



Earth Day 2025 – Our Power, Our Planet

by Sherman Bucher for the Green Team

This coming **April 22** will mark the 55th anniversary of **Earth Day**. The 2025 theme of **Our Power, Our Planet** is meant to highlight the need for individual action and collective responsibility to protect the planet.

There are several ways, large and small, in groups and individually, that we can advance the goals of Earth Day/Earth Month:

- Organize a group to pick up trash in a local park, beach, or hiking trail.
- Garden sustainably: Reduce, reuse, and recycle in your garden, and avoid using chemicals.
- Conserve water: Take shorter showers, use water-saving appliances.
- Educate others: Share information about environmental issues and encourage others to get involved.
- Cook with plants: An excellent resource on cooking vegetarian and vegan right here on campus is the Plant-based Nutrition Group.

lord Nelson in 1970. He wanted to raise public awareness about environmental issues following the twin 1969 disasters of the Santa Barbara oil spill and Ohio's Cuyahoga River fire.

Earth Day themes have evolved over time as environmental issues have become more complex. Its original focus on environmental awareness has progressed to addressing issues like pollution, conservation, acid rain, climate change, and recently, a strong emphasis on sustainability and tackling plastic pollution.

The current Oregon legislative session will see several bills designed to strengthen current laws and add new

Continued on page 5

Earth Day (celebrated as **Earth Month** here at Willamette View) was the creation of **Wisconsin Sen. Gay-**

While war rages, the Blue Heron Players tell stories of courage and love



Jim King, Director Carol Knowles, and Lois King will present **Dear Jack, Dear Louise** on Monday, April 21, and Tuesday, April 22, in the Blue Heron Auditorium. Story on page 7

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From the Resident Council

by Donna Moores, RC Vice Chair

Why would anyone want to be on the Resident Council?

In preparation for writing this column I asked my fellow Resident Council members why they serve on the council. Their answers were thoughtful and heartfelt. I hope I can do justice to their remarks.

Their reasons for service on the council include a sense of obligation: *To whom much has been given much is required. Paying it forward. Making a contribution.* That was gratifying to hear and didn't surprise me. But they said so much more ...

Our councilors give their time, energy, and initiative to this community because they value its uniqueness and want to sustain that. They describe Willamette View as **dynamic, creative, relevant, and inclusive**. Our residents have exceptional experiences to draw from. One councilor emphasized that our community is largely self-governing, which really sets us apart and is worth working to preserve. Councilors learn how our distinctive programs, run entirely by residents, actually work – and have the opportunity to influence them. They value that positive action on our part is so welcomed by the administration.

Yes, this community is special, and that inspires involvement. But our community is made up of individuals, and that's another reason your councilors serve. This speaks to what councilors themselves get from this work, which seems to be a lot. The person-to-person interactions are treasured. They enjoy meeting people – the camaraderie, the support. They find fulfillment in being able to generate ideas with fellow residents. One description was: *I've gotten to know so many residents who would be strangers if not for Resident Council.* And another: *Being engaged with and committed to others hopefully will keep me from going to seed as early as my isolating nature might predict.*

Please don't conclude that this is all work and no fun. Being on the council can be heartwarming, exciting, and gratifying. Councilors enjoy being among the first to hear about new plans for Willamette View, our programs, and our activities. We laugh together. We recognize and celebrate personal and collaborative achievements. And our chair, **Pam Brown**, brings her homemade goodies for us to feast on.

One councilor's experience may best sum up why anyone would want to serve on the Resident Council: *Being on Resident Council contributes to my feeling that I have purpose in my life. This is my community. I want it to be vital.*

In April and October we form nominating committees to identify residents interested in serving on the Resident Council. Further information will be widely posted and applications made available. Please consider adding your talents to this dynamic, remarkable, and effective group.

A purposeful life and a vital community. Sounds pretty good, doesn't it?

What a Long Strange Trip ...

The **Class of 2024** will celebrate together at their **Class Party** on Wednesday, **April 30**, in the Blue Heron Auditorium from 4:30 to 7 p.m. The theme is above – **What a Long Strange Trip ...**. Class members, when you receive your invitation, be sure to RSVP. For more information, call party chairs **Robin Prichard** (7068) or **Dianna Jackson** (6312).

Grateful Earthlings News

Please join Randy (Keetoowah Cherokee) and Edith (Eastern Shoshone) Woodley on **April 3** in the Blue Heron Auditorium at 6:30 p.m. to better understand living in ecological balance and communal harmony. With Nature as their mentor and model, they will share the importance of respect, hospitality, gratitude, and a language that illuminates the gifts of Creation and the relationships between the soil, water, air, sun, plants, and interacting humans.

Willamette Views

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mhsoco@gmail.com
by the 14th of the month
or to 204BH.
Articles may be edited.

Transforming Agriculture – Science and Science Fiction

by Sue Bosshardt, Book Review Chair

This book review is on Wednesday, **April 16**, at 10 a.m. in the Blue Heron Auditorium. **Jerry Hull** will feature the book, *Dinner on Mars: The Technologies That Will Feed the Red Planet and Transform Agriculture on Earth*, by Lenore Newman and Evan D. G. Fraser. Jerry Hull has always loved science, “especially off-beat science,” and grew up in the science-fiction world of the fifties, when landing and settling on other planets was one of the predominant themes of the day. This book combines both science and science fiction.

Authors Newman and Fraser show how setting the table off-planet will supercharge efforts to produce food sustainably here at home. From Mars, it’s a long way to the nearest pizza take-out, and getting a cow to Mars might be problematic. New technology and methods that might feed folks on a planet millions of miles from Earth might also help to transform agriculture here, and make it a healthier place to live.

A restaurant in “BaseTown, Mars,” might serve locally sourced lettuce, tuna, and red beans. This culinary cosmic outing is as creative as it is informative.

Jerry and his wife, **Joy Jensen**, have been at Willamette View for 10 very active years. Jerry managed the Pantry for nine years and is now spending more time collecting and editing music for the Hooters and learning about 3D printing.



