



Get in the holiday spirit with the Willamette View Chorus



The WV Chorus invites residents and guests to a festive holiday concert on December 7 and 8. Details on page 7.

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Residents Association to hold semiannual business meeting

by Ann Phelps, Resident Council Vice-Chair

The Willamette View Residents Association will hold its semiannual business meeting on Monday, **December 5**, at 3 p.m. in the Blue Heron Auditorium. We will hear reports from **Resident Council Chair Glenna Kruger** and **CEO Craig Van Valkenburg**. **Board of Directors Chair Deidra Krys-Rusoff** will be the keynote speaker, addressing the meeting's theme, *The Future is Now*. Other business will include a treasurer's report and vote on a slate of officers for the 2023 Resident Council (see page 13). And importantly, new residents who have joined our community in the past six months will be introduced. Be sure to attend this important event. An *Uncorked* social gathering in Elk Rock

Bistro and the Riverview Lobby will follow the meeting.



Willamette View, Inc., Board Chair
Deidra Krys-Rusoff

From the Resident Council

by Ann Phelps, Council Vice Chair

There's a lot to be proud of!

As we begin the last month of 2022, I am reminded of a comment made by **CEO Craig Van Valkenburg** at a Q&A this past year. He was reflecting on our Willamette View community and said, "There's a lot to be proud of!" These words got me thinking about what we have accomplished this year. To name just a few examples of what we can be proud of:

- **Creation of new outdoor spaces** – the Triangle Garden and Tower Garden Patio
- **Protection of our environment** – Green Team recycling and reusing, Resident Dining Committee *greenies* proposal, Gleaner support to community donation centers
- **Increased connections** with fellow residents – Blue Heron Visitors, new spiritual life groups
- **Continued successful resident-run operations** – APA, libraries, stores
- **Innovative technical solutions** to serve resident needs – new website getting close to a launch, and
- **Community engagement** – Diversity and Inclusion Group social change advocacy programs, Refugee Resettlement Committee

Last month, we were privileged to have the opportunity to hear **Sister Simone Campbell** speak on the topic of *The Common Good: Justice and Hope*. In response to an audience question about how we can individually and collectively make a difference in the world, she said, "Listen deeply and compassionately to what is needed and then respond." Sister Simone's remarks focused primarily on social and economic needs and political advocacy at the national level. But we can also apply Sister Simone's exhortation to our own Willamette View community. "What is for our common good? What can we do to make a difference for our fellow residents?" These are questions that we routinely consider in the Resident Council.

I think one of the most important things for us to be proud of is our capacity, as one body, to achieve whatever we collectively set our minds on. We are not limited. There is a myriad of committee and activity leaders who listen to resident needs, and then respond by volunteering their time and energy. Our challenge is to discern which programs, projects and services will continue to support and grow our community. Which activities will provide meaningful involvement and keep our community vibrant? **Education Councilor Doug Morgan** is taking the lead on the Resident Council goal of strengthening engagement within the Willamette View community. To accomplish this, as we start to plan the year ahead, we need to hear from each resident. We do have a lot to be proud of in 2022, and I am looking forward to what we will accomplish in 2023.



Enjoy the abundance of activities offered this month — holiday concerts from the WV Chorus and Recorder Group, a MusicWorks performance, book review, movies, a New Year's Eve party, Blue Heron Players holiday stories, seven Life Enrichment music programs, an Oregon Rail History program, and the Residents Association meeting, to name a few. More on page 16.

Willamette Views

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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.

Roy Kruger reviews another of his favorite mysteries on Dec. 21

by Sue Bosshardt

Roy Kruger will review another of his favorite mysteries, *The Plot*, in the Blue Heron Auditorium on Wednesday, **Dec. 21**, at 10:30 a.m. Author **Jean Hanff Korelitz** reveals her skill at developing credible and compelling characters, creating psychological suspense, and integrating a rich blend of story lines.

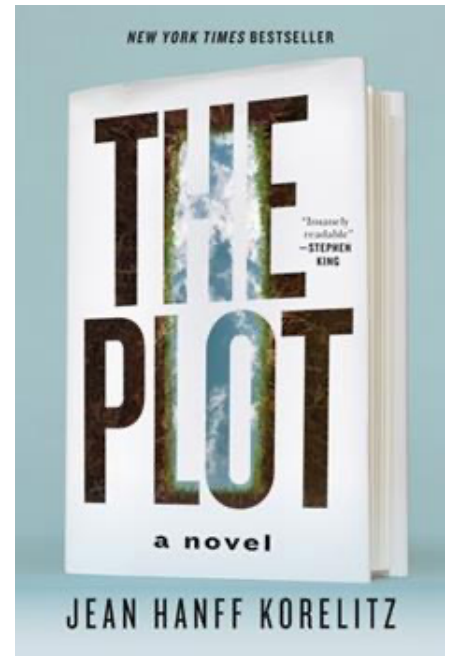
The story follows the journey of Jacob Finch Bonner, who, after writing his only award-winning book, is unable to replicate that achievement. He clings to hope that he will once again write that number-one best seller.

This epic journey is a real pageturner, with a rich blend of humor, intrigue, and twists. Readers get a view of the publishing business.

Through sharp dialogue and word choices, Korelitz covers two literary questions: Can just anyone be taught to be a great writer, and what constitutes legitimate borrowing versus plagiarism?

The author puts us in the middle of Bonner's struggle. We are privy to the collateral benefits and detriments from his decisions. Along the way, Bonner solves two murders on his journey.

