



The Evolve Experience – Race and Justice in America



The **Diversity and Inclusion Group** will host a speaker from **The Evolve Experience** on Tuesday, **February 6**, in the Blue Heron Auditorium at 10:30 a.m. The presentation will introduce the The Evolve Experience approach to engagement and include two filmed monologues and a discussion. Witnessing personal stories lays the foundation for empathy and compassion, opening a willingness to adjust thinking and behavior, creating the possibility for transformation at several levels. The Evolve Experience features live and filmed first-person narratives from police officers, judges, and Black community members describing their experiences of race and the justice system. The stories are true, and are written, directed and performed by professional artists. The full performance of The Evolve Experience will be at the Reser Center for the Performing Arts on **February 23 and 24**. WV will offer shuttle transportation to one of the performances. Call **Helen Spector (7034)** for more information. Learn more at their website: reddoorproject.org.

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Blue Heron Players to Perform *Waiting for Godot* 2024

Story on page 11



From left: Bernard della Santina, Director Carol Knowles, Lois King, Sheldon Hurst

From the Resident Council

by Pamela Brown, Council Vice Chair

Generosity of Time

On this side of life, our time is our most valuable commodity. We can't transfer some extra hours or borrow a couple of days from the bank. We are careful about how we spend our time. Every morning we decide if we will give our time to fill all our needs and pleasures.

In order to be generous with our time we need to take care of ourselves, so we can feel there is some time "left over" to fill a need, large or small, in our own community.

Let's face it – since the grip of COVID has lifted, Willamette View is humming. And the hum occurs through the generosity of time given by seen and unseen hands just for us.

We have many small ways you might have not considered for your generosity of time to continue to build our community.

For example, the Library Committee. They need residents to check in and check out books on the computer. This takes about one to one and a half hours, one time a week, at one of the three campus libraries – Manor, Court and Terrace. The committee will train you in how to do this! Then, their library manual sometimes needs updating and you can do this in the comfort of your own apartment.

Want to get a little more "arty"? Art in Public Areas (APA) could use some help with matting and making frames for the beautiful art that surrounds us every day as we walk to and from our apartments.

How about taking a rack of lovely clothing and other items from the Carousel to the Licensed Care residents so they can "shop" in their apartments?

These are some small, yet very important, ways the generosity of your time can keep WV humming.

Ready to be generous for something bigger? The Outings Committee would like to encourage some residents to become new committee members, because residents seem to have a pent-up need now to get out and about!

Take on an action group and feel the generosity of your time as you organize the WV social activities/events calendar.

By the way, generosity of time can begin by introducing yourself to new residents in the hallways, on the grounds, or in the elevators. A cheery "Hello" or "Glad to see you" is spontaneous, heart-felt generosity. We can do this!

The generosity of your time is a treasured gift that will continue to keep our Willamette View community humming.



Doug Morgan opened the first Resident Council meeting of 2024 on January 12. The agenda included the annual report of the Mart, which brought in over \$38,000 in sales during 2023; council goals and priorities for 2024–25; and the formation of Action Groups. The Health Center Council Action Group is ready to begin work, under the leadership of Glenna Kruger. It plans to support residents and staff during the next several months of HC remodeling, and to strengthen and nurture ongoing friendships between Independent Living and Licensed Care residents.

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: Doug Morgan
Vice Chair: Pamela Brown
Editor: Mary Helen Socolofsky

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



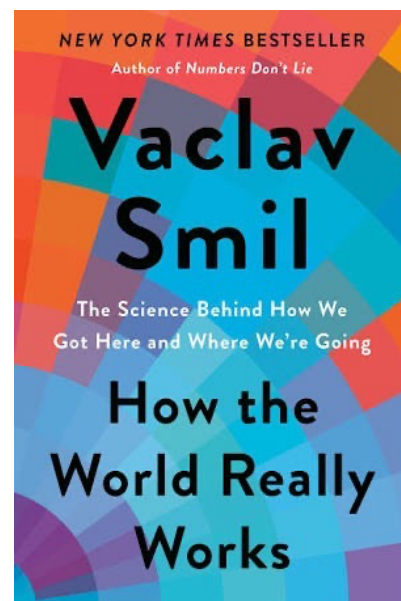
Book Review to explore the fossil fuel dilemma

by Sue Bosshardt, Book Review Chair

Warren Ford will review *How the World Really Works* by Vaclav Smil on Wednesday, February 21, at 10:30 a.m. in the Blue Heron Auditorium. The question is – Will we be able to eliminate the use of fossil fuels by 2050 or ever? Smil says: “I am neither a pessimist nor an optimist; I am a scientist trying to explain how the world really works.” He is the author of over 40 books on topics including energy, environmental and population change, food production, and public policy. “Smil is at his strongest when he focuses his mind on the problem of climate change.”

–**The Inquisitive Biologist publication**

Warren and Sharon moved to Willamette View in 2022 from NE Portland. They have two daughters. He is currently a coordinator of recycling for the Green Team, leads group bike rides, and plays pickleball. Warren retired from Oklahoma State University as a professor of chemistry in 2010. While there, he led graduate and postdocs in research in organic, polymer, and materials chemistry. He is a fellow of the Chemical Society and the American Association for the Advancement of Science.



February Movies

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

Documentary film

Thursday, **Feb. 1: *It Ain't Over*** (2022). Insider interviews show another side of the Yogi Berra we thought we knew. Friends, family, and former players tell the story of the beloved New York Yankees legend who became famous for his 10 World Series championship rings, three MVP awards, and funny proverbs.

