



Celebrating Planet Earth

by Sherman Bucher, Green Team

"We do not inherit the Earth from our ancestors; we borrow it from our children."

Native American Proverb



Balloons and noisemakers might be a bit premature, but there are things to celebrate for our home, the planet Earth. Willamette View will be part of about one billion people around the globe who kick off Earth Month today, with the

highlight to be the annual **Earth Day** on **April 22**.

The theme this year is a reprise of last year's well-received campaign, **Invest in Our Planet**, which called for actions from governments, institutions, businesses and citizens with the challenge, "Everyone accounted for, everyone accountable."

Progress has been made since the first Earth Day in 1970, but much remains to be done, including facing the biggest threat to everyone – climate change. While governments and business must be the ones to enact changes, citizens can force them to act. **Investing in Our Planet** is more than money. It can mean letters to those in power, phone calls demanding answers or urging action, attending town halls, and voting.

But those of us here at Willamette View, besides trying to influence people in Salem or Washington, DC, can and are doing a lot of little things to help the Earth.

For example, residents who take walks in the neighborhood are also picking up trash as they go. And the **Green Team** will do its semi-annual cleanup of River Road at the end of the month.

Continued on page 5

April Table of Contents

	Page
Celebrating Planet Earth	1
Resident Council	2
Book Review – <i>Dead Serious</i>	3
April Movies	3
Earth Month Activities at Willamette View	4
Come meet guide dog pups	5
A day trip to Grand Ronde Reservation	5
Technology Updates	
Blue Heron Auditorium AV system	6
Our Books Have Many Lives	7
Check it out	7
New residents	8, 9
Author of book on Oregon Art	9
Low Vision Mutual Self Help Group	9
Psychological Flexibility	10
Resident website tips	10
Teamwork Wins – Part 1	11
Try This Title – <i>The Great Experiment</i>	11
Music Committee provides a feast	12
Parkinson's Disease program	12
Elakha Alliance program	13
Sea Otters or River Otters?	13
Film – The Magnitude of All Things	13
The How Long Jug Band Returns	14
Life Enrichment invites residents	14
In Memoriam, Apartment Moves	14
Meet the candidates	14
Rear Window – Sea Lions	15
Ongoing Campus Activities	16

Earth Day 2023 Theme Invest In Our Planet



From the Resident Council

by Douglas Morgan and John Holderness
Resident Engagement Task Force Co-Chairs

APRIL FOCUS GROUPS ON STRATEGIES TO IMPROVE RESIDENT ENGAGEMENT

Join Us!

What's coming? Over this last year we have had several council conversations that have produced lots of practical suggestions for improving resident engagement and the overall *Art of Living Well* at Willamette View. We continue this community-wide conversation in April with more formalized focus group discussions. There are two ways you can participate. First, our council's **Resident Engagement Task Force** will conduct eight randomized focus groups for a formal discussion. If you get an invitation, say yes! If you are not selected to participate in this formal process, you will have an opportunity to submit your anonymous answers to the following focus group questions.

- Q1 – When you describe WV, what words and phrases come to mind? What do you value?
- Q2 – In what activities are you involved here at Willamette View?
- Q3 – In what activities are you involved in the external community?
- Q4 – How would you like to be more involved/connected? What are the barriers that prevent this from happening?
- Q5 – What would motivate you to become more involved?
- Q6 – Is there anything we've missed? What else would you like to share/discuss about life at WV?

So what? The Resident Engagement Task Force has been archiving lots of suggestions from both our committee and larger council-wide discussions. We



will add these to the information that emerges from our **Focus Group Study** and include them in a final report we submit to the council at the end of our deliberations. Expect to see very specific recommendations to improve our existing operating practices as well as strategic recommendations for positioning Willamette View to remain on the innovative cutting edge for meaningfully engaging residents across the full spectrum of their life course.



Bob Bubel was featured in the Volunteer Spotlight at the March 10 meeting of the Resident Council. Bob volunteers with the Art in Public Areas Committee, transporting paintings around the campus and hanging them in the hallways. Bob claims that, though not an artist, he enjoys getting to know the committee members and learning more about the art. They appreciate him and are grateful for his height and strength.

