



Diversity and Inclusion Group celebrates two years of programming

by Helen Spector, DIG Chair

Who we are and what we do:

The Diversity and Inclusion Group (DIG) formed in 2017 to address concerns about micro-aggressions and unconscious bias in the WV community. In October 2021, DIG achieved recognition as a resident activity by the Resident Council. DIG's monthly programs use a Zoom format for presentation and breakout rooms for small group conversations. The DIG Steering Committee identifies topics, finds presenters or creates presentation materials, and posts notices throughout the WV campus.

Monthly programs and Open Forums help residents and staff

- Build understanding about how bias operates, and help everyone at WV feel more welcome, valued, and safe.
- Learn how cultural insensitivity, unconscious bias, micro-aggressions, and other inequities appear in our society and at Willamette View, and how we might respond.
- Expand our multicultural education and discussion through articles, guest speakers, films, and outings.

We appreciate input and topic suggestions from residents and staff.

Continued on page 13



Please join the DIG Meeting

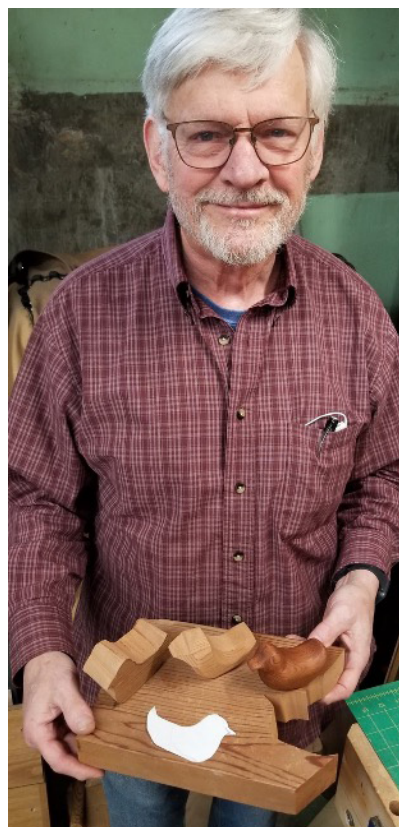
Tuesday, May 3 — 10 a.m.

Zoom Link in 4/29 Friday Notice

We need your voice!
How are we doing?
What would you like to see at DIG?

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A Bird in Hand

by Sherry Johnston

Such a lovely small, carved wooden bird that fits in the cupped palm of the hand and offers a soothing focus – a simple yet true description of **John Bouwsma's** crafted **Comfort Birds** that he recently donated to WV's Health Center.

John expanded his craft of relief carving by trying a 3D carving online pattern called Comfort Bird. Made from small scraps of wood, his little flock's number grew beyond displaying a few on the shelf. Inspired by the name Comfort, he decided to gift them to people when they were ill or grieving. And fortunately, he continued practicing his craft after he and his wife, **Nancy**, moved to WV in October of 2021.

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Left: John Bouwsma explains the steps of carving his Comfort Birds. Photo by Sherry Johnston

From the Resident Council

by Ann Phelps, Council Vice Chair

Why is Resident Council important to our community?

Twice each year, our community gathers for a meeting of the Residents Association. Next month, we will meet on **June 8** at 3 p.m. in the Blue Heron Auditorium. This will be followed by an “**Uncorked**” social event. Save the date on your calendar! New residents who have moved to Willamette View in 2022 will be introduced, and we will vote on constitutional changes and a slate of nominees for the Resident Council.

Over the past few months, the Nominating Committee, chaired by **Elise Meyers**, has been seeking out residents to participate in the Resident Council and to provide leadership for our various program areas. The Document Review Committee, chaired by **Chris Nacheff-Maneker**, has meticulously reviewed the language and content of the Residents Association Constitution. Proposed constitutional changes will be posted on the resident website prior to the Residents Association meeting.

Why is all this important to our community? As a new resident in 2019, I didn't really understand the purpose of the Resident Council, and I didn't start attending the twice-monthly meetings until the COVID shut us down. Initially, I just welcomed any opportunity to connect with other residents – even through Zoom. Listening to council members discuss and vote on important issues got me curious and, a year later, I got directly involved with council work. Now that I am serving as vice chair, I have asked many residents what council means to them. Here is a sample of some comments that I have received. “Attending council meetings gives me much more insight into what is going on – I feel less isolated.” “Council coordinates activities and resident communication for the betterment of the community.” “Council is essential as an organized way to interact with Willamette View administration.”

The Resident Council was founded in 1955. Although how we “look” today is a contrast from the formal attire of the first council meeting almost 70 years ago, we are still focused on the same purpose – listening to residents, promoting involvement in resident-led activities, building a healthy connected community, and maintaining communication between administration and residents.



First Resident Council, 1955



Resident Council Meeting 04-15-2022
Resident Council, 2022
Live in Blue Heron Auditorium or via Zoom



Save the Date!

Rite of Remembrance

Tuesday, June 21

7 – 8 p.m.

Blue Heron Auditorium

Willamette Views

A publication of the
Willamette View Residents Association
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Submit articles to
mhsoco@gmail.com
by the 17th of the month
or to 204BH.
Articles may be edited.

