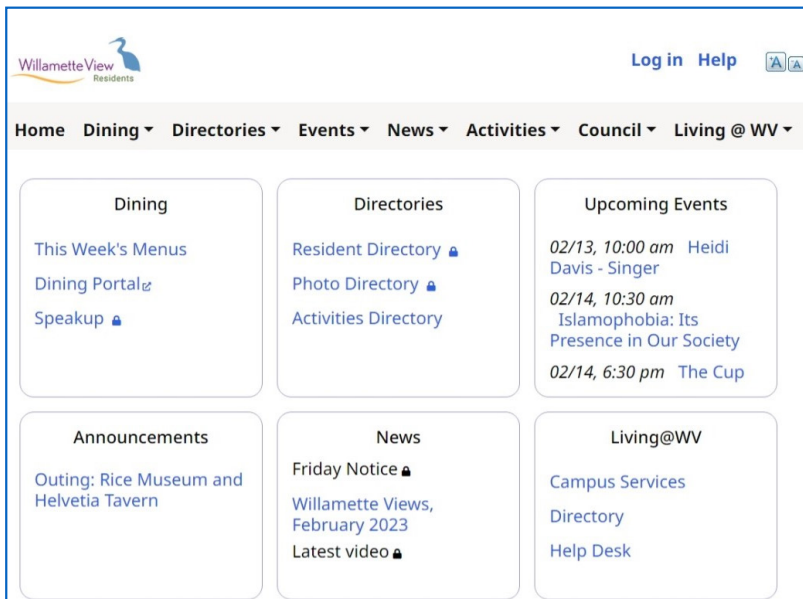




Redesigned Resident Website is Launched

by Earl Westfall, Technology Councilor



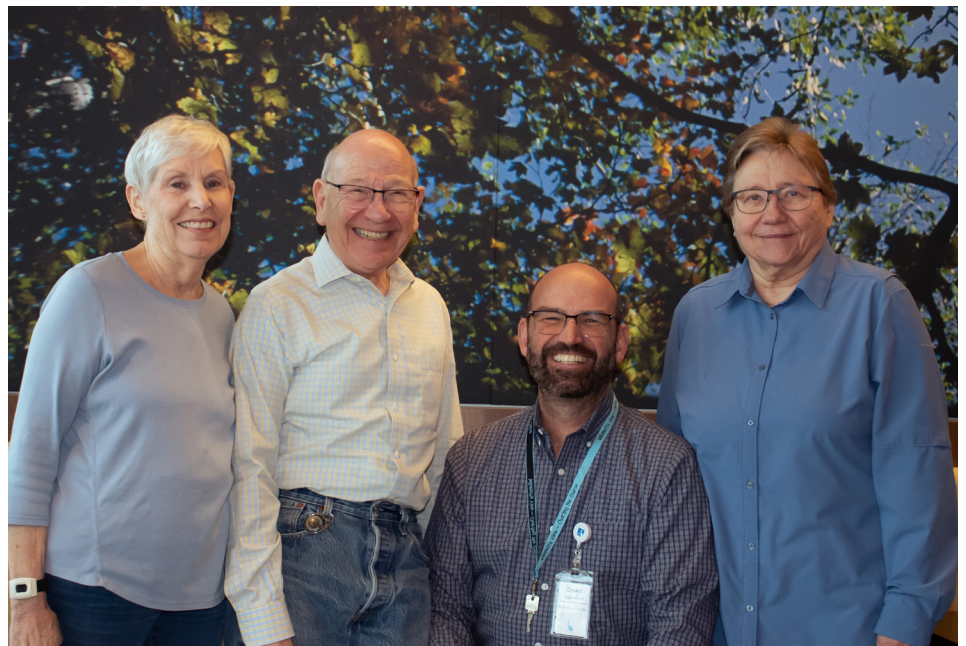
February 2023 brought the launch of a fully redesigned **resident website** to Willamette View. On the afternoon of **February 24**, residents and staff celebrated with a gala event in the Blue Heron Auditorium. Many of the people who have joined in the effort to build the site were introduced, and the program included a demonstration of the website, highlighting both its new and redesigned features.

The **Home Page**, at left, has been designed for easy accessibility and with low-vision users in mind, using contrasting colors on a light background. The pages are uncluttered and allow you to find information easily. Much thought and research went into this clean design.

Continued on page 8

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Web Development Team from left: Linda Panaretos Thomas, Earl Westfall, David Kohnstamm, and Eva Laevastu. They met with the developer, Wheelercreek Studio, Inc., regularly throughout most of 2022. Eva provided strong leadership, knowledge, and experience to this core group. Numerous other residents and staff have contributed to the project.

Photo by Michele Lukowski

From the Resident Council

by Doug Morgan, Council Vice Chair, and John Holderness, Gardens & Plants Councilor

Gardening and Our Personal and Community Health — Join Us!

We continue this month with the theme we introduced in our February Resident Council article featuring the work of our **Task Force on Resident Engagement**: *How can we enhance resident engagement?* Spring is fast approaching and our grounds and community gardens are about to come alive. Did you know that there are over 93,000 research articles affirming the value of gardening in promoting our personal physical and mental health? **Community gardening adds another dimension — it creates opportunities for a wide range of social engagement**, including social connections, reciprocity, mutual trust, collective decision-making, civic engagement, and community building — all important processes associated with improving individual health and strengthening our WV community.

You don't have to be a gardener or possess a garden plot to help. One of the outstanding features of WV is its campus. Since WV employs only two gardeners at present, there are many opportunities for resident volunteers to contribute to our beautiful landscaping. Basic maintenance, like mowing, is done by WV staff and contractors, leaving much of the most creative and rewarding work for us.

That's good for WV, and good from an individual resident's standpoint, too. Outdoor work is good exercise and an excellent way to widen one's circle of friends. The River Walk, the community gardens at the south end of the campus, and the Court and North Pointe rose gardens are only some of the opportunities to contribute. The following are examples of WV outdoor features built, maintained, or both, by resident volunteers:

- Harmony Garden construction
- Triangle Garden construction and maintenance
- Tower Garden Patio and pergola construction
- Ivy-covered screens by River Ridge houses – construction
- Weeding (by the **Willing Weeders**) – continuous
- River Walk maintenance
- Trees and shrubs pruning

If you are interested in getting involved, contact **John Holderness**, Gardens and Plants Councilor, at 503-750-0539, or holdern@gmail.com. There are plenty of opportunities to make a difference and have a good time.