Willamette Views

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or to 204BH.
Articles may be edited.

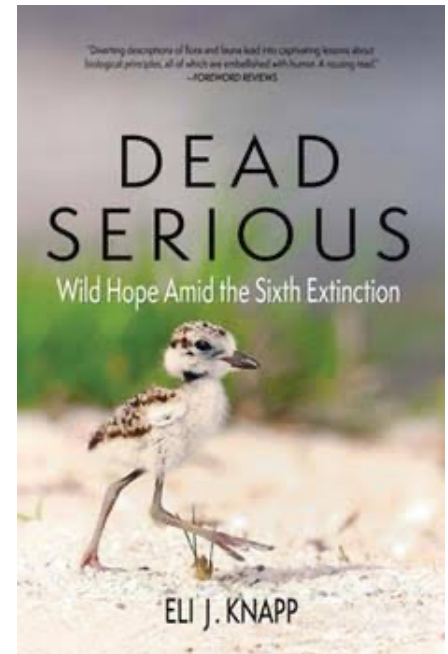
Book review's discussion of extinction brings hope

by Sue Bosshardt

Marilyn Feldhaus will present a book review on Wednesday, **April 19**, at 10:30 a.m. in the Blue Heron Auditorium. Last year Marilyn reviewed *Finding the Mother Tree* as part of the **Green Team's Earth Month** observation. Her book review this year talks about animals as she reviews the book, *Dead Serious – Wild Hope Amid the Sixth Extinction*, by Eli J. Knapp. The title makes the book sound depressing, but there is hope. The book includes entertaining storytelling, with humor and good writing. It is also backed by well-explained science, with captivating lessons about biological principles.

Marilyn chose this book to explore how the discussion of extinction, the dead serious part of the title, could also be an impetus for hope. The author expresses hope that there is still time to work to restore the balance between the human and natural worlds.

Marilyn is a retired special education teacher who has been interested in the environment and its preservation for many years. She and her husband, **David Gross**, enjoy the various activities at Willamette View and keep a detailed calendar of those activities. They moved to North Pointe in 2019 from San Jose, California.



April Movies

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

Donations gratefully accepted

Documentary film

Thursday, **April 6: *Unbranded*** (2015). Four young men friends – Texas A&M graduates – saddle up to drive 16 wild Mustangs from Mexico to Canada in order to raise awareness of issues surrounding wild horse management. Come along for a journey of self-discovery and adventure amid breathtaking vistas.

International film

Tues., **April 11: *Monsieur Ibrahim*** (French language, 2003). In a very poor neighborhood in Paris, Monsieur Ibrahim (Omar Sharif) is an old Muslim Turkish owner of a small market. He becomes a friend of a Jewish teenager (Pierre Boulanger). Monsieur Ibrahim gives paternal love and receives love and respect in return. A wistful and charming tale of friendship. **Drama. Sexual content. R**

Saturday night films

Optional discussions will follow.

April 1: *The Fabelmans* (2022). A nostalgic glimpse into the family life and home movies made by young Steven Spielberg/Sammy Fabelman (Gabriel LaBelle) that inspired the enduring magic of Spielberg's films. His supportive mother (Michelle Williams) plays an important part in his young life. Golden Globe awards: Best Picture, Best Director. **Family Drama. PG-13**

April 8: *Chinatown* (1974).

Residents Choice Contest Winner

A twisty noir thriller inspired by the Southern California water wars of the early 20th century. Jack Nicholson is private eye Jake Gittes. John Huston and Faye Dunaway round out the cast. Oscars: Best Picture, Best Actor, Best Director. **Crime/Drama. Adult Language/Violence. R** Discussion follows

April 15: *Tallulah* (2016). A moving film about two women trying to free themselves from their mistakes and disappointments. Each thinks of herself as unfit for parenthood. Writer/Director Stan Heder explores their flaws but does not pass judgement. Ellen Page, Allison Janney, and Tammy Blanchard give brilliant performances. Sundance Grand Jury Nominee. **Drama. PG-13**

