

Willamette Views

A Publication of The Willamette View Residents Association



Volume 46, No. 1

January 2023

Residents Association Semiannual Meeting — *The Future is Now*



Resident Council Chair Glenna Kruger greeted a full house at the Residents Association meeting on December 5. Story on page 5. Photo by MH Socolofsky

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Impressions of Japan by a Gai-Jin

by Ron Ture

On Wednesday, **January 4**, at 7 p.m., **Ron Ture** will share experiences from his multiple trips to Japan in the Blue Heron Auditorium.

by Anita and David August, Armchair Travel Committee

It was in New Jersey, at graduate school, that **Yoshiko**, a citizen of Japan, and I met – almost 50 years ago. We dated for two years, then married in Kobe in 1973. We used Yoshiko's mother's home as the starting point for many adventures during our two-months-long honeymoon. So began my role as an Outside Person in Japan!

We traveled all around Japan, taking public baths and sleeping in trains to save on hotel costs. I will relate to you a personal incident that demonstrates how accommodating the Japanese people are, and how safe the country is.



Continued on page 13 Ron Ture finds his way around Kyoto.

From the Resident Council

by Ann Phelps, Council Vice Chair

What's new?

As we look forward to the year ahead, my personal goal is both to continue the legacy we have received from past council leaders and also to look for opportunities to improve how we serve the resident community. Five years ago, **Lynda Warren**, then incoming council chair, wrote in the *Willamette Views*, “**Volunteerism is at the core of the Willamette View culture with resident volunteer contributions responsible for the many activities and services we enjoy daily.**” The same is true now. And, volunteer recruitment continues to be one of our greatest needs to support our Willamette View mission – ***To inspire the art of living well.***



Last month, we gathered for a Residents Association meeting with the theme ***The Future is Now***. Keynote speaker Board Chair **Deidra Krysrussoff** said, “We are not going back to the way things were – we are going to have to do things differently.” So often we find ourselves waiting to get back to how our lives were several years ago. But everything we are learning says that we need to assume, however uncertain and sometimes chaotic it seems, that we need to let go of the past and embrace the future. What do we really need? What is the most valuable? What do we want to preserve? This requires creative thinking, flexibility, and a can-do attitude. This future-oriented approach applies to the council as well.

So, what's new? I want to alert you to a few changes in the Resident Council schedule and meeting place. We will meet on the **2nd Friday of each month** throughout the year. Our meetings will be held in the **Terrace Auditorium**, and you may attend in person or via Zoom. All residents are welcome. Our first meeting is scheduled for Friday, **January 13**, at 9:30 a.m. If there are topics or emerging issues that you would like to see on the agenda, please let us know by sending an email or placing a note in the council's in-house mailbox, Box L.

The incoming council vice chair, **Doug Morgan**, and I look forward to providing leadership for the council, along with the continuing and newly elected councilors. We anticipate an especially exciting year with the launch of a new resident website. I am in awe of all the work done by **Glenna Kruger** as council chair during 2022, and I hope that I will be a good steward of our council legacy in 2023.

Volunteering is rewarding and satisfying. There are many volunteer opportunities on the Willamette View campus, but have you considered taking on a **volunteer position out in the community?** The Resident Council has created a new resource for residents looking for opportunities to volunteer away from Willamette View. There is a database of more than 25 organizations in the Portland area that utilize volunteers. The list includes opportunities in a variety of categories, including ecology, art, science, history, education, animals, and more. Many of these opportunities provide perks, such as free admission, volunteer thank-you events, and reciprocal benefits from other organizations. If you are interested in finding out more, contact **Lois King** by phone at 6345 or 503-686-8142, or email her at kinderlois@comcast.net. We are interested in expanding our database; please contact Lois with your suggestions.

Willamette Views

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

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

Council Chair: Ann Phelps
Vice Chair: Doug Morgan
Editor: Mary Helen Socolofsky

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

Book Review explores the power of group psychology

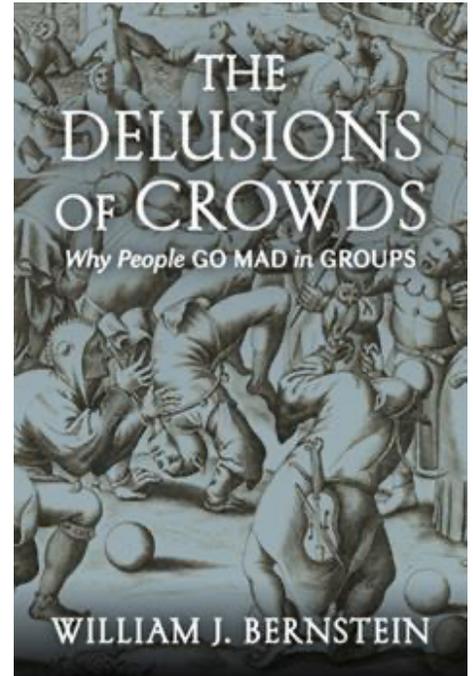
by Sue Bosshardt

Wednesday, January 18, 10:30 a.m. — Blue Heron Auditorium

Dale Harris follows his interest in advocating for social change by studying how people come to believe things, such as conspiracy theories. Dale has chosen to review *The Delusions of Crowds: Why People Go Mad in Groups*, by William J. Bernstein. This book was recommended to Dale by a friend who is a retired professor of religious studies at the University of British Columbia. Written by the award-winning author of *A Splendid Exchange*, it is a fascinating new history of financial and religious mass manias over the past five centuries. “We are the apes who tell stories,” writes William Bernstein.

Dale is a retired United Methodist pastor, serving churches in Central Oregon and the Willamette Valley for 40 years. Dale’s principal hobby is woodworking. Since moving to Willamette View in 2009, he has been actively involved in several leadership activities: Resident Council Chair, Resident Emergency Response Team, Refugee Resettlement Committee, and the ham radio club.

Dale and his wife, Carla, moved to Willamette View from Hillsboro, Oregon. They have a son and a daughter and four young-adult grandchildren.



January Movies

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

Donations gratefully accepted

Documentary film

Thurs., **Jan. 5: *Ansel Adams: American Experience*** (2022). Ansel Adams was a seminal force in American photography and nature conservation. We see Yosemite through his eyes in this documentary, and learn about his unconventional path to be the best.