The Plot is a book that Roy can recommend to many types of readers – those who don't like gritty murders, those who like a plot with twists and turns, like having a chance to solve a crime, and those who enjoy puzzles and book clubs.



December Movies

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

Donations gratefully accepted

Documentary film

Thurs., **Dec. 1:**

The River Runner (2021). Come along for major thrills with elite kayaker Scott Lindgren from California as he tackles the biggest rapids in the world. His quest to become the first person to paddle the four rivers that originate from Tibet's Mount Kalish is a must-see with breathtaking photography.

International film

Wednesday, **Dec. 14: Skater Girl**

(Indian-American, 2021). Set in a remote village in Rajasthan, Prerna (Rachel Saanchita Gupta), a local teen, lives a life bound by tradition and duty to her parents; then comes the excitement of skateboarding. *Skater Girl* is a coming-of-age story about confidence, courage, and the profound impact of blazing your own trail. **Drama. PG**

Saturday night films

Optional discussions will follow

Dec. 3: The Squid and the Whale (2005). Semi-autobiographical drama featuring two brothers in Brooklyn dealing with their parents' decision to divorce. With a piercingly honest, witty look at divorce, Jeff Daniels, Laura Linney, Jesse Eisenberg, and Owen Kline each give a wonderful performance as a family member. Awards for Best Original Screenplay and Best Director. **Language/Sexual Content. R**

Dec. 10: Grease (1978). Set in the doo-wop fifties, it is one of the most successful musicals of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance. All-star cast.

Musical/Romance. PG

Dec. 17: The Holiday (2006). This lighthearted romantic comedy is an entertaining Christmas tale. Two women, one (Kate Winslet) from England, and the other (Cameron Diaz) from America, swap homes at Christmastime to assuage bad breakups with boyfriends at home. Jude Law and Jack Black complete the foursome fun. **PG-13**

Strong Language/Sexual Content.

Dec. 24: Fantasia (1940). An American animated musical anthology produced and released by Walt Disney Productions. Bringing to life Walt Disney's vision of blending animated imagery with classical music the film blossoms into a full-blown feature that remains unique. Selected for preservation in the US National Film Registry by the Library of Congress.

Music/Fantasy. G

Devil in the Details

by Sherry Johnston

What's harder? Having a great idea or turning it into a functional reality that comes close to the original thought?

Dialing history back to 2013, we could pose the question to our tech savvy **Bob Ely, Paul Fiske, Ron Gustafson, and Doug Lary**. Back then, only about 50 percent of WV residents owned computers (estimated at 80 percent today). The existing environment held the ever-present clamor of increasing printed information wanting to be read, some of us using our six-computer lab just across the hall from the Court's first floor beauty salon, Willamette View, Inc.'s exclusive marketing website, and knowing that we needed to incorporate the power of the mushrooming electronic universe.

As with many good and complicated projects, more volunteers, including **Linda Panaretos Thomas and Mike Lincicum**, joined the group to add their talents to the progressing website. Others – **many** others – also contrib-



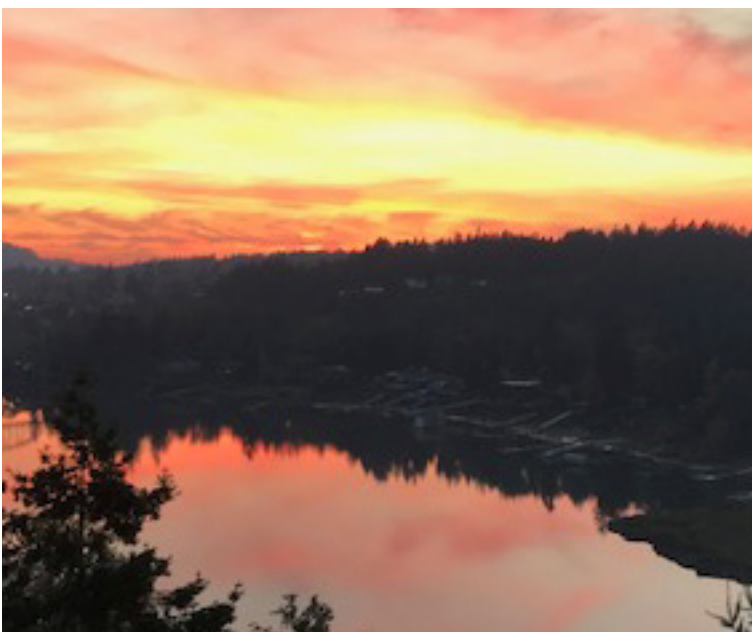
uted generously to the constantly updated version of the resident website 1.0 as it stands today.

Again, what's harder? Inspiration or implementation? These seasoned techie neighbors focused on how to cut back on our ever-growing mountains of used and unrecycled paper and how to centralize the multiplying volume of essential campus information. A resident directory, daily menus at our three restaurants, and the publishing of resident activities topped the list.

Their conclusion – a residential website. Ta-da, simple, to the point, and doable – eventually. After years (2012 – 2014) and layers of rethinks and

solving uninvited problems, the group addressed issues such as who creates the fundamental but highly specialized software engine, ensures resident accessibility, secures residential personal information, and who does what, where and when. Plodding step-by-step, with try-it-again corrections and the help of a contracted outside developer, this simple idea evolved into the actual resident website 1.0. Beyond the patience of most folks, the team worked through a variety of knots in the development that then gave us sources of information beyond our bulletin boards and mailboxes. Financial no-strings-attached support from Willamette View, Inc. settled the cost issue.

