



Refugee resettlement takes new direction with positive results

by Carla Harris

The long search for a refugee family supported by Willamette View residents has finally succeeded, but has turned out to benefit a different group of people than originally intended. The 10-member steering committee learned last spring that more Afghan refugees might arrive in May. Then that shifted to September or later. Afghan families arriving in Oregon preferred to settle in Washington County once they got here, however.

Time to reevaluate. The committee learned that members of a **Ukrainian Mennonite Church** in Milwaukie

were housing 25 refugee families. Although generally referred to as refugees, the federal government terms those from both Afghan and Ukraine as “humanitarian parolees.” After months of planning, it took just a few weeks to refocus the program to assist a Ukrainian family. The church selected a specific family. The committee assisted in arranging a lease through WV’s property management company for a well-maintained two-bedroom house on SE Evergreen Street. The committee contacted the 39 contributors who had donated \$38,000 to make the Afghan

refugee project possible. Those who wished to have their funds transferred to an agency still aiming to assist Afghan refugees could have their contributions redirected there. No one took that option. The **Mart** and **Carousel** generously provided the needed furniture and housewares without charge, with the understanding that these items would be returned if and when no longer needed. The committee bought beds, mattresses, linens, and other basics, including a high chair, from local stores. On **July 7**, our long-awaited family moved in. *Story on page 4*

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Meet David, Rita, and Kamala Karbunar, a newly sponsored Ukrainian resettlement family. A new baby will join the family in December.

Photo by Dale Harris

From the Resident Council

by Ann Phelps, Council Vice Chair

What's on the fall agenda for the council?

As we look ahead to the fall, the Resident Council has created a work plan that sets out an ambitious agenda. A "work plan" does not by itself sound like something exciting to read about, but please read further, and see whether anything sparks some interest for you.

The Resident Council serves as a liaison between residents and administrators. We are also responsible for supporting ideas to enhance our daily life at Willamette View. Our fall work plan focuses on three areas: (1) transition to the new resident website, (2) develop **Google Workspace for Nonprofits** as a collaboration tool for residents to use as a team to create, share, and archive documents, and (3) increase resident awareness of and engagement with council and resident activities. Leaders have already stepped forward for these projects. **Technology Councilor Earl Westfall**, with the help of **Eva Laevastu** and many others, is leading website development and implementation of web-based communication tools. We are all going to be challenged to become more computer savvy! **Education Councilor Doug Morgan** will lead a team to develop and implement new strategies for bringing us together as a community. Doug is looking for volunteers to participate on this team.

Do any of these topics interest you? You do not need to be a council member in order to serve on or to take a leadership role on a work project. Council meetings will start up again on **September 2**. Residents can attend council meetings in person or via Zoom. At each meeting there is an opportunity for those attending to ask questions or make a comment. We also monitor the chat feature on Zoom. Attendance at council meetings averages 65 residents. You may think that council meetings are unexciting and not relevant to you – councilors give reports, the treasurer gives a financial statement, motions are presented, and votes are taken. So, you may ask yourself, "Why should I be interested?" In order for us to have a strong and vibrant community, we need your input. Council wants to know what is important to you and how we can best serve your needs. I hope that you will plan to attend meetings this fall, so that you can track our work plan progress and contribute your ideas. We care about what you think. And, finally, remember that you can always email a question or concern – or put a note in our in-house **Mailbox L**. Speak up! We like hearing from you!

The **Pen Pal program** is ready to begin. If you are interested in being a pen pal for an elementary student at **Oak Grove Elementary School** this year, contact **Patsy Steimer**:

patsysteimer@gmail.com

Please include your name, phone number, email, and mailing address. Being a pen pal requires writing a brief monthly letter to a child, showing your interest, caring, and support.

The Library is looking for an **automation manager**, for a term to begin in January 2023. The manager is a member of the Library Standing Committee and reports to the Library Chair. The primary responsibility is to maintain the library catalog using ResourceMate, an automation software product for small libraries. Training available. Contact **Linda Panaretos Thomas** at 2712 or by email at *lmarks621@gmail.com* if you are interested.

Willamette Views

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Vice Chair: Ann Phelps
Editor: Mary Helen Socolofsky

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

**A shocking event ...
but Chautauqua will prevail
in its high purpose**

*A haiku composed by Gary Smith upon
his return from Chautauqua on Aug. 13*

Catholic Communion Group
1st, 2nd, 3rd Wed., 11 a.m.
Terrace Auditorium
Catholic Mass
4th Wednesday, 11 a.m.
Terrace Auditorium

by LaVerne Flaherty, 6420

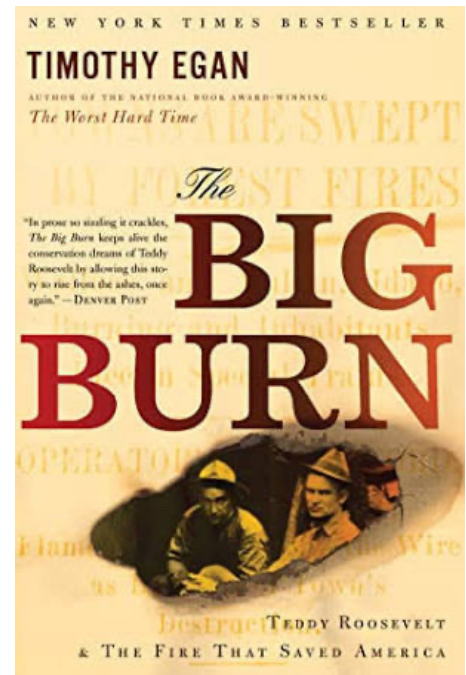
Book review to focus on necessity to protect national forest land

by Carla Harris

Massive Northwestern forest fires in 1910 forced outmatched rangers to recognize the need to preserve public lands as national treasures. **Sue Thomas** has chosen to review *The Big Burn*, which chronicles that era, on Wednesday, **Sept. 14**, at 10:30 a.m. in the Blue Heron Auditorium. One of her favorite authors, **Timothy Egan**, writes about the beginning of the Forest Service and formation of our national parks. The book begins with the friendship between President Teddy Roosevelt, his chief forester, Gifford Pinchot, and their friend John Muir. The West was being settled by lumber barons and railroad tycoons who took land for profit without regard for its future. The book chronicles political battles that eventually created the Forest Service and, later, the national parks.