*Is this donation for our garden activities?
Perennial or Annual?
Join us.*



John and Nancy Bowsma were featured on the agenda of the February 10 Resident Council meeting. John was elected as Hobbies and Special Interests Councilor; Nancy was honored as a dedicated Carousel Shop volunteer.

Photo by MH Socolofsky

Willamette Views

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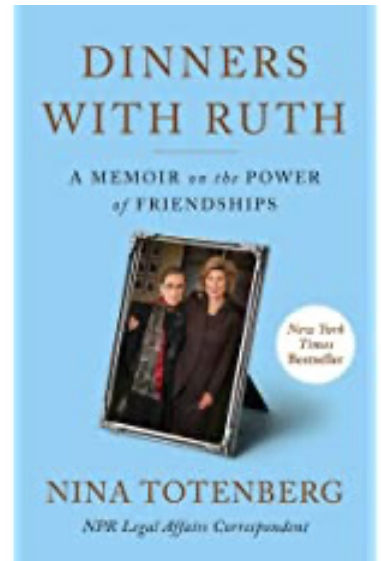
Book Review examines a life-affirming relationship

by Sue Bosshardt

Ginny Seabrook will review the book *Dinners with Ruth: A Memoir on the Power of Friendships* by **Nina Totenberg**, on Wednesday, **March 15**, at 10:30 a.m. in the Blue Heron Auditorium. Totenberg is an outgoing journalist on NPR, and **Ruth Bader Ginsberg** is a quiet intellectual who worked to achieve justice for women. They shared a professional drive and devotion to both family and career. Nina and Ruth met as young women, before either had achieved anything of note, maintaining a close tie even as they chose different careers. Ginny picked this book because these two women were examples for her as she was also making decisions about how to navigate a family while working outside the home. Ginny moved to Willamette View eight years ago from



New Jersey, where she taught English and Social Studies for 35 years. Ginny's interests include art, birds, and ballet. She is currently chair of the Art in Public Areas (APA) Committee at WV, and a member of the Music Committee, and she volunteers in the library. She has served as Resident Council Chair. Ginny reads fiction and nonfiction on Kindle, reads real books, and listens to books on *Audible.com*.



March Movies

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

Documentary film

Thursday, **March 2: *Pele*** (2021). One-time location change – Terrace Auditorium. Pele is considered one of the greatest footballers of all time. Rising from poverty, he coined the phrase “Soccer – the beautiful game,” because anyone can play it. His pioneering career and achievements during times of Brazilian political turmoil are featured.

International film

Wed., **March 14: *Portrait of a Lady on Fire*** (French language, 2019). Summoned to an isolated estate on a secret assignment, Marianne must find a clandestine way to paint the portrait of Heloise, who is resisting her arranged marriage. The two women come to know each other, establishing a creative collaboration and close bond. *Discussion follows. Nudity/Sexuality. R*

Saturday night films

Optional discussions will follow.

March 4: *Blazing Saddles* (1974).

Residents Choice Contest Winner

A gleefully vulgar spoof on Westerns by Mel Brooks and Richard Pryor. The beloved film is daring, provocative, laugh-out-loud funny. Cleavon Little stars as the Black sheriff, Gene Wilder as the Waco Kid, and Madeline Kahn as Lili Von Shtupp. Prepare to be insulted.

Comedy/Western. Sex/ Nudity/ Profanity. R

March 11: *Top Gun: Maverick* (2022). After 30 years, the courageous test pilot Pete “Maverick” Mitchell is still pushing the envelope by training a new crop of cadets. Tom Cruise stars. Nominated for six Oscars; AARP’s Best Movie for Grown-ups.

Intense Action/Profanity. PG-13

March 18: *Everybody’s Talking About Jamie* (2021). Coming-of-

age musical about a teenage boy who dreams of becoming a drag queen and wearing a dress to the prom. Based on a true story, it explores identity issues with songs, inventive choreography, terrific performances. Max Harwood and Sarah Lancashire star as Jamie and his supportive mother.

Musical/Drama. Profanity/Suggestive material. LGBTQ+. PG-13

March 25: *The Theory of Everything* (2014). Biopic of Stephen Hawking (Eddie Redmayne). He falls in love with Jane Wilde (Felicity Jones) and lives through the frustration of ALS while changing the world with his renowned theory of time. Oscar, BAFTA, Golden Globe, SAGA Best Actor awards. ***Biography/Drama. PG-13***

Madero Winds Trio to play on March 20



The **Music Committee** searches the Portland area to find outstanding, highly experienced classical musicians to come and play for us. On **March 20** in the Blue Heron Auditorium at 7 p.m., Willamette View will welcome a new group to our stage. **Madero Winds** features flute, oboe, and clarinet.

Prior to moving to Portland in 2009, **Gail Gillespie** served as principal flutist of the US Marine Band, **The President's Own**, in Washington, DC. During her 30-year tenure there, she was often featured as soloist with both the band and Marine Chamber Orchestra. Born in Hawaii, Gail received her Bachelor of Music with honors from the New England Con-

servatory of Music. Gail, an active, free lance musician in this area, has subbed with Oregon Symphony, Oregon Ballet Theatre, Newport Symphony, and others. A member of Portland Columbia Symphony, Gail also teaches flute in her home studio in NE Portland.

Brad Hochhalter has been principal oboist of the Portland Columbia Symphony since 1990. Brad studied with world renowned oboist **Marc Lifschey** while living in the Bay Area. Mr. Lifschey was principal oboist with the San Francisco Symphony at the time, and notably, principal in the Cleveland Orchestra under **Conductor George Szell** in the 1960s. Brad has performed with Oregon Symphony, Portland Opera, Berkeley Orchestra, Santa Rosa Symphony, Portland Chamber Orchestra, and Symphony Concertante in Portland.

In addition to performing with Madero Winds, **Dave Bergmann** plays bass clarinet with his clarinet quartet, **Clarinets a la Mode**. He be-

by Ginny Seabrook, Music Committee

gan his journey into music at the age of 4 with accordion lessons. Fourth grade presented the opportunity to abandon the much-maligned instrument in favor of a band instrument. He chose the clarinet because all the flutes were taken. Dave received his degree in music from California State University, Hayward, and has performed with many Northwest orchestras, including Portland Columbia Symphony, Portland Opera, Oregon Ballet Theatre, Vancouver Symphony, Newport Symphony, Mount Hood Jazz Festival, and Ernest Bloch Music Festival. Dave is a retired litigation paralegal, and he also operates Wasco House Bed & Breakfast with his wife, **Lisa**. Dave also enjoys arranging music for chamber groups, tending his herd of chickens and flock of cats, and driving his sports car around the hills of North-Central Oregon's Sherman County. The Music Committee hopes you will enjoy this unique group of instruments and the talented musicians who play them.