International film

Tuesday, **Jan. 10: *Amazing Grace*** (2006). William Wilberforce (Ioan Gruffudd) leads the battle in Parliament to end the British slave trade. John Newton (Albert Finney), the slave ship captain who penned *Amazing Grace*, William Pitt (Benedict Cumberbatch), and love interest Barbara Spooner (Romola Garai) inspire Britain to a great social justice. **Drama/History**

Saturday night films

Optional discussions will follow

Jan. 7: *Elvis* (2022). Actor Austin Butler delivers a dazzling, crowd-pleasing bio of Elvis Presley, provoking a roller coaster of emotion. Wife Priscilla Presley (Olivia DeJonge) and Colonel Tom Parker, his enigmatic manager, played brilliantly by Tom Hanks, are instrumental in Presley’s star-powered journey. **Musical/Drama. PG-13**

Jan. 14: *Hell or High Water* (2016). Two brothers decide to rob a bank that issued an abusive reverse mortgage. It is leading to foreclosure on their late mother’s ranch, on which oil has just been discovered. Toby and Tanner Howard are played by smoldering Chris Pine and spunky Ben Foster. Jeff Bridges plays the Texas Ranger, Marcus Hamilton. **Crime/Western/Action. R**

Jan. 21: *Sister Act* (1992). Whoopi Goldberg is at her comic best as a casino lounge singer hiding out in a San Francisco convent. As Sister Mary Clarence, she brands this movie with her special style of comedy, wonderful musical numbers, and hokey-pockey mayhem, keeping the film light and fluffy throughout. Cast includes Maggie Smith. **Musical Comedy. PG**

Jan. 28: *Casablanca* (1942).

Residents’ Choice Contest Winner.

An undisputed masterpiece and Hollywood’s quintessential statement on love and romance, *Casablanca* has only improved with age, with career-defining performances from Humphrey Bogart and Ingrid Bergman. Filmed and set during World War II, it focuses on an American expatriate who must make a difficult choice. **Drama. PG**

Meet Jason Thompson, Director of Technology Information Services



Finally! Someone on staff to be our technology whisperer. His role is to support WV and residents as our current technology resource, our idea and problem collaborator, a bridge to outside vendors, an interpreter of professional conundrums, fixing what's not

Story and photo by Sherry Johnston
working well, and listening to residents' needs and concerns.

Jason Thompson has worked in higher education at Arizona State Honors College and for corporation giants Bell Atlantic Mobile and Verizon. He and his wife, Rebecca, enjoyed working in the IT world, changing jobs when the time was right, moving to new locations as an adventure, and traveling to experience the richness of the world's people and places.

Several years ago, however, he had to deal with the immediate crisis of his parents' declining health. The ability to safely live alone lessened each day. He and Rebecca moved closer to his folks in the Midwest to help navigate the emotional/practical shift from their home to a communal place that offered safety and care. He learned the deli-

cate language of combining concern, respect, patience, understanding, and devotion as they were moved to a new home. Then, Jason and Rebecca found that they also were walking on the road of aging. Resettling, being with the flow, and embracing the edge of change no longer fed their lives. Time to settle down in one place and become fully part of a community. He also discovered that he'd become interested in using his time and talents to enhance the senior living field.

Jason's qualifications are far more than minimum standards. His full career history is not listed, because his connection to the reality of our life seems much more important. Please join me with the delight of finding a new staff member who connects with who we are in a deep way. **Welcome, Jason!**

Employee Appreciation Party — expressing gratitude to WV staff

by Fred Olson

With the Blue Heron Auditorium decked out in Christmas decorations and tables loaded with colorful cookies, holiday treats, and snack foods, Willamette View residents and staff gathered on **December 13** for the annual **Employee Appreciation Party**. It was a time to meet, greet, and chat, and for staff to pick up appreciation checks from the Employee Appreciation Program fund drive.

The fund drive campaign, developed and managed by Fred and Teresa Olson, raised **\$254,755**. That was enough to provide staff with 73 cents for each hour worked between December 1 and November 30. For each full-time staff member who worked the full year, that amounted to a thank-you check of \$1,518.

Resident Council Treasurers

Elaine Toll and **John Niemitz** were the money managers of the campaign. They made the rounds of all the collection boxes on the campus three times a week and made bank deposits. Later, they calculated how much each employee would receive, wrote the checks, and alphabetized the check envelopes for distribution. Administrative Support Coordinator **Chad Grove** and his team were praised for the beautiful room decorations and the delicious array of foods.

Residents are not allowed to tip staff or make material gifts to employees. Resident Council Chair **Glenna Kruger** said, "**The Employee Appreciation Program allows us to say thank you to staff members for a year of service, smiles, and being part of our community.**"



Photos by MH Socolofsky

Residents Association Semiannual Meeting — *The Future is Now*

by MH Socolofsky

Resident Council Chair Glenna Kruger opened the Residents Association meeting on **Dec. 5** to a full auditorium, with overflow seating in Elk Rock Bistro, and others watching from their apartments via Zoom. The theme – *The Future is Now* – was emphasized with a full-screen photo of Willamette View's first Resident Council meeting in May 1955. Glenna noted that the WV governance structure remains as it was 67 years ago. Our resident-run style is unique among retirement communities, most of which have on-staff activity directors and little interaction between residents and senior management. The WV model includes Resident Council members meeting regularly with CEOs; trust and mutual respect between residents and management is apparent. All residents can find ways to contribute to the community.

Treasurer Elaine Toll noted that she and **Assistant Treasurer John Niemitz** manage funds for 23

resident-run activities and committees. Donations from these events are matched with grants from the **Blue Heron Foundation**. The **Employee Appreciation Fund drive** brought in more than its goal of \$250,000, with a final sum of \$254,755. Employees received checks from the drive at an appreciation party on **Dec. 13** (page 4).

Willamette View, Inc., Board of Directors Chair Deidra Krysrussoff spoke on *Building on Our Legacy of 67 Years*. She noted the recent challenges of market volatility, supply chain pressures, and labor issues – all of which can seriously affect senior living facilities. Willamette View has weathered these challenges very well, and she noted that WV's senior management is "spectacular."