International film

Tuesday, **Feb. 13: *Bread and Tulips*** (Italian language with subtitles, 2000). In this touching comedy, a bored Italian housewife discovers a new life by accident after missing the bus and ending up in Venice, where she meets a group of eccentrics. Stars Licia Maglietta as Rosalba Barletta and Bruno Ganz as Fernando Girasole. **Romance/Comedy. PG-13**

Saturday night films

Optional discussions will follow

Feb. 3: *Fiddler on the Roof* (1971). A stunning and joyful adaptation of the internationally acclaimed stage production. Chaim Topol, Israeli actor/singer, stars as Tevye, the milkman with five daughters. The film, set in Ukraine, is jam-packed with lively songs and warm situations tinted with moments of genuine pathos. **Musical. Family film. G**

Feb. 10: *Loving* (2016). This quiet story booms with modern day relevance as an interracial couple is arrested in Virginia through anti-miscegenation laws in the early '60's. They are country folk thrust into extraordinary circumstances that begin a legal battle leading to the 1967 Supreme Court decision to strike down such laws. Thematic setting. **History/Drama/Bio. PG-13**

Feb. 17: *Moonstruck* (1987). Cher and Nicholas Cage lead this exuberant Italian-American tribute to love. A rose-tinted black comedy, earthy and very funny as it explores family, fidelity, and foibles of the human heart. Academy Awards for Cher and Olympia Dukakis in 1988. **Romance/Comedy. PG**

Feb. 24: *Invictus* (2009). This movie provides a beautiful insight into the life and inspirational leadership of Nelson Mandela. Morgan Freeman's portrayal of Mandela creates a superb moment in time as he struggles to unite the country using the universal appeal of sports. History buffs and sports fans both score as Matt Damon rounds out the cast playing Francois Pienaar, captain of the rugby team. Brief strong language. **History/Sports. PG-13**

New Performers Premier At WV on February 23 by Ginny Seabrook, Music Committee

The Music Committee is excited to bring new performers to WV. Pacific Northwest pianists **Nancy** and **Timothy LeRoi Nickel** will perform on Friday, **February 23**, at 7 p.m. in the Blue Heron Auditorium. The couple has played original keyboard ensemble music for over four decades throughout the US and Europe.

They have performed twice at Carnegie Hall's Weill Recital Hall in New York and they gave their London debut in 1990. As an organ duet team they have played concerts at venues in France, including the 12th century basilica at Vezelay, Sens Cathedral, and the Cathedral of Orleans. The LeRoi Nickel Duo has recorded three organ discs: *For Two to Play*, with music by composers from Elizabethan England to the present day on the Arsis label; *Music for Organ Duet* on the Palatine label recorded on the Bozeman organ at Marylhurst University; and a two-organ disc recorded on the Richard Bond instruments at St. James Lutheran Church in downtown Portland. Join the Music Committee in welcoming this talented duo. Please show your appreciation with a donation by cash, charge slip, or a check. We thank the Blue Heron Foundation for its role in making our concerts possible.



Happy Birthday, Resident Website! by Earl Westfall, Technology Councilor

Wow! The second-generation WV resident website, wvresident.org, was launched a year ago this month with a raucous, cheerful program in the Blue Heron Auditorium. **Craig Van Valkenburg**, who hosted the event, opened by giving credit to the pioneers that built and maintained the original website and the many volunteers who worked on the new site. Next, the overflow crowd was entertained by the music and antics of the unforgettable band of troubadours, Aloha Susan and the Tiny Bubble Dancers. **Eva Laevastu** and **Donna Krasnow** led us on a short jaunt through the site – replete with a bug. Oohs and aahs were heard from the crowd as new and exciting features were demonstrated. All of this was followed by an **Uncorked** in the Riverview Building.

What a fun and satisfying event for the dozens of residents who labored more than three years to bring the nascent website to fruition. If you would like to watch a video of that day's program, log into the website, go to News > Videos and enter 2/24/2023 into the date search field.

Like any youngster, the website has grown and developed. It is fed daily with new and updated events, activities, announcements, documents, videos, etc. New features and

types of content have been added. Work is ongoing for more enhancements and easier usability.

A few examples are:

Directories – new Locations directory, and the Former Residents directory has been divided into the In Remembrance and Moved Out Residents directories;

Events – New events calendars now include Outings and Off Campus Performing Arts, and classes are now included in the Events and Campus calendars;

News – Hard Hat Updates have been added to provide information about campus construction projects;

Living@WV – This section has undergone much redevelopment, with the recent addition of a page of links that should be of special interest to new residents;

Forms Index – An index of forms available to residents has been added to the footer of each page.

If you haven't explored these and other changes recently, log in and look around. If you're still not comfortable with the website, perhaps a class provided by the Tech Training group is for you. Go to Living@WV > Tech Training & Help Resources > WV Website Classes for more information.

Clackamas Emergency Services Foundation brings help and hope to many people

by MH Socolofsky



WV Manor lobby Christmas tree with Operation Santa toys waiting for pickup.

The **Clackamas Emergency Services Foundation** (CESF) provides humanitarian assistance to people affected by disaster, tragedy, and other misfortune. It serves people within the boundaries of Clackamas Fire District #1, which includes Milwaukie, Oregon City, and other areas east of the Willamette River, covering 235 square miles in Clackamas County and a small portion of Multnomah County. Its mission is to create a safer community. Its programs offer emergency short-term accommodations, food, and assistance to community members in need, as well



Fire Station #3 in Oak Grove

as offering scholarships to students who enter health and social service programs.

CESF provides funds to many local community assistance organizations, including police, sheriff, and fire departments. Fire District #1 fire trucks appear frequently on the WV campus in response to medical emergencies.