April 22: *Blow the Man Down* (2019). A twisty, clever mystery thriller starring Morgan Taylor and Sophie Lowe. Atmospheric sea shanties, set in isolated Maine fishing village. **Drama/Adult Language/Violence. R**

April 29: *Chicago* (2002). Rousing, energetic adaptation of Broadway musical with depth and humor. Stars Catherine Zeta-Jones, Renee Zellweger, Richard Gere. Six Academy Awards. **Musical/Drama. Sexual Content. R**

Earth Month Activities at Willamette View

by Sherman Bucher, Green Team

Each year during **Earth Month** in April, the **Green Team** attempts to shine a light on what is happening on and to our planet. But also we want to show what we here at Willamette View and others around the world are doing to help.

The theme for Earth Month 2023 is the same as in 2022: **Invest in Our Planet**. The investment can be much more than just money, as necessary as that might be. Our time, our labor, and our written and verbal interactions with public officials are just a few of the ways we also can Invest in Our Planet as we battle the most pressing issue of our generation – climate change.

We begin the Earth Month activities with the personal story of one woman's loss and searching in the movie, *The Magnitude of All Things*, on Monday, **April 3**. As the National Film Board of Canada tells us, when Jennifer Abbott lost her sister to cancer, her sorrow opened her up to the profound gravity of climate breakdown, drawing intimate parallels between the experiences of grief – both personal and planetary – from Australia to the central Pacific Ocean to the Arctic to the Amazon.

The Plant-based Nutrition Group will meet Saturday, **April 8**, in the Terrace Auditorium. It will be showing the movie, *Food Choices and Sustainability: Is It Too Late?* featuring Richard Oppenlander. The movie discusses the link between food choices and the environment.

On Monday, **April 10**, **Elaine Toll** and **Bob Palandech** along with a team of volunteers will take your outdated pharmaceuticals, empty pill bottles, and batteries in the Blue Heron Auditorium from 10 a.m. to 2 p.m.

On two Saturdays, **April 15** and **April 22**, the Green Team is sponsoring outings to the Camassia Natural Area in West Linn. The 27-acre preserve was the first in Oregon purchased by the Nature Conservancy, in 1962. It is named for the camas lily, which blooms profusely in the spring. Each outing is limited to 15 residents. A bus will leave the Manor at 9 a.m. and return at about noon. Sign-up is on the Manor lower level.

On Tuesday, **April 18**, in the Blue Heron Auditorium from 10 to 11:30 a.m., **Loraine Collacchi** and the Blue Heron Foundation will celebrate the work of all those who have helped make WV a leader in Green endeavors with their contributions to the Green Fund and efforts around the campus. That afternoon, **Roger Tracy** will give a presentation on electric vehicles at 3 p.m. in the Blue Heron Auditorium. For those who would like more information, a group dinner discussion will take place in Riverview Dining Room following

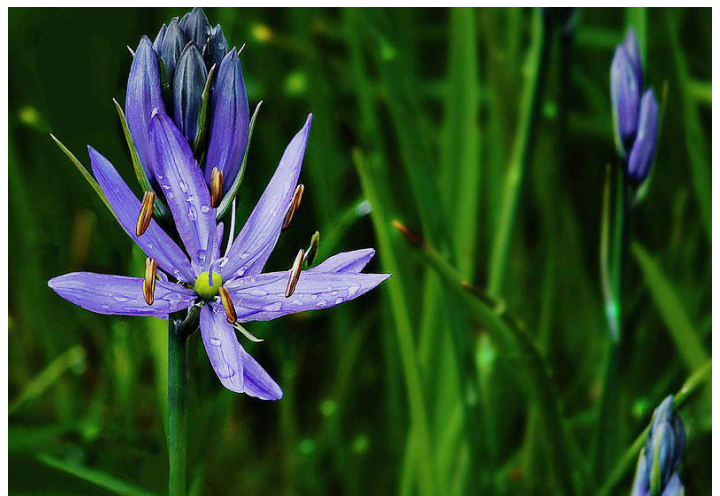
Roger's talk.

