



Making migration and climate change personal

by Wayne Potter, Green Team and Public Affairs Committees



At Willamette View, October will be a month dedicated to awareness of migration and climate change. Four committees are working together to bring displays and events that will help our understanding of these critical issues – the Green Team, Public Affairs, Diversity and Inclusion Group, and the WV Refugee Resettlement Committee. Watch for announcements throughout the month, and visit the Gallery to see the special display.

Much of our awareness about the world's changing conditions comes through television outlets or social media. It has become background noise where we see another bus with migrants arriving in Washington, DC; the massive floods in Pakistan; or the Oregon forest fires that destroyed our neighbors' homes.

Continued on page 4

October Table of Contents

	Page
Making migration and climate change personal	1
Resident Council	2
Book review — <i>A Gentleman in Moscow</i>	3
October Movies	3
Life Enrichment	4
Let's show the outstanding WV staff our sincere appreciation	5
Oaks Roller Rink and Park Outing	5
Apartment Moves/In Memoriam	5
Check it out — Opportunities	6
Low Vision Support Group	6
Voter Information Forum	6
Technology Updates	7
Marathoner David Keifer	7
New residents	8
New Tower Garden Patio	9
Diversity and Inclusion Group	10
Residents' Choice Movie Contest	10
Fall Recorder Concert	10
Oregon Koto-Kai to play	11
Jazz singer Rebecca Kilgore returns	11
Pharmaceuticals, Battery Collection	12
Try These Titles	12
What do you know about the art on our walls?	13
Helnick to present lecture	14
Back to Basics — Recycling 101	14
<i>Cloud Cuckoo Land</i>	14
Rear Window — Gone Fishin'	15
Ongoing Campus Activities	16

New Tower Garden Patio offers shade and comfort



Resident builders ready to install the pergola roof; from left: Cliff Hillebrandt, John Holderness, Roger Tracy, Phil Mirkes, Robin Bolton. Story on page 9. Photo by Susan Bolton

From the Resident Council

by Ann Phelps, Council Vice Chair

What does community mean to you?

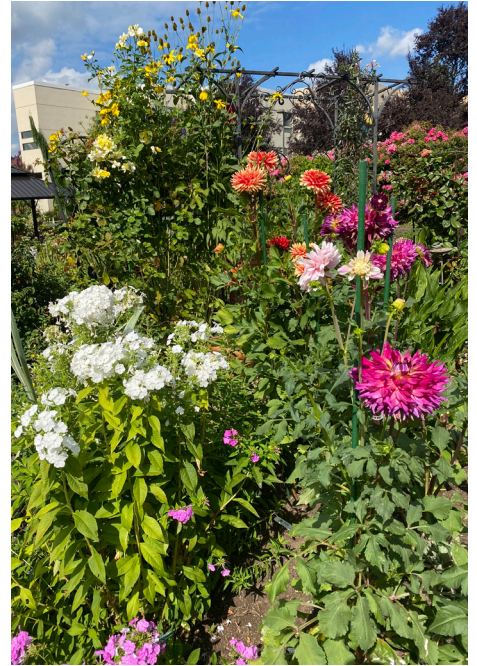
When you think about the word “community,” what comes to mind? The first thing I think of is Willamette View. This is my home – so this is my community. The September issue of the **Views** reminded us of another community. The front-page article about our sponsorship of the **Karbunar family** was the culmination of a months-long effort led by **Dale Harris**. It showcased what we can accomplish when we all work together to serve a broader community.

This month, **Education Councilor Doug Morgan** has organized an ambitious program focusing on the theme of immigrants and refugees. It will present us with an opportunity to reflect on what it means to be a member of a community and what it takes from each of us to be fully engaged and to feel included. Doug said that he wants to “**link resident groups and reinforce a common theme that will make the community feel as though we are working together as one, rather than in individual activities.**”

The coordinated program includes many opportunities to learn about the cultural richness of Willamette View – its residents and staff. The Diversity and Inclusion Group, Public Affairs Committee, and Green Team are coordinating a Court Gallery exhibit on **Immigrants and Refugees**. This collection of stories and objects will highlight the journeys our ancestors made to arrive in the United States and in Portland, and help us understand how our collective past has shaped us. The **Refugee Resettlement Committee** is sponsoring a program on the practical problems of resettlement. Additional speakers will focus on the impact of climate change on immigration, and on the personal stories of migrant families and their experiences. The three WV libraries will feature books relevant to this theme.

What a month we have ahead! Thank you, volunteers, for working together to create learning opportunities that we all will enjoy. Being in a community requires us to be aware of how we can give something of ourselves to benefit others. I encourage every resident to think about how they can actively engage in the life of our community. What needs do you see around you, and what can you contribute? We are at our best when we are joining together with empathy, kindness, and a common purpose.

The **Mart** is looking for an **Office Manager** to work in tandem with our new **Inventory Manager, Don McHarness**, to provide leadership to this vital resident store that serves residents, families, and staff, and contributes to the Blue Heron Foundation. The primary responsibility is to coordinate and support a team of sales volunteers. Contact **Ann Phelps** at 7213 or annphelps@gmail.com, or **Jim Marsh** at 6400 or jamarshjr@gmail.com if you are interested.



The resident gardens are fruiting and blooming in the fall. – a good time to visit them. Pictured above: Phil Mirkes' garden.

Willamette Views

A publication of the
Willamette View Residents Association
Published September through July.

Willamette View, Inc.
12705 SE River Road
Portland, Oregon 97222

Council Chair: Glenna Kruger
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.