WV CEO **Craig Van Valkenburg** and resident **Don Trotter** are members of the Board of Trustees of CESF. Each of them highly values being part of the support system that raises funds for in-the-moment help to people in need. Don has been a member for 24 years. Craig has purchased an auction package called Dinner with the Fire Chief several times for the Emerging Leaders program and other WV staff, and he appreciates WV's close relationship with this organization.

At the November 4 CESF Dinner & Auction, Willamette View was a Silver



Don and Sue Trotter display their winning Dessert Dash trophy at the dinner/auction.

Sponsor, hosting four tables of residents, and Don hosted one table, as he has done for many years. About 40 WV residents attended this fundraising event. At the present time, this event is the main source of CESF funding, which this year, brought in donations of \$250,000 – substantially more than the average amount, thanks to one especially generous and unexpected gift. The Board of Trustees considers the requests of individuals and community assistance organizations and distributes funds that will be put back into the community to help those in need. One regularly supported program is Operation Santa, a partnership between the Blue Heron Foundation and CESF. Each year, WV residents donate toys for this program. The fire district staff picks up and distributes them to families of children in need, along with food. Some of the other programs supported by CESF include a resale boutique of clothing for women and girls, purchase of furniture for families whose homes have burned, AEDs and other medical equipment, search and rescue operations, and assistance to homeless people. Individual donations may be made online through the Clackamas Emergency Services Foundation website.



WV CEO Craig Van Valkenburg addresses the crowd at the November 4 CESF dinner/auction. Willamette View was a Silver Sponsor and hosted four tables of residents.

A Nuclear Reactor in Our Neighborhood

by Martha Dibblee, Reed College Reactor Oversight Committee and Radiation Safety Committee

Few people know about Reed College's nuclear reactor in the heart of Portland's Eastmoreland neighborhood. The Reed Research Reactor (RRR) is the only nuclear reactor operated primarily by undergraduates. At any given time, there are approximately 40 persons – mainly students – licensed to operate the Reed reactor. In addition to operating the reactor, students serve as senior staff and in supervisory positions. RRR has been used for research and educational projects in the Portland area since it was installed in 1968. These programs have been an important part of the educational picture of the region. The Reed College Reactor is a 250 kW TRIGA Mark I nuclear reactor at the bottom of a 25-foot-deep tank (see <https://reactor.reed.edu>). TRIGA fuel has the unique built-in safety feature of having a negative power coefficient. This means that the hotter it gets, the less chain reaction occurs.

TRIGA stands for Training, Research, Isotopes, General Atomics. The Reed reactor is primarily used for student training, research projects, and isotope production. Currently there are 36 TRIGA reactors operating in the world, including 18 in the United States. TRIGA fuel is made in France. TRIGA reactors are non-power nuclear reactors. These reactors operate at thermal power levels from less than 0.1 to 16 megawatts, and can be safely pulsed to 22,000 megawatts. The high power pulsing is possible due to the unique properties of GA's uranium-zirconium hydride fuel, which provides unrivaled safety characteristics. The safety features of this fuel also permit flexibility in siting, with minimal environmental effects. TRIGA



International, a joint venture company with CERCA of France, manufactures and sells TRIGA fuel to research reactors.

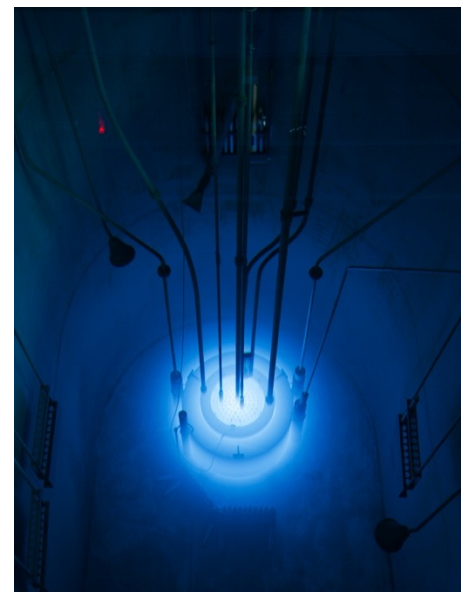
For the third time – first in the 1990s, then in the 2000s, and now – oversight of the reactor and its associated functions as a member of the Reactor Oversight Committee and Radiation Safety Committee has been an interesting responsibility for me. The US Nuclear Regulatory Commission (USNRC) has regulatory authority for all domestic use of source material that's in a nuclear reactor. This includes power reactors like Trojan as well as research reactors like the two TRIGA reactors in Oregon – one at Reed College and the other at Oregon State University. Reed's USNRC license requires oversight by a committee, which at Reed includes both lay and technical members, and both faculty and non-Reed members. RRR's Authorized Users must be approved by the committee, based on the scope and purpose of the work they propose and how they intend to use the reactor.

RRR is unique in another way: anyone at Reed can become a Reactor Operator. Any faculty or student can apply to take the training course and sit for the Reactor Operator exams. To be a licensed operator, however, there's

a rigorous written exam and equally rigorous practical exam to operate the reactor. If you accidentally SCRAM (emergency shutdown) the reactor during an exam you fail. Nonetheless, Reed has more trainees and reactor operators than any other TRIGA facility in the US.

Seeing the eerie blue glow from Cherenkov radiation is a sight you won't forget. Cherenkov radiation happens when electrically charged particles, such as protons or electrons, travel faster than light in a clear medium like water. When this happens, the water molecules and particles interact to give off light.

During a tour, visitors get to see this beautiful blue glow when the Reactor Operator SCRAMs the reactor and turns out the lights. If you would like to tour Reed's TRIGA reactor, contact me at dibblee@hevanet.com or call me at 503-484-4831.



Reed TRIGA Reactor at full power in a darkened room showing Cherenkov radiation. Photo by Toria Ellis.