MusicWorks to feature Norman Sylvester

On **March 10** at 7 p.m., **MusicWorks** brings "Boogie Cat" **Norman Sylvester** and his band to play in the Blue Heron Auditorium. Norman formed his band with bass player **Rob Shoemaker** in 1984 and is now assisted by his dynamic and energetic vocalist daughter, **Lenanne Sylvester-Miller**, and others.

Norman Sylvester first began to perform in church and commercial venues. He formed the band **Rated-X** in 1969 and led it for several years until the time management stress of being a young father with a growing family and a demanding day job as a teamster employed by his trucking firm forced him to cut back his performance time. Frequently sitting in at jam sessions and doing occasional pick-up jobs kept his musical skills sharp. By the late seventies, he had played with **Buddy Guy** and **Albert Collins**, and both encouraged him to devote himself to a full-time career in music.

He did that, and soon was inducted into the **Oregon Music Hall of Fame** in 2011 and was chosen as the **Cascade**

by Harvey Leff, MusicWorks



Blues Association's Best R&B Band in 2015, 2017, 2018 and 2019. In 1994 and 2017, he received the George Page **Back What You Believe In** award for his dedication to the blues and community service. Regarding honors, Norman said, "It is nice to be honored, but really, I get an award every time I leave a club and someone tells me how good it made them feel that night. I think that's the one thing about music – if you use it positively, you can really change a person's day. How cool is that?"

The Abolitionist's Journal – Memories of an American Antislavery Family

by Don Brown

Sponsored by the **Public Affairs Committee**, on Thursday, **March 16**, at 7 p.m. in the Blue Heron Auditorium, author **Jim Richardson** will recount the 20-year odyssey that he and his wife, **Lori**, took as they retraced the steps of his ancestor, **George Richardson** (1824–1911), across nine states – uncovering letters, diaries, and more memoirs hidden away. Their journey brought them to the brink of the racial divide in America.

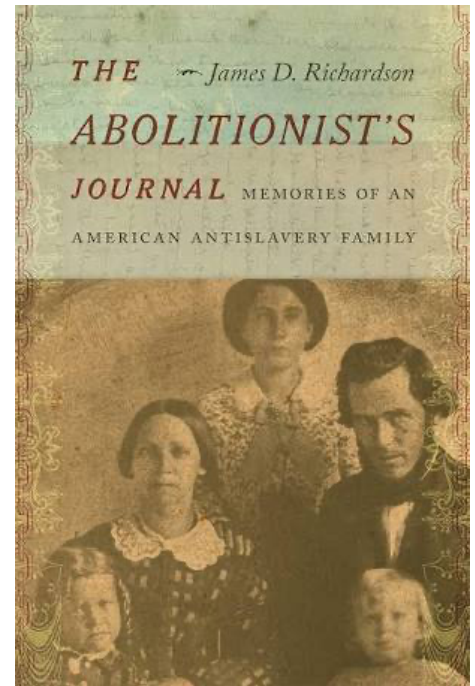
Jim's research revealed his great-great-grandfather Richardson's involvement in the **Underground Railroad**, serving as the chaplain to a Black Union regiment in the Civil War and founding a college for the formerly enslaved. This thriving institution of higher education, **Huston-Tillotson University**, is located in Austin, Texas.

In narrating this compelling life,

The Abolitionist's Journal explores the weight of the past as well as the pull of one's ancestral history. Jim raises questions about why this fervent commitment to the emancipation of African Americans was nearly forgotten by his family, as he delves into the racial attitudes in the author's upbringing and the ingrained racism that still plagues our nation today.

In 2023, as America continues to confront a generational reckoning on race, these important perspectives add a layer to our larger national story.

James D. Richardson is a former senior writer with *The Sacramento Bee* and is a retired Episcopal priest who was, for many years, on the staff of Trinity Cathedral with Willamette View resident **Don Brown**. Jim is the author of *Willie Brown: A Biography*. His articles on California politics have



appeared in numerous publications, including *The Washington Post*, *Los Angeles Times*, and *San Francisco Chronicle*. He and Lori live in Sacramento.

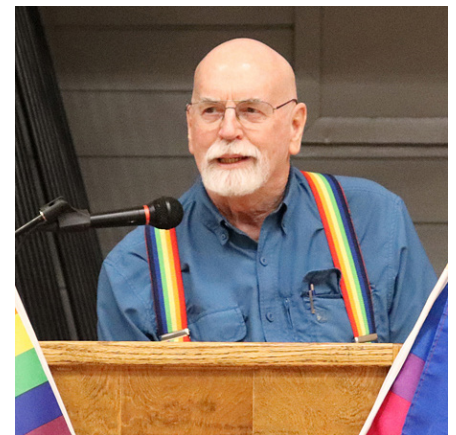
Robin Will to present lessons from LGBTQ+ history

by Joyce Liljeholm, DIG

On Tuesday, **March 7**, at 10:30 a.m. in the Blue Heron Auditorium, the Diversity and Inclusion Group will host Robin Will, who will speak about **Lessons from LGBTQ+ History**. Robin is the chair of **Gay and Lesbian Archives of the Pacific Northwest (GLAPN)**. This organization has been working since 1994 to discover and publicize the history of all

LGBTQ-identified minorities in the Pacific Northwest.

GLAPN helps individuals and groups on the LGBTQ2SIA+ spectrum preserve their own historical data. They try to find a home for historically significant materials. They gladly partner with organizations in the community to publicize and celebrate the history of these minorities.



Who led the riots at the Stonewall Inn in New York City in 1969, and why? What was it like to live in Oregon during the anti-gay ballot measure campaigns in Oregon? Is Portland PRIDE a celebration, a commemoration, or both? How does this impact us today? Come hear Mr. Will's unique presentation based on extensive historical research.



✓ Check it out

by Lajean Humphries, Library Committee Chair

The right to information is every democratic citizen's right. We are not the first country to legislate this right. The first Right to Information (RTI) law was enacted by Sweden in 1766 to access the information held by the king. In the US we celebrate Freedom of Information Day on or near **March 16**, the birthday of **James Madison**, widely regarded as the Father of the Constitution and as the foremost advocate for openness in government. **The Freedom of Information Act (FOIA)** was passed on July 4, 1966, and came into effect a year later. Although he signed the bill, **President Johnson**, like many presidents, had reservations about the law concerning national security and the possibility that information could be used to incite public disturbances and riots and destabilize the government.