April Movies

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

Donations gratefully accepted

International film

Tuesday, April 8: **Touch** (Icelandic/Japanese with subtitles, 2024.) A romantic and thrilling story that follows an Icelandic widower’s emotional journey to find his first love, who disappeared 50 years ago. Kristófer (Palmi Kormákur) and Miko (Yoko Narahashi) travel in memory between present time and 1960s London. Icelandic director Baltasar Kormákur spreads the story over decades, languages, continents, cultures, love and loss. **2 hrs 1 m.**

Romance/Drama. R

Saturday night films

Optional discussions will follow.

April 5: The Straight Story (1999). Based on actual events, a retired farmer with no car and little money sets off on a journey from Iowa to Wisconsin, driving an old lawnmower. Actor Richard Farnsworth portrays farmer Alvin

Straight in this picturesque and deeply spiritual odyssey directed by David Lynch. **1 hr 51 m. Drama. G**

April 12: About Time (2013). Tim (Domhnall Gleeson), with his ability to time-travel to any point in his life, soon discovers that changing the future also changes the past. The trouble begins when he falls in love with Mary (Rachel McAdams) in this low-key and heartwarming comedy. Excellent acting and a wonderful cast. Written and directed by Richard Curtis. **2 hrs 4 m. Romance/Comedy. Adult themes. R**

April 19: Falling for Figaro (2021). The lifelong dream of becoming an opera diva pulls a young businesswoman away from a successful career and a serious boyfriend to begin intensive training in the Scottish Highlands. Both Millie (Danielle Macdonald) and fellow student Max (Hugh Skinner) survive

the fearsome training of former diva Meghan Geoffrey-Bishop (Joanna Lumley) and try for the *Singer of Renown* competition. Ben Lewin directs this confection of well-known opera arias. **1 hr 45 m. Romance/Operatic music. Not rated.**

April 26: A Real Pain (2024). Cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) unite for a tour of Poland to honor their beloved grandmother. Through a blend of humor and heartache, the film offers a poignant exploration of family, heritage, and the complexities of human relationships. Jesse Eisenberg both writes and directs, garnering the BAFTA for Best Original Screenplay. Kieran Culkin wins Oscar, Golden Globe, BAFTA, and SAG awards as Best Supporting Actor in the film. **1 hr 29 m. Comedy/Drama. Strong language. R**

WV celebrates Earth Month with informative programs and events

Born out of catastrophe, nurtured by idealism and activism, and still going strong after 55 years, **Earth Day**, held **April 22** each year since its founding in 1970, raises awareness of the need to protect Earth's natural resources for future generations.

And at Willamette View, the **Green Team** and many other residents and groups have made a one-day event into a month-long series of activities.

Among the many offerings, events will include talks, a movie, cleanup along River Road and information on how to improve your diet with healthy and tasty plant-based foods. Changes are coming in the pharmaceutical/battery turn-in.

Three Indigenous speakers on **April 3** will tell residents of their work in building communities, stressing their connections to the land and all life. The talk, sponsored by the **Grateful Earthlings** group, will be in the Blue Heron Auditorium at 6:30 p.m. (see page 2).

Big changes are coming in the **pharmaceutical turn-in** on **April 4** in the Blue Heron Auditorium from 10 a.m. to 2 p.m. **Do not** bring any of your medications, but do come yourself. **Green Team volunteers** will tell you how to dispose of your medications. Battery collection will happen at this time as in the past. See details in story on page 6.

On Monday, **April 7**, **Lauren Anderson** of **Oregon Wild** will discuss forests and the 30-year-old **Northwest Forest Plan** that is up for review for the first time, as well as changes the industry is pushing (see page 6).

Friday, **April 11**, will bring the documentary film, **Before the Flood**, at 6:30 p.m. in the Blue Heron Auditorium. Narrated by activist/actor **Leonardo DiCaprio**, it shows the perils of climate change around the world (see page 13).

The **Plant-based Nutrition Group** will have several events in April as it works to show the benefits and good flavors of plant-based foods while helping to reduce the carbon footprint of the meat industry. The group meets every Thursday of the month at 1 p.m. at the **Two Sisters Play Café** for food and conversation. On **April 12**, the video, **Eating Our Way to Extinction**, will be shown at 3 p.m. in the Terrace Auditorium. Three other videos are offered for viewing in your apartments: **April 1**, **Would You Eat Lab-grown Meat?**; **April 22**, **Cory Davis at the 2024 Compassionate Living Festival in Portland**; and **April 29**, **The Dialogue of the Century with Jane Goodall and Sylvia Earle**. For access to the videos, email **Elaine French** or **Jerry Smith** and ask to be placed on their email list.

Third Act Oregon, a group of seniors dedicated to sav-

ing the planet and protecting democracy for our children, will talk about **climate change** on **April 17** in the Terrace Auditorium. The talk is cosponsored by the **Public Affairs Committee** and the **Green Team**.

A crew from the **Green Team** will **clean up and bag debris** along a 1.5-mile stretch of River Road on Saturday morning, **April 26**.

Later that Saturday, from 2 to 3:30 p.m. in the Terrace Auditorium, **Third Act** will hold another **postcard signing party**, with postcards sent out on a nonpartisan basis to registered voters encouraging them to vote.

On Monday, **April 28**, at 6:30 p.m., in the Terrace Auditorium, come to **Team Trivia** to test your knowledge on Earth Month-related subjects and activities.

Earth Month activities will conclude on Wednesday, **April 30**, with a tour for residents of the nearby **Oak Lodge Water District water treatment plant**. Watch for a sign-up sheet soon for the WV bus for the tour, which will start at 1 p.m. The tour is sponsored by the **Public Affairs Committee**.

Gathering Place

Our home is just a reservoir of story —
So many lives with interrupted flow,
Captured in a fluid inventory.
The movement to the spillway mostly slow.