Q: What is this?



A: It's a stack of two-sided paper that Green Team member **Shirley Leung** delivered to Oak Grove Elementary School late last year – part of her initiative reusing old menus from WV dining sites instead of having them simply be recycled after only one use. So far, Shirley has delivered over 10,000 sheets to the school for student and teacher use! Check out the Green Team website for more information about how you can access two-sided paper for your printing needs.

by Marilyn Feldhaus, Green Team

SERV's Safety Message for February is Emergency Supplies.

What are the most essential things we need in an emergency? **Water** is always Number 1 – no single item is more important for our continued health. **Access to food** is Number 2, and **access to power** is Number 3 so that we can safely move around a dark apartment and are able to access information from the outside world. Your SERV Safety Liaison will meet with you this month to review how we can best address these three needs.

by Donna Krasnow, SERV Manager



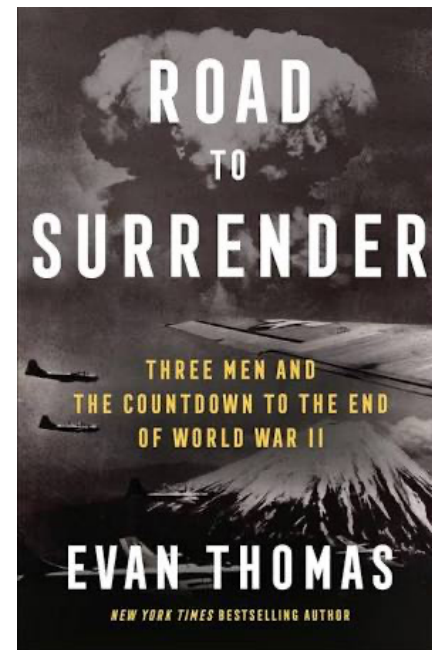
APA members hang art on Terrace 4. From left: Jody Everts, Julie Donaldson, Evelyn Hicks, Bonnie Keller

WV Groups Redesign Terrace 4 Elevator Foyer

Art in Public Areas (APA) has worked with the Blue Heron Foundation and Kristy Voss of WV Property Development to redecorate the elevator foyer on Terrace 4, outside the Terrace Auditorium. After new ceiling, paint, and carpet projects were completed, the APA Committee selected furniture and art to make Terrace 4 a place to enjoy. The entire area was designed by resident **Bonnie Keller**, who has a background in interior design. It incorporates the WV aesthetic of Northwest style, which features clean lines, minimalist design, sustainable materials, and a welcoming atmosphere. A live edge table was built by residents **Robin Bolton** and **Roger Tracy**. Tracy also did much of the framing. Artifacts from the Blue Heron Foundation, including Santa Clara pottery, sculpture, and antique Tlingit baskets, are displayed in a glass cabinet. The APA Committee has been collecting “just the right art” for several months. Many paintings are by prominent artists such as Sally Haley, Ruth Armitage, and pottery was made by Dennis Meiners. APA hopes that everyone will find the Terrace 4 foyer a comfortable and inviting space.

Try This Title

by Penny Fiske



Road to Surrender: Three Men and the Countdown to the End of World War II

Court Library 940.53 2023

“Drawing on a wide range of sources, including the primary figures’ diaries, Thomas makes the period come vividly alive. This moving account of three men of peace who had to make life or death decisions will interest history lovers everywhere.” – **BookPage**

“The author’s argument is well taken even though it does nothing to lessen the moral anguish that his principals – to say nothing of Einstein, Oppenheimer, and even Truman as well as generations after them – felt over the decision to unleash nuclear terror on their enemy ... a thoughtful study of nuclear war, its early discontents, and alternate scenarios that might have been worse.” – **Kirkus Reviews**

“Thomas reveals in cinematic, nail-biting detail that Japan’s surrender was not a foregone conclusion.” – **Lynne Olson, NYT bestselling author**

New residents lived and traveled around the world, and chose the



David Shuart

David Shuart moved to 101E in November, having come from West Linn. He has lived in Texas; St. Croix, Virgin Islands; New York City; and Kempton, Bavaria, near Munich.

He earned a BA in classical languages from Miami University in Ohio, and an MA from Northern Illinois University in ancient mathematics – a program of study about numbers relating to commerce. He also worked toward a PhD there and taught some undergraduate classes. He was a Fulbright scholar in Germany with a concentration in ancient languages.

He started his career in Human Resources at Barnes & Noble in New York City. He worked for several software companies, and most of his career was with GameStop, a video game, consumer electronics, and gaming merchandise retailer. He worked at its headquarters in Grapevine, TX, and later returned to Germany for 11 years to work in the company's European offices. He retired there and traveled extensively.

His interests include nonfiction books and science topics including the



Doug McLin

Space Telescope Institute and the universe. He enjoys studying animal intelligence and classical history.

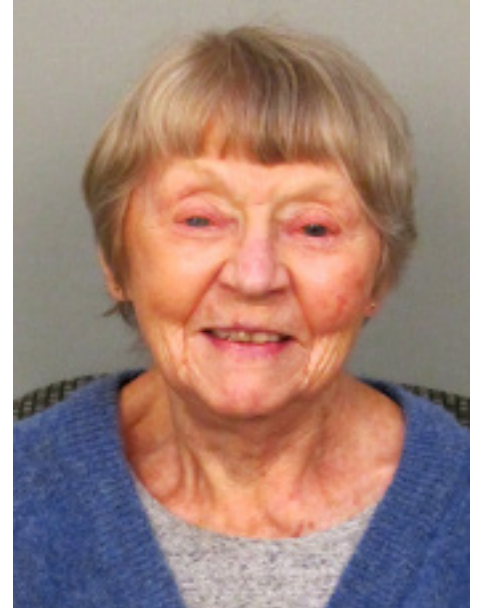
His wife, Karen, is deceased. They were married for almost 50 years.