Freedom of information is an important **library principle**. Every citizen deserves to know the facts related to government and should have the right to access information pertinent to our interests. The UN recognizes this as a fundamental human right.

Freedom of information contributes to government openness and accountability and represents an important instrument to prevent and combat corruption. It can also help increase government efficiency and responsiveness. Free access to information is crucial at every level of government.

The **Oregon State Legislature** convenes annually in January at the State Capitol in Salem. Sessions are 160 days in odd-numbered years and 35 days in even-numbered years. Five-day extensions are allowed by a two-thirds vote in each house. For reference assistance or questions about the legislature, legislative process, and other government agencies, you can email help.leg@oregonlegislature.gov, or call 1-800-332-2313.

Any Oregon citizen may get a copy of any pending or current bill or law, may testify or submit testimony to the legislature, may receive email news alerts about bills and their progress through the legislative process, and may watch live and video coverage of floor proceedings and committee hearings.

Legislators are always happy to see constituents. The Capitol is currently a mess, however! It is under renovation with limited parking and a maze of blocked corridors, electrical conduits, and sledgehammers. If you want to visit in person during renovation, choose a time that is likely to be less busy and be prepared for delays and long waits. You can reach our state senator by email: Sen.KathleenTaylor@oregonlegislature.gov, or phone 503-986-1721, and our state representative by email: Rep.MarkGamba@oregonlegislature.gov or phone 503-986-1441.

The Oregon Legislature website, www.oregonlegislature.gov, is compatible with all modern operating systems and web browsers. From the home page it is easy to find your legislator, find bills, watch committee meetings, and find out how to participate. At the bottom of the Oregon Legislature home page, you will see the link to sign up and receive email updates on news and information that interest you most:

www.oregonlegislature.gov/citizenengagement/Pages/e-Subscribe.aspx

Access to information makes us aware and enables us to make decisions that favor all citizens and the nation. When we know more, we can do more! Call 1-800-332-2313 for information or feel free to reach out to me if you have questions: lajeanhumphries@gmail.com, or phone 6702.

The screenshot displays the Oregon State Legislature website. At the top, there's a navigation bar with links for Senate, House, Bills and Laws, Committees, Get Involved, and Capitol Offices. Below this, a section titled "2023 LEGISLATIVE SESSION INFORMATION" provides quick access to information for the 2023 Legislative Session, which convened on Tuesday, January 17th. Key links include "How to Participate", "Find Your Legislator", "Senate and House Bills", "Watch Meetings", "Session Committees", and "Make Your Voice Heard". A "Today's Events at the Capitol" section lists scheduled events for 2/8/2023, including floor sessions, committee meetings, and building activities. On the right side, there are links for OLIS (Bills & Committees), Video (Watch Capitol Meetings), Find Bills (Learn How to Find a Bill), Legislative Dates (Deadlines, Dates & more), News (Press Releases & News), and Your State Capitol (Virtual Tour & more). At the bottom, there are search bars for "Search Oregon Revised Statutes", "Search Bills", and "Find Your District and Legislators".

Art News from APA 2023 by Ginny Seabrook, APA Chair

The **Art in Public Areas Committee** buys, hangs, and maintains art in most hallways at Willamette View. The committee has seven resident members, and we are off to a busy start this year, working on new projects and imagining ways we can provide positive art experiences for all residents. APA curates over 50 hallways at WV, and they are filled with art. We have our own private museum and can pause just about anywhere to look at paintings, prints, and photographs.

During inclement weather I walk the hallways for exercise. It takes me about an hour to walk all of the halls in the Manor. I often stop to gaze at first one painting and then another. One of my favorites is a small pastel landscape by **Marla Baggetta**, a well-known Portland artist. It is beside the elevator near Manor 3A; I sometimes go to the Manor just to look at it. I wonder how the artist used pastel in such a tiny format to make something that captures my attention and draws me to it time and again. And I always visit **Carson Abberts'** three abstracts on the I-5 hallway. I observe the design, the use of color, and I come away lighter in spirit.



Runners by Angelita Surmon



APA committee members Evelyn Hicks, Bonnie Keller, and Mary Norman make decisions about an art piece.

Artists, like musicians and dancers, speak to us in a language without words. They invite us to ask questions and use our imaginations as we relate to their creations. The APA committee wants to display art that sparks conversation among residents. Talking about art is a lot more fun than focusing on what Congress is doing, or trying to remember where I put my gloves.

During the first week of February, APA hung art in Manor 1A outside the Marketing offices. We chose a color palette and acquired some new works you may find interesting. Included are a quilted art piece by **Bonnie Keller** that APA purchased at WV's December craft show. The shadowbox framing was done by **Roger Tracy**. There is also an abstract acrylic painting, titled **Inferno**, that is so powerful you will feel

warm just standing near it. And look for the large painting of a single figure in a snowy, moody landscape. We think viewers will imagine stories about the elusive person and consider what the artist had in mind.


An ongoing project that has APA very excited is rehanging the art on I-5, going from Riverview through the Court. This is a big project requiring much thought and care. Because so many paintings are involved, it will take several weeks – perhaps months – for us to complete the work, so be patient and enjoy watching the exhibit unfold. The theme will be **Oregon Artists**, and information will be provided beside each piece. The first group of paintings is already up mid-hallway. You can't miss the large acrylic on handmade paper by Oregon artist **Angelita Surmon**. The title is **Runners**. APA believes the two figures identify I-5 as a place where residents busily come and go. We think the idea of movement, change, and growth is an apt one for our residents. All of us at WV are on literal and figurative journeys. Ask yourself, "Just what **does** the artist want to say to us?" Talk it over with your friends.

APA has some surprises planned for 2023. We will expand what we do for residents to include some talks about art, field trips to the Portland Art Museum, and small group conversations specifically about art at Willamette View. Stay tuned and remember **Marcel Proust's** words: "Thanks to art, instead of seeing a single world, our own, we see it multiply until we have before us as many worlds as there are original artists."

Funding for APA is provided by the Blue Heron Foundation At Willamette View through the generosity of donors.

Redesigned Resident Website is Launched

Continued from page 1

The type size can be increased on each page by clicking on a small icon in the upper right – .