Sue moved to Willamette View last February. She was born in Albuquerque, NM. She holds a BS from California State East Bay, a nursing degree through Samuel Merritt Hospital, and an MBA from John F. Kennedy University in Orinda, CA. She was a nurse in several hospitals before joining Kaiser Permanente, where she became Services Director in Medical Specialties in Walnut Creek.

Upon retirement, she moved to Portland to be near her son and his family. A second son lives in Atlanta. Prior to the pandemic, Sue was president of Portland's chapter of AAUW.



September Movies

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

Donations gratefully accepted

Documentary film

Thursday, **Sept. 1: Downfall — The Case Against Boeing** (2022). Investigators reveal how Boeing's alleged priority of profit over safety could have contributed to the two catastrophic crashes of the new 737 MAX airplanes that killed 346 people. Directed by Rory Kennedy. **PG-13**

International film

Tuesday, **Sept. 13: Lunana: A Yak in the Classroom** (Bhutan, 2019). As a lesson, an uninspired young teacher, Ugven, is assigned to a school high in the mountains of Bhutan in a village with fewer than 100 residents. This delightful film is the first from the Kingdom of Bhutan to be nominated for an Oscar. **Drama/Comedy.**

Saturday night films

Optional discussions will follow

Sept. 3: C'mon C'mon (2021). This heartwarming family drama features Joaquin Phoenix as the bachelor uncle put in charge of a mischievously charming nine year old (Woody Norman). Director Mike Mills gives us a "big bear hug wrapped in celluloid" as the pair bonds. **Drama/Language/Distant view of nude beach. R**

Sept. 10: West Side Story (2021). Love at first sight strikes Tony and Maria at a high school dance in New York City. Their romance fuels the struggle between two rival gangs and two cultures. Stephen Spielberg directs this new version of the classic musical composed by Leonard Bernstein. Ansel Elgort and Rachel Zegler star with Rita Moreno. **Musical/Romance. PG-13**

Sept. 17: Brittany Runs a Marathon (2019). A plump, hard-partying young woman is motivated to lose weight with the ultimate goal of running the New York City Marathon. Jillian Bell stars with Utkarsh Ambudkar. Paul Downs Colaizzo directs this charmingly nuanced comedy based on a true event.

Comedy/Drama. Sexuality, strong language. R

Sept. 24: Begin Again (2013). A down-and-out record executive (Mark Ruffalo) discovers a singer-songwriter (Keira Knightley) in a small club in New York City. A mutually life-changing bond forms between the pair as they create an album and find a second chance for love. John Carney directs. Academy Award for best original song. **Comedy/Drama/Romance/Music. Strong language. R**

The neighborhood welcomes the Karbunar family

by Carla Harris

Photos by Dale Harris

Welcome to **David** and **Rita Karbunar** and daughter **Kamala**, who now live just a block from the Willamette View campus. Their arrival ended many months of planning to help support a refugee family. Kamala (pronounced Khah-ma-la) will be two years old in October, and a fourth family member is due on Christmas Day! The two-bedroom house the steering committee leased is ideal for their small family. Many refugee families are larger.

The Karbunars came from a small town in western Ukraine. David worked for a construction company operating in several European countries. Fortunately, he was working in Ukraine on February 24, when Russian forces crossed the border, determined to conquer Kiev. The next day the family flew to Europe. They stayed there a month before flying to Mexico. Rita's father, a Ukrainian pastor, and her mother stayed behind to help families fleeing from eastern Ukraine. A family shared their home for three months, and another family lived in David and Rita's apartment for two months.

The United States briefly opened the Tijuana, Mexico, border for European asylum seekers. About 600 to 1,000 persons per day crossed for five to six weeks until the border was closed. The local Ukrainian church youth pastor, **Timothy Gavrilenko**, spent two weeks in Tijuana, welcoming new arrivals. His church volunteers transported 40 to 50 families to Milwaukie. He estimates that about 5,000 Ukrainians have settled in Oregon.



Kamala is sitting on her new "big girl bed," which has already transitioned into. A crib from Rita's sister is ready for the new baby.

David and Rita hoped to come to Oregon because they have relatives here. Her grandmother, **Midoriya**, has lived here for 18 years. Rita's sister and her husband also live here. David and Rita still have brothers and sisters living in Ukraine. They communicate every day and report that they are "peaceful and calm."

"Our family is very grateful to God that we were able to fly to America," Rita said through her interpreter, **Natasha Zagaryuk**. "Thank you to everyone from your organization who helped us to have a place to live. We are very pleased and grateful. May God take care of your families and reward you with good."



This is the Karbunar family's new home on SE Evergreen Street. Rita's grandmother brought the flowers on the porch. The family has already planted some annuals in the garden. There is lawn between the house and the hedge, which David has recently trimmed.

Gentle Yoga with Charlie is beginning a new three-month term on **Sept.1** — Monday, Wednesday, Friday at 10:45 in the Plaza Sunroom. This wellness class emphasizes mindfulness, stretching, balance, and relaxation. Cost is \$65. Free drop-in to try it out. Sign up in the Wellness Office or call 6727.

by Pat Watne

The Perrys visit the White House *by Jeanne Magmer*

Photos – Courtesy of the White House

What happens when your good friend **Sister Simone Campbell** gets a call from the President of the United States saying she is one of 17 people chosen to receive America’s highest civilian honor, the Presidential Medal of Freedom? “The presentation celebration is July 7 at the White House and you can bring guests,” the President told her. **David** and **Rikki Perry** were invited by Sister Simone to be two of her guests.