Reviewer compares life in luxurious Soviet hotel to life at WV

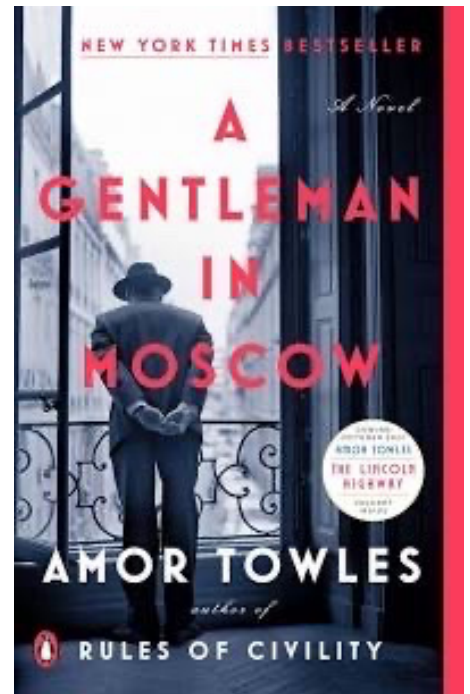
by Carla Harris

An exchange of favorite books with **John Holderness** brought *A Gentleman in Moscow* by Amor Towles to **Bernard della Santina**. He will review that book on Wednesday, **Oct. 19**, at 10:30 a.m. in the Blue Heron Auditorium. He put it on his "to read" stack but finished the 462 pages three days later.

He called it "so appropriate to WV readers." Because many here have read it, his talk will be less a review than a conversation sharing his reaction to its delights. He will welcome comments along the way as well as questions at the end of his presentation.

The story tells about Count Alexander Ilyich Rostov, who, as a young man, wrote a poem in 1905 that motivated the 1918 Russian Revolution. By 1922, when the Soviets were "cleaning house," they couldn't kill such a hero, but Rostov was a titled "bad guy" so they exiled him to life imprisonment in the most luxurious hotel in Moscow – where he had been living anyway. How he conducted his life there reminded Bernard of reading *Eloise at The Plaza* to his children and of himself, living at WV since 2005!

Bernard was born in San Francisco, grew up, and was schooled in the Bay Area. He, his wife, and three children wandered in other states and Europe, where he taught high schoolers English and history until they returned to the Bay Area. He has now lived twice as many years at Willamette View as anywhere else in his life.



October Movies

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

Documentary film

Thursday, **Oct. 6:**

The Last Blockbuster (2020). There's nothing like a hometown video store. This nostalgic film reveals the real story of Blockbuster's demise and will take you to the last one standing, in Bend, Oregon. Learn how this business survived as you watch the film.

International film

Tuesday, **Oct. 11:** *Entre Nos*

(Spanish language, 2009). A Colombian emigrant (Paola Mendoza) and her two children (Sebastian Villada Lopez, Laura Montana Cortez) struggle to survive on the streets of New York after her husband (Andres Munar) abandons them. This is a true story. **Drama.**

Saturday night films

Optional discussions will follow

Oct. 1: *Enchanted April* (1991). Two married English women succumb to a fantasy of renting a castle in Italy for a quiet month's vacation. Golden Globe-winning actresses Miranda Richardson and Joan Plowright create enchantment in this lyrical, romantic period movie. Gorgeous costumes and scenery. **Romance/Comedy. PG**

Oct. 8: *Billy Elliot* (2000). Laughter and tears will rain as a coal miner's son in England stumbles into a ballet class during his weekly boxing lesson and discovers his passion. It swept the British Academy Film Awards for Best Actor (Jamie Bell), Best Supporting Actress (Julie Walters), and Best Film.

Drama/LGBTQ+. R
Language appropriate for time, place.

Oct. 15: *My Left Foot* (1989). Stunning real-life drama about author/artist Christy Brown (Daniel Day-Lewis), who lived with cerebral palsy. Brenda Fricker plays Oscar-winning role of mother. Day-Lewis earned Best Actor Award. **Biography/Drama. R**

Oct. 22: *Dog* (2022). Briggs (Channing Tatum), an Army Ranger, is tasked with escorting Lulu, a military Belgian Malinois, to the funeral of the dog's handler. Both suffer from PTSD.

Comedy/Road Trip. PG-13

Oct. 29: *Misery* (1990). Based on a Stephen King novel, an obsessive nurse (Kathy Bates, worst nurse since Nurse Ratchet) holds an author (James Caan) captive and forces him to change the finale to his book series. Rob Reiner directs. **Happy Halloween!**

Making migration and climate change personal

Continued from page 1

We accept this background noise because we are unable to escape it. We can become numb. So what is it that motivates us or our neighbors to engage in new behaviors that help us deal with these disruptive forces? I suggest that we need to meet the people who are most affected by these disruptions. We need to engage emotionally with them. We need to be moved by the power of their personal stories. We need to talk with them and share the grief, the hope, the anxiety. Here are several possibilities in October.

One opportunity to meet individuals who have family who were forced to migrate or have personally escaped dangerous events will be on Monday, **October 10**, at 3 p.m. in the Blue Heron Auditorium. Portland State University student speakers include **Daniel Duarte**, who fled his home in Mexico to escape the drug cartel thugs. **Balkhiis Noor** and **Hinda Farah** will present their personal stories about their family's escape from Somalia. What can we learn from them about their experiences that will help us create a better world? How can we find out how to prepare ourselves for the increased level of migration? This event is sponsored by the **Green Team**. Come



Craig Santos Perez will read his eco-poetry in a Zoom presentation from Honolulu.

and get engaged.

Another opportunity is the **Public Affairs/Green Team** program on Thursday, **October 20**. **Craig Santos Perez**, a native Chamorro from the Pacific island of Guam, will be the speaker. He is a poet, scholar, and associate professor in the English Department at the University of Hawaii in Manoa. He is also an environmental and political activist. He will read his eco-poetry at 7 p.m. through the mar-

vels of streaming video from Honolulu, Hawaii. You will be seated in the Blue Heron Auditorium. I will meet him in Honolulu on that date and moderate his presentation while everyone else will be sitting in comfortable auditorium chairs. You'll hear some of his marvelous poetry and learn what it means to be a Chamorro and an environmental activist. You'll even spend some time asking him some questions. Please join me for this special event.