Intriguing title motivates reviewer to choose May's book selection

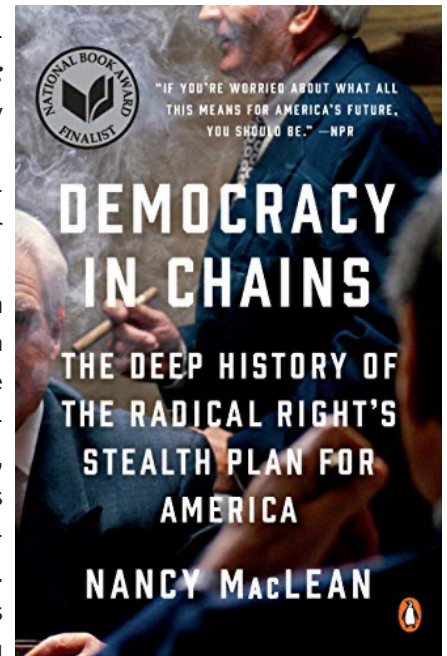
by Carla Harris

A book title so intrigued **Phil Mirkes** that he picked it to review here on Wednesday, **May 18**, at 10:30 a.m. in the Blue Heron Auditorium. ***Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America*** is written by Duke University Professor Nancy MacLean.

It attracted him especially in light of the media attention around the Far Right's attempts to overturn the 2020 election results and the many states' attempts at voter suppression.

The book documents how three individuals, spanning three centuries, led to a well-planned, well-organized, and well-funded assault on democracy in America. John C. Calhoun showed how the minority propertied elite in the South could suppress the civil rights of the majority; James McGill Buchanan provided philosophical and strategic underpinnings of 20th – 21st Century libertarianism and trained lawyers, scholars, and operatives who carried forward his strategy to eliminate all government functions except those relating to public safety – police and military. Finally, Charles Koch provided the deep pockets that have funded his libertarian ideology for the past 50 years.

A WV resident since 2013, Phil has presented book reviews twice before. He was Resident Council Chair in 2017 and is currently chair of the Resident Food & Dining Committee.



May Movies

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

Donations gratefully accepted

Documentary film

Thursday, **May 5: *California Typewriter*** (2017). Let Tom Hanks and David McCullough give you their words on why they prefer to keep their typewriters and where they know they can get them repaired. A little shop in Berkeley services many special typewriters, but also in time provides material for some unique street art.

International film

Tuesday, **May 17: *Khadak*** (Mongolia, 2007). A livestock plague forces a young Mongolian shepherd (Batzul Khayankhyarvaa) and his family to abandon their nomadic ways and relocate to a mining town. **Drama.**

Saturday night films

May 7: *Molly's Game* (2017). This is a true story of the beautiful young Olym-

pic-class skier who ran the world's most exclusive high-stakes poker game for a decade – until arrested. Jessica Chastain and Idris Elba led this Aaron Sorkin crime story to 19 award nominations. **Biography/Drama. Language, drugs, violence. R**

May 14: *Get Out* (2017). Going to meet the parents turns into a fun, scary, and thought-provoking experience for Chris (Daniel Kaluuya) when he finds out more than he wants to know about the family. Well told, impressively rendered, and very creepy. This provocative first feature from writer-director Jordan Peele is a bona fide thrill ride, winning the Oscar for Best Writer and the Ray Bradbury Award. Janet Friedman will lead discussion after. **Horror/Mystery/Thriller. Bloody images, language, sexual references. R**

May 21: *Whale Rider* (2002). Eight-year-old Kahu fights to prove her love, leadership, and destiny as chief of a New Zealand Maori village by the sea. Powerful and poignant, this film packs an inspirational message of female empowerment. Keisha Castle-Hughes stars; Niki Caro directs this Oscar-winning film. **Drama/Family. PG-13**

May 28: *Power of the Dog* (2021). Benedict Cumberbatch stars as a cowboy with a masculine identity crisis. Sadistic and mean, living on their isolated cattle ranch, he takes aim at his brother's new wife (Kirsten Dunst) and her son (Kodi Smit-McPhee). Jane Campion won the Academy Award for directing. Sylvia Randall will lead discussion after. **Drama/Western. Nudity, sexual content, animal cruelty. R**

Long process to help settle Afghan refugees nears objective

by Carla Harris

Desperate Afghan evacuees boarded planes for the US when all foreign troops left their country. A small group of residents here wondered if they might be able to adopt one of the families assigned to Oregon. The federal government was working with sponsoring agencies in 20 states.

Two of the group contacted Lutheran Community Services Northwest (LCSNW), one of the federally approved resettlement organizations in Oregon, to explore the process. Unfortunately, these agencies were severely short staffed because the Trump Administration had severely limited immigration.

At least 50 residents attended an open meeting of those interested in helping Afghan refugees. They met a second time to hear a speaker from LCSNW in order to learn more about what was involved in resettling, and on Zoom a resident from Northeast Portland's Cully neighborhood who adopted a refugee family discussed his experience. In the fall the Resident Council and the WV administration approved proceeding with the project.

A steering committee of 12 committed individuals began weekly meetings. Knowing that at least \$20,000 for a family of four – or \$5,000 per family member for larger groups – was the minimum required funding to apply for a family, they asked those who had attended the earlier meetings for pledges to be paid if a nonprofit organization could handle the funds, making them tax deductible. The response proved that funding could be secured.

The federal government provides \$1,200 per refugee and the Supplemental Nutrition Assistance Program (SNAP), and our state offers Oregon Health Plan coverage. Since refugees come with almost no belongings, however,



Before the crush of Afghans who sought refugee status when the Taliban took over their country, the earlier ones were able to leave the terminal in an orderly way at Kabul International Airport in the summer of 2021.

much was still needed. While awaiting assignment to a group such as ours, refugees have been housed in hotels or with family members already here.

The steering committee created seven Action Teams. The housing team of **Dennis Gilliam** and **Doug Morgan** began searching for an affordable apartment – somewhat of an oxymoron – and inquired about a possible rental of a WV-owned home across River Road from the campus. Dennis accepted leadership of the Jobs & Finance Team.

The teams recruited volunteers to assist in their special areas. **Rob Pirie** leads the Transportation Team and **John Niemitz** heads Health. **Donna Krasnow** and **Gail Durham** lead Cultural Adaptation, and **Barbara Nye** and **Glenda French** oversee the School Team. **Dale Harris** serves as Administrator.