We share our lives and hear each other's tales.
For some, we interact with their descendants.
Pay attention when a friend's health fails.
Do what we can to maintain independence.

We harbor no illusion we will stay
Within this pool from now to evermore,
But each prepares toward that distant day,
When we'll depart toward that distant shore.

So we listen to each other and we share —
Our stories give us all a richer life.
A better way to demonstrate we are
Community to last to afterlife.

Roger Rochester – January 2025

Earth Day 2025 – Our Power, Our Planet

Continued from page 1

protections for people and the environment. Proposals scheduled for consideration include phasing out all plastic bags at grocery store checkout, requiring a microfiber filter to be added to new washing machines to reduce microplastics, reducing food waste going to landfills and protecting wildlife, from big game to bees.

Renewable energy remains a major goal in Oregon, though a court decision invalidating the **Climate Protection Program** has slowed the aim of reaching a 90 percent reduction in greenhouse gases from fossil fuel companies by 2050. The state is trying again, with another rule-making process and public comment period,

in hope of getting the program started sometime in 2025.

Meanwhile, many states and countries are charging forward with renewable programs, and not always in the places one would expect.

Texas – long associated with oil production—now leads the nation in wind energy generation.

In 2023, the US produced more solar power than ever before, a ten-fold increase in the last decade. Two states at the forefront of the solar power boom are political rivals – **California** and **Florida**.

The **US** also has used its existing drilling capacity to become the world's leading producer of advanced geo-

thermal energy.

China is currently leading the world in both wind and solar power, with twice as much capacity under construction as the rest of the world combined in 2024.

Elsewhere in the world, **Uruguay** generates 98 percent of its electricity from renewables; **Kenya** gets half its electricity from geothermal sources; a third of all homes in **Australia** use solar power; and in **Brazil**, hydroelectric power accounted for nearly 68 percent of its total electricity generation in 2023.

The folks at *Earthday.org* ask of us all, as they turn 55, to join them as we embrace a powerful, renewable future:

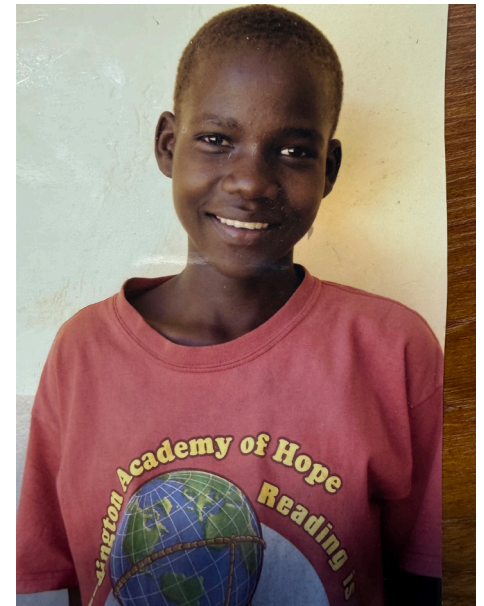
It's Our Power, It's Our Planet.

People Making a Difference: Uganda

by Carol Borjesson

Years ago, I was the Director of Publications for the **American Chiropractic Association**. **John Wanda** was the vice president of Finance. John grew up in the village of Bumwalukani in impoverished rural eastern Uganda. Schools there were few; classrooms were overcrowded; teachers were underqualified. School supplies were never enough to meet the needs. Knowing education was the door to a better future, however, families made sacrifices. On a day-to-day basis, some had to choose between paying school fees or putting food on the table. John's father sold produce, land, and sometimes even the family furniture, to keep his boys in school. John and his siblings would get up at 4 a.m. to do chores and work the family fields. At 7 a.m., they ran to the next village, where the primary school teacher caned them if they were late, or sent them back home if they had no money. Despite it all, John

stayed focused, eventually earning a degree in accounting from a free, government-run university. He emigrated to America and hired on with the association. John wanted to give back what he never had – a primary school in Bumwalukani where classrooms would have desks, well-trained teachers, and enough school supplies for each student – where teachers would be firm, but kind. Best of all, this school would be free – which meant girls as well as boys could attend. John called a meeting at the association to outline his plan. We saw a video of the village and of the land elders had set aside for the school. John shared the commitments he had from several volunteer American teachers. All were ready to both teach students and train their Ugandan counterparts in modern teaching methods. At the end of the talk, John showed us about 100 photos of village children. That's when I became **Sarah Nkome's**



sponsor. Sarah is the beautiful girl in the photo above.

John was scheduled to present a program at WV on April 14 but recently had to cancel that plan. He has just opened a new high school in Uganda with a student body of 150 teenagers and is putting all his efforts into getting the school off to a good start. We hope to welcome him here at a later time.

Special program for Earth Month Oregon Wild and the Northwest Forest Plan

by Sherman Bucher for the Green Team



Lauren Anderson, Climate Forests Program Manager, Oregon Wild

The Green Team will present a special **Earth Month program** on Monday, **April 7**, at 10 a.m. in the Blue Heron Auditorium. The speaker will be **Lauren Anderson, Climate Forests Program Manager of Oregon Wild**.

Lauren Anderson first enjoyed the wonders of Oregon when she was a graduate student at Oregon State University, earning a Masters of Public Policy degree after getting a Bachelor of Science degree in biology from California Polytechnic State University, San Luis Obispo. Her master's degree work centered on energy and environmental policy. After that experience in Corvallis, she wanted to come back to Oregon. Meanwhile, she worked at such diverse sites as the San Diego Zoo, the Great Basin Institute in Nevada, and the National Wildlife Federation in Washington, DC.

Her wish of returning to Oregon was met in 2020 when she was hired by **Oregon Wild** as its **Climate Forests Program Manager**. She will speak about forest issues, centering on the **Northwest Forest Plan**, and why its provisions are so important.

Lauren sees that importance all the time, both on the job and in her free time. She loves hiking the state's beautiful coasts, forests, and mountains. One of the obsessions on her hikes is spotting what, for her, are new birds and wildflowers.