Life Enrichment invites residents to Terrace Auditorium programs

*by Lindsay Liden, Life Enrichment Assistant
All performances are at 2:30 p.m.*

Mon., **Oct. 3**: TED Talks

Sun., **Oct. 9**: *Love Listens* vocal performance — young duo presents an assortment of fun, classic tunes you may or may not recognize

Wed., **Oct. 12**: Lee Nicholas keyboard/piano/vocal performance — wide variety of songs from 1940s to present

Wed., **Oct. 19**: Tim Chao cello performance — classically trained cellist who especially enjoys the works of Vivaldi

Wed., **Oct. 26**: *For Me and My Gal* (musical film, 1942) — Judy Garland, Gene Kelly, George Murphy

Let's show the outstanding Willamette View staff our sincere appreciation

by Fred Olson

As we roll into November, it is time once again to think about our outstanding Willamette View staff and thank them for their excellent services and care that make our lives easier, safer, and more comfortable.

Think about just a few of the services they provide:

- They prepare and serve 800 meals a day.
- Up to 100 service requests **a day** are called in to help with plugged toilets, cooling system issues, water filter changes, and other issues.
- Health care workers continue helping residents while adjusting to rapidly changing protocols and procedures brought on by COVID.

We have a chance to personally thank many of our staff members, but there are many we don't ever see, like the prep cook who works from 8 p.m. to 4 a.m.

Fortunately, we have the **Employee Appreciation Fund Drive**, which gives us a chance to say how thankful we are for them and the care and services they provide.

As residents, we are not allowed to tip employees for their wonderful service. But we can donate to the fund drive, which allows us to express our thanks in a more tangible way.

Except for senior management, all our employees who have worked at least 40 hours since November 1, 2021, are able to share in the fund drive collections. The amount each eligible employee receives depends on the number of hours they worked and the amount of fund drive money collected.

This year's fund drive starts **November 1** and will end **November 30**. Reminders and other specifics about the fund drive will be posted in the Friday Notice and on bulletin boards throughout campus.

Residents will find clearly marked donation boxes at Manor, Terrace, and Health Center reception. Please make checks payable to the **Employee Appreciation Fund**.

This year's collection goal is **\$250,000**, which is a slight increase from the \$244,000 raised in 2021. Please take a moment and reflect on how wonderful the staff is here at Willamette View. And, please let them know how much they are appreciated.

Oaks Roller Rink and Park A History

and Personal Journey

Sunday, October 16

12:15 – 3:30 p.m.

Join the **Outings Committee** for this special trip, organized by **Dennis Gilliam** and narrated by **Ron Gustafson**, former rollerskating competitor and current skating judge.

Here's the schedule:

12:15 pm: Gather in the Court Library for a welcome and Power Point introduction by Ron.

12:45 pm: Board the bus for Oaks Park.

Arrive and enter spectator section of **Oaks Park Roller Rink** during a skating session accompanied by live music played on the historic Wurlitzer organ. Ron will share personal and family stories about skating, the Oaks Park Roller Rink, and the Park. Then we will stroll through the Park. Ron will continue with more intriguing Park and skating stories. You may opt to ride the meticulously restored carousel.

3 pm: Board the bus for WV.

Signups begin on Friday, **Oct. 7**, at 8 a.m. **The Outing is limited to 14 people.** No wheelchairs, and walker use would be challenging. Cost for the bus is **\$10**, which will be charged to resident accounts.

Apartment Moves

August 22 – September 21

	From	To	Phone
Shannon Katterle	107PH	202S	6774
Richard and Elizabeth Packer		Out of WV	
Paul and Caroline White	new residents	208A	7087

In Memoriam

August 22 – September 21

Harold Black
Victor Kaady

✓ Check it out

by Roy Kruger, Library Committee

Opportunities in the era of COVID

We hope you have had an opportunity to enjoy a wider variety of exciting new titles from favorite and promising new authors that are appearing on our new book shelves. You might call it a COVID dividend.

The publication of new titles by some of the most popular authors is controlled by just a handful of large publishers. When the pandemic struck, these publishers were plagued with the same ills as everyone else: staffing issues, supply chain shortages, and scheduling nightmares, which forced them to rethink their traditional ways of doing business. As sales of new books began to skyrocket, new ways of doing business had to be developed.

One major change adopted by publishers was publishing many of their new books in an initial paperback format. It became apparent that if we were going to continue purchasing books by authors popular here at Willamette View, we needed to be open to purchasing a significant portion of books in paperback.

We found that the lower cost of purchasing trade paperbacks provided an opportunity to explore ways to expand and enhance our large-print offerings. The large-print market is much more limited in available title offerings, and what books are available are also more expensive to purchase. For example, we recently purchased 30 large-print books, which, after our 20 percent library discount, cost approximately \$870. This was still 30 percent more than the same list of books would have cost in a regular-print format. By purchasing some of our books in paperback, however, we were able to increase the number and quality of large-print books, because of the lower cost of paperback editions compared to hardcover books. We have been experimenting with covering our new paperback volumes with plastic covers to increase their lifetime durability.

By more purposefully coordinating and integrating the efforts of our collection analysis and selection teams, we have been able to expand the variety and quality of offerings from promising new authors, while enhancing and expanding our large print collection at the same time. Be sure to check out our new large print book selections. You may find just the book you have been wanting to read.

Our volunteers are committed to providing you with the highest quality of books that you will enjoy and want to read. We enjoy hearing from you. Let us know how we are doing.

Low Vision Support Group

Wednesday, Oct. 12

1:30 – 2:30 p.m.

Court Family Room

Newcomers are welcome! The group will share concerns, struggles, and insights about vision loss. This is a peer, mutual help group facilitated by Counselor **Linda Tofflemire**. Discussions are confidential. *Sandra Gerling, Vision Resources Committee*

Voter Information Forum

Monday, Oct. 10 — 7 p.m.