Green Team member **Marilyn Feldhaus** will present a review of the book *Dead Serious* by Eli J. Knapp on Wednesday, **April 19**, in the Blue Heron Auditorium at 10:30 a.m. It is described as "a book about our wild lives teetering on the edge of extinction that is also dead smart and dead funny." And once again the Library Committee will feature books and posters about Earth Month throughout April.

The next evening, **April 20**, the Public Affairs Committee and the Green Team will co-sponsor a talk by **Chanel Hason** of the Elakha Alliance on work they are doing to restore the sea otter to the Oregon Coast. The Elakha Alliance is a consortium of tribal, nonprofit, and conversation groups working to undo the damage of the 18th and 19th Century fur trade.

What do you know about Earth Month, its history and activities here at Willamette View? Team Trivia will challenge participants' knowledge of these and other things when they meet on Monday, **April 24**, at 6:30 p.m. in the Terrace Auditorium. Everyone is welcome to come show what you know. The last event of Earth Month will be on Saturday, **April 29**, when the Green Team conducts its semiannual River Road Cleanup from north of the campus all the way down to Oak Grove Boulevard.

And finally, many thanks for the efforts of **Martha Dibblee**, which you already have found in your in-house mail boxes – a handy calendar for you to reference all the events coming during this important Earth Month.



Be on the lookout for bus sign-ups for the hikes in The Nature Conservancy's Camassia Nature Preserve. The bus for the hikes, sponsored by the Green Team for Earth Month, will leave the Manor at 9 a.m. on April 15 and 22.

Celebrating Planet Earth

Continued from page 1

Several residents have given up their cars, take the shuttle, or use the Marketplace and Pantry for their shopping needs; others have converted to electric vehicles or hybrids. And committees have asked for the expansion of charging stations and other Earth-friendly initiatives.

The **Plant Based Nutrition Group** works to help residents find the joy and health of eating a non-meat diet, which at the same time helps lessen the negative impact of the industrial ranch industry on the environment.

The **Green Team**, through grants from the **Green Fund**, has backed several projects to help reduce our carbon footprint, including new lighting in workshops, tree planting, and the use of *greenies* for takeaway in the dining rooms. It also sponsors the collection of unused pharmaceuticals and dead batteries from residents.

Green Team activities throughout April will include movies, speakers, book reviews, nature walks, and more, to entertain and enlighten us about the work going on to better the planet. Come, enjoy, and learn.

"Until a man duplicates a blade of grass, Nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favorable comparison with the products of Nature."
—Thomas Alva Edison

Come meet guide dog pups and their volunteer raisers!

Sunday, April 23
1:30 — 2:30 p.m.
Terrace
Auditorium

Get acquainted with these adorable pups, ranging from three months to 14 months old. Their dedicated volunteer puppy raisers will give you an idea of all the training it takes to produce a guide dog. There will be time for questions and petting.

by Sandra Gerling, Vision Resources Committee



A day trip to Grand Ronde Reservation

by Sharon Gross, Diversity and Inclusion Group

On Tuesday, **May 16**, the **Diversity and Inclusion Group (DIG)** will host an all-day trip to the **Confederated Tribes of Grand Ronde Reservation** and the **Chachalu Museum & Cultural Center**. The bus will depart from WV at 9:30 a.m. and return at 5 pm. Travelers will have lunch at your choice of the three restaurants at Spirit Mountain Casino – Mexican, Chinese, and salad/sandwich options.

The museum offers an immersive experience through images and objects that connect the tribal peoples with natural places and their stories.

Cultural Resources Representative Crystal Szepanski and **Tribal Education Department Manager Angela Fasana** will guide the group through important places on the reservation and through the museum.

The chartered bus is available for 40 residents. Walkers will be stored in a special compartment, but the bus cannot accommodate motorized scooters or chairs. There are bathroom facilities on the bus.

A sign-up sheet for this trip will be on the Manor lower level on Monday, **April 3**. There will be a waiting list in case of unexpected cancellations. The cost for the bus is \$35, which must be paid by **April 27** to confirm your reservation. Charge slips will be available for you to authorize the charge to your WV account. Individuals will buy their own lunch (\$10 – \$20 per person) at the casino. Donations to the museum are encouraged. Contact **Sharon Gross** (6352) or **Steve Ott** (6771) for more information.