“Being there was thrilling and amazing,” David and Rikki said. “It was a real celebration and we were treated as welcome guests.” The Perrys provided the White House with lots of personal information before the trip and were tested for COVID just before being admitted. They waited with the other recipients and guests before being let into the White House and escorted to a



David and Rikki Perry meet President Biden. Sister Simone’s hand is visible.



Sister Simone Campbell

reception in the State dining room.

Once inside the White House, they were told they could wander anywhere and take photos. Their personal guide was an assistant to **First Lady Jill Biden**. Before the award ceremony, the Perrys, along with Sister Simone’s other guests, were introduced to **President Biden**. “He looked us right in our eyes and made us feel like we were the only people in the room,” David said.

Sister Simone is an attorney and nun who has spent her career fighting for social justice and helping the poor. She has had a long-standing relationship with Biden since he was a Senator. When Biden was Vice President, Sister Simone cemented that relationship by

lobbying tirelessly for passage of the Affordable Care Act. When Biden introduced her at the ceremony in the East Room, he called her “a gift from God.” Rikki noted, “It was obvious that each recipient, with so many gifts and talents, focused their work on making our lives and our country better. President Biden honored each one in his own words – plus a hug for Senator Alan Simpson and a salute for Brigadier General Wilma Vaught. Cindy McCain, tearfully, could only say ‘Thank you, thank you,’ to the President for honoring her husband.” As the ceremony concluded, the President turned to the recipients and said, “This is America” – and it certainly is, David concurred.

Apartment Moves June 22 – August 21

	<i>From</i>	<i>To</i>	<i>Phone</i>
Candace Bradley	502C	508C	7201
Jack Dace	309A	502C	6287
Ginna Jones	215N	607A	6536
Jim and Lois King	New residents	308D	6345
DeVera Wenger		Out of WV	
Kahi and Jan Wong	New residents	403A	7056

In Memoriam

June 22 – August 21

*Helen Belt
Kendall Gerdes
Wayne Hamersly
Ron Nordeen*

✓ Check it out

by LaJean Humphries, Library Committee

Would you like a 2023 Community Reads project?

Last year the **Library Committee** held its first *Willamette View Reads*, a community-wide project that promoted shared reading and discussion around a single book. For many residents, it was a successful and enjoyable experience. Such a project requires a lot of work from many willing volunteers, however. As we consider whether or not to pursue another **Reads** project in 2023, the Library Committee seeks resident input.

Let us know what you think by answering the following questions. Paper forms are available in the Manor, Court, and Terrace libraries. If you prefer, you may email answers to **LaJean Humphries**, lajeanhumphries@gmail.com, by **Oct. 1**. Please observe the guidelines.

1. Would you like to have a **Willamette View Reads** in 2023?
2. Include the title and author of no more than two books that you would recommend. Books may be fiction or non-fiction, but should be of interest to a wide variety of readers. Books should be no more than 500 pages long.
3. Describe the book in 75 words or less.
4. Tell us why the book would be a good choice for a **Reads** project in 75 words or less.
5. Would you be willing to co-chair a project subcommittee?
6. Would you be willing to serve on a project subcommittee?
7. What events and discussions would best explore the themes of the book?
8. List your name and phone number.

Thanks so much for your help!

Low Vision Support Group News

by Sandra Gerling

Xfinity remote, control box mysteries solved!

Tuesday, September 20
Terrace Auditorium
1:30 – 2:30 p.m.

WV expert technician Harry Konsa will discuss and demonstrate the various options available to those of us who use the Comcast Xfinity box and remote. This is the setup that allows you to just SPEAK your channel preference without fumbling around on the keypad. The large screen will enable you to follow his demonstration. Whether you are a new or long-time resident, this will be valuable information. Bring your questions and join us to learn how to get the most out of this program.

Low Vision Mutual Self-Help Peer Support Group Meeting

Wednesday, September 14
Court Family Room, 2nd Floor
1:30 – 2:30 p.m.

Welcome back!

The group will share concerns, struggles, and insights regarding vision loss. It is not a therapy group. Counselor Linda Tofflemire will facilitate. Discussions are strictly confidential.

The new Triangle Garden is complete, welcoming visitors

by RCA Moore

Once upon a time, an unloved, unlovely triangle of grass was all we could see outside the walkway that connects Riverview and the Manor elevators. In time, a group of residents with gardening, architecture, and landscaping backgrounds began to ask how they could change that picture. They came up with a plan, which they presented to **Loraine Collacchi**, philanthropy director of the **Blue Heron Foundation**. Loraine was able to secure donations to cover the entire cost of this worthwhile project.

Everyone I spoke to – the more than a dozen residents and staff involved in the planning and forming of the garden – seemed to have a significant personal experience with it and an emotional attachment to its creation. Maintenance Liaison **Glen Whalen**, who was assigned to staff the project, got caught up in the spirit. “In 43 years here,” he said, “that’s the best it’s ever looked.”

One day, the sad grass was removed. A couple of days later, truckloads of very black dirt arrived, followed by truckloads of wood chips. A berm (a bit of raised surface) near the windows was put in place. The garden was taking shape. Glen rented a forklift to pick up several large rocks near the Waterfalls Cafe and lower them into preselected spots in the garden.

It was discovered that 8 - 12 inches below the triangle’s grass was a layer



RCA Moore (right) interviews landscaper Hugh Ferrar in the Triangle Garden.
Photo by Gail Durham

of very firm clay. A foot below that was compacted gravel. What this meant to the garden creators was that holes for plants and rocks had to be dug much deeper and larger around than was originally planned.