Willamette View CEO Craig Van Valkenburg spoke on *Charting the Course*, as he described the strategic planning process for the organization. Vision strategy, resourceful thinking, and adapting to change are key to

a successful future. He noted WV's rich history, and stated that its culture is the glue that makes it a strong organization.

Glenna introduced 21 new residents who have moved into WV in the past six months.

Ann Phelps will begin her term as Resident Council Chair in January.

Nominating Committee Chair Kathleen Hodai presented the slate of nominees for Resident Council officer, councilor, and committee positions:

Vice Chair — Doug Morgan

Secretary — Ann Glaze

Dining & Hospitality — Ron Ture

Education — Sharon Gross

Hobbies — Art Wilson

Spiritual Life — Shannon Katterle

Personnel Committee —

Sherry Johnston

Linda Panaretos Thomas

The slate was elected unanimously. Following the meeting, residents were invited to an **Uncorked** wine event.

Mel Brown B-3 Organ Quartet to perform

by Jordan Leff for MusicWorks

MusicWorks will present the **Mel Brown B-3 Organ Quartet** in the Blue Heron Auditorium on Monday, **Jan. 9**, at 7 p.m. This truly all-star band has been a sensation in the Northwest for a while now. Each member has a collective resume that reads like a "Who's Who" of jazz, blues, and soul. All four members are in the Oregon Music Hall of Fame – and they have thrilled audiences wherever they have played.

The Quartet consists of **Mel Brown**, a Portland legend, known as the "godfather of Portland jazz," who has played drums with Diana Ross, The Temptations, and many others; **Dan Balmer**, widely considered the defining sound of contemporary jazz guitar in the Northwest; **Renato Caranto**, saxophonist who has toured the world with artists such as Esperanza Spalding and Merle Haggard; and organist **Louis Pain**, Portland's "boss of the B-3," who has worked with a variety of



top musicians, and whose 2019 album was honored by *Downbeat Magazine* as one of the "Best Albums of the Year." Mark your calendar for this performance. You won't want to miss this evening with Portland's very best jazz musicians!

✓ Check it out

by LaJean Humphries, Library Committee Chair

Your 2023 Library Committee

I am honored to serve as Library Committee chair in 2023. I follow in the footsteps of **Linda Panaretos Thomas**, who chaired the committee the past two years, ably guiding us through COVID, shutdown of the Terrace Library, etc. The committee also says farewell and thank you to **Sue Bosshardt**, manager of the Court Library; **Earl Westfall**, treasurer; **Cheryl Brockman**, automation manager; and **Ann Phelps**, Resident Council liaison. As I move into the Library chair position, I look forward to building on the strong organization already in place.

I am pleased to introduce four new members of our committee. **Janet Black** joins us as Manor Library manager. Janet has previously volunteered in circulation, reserves, and other library positions. **Nancy Bouswma** will be taking over as Court Library manager. **Ann Glaze** assumes the task of automation manager to keep our online catalog computer system running smoothly. And last but not least, **Patty Marks** takes over as treasurer to help manage our finances. Returning members include Collection Development Manager **Roy Kruger**, who guides book reviewers and selectors, while **Sue Trotter** continues as our able secretary and **Anne Tracy** continues as Terrace Library manager. We welcome **Doug Morgan** as liaison as he becomes Resident Council vice chair. I'm fortunate to work with such an exceptional committee of new and returning volunteers.

In addition to the support of WVI, we have about 50 resident volunteers who fill about 25 job descriptions. Our volunteers display great flexibility, loyalty, and determination to continue serving Willamette View readers, despite the pandemic inconveniences and constant changes.

We have a new three-year strategic plan, as well as the 2022 Library Annual Report, which are available on the resident website under *Resident Activities/Standing Committees/Library Standing Committee*. If you have questions or suggestions, or are interested in volunteering, please contact any member of the Library Committee. We would especially like to hear from anyone willing to share computer maintenance expertise!

Try This Title

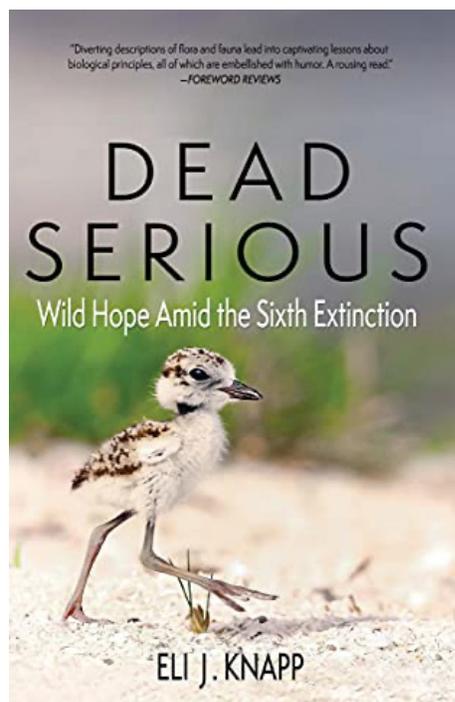
by Penny Fiske

**Dead Serious —
Wild Hope Amid the Sixth Extinction**

**Publication date: 2021
Manor Library 576.8 KNA**

"A very satisfying, very engaging, and ultimately very moving entreaty to stop the seemingly indifferent slide into a sixth extinction." **BOOKLIST**

"Knapp outlines the evolutionary ecology regarding extinction of species ... However, this is not a depressing read, but a highly engaging one, with many intriguing encounters with wildlife." **TOM WESSELS, author of Reading the Forested Landscape**



Diversity and Inclusion Group

Upcoming Activities

Jan. 3, Feb. 7: Lectures on Islam

Jan. 23: *Strictly for the Birds* documentary

March 7: LGBTQ+ program

April 17: Third Annual Holocaust Remembrance — Reading of the Names

May 16: Day trip by bus to the Grande Ronde Reservation, Cultural Center, and Museum

Casablanca is Residents' Top Choice Movie

by David Kaye, Elise Meyers, and Tony Koltz, Movie Committee

Oscar-winning classic film *Casablanca*, starring Humphrey Bogart and Ingrid Bergman, is the winner of the Residents' Choice movie contest. It will be shown on Saturday, **January 28**. *Casablanca's* fraught romance is set in WWII Vichy-controlled Morocco; it's fondly and incorrectly remembered for the line "Play it again, Sam," which actually never occurs in the film.