She knows that she and thousands of other outdoors enthusiasts can thank Oregon Wild as one of the many groups in the state inspired by Oregon Wild's mission statement: **To protect and restore Oregon wildlands, wildlife, and waters as an enduring legacy for future generations.**

The group's founding in 1974 came in response to the large amount of clear-cutting happening throughout the West, and Oregon Wild became one of the major players in helping get the Northwest Forest Plan adopted in 1994. The plan covers 24.5 million acres in the three Pacific Coast states across 17 national forests and other federal lands.

A draft Environmental Impact Statement, filled with a host of amendments to the current plan, was submitted last November by the US Forest Service. A 90-day comment period began in December and lasted through March 17 of this year. Meetings for and against the amendments will be held later this year, and a final decision is due by March 2026.



Pharmaceutical turn-in canceled; learn alternative ways of disposal

The collection of pharmaceuticals will not be happening during this year's Earth Month. What will happen on **April 4** will be an opportunity for residents to come to learn about alternative ways to dispose of unneeded prescriptions or over-the-counter medications. There are options that are safe for the environment and also prevent meds getting into the wrong hands. **Do not** bring your medications to the event in the Blue Heron Auditorium from 10 a.m. to 2 p.m.; just bring your willingness to give new ways a try. The reason for the change is that the Clackamas County sheriff has withdrawn the deputy sheriff who oversaw the drug collections and made sure the drugs were transported safely to an incinerator down the valley. We can't collect and transport as in the past because there is no local incinerator.

While war rages, the Blue Heron Players tell stories of courage and love.

by Carol Knowles, Blue Heron Players Director

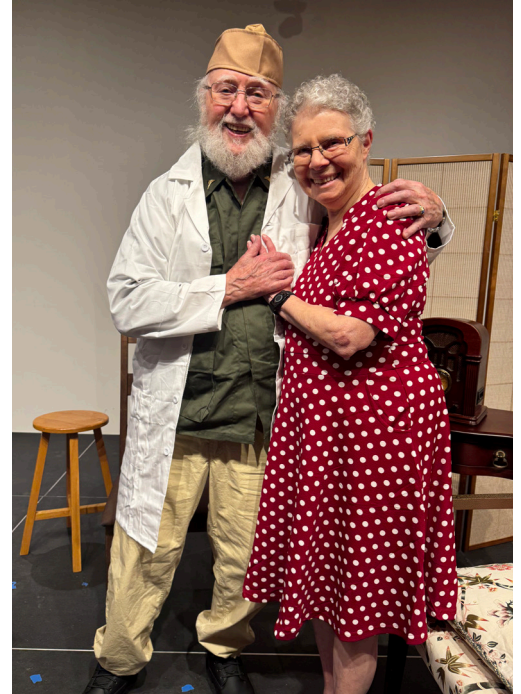
The **Blue Heron Players** under the direction of **Carol Knowles** will perform Tony Award-winning playwright, **Ken Ludwig's** *Dear Jack, Dear Louise* on Monday, **April 21**, at 6:30 p.m. and Tuesday, **April 22**, at 2 pm, in the Blue Heron Auditorium. This internationally acclaimed play is the true story of Ludwig's parents' courtship told through a reconstruction of letters they wrote one another during WWII.

In the play, Ludwig's father, Jack, is a surgeon stationed at an army hospital in Medford, Oregon. He often performs surgery 18 hours a day, trying to save as many soldiers as he can who have been wounded in battle. Ludwig's mother, Louise, is an outspoken spitfire. She is also a talented young actress/singer/dancer trying to build a career.

To introduce *Dear Jack, Dear Louise*, pianist **Amy Torgerson** will perform a medley of excerpts from popular songs of the 1940s.

The actors performing the roles of Jack and Louise are **Jim** and **Lois King**, a married couple at WV, who are invested in the arts and in serving our community. Their finely tuned sensibilities allow them to portray the full range of Jack's and Louise's emotions, including feelings of loss, passion, regret, and love.

Dear Jack, Dear Louise is being performed all over the world, including productions in New York City and Long Beach, WA. Jim, Lois, and Carol attended the Long Beach production. Before the show, audience members shared stories of relatives who had fought in the war. Ludwig's parents' warmth and cour-



age in *Dear Jack, Dear Louise* also remind us that humans are capable of both atrocity and valor.

Bringing Student Theatre to Willamette View: A Celebration of Senior Capstone Projects

by Al Greenwood

At **Lewis & Clark College**, theatre students dedicate their senior year to a creative capstone project – an experience that represents the culmination of four years of intensive study and artistic growth. As part of their theses, students develop proposals in the fall, receive faculty feedback, and refine their vision for spring productions. These projects, while guided by mentors, are entirely student-driven, allowing participants to explore directing, acting, playwriting, design, choreography, dance, and technical production.

One of the most exciting opportunities for these emerging theatre makers is sharing their work with the broader community. This spring they will bring selections from the **Senior Thesis Festival** to Willamette View, continuing a relationship that began with the successful presentation of a student-directed **One Act** in the fall. They look forward to not only performing for WV residents but also engaging in discussions about the creative process, the challenges and rewards of theatre-making, and the next steps for these young artists as they embark on their professional journeys.

The pieces they will be sharing include excerpts from:

- **Company** by Stephen Sondheim – A groundbreaking musical that explores themes of love, commitment, and self-discovery through a series of interconnected vignettes.
- **The Actor's Nightmare** by Christopher Durang – A hilarious and surreal one-act comedy that captures the anxiety of being thrust into a performance unprepared.
- **We Should Bury It** adapted by Silken Poelstra – A deeply personal and thought-provoking piece that showcases original adaptation and storytelling.

The students are pleased to bring their student-led productions to Willamette View, offering a window into the creativity, dedication, and talent of the next generation of theatre artists. Please come on Sunday, **April 6**, in the Blue Heron Auditorium at 2 p.m., for an hour and a half of engaging performances and meaningful conversations, celebrating the power of theatre to connect communities and spark dialogue.