A large Japanese maple arrived, announcing its chairmanship over the garden. Smaller rocks that follow a water trace along the berm represent a creek.

When I think of the garden as it is today, I picture **Hugh Ferrar** out there every day, trimming and watering the garden as the various components arrived. That was the level of commitment and effort shown by everyone involved

in this community project.

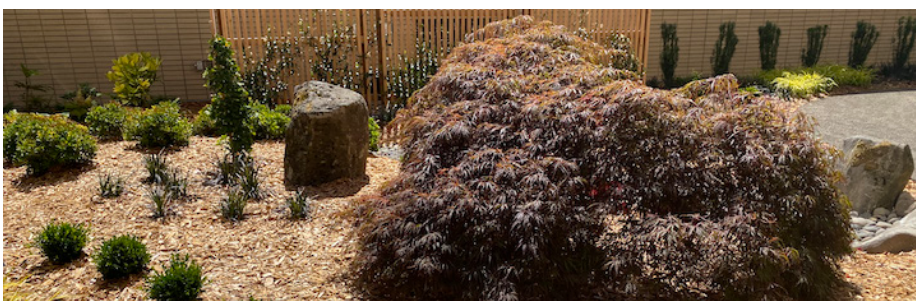
On June 29, **Cliff Hillebrandt** announced after the Q&A that the highest number of resident voters wanted the area called the **Triangle Garden**. And so it has come to be.

If you see them around campus, you might want to say thank you to a few of the many people who put their heads and hands together to create a thing of beauty for us all to enjoy:

- Cliff Hillebrandt
- Hugh Ferrar
- David Kaye
- Judy Halesky
- Ginna Jones
- David Keifer
- John Holderness
- Robin Bolton
- Ron Ture

and many more dedicated volunteers.

More details about these skilled residents and the planning of the garden are on page 12.



New residents look forward to involvement with music, art, travel,



Marcia Shaw

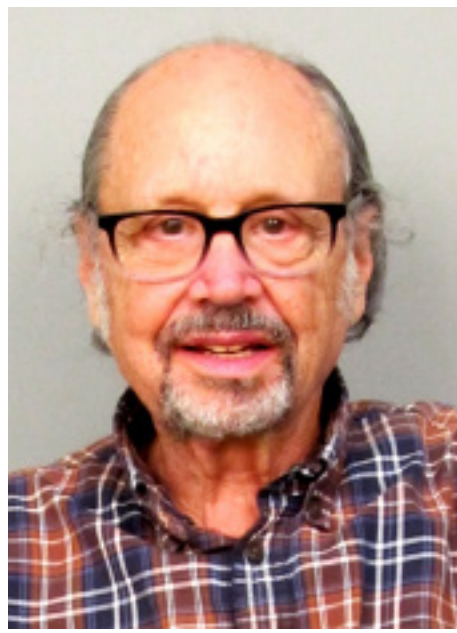
Marcia Shaw came to her new home in 605B from Corvallis on June 4. She has lived many places, including Pennsylvania, Wisconsin, Montana, Florida, Georgia, the Carolinas, Tennessee, Kentucky, and Alabama.

She earned a BA in speech and theatre from Michigan State University, an MA in communication theory from the University of Wisconsin, and a PhD from Pennsylvania State University.

She taught at Oregon State University for 12 years. She then started a management consulting company and worked mostly for high tech and engineering companies doing management coaching and conflict management.

Her special interests are social justice and homelessness issues. She taught at Coffee Creek Correctional Facility for five years after retirement. She enjoys dancing, music, movies, reading, travel, arts, and lectures.

She chose WV because of its intellectual, artistic, and cultural atmosphere, and its autonomy and resident council.



Joel Meresman

Joel Meresman and **Lyn Satterstrom** moved to 109NP on May 19, having come from Belmont, CA, in the San Francisco Bay area. They lived previously in Minneapolis and Houston. Joel also lived in Los Angeles.

Joel attended University High School in Los Angeles; he earned a BA from the University of California, Berkeley, and a PhD from the University of Minnesota. He was a professor of psychology at the University of Houston – Clear Lake and a senior psychologist at West Hennepin Mental Health Center in Minnetonka, MN. He also worked in the Department of Psychiatry at Kaiser Permanente in Santa Clara, CA.

Joel would like to help facilitate a men's support group at WV. He looks forward to riding his electric bicycle in the area. He is interested in astronomy.

Lyn attended Richfield High School in Richfield, MN. She earned a BA from Macalester College in St. Paul, MN, and an MA and PhD from the University of Minnesota.



Lyn Satterstrom

Lyn taught English at two junior high schools in Minnesota. She loved her job and became English department chair at both schools. She was a part-time psychology professor at the University of Houston – Clear Lake and at San Francisco State University.

Her interests include book clubs, current events, political discussion groups, Renaissance recorder groups, and interfaith discussion groups.

Joel and Lyn have two daughters and a grandson. They chose Willamette View to be close to their daughter's family and to be part of a continuing care community.

Jim Anderson is not a new WV resident, having lived at Willamette View since January 2020. But because he and **Annette** moved into the Terrace assisted living area, privacy issues prevented them from being featured with photos and profiles in the *Willamette Views*. Annette received more complete care after moving into the skilled nursing center, and she passed away in August 2021. Jim then moved

following rewarding careers

Photos by Mike Lincicum



Jim Anderson

into independent living, 502B in the Manor building. It was recently noted that Jim did not have an online profile from his first move-in, and he kindly agreed to provide one at this time.

Jim and Annette came to Portland in July 2006 to live in a Halsey Street condominium after 11 years as full-time RVers. They spent time in Florida and Canada and traveled around the US. They raised their children in Omaha, Chicago, and Boston. They lost a 12-year-old son, Philip, to a traffic accident when living in Chicago.