There are two runners-up: *Out of Africa* and *Blazing Saddles*. In Oscar-winning *Out of Africa*, based on Isak Dinesen's memoirs about her years in Africa, Meryl Streep stars as a plantation owner, with Robert Redford as her free-spirited game hunter lover. Mel

Brooks' Oscar-nominated, politically incorrect satirical western, *Blazing Saddles*, "skewer(s) just about every aspect of racial prejudice while keeping the laughs coming!"

Because WV residents displayed wide-ranging tastes, there was a tie between seven films for the three remaining contest slots. Except for *The Shawshank Redemption*, which was screened here recently, the Movie Committee decided to include all in our 2023 schedule: *Groundhog Day*, *12 Angry Men*, *North by Northwest*, *The African Queen*, *Chinatown*, and *Rear Window*. Many thanks to all who let us know your choices.

A New Year, the Same Goal

by Linda Tofflemire, Willamette View Counselor

Without a doubt, 2023 will bring its own unique assortment of visitations: everyday delights; some peak, miraculous moments; and a healthy supply of undesirables. We've all been around the block enough to know that this new year will ultimately be shaped less by what happens to us, and more by our relationship with it. It's how we perceive life, how we respond to life, that constitutes the art of living gracefully.

For me, the art of living evolves around kindness, self-compassion, and as much as I can achieve it, an attitude of curiosity and equanimity toward whatever comes. This approach also informs my support of others. One could say that the process of living, of coming alive, is largely a process of befriending the self. It's the norm, rather than the exception, that we get better and better at

holding our own hands. Lucky me, I get to watch you, our residents, come more alive with each detour from the ideal that life presents.

Come what may, how do you want to be an ally to yourself this year? A good friend validates our pain, encourages us when we're sinking, reminds us of our best selves when we're losing perspective – and revels in our successes. You might consider writing a letter of encouragement to yourself, for whatever lies ahead, to be taken out and read as needed. It may be only a sentence or two, but a little love letter can help you remember the direction to point your compass. It can allow you to retain the openness, risk-taking, learning, and growing characteristics for which WV residents are known.

Chase away those post-holiday blues and gray days

Wednesday, January 11

1:30 – 2:30 p.m.

Court Family Room

2nd Floor

Feeling a letdown when the parties are over, the family has gone back home, and the sun seems to have quit shining? You are not alone. Willamette View Counselor **Linda Tofflemire** will discuss ways to manage these moods. Join us for a lively discussion. Everyone is welcome. All conversations are strictly confidential.

Questions? Call Linda at 7355.

by Sandra Gerling

Have you set some **New Year's goals**? Here are a couple of residents who have set specific goals and recorded their progress.

David Keifer's goal for 2022 was to **run, or hike, 2022 miles**. David reached that distance goal on December 13.

Shozo Yokoyama has set a longer-term goal: to **complete the mileage distance between Portland and the South Pole: 9,363.8 miles**. In the past three years, he has accumulated 8,000 miles. He enjoys visiting virtual destinations as he builds up the miles.

If you would like to share your New Year's goals in the *Willamette Views*, send them to mhsoco@gmail.com.

New residents lived and worked around the world, look forward to

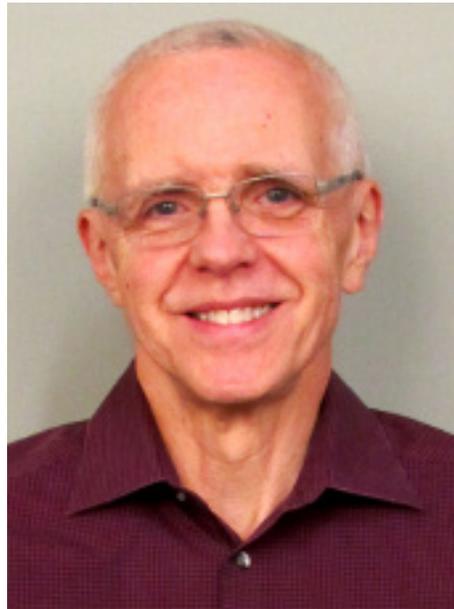


Dale Silver

Dale and **Greg Silver** moved into 501B on Nov. 9. They have lived in the Milwaukie area since the 1990s.

Dale grew up as an “Army brat,” living in Pittsburgh; Virginia Beach; Bordeaux, France; and Brooklyn, before settling in River Edge, NJ (near Manhattan), for her high school years. She earned a BS in nursing from the University of Virginia before embarking on a 22-year career as a Navy nurse. Most of her assignments were on the East Coast – in Philadelphia; Tidewater region VA; Charleston, SC; and Jacksonville, FL; as well as two years in Puerto Rico. Her last assignment was at Yokosuka Naval Hospital near Tokyo, providing her the opportunity to travel throughout Asia – Hong Kong, Korea, Singapore, and Indonesia.

After retiring from the Navy, she moved to Milwaukie to be near her sister. She went to travel school and began a second career. She worked for a Lake Oswego travel agency before moving to the Clackamas AAA office, where she retired – for the second time – in 2018.



Greg Silver

Dale volunteers with the Campaign for Equal Justice, the nonprofit that helps fund Legal Aid services in Oregon. She is a fan of British and Scandinavian books and television mysteries.

Greg grew up in Bucks County, PA. He spent two years at the University of Virginia – at the same time as Dale was there, but they never met – before transferring to Penn State. His plan was to leave after finishing his degree in speech communication/broadcasting, but he stayed for 17 years, working in commercial radio, public television, and university communications. He did freelance work for ESPN and CBS sports. He directed the Penn State Football Radio Network for six years. He got married and became an instant father to 8-year-old Travis.

Greg changed careers and earned a law degree at the University of Pittsburgh in 1993. He then worked for a mid-sized civil law firm for several years. The family moved to Oregon in 1997. He and his wife divorced in 1999. He clerked for a judge in Portland, and then joined Metropolitan Public Defenders

as a criminal defense lawyer, representing clients in cases ranging from misdemeanors to murder. In 2007, he was appointed as a full-time hearings referee/judge pro tem in Multnomah County, serving for six years before being appointed a circuit court judge by Governor Kitzhaber in 2013. He was elected in 2014 and served until his retirement from the bench in 2020. He currently serves as a senior judge throughout Oregon.