Technology Updates

Story and photos by Mike Lincicum, Audio Visual & Lighting Workgroup

Blue Heron Auditorium AV system upgrades completed

Many residents noticed that the Blue Heron Auditorium was closed for a week in early March. The activity in the space was the final phase of a project to upgrade the audio visual (AV) system in the auditorium. This project was initiated by the recently established **Joint Technology Steering Committee** in 2022. This group, made up of residents and key WV staff, was formed to promote cooperation and coordination of technology activities between residents and staff.

After using the auditorium since 2018, members of the **Audio Visual and Lighting Workgroup** identified several aspects of the AV system that, if upgraded, would provide an improved experience for residents attending events and for the recordings of the many events that are enjoyed by residents on the resident website. These upgrades include:

- A new and improved Blu Ray player for movies
- A second video camera over the stage to allow views of the audience and meetings
- A new headphone receiver for monitoring the audio in video recordings
- Replacement of the entire speaker system to improve sound in the room
- New retractable ceiling mounted microphones over the stage to improve audio quality in music events and recordings.



Technician Chris Peterson adjusts the new speaker.



Tempest Technologies employees install the speaker system.

This project was started in early 2022, but there were several delays in obtaining needed parts due to COVID-related supply chain issues. Thus, the project was completed in two phases. The work in early March was the final phase of the project.

The members of the Audio Visual and Lighting Workgroup are learning to use the new equipment. This group of dedicated resident volunteers provides support for all resident events in both the Blue Heron and Terrace Auditoriums. Any resident who wants to learn how to use the AV systems and help support the many events that take place every month is invited to join the group. If interested, residents should contact Mike Lincicum at mike.lincicum@gmail.com or by calling 6655.

Funding for the upgrades was made possible by a grant from the **Blue Heron Foundation**.

Our Books Have Many Lives

Some Willamette View Library books gradually lose the interest of residents and have a chance to serve new clients off campus. They are not casually discarded. They, and donations not needed by our library, are donated to **The Clackamas Bookshelf (TCB)**, which sells them in order to purchase and give new books to children who have no books of their own.



Books waiting to be boxed up for pickup.



Penny Fiske and Nancy Bouwsma packing books

Bibi Momsen began packing boxes for this effort in 2016. So far, in 2023, we've boxed up 356 books for pickup by TCB and gained shelf space for new books coming into our three branch library collections. We want to invite interested residents to join our team for infrequent boxing parties during the year. To join us in the fun, please call Bibi (6627). If you have not found them, our three branch libraries are located on the Manor 1st floor, Court 2nd floor and Terrace 2nd floor. You can always write



Bibi Momsen packing books

a reserve slip and leave it in the check-out box. You will get a call when your requested book is waiting for pickup.

National Library Week

April 23 - 29

✓ Check it out

Excellent work is done by our **Outside Donations library volunteer team**, led by **Bibi Momsen**. For books too damaged to donate, many craft projects can give them new life. Try a simple Google search for unusual uses for old books.

Old books can become your own box book to hold treasures or trinkets, a planter for succulents, or be turned into bookmarks, table legs, lamp stands, invisible bookshelves, mail organizers, light shades, pencil cups, or a mini village of buildings. I have been amazed at how old book pages become beautiful flowers and bouquets, wreaths, mini gift pouches, monograms, and folded book art. Book pages can decoupage a table, become origami hedgehogs, decorative feathers, picture frames, and even DIY knife holders. Everything is possible – from creating a simple card to an elaborate wedding centerpiece.

A paperback book can become a decorative folded Christmas tree, and there are many variations you can make on these trees, as well as Christmas stars.

Decoupage fabric over book covers to make your well-loved books more attractive without getting rid of them or tearing them up. The possibilities are endless for book lovers!

New residents bring backgrounds in law, education, electronics



Roz Gallo

Roz Gallo and **Catherine Cunningham** moved from Richmond, CA, to their new home in 206C on February 13. They had previously lived in San Francisco.