After several foundations were approached without success, the neighboring **Oak Grove United Methodist Church** was contacted. Its enthusiastic Finance Committee agreed to receive the funds, provide receipts, and handle checks to be written for expenses, such as monthly rent for the first year and other costs. Letters went out to those who had pledged. A nonprofit was now available to receive the donated funds. Checks rolled in. As of mid-April, 37 individuals and couples had contributed \$35,550!

Doug and Dennis found an available two-bedroom apartment on Tacoma Street in Sellwood. It is now being renovated. Another Afghan refugee family already lives in that complex. In early April the committee was given the names of a four-person refugee family currently living in Hillsboro. Dennis, Dale, Barbara and Donna met April 10 with the parents and two preschool children. Unfortunately for us, the family preferred to stay in Hillsboro, where other family members live. They are already renting a very economical apartment there.

As this newsletter's publication deadline nears, the Steering Committee is waiting to be assigned a family. One possibility is a family of six, still living in a hotel. A WV-owned house may possibly be available for rent to the anticipated family. Both the apartment and the house have only two bedrooms, however. On April 15, the committee learned that LCSNW anticipates a new influx of Afghan refugees to arrive sometime in May. Whichever family is assigned, they will likely need furniture, clothing, housewares, and other basics. Furniture may be obtained from the Community Warehouse and the Mart.

The Way We Were: What Does Our Foundation Do — and Why?

by Carol Borjesson

Philanthropy Director **Loraine Collacchi** says the **Blue Heron Foundation At Willamette View** isn't just about money, "It's about doing the right thing. People donate for many reasons. Some want tax write-offs, but most people donate to give back to the community. And our anonymous donors? They give for the joy of giving. When residents move in," she adds, "they sign a Residency Agreement with Willamette View as part of Willamette View, Inc.'s tax-exempt charitable status and its Articles of Incorporation to work with residents if they have financial challenges so they can continue living here, within the limits of our financial capacity. Being a 501(c)(3) means we provide financial assistance when it's needed – such as help with room and board, home care expenses, medications, and medical equipment. We can also provide a list of outside CPAs and attorneys to those who ask. And if residents fear they're the victims of fraud? We can check into that, too."

The Foundation can also lend a helping hand to residents who perhaps are curious about how well their money is holding up as they age. "We ask **Brian Thompson**, Willamette View CFO, to re-run residents' numbers for them if they are concerned about their ability to pay. He'll give them a letter saying everything's fine – or he can offer budget-planning help that on occasion includes identifying in advance when a resident might need assistance and put in place an approved plan for Willamette View to provide this assistance if and when it's needed."

A warm connection between residents and staff has always been a part of the Willamette View culture. Nowhere is this more evident than in the Foundation's scholarship fund. "The idea originated with **Ernie Zumbrennen** and **Carol Fibish** to honor Carol's husband. **Alan Fibish** would be sitting in the dining room, quizzing servers about what they planned to do with their lives. He was always encouraging younger staff members to pursue further education. The Fibish scholarship program led to partnering with Clackamas Community College. So far, we've raised more than \$120,000 for scholarships. To qualify, employees need to have worked at Willamette View for at least 6 months and 1000 hours. Classes don't have to be related to their work here, but more than half the applications are for CCC's nursing program."

Loraine says all donations for the movies and other on-campus programs are matched by the Foundation up to \$10,000 a year. This grant provides funding to the Resident Council for discretionary allocation for resident activities. The Blue Heron Foundation also funds **Art in Public Areas** and the **libraries**, along with paying a portion of the **chorus director's** salary. "We look for needs and figure out ways to address them. That's led us to work with youth in our area, which is where the **Backpack Buddies** program started. We consider the impact various youth-based programs can have. And we proactively try to address the ones where we can do the most good," says Loraine.

Many layers of oversight have been built into the way the Foundation does its job. The Blue Heron Foundation Committee, a committee of the WV Board of Directors, offers recommendations to the Willamette View Board for disbursement approvals. One committee member is always the past chair of the Resident Council and the rest of the committee is made up of residents, WV board members, and community members. The Willamette View Board of Directors makes the final decisions about how the funds are disbursed annually. Last year, approximately \$330,000 was paid out from the various donor funds.

"We have many needs on a campus this size," says Loraine. In addition to helping finance construction of the Riverview building, the Foundation budgets for specified community initiatives such as the **Honoring the Aging Mind** education program and the **Sunflower Club**. "That program has been well received – largely because we sat down with residents, staff, and family members over the last three years to get input. They all wanted practical information. So that's what we provided."

Loraine was with Charles Schwab for many years helping clients invest in their portfolios. She sees a similarity. Just like investing in one's own future, "to me, philanthropy makes possible the dreams and desires of our community. It's an investment. In the community."

✓ Check it out

by Linda Panaretos Thomas, Library Committee Chair

Library Automation

Last month I wrote about how to access the Library Catalog, either from the library computers or your home computer. There is a lot that goes on behind the scenes to maintain accurate records – where the book is located, if it is available or checked out, when the book is due, and much more. The company that hosts our automated system and keeps track of all this data is **ResourceMate**.

ResourceMate focuses on the needs of small- to medium-sized libraries by offering comprehensive cataloging, searching, circulating library automation software, and technical support. Two residents – **Paul Fiske** and **Cheryl Brockman** – are responsible for keeping this system operational.

In 2014, Paul and the library staff made a thorough review of library operations to determine the requirements needed to select a system for automating the library. Aside from the operational requirements, it was also necessary for the selection to be compatible with the library budget. This review led to selecting ResourceMate.