The history of creating WV's first resident website celebrates how tenaciously our tech-savvy volunteers advanced us in our ability to access practical, enriching information and enriches our options. And more waits in the wings.



November 13 sunset from Manor Terrace 7B
Photo by Gail Durham

¿Habla Español?

Todos los hispanohablantes
y los que quieran serio

The **Spanish Conversation Group** has grown! They now have a meeting room and regular meeting day. The session will accommodate as many Spanish speakers as possible. All levels are welcome. Updates will be provided via email. The meetings are every Friday at 1:30 p.m., through the remainder of 2022.

Meeting place: Heron Lounge, Manor 2nd floor

Contacts

David Heath – david.swak@gmail.com or 7240

Donna Kling – klingd93@gmail.com or 7229

WV's New Year's Eve party is back!

Our great tradition of celebrating New Year's Eve together has returned. Join your fellow residents in the Blue Heron Auditorium on **December 31** at 7 p.m. to enjoy the music of **Jazz Up**. Using the theme **Moon Over Willamette View**, the band will play jazz standards for our listening and dancing pleasure. Enjoy special treats and beverages provided by the one and only **Chad Grove**! At 9 p.m., we'll watch the ball drop in Times Square to close out the year together. Invite your friends to join you.



Food Composting at Willamette View:

What is it? What is it NOT? Why bother?

How can we avoid food waste in the first place?

Your questions answered in January! Stay tuned!

The **Recorder Group** will offer a **sing-along of holiday music** on Wednesday, **December 21**, at 2:30 p.m. in the Terrace Auditorium. **RCA Moore** will lead residents in singing familiar songs that bring back many happy memories. Residents are invited to lend their voices to this holiday celebration.

The **Diversity and Inclusion Group** will feature two presentations by **Wadji Said**, co-founder of the **Muslim Educational Trust**, at 10:30 a.m. in the Blue Heron Auditorium.

January 3: Islam — Its History and Meaning

February 7: Islamophobia —

Its Presence in Our Society

More information will be in the January issue.

Operation Santa Claus Toy Drive

The **Blue Heron Foundation At Willamette View** has partnered with **Clackamas Fire District #1** to gather toys for **Operation Santa Claus**.

Operation Santa Claus has been a Clackamas Fire tradition within the community since 1974. The goal is to collect nonperishable food and new, unwrapped toys for families in need within the communities they serve. Every December, you will see Santa's fire engine driving around town collecting food and toys from the community.

You can help by placing new, unwrapped toys under the Christmas tree located in the Manor Library between November 21 and December 12. We will ask volunteers to help us sort, pack, and deliver the toys to the fire department on **December 13** for distribution to children in need through the **Clackamas Service Center**.

'Tis the season of togetherness. Let us support our local children by surrounding the Christmas tree with mountains of joyful toys! For more information, please contact **Loraine** or **Leslie** in the **Blue Heron Foundation** office.



Save the Date! Willamette View's semiannual **Rite of Remembrance** will be on Tuesday, **January 17**, at 7 p.m. in the Blue Heron Auditorium. During this time, we will honor those who passed away in the last half of 2022.

 **Musicworks** 



**Mary Flower
&
The BBQ Boys**

**Tuesday, Dec. 6th, 2022
7:00 – 8:15 pm
Blue Heron Auditorium**

Mary Flower and the fabulous BBQ Boys return to Willamette View for a joyous, upbeat blend of blues, jug band and swing. They combine wonderful vocals, finger-picking acoustic, lap-slide, and dobro guitars, plus great fiddle, sousaphone, mandolin, and mandola playing.

✓ Check it out

by Linda Panaretos Thomas, Library Committee Chair

It Takes a Village!

As I step down as Chair of the Library Standing Committee, I want to thank all the wonderful volunteers who keep our libraries running so efficiently and smoothly. At last count there are 56, many of whom serve in more than one position.

What do all these people do? First, there are three library managers and their teams who make sure the library is a welcoming place, check that books are shelved correctly, check books in and out, and send overdue notices when you forget to return your book. We have volunteers who prepare new books for cataloging and enter them in our database. We have volunteers who maintain special collections, such as the **Plaza Grab & Go** and the **Book Boulevard**, and a coordinator who manages donations of unwanted materials to local libraries. Other volunteers deliver books from building to building, process your reserve requests, keep the library computers running and up to date, repair books, and help with graphics and documentation. We have a team of reviewers and selectors who read multiple reviews, monitor trends in the publishing world, and select books most likely to be enjoyed by the residents. Finally, there are the members of the Library Standing Committee who are responsible for the operation of the campus libraries and administer the funds allocated for these libraries.

It has been my privilege and pleasure to work with all of you. Space constraints prevent me from listing you by name, but I thank you for your support, advice, encouragement, and dedication. I will be turning over the 2023 chair responsibilities to **LaJean Humphries**. You are in good hands!

Linda Panaretos Thomas

Blue Heron Players celebrate the holidays with stories and songs

by Carol Knowles, BHP Director

The **Blue Heron Players**, under the direction of **Carol Knowles**, will perform Holiday Stories and Songs from Around the World on **December 11** at 6:30 p.m. and **December 12** at 2 p.m. in the Blue Heron Auditorium.

Sandra Brewer and **Mary Helen Socolofsky** perform excerpts from *Enchanted April*, in which a disgruntled Londoner – not unlike Ebenezer Scrooge – is transformed by friendship she discovers in a sun-filled villa in Italy.