The new website is intended to be easily updated as needed. Many items on the **Home Page** shown on page 1, such as **Events and News**, will be updated automatically as the date changes.

The **Dining** section has been redesigned, but access to the menus and **Dining Portal** still does not require logging in.

Many new features have been added. They include, among other items,

- **Activities Directory**
- **Resident Bio Search**
- **Campus Services Directory**
- **New Calendars**
 - Major Events
 - Movies
 - Life Enrichment
 - Fitness and Recreation
- **Living at Willamette View**

The **Activities Directory** is a multipage list of activities and committees available to residents. Most of these are resident managed, but many activities provided by the Willamette View Wellness staff are included. More

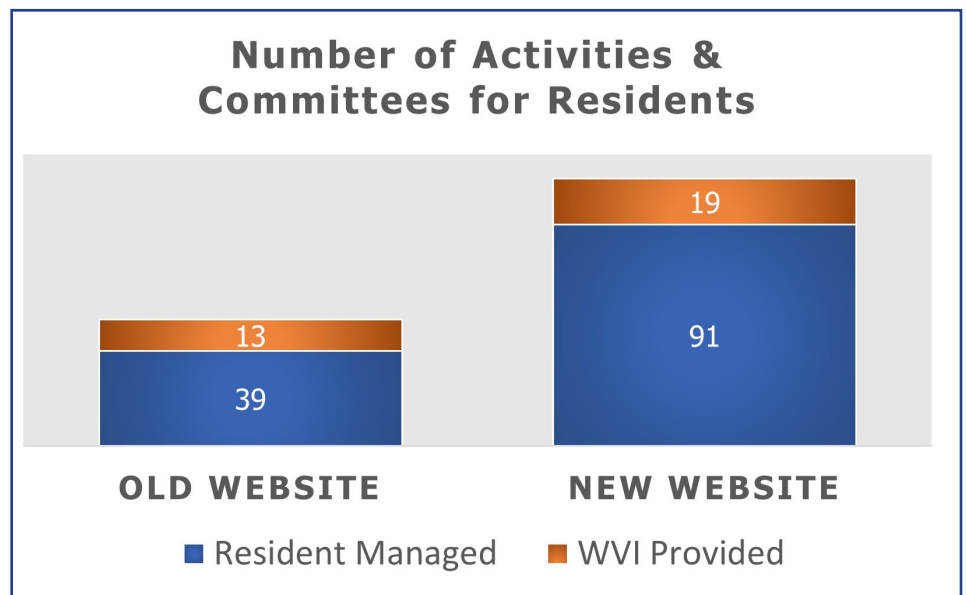
than a hundred activities and committees are listed. (See chart below.)

A much-requested feature is the ability to search for specific information about other residents in their biographical information, both in the **Willamette Views “New Resident”** article published when each of us moved into WV and in the **About Me** information that residents can add themselves. The **Resident Bio Search** page has a box in which an identifying term is entered. Clicking the “Apply” button returns a

list of residents whose biographical information contains the term. A click on the name displays the resident’s information.

Living at WV contains links to information on **Campus Services, Wellness, Health, Safety & Security, Recycling & Trash**, the **WV Library, Shopping at WV, Help & Training on the Website**, and the **Blue Heron Foundation**.

There is much more; so log in and explore!



Technology – Evolve or Stagnate?

by Earl Westfall, Technology Councilor

Since 2014, Willamette View has been blessed with a website built by residents and for residents. That may not have been a first for communities like ours, but it was groundbreaking at the time. The site was maintained through the efforts of a small group of volunteers (see *Willamette Views*, December 2022, page 4), and it evolved into a useful tool for “the art of living well.”

Today, a stalwart group of visionaries and the hard work of many of our friends and neighbors have given us a rebuilt website, providing more information about our life at Willamette View and designed to make it easier for us to find the information we want.

The transformation began in the fall of 2019. Several new residents had joined the group responsible for the website. The enlarged group asked themselves whether the site should continue to be improved incrementally as it had been until then, or if it should be rebuilt on a more modern software platform.

They decided to ask fellow residents what they wanted in their resident website. A series of surveys, both printed forms provided to nearly every

resident and to smaller focus groups, was prepared and analyzed by **David August, Ron Gustafson, Eva Laevastu, Mike Lincicum, and Linda Panaretos Thomas**, among others. The small focus groups were facilitated by **Johanna Niemitz**. The results were convincing – the time had arrived to build a better website. They took this recommendation and supporting documentation to the Resident Council. In October 2020, the council accepted their conclusion and directed that they “go forward to develop a framework for a new website design and submit a Request for Proposal (RFP) to potential website developers.”

Later that month, Willamette View, Inc. (WVI), was presented with the results of the survey, the recommendation of the council, and the basic requirements for an updated website. An RFP, written primarily by Eva Laevastu, Linda Panaretos Thomas, and David August, was provided to WVI. With some revisions to the document, WVI agreed to provide funding for the project, and the RFP was sent to several website developers in April 2021.

A contract was let between WVI and a developer in July 2021. Work

began, but progress proved unsatisfactory, and the contract was terminated in early 2022. After another search for a developer, **Wheeler Creek Studio, Inc.**, was chosen to continue the work. That partnership has successfully brought us the product we are enjoying today.

The Web Development Team of Eva Laevastu, Linda Panaretos Thomas, Earl Westfall, and WVI staff member David Kohnstamm has met with the developer every other week to oversee progress. Eva, whose leadership, software skills, and tireless labor have been the lifeblood of the effort, has met with the developer more frequently. Numerous other residents and staff have been involved as the project progressed. (See *Willamette Views*, November 2022, page 7.)

So, the “organism” that is the WV resident website has evolved and will continue to develop. New pages will be added, and other pages will be replaced with more functionality, to better serve our community. The foresight of residents and staff has assured that www.wvresident.org did not stagnate, wither, and pass into oblivion.

Avoid broken glass and shredded paper in recycling by Warren Ford, Green Team

As a laboratory chemist, I have had ample experience at handling broken glass. For your safety and the safety of custodians, here is a procedure. Get help if you are unsure of doing this safely by yourself. Pick up big pieces of glass carefully by hand and put them in a thick paper bag. Sweep the small pieces into a dustpan and add them to the bag. Put the first bag into another bag, staple the outer bag shut, and put the bags in the garbage. Do not put broken glass in the

recycling bin, and be gentle when you put any bottle into the bin to avoid breakage.