David chose Willamette View because it is a nonprofit organization, and because everyone is friendly and free to pursue individual interests.

Doug McLin is a new resident of 606C. He came from San Jose, CA, on October 30. He has lived in the Oregon cities of Aurora, Klamath Falls, Crater Lake National Park, Silverton, Keizer, Corvallis, Wilsonville, Portland, and Hood River. He has lived in the California cities of San Gabriel, Fresno, and Santa Clara, besides San Jose.

He earned a BS from Oregon State University and an MSW from Portland State University. He started his career as a psychotherapist and program director in a residential treatment center for emotionally disturbed teenagers. For 26 years he worked as a psychotherapist for individuals, couples, families, and groups in a Kaiser psychiatry department.

He is an avid genealogist who is



Jane Luddecke

willing to help others. Other interests include investing in and trading equities and options, scrapbooking, following OSU Beaver sports, the San Francisco 49ers, the San Francisco Giants, and the Golden State Warriors, as well as traveling the world.

Jane Luddecke moved into 105E in December. She wrote her own introduction in this column:

“My parents met in a college town in Pennsylvania where my mother’s family had lived for generations and my father was a student. Soon after my birth, we moved to suburban northern New Jersey to be near my father’s family and his new job in Manhattan, only 15 miles to the east. The city was our lode-star. From an early age, I was determined to live there. I spent four years at Penn State earning a BA while dabbling in literature and art history. I moved to the city and managed to find a niche in the field of needlework, first in the publicity department of a yarn and sewing notions company, then on the editorial staff of a DIY magazine, and finally became an editor of *FiberArts* magazine in Asheville, NC. Moving to the south

Pacific Northwest for new home *Photos by Mike Lincicum*

Appalachians was a bigger culture shock than my year and a half in Tokyo years earlier working as an English conversation tutor. In Tokyo, I became friends with a Japanese American woman from Portland, whom I stayed in touch with and visited. I was smitten by the beauty and lifestyle of Oregon. At age 43 I learned to drive, and I drove across the country alone in a used car – a major accomplishment for me.

“Robert Anderson was my friend’s next-door neighbor on SW Condor Avenue. He needed a cat and house sitter while he was off sailing or skiing. I needed a place to live. We’re still together, 42 years later.

“My interests include reading literary fiction, memoirs, biographies, and mysteries. I love my Kindle. Other interests are politics – especially regarding women’s rights – fitness, and walking. I’m a longtime member of the Portland Art Museum and have had season tickets to the Oregon Ballet Theatre for years. I binge watch Masterpiece Theater on OPB and am addicted to NPR news.”

Charlotte Cox took possession of 202P on December 13. She came from Portland’s Lloyd District. She was born in Eugene, spent the summer of 1962 in NYC, and traveled to Europe soon after. She lived in the south of France, Paris, and Stockholm. In 1965, she had a Fulbright-Hays teaching assistantship in Bergamo, Italy. Other homes have been in Venice, CA; Crescent Lake, OR; and Alexandria, VA. She moved back to Portland in 2013.

She attended the University of Oregon, earning a BA in romance languages; the University of California, Berkeley; and the University of California, Los Angeles, for an MA in linguistics. She began her career as a



Charlotte Cox

technical writer/editor at the RAND Corporation in Santa Monica, and then worked as a technical editor at Pacific-Sierra Research Corporation. She did freelance editing and writing at several companies, including General Telephone Company, Northrop Electronics Division, and Southern California Edison Company. She worked as a communication analyst at Phase One/Evalucom, assessing the effectiveness of television and print advertising. She was an arts administrator at Oregon Repertory Singers in Portland in 1992-93. She was a technical writer/editor at EMCON Northwest. She later operated her own business in Portland as a technical writer/editor. In 2002, she joined the National Transportation Safety Board in Washington, DC, and eventually worked for NTSB remotely from Portland.

Her interests include participation in musical groups, drawing and painting, cooking, reading, and writing. She enjoys WV’s location on the river, its art displays, the three Steinway grand pianos, and mingling with residents who have similar interests.

Gallery Talks with Sheldon Hurst, *Waiting for Godot* Exhibit Curator

The February 7 Gallery Talk will be held in the Blue Heron Auditorium at 10:30 a.m., rather than in the Gallery. Sheldon will show visuals from a number of artists from the past two centuries to explain the importance of Beckett’s play *Waiting for Godot*.

Why Some Paper and Glass Cannot Be Recycled

by Warren Ford, Green Team

Most WV residents and staff are good recyclers, but some trash that cannot be recycled keeps appearing in the mixed recycling bins and in the glass recycling bins. Only paper that still contains long and strong cellulose fibers can be recycled. Paper napkins, paper towels, and facial tissue cannot be recycled because they are made from low grade fibers that are weak but able to soak up water. Our glass recycling consists mainly of wine bottles – WV residents must love wine – and food jars. These can be heated to flow and reprocessed into new glass items. Other types of glass and ceramics in a molten state do not mix with glass from food and drink containers. Those other types, broken or whole, should be wrapped in at least two layers of heavy paper and put in garbage. It should be obvious that food cannot be recycled, but some food and food residues still appear in mixed recycling. Rinse the food residues off plastic and glass containers before recycling.

When in doubt, throw it out!

Views Back

by Candace Bradley

In this new column, Candace has researched the archives of the Willamette Views and discovered historic bits of interest to share about our WV community.