A Musical Gift for Willamette View on April 29

by Ginny Seabrook, Music Committee

Get ready for a highlight of our musical season. **Friends of Chamber Music** in Portland is sending us a special gift, a performance by international stars while they are in Portland for what are sure to be sold-out concerts.

Based in Finland, **Meta4** is a multi-prize-winning string quartet known for its astonishing sonority, range of expression, and unity of voicing. The members of Meta4 play distinguished instruments, including a Stradivarius violin, kindly on loan from the Finnish Cultural Foundation. The Times (UK) writes, "Their flamboyant style of music-making – standing, swaying, sometimes even stamping – has thrilled me in the past. Now they seem to deploy even more breathtaking levels of technical and interpretive finesse."

Meta4, formed in 2001, is one of the most internationally successful Finnish string quartets. In 2001 it won the first prize in the **International Shostakovich Quartet Competition** in Moscow. In 2007 it won first prize in the **International Joseph Haydn**



Chamber Music Competition in Vienna. Later that year, the Finnish Minister of Culture awarded Meta4 with the annual **Finland Prize** in recognition of an international breakthrough. Meta4 was awarded **BBC New Generation Artist for 2008-2010**.

The group has made many recordings, including Shostakovich's String Quartets 3, 4, and 7, which received the **2012 Record of the Year** award from the Finnish Broadcasting Company, as well as the **Emma prize** (the Finnish Grammy) in the category of

Classical Album of the Year.

Meta4 performs in music capitals around the world. In recent seasons, they have impressed audiences and music critics in Finland, Paris, Amsterdam, Madrid, and at Lincoln Center in New York.

Note that Meta4 will be playing a **morning concert** in the Blue Heron Auditorium at 10:30 a.m. on Tuesday, **April 29**. This is a remarkable opportunity to hear world-class musicians without leaving our campus.

Louis Pain and friends to perform on April 15

by Lois King, MusicWorks

Louis "King Louie" Pain plays the organ and has been dubbed "**Portland's boss of the B-3**" by *The Oregonian*. Louis hails from San Francisco, where he played and recorded with top musicians. After moving north in '86, Louis continued the trend, working with top local and visiting jazz, blues, and soul artists as well as leading his own groups. **MusicWorks** is delighted to present King Louie and friends. **Dan Balmer** has been described by the Los Angeles Times as "the model of what a contemporary guitarist should be." **Renato Caranto** has been playing his mellow saxophone with top groups since 1981, including the legendary drummer Mel Brown. In 2013, Renato toured the world with Grammy-winning artist Esperanza Spalding and later toured with Merle Haggard. **Jason Palmer** is a percussionist and educator who has performed across the United States, Canada, and around the world. Active in education, Jason is currently the department chair of Music, Dance, and Theater at Portland Community College's Rock Creek Campus. You won't want to miss this great concert on Tuesday, **April 15**, at 7 p.m. in the Blue Heron Auditorium.



A Day in the Life of Dan Aeschliman *by Rob Pirie*

This month's Grand Prize Winner is **Dan Aeschliman**. Dan and his wife, **Wendy**, moved into Willamette View from Gaston, Oregon. Prior to Gaston, they lived a rather vagabond existence that included a number of other places – Idaho, New Mexico, Belgium, and more. They arrived here in October 2023 and live in North Pointe.

Like many of us here at WV, Dan is not wedded to a firm schedule. He says he rises when he feels like it, usually between 7 and 9 a.m., except for his very important carpet bowling days, when he gets up at 6 a.m.

He just has coffee for breakfast while he does the Oregonian puzzles and reads the news, both print and online. He also serves as a proofreader for *Willamette Views*.

That well-spent time prepares Dan for a leisurely lunch with Wendy down at Elk Rock Bistro around 11 – 11:15 a.m.

In the afternoon, as a diehard puzzle aficionado, he will do more puzzles, or, if necessary, due to long Covid residuals, take a nap. If not given that opportunity, Dan may run errands. Several days



a week, he may go to the WV fitness center.

After “exhausting” himself at the gym, he showers, and around 4 p.m., heads for dinner and a glass of wine. In the evening, Dan and Wendy often watch the news with his good MSNBC friends Rachel, Lawrence, and Stephanie. Bedtime is about 11 p.m. To steal a line from Linda Ellerbee:

“And so it goes.” –Linda Ellerbee

Voter Information Forums at WV

by Jeanne Magmer, Voter Information Committee

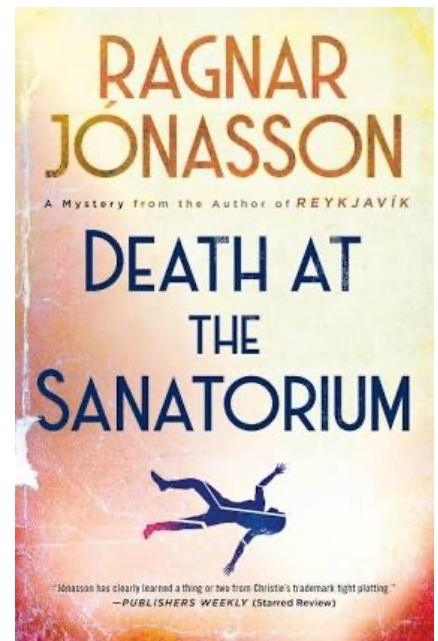
May 20 is the election date for School, Water, and Fire District board members. To make sure you meet the candidates for these important local positions, the Voter Information Committee is hosting two forums:

- Monday, **April 7** – North Clackamas School Board and Clackamas Education Service District candidates.
- Thursday, **April 10** – Clackamas Fire District 1 and Oak Lodge Water Services Authority candidates.

Both forums will be held in the Blue Heron Auditorium at 7 p.m. They are open to all Willamette View and Rose Villa residents. **April 29** is the last day to register to vote for the **May 20** election. Ballots will be mailed on **April 30**.