Dale and Greg have just celebrated 25 years of sobriety. They met in recovery and were married on Thanksgiving weekend 1999, in front of more than 80 fellow recovering alcoholics. Their own recovery, and working with others, is a major part of their lives. (They want others to feel free to drink alcohol when they are with them, as it does not bother them at all.)

Dale and Greg enjoy traveling, on cruises and on their own. They have spent over 90 nights on cruise ships, and many weeks traveling throughout Europe with a Rollaboard and backpack. They have trips planned in the not-too-distant future to Europe, Asia, and South America, along with trips to Ashland to visit Travis and his family, who own the Dobra Tea House there.

Dale and Greg own the Green Bay Packers (well, one share of stock), and are fans of Penn State football, Virginia basketball, and the Portland Trailblazers.

You may not see much of Dale for a few weeks, as she had ankle replacement surgery in December and has limited mobility while recovering.

They were drawn to Willamette View by the sense of family they experienced while visiting here, and by their desire to remain in the Milwaukie area.

becoming active participants in the WV community

Photos by Mike Lincicum

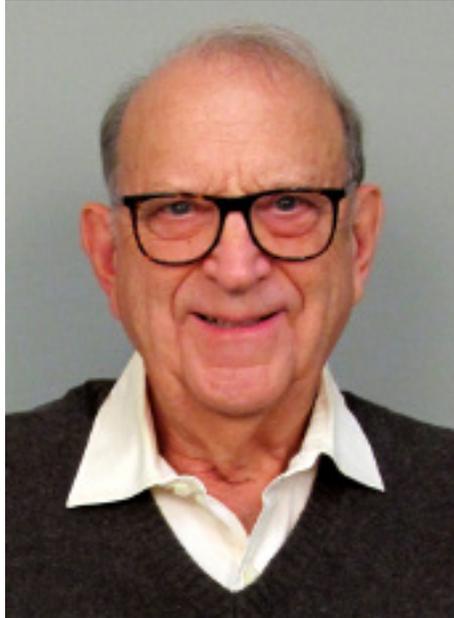


Julie Donaldson

Julie and **Bob Donaldson** are new residents of 704A. They had lived in Salem for 24 years and in Portland's Pearl District for 22 years. They have had a second home in Palm Desert, CA, for the past eight years, where they have spent six months each year.

Julie grew up in Corvallis and attended Oregon State University. Later, she earned an MS in speech pathology from Oregon College of Education. She taught high school in Phoenix, OR. Then she became a speech therapist in Polk County, Marion County, Salem Public School District, and Portland Public School District. For several years, she led the Marion County Foster Review Board and later advocated for the special education rights of Wards of the Court with Marion County Family Court.

She was active on several boards in Salem, including Children's Educational Theatre, the Hospital Auxiliary, and AAUW. She was a member of Assistance League of Salem-Keizer and served on YWCA committees. In Portland, she was a member of the Pearl



Bob Donaldson

District Neighborhood Board and its Livability Committee, where she helped organize volunteers, and she belonged to AAUW. She belongs to several book groups and enjoys walking with friends.

As a WV resident, Julie would like to start a Women's Niners Golf Group, get help learning to play her ukulele, and start working on her family's genealogy.

Bob attended Portland's Sunset High School and then earned a degree in speech communication from Oregon State University. He started school at Willamette University College of Law, but was interrupted for three years to serve in the Army. He spent a year in training to be a special agent in military intelligence, followed by a year-long study of Korean language at the Defense Institute, East Coast Branch, in Arlington, VA. He served as a special agent in Korea for 13 months, assigned to the Inspector General's team, which performed inspections and audits of 222 military units throughout Korea.

Bob returned to law school and later began his law career in Salem.

The Korean population in Oregon was growing, and many became his clients. He moved his practice to Portland, where most of his clients lived. The government of Korea appointed him Honorary Consul General for Oregon and Southern Washington. He was empowered with full diplomatic responsibilities, such as the issuance of visas and authenticating documents, and served as iKorea's representative at public functions. In his law practice, he specialized in business immigration law, helping businesses obtain documents that allowed their speciality workers and managers to live and work in the US.

As a volunteer, Bob has provided pro bono services to prospective asylum seekers. Before the pandemic, he spent a week in Tijuana, Mexico, working in a free clinic, assisting asylum seekers. He helped a foreign nurse who escaped from a war zone in Africa to obtain asylum. He helped 11 Afghanistan citizens with their asylum attempts. He started a men's book group in Palm Desert, and he would like to join a group, or start one, here at WV. He would like to join an advanced pinochle group. He looks forward to participating in many WV activities.

Julie and Bob have a son, daughter-in-law, and two grandchildren in Colorado Springs, and a daughter, son-in-law, and grandson in Clackamas. They came to Willamette View because of the many activities, because they have friends living here, and because they want to be near their daughter's family. They are delighted that meals are provided, and they are glad they can go to the dining room without having to go outside. They love their view! They appreciate the friendly atmosphere and feel welcome in their new home.

New residents bring many interests to new home

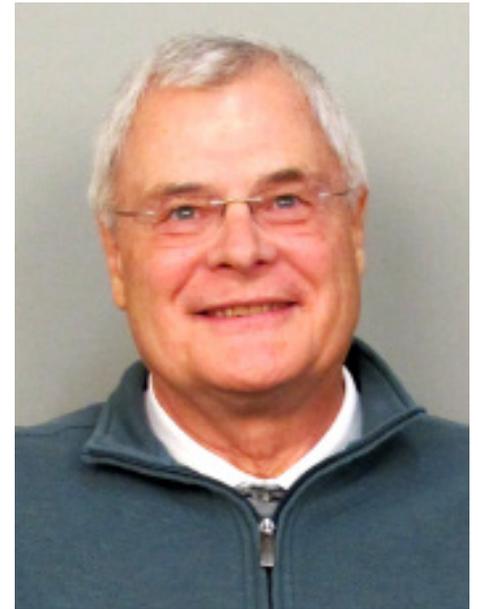
Photos by Mike Lincicum



Barbara Walker



Donna Moores



Kent Louscher

Barbara Walker came to 607D in September 2021, from Bellingham, WA. Previously, she has lived in New York City and Ft. Lauderdale, Florida, among other cities.