Paul had an extensive computer mainframe career with IBM and Visa. When setting up our online library system, he trained himself on the major aspects of the library application. He set up each library computer with the library online catalog (OPAC). He also set up multiuser, network connected computers in each library workroom. These are used for collection and ResourceMate maintenance.

In July 2014, many volunteers spent several hundred hours converting the library records from a card system to the digital system. By July 2015, they completed the entering of several thousand books into ResourceMate.

In January 2021, Cheryl Brockman, who was trained by Paul, became the Automation Manager, taking over the responsibilities Paul previously managed. She maintains quality control over the data entered in ResourceMate. Additionally, Cheryl and Paul created detailed instructions to document a variety of library and ResourceMate processes. Working with the Collections Manager, Cheryl developed new reports for books purchased, which can be distributed electronically to residents. She also created detailed circulation reports, which are used by library staff to determine that the books we purchase are meeting our residents' interests. Paul continues to advise on ResourceMate as needed, and now focuses on keeping the library computers up to date and functional.

Paul and Cheryl are just two of nearly 60 volunteers, many of whom perform more than one task, to keep our libraries running smoothly. If you're interested in learning more about being a library volunteer, please contact me at lmmarks621@gmail.com.

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, **May 11**, 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.

Pet a Pooch News

Standard poodle **Rossa** and her owner **Barbara Limandri** will be in the Plaza lounge on Tuesday, **May 3** and **17**, from 2:30 to 3:30 p.m. **Emma**, a goldendoodle and owner **Marie Gilliam** will be in the Terrace lobby on Monday, **May 9** and **23**, from 10:30 to 11:30 a.m. **Bonny Belle**, a beautiful black poodle, and owner **Judith Webber** will be in the North Pointe lounge on Friday, **May 13** and **27** at 10:30 a.m.

Words of wisdom and experience
etched in glass
in a modern memorial section of
Auschwitz Concentration Camp:

Genocide presents us with an image so appalling that it can be damaging even to look. We know that repressing memory, willed forgetting, is perhaps the greatest danger we face as a species. If we want to remain fully human, we have no choice but to confront and remember the past, to learn, and to act on what we've learned.

from Steven Spielberg's
Righteous Persons Foundation
submitted by Glenda French,
seen at Auschwitz in 2019

A Bird in Hand

Continued from page 1



John Bouwsma works in his corner of the Court woodshop. Photo by MH Socolofsky

John's talent for shaping wood began humbly when a much younger and then-hippie Bouwsma couple bought rural northern Minnesota acreage. To make a go of living off the land, they needed to roll up their sleeves and build a house, barn, and such. From that pioneer beginning, he returned to college and earned a manufacturing engineer degree at age 47. His natural focus in developing understanding of the process of creating his project and refining his work through practice continued to hold firm.

His interest in creating curves out of grained wood and joining pieces to form shapes include creating furniture

and building boats. John's custom-made furniture and carvings, along with Nancy's amazing quilts, fill their apartment with warmth and interest.

John's impressive hand-made working station nestles in the back corner of the Court's woodshop, and his donated sophisticated woodworking machines contribute greater creative ranges for his fellow crafters. Mentoring the occasional beginners rounds out his interests. The Bouwsmas' intention to move to a retirement community while they still possessed "oomph" certainly proves to be evident in their growing number of WV friendships. We're grateful you chose to join us.

Apartment Moves

March 22 – April 21

	<i>From</i>	<i>To</i>	<i>Phone</i>
Peggy Christensen	607A	Out of WV	
Jim Hare & Cathy Kirkland		508D	6307
Elizabeth Olsen		109N	6343
Maurine Taubman	402D	401NP	7236

In Memoriam

March 22 – April 21

Zeno Katterle
 Ruthanne Moore
 Marion Simpson
 Wilbur Warner
 Jane Work



*Progress in the Triangle Garden
 Photo by Candace Bradley*



*Where there's a will, there's a way!
 Construction workers hoist beam to upper floor.
 Photo by Walt Lundberg*

Incoming residents look forward to involvement and new friends

Photos by Mike Lincicum



David Barrett moved to a new home in 207D in early March, coming from Copalis Beach, WA. He grew up on the East Coast and moved to the Seattle area as a young teenager. He attended college in Connecticut and then moved back to the state of Washington, where he lived in Seattle, Shoreline, Edmonds, and finally, the Washington coast.

He earned a BA, MS, and PhD from Yale University between 1963 and 1976.

David received his license as a clinical psychologist in Washington state in 1978. He worked in community mental health centers in Bellevue, Puyallup, Whidbey Island, and Lynwood in both clinical and administrative positions. He moved into private practice in Edmonds and later in Ocean Shores.

His interests are reading, growing orchids, bridge, swimming, ancestry, and travel.

David has two sons. One son and family live in Portland. He loves WV's grounds and being near the river.



Elizabeth Olsen came to 109N from the Alphabet District of NW Portland on March 31. She grew up in Canada and lived in Toronto, Calgary, and Vancouver, BC, before moving to Portland in 1975.

She earned a BSN from Linfield University before attending Western States Chiropractic College in Portland, earning a DC.

Elizabeth was an Associate Professor in the Clinical Sciences Division at Western States Chiropractic College, where she taught for 23 years. She later worked as the Client Services Coordinator at the Compassion in Dying Federation. Her early clinical experience was in women's health care and later, with end-of-life choices.