Blue Heron Auditorium

The Voter Information Committee is sponsoring a **Voter Information Forum** to meet the candidates on the **Nov. 8 General Election Ballot**. Candidates for Clackamas County Commission Positions 2 and 5, County Clerk, and Treasurer will introduce themselves and tell us why they would like to be elected. A League of Women Voters representative will explain the four statewide, Metro, and Clackamas County ballot measures. All residents are welcome. Ballots for the Nov. 8 election are mailed **Oct. 19**. The deadline to register to vote is Tuesday, **Oct. 18**. If you are new to Willamette View, or if you moved to a new apartment, you can register to vote or change your address online at www.oregonvotes.gov. *Jeanne Magmer, Voter Information Committee*

Technology Updates

by Earl Westfall, Technology Councilor

Please help us keep the wheels on the bus

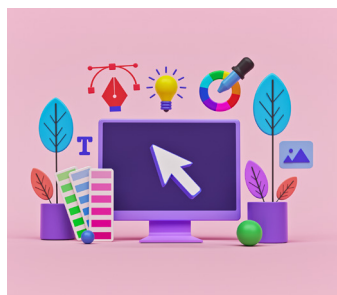
Our resident website has been providing news and other information to Willamette View residents for more than eight years. Keeping it updated with current and accurate information is a constant struggle for the dedicated, hard-working volunteers who maintain the website. They are dependent on all of us who are responsible for the myriad activities and committees and other working groups to ensure the site is kept up to date and accurate.

Yes, a new website that will make updating easier and, we hope, more user friendly, is under development. It is essential, however, that we keep the current site filled with the best information we can provide until it is replaced. The data will be migrated to the new site before it is rolled out for use, so it also needs to be accurate at that time.

Four people have shouldered the greatest responsibilities for maintaining the resident website in the past few years: **Doug Lary, Linda Panaretos Thomas, Mike Lincicum, and Paul Fiske.** The work they do is as varied as their backgrounds and interests. They direct the developer of the current website, **Shannon Vance**, to make improvements and handle testing and backup as needed. Their efforts include such tasks as

- User support
- Security
- Building new pages
- Installing new menus and submenus
- Authoring and updating information
- Many other technical “housecleaning” chores

We all owe a debt of gratitude to these and others who have been involved over the past decade for their efforts. They continue to provide us with a valuable resource for the **Art of Living Well.** So, please, help them keep the website current – it’ll keep the wheels on the bus!



Marathoner David Keifer and his children join a bike ride for MS

by MH Socolofsky

David Keifer is a marathon runner. Every morning, he gets up early to run four to seven miles. If he is in training for an upcoming marathon; then he adds a weekly run that gradually increases to 20 miles. He also rides a bike.

On September 10 and 11, David and his children, **Joe** and **Sarah**, got together in St. Louis to participate in the **Multiple Sclerosis Society's** annual fundraising bike ride. This was David's 15th ride in this event. They rode 82 miles on the first day, before heavy rain dampened Day 2. The three of them brought in \$3,727 for MS. David said that much of his support came from “the generous folks here at WV!”

This month, David plans to explore Eastern Oregon's **Steens Mountain Wilderness.** Last spring, David spent a week in **Death Valley** to photograph the bounty of spring wildflowers in bloom. In July, he traveled to Central Oregon to experience the **John Day Fossil Beds**, including the **Painted Hills.** He ran all the trails in the national monument areas in two days – about 12 hours a day. He has joined several virtual running events as well. These events offer options of the distance you want to cover, represented by a real distance, except you can run it in parcels, in locations you choose. He will be running in the **Portland Marathon** on **October 2.** Last year, David won in his age group. He says that if his body is willing, he may run in the **Philadelphia Marathon** in November, which he has done 10 times, and the **Boston Marathon**, which he has run eight times. Watch for his marathon results in next month's issue.

New residents enjoyed careers in engineering, art, music, hospitality,



Jim King

Jim and **Lois King** moved from Cedar Mill to their new home, 308D, in July. They have lived previously in San Francisco and Nevada City, CA. Jim grew up in Walnut Creek and lived in San Diego; Hilo, HI; Berkeley, and El Cerrito, CA. Lois lived in Lewiston, ID; Alexandria, VA; Stuttgart, Germany; and Mount Shasta and Grass Valley, CA.

Jim attended UC Berkeley, California College of Arts and Crafts, and Art Center College, earning a BA. He served in the US Marine Corps, spent two years as a civil engineer and surveyor for Contra Costa County and the City of Walnut Creek, and then returned to school. He became a studio illustrator and graphic designer. He opened a studio specializing in the medical field with clients in the US and Europe. He became an artist and showed his work in galleries in Carmel and the Napa Valley.

After moving to Nevada City, he worked with a group to form a classical music festival, Music in the Mountains.



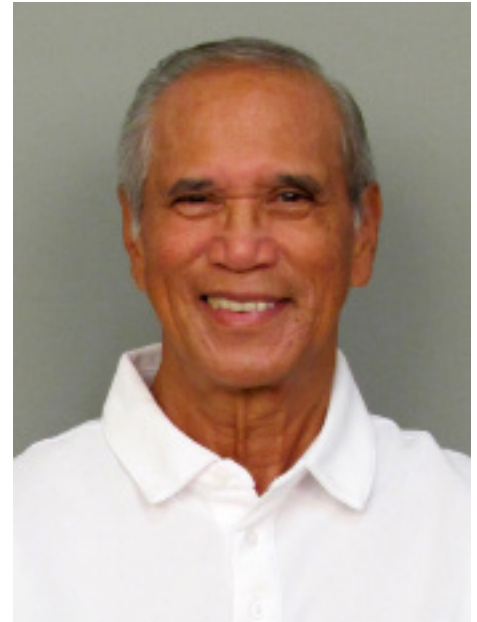
Lois King

He served on its board and created artwork for the organization. He enjoys bridge and diving.