Another recycling problem is shredded paper. Use the big shredder that is in your building during the first week of the month. If you already have shredded paper or small pieces of torn paper, put them into paper bags, staple the bags shut, and put them in the trash. Small pieces of paper can make a mess in our recycling rooms and at sorting machines.

New residents choose Willamette View for its campus, art program,



Louin Beard

Louin Beard is a new resident of 105E. He came on January 9 from Virginia. He was born and grew up nearby in Oregon City and Gladstone. Other homes have been in New York, New Jersey, Georgia, Kentucky, Texas, Arizona, Colorado, Germany, and Vietnam.

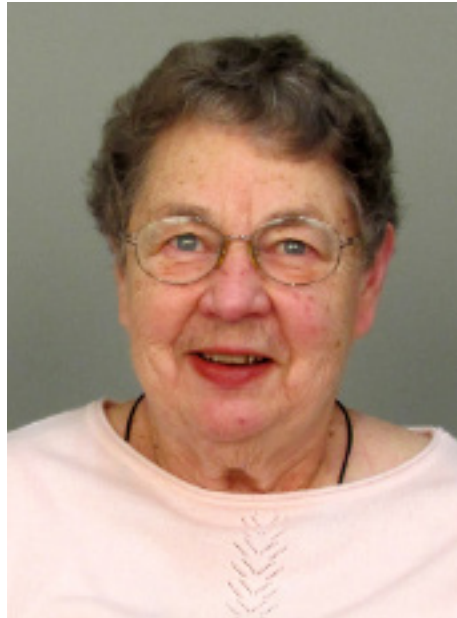
Louin attended Portland State University and the United States Military Academy at West Point, earning a BS. He earned advanced degrees from the University of Arizona and George Washington University.

He entered the US Army as a 2nd Lieutenant and served 24 years as a communications officer, with specialties in radio, telephone and switchboard operation, and data processing. After retiring from the Army, he worked for Contel Technologies, Verizon, and GTE as a communications engineer.

He is an avid reader.

Louin is widowed. He has four daughters and seven grandchildren.

He returned to Oregon and chose Willamette View as his home to be near his children and extended family.



Dotti Chidester

Coming to 415E on January 10, **Dotti Chidester** had lived in Northeast Portland. She has lived most of her life as an Oregonian, except for a few years in Wisconsin and Buffalo, NY.

Dotti attended Portland's Grant High School. She then attended Willamette University and the University of Wisconsin, Madison, earning a BS in psychology. She had an early career as an office administrator, and then managed her own business. In later years, she went back to school, attending Mount Hood Community College to become a licensed physical therapist assistant. She worked as a PTA at Portland's Veterans Hospital.

Her interests include music and maintaining her health with exercise. She enjoys traveling to visit children and grandchildren, as well as watching movies and solving puzzles.

She has three sons and seven grandchildren. Her husband, Bill, a journalist, passed away in 2004.

Dottie moved to WV because of friends living here. She loves the view and beautiful campus grounds.



Clare Rogers

On January 27, **Clare Rogers** made her new home in 311S. She had lived and raised a family in a small coastal town in Maine, where she lived for 34 years. She moved to Portland in 2020, early in the pandemic.

She earned a BA at Barnard College and a BS at Columbia Nursing School. She then earned an MD at George Washington Medical School, after completing an internship and psychiatric residency at Harvard. She worked in community mental health with chronically ill patients for many years. She became part of a group practice, and then helped start a women's center.

Clare has been a local school board member and a Citizens' Climate Lobby member. Her favorite hobby is making, selling, and donating pottery.

She has two daughters and four grandchildren.

She chose WV because of its art program and ceramics kiln, music events, and recycling efforts. She appreciates the friendly residents, wonderful staff, and WV's nonprofit status.

bike trails, and nearby families

Photos by Mike Lincicum

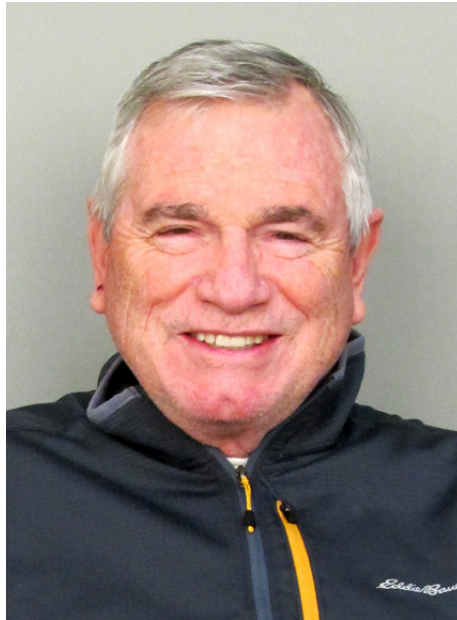


Pat Chartrand

Pat and **Lew Chartrand** now live in 602E, having moved on December 20 from Kona, HI, and Coeur D'Alene, ID. They had previously lived in Salt Lake City and Sacramento.

Pat grew up in Whittier, CA. She attended Westminster College, earning a BA in behavioral science and education. She taught high school in Riverton, Utah, for five years. She then married and moved to Sacramento. She worked for the California State Legislature from 1984 to 1990 and loved the experience. She then worked for a state agency that dealt with recycling and waste management. She worked in its legislative office, analyzing bills, and retired in 2011. Much as she enjoyed her career, she loves retirement.

She has volunteered with hospice in Idaho and in Hawaii as a companion. She loves bike riding, weight lifting, travel, and reading, and is learning Spanish. She is interested in spending time with people who are dying. She believes that the end of life, while not as joyful as the beginning, is a time to celebrate the lives we have lived.



Lew Chartrand

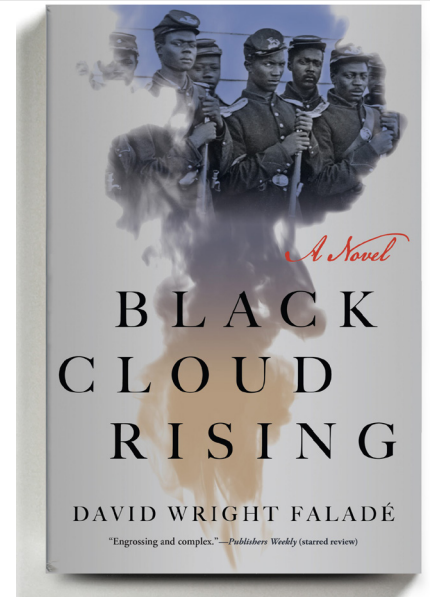
Lew attended the University of Utah, earning a degree in psychology, and the University of the Pacific, earning a JD. After graduating from law school, he worked for a political law firm, where he met three future governors. He worked for the Energy Commission, and, as a Deputy Attorney General, practiced in federal courts in class action defense. He worked for the Department of Managed Health Care and managed the California Parole Board. He appeared before the US Supreme Court as co-counsel (and won!). He became vice president of Anthem Blue Cross of California, overseeing legal issues and litigation impacting individual and Medicare insurance markets.