With her beautiful Scottish accent, **Chris Thompson** will read songs as poems, from **Robert Burns' Scottish Songbook**, including the holiday favorite, *Auld Lang Syne*.

In a voice as wry as **David Sedaris'** humor, storyteller **Judy Carnahan** will read excerpts from *Santaland Diaries*, Sedaris' recounting of his experiences as an elf working in Macy's in NYC at Christmastime. **Chris Nacheff Maneker** reveals the magic of the holidays by performing *Christmas Every Day*, a fable written in the late 1800s by a father for his daughter.

Jean Thomas convincingly transforms herself into an anguished spirit and a bitter old man who becomes giddy with joy as she reads



From left: Carol Knowles, Chris Thompson, Jean Thomas, Chris Nacheff Maneker, Judy Carnahan, Mary Helen Socolofsky, Sandra Brewer. Photo by Jennifer Murche

excerpts from **Dickens'** holiday classic, *A Christmas Carol*.

To further reveal deep emotions evoked by the holidays, pianist **Amy Torgerson** will play excerpts from **Beethoven** and **Mozart**, and Italian love songs, including *Santa Lucia*.

WV Chorus to present December concert

by Bob Thomas, Chorus Vice President

Residents and guests are warmly invited to join the Chorus on Wednesday, **Dec. 7**, at 7 p.m. in the Blue Heron Auditorium to hear a selection of holiday music. A second concert will be in the auditorium on Thursday, **Dec. 8**, at 2 p.m., for the convenience of Health Center residents and those who would like less congested seating and better

lines of sight to the choristers. The program will feature many familiar Christmas carols, Chanukah, and Chassidic songs, along with Leonard Cohen's beautiful Hallelujah, led by our superb director, **Reece Sauv **, and masterful accompanist, **Barbara Maxwell**. Come, enjoy, and participate in singing along with the familiar selections.

The **Garden Committee** is looking for a **Rose Manager for 2023**. The position is a three-year term. Duties include sending out emails to the Rosarians with friendly reminders about deadheading, weeding, and raking. Walt Lundberg has developed templates of these friendly reminders and other necessary messages, so it's a matter of "cut and paste" into emails. The active part of the position is only six months of the year, because the roses are dormant from November to April. If you are interested, please contact one of these Garden Committee members: **Susan Bolton** (6430), **Joyce Liljeholm** (6595), or **Walt Lundberg** (7223).

Recycling at Willamette View

by Warren Ford, Green Team

As your new recycling coordinator for the Green Team, I congratulate our residents for helping WV attain its **gold level** among **Clackamas County Leaders in Sustainability**. I thank **Marilee Thompson** for her leadership as recycling coordinator during the pandemic, and those who contribute to the Green Team by sorting garbage out of the mixed recycling, handling returnable bottles and cans to provide funds for Green Team projects, and sorting out recyclable plastic bags. Right now, we need more volunteers, particularly as backups for mixed recycling sorting in all buildings, and all positions in the Terrace. If you would like to volunteer, contact me: 6325 or warren.ford@okstate.edu.

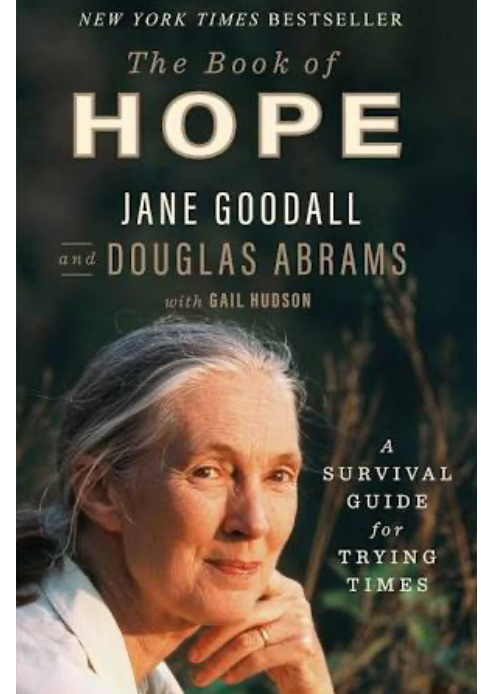


More
Halloween Parade
Winners

Best Queen:
Queen of Hearts
MH Socolofsky
Best Mask:
Mardi Gras, made of
COVID masks
Sally Giles

Try This Title

by Penny Fiske



**The Book of Hope —
A Survival Guide for Trying Times**
Author: Jane Goodall

Publication Date: October 2021
Location:
Terrace Library 363.705 GOO LP

"... road map of ideas for ways in which every person may help bring about positive change ..."

NPR Books

"Vibrant with wry humor, scientific fact, grassroots advances, compassion, and spiritual depth, this dialogue of hope amplified Goodall's mantra: 'Together we can. Together we will.'"

Booklist (starred review)

"... much-needed optimism in this guide to the climate crisis and what we can do about it."

The Guardian

New residents bring variety of experiences from living and working



Carol Schurter

Carol Schurter came from SE Portland, her home of 31 years, to 310B on October 12. She had lived previously in Southern California, Berkeley and San Francisco, Reno, and Seattle.

She attended Pasadena City College, Berkeley, San Francisco State University, and the University of Nevada, Reno. She earned a BA in psychology and an MA in counseling.

She was a middle school counselor in Seattle and a medical transcriptionist in Seattle and Portland.

Carol enjoys gardening, book groups, bird watching, political causes, games and puzzles, crafts that include sewing, watercolor painting, and knitting.