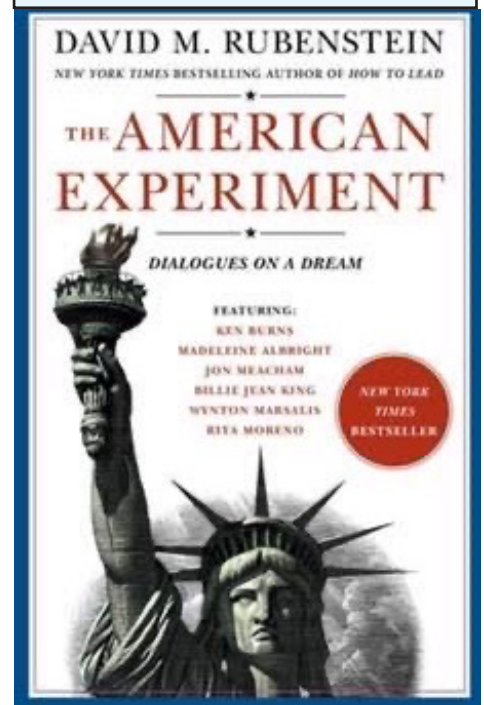
She has volunteered with Portland's NW District Neighborhood Emergency Team (NET) and the Compassion and Choices Oregon volunteer team. She visited seniors with her pet-assisted therapy dog – now deceased.

Here at WV, she looks forward to learning more about the Blue Heron

Visitor Program, the Green Team, and the Resident Emergency Response Team (RERT). She hopes to return to some favorite activities, including walking, dancing, and travel. She loves movies and film festivals. She chose WV because of the continuum of care, the warm and friendly staff and resident community, the beautiful location, and the opportunity to learn, grow, and make many new friends.

Try This Title

by Penny Fiske



"At a time when listening is harder and divisions run deeper, David's interviews soar above the noise. They are hopeful, inspiring, and rigorously authentic."

Valerie Jarrett

"A stirring reminder of what our 'American experiment' has achieved so far and what's at stake as we move forward."

Katie Couric

**Publication date: 2021
Manor Library 973 RUB**



WV Chorus President Holly Henderson, accompanist Barbara Maxwell, and director Reece Sauv e rehearse for the spring concert.
Photo by Sue Bosshardt

Armchair Travel presents
A National Geographic Expedition to Antarctica

by Anita and David August, Armchair Travel Committee

Step aboard with **Candace Bradley** on a virtual trip of a lifetime to Antarctica on Monday, **May 23**, at 7 p.m. in the Blue Heron Auditorium. Picture New Year’s Eve 2006 – it’s summer in the southern hemisphere and it’s 20 degrees. You are on a National Geographic Expedition for a two week journey aboard their flagship, the *Endeavor*. Your ship pulls alongside this continent that has a mile-deep layer of ice. Did you know that only three plants grow here? How many animal species will you see? Imagine walking on an island that’s only three square miles in size. There you are with a gentle breeze blowing around you, a couple of dozen fellow travelers – and 100,000 penguins. The program will be videotaped for later viewing on the resident website.



Willamette View Chorus to present
“Sunrise, Sunset” concert

by Sue Bosshardt, Chorus Vice President

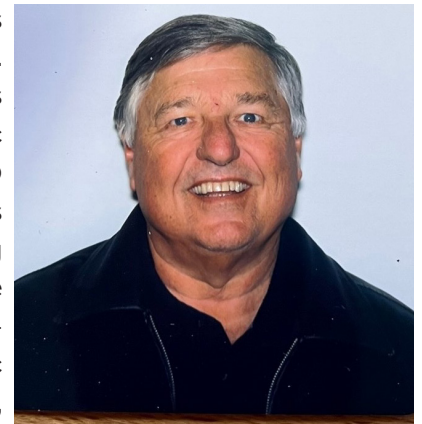
Because guests may attend this concert, there will be two attendance opportunities: Wednesday, **May 4**, at 7 p.m. and Thursday, **May 5**, at 2 p.m. in the Blue Heron Auditorium. Chorus members are excited to appear maskless for this upbeat concert. In addition to the title song from *Fiddler on the Roof*, the program includes “Goodnight, My Someone,” “Beautiful Dreamer,” and other favorites, old and new.

How to Solve Portland’s Homelessness Crisis is focus of Public Affairs program

by Doug Morgan, Public Affairs Committee

On Thursday, **May 19**, in the Blue Heron Auditorium at 7 p.m., **Michael D. Gleason** will speak about ways to

address the homeless problem in our cities. He is one of Oregon’s most respected public servants, with over 45 years of experience as a city manager serving the City of Eugene. He worked with Lane County as well as other Pacific Northwest jurisdictions, including Sweet Home,



Walla Walla, and King County. He has gained celebrity status for his role in creating the CAHOOTS (Crisis Assistance Helping Out on the Streets) program in Eugene – an alternative to the classic police response to address crises within the homeless community. Since retiring from public service, Mike has continued as a private consultant, helping local government improve performance and build citizen trust in our local democratic institutions. He and co-author Doug Morgan wrote a book to help local elected officials improve their governing roles – **Local Elected Officials: Guardians of Good Governance** (Melvin and Leigh, 2020). As a resident of the Pearl District, Mike has spent much of the past three years developing a strategy to address Portland’s growing homelessness crisis.

Outings Group offers daytrip to McMenamins Edgefield

by MH Socolofsky, Outings Group

On Wednesday, **June 1**, the WV bus will transport 24 residents to the original McMenamins in Troutdale, which is on the National Register of Historic Places.

Built in 1911 as the Multnomah County Poor Farm and later a nursing home, Edgefield has been a structured institution and a refuge for people of all backgrounds. Saved from demolition after seven decades of operation, the 74-acre property is now a playful gathering spot for guests of all ages.

The bus will leave the Manor at 9:30 a.m. and arrive at Edgefield in time for an 11 a.m. tour of the main buildings with an opportunity to learn their history and view the unique door paintings. Lunch at 12 noon will be in a private dining room in the Power Station Pub. Menu options include burgers, sandwiches, salads, and McMenamins

specialties such as steak and frites, fish and chips, and a brewmaster's sausage plate.