Try This Title

by Penny Fiske



Death at the Sanatorium

by Ragnar Jónasson

Manor M JON Pub date 2024

“Jónasson echoes the mystery queen’s tight pacing while adding his own touch of Icelandic noir.” –*Washington Post*

“As [protagonist] Reykdal takes the investigative reins in the days leading up to his new job, his penchant for classic crime novels and a messy home life make him an endearing and relatable hero readers will be hungry to see again.” –*Los Angeles Times*

“Death at the Sanatorium is a solid addition to Jónasson’s already impressive body of work, with a final-pages surprise that I totally did not see coming.”

–*BookPage*

Ragnar Jónasson is an international number one award-winning and best-selling author who has sold over four million books in 36 territories worldwide. He is the only Icelandic author to have entered the *Wall Street Journal* bestseller list.

New residents list interests in volunteering, economic justice, nature



Debbie Brenning

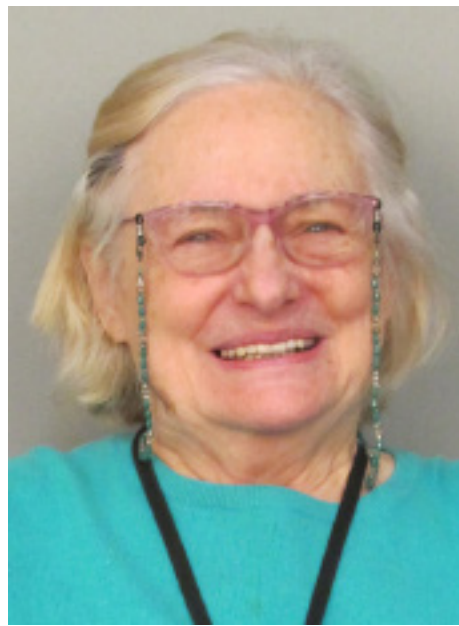
Debbie Brenning is a new resident of 307D, having moved from her north Portland neighborhood on February 6. She lived previously in San Francisco and Beaverton.

She attended Portland Community College for an associate's degree, and then George Fox University, earning a Master's of Divinity degree.

She has worked in the medical field as an assistant in a doctor's office, and at Providence St. Vincent Hospital's admitting department and has been active as a volunteer in her church and in the greater community. She enjoys spending time with friends, working crossword puzzles, and reading non-fiction.

When she came to Willamette View on a tour, she was impressed with the beautiful views and campus, as well as the friendly residents who welcomed her warmly.

Wili and Marq Bautista have moved into 509A on January 1 from their home in NE Portland. She lived previously in Spokane and Seattle. Marq lived in the Philippines. They both

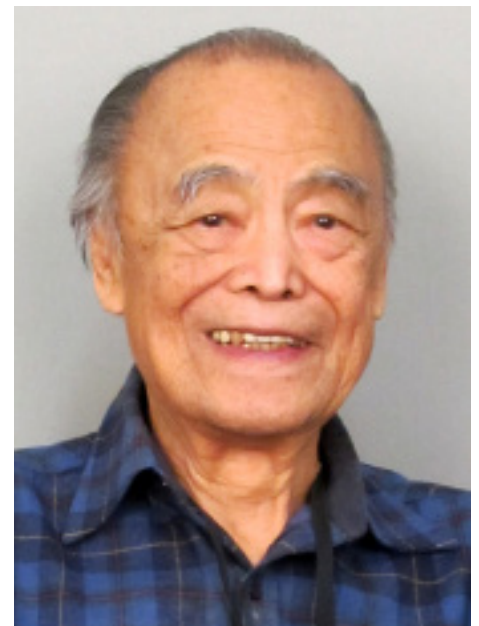


Wili Bautista

lived in San Francisco.

Wili describes herself as a "well-traveled student." She attended San Francisco State University, the University of Washington, and Portland State University and taken additional classes at Reed College, Lewis & Clark College, and the University of Hawaii. She earned a BA and an MA in English, becoming an English teacher at a number of schools, including North Catholic Boys School, David Douglas High School, and Mount Hood Community College, where she also taught history classes. She taught world literature, English composition, and peace studies and worked at Fort Lewis with returning combat troops from Viet Nam.

Marq attended St. Ignatius High School and then the University of San Francisco for undergraduate work and law school. He served as a technical assistant in the Philippines senate, and then returned to the US to practice law, and was a trial lawyer – plaintiff and defense – in San Francisco for 63 years. He practiced pro bono criminal defense work for 30 years for people



Marq Bautista

who needed a defense lawyer, as well as other pro bono law.

Wili has volunteered with a variety of peace groups, including Citizens for Global Solutions and was active in reading and study groups, primarily related to economic justice. She loves to garden, and she created a lovely small park for husband Marq.

Marq has a son, Philippe, and a granddaughter, Isabella.

Wili says they chose Willamette View to be close to a sliver of nature. She sensed a force for good on the premises and notes a positive vibe of communal spirit. Marq says that it has been a good choice for them.



Photos by Mike Lincicum

Back to Native

Story and photo by Sherry Johnston



Kathy Rogers

Kathy Rogers came to 305E in January, having moved from Lake Oswego. She has lived in Denver, CO, and Carmel, CA.

She attended the University of Colorado, earning a BA, and worked as an elementary school office manager. Her interests include world affairs, national politics, and sports.

She is the parent of two sons and a daughter, and she has six grandchildren. She chose Willamette View for its fine reputation and the friendliness of staff and residents.

You'd never guess **Dustin States**'s unique story just by seeing him doing his job in the Maintenance Department. High reviews testify that he's a whiz at fixing this and that in our apartments and he easily confesses his love for our residents. The fascinating information about him, however, relates to his mom and her family's citizenship in South Africa.

His mother's family owned a trading post in tribal territory and, therefore, lived close to the land and the native culture. His grandmother trained as a nurse and became a medicine woman in the Kalahari Desert, using a combination of tribal and herbal healing. His mom also became a nurse but remained in the traditional profession.