Carol has a brother living in Virginia. She chose Willamette View because of the warm and friendly residents and staff, and the gorgeous campus and surrounding area.

Sonnie Russill is a new resident of 204B, having moved in on October 18. She grew up in Portland, and has also lived in Washington, DC, and Palo Alto.

She graduated from Portland's



Sonnie Russill

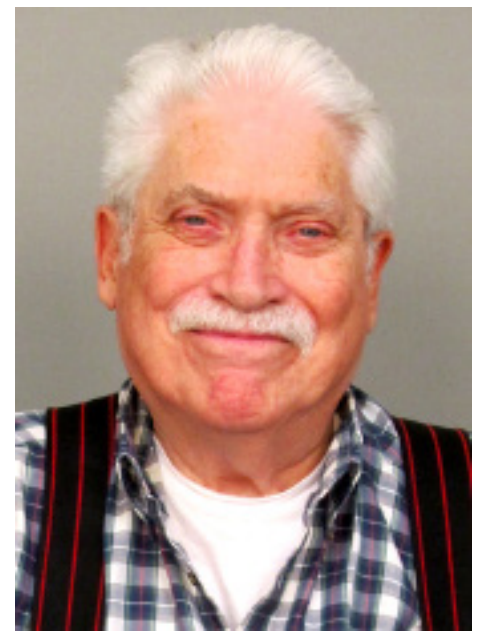
Franklin High School and earned a BS at Portland State University.

Her career has included many jobs, but she states that the most interesting were in Washington, DC, when working for Senator Wayne Morse, and with Rick Gustafson, the first executive officer of the Metropolitan Service District when it was newly formed in Portland. It was exciting to live and work in Washington, and to be a part of our regional government, Metro.

Her volunteer activities have centered around neighborhood associations, a theater group – the Portland Actors Conservatory, and political campaigns.

Her husband, **George**, is deceased. She has a son, Trask, and grandchildren Archie and Tess, who have already enjoyed the WV swimming pool.

She moved to Willamette View because of the beautiful campus and the myriad activities. Some of her good friends have become residents here, and she looks forward to meeting many more.



Bob Ross

Bob Ross moved into 204B on September 22. He has lived in Milwaukie and Portland.

He attended Lynch Grade School and Gresham Union High School.

Bob was a warehouseman in his career. He drove a product delivery truck for Atlantic Richfield Company (ARCO) for 34 years.

He enjoys car racing and sports, including baseball, basketball, and football.

Bob has two sons, two daughters, and four grandchildren.

Ernie Crook came from the California Central Coast to 209A on October 1. He has lived in Seattle, Connecticut, Spain, and Scotland.

Ernie attended the U.S. Naval Nuclear Power School and California State Polytechnic University. He spent his career with the U.S. Navy, often on submarines. He was an operator of the Millstone Nuclear Power Plant and was in corporate computer systems management. He enjoys reading, genealogy, writing, and opera. He and his wife **Peggy** attended performances of

locally and around the world

Photos by Mike Lincicum



Ernie Crook

Wagner's *Ring Cycle* several times.

He and Peggy met in a computer science class. She had earned a BA in French at the University of California, Santa Barbara, and an MA in linguistics at the University of California, Davis. She taught French and English in Nigeria and the Virgin Islands for several years. She retired from a career as a database designer at California State Polytechnic University. She was an expert bonsai cultivator.

Peggy was a descendant of Antonio Rodriguez, a Spanish soldier who accompanied Fr. Junipero Serra up the coast of California as he established missions in the 1700s. Her family built on the land grant of Rancho Corral de Piedras in present-day San Luis Obispo.

Ernie and Peggy had plans to move to WV together. They chose their apartment together and were planning to move in June, but she passed away in April.

Ernie has family nearby in Milwaukie. He appreciates the friendliness of the many residents he has met.



Nancy Meyer

Nancy and Walt Meyer are new residents of 310NP, having moved from Eugene on Oct. 28. Walt was born in Switzerland and lived there until age 7, when the family moved to Canada, and at age 13, to the U.S. He grew up in Southern Oregon and moved to Los Angeles after college. Nancy was born and grew up in Lakeside, OH. She moved to Los Angeles after college for a teaching job, where she met Walt. They married and moved to Sacramento. They later moved to Eugene, where they lived for 42 years.

Walt earned a civil engineering degree at Oregon State University. Nancy earned an education degree at Ohio State University, a master's degree from Boston College, and an education degree from the University of Oregon. Walt started his career with the City of Los Angeles in environmental services, and then joined a private consulting firm, providing expertise in drinking water and wastewater treatment. He worked on the Boston Harbor cleanup for the Massachusetts Water Resources Authority from 1986 - 88.



Walt Meyer

Nancy began her teaching career in Los Angeles as an itinerant teacher for the visually impaired, and she continued this work in Sacramento and Eugene.

In 2006, Nancy and Walt joined the Peace Corps and served two years in Mexico at a governmental research center for electrochemistry and environmental engineering. Walt worked on water projects and Nancy taught English to the staff and graduate students at the center.

Walt is a flyfisherman and an avid runner. Nancy enjoys quilting, walking, and volunteering. They both love gardening and hiking. They were active in the Southtowne Rotary Club of Eugene. They have traveled to Honduras, Guatemala, and Mexico to participate in *workweeks* with Stove Team International and HELPS International. They worked on the Jimmy Carter Habitat for Humanity, building in Mexico and Thailand.

They have five children and 10 grandchildren. They love this community of active, fun people.