Free time after lunch will provide opportunities to explore the glass-blowing center, stroll the gardens, and browse the gift shop. Edgefield wine is bottled on the property and the Edgefield brewery produces ales, hard cider, and specialty beers. The Edgefield distillery crafts whiskey, brandy, and rum.

The bus will return to WV between 3:30 and 4 p.m.

Signups will be in the Manor lower level beginning on Wednesday, May 11, at 8 a.m.

A bus fee of \$10 will be charged to residents' accounts. The fee for the trip is also \$10, which participants will send to Box O by in-house mail. There are ramps for walkers and wheelchairs



in most of the buildings, but exploring the grounds requires some steady mobility. There are lots of areas to sit and enjoy the activity and scenery.

Participants should bring cash or credit cards for lunch, the gift shop, and other shopping opportunities. Call **Elie Albert** (2750), **Ron Ture** (7028), or **Mary Helen Socolofsky** (6432) for more information.

MusicWorks presents Americana music by Woodlander

by Harvey Leff

On Tuesday, **May 3**, in the Blue Heron Auditorium from 7 to 8:15 p.m., MusicWorks will present the **Woodlander Trio**, a group that has played together since the 1970s. They formerly played in a popular Northwest rock/country/bluegrass band called Wheatfield, which was recently inducted into the Oregon Music Hall of Fame. They perform with a variety of unamplified instruments as an acoustic Americana trio, with a strong tilt toward original songs and a well-developed talent for entertaining audiences.

Woodlander consists of **Kerry Canfield** on upright bass and accordion, **Paul Douglas** on guitar, fiddle, and harmonica, and **Will Hobbs** on guitar, mandolin, harmonica, and flute. All three write songs, and Will has won several local and national music and lyric competitions. They have honed three-part harmonies, along with various combinations of instrumentation and musical influences.



On their self-produced and self-engineered CD, *Oregon Routes*, they played 15 different instruments, sang all of the harmonies, and wrote all but one of the songs. The CD has met with good reviews, such as, "The trio's whip smart playing and windswept vocals provide much to be enjoyed, and fans of old school country and unplugged Americana are in for a particular treat." Willamette View residents will find Woodlander's music engaging and fun.

A Warm Waterfalls Welcome from Lead Server Larry and Staff

Story and photo by Joline Shroyer

Our cordial Waterfalls greeter and server **Larry Menard** is a native Portlander, born into a family of Trail Blazers fans. When he was 7 years old, Larry's family moved near Cleveland, OH, where he became a Little League Baseball pitcher. His team advanced to the state tournament, where his highlight was pitching a one-hitter. Larry remains a loyal fan of Cleveland teams as well as of the Blazers.

At age 13, Larry and his family returned to Milwaukie. He graduated from Parkrose High School and business college, and then began work as a shift leader for Jack in the Box, working with **Lisha**, now his wife, whom he calls "the sweetest, kindest girl." Their parents quickly became friends also, and they formed a close, supportive family.

Larry was employed for six years at Portland's Terwilliger Plaza, a CCRC similar to Willamette View, before serving six years in security for sports events and concerts at the Oregon Convention Center and other local venues. Realizing that he would rather interact with people in a more person-



al, helpful way, in 2019 he joined Willamette View as a shift leader for Riverview Dining Room before becoming the lead for the reopened Waterfalls.

Lisha works at the Gateway Fred

Meyer store, and she and Larry live in Parkrose. Son Larry, named for his dad and grandfather, is 17 and interested in marine biology, while 12-year-old daughter Roxy excels at arts and crafts.

Family hobbies are sports, outdoor activities, board games, and music. Larry avidly collects sports memorabilia – some special treasures are basketballs signed by famous Blazers Clyde Drexler and Jim Paxson, as well as a rare, one-of-a-kind template sports card for emerging Blazers star Anfernee Simons.

Larry's focus is to bring cheer to residents, and to try to make each day "a bit different from every other day," especially with pandemic limitations in our lives. One of his ventures is to convert Waterfalls into a beer-and-snacks sports bar for daytime OSU and UO games, so residents can gather together to root for their favorite team.

Staff at Riverview say they miss working with Larry there, but Waterfalls gained the benefit of his friendly, welcoming service.

APA takes inventory across the campus

by Candace Bradley, APA Chair

The **Art in Public Areas Committee** is putting in hundreds of volunteer hours taking inventory of all the pictures in the campus hallways and public areas, including libraries and lobbies. The inventory is taken every three years, but it has expanded this year to art located beyond the resident hallways, and has added the process of physically attaching a new type of inventory tag to each picture. The inventory team, shown in the photo, from the left includes **Bob Bubel**, **Mary Holderness**, **Ginny Seabrook**, and **John Holderness**. Not pictured are **Mary Gayle Van Ingen**, **Donna Krasnow**, and **Mary Norman**, who follow the team and apply earthquake putty to keep each picture straight.



Concert by talented string players from PSU

by Ginny Seabrook, Music Committee

Two chamber groups, a trio and a quartet from Portland State University, will perform in the Blue Heron Auditorium on Friday, **May 6**, at 7 p.m. These groups are chosen by the string faculty and comprised the most advanced music majors in the School of Music. These particular ensembles have been working together since September and re-

ceive weekly coaching from **Hamilton Cheifetz** of the music faculty. They also rehearse on their own each week. Most of the music students at PSU are Oregonians, but students from Texas and Tennessee have auditioned for the term beginning in the fall. Cheifetz says his hope for the students is that they receive excellent instruction, technically

and musically, along with lots of performance experience. The chamber music emphasis is an opportunity for students to learn to be sensitive and effective communicators. This training, together with their private lessons and orchestra activities, prepares them for graduate work followed by a career in teaching and performing. Cheifetz feels strongly that music is a powerful force for healing on every level, and bringing beautiful music to the community is part of his mission. The SECO (String Ensemble Community Outreach) program began a few years ago. SECO enables students to perform in prisons, retirement facilities, and schools. They receive an honorarium thanks to a generous donor. Willamette View appreciates this opportunity to hear young talent and to support the PSU music scholarship fund.



