



Medal of Freedom winner to speak at WV

by Fred Olson

It's not often Willamette View residents can meet a Blue Heron guest speaker who has won America's highest civilian honor, the President's Medal of Freedom; appeared on the *Colbert Report* with Stephen Colbert, *The Daily Show*, and *60 Minutes*; and had a long career advocating for social justice.

But that is what will happen in the Blue Heron Auditorium at 10 a.m. Wednesday, **November 2**, when **Sister Simone Campbell** will speak on *The Common Good: Justice and Hope*.

Back in 2012, Sister Simone gained national attention when she organized a group called *The Nuns on the Bus* and wrote a book entitled the same. She and others traveled thousands of miles around America opposing federal budget cuts that would have gutted programs for families in need, fighting to end gaps in income and wealth inequality, and advocating immigration reform. Sister Simone is a Roman Catholic Sister of Social Service and an attorney and has spent her career fighting for justice and helping the poor. She lobbied Congress for the *Affordable Care Act* and



many other key issues. In July, when **President Joe Biden** awarded her the Medal of Freedom, he called her "a gift from God."

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Peace Pole planted on WV campus by Milwaukie Rotary Club

Story on page 4



From left: Milwaukie Rotary Club members Brad Olson, Glenda French, Dennis Gilliam (with Emma on leash), Bruce Weaver, Stephanie Rose, Bob Palandech, David Potts, and WV CEO Craig Van Valkenburg gather for planting and dedication ceremony.

From the Resident Council

by Ann Phelps, Council Vice Chair

Gratitude

At Willamette View, we live with abundance – a beautiful campus, a community of interesting and friendly fellow residents, administrators who anticipate and provide for our practical everyday needs, and a resident culture that promotes purpose, active living, and wellness. November is traditionally a month of giving thanks. It is a time to pause and to think about gratitude for our abundance. This month, we have an opportunity to share that abundance by contributing financially to the **Employee Appreciation Fund Drive**. This **Resident Council initiative** is a once-a-year time when we have a chance to give back some measure of what we have received.

You probably have already seen some of the publicity materials created by leaders **Fred** and **Teresa Olson**. And maybe you have asked yourself, “What am I able to give? Who do I especially want to acknowledge and thank?” One of the pillars of WV is a “connected community,” and this connection extends to employees. We rely on each other and on our employees for emotional and physical sustenance. We are lucky to have an amazing staff who not only do their jobs well, but who also do their jobs with patience and sensitivity. Every day they demonstrate that they really care personally about us and about our welfare.

I have always admired the writings of **Oliver Sacks**, a neurologist and best-selling author. Toward the end of his life, as he contemplated death, Sacks wrote several essays exploring his feelings about what it meant to live a good and worthwhile life. He wrote, “**I cannot pretend I am without fear. But my predominant feeling is one of gratitude. I have loved and been loved. I have been given much and I have given something in return.**” What are you grateful for? I am grateful for living at Willamette View. I am grateful for fellow residents who contribute every day to my sense of well-being. I am grateful for feeling safe, cared for, and supported. As we enter the month of November, let’s take a moment to remember what we have been given by our valuable employees, and then act on it by giving in return. Our community – our residents and our employees – is our most valuable asset. It has to be preserved and treasured.

Handy Apps for Your iPhone and iPad

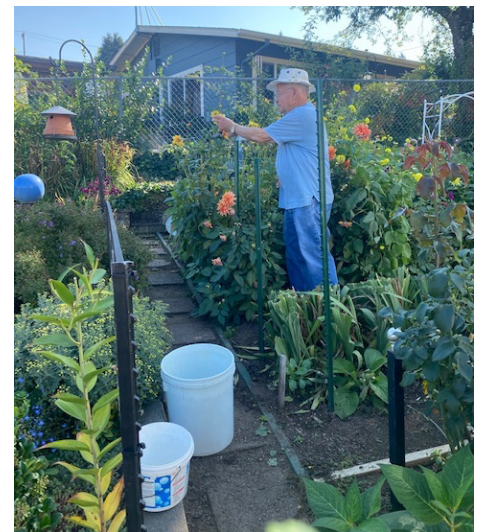
Two-part Program — Terrace Auditorium, 10 – 11:30 a.m.

Tuesday, November 29 — Demonstration

Wednesday, November 30 — Workshop; bring your device

Tips and tricks for everyone. No more searching for your purse, iPhone, keys, etc. Never lose your car at the mall again. Menus and flyers will be read aloud. This is just for starters. See you there!

Questions? Call **Jon Cottrell** (6474) or **Sandra Gerling** (6515).



David Mecklem grooms his profusely blooming dahlias.
Photo by MH Socolofsky

Willamette Views

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

Find November book review in Terrace Auditorium this month

by Carla Harris

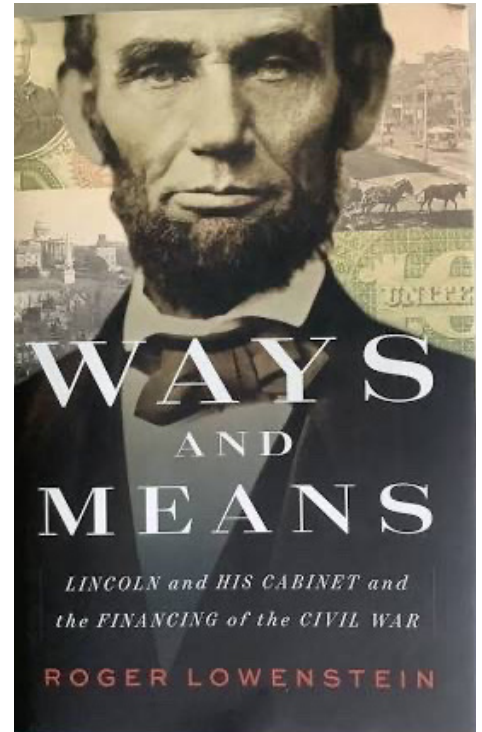
Ardent Civil War student **Ron Gustafson** will review *Ways and Means*, by Roger Lowenstein, on Wednesday, **Nov. 16**, at 10:30 a.m. The book is subtitled *Lincoln and His Cabinet and the Financing of the Civil War*.