Did you know that the first 18 residents moved into the Manor on January 3, 1955? Before the move-in date, some of them lived nearby and would peek in daily to see how the construction was progressing. Bulldozers cleared the forest, and soon, outlines of where the Manor would be could be seen. From the end of the current D wing, you could stand on a dirt mound and see the tops of the freight trains going past below. Then the dirt was pushed back to level land for our beautiful landscaping. The first lawns were seeded in September 1955. Those first residents ate their meals in the family room on the second floor before the neighboring kitchen was completed. The laundry service functioned from Day One. The E wing housed the infirmary. Residents handled the switchboard. People moved here for community, just as they continue to do today.

A residents' directory, in the form of an index card system at the front desk,

was voted down in 1978.

Two years later, in 1980, the replacement of the original dining room was celebrated with an "Aloha" Hawaiian dinner party. Our very own **Jim Edwards**, then the WV Executive Director, closed the festivities by presenting a set of building keys to the chair of the Resident Council.

A few years later, in 1985, the greenhouse burned to the ground. Many in-house committees offered their financial account balances to support a new, bigger greenhouse that would have room to raise plants for future landscaping. On a different front, the next year Jim oversaw the installation of an elevator in the Court building. Also, that year the Newcomers Party hosted 50 new residents and there were monthly luncheons attended by anyone who had a birthday that month. This is also the first year we see mention of carpet bowling, which has grown to become a very popular campus sport.

An Outing to Hood River's Aeroplane and Automobile Museum in April

The Outings Committee is planning a chartered Blue Star bus trip for residents to Hood River's **Western Antique Aeroplane and Automobile Museum** on Tuesday, **April 16**. The bus will leave at 8:30 a.m. and return by 2 p.m. The cost will be \$37, plus 12 WV meal credits for a boxed lunch.

The museum features 100 antique airplanes from 1917 forward, more than 100 cars from 1899 on, plus motorcycles and jeeps. All are in working condition.

The bus can accommodate 50 travelers, including two with wheelchairs. A sign-up sheet will be available on March 26. Call Dennis Gilliam (6372) for more information.



Dick Van Ingen manages the greenhouse, cultivates healthy plants for others to enjoy

Dick Van Ingen describes the two main themes of the last 40 years of his life as pottery and plants. He bought his first orchid, *Epidendrum radicans*, at a garage sale and soon developed an interest in the cultivation of orchids. He moved to a home where he could build a greenhouse for some 600 orchids and other tropical plants. Then he was inspired to make specialized pottery for the orchids, with holes for roots and air, and his second passion was born. A resident at WV since 2019, Dick now meticulously cultivates the \$3 plants that are for sale around the campus. The funds help support Garden Committee projects. The photo at the right shows Dick in the greenhouse near the garden shed, surrounded by orchids and other plants he grows.



Photo by Ron Ture

Milneberg Jazz Quartet to perform

by Lois King, MusicWorks



MusicWorks is pleased to present the **Milneberg Jazz Quartet** on Tuesday, **February 20**, at 7 p.m. in the Blue Heron Auditorium. Named after the famous Milneberg Amusement Park on Lake Ponchartrain, the quartet plays music associated with New Orleans when jazz was young, including that of Jelly Roll Morton and Louis Armstrong. Originally formed as a traditional jazz group, the quartet has expanded into popular tunes from the 1930s, '40s, and '50s. The quartet combines the collective improvisation of traditional jazz with a modern swing rhythmic feel. Members of the quartet are Jim Buchmann on clarinet and sax; Jim Armstrong on trumpet, trombone and vocals; Christopher Weitach on guitar; and David Duthie on bass. These four jazz artists will give the audience a rousing evening of great music!

Blue Heron Players to Perform *Waiting for Godot* 2024

by Carol Knowles, Blue Heron Players Director

The Blue Heron Players, under the direction of **Carol Knowles**, will perform *Waiting For Godot* 2024 in the Blue Heron Auditorium on February 26 at 7 p.m. and February 27 at 2 p.m. This is a 21st century retelling of Samuel Beckett's 1952 absurdist masterwork.

To set the tone, **Amy Torgerson** will perform a sonorous piano work by Shostakovich, a master composer whose life, like Beckett's, was impacted by a 20th century totalitarian regime. The stage will be transformed into a barren landscape filled with only a couple of stones, a leafless tree, and two tramps – Vladimir and Estragon. Vladimir, a vagabond philosopher, performed by **Sheldon Hurst**, makes observations that are sometimes expressive but meaningless wordplays. At other times his reflections are heartbreakingly wise. And the vagabond poet, Estragon, performed by **Bernard della Santina**, has a sardonic wit that almost always cuts to the heart of the matter. A messenger, portrayed by **Lois King**, known as A Boy, promises twice that Godot will come tomorrow – promises that are not kept.

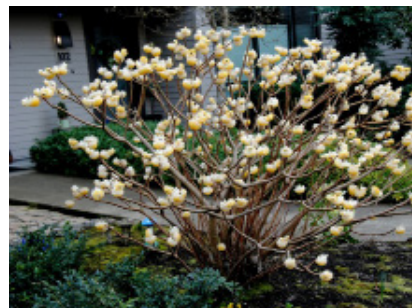
Forty-four evocative mixed media drawings by South American artist Miguel Ruibal recreate the characters and landscape in Beckett's play. Since January 1, they have been on exhibit in the Willamette View Gallery in a show curated by Sheldon Hurst. A series of images made from Miguel's drawings will be projected onto the wall behind our stage as Sheldon and Bernard perform excerpts from Beckett's play.

Waiting for Godot is the most frequently performed 20th century play, viewed by millions of theatergoers. Although WV residents eat well and live in comfortable homes, in many other ways we are the two aging tramps – our bodies hurt, our memories often fail us, and, like Vladimir and Estragon, beyond creature comforts, we want to find "connection and deeper meanings in our lives."