Anthony Allen shares musical gifts with Willamette View

by MH Socolofsky

Anthony Allen was born in New London, CT. He grew up in New Haven and lived in Portland, ME, and the Greater Boston area. He attended the Longy School of Music of Bard College in Cambridge, MA, located in Harvard Square. He plays baroque violin, flute, viola da gamba, recorder, keyboard, and is also a vocalist. His musical career has been in performance and teaching. He performed with Portland (Maine) Opera Repertory Theatre, including a choral part as a monk in Puccini's *Tosca*.

Anthony's secondary career has been as a horticulturist, working in wholesale nurseries, garden centers, and as a landscaper, specializing in ornamental trees and shrubs.

He moved to Portland 10 years ago, and has taught recorder classes at Willamette View for seven years. WV has a steadily growing group of recorder players, and classes are offered from beginning level to advanced players.

On Thursday, **May 26**, Anthony's **WV recorder**

classes will present a concert in the Blue Heron Auditorium at 7 p.m. They will play a varied blend of music, from Gabrieli's "Canzon" (1608) to Scott Joplin's "The Entertainer" and Henry Mancini's "Baby Elephant Walk," and much more – with selections of Renaissance, ragtime, swing, and jazz on the program.



Speaker to address local watershed management

by Ellie Albert, Education Council Team

On Monday, **May 2**, at 10 a.m. in the Blue Heron Auditorium, Urban Conservationist **Mary Logalbo** will present the third program of the Education/Green Team Lecture Series on Environmental Resource Management. Ms. Logalbo is with the West Multnomah Soil and Water Conservation District. Her topic will be **Managing Our Urban Watersheds**. She has managed a wide array of urban conservation and restoration programs. She has served as the Diversity Equity and Inclusion Committee co-chair and has managed the creation of the district's new five-year strategic plan. She has recently assumed management of the district's education and grant planning. Her program will cover local urban watershed management in Kellogg and Johnson creeks, as well as watershed management within the broader challenge of land management in an age of climate change.



Urban Conservationist Mary Logalbo

Diversity and Inclusion Group celebrates two years of programming

Continued from page 1

Looking forward:

We need to hear from YOU for our programming to reflect Willamette View residents' interests and needs. Please tell us:

1. What worked well for you? What have you learned from past DIG programs?
2. What topics do you encourage DIG to include in the coming year?

For more information, or to join the DIG email list, contact a member of our DIG Steering Committee: **Paul Bosshardt, Jane Cadwallader, Sharon Gross, Joyce Liljeholm, Steve Ott, Pat Watne, or Helen Spector.**

A partial list of earlier DIG programs is below.

2020 -2021	2021-2022
Unconscious Bias: How it Works To Be Myself: LGBTQ Poetry Micro-Aggressions MLK Day: Whose Land is This? Northwest Native Americans: What's Next? Anti-Semitism Holocaust Remembrance Stereotypes: How to Break Them Juneteenth: Say Their Names White Supremacy	White Fragility: Why is it so hard to talk about Racism? Confederated Tribes of the Grand Ronde – Federal Indian Policy Gallery Display: First Nations of the Willamette Valley Sexism Human Trafficking – The Dark Side of Sexism City of Milwaukie Equity Mgr.

Join the “**And This I Give You**” workshop on Tuesdays, **May 3, 13, 20, and 27**. These four one-hour sessions focus on recording helpful insights you learned while living your life. Passing on your experienced wisdom to loved ones not only offers them support on their own journey, but also a deeper sense of what guided yours.



Counselor Linda Tofflemire and resident Sherry Johnston are facilitators. Limited to eight participants. Contact Sherry (6410) or at pilgrimgal@gmail.com for registration and details.

Around the Campus by Donna Kling



A goose laid an egg in the street outside of North Pointe. Donna moved it to nearby bushes. Will Mother Goose incubate it?

Jamey Espinoza takes wing – and returns to teaching youth

by Carol K. Borjesson

Jamey Espinoza made a difference at Willamette View. We won't soon forget his integrity, his intelligence, his spirit, and his dedication to educating us about his people.

Jamey left us in February – before most of us even knew he was going. “I would have stayed at Willamette View for the next 30 years,” he said. “But then I got a call to action. From the universe. I feel blessed every time I hear it.” It was a call he could not ignore – to return to teaching Native skills, wisdom,

and the love of nature to the children of north Portland – including those from his own tribe.

Jamey has taught in the Portland public school system. On special weekends, he would take his students on forest outings. He showed them which plants were edible and which were not. If children tasked with cooking a meal asked where the matches were, Jamey taught them how to make a fire. The Native way.

When the county school budget was cut, classes grew so large he couldn't connect with individual students. Without discretionary funds, the forest outings ended. Frustrated, Jamey eventually quit. And hired on at Willamette View.

Then the pandemic hit Portland. Kids had to learn to use Zoom to access their classrooms – but it worked better if one parent stayed home. “The kids in north Portland often have no such options,” said Jamey. “No WiFi, no laptops. Both parents must work full-time to put food on the table. These kids from my old neighborhood deserve good care and teaching. They just happen to live in the ‘wrong’ area.”

In 2020, Jamey's former co-work-

er started taking her children to a city park after home-schooling them for the day. A teacher and education director for 15 years, Lesley Marshall enriched their lives with outdoor adventures. Other parents wanted their kids to join hers. That was the start of the Portland Education Collaborative (now called the Northwest Adventure Company) – a small group of teachers who want to provide kids with healthy outdoor learning opportunities after school, before school, and in the summer.

