kling and Karen Gerdes

DIG and Public Affairs present
Pathways Toward a More Equitable Community

Jon Herrington
Equity Program Manager
City of Milwaukie

Blue Heron Auditorium or via Zoom
Tuesday, April 5 — 10 a.m.



Artistic resident continues to pursue favorite activities in her new WV home



Bonnie Keller
Photo by Mike Lincicum

Bonnie Keller is a new resident of 306BH. She was born in Des Moines, IA, and grew up in Eugene, OR. She has lived in Idaho; Baltimore; Hamburg, Germany; Naperville, IL; Kent, Seattle, Chehalis, and Vancouver, WA; and Nigeria, when she was in the Peace Corps.

She has a BA in home economics, and after teaching, she became a pattern designer for Stretch and Sew. She then launched her own business as an interior designer. She considered becoming a painter, but instead became an art quilter, painting with fabric.

While living in Nigeria, she became a birder. She is a master gardener with a focus on native plants.

For 27 years, she and her husband lived on the 70-acre Keller family homestead in the Boistfort Valley near Chehalis. There, she

expanded her love of birding and native plants. Bonnie's other interests include making Ukrainian eggs, ballroom dancing, fly fishing, rose gardening, reading, and chalk pastel painting.

She has a son in Beaverton and three stepsons in the Seattle area. Bonnie decided to live at Willamette View because of its strong community, and a large number of resident artists, the beautiful location for walking and birding, and its status as a nonprofit organization. She has her own artist studio for art and quilting projects.



Bonnie's intricate hand-painted Ukrainian eggs are on display in the Court Gallery. She has made them with everything from cockatiel eggs to ostrich eggs. She especially likes working with goose eggs.

Photo by Donna Kling

Meet the Candidates Forum

On Monday, **April 11**, at 7 p.m. in the Blue Heron Auditorium, the Voter Information Committee is sponsoring an in-person **Voter Information Forum** to meet the candidates on the **May 17 Primary Election Ballot**. Candidates for Metro President, Metro Representative, and Clackamas County Commission Positions 2 and 5 will introduce themselves and tell us why they would like to be elected to those positions. All residents are welcome. Ballots for the Primary Election will be mailed on **April 27**. **The deadline to register to vote for the May election is Tuesday, April 26**. If you are new to Willamette View, or if you moved to a new apartment, you can register to vote or change your address at www.oregonvotes.gov.

by Jeanne Magmer, Voter Information Committee

WV Book Review/Discussion groups

A Request for Help



"Look at it this way; books don't crash, they don't get viruses, and they don't need screensavers."

The Resident Council wants to know how many WV book review and discussion groups are active and which ones are open for additional members. If you are in charge of a book discussion group, please email me at fly-fisher@live.com to let me know if your group is willing to be listed and if there is room for additional members.

Doug Morgan, Education Councilor

Musical Riches in April

by Ginny Seabrook, Music Committee

The Music Committee is presenting two special concerts in April. The first is **Amarcord**, from Leipzig, on Monday, **April 4**, and the second is our favorite Portland duo, **Hamilton Cheifetz** and **Julia Lee**, who will perform on Friday, **April 8**. Both concerts are at 7 p.m. in the Blue Heron Auditorium.

Amarcord Concert

The famous vocal ensemble Amarcord, a group of five male singers, began in Leipzig, a city that has lived and celebrated music for centuries. The quintet was founded in 1992 by members of St. Thomas' Boys Choir, who dreamed of making their shared passion for vocal music their career. These days, following a string of highly acclaimed CD recordings, awards, and international recitals, Amarcord has long been a household name in the world of vocal ensembles. Many even say they are in a class of their own.

Wolfram Lattke, Robert Pohlers, Frank Ozimek, Daniel Knauft, and Holger Krause lend a contemporary voice to medieval songs, renaissance madrigals, and Romantic compositions. With their roots in the city where Johann Sebastian Bach lived and worked for decades, and with their performance skills blessed with instinctive certainty, the five singers intone the vocal heritage of Bach, invent unique arrangements of traditional folk songs, and even add their own drive to jazz and soul songs. The result is always unmistakably Amarcord – accomplished and brilliantly performed. For a sneak preview, check "Amarcord Vocal from Leipzig" on YouTube.

Cheifetz and Lee Concert

Many residents know master cellist Cheifetz from previous concerts, and also the Inside Chamber Music classes we have attended at Portland State University. There will be a new series of classes beginning in April. We love Cheifetz' beautiful music and his easy banter with the audience. Lee has accompanied Cheifetz at WV and is an outstanding pianist in her own right.