Four dozen residents and staff members participated in the **Halloween Parade** on October 31. They marched from the Terrace Auditorium through the four neighborhoods of the Health Center and on to Elk Rock Bistro, where **Judy Kleinberg, Barbara Limandri, and Ron Gustafson** judged the creative costumes. Winners were announced at 4 p.m., just in time for the ensuing Happy Hour. **Doug Lary** managed the AV; **Jerry Hull** took photos. Parade wranglers were **Janet Black, Jan Campbell, Kappy Finstuen, and Walt Lundberg**, who was also Master of Ceremonies. **Candace Bradley** and **Chad Grove** coordinated the event. Photos of award winners are also on pages 7 and 12.



*Best Historical: Adam and Eve
Sylvia Randall and Steve Najjar
Photos by Jerry Hull*



*Scariest: Skeleton
Craig Iverson*



*Funniest: Fantasia Hippo
Dawn Ruiz*



*Best Couple: Court and Court Jester
Ruth Gallagher and Mary Anne Chew*



*Best In Show: Busy Bees and the Beekeeper
Matt Hartley, dog Sophie, Nikki Maxey, Nicole Glimpse,
Amanda Jones, Cyndy Carpenter. Not shown: Austin Latham*



*Best Group: Three Blind Mice and Farmer's Wife
Ann Phelps, Sandra Brewer, Marilyn Feldhaus,
Dorothe Ernest (visiting sister of Ann and Sandra)*



Governor-elect Tina Kotek enjoys a moment with Jeanne Magmer



Jeanne Magmer gets selfie taken by President Joe Biden at October 15 campaign event for governor-elect Tina Kotek.

The Rev. Canon Richard Toll will be honored by the Episcopal Peace Fellowship Palestine Israel Network on Sunday, **December 4**, from 4 to 6 p.m., at **Grace Memorial Episcopal Church**, 1525 NE 17th Ave, Portland. All are welcome. Richard “Dick” Toll is the 2022 winner of the **Cotton Fite Award**. Richard and Elaine have been residents of Willamette View since 2016, having moved from three blocks away at the corner of Courtney and River Road.

Pet a Pooches invite you to visit

by Marie Gilliam

The popular **Pet a Pooch Program** is back! Enjoy visiting with these friendly pups this month.

| | |
|--|------------------|
| Friday, Dec. 2 : Penny at the Terrace | 3:30 – 4:30 p.m. |
| Wed., Dec. 7 : Rossa at North Pointe | 2 – 3 p.m. |
| Tuesday, Dec. 13 : Emma at the Plaza | 2 – 3 p.m. |

Alan Fibish Scholarships presented to four staff members

The **Blue Heron Foundation** presented **Alan Fibish Scholarship awards** of \$2,500 each to four WV staff members on October 25. Photo at right shows Lindsay Liden receiving her award. The scholarship winners and their career goals are:

Lindsay Liden, Life Enrichment Gerontology Certificate

Emily Gebhart, Staffing Coordinator Nursing school

Nikki Maxey, HC Secretary Gerontology Certificate

Megan Grimsrud, Riverview Lead Server Radiologist



Blue Heron Foundation members present scholarship award. From left: Craig Iverson, Matt Hartley, Philanthropy Director Loraine Collacchi, Scholarship recipient Lindsay Liden, WV CEO Craig Van Valkenburg. Photo by Michele Lukowski

Wellness Team/Pool Service Coordinator Chad Biasi is writing a series of articles for the *Willamette Views* about an engaged wellness lifestyle. Included are some collected ideas about the experience of water activities. The full article and references are available on the resident website.

Swimming deliberately Part 2

Collected thoughts from swimmers

assembled by *Chad Biasi, Wellness Team/Pool Services Coordinator*

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

from the opening of Moby Dick

Flotation

“Floating allows people to just pay attention to their mind. And it calms the mind.” “It slows down your thinking and allows thoughts to come at a slower pace.” The floating meditation sweet spot – between consciousness and sleeping – is called the hypnagogic state, described as the moment when your thinking stops. Along with the traditional benefit of mindful swimming, floating meditation also offers nonconventional perks – thanks, in part, to physics. “Being in zero gravity relaxes all of your muscles.” “You’re always fighting against gravity, even lying in your bed, but floating alleviates all of the joints that are sticky or painful.”

Metabolic Health

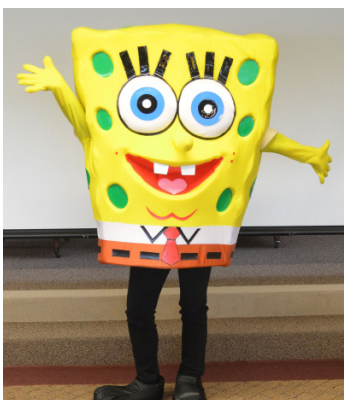
It’s widely known that exercise has a positive effect on the body and met-

abolic health. Less studied is how exercise affects the brain – particularly where in the brain the effects are seen. The intensity of exercise plays a vital role in brain volume, especially in areas linked to cognitive decline. The more intense the physical activity, the larger the brain regions were in volume and thickness of cortex.

Elderly people had the sharpest increase in volume across the board with only moderate levels of activity. This means that even 15 to 20 minutes of exercise may be protective against neurodegeneration. Diseases like Alzheimer’s and Parkinson’s can be prevented in part by exercise. There are the same changes to our body chemistry in swimming as there are in land exercise: faster heartbeat, increased circulation, more blood and oxygen to muscles and brain.