Roz was born in Los Angeles and also lived in Santa Rosa and Cotati, CA. She earned a BA at Sonoma State University's Hutchins School of Liberal Studies.

She worked at AAA in internal audit and human resources management for 21 years. She then became an office and business manager for a boutique family law firm for nine years, until retirement.

She has volunteered with St. Anthony's Dining Room, AIDS client support, and church committees. She enjoys reading, cooking, and theater.

Catherine Cunningham was born and grew up in the Chicago area. She lived in Arkansas for a year after college before moving to Ukiah, CA, and later, to San Francisco and Richmond.

She attended Saint Mary-of-the-Woods College in Terre Haute, IN, earning a BA in psychology.

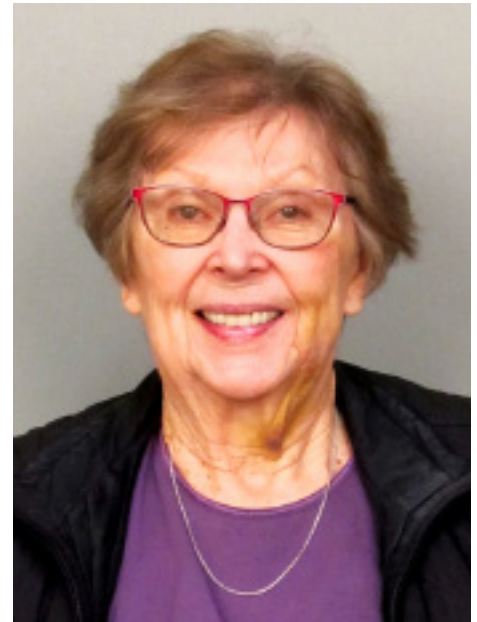


Catherine Cunningham

She worked as a college admissions counselor for five years and taught psychology in high school for several years. She administered a tutoring program at a junior college, and finally, found her niche in a law office. She worked in law offices, practicing various areas of law, for 40 years before retiring in 2014. Though not an attorney, she says she "did everything else."

She volunteered with a Catholic organization and has served various roles in local parish churches. She volunteered with Shanti Project in San Francisco, providing emotional support to people living with AIDS. She served as a volunteer notary for Visiting Nurses and Hospice. She served meals for underhoused people at St. Anthony's Dining Room. She worked on political campaigns, and she ushered at Berkeley Repertory Theater.

Roz and Catherine love to travel. They have a son, a daughter, and three grandchildren. They moved to WV to be close to family. They appreciate the beautiful grounds, friendliness of residents, and the effective administration.



Margy Fey

Margy and **Jerry Fey** came to 215N on February 7 from Spokane, WA. They have lived in South Carolina, Germany, Michigan, and California. Jerry has also lived in Illinois, Nebraska, Missouri, Texas, and Thailand.

Margy attended Washington State University, earning a BA in education, and Eastern Washington University for a master's degree in special education.

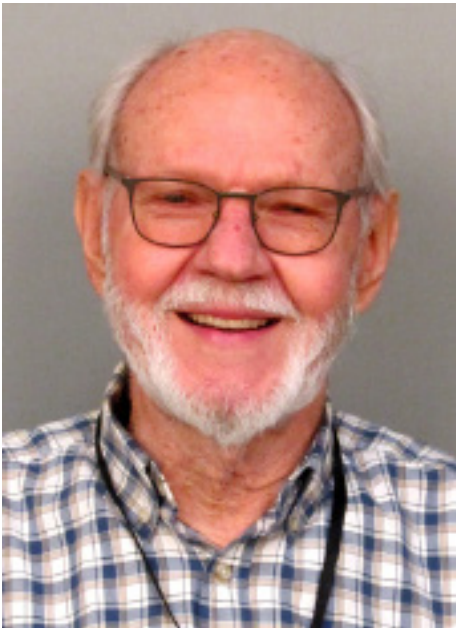
She taught special education in grades K-12, and she taught reading to adults. She became an education specialist, working with special education teachers.

Jerry was born in Illinois, raised in St. Louis, and attended college at the University of Omaha for a BA and Central Michigan University for an MA while in the Air Force. He also attended the Missouri School of Mines.