Dr. Lee is on the faculty of Portland State and has previously served on the faculty of Southern Utah University and the University of Wisconsin, Madison. Her many awards include the Chamber Competition in Korea. She has been a soloist with the University of Wisconsin Symphony, the Korean Chamber Orchestra, and the Portland Columbia Symphony.

Hamilton Cheifetz has been described in *Fanfare Magazine* as "unquestionably a magnificent player" for his solo recordings, and he has performed throughout Europe, Australia, and Asia. A native of Chicago, Cheifetz began playing cello when he was seven and first appeared with an orchestra at



Julia Lee and Hamilton Cheifetz will perform on April 8.

the age of eleven. He studied with Janos Starker at Indiana University beginning at the age of sixteen. He has played at the White House for President Carter and was presented in a solo recital at the Sydney Opera House. Cheifetz is a professor of music at Portland State University and a founding member of the Florestan Trio. He can be heard in concert in recordings and videos at his website, hamiltoncheifetz.com.

The Music Committee is grateful that these two outstanding musicians can fit WV into their schedule. Take this marvelous opportunity to hear two beautiful concerts this month. We hope you will show your appreciation by making a contribution by cash or check at the door.



Amarcord will perform on April 4.

Jamey Espinoza takes wing! Carol Borjesson is following Jamey's new path and will have an article about his new career in the May issue of the *Willamette Views*.

Technology Updates

by Earl Westfall, Technology Councilor

A Security Reminder

We were all trained as children to lock our doors. It's ingrained in us. Unfortunately, securing our technology is not such a well-seated habit. This is just a gentle reminder to be as careful with our devices and applications as we are with physical security.

Here are a few best practices to follow.

When you receive an email:

- Remember to **always** check the address of the sender to make sure you recognize the email address.
- If you don't recognize the sender, **never** click links or attachments.
- If the email appears to be from a business or company that you patronize, check carefully for misspellings or poor grammar – that's a good sign that the email is not legitimate.
- and **DO NOT EVER** provide personal identification such as social security or phone number, account number or credentials, or payment information when requested through an email or text.

Call the source to verify that the request is authentic.

Protect your mobile devices – smartphones, tablets, e-readers – in the same way as your computer. Set a password on the home screen to prevent anyone else from using it without your permission.

Finally, it is good practice to change your passwords periodically on all your devices and applications.

Just a little care will provide a lot of security.



In Memoriam

February 22 – March 21

Denise Culbertson

Doris Dayog

Dan Rego

More ways to reduce one-time-use items

by Marilee Thompson, Green Team

As you may have gathered, I'm something of a recycling nut. But I'm especially an advocate of the first R in our motto: Reduce, Reuse, Recycle. It's better not to even acquire items that will have to be discarded.

This one is so easy to do: Save paper that has been printed on only one side. Use the paper you've saved to print temporary documents. You'll be surprised at how many things don't need pristine paper. You can opt out of the Tuesday shopping ads. Find the email or postal address on the front of the paper and opt out. It works. Take your own container for meal leftovers when you eat at Riverview and the White Oak Grill.

If you think of other ways to reduce our environmental footprint, let me know and I'll write about it, with your name printed, if you are willing.

Are there any Gold Star Recyclers out there? Silver or bronze? We got off to a good start, but I haven't heard from anyone recently. Go to the resident website, type *gold star* in the search bar, then tap *gold star checklist*. You will see the checklist, and you can see how many checked items you need to fulfill to achieve each level. Contact me for your certificate, which you can proudly display.

Apartment Moves

February 22 – March 21

	From	To	Phone
Jo Barney	708C	Out of WV	
David Barrett		207D	6813
Evan Black	246HC	Out of WV	
Ken Peterson	109NP	103NP	6564

A Beautiful Soul — Bea Gilmore, 1931 – 2021

by Ruth Friedel

Editor's note: Ruth Friedel was a close friend of Bea Gilmore, a beloved WV resident, and within the last year began writing Bea's life history. Bea's story has been told in three parts, which began in the February issue of the *Willamette Views* and concludes with this article. Bernard della Santina's remembrances of Bea, presented at her memorial service on January 13, are in the "An Inquisitive Life" section.

Women Who Inspire Us: Beatrice Gilmore, RN



Bea's 1955 photo, taken during her nursing school years, is on the OHSU website, under the headline above.