Lois attended California State University, San Francisco, earning a BA and teaching credentials. She taught fifth grade in Lewiston, and kindergarten in Grass Valley.

After moving to Oregon in 2006, she volunteered at the Oregon Zoo and the Cedar Mill Community Library. Her primary volunteer work has been with the Oregon Symphony – especially its education programs. She assisted with the Kinderkonzert Series in elementary schools, the Library Storytime Program in local libraries, the symphony's Young People's Concerts, and the Carnegie Hall Link Up Concerts. In 2010, she was named the Oregon Symphony Volunteer of the Year. She also enjoys bridge.

They have a son, three daughters, eight grandchildren, and two great-grandchildren. They appreciate WV's warm, friendly, vibrant atmosphere with many amenities and activities.



Kahi Wong

Gaylord "Kahi" and **Jan Wong** moved to WV on July 27 and stayed in a guest suite until their new home in 403A was ready. They came from Hilo, Hawaii. They both grew up in a small plantation town on the Big Island. They have lived in Honolulu, Phoenix, and Kona. Jan has also lived in San Francisco and Montana.

Kahi attended Ka'u High School and community college. He started a career in the hospitality industry, but then was drafted and served a tour in Vietnam and several mainland bases. He was the purchasing director for a private country club in Paradise Valley, AZ, for 28 years. He has worked at several retirement jobs, including seven years with Homeland Security. He worked at the Hawaiian Volcano Observatory, which he claims was "best of all." Jan attended Iowa State University in Ames, majoring in home economics and journalism. She was a newspaper reporter and editor, public relations executive, and owner of JW Communications.

and education

Photos by Mike Lincicum



Jan Wong

Kahi enjoys being active. He likes to walk, bike, and play pickleball and golf. He enjoys WV's grounds and libraries.

Jan will be looking for ways to contribute her skills and experience. She enjoys outdoor activities, including hiking, running, and swimming, as well as sewing, knitting, reading, traveling, and spending time with friends. She looks forward to spending time in the pool and fitness center and exploring the campus.

Kahi and Jan have a son, Jason, and granddaughter, Giavannah, in Phoenix. Their daughter, Jessica, lives in Kona.

They chose Willamette View because of its location, the abundance of activities and facilities, the friendliness of residents and staff, and the sense of community.



New Tower Garden Patio offers shade and comfort

by Susan Bolton, Garden Committee Chair

The project began when members of the **Garden Committee** noticed there was much erosion under the sidewalk along the north end of the garden plots. After consulting with staff members **Kim Buchholz** and **Glen Whalen**, it was agreed that the WV grounds crew would fill in under the sidewalk and provide supplies if the Garden Committee would do the terracing and maintenance. That was when the committee went to work designing, ordering, and placing the first portion of the new project – the terracing along the sidewalk.

After the terracing was complete, the remaining garden plot appeared to be an odd shape and size. The Garden Committee, with **Robin Bolton's** input, decided that a patio would be an appropriate fix, and it could be an enjoyable gathering place. After the patio was constructed, the committee and staff decided to order the pergola, which would provide shade and protection from the elements so that residents and staff could use and enjoy this area throughout the year.

Cliff Hillebrandt and Robin installed the pergola roof in early September. **Shannon Katterle** donated patio furniture. Residents began to stop by and enjoy the space immediately.

This is an example of collaboration between the **WV administration**, the **Blue Heron Foundation**, the **Garden Committee**, and other **residents** working together to solve a problem and produce a beautiful space for everyone to enjoy.

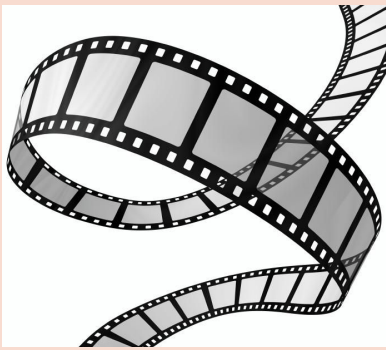
Additional photos are on pages 1, 10, and 13.



The Tower Garden Patio was completed on September 8, ready for residents, staff, and guests to enjoy its shade and the fragrance and beauty of the many nearby gardens, including the adjoining Tower Garden.

Photo by Robin Bolton

The WV Movie Committee will hold a **Residents' Choice Movie Contest** in November. You will receive a ballot in your in-house mailbox inviting you to recommend three of your favorite movies. Movies earning the most votes will be announced in January and will be on the movie schedule to be shown in 2023.



Fall Recorder Concert Blue Heron Auditorium Wednesday, October 12 7 p.m.

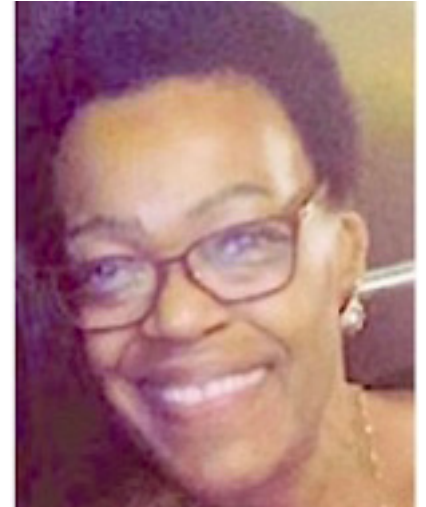
The Recorder Class and Consort groups will play tunes by Richard Rodgers, Georges Bizet, Henry Mancini, John Philip Sousa, Peter Ilyich Tchaikowsky, and more, under the direction of Anthony Allen. Come and enjoy this wide-ranging musical feast.



Diversity and Inclusion Group to address community housing needs

by Sharon Gross, DIG Group

When Bea Gilmore's daughter, **LaVeta Jones** (shown at right), opened DIG's June 20 program, **The Housing Story in Clackamas County**, she proclaimed that everyone has a housing story and then asked: "What led you to move to Willamette View?" For the next hour she and her co-presenters reshaped my idea of how to bring about social change: through storytelling and grassroots organizing.