He was in the Air Force for 21 years. He was a navigator and electronic warfare officer and then became a computer support person for a medical software house, a bank, and a nursing school.

Jerry and Margy enjoy reading,

Photos by Mike Lincicum



Jerry Fey

traveling, hiking, camping, and other outdoor activities. Margy lists bridge as a special interest, and Jerry is interested in computers and railroad museums.

They have a son, daughter, four grandchildren, and one great-grandchild. They came to WV to be close to family. Friends highly recommended living here. They are grateful for extended care options and for the interconnected buildings on the campus.

Spring Recorder Concert

The **Recorder Groups**, under the direction of **Anthony Allen**, will perform on Wednesday, **April 12**, in the Blue Heron Auditorium at 7 p.m. They will play folk music including *Shenandoah*, old favorites such as *The Teddy Bears' Picnic*, and an arrangement of the *Toreador Song* from *Carmen*. The Recorder Groups include the new beginners' group, the intermediate Class, and the advanced Consort players.

Author of book on Oregon Art and Artists to speak at Willamette View

by Ginny Seabrook, APA Chair

The **Art in Public Areas Committee** is hanging art by Oregon artists in the I-5 hall this year, and in April, the committee will present an expert speaker, so that residents can learn more about Oregon artists' contributions and creativity during Oregon's history. **Ginny Allen**, author of the definitive book on Oregon artists, will be coming to speak on Monday, **April 24**, at 10:30 a.m. in the Blue Heron Auditorium.

Ginny Allen is an art historian. She received her BA in French/Art History from Willamette University, and she has been an active docent at the Portland Art Museum for forty years. In 1999, she co-authored the first comprehensive reference guide to Oregon painters from 1859 –1959, ***Oregon Painters – the First Hundred Years***. In addition, she has published articles in the ***Oregon Historical Society Quarterly***, ***American Art Review***, and ***The Oregon Encyclopedia***. Since 2000, her interest and study has been the New Deal-era Federal Art Projects in Oregon.

She spoke at the Labor Arts Forum Symposium in 2004 and completed their Oregon Art Inventory. That work is now on reserve at the Portland Art Museum Crumpacker Library. She has been a consultant with Portland Public Schools and the Heritage Conservation Group in Portland.

She recently published ***Oregon Painters: Landscape to Modernism, 1859 –1959***, a second edition of the ***Oregon Painters*** book. It was published by Oregon State University Press in 2021.

Here at Willamette View we have dozens of works by Oregon artists and acquire more each year. Please join us in welcoming Ginny Allen as she shares some of her wide knowledge on the subject of art in our state.



Low Vision Mutual Self Help Peer Support Group Wednesday, April 12, 1:30 – 2:30 p.m.

Court Family Room — Second Floor, Court Building

Having trouble coping with vision changes? Our support group may be of help. We talk about concerns, struggles, and insights. Counselor Linda Tofflemire facilitates. This is not a therapy group; all conversations are strictly confidential.

by Sandra Gerling, Vision Resources Committee

Psychological Flexibility: Why It Matters and How to Improve It

by Carol K. Borjesson and Sharon Gross

Gary Borjesson, PhD, will give a talk on **Psychological Flexibility** in the Blue Heron Auditorium at 3 p.m. on Friday, **April 28**. The program is co-sponsored by the **Education Councilor** and the **Wellness Department**.

Gary is an engaging speaker with a unique background. Graduating from Emory University with a doctorate in philosophy, he was told that 98 percent of philosophy majors never make a living in that field. Defying all odds, he spent 14 years as a tenured philosophy professor at **St. John's College** in Annapolis, Maryland. At St. John's, he was expected to learn – and teach – everything from mathematics, astronomy, physics, and biology to music, literature, philosophy, and ancient Greek.

Named the “most rigorous college in America” by **Forbes**, St. John's asks faculty to teach by the Socratic Method, not through lectures. Gary says, “The school prized living in your head and I thrived there for many years. But as

French mathematician and philosopher **Blaise Pascal** wrote, ‘The heart has its reasons whereof reason does not know.’”