Part 3

Bea is Launched

After the flood, the Vanport families were moved to trailer homes on Swan Island, and Bea attended Roosevelt High School. The Portland schools were integrated at that time, at the insistence of the superintendent of schools. Bea played clarinet in the band and marched in the Rose Festival Parade, but Black girls were not chosen to be Rose Festival princesses representing their high schools.

Bea had to make choices about her future. She knew she wanted a career, marriage, and a family. "I asked God to help. I wanted to be a nurse. I wanted to make a difference in people's lives."

Bea applied for nursing school at OHSU and was accepted, though she also wanted to marry and start a family. She was assigned a roommate from Medford, and they became close friends. Bea sang at her wedding. Her teacher, Mrs. Collins, was a positive influence during those years. Bea married the Rev. Rozell Gilmore, born in Baxley, GA. Their firstborn child, LaVeta, was born during her second year of school. The family grew to include another daughter, Mary, and sons Anthony and Reuben.

Women Who Inspire Us

Bea was a successful student and had an impressive career. This tribute to Bea is found on the OHSU website:

"At OHSU, embracing diversity and equity is both a value and an ongoing goal – and has been since the 1960s. Before that, though, there were brave and smart people who came to OHSU and helped pave the way toward transforming our student body and workforce. One of those brave, smart people was Beatrice Gilmore. A member of the class of 1955, Gilmore was the first African American to graduate from OHSU's School of Nursing. She was also the only married student in her class, able to strike a balance that isn't easy to this day. Late in her career, Gilmore joined the community health care faculty at the OHSU School of Nursing. She also served as a voting member of OHSU's Institutional Review Board."

An Inquisitive Life

The family moved to Miami, Chicago, and Seattle, and then returned to Portland, as Rozell led churches during his ministerial career. In these diverse cities, they were introduced to a broader view of theology and other cultures.

Bea came from a strong Christian family, married into a strong Christian family, and lived a truly Christian life, but she always had questions that no one seemed able to answer. Even in college, training as a nurse, and as a mother, providing for and training her children, there was too little time for the big questions that still rattled in her inquisitive soul. In 2007, Bea and Rozell moved to Willamette View. Another world opened in retirement. Bea began painting and participated in classes on literature, art, history, yoga, and science. She joined discussion groups on current events, politics, and religion. Any time the subject of race and diversity came up, Bea was called upon to cast a calm, reasoned light on the issue.

She joined a small group reading the *Bhagavad-Gita*. Gradually, over time, the questions she had been asking began to be answered. Seen in a new light, from a new point of view, the Christian perspective became clearer. She even read a book analyzing the *Gita* line by line and word by word. Gathering seeds and harvesting fruit, Bea learned the vocabulary and found words to express answers that had always been hard to find. Thank you, Bea, for inspiring all of us.

Rear Window

by Frank Starr

OREGON JUNCO

In winter most of the ground-feeding sparrow-type birds head to warmer climes where seeds and bugs are more easily found. Not the Oregon junco, sometimes called “the snow bird,” because these birds hang around all winter and manage to come up with enough seeds and bugs to get along just fine.

Juncos seem to have the professionals in a controversy over how many species and subspecies there are. Different authors at various times have given different-looking juncos different names. Not many years ago, seven species of junco were described and given Latin nomenclature: Dark-eyed, Gray-headed, Mexican, Oregon, Slate-colored, White-winged and Yellow-eyed juncos. In today’s bird books, two species are recognized: Dark-eyed Junco (*Junco hyemalis*) and Yellow-eyed Junco (*Junco phaeonotus*).

That reminds me of the controversy of naming grizzly bears in the early 1900s. A famous naturalist, C. Hart Merriam, named over 50 species and subspecies of grizzly. By the time Penny and I were working with brown/grizzly bears, all were called *Ursus arctos*. The debate of “Is it a species, a subspecies or a variety” goes back to the 1850s and the work of Charles Darwin and Alfred Russel Wallace. The same holds for the juncos. Where you live determines which subspecies of junco you see most often. In Oregon, we see the Oregon junco, especially in winter, and occasionally other subspecies of Dark-eyed junco.

Well, shucks, if you’re still with me: All juncos have light pinkish-white bills, gray to black hoods, white bellies and white outer tail feathers. Those white outer tail feathers are real eye-catchers and distinctly say “I’m a junco.” They hop on the ground and rarely scratch as sparrows do. They’re looking for small seeds, their primary food, but they don’t turn down small insects. They nest in open mixed coniferous-deciduous forests with open spaces and brushy areas.