For November only, the review will be held in the Terrace Auditorium. Unfortunately, video recording there is not possible, so come in person.

The book covers the financial aspects of conducting the war from both sides of the conflict. It gives a gripping account of how Lincoln and his Treasury Secretary, Salmon P. Chase, successfully won the financial war against the South by a combination of better economic policies and raising unprecedented amounts of money in unprecedented ways. It also tells the deeper story of how Lincoln used the war to forge a new economic union as he was remaking the political union.

Ron, a frequent reviewer, is a Willamette University graduate in math, which he taught before working for GM as a computer programmer, systems analyst, and business planning consultant. He developed engineering, logistics, and procurement systems for its GMC Truck and European operations.

He is on the board of the Northwest Roller Skating Foundation, his church council, and the Willamette View Foundation. He is a member of the Web Technology Workgroup and the Republican Precinct Committee.



November Movies

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

Donations gratefully accepted

Documentary film

Thurs., **Nov. 3:**

Return to Space (2022).

After NASA abandoned its manned space program, Elon Musk and SpaceX engineers have made it possible for NASA to send astronauts to the International Space Station again. This film describes 20 years of attempts and failures and the final success of private sector dreamers and innovators.

International film

Tuesday, **Nov. 8: I'm Your Man**

(German language, 2021). A scientist at the Pergamon Museum in Berlin is persuaded to participate in a study to get funding for her research. For three weeks, she must live with a humanoid robot designed to be the perfect life partner for her.

Science Fiction/Romance. R

Saturday night films

Optional discussions will follow

Nov. 5: The Courier (2020). Benedict Cumberbatch stars in this old-fashioned spy adventure. Based on a true story of a British businessman unwittingly recruited as a courier to pass crucial intelligence to the West during the Cuban missile crisis. Dickie Franks (Angus Wright) was indeed a real person who worked for MI6 while Emily Donovan (Rachel Brosnahan) plays a composite character of one of the few women working as a CIA operative in the 1960s.

Mystery/Thriller/Historical Drama
Partial Nudity/Violence. PG-13

Nov. 12: Stage Beauty (2004). In a time when women were banned from acting on stage, Ned Kynaston (Billy Crudup) is the most celebrated lead-

ing Desdemona of his time. His dresser, Maria (Clare Danes), performs an illegal Desdemona on a lesser stage, which prompts King Charles II to change theater forever. Rupert Everett, as King Charles II, is hilarious. Richard Eyer directs.

Sexual Content/Language. R

Nov. 19: NO MOVIE – Admin. event.

Nov. 26: Funny Girl (1968). In the classic musical drama, the vibrant Fanny Brice (Barbra Streisand) starts as a bit player and works her way to stardom on the Broadway stage with outrageous wit, charm, and talent. Fanny thrives, but has a rocky romance with husband, gambler, and con artist Nicky Arnstein (Omar Sharif). Academy Award performance for Streisand.

Biography/Drama/Musical. G

Peace Pole planted on WV campus by Milwaukie Rotary Club

Story and photo by MH Socolofsky

On September 21 – **International Peace Day** – a new Peace Pole was planted in the recently redesigned garden in front of the Health Center parking lot, just off River Road. Members of the **Milwaukie Rotary Club**, including several WV residents and staff, attended the planting and dedication. A major Rotary International objective is to support world peace. One way they do this is working through local clubs to plant Peace Poles in the communities they represent. The Milwaukie club has planted many poles around the greater Milwaukie/Clackamas area.

The pole itself is white melamine, about 7 feet tall, with **peace** written in many languages, representing world cultures – a symbolic reminder of cultures working together.

Rotarian **David Potts** led the ded-

ication ceremony and provided some history of the Peace Pole tradition. The first Peace Pole was planted in Japan by **Masahisa Goi** in the 1950s. Mr. Goi, greatly affected by WWII, dedicated his life to spreading the message, *May peace prevail on Earth*. The original Peace Poles were meant to help people reflect on the devastation of Hiroshima and Nagasaki at the end of the war. Today, there are over 200,000 Peace Poles around the world, planted in nearly every nation on Earth.

Rotary Club District 5100, encompassing Northwest Oregon and Southwest Washington, includes about 70 Rotary Clubs. This district has planted more Peace Poles in local communities than any other, with the goal of inspiring people to act in ways that promote peace.



Brad Olson, Bruce Weaver, and David Potts complete the Peace Pole planting.



Photo by MH Socolofsky

WV's Royal Rosarian

The **Royal Rosarians** are the official greeters and goodwill ambassadors for the City of Portland. They are dedicated to community service, and they honor a legacy of tradition and ceremonial pageantry that enhances the image of the City of Roses. They welcome visiting dignitaries from around the world, host hundreds of out-of-town visitors, march in parades throughout the region, and perform ceremonial rose plantings in honor of worthy individuals, both in Portland and during Rosarian ambassadorial trips to distant cities throughout the world. Organized in 1912, the Royal Rosarians are a nonprofit organization. Willamette View's Rose Garden Coordinator, **Walt Lundberg**, will become a Royal Rosarian this spring. In 2021, Walt entered the WV rose gardens in the 83rd Royal Rosarian Rose Garden Contest. Thanks to the efforts of Walt and all the WV rose gardeners, the Royal Rosarian judges proclaimed the WV Manor rose garden to be the winner in the Division 11-B category. Walt will become an official member of the Royal Rosarians on April 1, during the New Member Knighting Ceremony. He has already acquired the official Royal Rosarian uniform of a white suit and straw hat and is pictured at left in the Manor rose garden.