Dustin was born in the US – something important to his American father. At the age of one, he and his parents moved to South Africa. There Dustin found his "heart" and "place," at even that young age. His family moved back to the States when he was seven, but he never lost his love for that land's spirit.

Dustin and his wife plan on making South Africa their home at some point. His ultimate ambition is to become a skilled animal tracker/protector in a National Preserve for which the qualifying test is survival in the bush for 12 days with nothing but a simple knife and an empty water bottle. His wife's goal focuses on creating a bird sanctuary.

Fortunately for us, Dustin plans on remaining at Willamette View for the foreseeable future.



Let's Dine Out at the Oyster Bar

Portland Restaurants, many being family businesses, have struggled since COVID, and this is especially true in downtown Portland. In April, **Let's Dine Out** is planning an outing to an old Portland family restaurant favorite started in 1907 – **Dan and Louis Oyster Bar**. They serve a lot more than oysters! Read about their history and preview the menu at www.danandlouis.com. A Willamette View bus will take 25 residents for lunch on Monday, **April 21**. Resident accounts will be charged the \$12 bus fee. The sign-up sheet will be posted Monday, **April 7**, at 10 a.m. in the Manor Lower Level. Contact **Elizabeth Olsen** (6343) or **Phil Mirkes** (6609) for more information.



✓ Check it out

by Donna Krasnow, Library Committee

Reading With Our Changing Brains

About a year ago I recognized I was having trouble keeping characters straight in novels, especially if there were a lot of them. I thought I solved the problem by creating a list of characters I could look at it when a bit confused. Then I realized complex storylines were becoming a challenge, too, especially if time periods within the novel switched back and forth. But most troubling was when I found I needed to go back and review what I had last read. What was happening? Did I face a future of diminished reading? Reading has been a favorite pastime of mine since I first picked up a book.

It ends up that what I am experiencing with reading is often related to aging. Research shows novels are more problematic for aging brains than nonfiction. Who knew? And how does it present? Just like my own experiences – trouble dealing with multiple characters, shifting time periods, and complex storylines.

So, what can we do? Stop reading? No, research says we should keep reading – fiction, nonfiction, the back of cereal boxes, everything. But when our brains (or we) feel a bit tired, we can look for books that meet our current abilities – uncomplicated stories with few characters that follow a linear timeline.

But how do we know if a book has these characteristics? Well, come visit our library. We are creating a special section called **Simple Pleasures**, filled with books that match these characteristics. You'll find a mix of new and old titles in both fiction and nonfiction. We've included novels, poetry, mysteries, short stories, and titles from our past. Did you ever read **Louis L'Amour**? How about ***The Wind in the Willows***? Or more recently, ***A Man Called Ove***, or ***The Boys in the Boat*** – all easier on our brains than more complex stories. The first library to have a Simple Pleasures collection is the **Terrace Library** – books became available on April 1. Collections in the Manor and Court libraries will follow as we accumulate enough books.

But we need your help. If you know a book that you believe fits the bill, send me the title. It can be from your past reading or from our current library collection. Then, come check out the books in the new Simple Pleasures section. Remember, wherever your brain is at this point in time, we have a book for you. Keep reading!

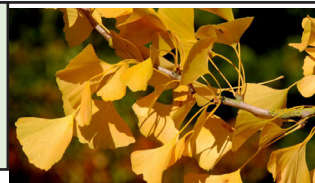


Funding for the WV Libraries is provided by a grant from the Blue Heron Foundation At Willamette View through the generosity of donors.

Willamette View Plant of the Month

by Fred Rauch

Maidenhair Tree — *Ginkgo biloba*



There are two living fossil tree species on the WV campus – **Dawn Redwood**, covered in the October 2023 issue of *Willamette Views*, and the **Ginkgo** or **Maidenhair Tree**. Based on fossil samples, it was thought to be extinct until a living specimen was discovered in central China. It is a large, deciduous tree that matures at about 100 feet in height. Ginkgos are dioecious – separate male and female trees. The female trees produce fleshy fruit that is messy and foul smelling, so male trees are a better garden choice. It is well adapted to urban environments and is a popular street tree in many cities. A nice specimen is on the lawn near the Manor entrance. Several cultivars grow in other campus areas.

Before the Flood documentary exposes climate crisis *by Sherman Bucher, Green Team*

Climate activist/film star **Leonardo DiCaprio**, director **Fisher Stevens**, and crew spent more than two years traveling the world so they could show in pictures the peril facing planet Earth from climate change.

Their product is the 2016 documentary, **Before the Flood**, which will be shown on Friday, **April 11**, at 6:30 p.m. in the Blue Heron Auditorium.

The locations shown could be familiar to those who have followed climate change warnings:

- the rising seas around the Pacific island nations like Kiribati and Palau;
- the destruction of rainforests in Sumatra and Indonesia to create palm oil farms for American manufacturers;

- the pollution in China (though its status as the leader in moving toward clean energy is not well known);
- and the catastrophic droughts in large parts of Africa, while other areas suffer from flooding.

Though the film obviously falls on the side of climate change, as do 97 percent or more of climate scientists, it does have interviews with climate de-

niers. It also explores the influence of corporate lobbying on environmental policies and highlights how short-term economic interests are often prioritized over the long-term wellbeing of the planet.

As a viewer summed up the movie: **Not climate change, it is climate crisis.** Nothing new, but the movie emphasizes that actions must be radical. Marginal actions are just not enough.



Leonardo DiCaprio and crew gained first-hand insight into climate change devastation.

The movie being shown as part of Earth Month, *Before the Flood*, is one of three that were considered. It was even suggested to show all three during Earth Month, but the logistics were not right. Here are ways that the three movies can be viewed by Willamette View residents:

Before the Flood – This is included with the Movie Committee's new subscription to Disney+; also available through Ledding Library – three in the Clackamas County system that can be reserved on request and delivered to Ledding Library for pickup. *Catching the Sun* – Amazon Prime Video, \$12.99 purchase streaming; not available through Ledding Library. *Chasing the Ice* – one is available at the Ledding Library here in Milwaukie, and four more in the Clackamas County system that can be reserved on request and delivered to Ledding Library for pickup.