Willamette View Plant of the Month

by Fred Rauch

The Paperbush (*Edgeworthia chrysantha*) is native to China and the Himalayas. It has naturalized in Japan where the common name Paperbush comes from. The fibers of the inner bark are used to make high quality paper for making banknotes. This is a deciduous shrub, six to seven feet high and wide, and has lovely bluish foliage with silver undertones. The clusters of silvery flower buds are found in December, followed through the winter months by beautiful yellow flowers that are very fragrant. Several of these plants can be found on the WV campus.



✓ Check it out

by LaJean Humphries, Library Committee Chair

How Can I Use AI Tools?

There are many definitions of artificial intelligence (AI) and many articles about how it's changing the world. I recently took a closer look at some of the new tools to see if there was any potential use for those of us at WV. You may be as surprised as I was! We residents can use AI for addressing specific needs as well as for generally enhancing our lives. Here are some general categories that might spark your interest.



Information and Learning: Ask questions to find information on topics of interest ranging from health and wellness concerns to current events and technology. All AI tools, as well as Wikipedia and Google, sometimes produce factually inaccurate content, so double-check, verify, and use your critical thinking skills! Language learning tools, including Duolingo, Memrise, and other AI tools, should improve use of your native tongue or help in learning a new language. Language Translation tools can help bridge communication gaps for people who speak different languages.

Companionship and Cognitive Stimulation/Support: Companionship – Normally there's plenty of opportunity to enjoy the rich social life here at WV. But if you have COVID, break your hip and can't get around, or have to be isolated, tools like ChatGPT (chat.openai.com) can provide companionship through conversation and help combat feelings of loneliness. Mental Challenges – Try an intellectually stimulating conversation with ChatGPT, Bard, or other AI tools. Memory Aids can help you recall important information or events. Cognitive Games may help maintain and improve cognitive functions, and they're a lot of fun! Harvard Medical School offers an interactive Cognitive Fitness online course to help improve your overall brain health.

Health Monitoring and Reminders: Medication Reminders – Forgot to take a pill? AI tools can be programmed to remind us to take our medication or remind us of medical appointments. Health Information – A wealth of valuable, reliable resources exists that can provide good information on health conditions and wellness tips, but there is no substitute for professional healthcare providers for personalized advice.

Assistance with Daily Tasks: Virtual Assistants like Microsoft Bing, Siri, Google Assistant, Amazon Alexa, and many others can help manage schedules, take notes, set reminders, and provide assistance with daily tasks. Many use voice commands to control smart home devices to control your home environment.

Entertainment: Content Recommendations – AI tools can suggest books, movies, music, and TV shows based on your personal preferences. Storytelling – AI tools can engage in creative storytelling or help you create your own stories.



Accessibility: Voice to Text and Text to Voice tools can assist with visual or hearing impairments.

Social Connection: Virtual Social Interaction can be facilitated with a platform such as Zoom. These tools make it easier to communicate with friends and family. Community Engagement is being used more and more by groups such as City Club of Portland and Bridgetown Music Therapy.

If you are interested in learning more, your public library has books and librarians who can help you search for ChatGPT and other AI tools. I used Microsoft Bing Image Creator and ChatGPT3.5 to write this column. I have not evaluated all the tools I have found, but stay tuned.

A Wealth of Activities Around the Campus



Rompecabezas is a Spanish word meaning “puzzle.” Literally, a rompecabezas is a “head breaker.” At the edge of the campus in the North Pointe lobby, there is a 2,000-piece puzzle that earns that name. Because NP does not get as much foot traffic as the Manor lobby with its puzzle table, puzzlers are invited to drop in and help.

by Donna Kling



Two of Richard Helmick’s new colored pencil works have recently been accepted by international exhibits. Shown above, **Nothing Exists** is included in the Signs and Symbols 2024 exhibition. The entire exhibit can be viewed on the Gallerium Art website. Not shown is **Contemplating Nothing**, in an exhibit titled Emptiness 2024, showing online through March at www.exhibizone.com.



WV residents welcomed the New Year at a lively party arranged and catered by Chad Grove. A professional DJ kept the dance music playing while Chad served champagne and other refreshments. The festivities continued until just after midnight, New York time.



The Chinese and the Japanese zodiacs designate 2024 as the Year of the Dragon. Special foods and activities are used to celebrate the New Year in both countries. So how could WV be far behind? On January 7, Japanese calligraphy artist Eri Fukase taught eight WV residents to paint the Japanese character for dragon. The workshop reflected the philosophy of art therapists Kristen Larsen and Sally Giles, who encourage the pursuit of fun over perfection. From the looks on their faces, it was apparent that a good time was had by all. From left: Elizabeth Olsen, Carol Borjesson, Eri Fukase, Donna Kling, Dana Taylor.

by Carol Borjesson

Announcements

Volunteer to help LC residents shop

Would you enjoy working with our Licensed Care residents in the Terrace and Neighborhoods? The Carousel is looking for four or five volunteers to help with our new program of monthly shopping sessions in which our LC residents get to “shop” (the clothes are free for them) from a rolling cart of clothing and accessories that we bring down on the second Tuesday of each month. Each session is about 90 minutes, from 10 to 11:30 a.m. It will be even more fun if you persuade a friend to do it with you! Call Donna Krasnow (6418) if you are interested.

Low Vision Mutual Self-Help Peer Support Group Wednesday, Feb. 14

1:30 – 2:30 p.m.

Court Family Room, 2nd Floor

by Sandra Gerling, Vision Resources

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.