Employee Appreciation Fund Drive begins!

by Glenna Kruger, Resident Council Chair

I am pleased to announce the launching of our **2022 Employee Appreciation Fund Drive**. This annual program allows us to express our appreciation to Willamette View's fantastic employees in a monetary fashion. As you know, residents are not allowed to tip individual employees or otherwise make any material gifts to employees. This is our opportunity to say thank you for a year of service, smiles, and being a part of our community.

Special boxes clearly labeled for the Fund will be available throughout November to receive your checks or cash. They will be located at Manor, Terrace and Health Center reception desks. You may also send to our Association Treasurer's in-house Mail Box J. **Make checks payable to Employee Appreciation Fund**. Note that contributions are not tax deductible. Your contributions are handled confidentially by our **Treasurer Elaine Toll** and **Assistant Treasurer John Niemitz**. No records are kept of individual donors. Did you know you may



also contribute to this fund year-round? Funds are accumulated and applied to the next drive.

This year our goal is **\$250,000**. This is only a slight increase over the \$244,000 we raised in 2021. It may seem like an ambitious goal, but with around 500 residents, we can do it. Watch for regularly updated results posted online and in the Riverview lobby, and join me in cheering when we blast past that number.

Many thanks to our Employee Appreciation team this year: **Fred and Teresa Olson** for publicity, and **Elaine Toll** and **John Niemitz** for handling all the financial aspects, including writing

Low Vision Mutual Self-Help Peer Support Group

Wednesday, November 9
1:30 – 2:30 p.m.
Court Family Room
Second Floor, Court Building

Welcome back! We extend a hearty welcome to interested newcomers. The group meets to share concerns, struggles, successes, and insights concerning vision loss. This is not a therapy group. Counselor Linda Tofflemire is facilitator. Discussions are strictly confidential.
Sandra Gerling, Vision Resources Comm.

Carousel Invitation

by Donna Krasnow, Carousel Manager
After two years of not being able to accept resident donations, the Carousel is now ready to help you downsize! All we need is your name on the sign-up list in the store. We'll call, usually within 24 hours, to arrange a convenient time to bring our cart to your apartment to collect whatever you have to donate. What we can't use we donate to a local charity. So it's win-win – we sell what you no longer need. Stop by the store and sign up. We look forward to adding your treasures to our resident store.



Sandra Pagels, left, welcomes Carousel staffer Johanna Niemitz and her pickup cart.

Your chance to choose movies!

by Ellen Leff and David Kaye, Movie Committee

The **Movie Committee** is hosting a contest so you can choose movies that you would most like to see. Each resident can vote for up to three titles. Old favorites, new films, American or foreign films – vote for whatever you want to see. Look for a ballot in your in-house mailbox around **November 15**. Return your ballot to in-house Mailbox M by **November 25**. Instructions will be printed on the ballot.

The six winning **Residents' Choice films** will be announced in January and will be shown during 2023. We source films from Netflix's large DVD collection, streaming services, local libraries, private collections, and purchases. If a winning movie is available on disc or online, we will find it and show it. The Movie Committee looks forward to seeing your choices.

✓ Check it out

by Sandra Gerling

Plug it in – Audiobooks and More!

Audiobooks have gained great popularity in the past few years. There are two ways to access audiobooks. The traditional method is to buy or borrow an audio book and play it on a CD player. For those who prefer to buy a player, costs range from \$35 to \$80, according to recent quotes from Barnes & Noble and Powell's Books. Best Buy lists a price of \$35 for a portable CD player.

The **Clackamas County Library Network** currently has 18,500 physical audiobooks for your listening pleasure, and you may borrow them for four weeks. All you need is a Clackamas County library card.

Of course, libraries still have their collections of hardbound books, but now you can download a digital book or an audiobook to your computer, tablet, or smartphone if you have an electronic eCard. You can go online to Oak Lodge Library to receive your eCard. With that card you can download six books for immediate checkout and up to six on hold. You also may reserve up to three hardbound books you will need to physically pick up. Bring your proof of identity to show with your regular library card.

Currently, Clackamas County Library network has 47,000 ebooks and 23,000 audiobooks.

If you are looking for an old book, you should try one of the following websites. They have digitized millions of books; some have music and some have photos for your research. There is no charge for any item downloaded.

- Gutenberg Project
- Google Books
- Internet Archive
- Librivox

The **Oak Lodge Library** has provided a tremendous amount of time and information for this and other articles. Their telephone number is 503-655-8543 if you need help.

A Poem for Today

We live in strange pandemic times.
Can we even find the words that rhyme
with the changes to which we must acclimate
which annoy and bother and make us irate?

Alas, we must adapt and smile
and take a deep breath once in a while.
The truth is that we are birds of a feather
committed to living both well and together.

Let's cherish each day; let's cry anew:
How lucky we are to be at Willamette View.

By a resident, anonymous

Congratulations to the **staff pool volleyball team!** On September 30, the staff and residents played a match, and for the first time in four years, the staff team was the winner. In each of these matches, the winning team was the one that played two of the three games in the shallow end of the pool, so a lot depends upon the coin flip! The staff dedicated their victory to CEO **Craig Van Valkenburg**. Wellness Director **David Kohnstamm** was captain of the staff team. **Candace Bradley**, captain of the resident team, reported that the team took the loss in stride and looks forward to the next matchup.