Jim and Annette first met in Chicago. She was a nursing student and he was a ministerial student. Seattle's First Covenant Church was their final church assignment. Retirement allowed them to enjoy both RV and more distant travels, including mission trips to Africa and visiting family in Australia.

Jim has two daughters, Kristen and Elizabeth, both nurses in Portland, and a son, Mark, an attorney in Plattsburgh, New York. He has six grandchildren and two great-grandsons.



Jean Gallup

Jean Gallup came from Salisbury, CT, on June 21, to her new home in 708C. She lived in Vermont until her college years; then she lived in Boston, in Montreal for two years, and in Japan for five years. She spent 60 years in Salisbury. She earned a BA from Tufts University.

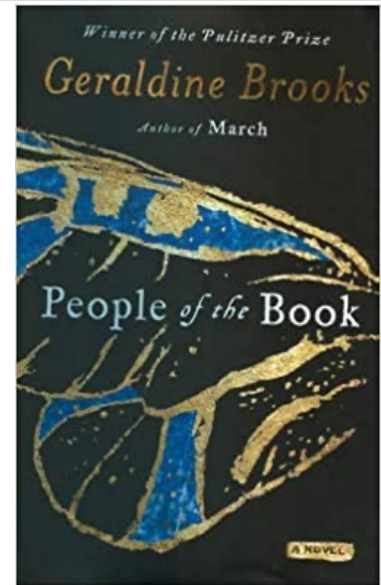
She worked at various local jobs that she found wherever she was living, with her primary focus on her family. Her husband's career required long hours, so together they worked out the best way to raise their family.

Jean volunteered on a variety of local boards, including school, town committee, planning and zoning, welfare, and food pantry. She spent three months volunteering in Haiti. Her interests include national and world current affairs, weaving, vegetable gardening, the arts, food, and extensive traveling.

Her spouse, a pediatrician, passed away last year. She has a son, two daughters, and four grandchildren. Two of her children live in Portland. She enjoys WV's enabling environment.

Try This Title

by Penny Fiske



Since moving to WV, I have found many intriguing books in our library collections that I had missed during my years of working for a living. Here is one such title, written by **Geraldine Brooks**.

PEOPLE OF THE BOOK

"In 1996, Hanna Heath, an Australian rare-book expert, is offered the job of a lifetime: analysis and conservation of the famed Sarajevo Haggadah, which had been rescued from Serb shelling during the Bosnian war. Priceless and beautiful, the book is one of the earliest Jewish volumes ever to be illuminated with images. When Hanna discovers a series of tiny artifacts in its ancient binding..." "Informative historical novel about the Jewish diaspora after being expelled from Spain..." "This book is one of my favorites and I recommend it highly. Very well written and you travel (through time) with the book. Loved it."

Amazon Books review; reader reviews

Publication date: 2000

Manor Library FIC BRO

Sax 4Tet to perform at WV on September 30

by Ginny Seabrook, Music Committee

The **Music Committee** is presenting the **Sax 4Tet**, a quartet of saxophone players, on Friday, **Sept. 30**, at 7 p.m. in the Blue Heron Auditorium. The quartet got its start in 2020 when all inside music activities ground to a halt due to COVID. They found a safe way to rehearse, either outside, in a large garage, or in a covered pony area in Hillsboro. They built a repertoire of classical and romantic transcriptions, movie and show themes, swing and jazz arrangements, and a large body of quartets composed just for saxophones.

Martin Sobelman has been director of the Beaverton Community Band since 2014. He has also been a member of the Northwest Wind Symphony since 2010, playing soprano, alto, and bass clarinets. **Steven Boyles** has performed in ensembles on tenor saxophone, baritone saxophone, and electric bass guitar. **Jacob Mertz** teaches elementary music in the Beaverton School District. A native of Richmond, VA, he received his Bachelor of Music degree summa cum laude from Virginia Commonwealth University. A graduate of Pacific University, in Forest Grove, **Jon Payne** has been a member of the Beaverton Community Band since 2016. He has lived and worked all over the world, most recently in Japan for five years.

The performance will include *L'Arlesienne Exhibition* – a journey through great music of the 18th and 19th centuries woven into the *Promenade*, by Mussorgsky; *Begin the Beguine*, by Cole Porter; *Days of Wine and Roses*, by Henry Mancini; *Rhapsody for Saxophone Quartet*, by Eric Ewazen, and *Summer Songs*, by Hiroki Takahashi.

WV Chorus begins concert rehearsal

by Bob Thomas, Chorus Vice President

The **WV Chorus** invites residents to join in preparing for its next concert, scheduled for December in the Blue Heron Auditorium. We are celebrating our 36th year of singing together. Sign-up sheets are available in the Manor lower level, second floor of the Terrace, and on the bulletin board in North Pointe's communication room. The WV Chorus is an enthusiastically amateur blend of sopranos, altos, tenors, and basses. No auditions are necessary. First-timers are encouraged to come to the first rehearsal at 12:30 p.m. on Thursday, **September 8**. Just come and enjoy the vocal exercise with your friends and neighbors under the superb leadership of **Director Reece Sauv e**. Rehearsals are held on Thursdays from 12:30 to 2:45 in the Blue Heron Auditorium.



The Sax 4Tet, a quartet of saxophone players

When the world's a mess ...

by Sherry Johnston

Few would argue that the world's been in trouble as long as people sat around the fire and talked. Still, the chaos, craziness, and viciousness, to name but a few, always feel immediate and threatening.

We've all been seasoned by living our stories, ups and downs and in circles. Our WV friends offer a bit of their life-tested wisdom that works for them at times like these in hopes of reminding, inspiring, and reassuring us as we stumble around to figure out how to best cope with all "this."