Correction/additions to Swimming deliberately, Part 1 – Willamette Views, November 2022, page 12; Paragraph 2 – “... he and his friends would take after-dark swims out into Lake Michigan until they could see the lights of the cities on Lake Shore Drive.” Paragraph 3 – “The pool is ideal for swimming laps in its two well-marked lanes as well as water aerobics and volleyball.”



Halloween Parade winners, from left – Most Creative: *SpongeBob SquarePants* – Loraine Collacchi; Most Americana: *Bye-Bye, Miss American Pie* – Elise Meyers; Wittiest: *Where’s Waldo* – Dennis Gilliam; Most Medieval: *Fair Maiden* – Michele Lukowski
More photos on pages 7 and 10. Photos by Jerry Hull

Green Team grant brings new plantings to the campus

by Cliff Hillebrandt, Outdoor Campus Committee

The WV campus has lost a number of trees in the past few years. With concern from many residents that the trees should be replaced, the **Blue Heron Foundation's Green Team Project grant funds** seemed like a natural fit. At the request of the Green Team, **David Keifer** prepared a grant proposal outlining potential sites for planting trees. The proposal was approved and funded. Willamette View, Inc., approved a grassy site north of the resident gardens between the gardens and River Ridge Drive, but further research found this site to have some disadvantages. Outdoor Campus Committee members **Hugh Ferrar**

and **Cliff Hillebrandt** then discussed an alternative site in the meadow adjacent to the River Walk with **Kim Buchholz** and **David Keifer**. The new site was approved and is now planted with three Oregon white oaks and many small native plants. David supervised the planting with help from **Cliff Hillebrandt**, **Marilyn Feldhaus**, and **Craig Iverson**.

The plot contains 72 plants of 19 different species, all of which are native to the Willamette Valley, and even more specifically, to Portland. These native species will provide good habitat and food for the native pollinators, other insects, and native birds.



David Keifer completes the new garden of Oregon white oak trees and native plants.
Photo by Cliff Hillebrandt

Low Vision Mutual Self-Help Peer Support Group

Wednesday, December 14

1:30 – 2:30 p.m.

Court Family Room
Second Floor, Court Building

We welcome 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.

Nominating Committee to present 2023 Resident Council slate on Dec. 5

The following slate of Resident Council nominees will be presented, and elections held, at the Residents Association semiannual meeting on **Dec. 5**.

- Vice Chair – Doug Morgan
- Secretary – Ann Glaze
- Dining & Hospitality – Ron Ture
- Education – Sharon Gross
- Hobbies – Art Wilson
- Performing Arts – TBA
- Spiritual Life – Shannon Katterle
- Personnel Committee

Sherry Johnston

Linda Panaretos Thomas

Nominating Committee members are Kathleen Hodai, Chair

- Don Brown
- Joy Jensen
- Ellen Leff
- David Perry
- Susan Bolton,
Resident Council staff rep.

Apartment Moves October 22 – November 21

| | To | Phone |
|--------------------------|----------------|-------|
| Julie & Robert Donaldson | New res. 704A | 6743 |
| Nancy & Walter Meyer | New res. 310NP | 6444 |
| Dale & Greg Silver | New res. 501B | 6355 |

In Memoriam

Oct. 22 — Nov. 21

Ron Hauxwell
John Kuramoto
Jerry Schneider
Patsy Smith

Artworks offers residents new opportunities of engagement

by Philanthropy Director Loraine Collacchi, Art Therapists Sally Giles and Kristen Larsen

On **September 27**, the **Blue Heron Foundation** and **artworks** hosted an event in the Blue Heron Auditorium as a thank you to donors – a heartfelt acknowledgement of plans made *and achieved* over the years. That was almost 12 years to the day after **Kristen Larsen** and **Sally Giles** founded the **artworks** program, with prodding from **CEO Craig Van Valkenburg** to “dream big.”

The morning began with a slide show of art made in the **artworks** program, interspersed with meaningful quotes from participants. Kristen and Sally spoke about the sometimes unseen but always powerful community connections that grow from all types of donations. Donors include residents who have contributed money specifically to the **artworks** fund through the Blue Heron Foundation, as well as those who have contributed time, expertise, materials, and equipment since the founding of the program in 2011.

Loraine Collacchi, Philanthropy Director of the Blue Heron Foundation, spoke of the generosity of donors, resulting in almost \$24,000 in donations to the **BHF artworks fund** since 2014. Donors made it possible for BHF’s recent grant awards for pur-

chase of art supplies, tables, and cabinets. She also highlighted the arts and crafts sale in October where residents sell their creative work. A percentage of the proceeds from the sale were donated to the **BHF artworks** fund.

Sally and Kristen emphasized the community value of all types of donations, highlighting WV resident **Ginna Jones’** contribution of mosaic supplies, instruction, and expertise that led to a community-made mosaic on the doors of the potting shed of Harmony Garden.

Several attendees spoke movingly of their own experiences in the program. **Charleen Oerding** described how she initially had no interest in engaging with art, yet she has grown to relish the wide range of materials and techniques offered to residents in the Health Center. **Laurie Merrell** shared her initial reticence to engage with **artworks**. She found herself there over many years, even involving her granddaughter – who taught a drawing workshop in the studio at age 9!

Ed Minster told of his transformation into “the Cat Man,” as he is known for making mixed media images of cats in eye-catching situations and with captions that he distributes and posts



Ed Minster tells story about becoming a cat artist. Photo by MH Socolofsky

around campus. **Ann Warren** spoke of how she would not have moved to Willamette View if there had not been an **artworks** program.