The People of Our Resident Website

by Johanna Niemitz

Our culture makes Willamette View unique among CCRCs – we are resident-centric for all activities and interest groups. Our **resident website** provides a stellar example of this tradition, beginning with its original conception and birth, progressing through its continuing maintenance, and now, innovative work on its modern successor.

But *whose* ideas and hard work brought these forward-looking additions to our resident resources? And *who's* toiling to bring a re-invented website to our campus?

Nearly a decade ago, a retired physicist, **Bob Ely**, decided that a website would provide information to residents with timeliness and efficiency. He and a small cadre of retirees from information technology careers – **Paul Fiske, Ron Gustafson, and Doug Lary** – leveraged their skills and knowledge, worked with a contracted developer, and got the nascent resident website up and functional. **Harvey Leff** and **Shirley Leung** also worked with the group for a period. Doug, Paul, Ron, and the developer have continued to develop and maintain the site, joined later by **Mike Lincicum** and **Linda Panaretos Thomas**.

As new residents moved into Willamette View, they saw the value and potential of the website as well as an opportunity to innovate and simplify. **David August, Jon Cottrell, and Eva Laevastu** joined the dedicated group who then and now maintain the current website. Together they all embarked on the project that is producing a new website for Willamette View residents.

This small group has grown into a cohesive, larger set of residents, all of whom are working on various aspects of the development of the new site. Including all the people mentioned above, the current list has burgeoned to:

David Barrett

Susan Genné

Johanna Niemitz

Janet Black

Jerry Hull

John Niemitz

Susan Bolton

Donna Krasnow

Ann Phelps

Carol Anne Brown

Glenna Kruger

Wyma Rogers

Pam Brown

Barbara Limandri

Sue Trotter

Wendy Fish

Flora Lippert

Earl Westfall

Elaine French

Chris Nacheff-Maneker

Jan Williams

As we move into the intensive user testing process, more residents and staff will join the website volunteers. Several Willamette View staff have been involved – especially **David Kohnstamm**, working closely with **Eva, Earl, and Linda**. These four are the core group directing the work of our contracted developer.

The progress and improvement of our website continues through the hard work and commitment of these residents. As every major project requires visionary and talented leadership, so did the new website. Thankfully, **Eva Laevastu** took on this critical role. As a result, we have multiple working groups focused on page design, content, policies, security, etc. She continues to provide strong leadership, knowledge, and experience to the efforts to produce a modern resident website for Willamette View residents.

We all owe a debt of gratitude to these many residents working to bring us a more modern resident website. So please, when you see one of them, take a minute to give a word of thanks for all their hard work.

New resident brings artistic talents



Photo by Mike Lincicum

Elizabeth Knecht moved into 603E on September 18, having moved from Tiffin, Iowa, near Iowa City. She had lived in Iowa for five years, and previously had lived in Juneau, Alaska, for 40 years. She had grown up in Iowa, and returned after 50 years away.

Elizabeth attended the College of Marin, Kentfield, CA; the Academy of Art, San Francisco; and the University of Alaska, Southeast, completing her BA. She became a graphic designer for the Alaska State Museum and the *Alaska Southeaster Magazine*. She taught art education in elementary schools.

She has a wide variety of volunteer experiences, including with Little League baseball and co-chairing her high school reunion in Iowa shortly before she moved to Portland. She is a mixed media artist and enjoys print-making, felting, weaving, sewing, and jewelry making.

She has one son, and she moved to Willamette View to be near him and his family.

Worth the Effort

by Sherry Johnston

Making the best decision is like viewing Mount Hood – depends on the day and how well you see. For me, I mean how my birthday hot-air balloon ride opened my eyes.

The “aha moment” happened after my almost-boring landing in an open Marion County field. The realization of my humiliating limits dialed in after the burners turned off and the chase crew stood ready to help us out and take us back to the airport. For all the world to see, I couldn’t climb out of the basket. Told to hold on, they gently tipped it on its side and I skootched out. Wait, there’s more. My arms and legs refused to lift me off the stubble and dirt – while 20 strangers watched. Judgment about my strengths and weaknesses suddenly held the same volume of hot air as the circus-striped balloon I’d just successfully flown in.

Previously I had stood firm that the rewards of physical conditioning didn’t justify all the discipline and work required. Now my sense of self-sufficiency deflated, just like the balloon lying on the ground.

And my point? Any action that gives extra support to my many accumulated years deserves the effort, no matter how challenging.

Research and experience increasingly show that keeping our bodies and brains engaged with learning and practicing boosts our minds and memory. Taking on challenges empowers us to understand that “over the hill” means a greater vantage point and how – mostly – gravity’s on our side.

We choose WV for its mission of encouraging us to live as large as we’re able and desire. For me, it means enjoying days being mobile and upright. For others, it’s growing one’s mind, finding fascination in what’s new, staying as independent as possible, experiencing the excitement of evolving horizons, and expanding what’s familiar. Whether physical, intellectual, social, or spiritual, the choices spread wide and far – activities such as learning, playing sports and games, and using our coming-soon, easier-to-use informative resident website just touch on a few.

Check the back page of the **Views**. We thrive on activities and social connections that support a positive and happy life. Rocking chairs never made the list.