Elder wisdom: What you've learned living this long

- "Smile and keep your mouth shut." *Jean Vick*
 "Make a difference to people close to you." *Pat Wiemken*
 "Be compassionate to self and others." *Frankie Borison*
 "Live life loosely." *Bernard della Santina*
 "Be kind." *Donna Krasnow*
 "Stay close to community." *Judy Kleinberg*
 "Expect good surprises ahead." *Mary Helen Socolofsky*
 "Move forward." *Sue Trotter*
 "Prayer, patience, perseverance." *Deanna Sundstrom*
 "Do the things that you like to do." *RCA Moore*
 "Tough experiences teach you to rise above other experiences." *Gail Durham*
 "Whether you're happy or sad is your choice." *Jerry Hull*
 "You can survive more than you think you can." *Kathy Olson*
 "Go for a walk." *Janet Black*
 "Hope's real." *Sherry Johnston*

New Green Fund grants awarded

by Ellen Fallihee, Green Team

Three **Green Fund project proposals** have received final approval and will be funded by the Green Fund in the **Blue Heron Foundation**. These proposals have “met the moment” – supporting sustainability, contributing to reduction of the carbon footprint of our community, and possibly lowering costs as well.

Support for the Green Fund comes from **generous donors** to the Blue Heron Foundation. Considerable effort by resident volunteers recycling through the **Bottle Drop program** provides additional support for the grant program.

Robin Bolton submitted a successful proposal to change to **LED lighting in the garden shed**. This project provides brighter lighting that turns on by motion sensors when a person enters the shed. As a result, the shed will be a safer and more comfortable workspace for tool storage and garden supplies for its many users. Electricity costs are reduced by use of LED lights and the motion sensors. Maintenance is also simpler and cheaper. The project reduces carbon emissions on our campus.

David Keifer proposed **installation of native trees and shrubs** near the community garden in an area that was earlier home to a large walnut tree. Plants will be chosen for

their adaptability to local conditions. Carbon is sequestered by plants, and surrounding areas of the campus are made cooler. Native plants and shrubs provide habitat for a variety of birds and other wildlife. Volunteers will participate in maintenance. The greenery will beautify the campus adding to Willamette View’s much admired outdoor spaces – always a marketing advantage.

Phil Mirkes submitted a proposal to buy a third **collection system for “greenie” reusable food containers**. This grant will facilitate the expansion of greenies to all dining venues in the future. The system is attractive, will save labor costs, and is more sanitary for users and maintenance staff. This system will support residents in choosing to use greenies where available.

Another request for proposals will happen soon. Willamette View was recognized this year with **Clackamas County’s top-level award for sustainability**. To continue this success going forward, residents and staff are encouraged to present their ideas for campus improvements indoors or outside. All project ideas are welcomed by the Green Team and the Blue Heron Foundation. Look around and Think Green!

Armchair Travel takes us to Russia

by Pam Brown

Sponsored by David and Anita August, Armchair Travel Committee

Look forward to an **Armchair Travel trip to Russia** on Wednesday, **Sept. 14**, at 7 p.m., in the Blue Heron Auditorium. **Pam Brown** and **Wayne Potter** traveled to Russia twice. Pam will present highlights of their 2011 trip to Moscow and the western side of Russia, including Kaluga and Tula, home of Tolstoy and the surrounding village he created. Then travel with them in 2013, starting on the Far Eastern side of Russia in Vladivostok. Until 1858, Vladivostok was part of China. In 1952, the city was closed to foreigners and not reopened until 1991. Ride with them for two and a half days on the Trans-Siberian Railway and learn how Pam almost lost Wayne along the way. Travel to Ulan-Ude in the middle of Siberia and visit Lake Baikal. See a lovely, huge, Tibetan Buddhist temple and Russia’s largest Buddhist monastery. Both trips were organized by **Friendship Force** – an international organization devoted to understanding and world peace through homestays. “We always stayed with lovely Russian families, but the contrasts between the east and the west were vast and surprising,” says Wayne. Finally, ride the rails again with them on the Trans-Mongolian Railway to Ulaanbaatar, with highlights from the land of Genghis Khan.



Wayne Potter, right, with fellow traveler

Willamette View Residents' OHSU Study Participation

by David Kohnstamm, Wellness Director

Over 200 Willamette View residents have participated in OHSU's Aging and Alzheimer's Disease Center studies since 1990. The residents' age at study entry ranged from 61 to 98, and the longest participation time was 24 years. Two-thirds of the residents were female; 1/3 were male.

Study activities have included

- memory and cognitive testing
- gait and balance testing
- questionnaires and surveys
- unobtrusive digital technology sensors in the home
- MRI brain scans
- PET brain scans

Study programs have included

- Alzheimer's Disease Center Clinical Core Study
- African-American Dementia Prevention Trial
- The Oregon Brain Aging Study
- Oregon Life Lab

Thank you to residents who have contributed to these important research programs.



Residents' expertise created the new Triangle Garden

by John Holderness, Gardens and Plants Councilor

After construction of the new Riverview Dining Room and Blue Heron Auditorium in 2018, the triangular area outside the floor-to-ceiling windows of the adjoining hallway appeared to be wasted space. **Cliff Hillebrandt** was chair of the **Outdoor Campus Committee** and had a career as an agricultural engineer. He and his committee requested permission from the administration to develop the space. Residents **Ginna Jones** and **Judy Halesky** had the exact skills for the design and layout of the project. Ginna is a landscape architect; Judy is a landscape designer. Judy proposed the plants and their placement. **Hugh** and **Linda Ferrar** moved in during this planning period. Hugh had extensive knowledge of landscaping and had worked with **Iseli Nurseries** – one of the largest commercial nurseries in Oregon. Most of the plants were purchased at Iseli. Each step of the Triangle Garden's development was part of the plan put in place by the Outdoor Campus Committee and these skilled residents.