In Memoriam December 21 – January 20

Eleanor Crick

Harvey Leff

Candy Morgan

Gay Walker

In 2023, **2,519 books** were culled from WV libraries and unsold Book Boulevard donations. They were boxed by **Nancy Bouwsma** and **Victoria Ailes** and donated to the **Clackamas Bookshelf**. Proceeds from their sales provide funds for books given to low-income children in Clackamas County.



New Resident Moves In

January 4

	To	Phone
Victor Claar	601E	6492

Correction – In the January issue, page 9, introducing new residents **Caroline** and **Bob Crumpacker**, the last sentence was incomplete and should be: They love WV for the people, the activities, and environment and landscaping, the facilities, and the food.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	Feb. 5	TED Talks, 2:30 p.m.
Tuesday	Feb. 6	Kyle Lewis piano and vocal performance, 2 p.m.
Monday	Feb. 12	Ellen Whyte and Sonny Hess guitar and vocal performance, 2 p.m.
Wednesday	Feb. 14	Graham James piano performance, 2:30 p.m.
Monday	Feb. 19	John Nilsen piano performance, 2:30 p.m.
Tuesday	Feb. 20	Movie Matinee – <i>Mamma Mia! Here We Go Again</i> (2018), 2 p.m.
Wednesday	Feb. 21	Louis Pain and Renato Caranto piano and saxophone performance, 2:30 p.m.
Monday	Feb. 26	Oregon Historical Society presentation – <i>Vanport: The Flood</i> , 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

Burrowing Owl, Part 2 – *Athene cunicularia*

Part 1 of Burrowing Owl can be found in the January issue of the Willamette Views in the resident website archive.

Picture this: Year 2008. Umatilla, Oregon, just north of Interstate 84. About 17,000 acres of grassland surrounded by barbed wire with little human access, 999 WWII dirt-covered concrete bunkers built by the US Army in 1940 to store high explosive munitions, later chemical weapons, now empty. Add just a handful of burrowing owls nesting on the 17,000-acre grassland with insects and rodents. Plenty of owl food was there, but missing were the badgers and other animals that used to be there digging the burrows.

Year 2019. Same 17,000 acres, 999 empty concrete bunkers, few humans, and 45 – 55 pairs of nesting burrowing owls – a remarkable Oregon success story, conservation of a steadily declining Oregon Sensitive Species located on an old WWII army depot! What happened? Answer: A 2008 telephone call from Umatilla Army personnel who had noticed the decline of those native owls to one David H. Johnson, internationally known for owl expertise. Answering the call, David and his small team set up shop in an empty bunker, amassed a supply

of irrigation tubes, wire mesh, and large buckets. They started work, digging and fabricating burrows each year for more than a decade, spring and summer. The male owls, desperate for nesting burrows, found them, sometimes overnight. By 2009 there were nine pairs nesting, and by 2010, 32 pairs. Adult pairs and all the babies were caught and banded, and research began, yielding exciting results – their migration patterns, dispersal, and new birds finding this wonderful habitat amidst the bunkers. The upper right photo is of David Johnson and a clutch of small owls.

The 6 to 12 eggs laid in each underground chamber are about the size of robin eggs. The tiny hatched owls grow rapidly into little beige puffs of owlet cuteness capable of sounding like rattlesnake rattles. Youngsters were banded at 20 days of age. To see and hear this amazing and heartening story, search online for the 10-minute video of *Umatilla's Owl Man*, produced by Oregon Public Broadcasting.

Burrowing owls live for just 6 to 8 years. Our adult educational bird Bo was adaptable, calm, and so beloved in our program. In July 1992, when Bo was 6, I found him in his enclosure fluffed, hunched over, with eyes dilated and glazed. Our vets suspected a stroke. We kept him warm and confined in a carrier, and tube fed him with Ensure and five percent dextrose in water with added antibiotic. Days later he was still lingering, still on his tummy except when I handled or propped him, and I considered calling our vet about euthanasia. Then,

miraculously, that same day he stood up, picked up a mealworm from a dish with his foot, but immediately fell forward into the dish. A tiny step, and we continued. The days went on and we added protein baby food to the tube feeding. Bo recovered completely over the next three months! Fast forward to 1997. Five years later, a second stroke, but not quite so severe. Another tube feeding regime – and another miraculous recovery! By 1998 Dan and I retired and moved from New Mexico to northern Idaho. Bo was transferred to my wonderful cohort and lived two more years. Thus Bo's lifetime, with human medical intervention and his indomitable spirit, was a remarkable 14 years. *Bo is pictured at right.*



Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Banned Books Club	Fourth Thursday	10 a.m.	Court Family Rm.	Lyn Satterstrom	6730
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
Bridge – Duplicate	Monday	6:15 p.m.	Plaza Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Briefings	Fourth Tuesday	1 p.m.	Terrace Aud..	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
Chorus	Thursday	1 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Episcopalians and friends	Last Thursday	11 a.m.	Manor 3rd Floor Lounge	Dick Toll	6562
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Health Center/Terrace Tour	Thursday – by reservation –	10:30 a.m.	meet in Terrace Lib.	Laela Echelberger	6793
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenany	Second Sunday	3 p.m.	BH Auditorium	Jerry Hull	6403
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m..	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Pre-Diabetes/Diabetes Grp.	Third Monday	2 p.m./3 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Pam Brown	6623
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
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	Jean Gallup	6397
Outdoor Campus Committee	First Monday	1 p.m.	Plaza Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle, Beginning	Thursday	6:30 p.m.	Heron Lounge	Robert Donaldson	6743
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud..	Jerry Smith	6502
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Thursday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	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 Rm.	Ann Rutz	6504

See wvresident.org/activities/activities-calendar for complete list.