Co-presenters, including resident Paul Bosshardt, shared how their organizations – **Leaven Community** and **Storyline Community** – implement this approach. They work in groups, first listening to neighbors' stories and then researching to find where power lies to make change, and getting people with power to act.

They found that, often, stories reveal housing as a root cause of trying circumstances. For example, an Oak Grove Elementary School family had to move five times during the school year. Many students are no longer enrolled at the end of the year. Their families aren't houseless, but are severely rent-burdened. For many families, rent is 50 percent or more of their income. Twenty-five percent of Milwaukie households are in this category. Sixty percent of the students at Oak Grove Elementary are below the poverty line, and vulnerable. Milwaukie has little available low-income housing.



Willamette View residents were invited to form a group to be part of this housing work. Several residents want to form a group but they need more residents to join them for this to become a reality. If interested, contact Paul Bosshardt (6823).



Left: Robin Bolton is laying the tiles in the new Tower Garden Patio. See story on page 9.

Photo by Susan Bolton

Oregon Koto-Kai to play traditional Japanese instruments at October concert

by Ginny Seabrook, Music Committee

On Friday, **October 28**, the Music Committee is honored to present **Oregon Koto-Kai** in a concert of Japanese music, both traditional and modern, with commentary about the role played by the koto in Japanese culture. The concert will be at 7 p.m. in the Blue Heron Auditorium.

Oregon Koto-Kai was founded by koto master **Mitsuki Dazai**, who moved to Oregon in 2002. She began playing her music at coffee shops, bookstores, and Japanese restaurants. At the time, her humble tip box was the only monetary reward, but the real reward was the response of those who heard her music. She was soon busy performing and giving lessons in the Eugene and Portland areas.

Dazai formed the Oregon Koto-Kai group in 2012. "Kai" means a gathering of individuals. Koto is the large stringed instrument they play. There will be several of these unusual instruments on stage for residents to see and hear up close. Oregon Koto-Kai now has 20 musicians. It provides individual and ensemble lessons and performs at cultural events throughout the state. They have performed at the Portland Japanese Garden, the Lan Su Chinese Garden, Reed College, and the Oregon Shakespeare Festival.

The koto is a 13-stringed Japanese zither made of kiri wood (*paulownia*), with movable bridges, allowing the in-



strument to be tuned to a variety of traditional and modern scales. Strings, traditionally crafted of silk, are now made of tetron, which maintains a more stable sound and makes ensemble performance easier. The music developed its own tradition in Japan beginning in the 8th century and was played as entertainment in Japan's imperial courts.

Oregon Koto-Kai seeks to introduce people to the beauty of koto, which sounds similar to a harp or guitar. This concert is a unique opportunity for WV residents to hear ethereal and relaxing sounds and learn about the cultural heritage of members of our own community.

Jazz singer Rebecca Kilgore returns to WV with her Trio

by Harvey Leff, MusicWorks

On Tuesday, **October 4**, at 7 p.m. in the Blue Heron Auditorium, MusicWorks brings a return performance by the great jazz singer **Rebecca Kilgore**. This will be her fifth MusicWorks performance here in the last seven years. She will be playing with guitar master **Dan Balmer** and distinguished bassist **Bill Athens**. The group last played at Willamette View nine months ago and received high praise.



Rebecca is a Portland legend and has appeared on National Public Radio's *Fresh Air* with Terry Gross and *A Prairie Home Companion* with Garrison Keillor. She has played at Carnegie Hall with Michael Feinstein and is in the Music Hall of Fame of both Oregon and the Jazz Society of Oregon. Singer and pianist Michael Feinstein said about her, "Rebecca is simply one of the best interpreters of *The Great American Songbook*. She has a gorgeous voice and has a deep connection with every song she touches – I love what she does!"

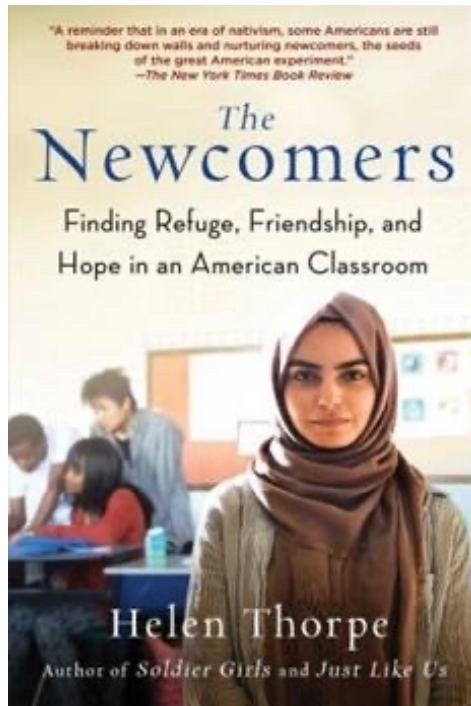
First-rate jazz guitarist Dan Balmer has toured with Joey DeFrancesco, Dr. Lonnie Smith, and Les McCann. He directs jazz combos at Lewis & Clark and is also on the faculty at virtually every other college in the greater Portland area. Bill Athens plays both double bass and electric bass, and currently is a member of the well known band **3 Leg Torso**. He is a long-time music educator, teaching at the University of Portland, Lewis & Clark, and other schools. Mark your calendars for the Kilgore-Balmer-Athens Trio on October 4!



Donna Kling shows her support for Ukraine in her sunflower-filled garden.