Armchair Travel goes to Bhutan and Myanmar with Janet Black

sponsored by David and Anita August, Armchair Travel Committee

Coming on Wednesday, **Nov. 9**, at 7p.m. in the Blue Heron Auditorium is the next edition of Armchair Travel. Take a couple of trips with **Janet Black** to Bhutan and Myanmar. Both countries are Buddhist but are significantly different, even in their religion. Bhutan measures Gross National Happiness rather than the Gross National Product, which is used as the most common measure of a country's economy. **Michael J. Fox** said that his Parkinson's disease symptoms improved while in Bhutan – likely due to the emphasis on happiness. Myanmar is the former Burma. Kipling described it as being “quite unlike any other country,” which is still true today. While it has more varied industry than Bhutan, there is still a significant agricultural presence. The Schwedagon Pagoda in Yangon is magnificent beyond belief; it is entirely different from the equally beautiful Bhutanese Dzongs. Both trips were with small organized groups – Kudu Travel in Bhutan and Wilderness Travel in Myanmar. Both included walks in the country, which provided a close-up view of some of the people and their lives. Janet says, “Both trips were experiences that I treasure – come see the pictures and see why.”

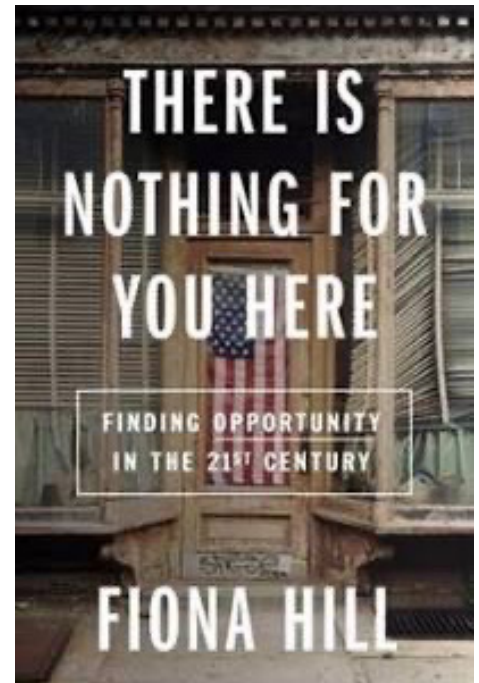


Buddhist monks in Mandalay, Myanmar

Photo by Janet Black

Try This Title

by Penny Fiske



Pub date: 2021

Location: Terrace Library 339 HIL

“[An] ambitious, immensely compelling memoir, Hill interweaves her interesting life story with events and issues she has continued to observe during her career The author persuasively argues that America may be heading in a similar direction to Russia unless we address the crucial challenges facing much of the country, specifically regarding education, health care, and job opportunities. Drawing insightful parallels between Trump and Putin, she unpacks how the threat of populism can quickly undermine democracy A shrewd, absorbing memoir that casts a sharp eye on America's future while offering feasible solutions for change.”

Kirkus Reviews (starred review)

In Memoriam

September 22 – October 21

Bobbie Eby
Marilyn O'Shea
(former resident)
Linda Peterson
Peg Smith

Resident **Roy Glassburg** has published numerous articles in the academic journal ***Philosophy and Literature***. These are now available to read online. Find the website ***Project Muse***, click on it, and enter the name ***Roy Glassberg*** to access the articles.

End your Thanksgiving holiday on a high note

by Ginny Seabrook, Music Committee

On Sunday, **November 27**, Thanksgiving weekend, the Music Committee will present a concert at 2 p.m. in the Blue Heron Auditorium. Our last concert of 2022 will feature **Ian Scarfe**, a pianist from San Francisco. We were able to arrange this concert with the help of resident **Barbara Hart** while Ian is visiting family in the Portland area.

Scarfe enjoys a wide ranging career as a soloist, an accompanist, a chamber music performer, and a lecturer. He studied music at Willamette University where he joined the Chamber Choir of the Willamette Master Choir, and became staff accompanist for a year after he graduated.

While in graduate school at the San Francisco Conservatory, he visited the Trinity Alps region of California, marked by alpine lakes and chiseled granite peaks. Scarfe played in the city but missed the outdoors, so in 2011 he founded the Trinity Alps Chamber Music Festival. Scarfe has served as faculty and guest artist at the Fairbanks Summer Arts Festival in Alaska, the Astoria Music Festival in Oregon, and the Telluride Chamber Music Festival in Colorado.

Scarfe's sports career includes a stint as the starting pianist with the San Francisco 49ers – a grueling job that involved playing background music and jazz at Candlestick



Park's **Stadium Club Restaurant** during home games. As a solo performer Scarfe often includes the music of Beethoven, and he has a personal goal to perform at least 20 of Mozart's piano concertos. At WV, he will play classical masterpieces of Bach and Mozart and virtuoso romantic selections by Chopin and Grieg. He will offer commentary on composers and their music along with concise "listening guides." We invite you to end your holiday weekend on a relaxing note with beautiful music by an extraordinary performer.

MusicWorks brings back the Leff Trio

by Harvey Leff, MusicWorks Committee

On Tuesday, **November 10**, at 7 p.m. in the Blue Heron Auditorium, **MusicWorks** presents a **Leff Trio** concert. The trio consists of resident drummer **Harvey Leff** and twin sons, **Jeremy** and **Jordan**. Lead singer Jeremy also plays keyboard and blues harmonica. Jordan will play electric guitar and sing backup vocals. The trio continues to practice virtually twice weekly from their separate residences using modern technology.

The concert's song list includes love songs, including **Georgia On My Mind** by Hoagy Carmichael, based on a well-known recording by

Ray Charles; Roy Orbison's **Blue Bayou**; Duke Ellington's **Don't Get Around Much Anymore**; **Paper Moon**, which many of us remember the Ink Spots or Ella Fitzgerald singing; and the much-requested **Sing, Sing, Sing**, composed by Louis Prima in 1936 and famously recorded by Benny Goodman in 1937, with Gene Krupa providing the infectious drum beat. The Trio will also play some new songs in their repertoire: **Proud Mary** and **Centerfield**, written by John Fogarty; **Sloop John B**, written by the Beach Boys; and **Revolution and I Saw Her Standing There** by the Beatles.