Members of the audience were moved to speak as well, including **Craig Iverson**, whose family asked for donations to the **artworks** program in memory of their mother, **Veneta**. Veneta was a regular participant in the studio who would frequently say, “Teach me something new!”

Kristen and Sally are grateful to be a part of this community, and for the generosity of many donors.

To make a tax-deductible gift to the **BHF artworks fund**, contact Philanthropy Director Loraine Collacchi at lorainec@willametteview.org or at 503-652-6203.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Sun., Dec. 4: Encore Vocal Ensemble performance; 2 p.m.

Mon., Dec. 5: Tim Chao cello performance; 2:30 p.m.

Sun., Dec. 11: Kaleidosound Choir performance; 2:30 p.m.

Wed., Dec. 14: Lee Nicholas keyboard/piano/vocal performance; 2:30 p.m.

Fri., Dec. 16: **Rail History of Oregon** presentation by Oregon’s Traveling Historian Darrell Jabin; 1:30 p.m.

Tues., Dec. 20: Heidi Davis vocal performance; 10 a.m.

Wed., Dec. 21: Recorder Group Holiday Sing-a-Long; 2:30 p.m.

Tues., Dec. 27: Louis Pain & Renato Caranto piano & saxophone performance; 2:30 p.m.

Rear Window by Frank Starr

Energy

Energy is pretty important stuff! You burn a lot of it just staying alive. Your body requires about 2,000 calories each day to keep you going – some more, some less. You can't stop your mind from thinking, and that requires energy. Your heart beats about once each second to distribute oxygen to each and every cell in your body, and that consumes energy. Your body's cells combine the oxygen you breathe in with the food you have eaten to produce the energy life requires, and you exhale carbon dioxide.

Einstein's equation, $E=mc^2$, tells us that mass and energy are interchangeable. Mass (matter) becomes energy and energy becomes mass, with no loss, just changing one for the other. (The c^2 means the square of the speed of light – 186,000 miles per second – that squared is a pretty big number.)

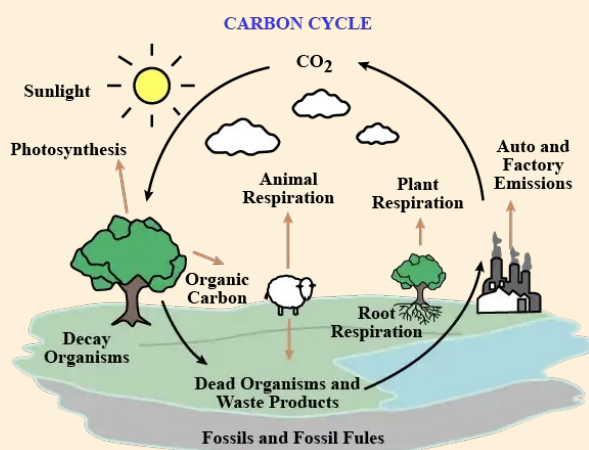
There are two basic processes of creating energy: fusion in the sun, and fission in Earth's core. In Earth's core, heavy metals decay spontaneously, like uranium decaying into lead, with the release of a tremendous amount of energy. That energy becomes the force of plate tectonics, which moves the Earth's geologic plates around, creating earthquakes, tsunamis, volcanoes and all sorts of other fun things like Yellowstone.

The energy of life comes from the sun, where a pair of heavy hydrogen atoms (deuterium) fuse to form helium atoms and release the energy that we perceive as light. Plants use the energy of sunlight to combine carbon dioxide and water to produce plant matter and release oxygen. We animals couldn't live a minute without the oxygen produced by plants, and we eat plants to acquire the sun's energy. We oxidize (burn) food molecules into energy and exhale water and CO_2 .

Then there's the energy we consume to do work and keep warm, by burning wood and fossil fuels – all deposits of carbon. No one is sure when the first caveman picked up a burning stick and took it to his cave, giving him a bit of warmth and light. Perhaps

his girlfriend found a rabbit that had been killed in a wildfire, tasted it and found that cooked meat tasted much better than raw meat. Starting then, people used wood to make fire to create warmth and cook food.

More and more of man's activities require energy from electricity and internal combustion engines. The vast majority of that energy comes from burning fossil fuels – coal, oil, and natural gas – that are the products of dead organisms being buried before their bodies decompose. Coal was formed from plants that lived in swamps during the Carboniferous age – some 300 million years ago – and were buried before they decomposed. Time and pressure, in the absence of oxygen, converted the carbon of plant life into coal. Oil and natural gas are the remains of planktonic organisms that lived in the seas, died, sank to the bottom, and were covered by sand and mud before they decomposed. Over millions of years, heat, pressure, and bacterial activity transformed those bodies into oil and gas. Today we humans are burning those accumulated fossil fuels to produce the energy that our exploding population demands and releasing ever-increasing amounts of CO_2 .



| 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 | Third 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 |
| Line Dancing | Thursday | 3:30 p.m. | Fitness Studio | Elaine French | 6502 |
| Living with Diabetes Group | Third Monday | 3 p.m. | Heron Lounge | Stephen Ott | 6771 |
| Living with Pre-Diabetes Group | Third Monday | 2 p.m. | Heron Lounge | Stephen Ott | 6771 |
| Low Vision Support Group | Second Wednesday | 1:30 p.m. | Court Family Room | Sandra Gerling | 6515 |
| Mahjong | Monday | 2 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.