Try These Titles

by Penny Fiske



Pub date: 2018

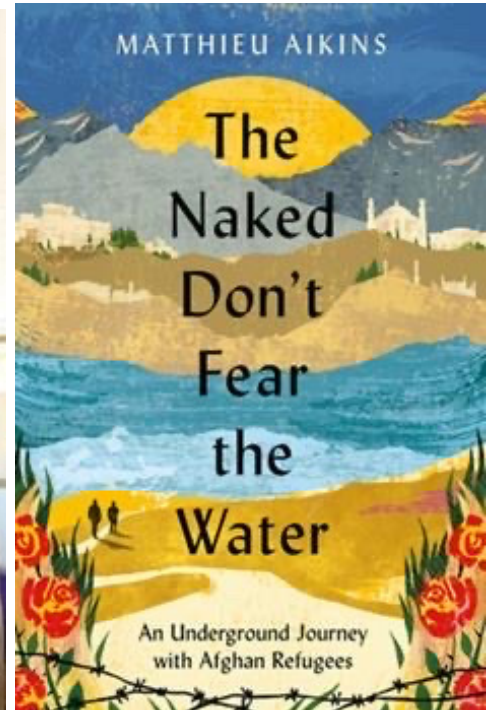
Location: Court Library 305.9 THO

"Thorpe's fascinating chronicle of a year in an English-acquisition class at a Denver high school provides a timely and much-needed perspective on the global refugee crisis." *Los Angeles Times*

"In this time of great anxiety, this splendid, humane, beautifully crafted book is a reminder of America's proud, historic role as a beacon of hope to the world. And it is a terrific story." **Doris Kearns Goodwin, author of *No Ordinary Time***

About the Author

Helen Thorpe was born in London to Irish parents and grew up in New Jersey. Her journalism has appeared in *The New York Times Magazine*, *New York Magazine*, *The New Yorker*, *Slate*, and *Harper's Bazaar*.



Pub date: 2022

Location: Manor Library 305.9 AIK

"Riveting...The book shines a humane spotlight on many of the people the author met along the way as well as on the role chance played in their fates ... The narrative is scrupulous and often suspenseful." *Kirkus Reviews (starred review)*

"Timely, personal, and deeply human, this is a riveting look at the struggles of refugees, one of the world's most enduring crises." *Booklist (starred review)*

About the author

Matthieu Aikins has reported from Afghanistan and the Middle East since 2008. He is a contributing writer for the *New York Times Magazine* and a contributing editor at *Rolling Stone*. Matthieu grew up in Nova Scotia and has a master's degree in Near Eastern Studies from New York University.

Pharmaceuticals, Battery Collection on October 28

by Ellen Fallihee, Green Team

Discarding prescriptions or OTC drugs by tossing them in the trash or flushing them down the toilet is harmful to our environment. Batteries need careful disposal. Fortunately, WV has a good solution. On Friday, **Oct. 28**, between 10 a.m. and 2 p.m., Green Team volunteers **Elaine Toll** and **Bob Palandech** will be in the Blue Heron Auditorium to help residents dispose of these. Pills, liquids, ointment, eye and ear drops, pet medicines, inhalers, aspirators, and all kinds of batteries will be accepted. **Sharps are not accepted.** These should be placed in containers and given to **Michele Putman**, Environmental Services (6228). **Community Services Officer Sara McClurg** from the Clackamas County Sheriff's Office will be there to dispose of controlled substances.

What do you know about the art on our walls?

by Candace Bradley, APA Chair

The **Art in Public Areas (APA)** Standing Committee is a group of five to seven residents who help put the art on the walls throughout our campus. These volunteers are appointed by the Resident Council. The Blue Heron Foundation provides them with an annual budget – currently \$15,000. Purchases are entered into our inventory and used to replenish art on the walls of independent living resident hallways. That means we can afford to redo each hallway every seven years, with hopes that in the future it can be done every three to four years instead. The committee shops locally at galleries, art shows, artist studios, the Mart, and fundraisers – such as annually at the Blue Heron Foundation’s annual silent auction and WV’s craft fair.

Staff is responsible for the art in common areas, including public hallways, lobbies, libraries, meeting rooms, The Commons clubhouse, dining areas, fitness center, and assisted living areas; currently, staff also makes the choices for Balcony and Patio Homes and North Pointe.

The APA curates the pictures, deciding what to hang where in their assigned areas, and then does the actual hanging. APA also does any needed repairs – sometimes even replacing mats, frames, and plexi-glass.

One of the most rewarding APA tasks is the hanging art displays in Wall Works – the sky bridge that connects the Court and Terrace buildings. These exhibits feature resident art. A new exhibit goes up every two months.

Did you know that, if you wish, you can request a different picture to hang right outside your apartment door? That goes for a picture directly across from your unit or the picture that’s hanging on either side of your doorway. Just contact **Mary Holderness (7091)** to make an appointment to select from the small inventory we keep on hand for such requests.

Besides maintaining an ongoing record of all the pictures on the campus, every three years the APA does a full audit, actually physically accounting for each piece. This was just completed recently.

The APA wants you to know about a new feature we’ll be offering. Ginny Seabrook will be conducting walking tours of small groups, where we will explain some of the residents’ favorite pieces and share interesting background tidbits of information about various pictures. Watch for details in upcoming issues of the Friday Notice.

If you have questions or are interested in helping with any of these jobs, contact one of the APA members listed on the WV website under *Resident Activities, Standing Committees*.



Game on – early morning pickleball players are ready! From left: Eva Lavaestu, Marilyn Feldhaus, Sylvia Randall, Kathy Blume



Cliff Hillebrandt completes roof installation on the new pergola in the Tower Garden Patio. Details on page 9.

Helmick to present lecture on Contemporary Spanish Art

Richard Helmick will offer a presentation of *Contemporary Art in Northern Spain* on Wednesday, **October 19**, in the Blue Heron Auditorium at 7 p.m. The lecture will include pictures Richard took on his recent trip to Spain – Barcelona, Bilbao, and San Sebastian. Richard will compare and contrast works of Spanish artists and architects with works from the US and Europe created in similar years. For example, Antoni Gaudí worked in an international style generally known as *Art Nouveau*, but the Spanish version is distinctive, combining Art Nouveau with aspects of Gothic art and architecture known in Spain as *Modernisme*.