She attended high school in Ft. Lauderdale and came to Western Washington University for college, earning a BA in art.

Barbara met her husband-to-be while in high school. They were engaged during her college years and were married in Pensicola. He had a Navy career and attained the rank of captain. He passed away in 2018, while they were living in Bellingham.

Her interests center on art. She has two sons and a daughter and two grandchildren. Her daughter had a teaching career and lives nearby in Estacada.

Barbara chose Willamette View to be close to family, and she has found it to be a great place to retire.

Donna Moores and **Kent Louscher** came to 410B from Indio, CA, where they spent half their time.

The other half was spent traveling the country. They began traveling the US in 2015, reaching 49 states by motorcoach and one by other means.

Donna grew up in Ohio and later lived in Boston, except for two years in Los Angeles. Kent grew up in Iowa, attended college in California, and lived in Wisconsin, Florida, Maine, and Boston. Donna earned a BA from Ohio's Miami University, and an MD from the Medical College of Ohio, Toledo (now the University of Toledo). She completed a psychiatry residency at Harvard Medical School at the Cambridge Hospital.

She was always seeking the right balance of teaching, administration, and clinical work in her career. Her primary clinical interest as a psychiatrist was emergency psychiatry. She was on the faculty at Harvard, the University of California, Los Angeles, and Boston University. She also worked with Medicare and Medicaid managed care programs. She now continues her work as a consultant several hours a week.

Kent earned a BS in psychology

from UCLA, an MA in educational counseling from California State University, Long Beach, and a PhD from University of California, Santa Barbara.

In his career, he was a high school guidance counselor in Connecticut, a correctional psychologist in California, a counseling psychologist in private practice in Florida and Maine, and a corporate psychologist in Chicago. He retired in 2015.

Donna's interests include cooking, knitting, travel, spending time with family, playing cards and games, puzzles, and supporting political campaigns. She has enjoyed book clubs and volunteering.

Kent enjoys golf, pickleball, pool, card games, reading, traveling, and family time. He volunteered in a home owners' association.

Donna and Kent have five sons, a daughter (in Hillsboro), and four grandchildren. They find Willamette View to be an active, welcoming, and intellectually stimulating community with structure and support to sustain them.

Diversity and Inclusion Group to host Wadji Said

by Richard Toll, DIG

On Tuesday, **Jan. 3**, **Wadji Said** will present a program on **Islam, Its History and Meaning**, in the Blue Heron Auditorium at 10:30 a.m.

Since migrating from Yemen in 1988, Wadji has worked with the Muslim and Arab communities and the community at large to promote a better understanding of Islam. He was instrumental in founding several organizations that are known for their work in providing support for newcomers to our city, including the United Muslim Aid, Muslim Educational Trust, Islamic Social Services of Oregon State, Beloved Community Coalition, Arab-Jewish-Muslim Dialogue, Good Faith Coalition, and Arab American Cultural Center of Oregon. He co-founded the Inter-faith Council of Greater Portland, as well as the Institute for Christian Muslim Understanding.



Wadji has spoken at numerous schools, churches, and other organizations, promoting understanding of Islam and

Strictly for the Birds

The Diversity and Inclusion Group will show a film, *Strictly for the Birds*, in the Blue Heron Auditorium on Monday, **January 23**, at 1:30 p.m. This is the story of **Kate Birdsall's** journey as a transgender woman at age 65 and subsequent marriage to **Andrea Drury**. They are our neighbors at Rose Villa. Both Kate and Andrea will be present for the viewing and will lead a discussion after the film.

Muslims. Through his work, Wadji has helped resettle over 1,200 refugee families from many countries in the Portland Metropolitan area. He currently serves as president of the Muslim Educational Trust, which he co-founded in 1993.

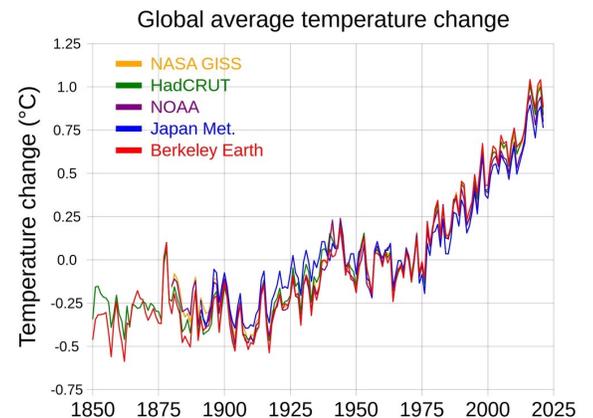
Wadji will return to WV on **Feb. 7** to present a second program, entitled **Islamophobia: Its Presence in Our Society**.

Astrophysicist Steve Ungar to present *The Science of Climate Change*

by Sherman Bucher, Public Affairs Committee

Resident **Dr. Steve Ungar** has a different view of the world, and his more than 50 years' association with NASA has allowed scientists everywhere to share that view and learn how Earth sciences work around the world. Steve will share that view and some of that knowledge on Thursday, **Jan. 19**, in the Blue Heron Auditorium, at 7 p.m. His talk, *The Science of Climate Change*, is sponsored by the **Public Affairs Committee**.

Although trained as an astrophysicist, he gained a deep knowledge of, and vast experience in, the remote sensing of Earth's surface. In a career filled with accomplishments, this led to one of his proudest – mission scientist for the Earth Observing 1 (EO-1) satellite from the program's inception in 1996 to launch in 2000, and several years of scientific guidance. The satellite's land imager measured nine different wavelengths, allowing scientists to study what was happening on the Earth through an analysis of the color spectrum. It was able to spot lava flows, methane leaks, regrowth in the Amazon rainforest, flooding from Hurricane Katrina, and ash from the World Trade Center attack.



Several agencies, operating independently, have tracked rising temperatures around the world. They include NASA Goddard Institute for Space Studies (US), Hadley Centre/Climate Research Unit Temperature (UK), National Oceanic and Atmospheric Administration (US), Japan Meteorological Agency, and Berkeley Earth (US).