This will be the Leff Trio's 15th performance at Willamette View, playing jazz, blues, swing, rock, folk, and country music. Donations of \$5 per person or more will enable MusicWorks to continue bringing high-quality entertainment to Willamette View. MusicWorks is a dynamic resident committee that meets the first Tuesday of each month at 11 a.m. in the Court Family Room. Guests are welcome.



Keifer completes Portland Marathon despite setbacks

by MH Socolofsky

David Keifer was trained and ready for the **October 2 Portland Marathon**, though he had recently returned from a round-trip drive to St. Louis for the Multiple Sclerosis fundraiser bike ride. He decided to take the MAX to the Convention Center on October 1 to pick up his number and other materials for Sunday’s race. The MAX was stopped by a broken power line at the Johnson Creek Station, and a bus was used to transport passengers between stops. The MAX would not be officially in operation until Sunday afternoon – too late for David to take the MAX to the early-morning start of the marathon. Neighbor **Hugh Ferrar** kindly offered to get up at 5 a.m. on Sunday to drive David to the starting gate.

David was #1 in his age group for the first 18 miles of the marathon, but suddenly he was hit with major lower back muscle tightness – a muscle that may have been affected by the long drive home from St. Louis. The pain caused him to lie down on the sidewalk twice during the race to relax the muscle, but that helped only briefly.

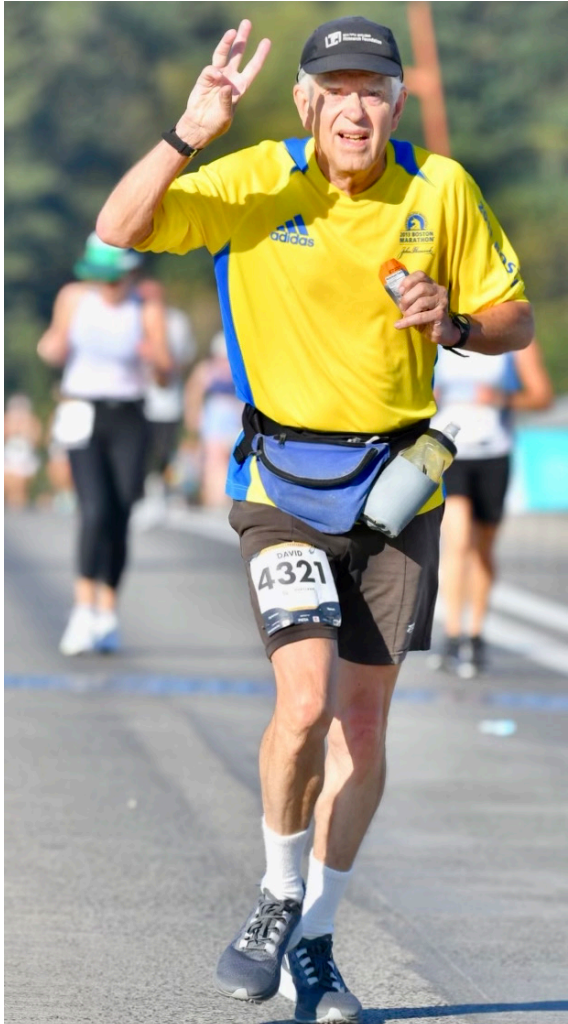
The good news is that a group of WV residents drove to Sellwood to become David’s cheering team. Their encouragement and enthusiasm were motivational!

Because of the back problem, David had to walk the final miles to the finish, which meant he only finished the race at #4 in his age group. He had finished in first place in 2021. He had been thinking that this marathon would possibly be his final one, but he has since decided he wants to end his marathon experiences on a high note, so he now plans to run in the **2023 Portland Marathon**.

The runners were each presented with a free Voodoo doughnut as they completed the race. Because David finished so late, and so many doughnuts were still available, he and the other late finishers were given entire boxes of Voodoos. David shared them with his cheering team, who want to be there next year to cheer him on because they had so much fun.



The cheering team from left: Ron and Yoshiko Ture, Mary Ann Chew, Karen Gerdes, Steve and Mary Jane Ott, Janet Harney, Elsie Rie. Photo by Craig Iverson



David crossing Sellwood Bridge. Photo by Portland Marathon Commission photographer

<i>Apartment Moves</i> September 22 – October 21			
	<i>From</i>	<i>To</i>	<i>Phone</i>
Ernie Crook	New resident	209A	6498
Robert Ross	New resident	204B	7093
Carol Schurter	New resident	310B	7029

Long-distance swimmer Chad Biasi invites residents to find the transformative powers of swimming

Chad Biasi is an athlete. He is an expert freestyler and does arrow freestyle for long-distance swimming. He has been swimming his entire life. He is a martial arts practitioner and appreciates the connection between martial arts and swimming. Breath control is central to each of these pursuits. Chad believes in **Budo** – the “Way of the Warrior,” or the training of the mind, which is even more important than the techniques of physical training.

Chad swims every day, and he takes a month-long swimming vacation every January. He travels to a beach area near Puerto Vallarta where the water is clean. He also swims off the Oregon coast near Cape Kiwanda in a triathlete suit. As a youth, growing up in Michigan, he and his friends would take after-dark swims miles out into Lake Michigan until they could see the lights of Chicago.

Chad came to Portland in 1969 to attend college. He has retired from a successful career and now has a second career as Pool Services Coordinator at Willamette View since January. He encourages residents to take advantage of the many fitness activities available at WV, and especially the pool, which he describes as a therapy pool because of its warm, 88-degree water. Most pool temperatures are set at 81 degrees. The pool is ideal for swimming laps in its two well-marked lanes. Chad is writing a series of three articles for the *Willamette Views* about an engaged wellness lifestyle and some collected ideas about Willamette View water activities. Below is his first article.