Richard will make other comparisons, such as the painting of Miró (Spanish) in contrast to the painting of Yves Klein (French) and *Nouveau Réalisme*. These artists represent a precursor to the emerging Pop Art and Conceptual movements. Richard is a volunteer instructor at Edmonds College Creative Retirement Institute. He will give a lecture on *Art and Architecture in the Midwest* via Zoom this winter. Contact Richard for more information.



Miró tapestry, Miró Museum
Barcelona



Casa Batlló, a residential apartment building built in 1907 by
Antoni Gaudí

Back to Basics — Recycling 101

by Marilee Thompson, Green Team

There has been a fair amount of junk in the recycling bins lately, so I'll review some basics. There have been food, receipts, take-out boxes, plastic clamshell containers, tissues, napkins, and various kinds of plastics that are not bottles, jars, or tubs. There have been bottle caps left on or loose, and even a toothbrush. **None of these are recyclable.** It is important to have your guidelines handy when you are preparing your recycling. The two green sheets you were given when you moved into WV define specifically what can and cannot be recycled, as well as listing some places to take items to donate. Clackamas County recently mailed us a card listing items that are and are not recyclable. Following these guidelines would make sure our recycle bins collect recyclable materials. If you need another set of recycle sheets, please call me (6622) and I will send you a copy.

In our library is a strange and wonderful book; I think a masterpiece, a complexly structured fantasy and history of the past, the present, and the future – *Cloud Cuckoo Land* by Anthony Doerr. The title is drawn from the Greek comic playwright Aristophanes, a passage from *Birds* written in 414 BCE – “I’ve got it! Listen – Cloud Cuckoo Land,” – then follows a thread to the future 2146 CE.

In those 662 pages, we follow a codex that passes:

- In the first century CE, a peasant nitwit who metamorphoses into jackass, fish, bird, human, in an ancient children’s tale,
- A Byzantine Greek girl and a disfigured Turkish boy during the fall of Constantinople in 1450,
- A people from a small town in Idaho living their contemporary lives in 2020 CE,
- A young girl traveling with a colony of earth emigrants on board a space ship in future 2146 CE.

Anthony Doerr also wrote *All the Light We Cannot See*, about a blind French girl and a young German soldier during WWII, a book less complex than *Cloud Cuckoo Land*, which you likely have already read. I think this pair of novels might be compared to Hemingway’s *A Farewell to Arms* with *For Whom the Bell Tolls* or Joyce’s *Portrait of the Artist as a Young Man* with *Ulysses* in terms of size, content, and quality, but spiced with a dash of occasional humor, putting them in a category with Thomas Mann in *Magic Mountain!*

by Bernard della Santina

Rear Window

by Frank Starr

Gone Fishin’

The Willamette River is a busy place, especially on weekends. Boats of many descriptions almost carpet the river at times. Most of the people are just having a good time, enjoying being on the water. A few are serious men and women bent on catching the “Big One,” a chinook salmon. Not many experiences can top the thrill of having a big fish on.

Most of these fishing boats are trawling, just slowly motoring along. There may be several people in the boat; each has a rod and line in the water with a big lure to attract a big salmon and a net ready to pull in a 50-pounder.

Chinook, or “kings,” as Penny and I knew them in Alaska, are the largest and most valuable of the five salmon species (pink, chum, coho, sockeye, chinook). Chinook are big fish; the average length is between two and three feet. Five-footers were once common. They weigh from 10 to 50 pounds, with a record of 130 pounds.

All five species of Pacific salmon are anadromous. That is, they breed and lay eggs in fresh water. Young spend a year or two growing, then migrate to the ocean, where they spend several years growing and maturing. Breeding happens in the same stream where the salmon hatched several years before.

In the breeding process, the female digs a redd – a shallow ditch – in clean gravel by sweeping her tail from side to side. She lays several hundred eggs in the redd, moving aside to allow a male to fertilize the eggs with his sperm. He moves aside so the female can come back and sweep gravel over the fertilized eggs. This process may be repeated several times so that each pair leaves many hundreds of fertilized eggs. Normally the male will stay in the area to protect the eggs until he dies in a couple of weeks. The female will also die within a few weeks. They have procreated; their life’s work is complete!

Once more than a million salmon – both chinook and coho – bred in the Willamette River. Over the last couple of hundred years commercial fisheries, and habitat destruction (hydropower development and flood control) have led to the upper Willamette River chinook being termed “threatened.” Young fish are the prime food of adult fish. Trout, bass, and other fish depend on eggs and young fish for food. At sea, salmon are preyed upon by many larger fish. Commercial fishing boats await returning salmon and harvest the lion’s share. Consequently, few of the young salmon survive to return to their natal stream.

State hatcheries along the Columbia River net chinook salmon as they head upstream. In the hatchery, both male and female are “milked” to collect eggs and sperm in a bucket, and water is added to induce fertilization. In a few months nearly 100 percent of the eggs hatch. They are fed for about a year before being released into streams well away from the hatchery, in what becomes their natal stream. From there they migrate to the ocean, where they live and grow for several years. Returning chinook induce the sport-fishing men and women to buy licenses, boats, and fishing tackle, and **go fishin’!**



A happy family caught a king salmon.

Oh, it ain't gonna rain no more, no more.
 No, it ain't gonna rain no more.
 So how in the heck can I wash my neck
 If it ain't gonna rain no more?

Activity	Day	Time	Location	Contact	Phone
Ham Radio Rag Chew	Saturday – Bring your own breakfast	– 8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Bike Riding*	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Carla Harris	6482
Briefings*	Second & fourth Tues.	10 a.m.	Heron Lounge	Drop-in Group	
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
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 & third 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	Marilyn Feldhaus	7238
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

*New or updated.

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