Top: CEO Craig Van Valkenburg, EVS Manager Michele Putman, RCS Administrator Kim Buchholz, and Bounmy Manirath

Lower: Counselor Linda Tofflemire and Wellness Director David Kohnstamm

WV administration honored staff members at an **Employee Appreciation event** on July 19. In addition to service awards, staff members were honored for their number of years of WV employment. Recognition awards ranged from five to 40 years. Two of the winners and their supervisors are pictured above: **EVS staff member Bounmy Manirath** for 40 years of WV employment, and **Engaged! Award** winner **Linda Tofflemire**. Not pictured: **Heron Award** winners, given for service and commitment, were **Nancy Gray** and **Jan Bradfield**, and **Safety Award** winner **Becky Morris**. Congratulations!



Terrace residents Ursula Gutmann and Jerold Williams enjoy daily walks and have become constant companions since she moved in earlier this year. Photo by Susan Gillis

The **Diversity and Inclusion Group** presents **Professor Jen Armbruster**, formerly of Portland State University, speaking on **Ableism and Ageism**, what they are and how they impact us.

Tuesday, September 13
Blue Heron Auditorium – 10:30 a.m.

by Jane Cadwallader, DIG

A visual presentation about **immigration and refugees**, through the collaboration of **Public Affairs, the Diversity and Inclusion Group, the Green Team, and the Library Committee**, will be on display in the **Court Gallery** during October. The display will provide the opportunity to look more closely at

- The growing number of refugees being displaced by climate change, war, and political strife
 - The history of refugees and others immigrating to Oregon and the Portland area, including the social and political attitudes they encountered
 - The range of services needed to support a refugee family, highlighting the agencies that provide them
 - The continuum of people disrupted from their homes – refugees, internally displaced, immigrants
- We invite WV residents to reflect on their own family history or experience and help us showcase some of their stories.

by Doug Morgan, Education Councilor

Psalms — Language of the Heart series to begin

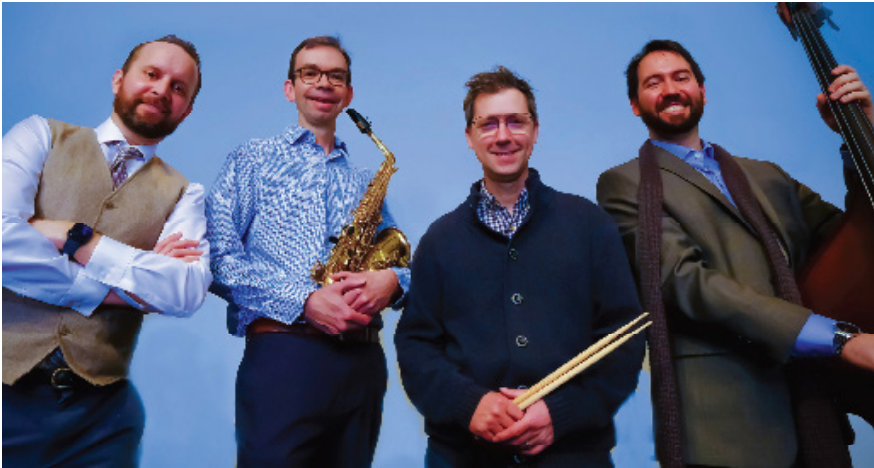
Joe and Judy Johnson invite residents to join them for a **seven-week interactive gathering** to share reflections on Psalms. Judy is a spiritual director; Joe received a Doctor of Ministry from Fuller Seminary and does pastoral care counseling. Joe says, “We will practice listening to God’s loving heart as we reflect on a favorite Psalm.” Hebrew poetry in the Psalms rhymes thoughts and images. For example, in Psalm 16:7, the second line of a verse restates the theme of the first line and builds on it: “I bless the Lord who gives me counsel. In the night also my heart instructs me.” The group will gather every Thursday in the Heron Lounge at 10 a.m. from **Sept. 15** through **Oct. 27**. Knowledge of the Bible is not required to participate. Printed copies of the Psalms will be provided at each session. Contact Joe or Judy to sign up, or for more information call 714-756-0088 or email abbafatherr@icloud.com.



Joe Johnson

The Out There Jazz Quartet returns

by Harvey Leff, MusicWorks



In February, the **Out There Jazz Quartet** played at Willamette View celebrating the birthday of band leader **Dan Bosshardt's** mother, **Sue**. Their performance brought rave reviews and requests that they be invited to do a MusicWorks concert. The MusicWorks Committee agreed wholeheartedly. On Tuesday, **Sept. 6**, the quartet will play at 7 p.m. in the Blue Heron Auditorium. These are musicians with a wealth of musical experience in the dynamic jazz format of improvisation and musical conversation between players. Their program will include a sample from their recent **Out There Jazz Suite CD**, a taste of the band's Jazz Mariachi project, a gorgeous original by their pianist, and some favorite jazz standards by **Billy Strayhorn**, **Benny Golson**, **Duke Ellington**, and more. We are excited to have them return to

the Blue Heron Auditorium.

Band leader **Dan Bosshardt**, an alto and soprano saxophonist, is a musician and teacher with forty years experience performing. He is adept at explaining each song, which adds to the enjoyment. Acoustic stand-up bassist **Joe Aloia** plays bass in a variety of local venues, teaches guitar, coaches jazz bands, and composes music. Pianist **Jonathan Swanson** is an award-winning performer of jazz and classical music and an accomplished composer and arranger. Jazz drummer **Stephen Pancerev** has been described as a "masterful painter of sound."

The MusicWorks Committee is grateful for contributions of at least \$3 per person to enable us to continue to present high quality live music performances.