Junco courting starts with the male dropping to the ground from a low perch, his wings drooped. He spreads and lowers his tail, displaying white outer feathers, and sings softly. She will join him, and the pair hop with their wings drooped and their tails fanned, accentuating those white tail feathers. They form a monogamous pair, at least for the season. Together they build a nest in a shallow depression with overhead protection, often against something vertical – a tree or bank – providing more protection from hawks and other predatory birds. They will produce two broods of three to six 3/4-inch whitish-blue eggs splotched with reddish-brown. She incubates for 12 or 13 days. After hatching, the pair feeds the chicks partly digested and regurgitated insects for a couple of weeks.

The Oregon junco is visually distinct, but otherwise a typical junco. They are neat, flashy little birds that flit about forest floors. They have well-defined hoods, black on the male and gray on the female. They have reddish-brown backs and buffy-pink to orange sides. Of course, the female is more muted in her coloring, providing her better camouflage and protection.



Activity	Day	Time	Location	Contact	Phone
Ham Radio Rag Chew	Saturday	9:30 a.m.	146.4 frequency	Dale Harris	6482
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Carla Harris	6482
Briefings*	Second & fourth Tues.	10 a.m.	Heron Lounge	Johanna Niemitz	7231
Caregivers' Support Group	First & third Thursday	11 a.m.	Court Family Room	Linda Tofflemire	7355
Chorus	Thursday	1 p.m.	BH Auditorium	Holly Henderson	6704
CPAP/BIPAP Users Support Group	Last Tuesday	2 p.m.	Heron Lounge	David Brockman	7218
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Folk Dancing	Tuesday	3:45 p.m.	Multipurpose Room	Ellen Leff	6597
French Conversation	Tuesday	12 noon.	Riverview	Gail Durham	6815
Garden Committee	Second Tuesday	10 a.m.	Court Family Room	Susan Bolton	7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Room	Wayne Potter	6623
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Diabetes Group*	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Living with Pre-Diabetes Group*	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	2nd Wednesday	2:30 p.m.	Court Family Room	Sandra Gerling	6515
Mahjong	Monday	3 p.m.	Multipurpose Room	Pam Brown	6623
Manor Art Studio	Anytime			Gail Durham	6815
Manor and Court Workshops	Anytime			Robin Bolton	6430
Mindful Better Movement*	Saturday	10 a.m.	Fitness Studio	Anita August	7221
Mindfulness Meditation	First Sunday	4 p.m.	Terrace Auditorium	Frankie Borison	7215
	Second – fourth Sunday	4 p.m.	Zoom	Frankie Borison	7215
Mix & Mingle Bridge	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Ann Phelps	7213
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed. Friday	10 a.m. 1 p.m.	Pool Pool	Diane Powers Diane Powers	6640 6640
Plant-based Nutrition Group	Second Saturday	3 p.m.	Zoom	Jerry Smith	6502
Public Affairs Committee	Second Friday	10:30 a.m.	Plaza Mt. Jefferson Rm.	Paul Bosshardt	6823
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Paul Bosshardt	6823
Q&A by Craig and Kim*	Last Wednesday	3 p.m.	Zoom	Susan Di Piazza	7351
Recorder Beginners	Tuesday	11:30 a.m.	Multipurpose Room	Cindy Mahlau	6348
Recorder Consort	Tuesday	12:30 p.m.	Multipurpose Room	Cindy Mahlau	6348
Resident Council meeting	First & third Friday	9:30 a.m.	BH Auditorium, Zoom	Sandie Helmick	6511
Resident Food and Dining Committee	First Tuesday	2 p.m.	BH Auditorium	Phil Mirkes	6609
Team Trivia*	Second & fourth Mon.	6:30 p.m.	Terrace Auditorium	Sherman Bucher	7214
Technology Coordinating Committee	Second Tuesday	3 p.m.	Plaza Mt. Jefferson Rm.	Earl Westfall	7223
UUs at WV*	Third Tuesday	4 p.m.	Court Family Room	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	6454
Wine Tasting*	Second Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Room	Ann Rutz	6504

Listed activities must provide specific date, time, location, and contact person.
 Exceptions are activity locations that require calling contact person for access key.
 Keep information current; send changes to mhsoco@gmail.com.

**New or recently updated*