Wellness Team/Pool Service Coordinator Chad Biasi has written a series of articles for the *Willamette Views* about an engaged wellness lifestyle. Included are some collected ideas about the experience of water activities. Part 3, below, is the conclusion. **The full article and references are available on the resident website.**

Swimming deliberately

Part 3

Collected thoughts from swimmers

assembled by Chad Biasi, Wellness Team/Pool Services Coordinator

As human swimmers, we can never really be the fish. We don't have to remind ourselves that it's water around us. Daydreaming is critical to problem solving and creativity. Scientists now know that when our minds are wandering, the brain's "default-mode network" is active. It's what makes fresh, unexpected connections possible. And it's the reason you get some of your best ideas in the shower.

"Being around water provides a sensory-rich environment with enough 'soft fascination' to let our focused attention rest and the default-mode network to kick in." "Make sure you have a daily ritual involving domesticated waters" – pools, tubs, baths, spas, showers – "and embrace all types of virtual waters." Even looking at water will take you to a better, calmer place. Science is now bearing out what the Romantics knew to be true, "our brains especially love water." We seek out blue spaces.



"Yes, as everyone knows," Ishmael declares, "Meditation and water are forever wedded."

from the opening of Moby Dick

Remove trash from mixed recycling

by Warren Ford, Green Team

From Willamette View, the bins of mixed recycling waste are hauled to a nearby facility where materials are separated mechanically into aluminum, magnetic metals, paper, polyester (soda and water bottles), and polyethylene (milk bottles). Usually, but not always, there are markets for these materials. The sorting machinery cannot handle small pieces of paper (no shredded paper), plastic bottles that hold less than 6 ounces, or plastic bags, caps, or lids of any size. The materials must be clean (no takeout food containers). If one of our bins appears to contain many of these unacceptable items, the entire bin might be sent to a landfill, defeating our recycling efforts altogether. So please put only recyclable items into our recycling bins. **If in doubt, throw it out!**

In Memoriam

November 22 – December 21

*Jack Schmidt
Jane Worthington*

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

- | | |
|---------------------|--|
| Monday, Jan. 2: | TED Talks about self care; 2:30 p.m. |
| Monday, Jan. 9: | Social issue drama movie matinee — <i>Woman in Gold</i> (2015); 2 p.m. |
| Wednesday, Jan. 11: | Stan Lasley piano performance; 2:30 p.m. |
| Wednesday, Jan. 18: | Love Listens vocal performance; 2:30 p.m. |
| Wednesday, Jan. 25: | Coming-of-age movie matinee — <i>Secondhand Lions</i> (2003); 2 p.m. |
| Tuesday, Jan. 31: | John Nilsen piano performance; 2:30 p.m. |

Northwest Piano Trio returns to WV

by Ginny Seabrook, Music Committee

The Music Committee is excited to begin its 2023 season with a favorite ensemble, the **Northwest Piano Trio**, who will perform in The Blue Heron Auditorium on Friday, **January 20**, at 7 p.m. Northwest Piano Trio was the first group to perform for us after COVID in December 2021, when residents gave a standing ovation to this amazing ensemble of three talented women. Based in Portland, the group was founded in 2014 and has an extensive repertoire that includes music of Beethoven, Haydn, Mozart, Schubert, and Shostakovich, as well as Leonard Bernstein, Kenji Bunch, Mike Hau, and many more.

Violinist Esther Shim studied with Kathryn Gray and Sylvia Kilman and played with the Metropolitan Youth Symphony under Lajos Balogh. She attended DePauw University for violin performance. Since returning to Portland, she has devoted her time to teaching, adjudicating, and coaching the next generation of musicians. She plays with the Portland Festival Symphony, Willamette Master Chorus, and subs with the Oregon Symphony.

After eight years as an ICU nurse, **Hannah Hillebrand** decided to pursue her passion and completed her master's degree in cello performance with Hamilton Cheifetz at PSU. There she participated in master classes with the Takacs String Quartet, Tokyo String Quartet, and cellists Johannes Moser and Alban Gerhardt. She continues to work as a nurse while enjoying a busy freelance schedule. She was a featured soloist with ARCO-PDX and was a member of the Vancouver Symphony. She collaborates with a variety of artists to present multi-disciplinary performances.

Pianist Susan McDaniel has appeared widely as soloist and chamber musician, including recitals in France, Germany, Switzerland, and the Czech Republic. She received a BA in music from Linfield College, where she studied with Jill Timmons, and an MM in vocal accompanying from Manhattan School of Music, where she was a student of Warren Jones. Susan has been the resident pianist on **All Classical's Thursdays@Three** live radio broadcast, a member



of the music staff at the Seattle Opera, Portland Opera, and Utah Festival Opera, as well as music director and pianist for the San Diego Opera Ensemble. She teaches and accompanies at the University of Portland and Linfield University.

Join us in welcoming back these talented Portland musicians who are returning by residents' request. The Music Committee appreciates your help in bringing these outstanding performers; donations may be made at the door by cash, check to Willamette View Association, or filling out a resident charge slip.

Impressions of Japan by a Gai-Jin

by Ron Ture

Continued from page 1

In 1981, with permission to take a two-year sabbatical, we went back to Yoshiko's mother's home with our two young children. I found a variety of jobs teaching English, math, physics, and German. I reassumed my position as the local Gai-Jin, or Outside Person. As a Gai-Jin, my social blunders were tolerated. Things like boarding a crowded subway train, then looking around to see that perhaps something was wrong. The subway car held only women, and those women were looking at me and snickering. I had no idea what I had done until I got off the train and saw footprints painted in pink

on the boarding platform. Yikes, I didn't know that there were cars reserved just for women!

In 2004, Yoshiko and I decided to return to Japan. We found low-paying jobs and made new friends in an unfamiliar part of Japan. After that we returned to the states. In 2009 and 2016, we led two different tours for friends in the states to show them what we like about Japan. The first tour was mostly around the Kyoto/Osaka area, and the second was similar, but with a 10-day added trek along sections of a Buddhist pilgrimage tour in Shikoku.

Food composting at Willamette View

by Marilyn Feldhaus, Green Team

In November, residents and staff heard **Tenille Beseda**, Clackamas Office on Sustainability, give a rousing talk on the ins and outs of the **food composting program** at Willamette View, sponsored by the **Green Team**. Attendance was more than 30, including F&B Director **OJ Robinson** and Administrative Assistant **Brooke LeClair**. If you missed the presentation, a video of this program is available on the resident website.