Jamey is training the other teachers how to connect children to nature – to treat it with respect and let it teach them, as it has taught Native Americans. “Our kids will get the same curriculum as every other kid,” says Jamey. “And they'll get more – because they'll interact with nature, too. They'll learn about the outdoors, about conservation, and they'll be taught nature-based skills, especially in the summer. There's no cultist philosophy. No dogma. It's all about kids learning about and enjoying the outdoors.”

We'll revisit Jamey later in the year to see how the adventure is proceeding.



Jamey shows his handmade utilitarian crafts and art pieces in a program for WV residents in January 2020.

Apps for better hearing available on your phone

by Anita Francis

When someone talks to you and you can't understand what they are saying, maybe because of too much noise nearby, your smartphone can help! There is an app that captions what someone within two to three feet of you is saying! It's like TV captions, but instantaneous. I use it every day. Most people I'm talking with quickly understand how much it helps me and they appreciate the way it eases our communication.

The app I use is **Live Transcribe**. The cost is about \$4 per month after a free trial period. It is available on both Apple and Android phones.

If you need help setting up the app on your phone, call Shandi Walter (6793) or anyone on the Tech Committee. Jon Cottrell (503-708-8398) is experienced with iPhones and willing to help.



Rear Window

by Frank Starr

Itsy-Bitsy Spider

On a beautiful sunny but windy day in April, I pulled a chair up to the fence in the Manor backyard to watch the river and world go by. Two Canada geese were mowing the lawn near me. As I sat, they moved up closer, totally ignoring that curious human watching them. Only a few feet from me, they kept cropping grass. I wondered if they were picky about what they ate. They gobbled lots of Kentucky bluegrass, stayed away from crabgrass and bunch-grasses. They moved past some tiny flowering plants and a dandelion. Strictly eating good grass!

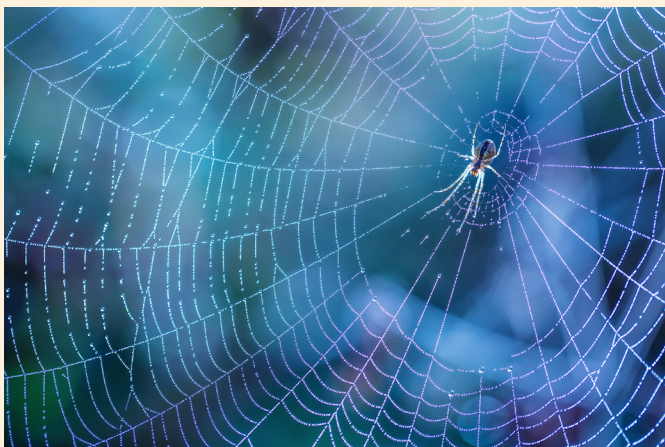
A tiny triangular-shaped, winged bug landed on my leg. It was pale green, almost translucent. It just sat there doing nothing that I could perceive. Soon, I noticed a little spider walking up my pants leg. Did it have the tiny bug in mind for lunch? Nope! It just walked by the little winged arthropod. I put my hand down and encouraged the spider to climb on. It did. I brought it closer so I could watch what it would do. It walked around and settled on the back of my hand, raised up on its toes with its butt pointed to the sky and extruded a strand of silk. The silk was pulled laterally by the wind. My spider turned and retrieved the silk, eating and recycling the silk that it would reformulate into a new strand of silk.



The process of moving from a normal spider-like position with eight legs extended to the side, to standing as tall as those long legs would permit, with rump up, and the release of a stream of silk, was repeated several more times. Each time the wind pulled the silk horizontally. On maybe the fifth release of a strand of silk, the wind was calmer; it carried the silk and the little spider up and off to who knows where.

This is the process of spiders migrating and relocating or occupying new land. After the eruption of the volcanic Indonesian island of Krakatoa in 1883, scientists had an ideal opportunity to study the repopulation of a totally uninhabited island. The first documented resident of the remnant island – *Anak Krakatoa* – was a spider carried many miles at the end of a wind-borne thread of spider silk.

Both my little winged bug and the spider are members of the phylum Arthropoda, the largest and most diverse phylum of life. Trilobites and lobster, crabs, ants, millipedes, house flies and butterflies – almost any insect you may see is a member of the arthropod phylum.



Arthropods have cuticle exoskeletons – an exterior skin, or shell, of chitin – the same material as your fingernails. They have segmented bodies, consisting of head, thorax, and abdomen, with jointed legs and no bones (spider's head and thorax are combined in a cephalothorax). Exoskeletons can't grow. For arthropods to get bigger they must shed, or molt, their skin, which leaves them pretty vulnerable – delighting predators – until a new shell forms and hardens.

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
Catholic Communion Group*	Wednesday	11 a.m.	Terrace Auditorium	Laverne Flaherty	6420
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
Carpet Bowling	Mon., Wed., Thurs, Fri.		Court 1st Floor	Don Borjesson	6643
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
Gentle Yoga with Charlie*	Monday, Wed., Friday	10:45 a.m.	Plaza Sunroom	David Kohnstamm	6727
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	1:30 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	Fitness Studio	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.	10 a.m.	Pool	Donna Krasnow	6418
	Friday	1 p.m.	Pool	Donna Krasnow	6418
Plant-based Nutrition Group	Second Saturday	3 p.m.	Zoom	Jerry Smith	6502
Pickleball*	Sunday, Tues., Thurs.	9 a.m.	Sports Court	Gary Smith	6454
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	11:15 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

Keep information current; send changes to mhsoco@gmail.com.

**New or recently updated*