Portland General Electric has teamed with NextEra Energy Resources to build a ground-breaking, first-of-its-kind facility that can store solar- and wind-generated electricity. It uses an innovative battery technology that has been called a game changer.

Announcements

Safety Tip from SERV

Did you know you can show your emergency contacts or relevant medical information on your cellphone's locked screen? If you are unconscious or unable to call for help, anyone (including neighbors, family, or first responders) can use your phone to call 911 and your designated emergency contacts, including WV Safety and Security, without unlocking your phone. You also have the option to list important medical information for first responders. To learn more, you can contact **Doug Dicharry** at ddic@msn.com with **Emergency Contacts** in the subject line or leave a voicemail at 6438.

Date change:

In April, the **Resident Council** will meet on **April 4**, instead of the usual second Friday date of April 11, due to an off-campus working retreat.

In Remembrance

*Herb Haglund
Holly Henderson
Maxine Negley*

Third Act Oregon: Can senior citizens help save our planet?

The **Green Team** and **Public Affairs Committee** will jointly host a presentation from **Third Act Oregon** on Thursday, **April 17**, in the Terrace Auditorium at 7 p.m. Third Act is a nationwide volunteer group of senior citizens who work together to combat climate change and protect democracy. The speakers will discuss ways that we, as senior citizens, might assist in transforming our economy away from fossil fuels and toward a greener future. Please come and learn what **you** can do.

Vision Resources Meeting Court Family Room Wednesday, April 9 1:30 — 2:30 p.m.

Managing your mail!

As we all know, as our vision fails, sorting the mail is a task. Please join us on Wednesday, **April 9**, to meet retired gerontologist and social worker **Marilee Turner**. Marilee has had a 50-year career counseling and teaching the older adult population. She has long been a leader of various groups and has served as a board member for the **Commission for the Blind**. She will provide tips on how to manage your mail and store the information you need to keep and what to throw away. Her lighthearted approach to all sorts of tasks makes her a standout to all who know her.

Sandra Gerling, 6515

Apartment Move-Ins New Residents

	to	phone
Martha Peterson	407E	6382
Wes and Julie Sandygren	210N	0670

Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday April 9	Kyle Lewis Piano and Vocal Performance, 2 p.m.
Wednesday April 16	Ellen Whyte Guitar and Vocal Performance, 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

American Kestrel (*Falco sparverius*) Part 1

North and South America's Smallest and Most Colorful Falcon

In the last two months we learned about the peregrine falcon. Here's another beloved falcon – this one easily seen and easily identifiable. I know of no wildlife rehabilitator who did not have a special spot in their heart for the ever-so-cute **American kestrel**. Only 9 to 12 inches long, weighing only 3 or 4 ounces, it is easy to identify their sex. At left is the colorful male with slate blue wings, and below, the female, slightly larger, with a hint of blue on her head. Note especially the very different tails! Some people grew up calling them "sparrow hawks," a misnomer. They are not hawks, but are true falcons, with a **tomial tooth** on the upper bill as described in last month's article, and the streamlined, long-winged falcon shape. Although 13 distinct species of kestrels are recognized worldwide, the American kestrel is the one kestrel species found in the New World (North and South America), hence its name. They prefer open areas and forest edges. They are found even in extreme desert such as near Lima, Peru, where they prey on scorpions and lizards. In Oregon, they are found statewide in appropriate habitat. I saw a great many west of Portland in the Forest Grove/ Gaston area where we lived.



When available, their prey is primarily large insects, especially grasshoppers. When insects are less available, as in winter, they eat sparrow-sized birds, mice, crayfish, lizards, and amphibians. Kestrels are genuine opportunists. As the seasons change, so does their diet. Some are fond of small bats, and they have been seen roosting near the entrance to a bat cave. While hunting, the kestrel habitually hovers, facing the wind, and it perches conspicuously, often on utility poles and wires. Prey is usually taken in a plunge either from a perch or in air, but food is occasionally caught in the air.

Both sexes search for suitable nesting holes in trees, poles, buildings, or high on the cut banks of streams. Both sexes incubate a single clutch of up to seven eggs laid one or two days apart, although most of the 29-30 days of incubation is by the female. In the beginning, food is brought to the nest by the male, and the female then feeds the chicks. At about 20 days, chicks self-feed on whole prey brought to nest by their parents. The young fledge in as soon as a month, but the family unit remains together for several weeks.

The kestrel is an adaptable and common falcon. Populations have been declining quite recently, unfortunately – in large part due to declining numbers of cavities and nest sites. There are some 85 cavity-nesting bird species in the US, but few are able to create their own cavities as do the woodpeckers. Kestrels can be encouraged through the use of proper nesting boxes. The public also needs to be educated to preserve dead trees when possible for animal habitat.

Next month you will be introduced to a female kestrel that was seriously injured due to her need to find a hole for nesting, and also learn why she and I, both from New Mexico, had an intimate encounter with the US Department of Justice in Phoenix, AZ!



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
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Monday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers Support Group	First and third Thursday	10:30 a.m.	Court Family Rm.	Kristen Larsen	6633
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Children's Toy Room	Open daily		Court 2nd Floor	Sandra Pagels	6549
Chorus	Thursday	12:30 p.m.	BH Auditorium	Anne Tracy	6530
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	Sylvia Randall	7222
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
Episcopalians and friends	Fourth Thursday	11 a.m.	Mt. Hood Sunroom	Carol Anne Brown	2706
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
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
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge		
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
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
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday, Thursday	2 p.m.	Multipurpose Rm.	Donna Kling	7229
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — 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
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	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 – all levels welcome	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 10:30 a.m.		Pool	Candace Bradley	7201
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.	Lois King	6345
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.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	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Willing Weeders	Various days/times		WV Outdoor Campus	Donna Kling	7229
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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