Lew enjoys bike riding, gym workouts, walking, reading, and wine tasting.

They have a daughter and three grandchildren. They moved to Willamette View to start a new chapter in their lives – being closer to family, enjoying the grandchildren, and enjoying the many social activities and opportunities available.

Try This Title

by Penny Fiske



Black Cloud Rising

Publication Date: Feb. 2022

Author: David Wright Faladay

Manor Library F FAL

Black Cloud Rising is a compelling and important historical novel. By fall of 1863, Union forces had taken control of Tidewater Virginia and established a foothold in eastern North Carolina, including along the Outer Banks. Thousands of freed slaves and runaways flooded the Union lines. In December, the newly formed African Brigade, a unit of these former slaves was led by General Edward Augustus Wild – a one-armed, impassioned abolitionist. Wild's mission was to prove that his troops could be trusted as soldiers in combat.

From this little-known historical episode comes **Black Cloud Rising**, a dramatic account of these soldiers. At the heart of the narrative is Sergeant Richard Etheridge, the son of a slave and her master.

- From an Amazon review

Armchair Travel around Africa with Jean Vick and Bob Ely

On Wednesday, **March 8**, in the Blue Heron Auditorium at 7 p.m., **Jean Vick** and **Bob Ely** will take you on their 71-day Grand Voyage around the African continent with pictures and commentary. The voyage was on the Holland America ship **Zaandam** which started and ended in Ft. Lauderdale. The trip included visits to the Mediterranean on the African side, a trip through the Suez Canal with several stops in Egypt and Jordan, a safari in South Africa, and an extended sail up the west side of the continent where cruises and tourists had not visited in many years. There were visits to ancient monasteries, crusader forts, and Egyptian temples, as well as today's colorful markets. They were concerned about how to compress it all into an hour-long presentation, but it was more than worth it to review the photos they took and the information they learned from the talented lecturers on board. Africa has currently the fastest growing population in the world, but it is also full of contradictions: there are problems of corruption, inequality, and wars, and a fantastic wealth of resources that interest all the major industrial



Bob and Jean wait for the tram up Table Mountain, Cape Town

countries. Jean and Bob say it was a wonderful trip. Come and learn more about this adventure. Contact David and Anita August (7221), Armchair Travel Committee, for more information.

The Story of Willamette View A 68-year History

by Ann Phelps, Resident Council Chair

Many residents are curious about how Willamette View evolved from groundbreaking in 1953 to the very special community that we enjoy today. Have you ever wondered about the sometimes confusing layout of the campus or the Manor elevator that only goes between two floors? The **Resident Council** is sponsoring an informative program on Wednesday, **March 22**, at 10 a.m. in the Blue Heron Auditorium. CEO **Craig Van Valkenburg**, **Ginny Seabrook**, and **Donna Krasnow** will present interesting historical facts, amusing tidbits about lifestyle changes, and some entertaining stories about our campus life today. Join us in looking back on the past 68 years!



Willamette View groundbreaking, August 1953

ACORN

I am alone
disconnected from the leafy fountain
of the tree.

I won't flower.

Life throbs around me;
it labors and gives birth,
pushing through even
solid stone or clay,
carpeting the ground where I lie.

Dandelions flourish in continuous competition
impervious.

And yet I feel a movement while I wait and wither,
creatures picking at my shattered shell
once my trusted covering on lofty heights
now shriveling from decay.

They are reaching for my seed, my soul,
and leave a well-trod trail to nesting grounds,
giving birth with parts of me that now will carry
on and on –

I will flower.

– Sandra W. Felkenes



Carole and Alan Fibish left us lasting legacies

by Jeanne Magmer

When **Carole Fibish** died January 17, we lost a part of our living legacy here at Willamette View.

Carole and **Alan Fibish** moved to Willamette View in 2004 and quickly became an integral part of our community. We all heard about Carole and Alan before they moved in, because their apartment remodel included turning their second bathroom into a wine cellar. Once they moved in, they quickly found two ways to let us know, at “dry” Willamette View, that it was okay to enjoy a glass of wine with friends.

First, they started bringing a bottle of wine to dinner – with their own glasses. The next couple that showed up with wine was my husband, Jim, and me. Soon there were wine bottles at most tables, and Willamette View was supplying the wine glasses.

Then they organized Sunday afternoon wine tastings in the Heron Lounge, with each of us attending bringing a bottle of wine and an hors d’oeuvre to share.

Uncorked, serving wine and beer on Friday afternoons at the Waterfalls, soon followed. All these events created a welcome and lasting change in our community.

Alan was also “Mr. Education.” He was a retired high school principal who believed every one of our young employees, and even some of our not-so-young employees, should be encouraged to seek post-high school education.

When Alan died in 2014, **Ernie Zumbrennen**, Alan’s good friend and co-author of two books of stories by Willamette View residents, wanted to celebrate Alan’s life in a way that would be remembered. To do that, Ernie and Carole asked Willamette View’s development office, which is



now the **Blue Heron Foundation**, to establish a scholarship fund in Alan’s name. Willamette View then worked with Clackamas Community College to make sure Alan’s commitment to higher education would become a perpetual reality for our employees through the **Alan Fibish Endowed Memorial Scholarship**.

The scholarship fund debuted in December 2014. By May 2015, \$49,800 had been contributed to the fund, and the first scholarship was awarded to WV employee **Kristen Perry**, a first-year nursing student at Clackamas Community College. To date, a total of 14 WV employees have been awarded **\$29,335 in scholarship grants** to pursue their education and new careers.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Sunday,	March 5:	Anna Gilbert and Matt Salinas acoustic duo performance, 2:30 p.m.
Monday,	March 6:	TED Talks about Brain Health, 2:30 p.m.
Wednesday,	March 8:	Stan Lasley piano performance, 2:30 p.m.
Tuesday,	March 14:	Biographical documentary – Amy Tan: Unintended Memoir (2021), 2 p.m.
Wednesday,	March 15:	Louis Pain and Sean Holmes piano and vocal performance, 2:30 p.m.
Monday,	March 20:	Sherry Johnston – Threading the Needle: John McLoughlin Story , 2:30 p.m.
Wednesday,	March 22:	John Nilsen piano performance, 2:30 p.m.
Monday,	March 27:	Science/Nature documentary – The Elephant Whisperers (2022), 2:30 p.m.
Wednesday,	March 29:	Drama/Fantasy movie matinee – Big Fish (2003), 2 p.m.