Tenille commended WV for attaining the **Clackamas County Leader in Sustainability Gold Star rating**, which includes participation in the **Institutional Food Scrap Composting Program**. WV residents can also be part of the program and are invited to compost their food scraps. Along with the invitation comes the responsibility to follow the institutional rules that Willamette View, as a business, must follow.

The most important rule: Only non-liquid food may go into the food compost bins, including coffee filters and tea bags, minus the staples and tags. Although plant material is added to the food material later in the process, no plant material can be added to the big green bins. This allows for alternate processes later in the cycle.

Examples of no-nos: old flowers, those little stickers on fruit, compostable produce bags, and take-out containers. Remember, it's **food** scraps, not miscellaneous plant/organic material scraps!

For more tips on how to compost correctly, you can reference the new **Food Composting Guide** on the resident website by the following clicks: *Resident Activities/Activities by Program Area/ Education/Green Team Menu/Green Team Recycling/Green Team Food Composting Guide*.

Tenille noted that we have the opportunity to manage our food needs according to the principles of **Reduce, Reuse, and then Recycle**.

1) Our biggest objective should be to **reduce** the amount of food we take or buy that we won't later eat.

2) Second, if you find you have more food in front of you than you can eat, how about taking home your leftovers, preferably in the **reusable** Greenie container that is available at the buffet, or a container that you brought with you?

3) Finally, we get to the **recycle** part which is where the food composting bins come in. Tenille commented that this is actually a last resort. While it's good to place our food scraps in the bins, a worthy goal is to put only food scraps in the bins instead of excess, edible food we just don't want to eat.



Food waste is one of the biggest contributors to climate change, due to its decomposition and subsequent release of greenhouse gases. When we waste or throw away food – buying or taking more than we can eat, for example – we are inadvertently contributing to climate change. Ouch! We at WV can take pride in our food composting efforts! But beyond pride, let's do our part to reduce food waste in the first place.

Biggest Incentives – Recycling Awards

Gold medal: Reduce – Buy/take only what you will eat. **Silver medal: Reuse** – Take and eat leftovers, share with others. The effect of using food at this point is 74 times the value of recycling. You can take your own containers to meals for taking leftovers home. Servers cannot fill your own container, but you can move food from plates to your container. Sit-down restaurants in the outside world are required to permit this as well. **Bronze medal: Recycle** – Put food scraps into green bin.

Paper food containers go in **trash** along with any food-related plastics. Unless you know that an item is acceptable to recycle, throw it away. If getting your food scraps to a green bin presents a problem for you, try to find a neighboring resident who will help. Do not feel guilty if you put food scraps in the trash; just try to reduce the amount of food that ends up there. Reducing wasted food is the most important part.

Questions? Contact **Shirley Leung** or **Ellen Falli-hee**, our food compost mavens.

New Residents — Apartment Move-Ins November 22 – December 21

	<i>To</i>	<i>Phone</i>
Donna Moores & Kent Louscher	410B	7097
Lloyd & Dana Taylor	603B	6354

Rear Window

by Frank Starr

Butterflies

Butterflies seem to be propagating and fluttering all over Willamette View. Many are settling on doors, brightening our perspective, and giving smiles to passersby. They create many good feelings and I love 'em!

Our kids called butterflies “flutter-bys,” which, if you think about it, is a much more descriptive term. Only a few of the 12,500 species of butterflies are the color of butter, and their flight is more fluttering than the flight of birds. As a kid, I often chased butterflies around our yard, even caught a few and put them in a jar where I could watch them. Mom wouldn't let me keep them overnight; she didn't want them to die, but she sure enjoyed seeing the colorful varieties that I caught. One evening I caught a different-looking one and showed it to Mom. She told me that was a moth, not a butterfly. “See, its wings are lying flat, not standing up like butterflies.”

Butterflies are diurnal, nectar-feeding insects with two pairs of brightly colored, transparent, scale-covered wings that stay erect when at rest. Butterflies have antennae with a ball, or knot, on the end. Moths are stout-bodied nocturnal fliers who have straight or feathery antennae. Their drab but beautiful wings are well camouflaged, lie flat when at rest, and are covered with dusty scales.

Butterflies, moths, and skippers make up the insect order **Lepidoptera**, with worldwide distribution. Each has a four-stage life cycle: egg, larva (or caterpillar, that we occasionally see wandering around), and pupa, which is the inactive stage between caterpillar and the beautiful adult. Depending on the species of butterfly, adults live from a week to a year. Some species have long stages as caterpillars; others may remain dormant for months as eggs or pupa, which lets them survive over winter. Others have several broods each year.

Courtship is usually aerial. Both males and females release pheromones to attract a mate. They land and copulate tail-to-tail for minutes or hours. He passes a load of sperm to the female in the form of a spermatophore – a capsule of sperm – which may plug her genital opening, preventing her from mating again. Different species have different egg patterns; some lay single eggs, and others lay hundreds. Each egg contains a funnel-shaped opening that allows sperm to enter and fertilize the egg. Butterfly and moth eggs are laid on leaves of the plant that the caterpillars will use as food. Caterpillars are voracious critters; they spend their time searching for and eating the leaves of their host plants. I remember my dad taking a long bamboo pole, tying a rag to the end, lighting the rag, and burning a big nest of caterpillars that were devouring the leaves of his favorite tree.

Like all arthropods, caterpillars develop and mature through a series of stages. Each stage involves molting – the discarding of the outer layer and development of a new epidermis. Wings only develop during the last stage, at the end of which the beautiful mature butterfly emerges, giving us beauty and smiles to enhance our day. Here at Willamette View, they cause many of us to smile every time we see a butterfly on a door.



Butterfly



Butterflies



Moth

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	Sue Bosshardt	6823
Briefings	Second & fourth Tues.	10 a.m.	Heron Lounge	Drop-in Group	
Catholic Communion Group	Thursday.	11:15 a.m.	Manor 3rd Floor Lounge	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	Gary Smith	925-872-0969
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	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 Support Group	Anytime	Join our email list		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	Second Friday	9:30 a.m.	Terrace Auditorium, Zoom	Ann Glaze	6559
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 Rooms	Anytime		Court 5th and 2nd 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	925-872-0969
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.