Story and photo by MH Socolofsky



Swimming deliberately Part 1

*Collected thoughts from Swimmers

assembled by Chad Biasi, Wellness Team/Pool Services Coordinator

“Yes, as everyone knows,” Ishmael declares, “meditation and water are wedded forever.”

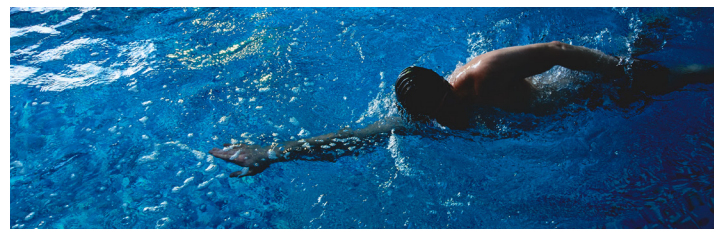
from the opening of Moby Dick

When you peer into a body of water, a pool, lake, river, or ocean, you find that water encourages a particular state of being pleasantly lost in one’s thoughts. The water’s depth enhances your consciousness even more when you **get in and swim**. Jumping into the water you find yourself in a curious liminal space. Here you are, suspended, yet moving; floating, yet ever in danger of sinking. And if you swim with the current, instead of fighting against it, you find a momentary state – one of motion, and yet paradoxical stillness, that is **flow**.

The focused immediacy of swimming encourages a mindset that reminds us of how young children think – an ever-presentness. Every past moment is immediately replaced by a new one – a constant stream of now and now and now that doesn’t allow much room to dwell too long on things past or what’s to come.

Swimming has a transformative, Alice-in-Wonderland quality. It is an activity that has power over the perception of self and of time. “When you enter the water, something like metamorphosis takes place. Leaving behind the land, you go through the looking-glass surface and enter a new world.” You have crossed a boundary, and the experience of life while swimming is intensely different from any other. Your sense of the present is overwhelming.

**The complete article and references are available on the resident website.*



Blue Heron Players to perform *The Bay at Nice*, David Hare's exploration of Matisse's genius *by Carol Knowles, BHP Director*

The **Blue Heron Players**, under the direction of **Carol Knowles**, will perform celebrated British playwright David Hare's *The Bay at Nice* in the Blue Heron Auditorium on **November 7** at 6:30 p.m. and on **November 8** at 2 p.m. *The Bay at Nice* reveals the complex social/cultural/political dynamics underpinning Russia in 1956, when a strong-willed Russian matriarch, Valentina Nrovka, performed by **Mary Helen Socolofsky**, is summoned to the Hermitage Museum in Saint Petersburg to authenticate a painting reputed to be a Matisse.

As Valentina describes the Bohemian life she lived in Paris until 1921 as a student of Henri Matisse – one of the greatest artists of the 20th century – we realize that Matisse shared important insights about life as well as art.

Also at the Hermitage is Valentina's daughter Sophia, performed by **Anita August**, who is about to make the most important decision of her life as she considers divorcing her husband Grigor, a rising star in the Communist Party, in order to marry Peter Linitsky, portrayed by **Judy Kleinberg**, who is more interested in spending time with the woman he loves than in advancing his political career. During the course of the play, as Valentina comes to realize the damage she has caused herself by not nurturing her own artistic genius, she better understands Sophia's desire to live a more



*From left: Alan Ely, Anita August, Judy Kleinberg,
Mary Helen Socolofsky Photo by Gary Smith*

authentic personal life.

Pianist **Amy Torgerson** will perform Tchaikovsky's *Valse Sentimentale* – a piano piece filled with a gentle pathos and yearning that beautifully mirrors the lives of Valentina, Sophia, Peter, and an assistant curator at the Hermitage, performed by **Alan Ely**, who, during his conversations with Valentina, begins to understand that great art means much more than what it can do to further his career as a curator.

Portland Audubon Society Conservation Director to speak



The **Public Affairs Committee** will host **Bob Sallinger**, Conservation Director at the Portland Audubon Society, on Monday, **November 14**, in the Blue Heron Auditorium at 7 p.m. His topic will be **Protecting and Enjoying Birds in the Portland Metro Region**. Bob has worked for Portland Audubon since 1992. His current responsibilities include directing Portland Audubon's conservation policy initiatives, wildlife research initiatives, the Backyard Habitat Certification Program, and the Wildlife Care Center. Bob's passion for conservation was developed early, exploring the woods of Massachusetts, and later on solo hikes from Mexico to Canada on the Pacific Crest Trail and from Canada to Southern Colorado on the Continental Divide. He has a BA in biology from Reed College and a JD from Lewis and Clark Law School. He serves as board president of Humane Voters Oregon, on the Portland Utility Board, and on the boards of the Intertwine Alliance and Urban Flood Safety and Water Quality District. He previously worked as an adjunct professor of law at Lewis and Clark Law School and as an elected director at the East Multnomah Soil and Water Conservation District. He lives in Northeast Portland with his wife, **Elisabeth Neely**, three children, and an assortment of dogs, goats, chickens, and other critters.

Food composting session

by Shirley Leung, Green Team

A special food composting information session will be held on Thursday, **November 3**, in the Blue Heron Auditorium from 9:30 to 11 a.m.

Tenille Beseda, Sustainability Analyst of the Clackamas Sustainability Office, will give a brief history and update of the food composting effort in Clackamas County. All residents and interested staff, whether you are already participating or are interested in learning more about the program, are welcome to attend. Please bring your questions and suggestions.