Spring field trips coming up



The **Outings Committee** will sponsor two trips to the **Leach Botanical Garden** this spring. The first trip, on Wednesday, **April 19**, is for residents who can navigate gravel paths and climb stairs easily. The following Wednesday, **April 26**, is a trip especially for residents who use walkers. This visit will avoid stairs and the paths we take will be on flat ground. Sign-up sheets will be in the

Manor lower level on Friday, **March 10**. A bus fee of \$10 will be charged to residents' accounts. Each visitor will pay a \$5 entrance fee. Call **Ron Ture** (7028) for more information.

The **Diversity and Inclusion Group** will take a day trip to the **Confederated Tribes of Grand Ronde Reservation** and **Chachalu Museum & Cultural Center** on Tuesday, **May 16**. A sign-up sheet will be available in the Manor lower level on Monday, **April 3**. The cost for the bus will be \$35 per traveler. More information will be in the April issue of the *Willamette Views*. If you have questions, call **Sharon Gross** (6352).



Low Vision Mutual Self-Help Peer Support Group

Wednesday, March 8
1:30 – 2:30 p.m.

Court Family Room
Second Floor, Court Building

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

Sandra Gerling
Vision Resources Committee

In Memoriam

January 22 – February 21

Dorothy Morgan

Apartment Moves

January 22 – February 21

	<i>From</i>	<i>To</i>	<i>Phone</i>
Wendy and Dan Aeschlemann	New Residents	409NP	7207
Beth and Bob Boyce	New Residents	505S	6601
Gerald and Margaret Fey	New Residents	215N	6819
Clare Rogers	New Resident	311S	6563
Roger and Anne Tracy	208S	107PH	6530

Hobby Rooms for Special Interests

	Day	Location	Contact	Phone
ArtWorks Studio	Studio Hours	Terrace 2nd Floor	Sally Giles	6634
Manor Art Studio	Any time	Manor Lower Level	Kristen Larsen	6633
Manor and Court Workshops	Any time	Manor/Cour Lower Level	Gail Durham	6815
Model Train	Any time	Court 3rd Floor	Robin Bolton	6430
Music Practice Room	Any time	Court 1st Floor		
Sewing Room	Any time	Court 5th Floor	Sandra Pagels	6549
Toy Room – Take your grandchildren	Any time	Court 2nd Floor	Sandra Pagels	6549

Rear Window

by Frank Starr

Chickadee

A cute, happy little chickadee sits on a bare oak twig singing his morning love song of *fee-bee-fee-bee-bee*. The call of *chick-a-dee-dee-dee* is an alarm call; the number of *dees* tells friends what the danger may be. He/she is one of my favorite birds and is probably among your favorites too. Chickadees are common year-round residents in any deciduous wooded habitat, where they often collect in small groups to feed on seeds and insects, including spiders and spider eggs. Chickadees seem to be curious about everything including humans, and they don't hesitate to check us out, up close. They are frequent visitors to bird feeders, especially if the feeder contains black sunflower seeds, peanuts, and suet.



Across the US, there are four species of chickadee: black-capped, Carolina, Mexican, and mountain. Black-capped are found in northern US and southern Canada from coast to coast, and up into Alaska. Carolinas occupy the southeast US and often hybridize with black-capped. Mexican chickadees – can you believe it – are found in Mexico, and mountain

chickadees are in mountainous areas of the west. The Willamette Valley chickadees are all black-capped, so enjoy the little guys harvesting your offerings.

Chickadees are about five inches long. They are tame and friendly little acrobats. They have small black bills, black caps and black bibs separated by white cheek patches. They have grayish backs and wings, white breasts, and often, buffy sides. The only easily discernible difference between the four species is a streak of white above the eye of the mountain chickadee. Males and females look the same and are easily noticed when they call their name.

The mating game of chickadees is pretty much the same as the “he and she game” humans play – he chases her around until she captures him! They use cavities in deciduous trees, and occasionally in conifers, for their nests. Conifers provide good winter shelter. Together they excavate the four- to six-inch-deep hole, or they rework existing cavities. Human-supplied nest boxes are popular too. The nest cavity is lined with plant down, moss, feathers, and hair. It takes the monogamous pair a couple of weeks to get the nest to suit her. She will lay six or eight half-inch white eggs that are marked with fine reddish-brown streaks. He feeds her while she incubates their eggs for two weeks. Should she be disturbed while incubating, she gives an explosive snakelike hiss. Both parents feed the altricial chicks for two or three weeks before the young disperse to find their own territories.

I'm frequently amazed by some of the things I learn when doing research for these articles. For example: Of all the vertebrate animals – fish, reptiles, amphibians, birds, and mammals – only male mammals routinely have a penis. Instead, both male and female birds have a “cloaca” – a feather-covered slit in the lower abdomen under the tail. Many functions happen at the cloaca: urine and feces are expelled together, eggs are laid, and sperm is transferred from him to her in a “cloacal kiss.” Mating takes only a few seconds, but the “kiss” may be repeated several times.



Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
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
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Duplicate Bridge	Monday	6:15 p.m.	Plaza Sun Room	Ron Gustafson	2715
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
Ham Radio Rag Chew	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hobby Rooms*	See page 14				
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Riverview	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Friday	1:30 p.m.	Heron Lounge	David Heath	7240
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Diabetes Group	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Living with Pre-Diabetes Group	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Room	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Room	Pam Brown	6623
Mindfulness Meditation*	Sunday	4 p.m.	Terrace Auditorium	Frankie Borison	7215
Mix & Mingle Bridge	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Marilyn Feldhaus	7238
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	6454
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed.	10 a.m.	Pool	Donna Krasnow	6418
	Friday	1 p.m.	Pool	Donna Krasnow	6418
Plant-based Nutrition Group*	Second Saturday	3 p.m.	Court Family Room	Jerry Smith	6502
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
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 Tues.	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.

*New listing this month