Public Affairs presents A Forum on Portland's Charter Commission Proposal

**Blue Heron Auditorium
Monday, Sept. 12 – 7 p.m.**

To alter the form of government for the City of Portland, the commission proposes these changes:

- **Enlarge the council from 5 to 12**
- **Hire a city manager who reports to the mayor and council**
- **Use rank voting to elect three representatives from four districts**

Will this ninth effort over the past 100 years be the first to succeed in changing Portland's commission form of government? Should it? Join us for a lively discussion.

by Doug Morgan, Education Councilor

Shuttles story postponed

Sherman Bucher recently asked residents for their ideas about the on-campus and off-campus shuttle service. The comments were many and wide ranging. A committee has now been formed to examine the transportation needs of WV. The story originally planned for this issue of the *Willamette Views* will come later after the committee completes its work. Resident input has been invaluable. Thank you!

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Wed., **Sept. 14**: **John Nilsen piano performance** – classical, folk, jazz, and rock music; 2:30 p.m.

Wed., **Sept. 21**: **Graham James piano performance** – Broadway show tunes; 2:30 p.m.

Tues., **Sept. 27**: **Heidi Davis vocal performance** – musical theatre, pop, jazz, blues, and opera; 10 a.m.

Wed., **Sept. 28**: **The Philadelphia Story** (film, 1940) – Katharine Hepburn, Cary Grant, James Stewart; 2 p.m.

Rear Window

by Frank Starr

RHYTHMS OF LIFE

Earth turns on its axis, and dawn follows night. Seasons come and seasons go. Spring follows winter, and summer comes, bringing more light and warmer temperatures. The sun shines at different angles at different latitudes from the equator to the poles, altering the day's length. On the Noatak River, 100 miles above the Arctic Circle, Penny and I spent over a month with the sun never setting. Those who live there spend a winter month without seeing the sun. All because Earth's axis is currently tilted 23.4 degrees. If the Earth weren't tilted, there would be no changes in the length of day and night; every day would be an equinox, and the angle of sunlight would never change.



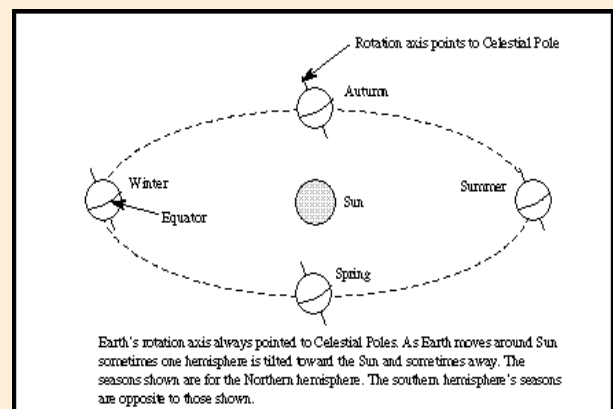
Since 1543, thanks to a guy named Copernicus, people now believe the Earth orbits the sun – nope, the Earth is not the center of the universe, and yep, the Earth orbits the sun once a year at a distance of just a hair under 93 million miles. Earth spins counter-clockwise in a slight ellipse, making each orbit of the sun in 365.25 days, leading us humans to add a

day to February every four years to keep the calendar in balance.

Earth's tilt (obliquity), along with its orbit, keeps the regularity of daily light changing but consistent year after year. Those changes produce changes in weather patterns, bringing pseudo-predictable seasonal changes: floods and droughts. Plants and animals have evolved, adapting to those changes, so that they migrate and breed when food will be available for newborns. (I question that animals, other than humans, connect copulation with creating babies. It all depends on when those hormones are flowing.)

Changes in light intensity and the duration and angle of the sun's rays reaching Earth create changes in air and sea temperatures, especially in the tropics. Heating tropical seas creates weather patterns that affect weather from the equator to the poles. Weather is dependent on the amount of the sun's energy the Earth absorbs. Albedo, the reflectivity of Earth's surface, causes more or less sunlight to reach and warm Earth's surface, which affects temperature, clouds, wind, precipitation, and my mood. Snow, ice, and clouds reflect most of the sun's rays back into space. Water, soil, and forests absorb much of the energy that reach them. Water and soil retain and transmit the energy as heat, some of which flows back to space; some encounters carbon dioxide and is retained in the atmosphere as heat. Plants convert CO₂ and the sun's energy into plant material and oxygen; we animals depend on both for our survival.

Last May and June the sun shone, giving us days in the 70s and 80s with a few 90s and a 115-degree weekend. This May and part of June, clouds dominated and temperatures stayed in the 50s and 60s with a few 70s. Both years flowers bloomed, bees and hummers were busy collecting pollen and nectar, berries formed and ripened, trees produced pollen (not as much this year; more research required), and berries and nuts developed, producing similar crops both years, in spite of differing spring weather.



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	1st, 2nd, 3rd Wed.	11 a.m.	Terrace Auditorium	Laverne Flaherty	6420
Catholic Mass	Fourth Wednesday	11 a.m.	Terrace Auditorium	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	11 a.m.	Court Family Room	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs, Fri.		Court 1st Floor	Don Borjesson	6643
Chorus	Thursday	1 p.m.	BH Auditorium	Sue Bosshardt	6823
CPAP/BIPAP Users Support Group	Last Tuesday	2 p.m.	Heron Lounge	David Brockman	7218
Cribbage	Thursday	2 p.m.	Plaza Sunroom	Barbara Nye	6750
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
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
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	Second 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
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
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	6454
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
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 and third Friday	9:30 a.m.	BH Auditorium, Zoom	Susan Bolton	7277
Resident Food and Dining Committee	First Tuesday	2 p.m.	BH Auditorium	Phil Mirkes	6609
The Roots Memoir Writing	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Art Wilson	503-956-5955
Sewing and Toy Room	Anytime		Court 5th Floor	Sandra Pagels	6549
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 & fourth 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.