As a business enterprise, Willamette View, Inc., is required to follow specific food composting guidelines for commercial operations as mandated by Metro. Metro is the regional government for the Portland Metropolitan Area, covering portions of Clackamas, Multnomah, and Washington counties.

These guidelines apply to residents' participation as well. Residents have to observe the agreed-upon hours of access to the Riverview and White Oak Grill loading docks, where the food compost bins are located. This is for safety reasons, due to the loading and unloading of trucks.

The guide for resident food composting is available on the resident website by the following clicks:

Resident Activities

Activities by Program Areas

Education

Green Team Menu

Green Team Recycling

Green Team Food Composting Guide

Communications Specialist Michele Lukowski

Story and photo by MH Socolofsky

Michele Lukowski is WV's new Communications, Media, and Brand Manager. She joined the WV staff in September. Her responsibilities include overseeing internal and external communications. Her background is in graphic design; she works with fonts, colors, and messaging to ensure consistency and professional presentation in all areas of communication. She handles projects that are too small to turn over to an ad agency and can be done in house.



Michele has experience in marketing, graphic design, corporate communications, advertising, and website development in a variety of industries. She manages social media, including Facebook, Instagram, and Twitter. She has worked for Cornell Pump Company, a non-profit group, and a local senior living management company, among other organizations.

Michele was born in Southern California. Her family moved to the Eugene-Springfield area, where she grew up. She attended the University of Oregon, earning a BFA in visual design. Michele and her husband have lived in Milwaukie for 12 years. They bought a 100-year-old home, which they are renovating. Her parents live in Vancouver and her brother is in Southwest Portland. She has a 26-year-old daughter nearby.

Michele is a creative person and has a variety of special interests, including metalsmithing, jewelry making, and gardening, as well as drawing and illustration. A favorite long-term project is restoring a blue 1974 Karmann Ghia – fun but slow work, and she is now halfway finished.

She enjoys her new career at WV because of the residents and staff she has met. She finds the people she meets here are kind and supportive and have many interesting accomplishments in their lives.

WV is pleased to welcome Michele and her creative talents.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Thurs., **Nov. 3: Stan Lasley piano performance** – your favorite songs and the history behind them; 2:30 p.m.

Mon., **Nov. 7: TED Talks about fitness**; 2:30 p.m.

Wed., **Nov. 9: Graham James piano performance** – Broadway show tunes; 2:30 p.m.

Mon., **Nov. 28: John Nilsen piano performance** – classical, folk, jazz, and rock; 2:30 p.m.

Wed., **Nov. 30: Road to Singapore** (musical film, 1940) – Bing Crosby, Dorothy Lamour, Bob Hope; 2 p.m.

Rear Window

by Frank Starr

Flicker

Most bird books refer to the flicker as the northern flicker to differentiate it from the gilded flicker, which lives in southern Arizona and Mexico. There are two subspecies of northern flicker. They live in different regions of North America. The yellow-shafted flicker lives in the eastern U.S. and much of Canada and has a yellow or golden under-surface of its wings and tail feathers. West of the Rockies, the red-shafted flicker has red underwing and under-tail feathers. Yep, the feather shafts are colored too.

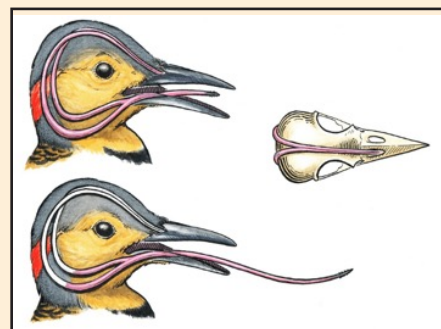


Flickers are part of the woodpecker clan, all of which have stiff tails that they use as props as their strong, pointed bills drill nest holes into snags, and when searching under bark and into bug tunnels for a meal of insects. Flickers' diets differ from those of other woodpeckers — flickers' favorite food is ants, so we tend to see them where ants live, on the ground. I hope you remember my story of the woodpeckers' tongue, which winds around the inside of their skull, giving them a tongue that can reach several inches into insect holes to spear eggs and larvae. Flickers have the same long tongue, but rather than being spear-shaped, the flickers' is coated with a sticky saliva every time it's reeled out. They use it to search deep into ant nests to gather eggs and larvae as well as adult ants. No, they don't decline other insects, but they have evolved special salivary glands and long, sticky tongues that harvest ants well — so ants are their target.

Flickers are colorful birds whose red or yellow underwing and under-tail feathers are attractive in flight. They have brown or grayish heads, black crescent bibs, dark barred backs, spotted bellies, and distinctive, easily seen white rumps. Male red-shafteds sport a scarlet malar streak below the eye. Since the ivory-billed woodpecker became extinct, due to habitat destruction, the only woodpecker larger than the 12-inch flicker is the pileated.

Breeding displays are active and noisy. They face each other, point their bills, bob and weave their heads, spread their wings, and raise and spread their tails while calling and drumming. The male selects the nest site and does most of the excavation. He prefers dead snags to excavate a several-inch-deep hole, but will use a variety of cavities; he may even usurp the hole of bank-swallows. In a snag, it will take more than a week to complete the excavation; then she will lay a half dozen or so one-inch white eggs. Both of the monogamous pair will incubate the eggs for two weeks until the altricial chicks hatch. Together they feed the kids regurgitated bugs for a month until the kids are off on their own.

The SOBs loved the cedar siding of our Colorado home. It was easy to peck through and gave nice nest-space in the fiberglass insulation. When Penny and I got home from Alaska in October or November, I invariably had an almost perfectly round 2.5 inch hole to repair. More fun with wildlife!



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, 4th Thurs.	11 a.m.	Terrace Auditorium	Laverne Flaherty	6420
Catholic Mass	Fourth Thursday	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 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

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