“Over time,” he says, “my heart wanted something different. Looking back, I would say I had been developing intellectual flexibility but not psychological flexibility.

On sabbatical from St. John's, Gary and his wife moved back to his native Oregon. Resigning his tenure at St. John's, Gary returned to graduate school to become a psychotherapist. His change of heart and vocation came partly from his own experience as a patient in therapy. Now in private practice, his work includes helping patients become aware of where they are stuck – and helping them explore ways to develop greater awareness and psychic flexibility.

Gary says his talk will offer some basic truths as well as some provocative ideas that should spark an interesting and useful conversation. The basic



question he will explore is, “What does it mean, in practice, to be psychologically flexible? And why might we call this sanity?”

Gary is the author of **Willing Dogs & Reluctant Masters: On Friendship and Dogs**. His second book, **Come Together: How to Think about Making Alliances** is in the works.

Gary is the son of **Don Borjesson**.

Resident website tips — It's all About Me

by the Help Desk & Training Workgroup

A feature of the **Willamette View resident website** was the ability for residents to add personal biographical information to their profile for display on the website. It was designed to augment the *Willamette Views* bio that was published when residents moved into WV. The feature has been migrated into the newly-designed website, called **About Me**, with a major enhancement – there is now a *Search* facility to find all residents who have mentioned a particular word or phrase in either their **About Me** or *Views* bio.

To add or edit your **About Me**:

1. Log into the WV resident website.
2. Select *My Profile* (at the top of any page).
3. Select the *Edit* tab (above your name).
4. Scroll down to the box labeled *About Me* and type your information into the box.
5. Scroll to the bottom of the page and click the *Save* button.

Your **About Me** information will appear below the WV bio.

To search residents' WV bio and **About Me** entries:

1. Choose *Directories* from the main menu (at the top of every page).
2. Select *Resident Bio Search*.
3. Type in a word or phrase for which you want to search.
4. Click the *Apply* button.

You will see a list of all the residents who have the word or phrase in either their WV Bio or **About Me**. Choose a resident by clicking on the name to see their profile. Scroll down to read the WV Bio and **About Me**.

Note: This is the first of regular monthly columns with tips, tricks, and techniques for enjoying the WV resident website. The Help Desk & Training Workgroup welcome your suggestions for topics.

Teamwork Wins – Part 1

Story and photos by Sherry Johnston

This is the first of a series of six articles about Willamette View staff teams and their contributions to WV's quality of life.

Our quality of life increases from the nurturing labors of our WV staff. COVID has tested everyone these last several years, and its bag of misery still shakes with threatening alarms.

But – we used our secret weapon: **fluid teamwork**. Isolation weakens, and working together turns a string into a cable. We know the quality of WV life closely links with the support of hard work by WV staff. Their daily attention to keeping things as right as possible in **dining, environmental services, maintenance, and groundskeeping** gave us an antidote to unwanted trouble. Yes, stretches of the road still show beaten-up spots, but our staff teams serve as leveling forces to smooth out some of the rubble created by COVID and all its exhausting side effects.

Our **Environment Services Department** divisions of **housekeeping, janitorial, and laundry services** all keep our common areas, apartments, and laundry clean and on notice for any signs of problems. **Elizabeth Hodson, Environmental Services Manager** for the past four months, emphasizes the value of flexibility, efficiency, and the importance of teamwork. She also acknowledges the benefit of her teamwork with **Environmental Services Administrative Assistant Trina McCoy**. When extra help is unexpectedly needed, staff may send an SOS by voice over the walkie-talkies; sometimes the lead person assigns who will assist; sometimes someone just steps in. However and whenever there's more than one staff needed, teamwork multiplies the odds of getting the job done and having grateful feelings follow.

Management recognized that the right fit between responsibilities and staff skills and attitudes holds their secret to success. Residents understand that, too. Hiring the right folks to navigate an always-changing workplace, and to deal with trouble spots while maneuvering over complicated situations as efficiently as possible calls for workable Plan Bs, creativity and open mindedness, guts, and patience on everyone's part. Active teamwork encourages each employee to job

share when the situation calls for an extra set of hands or a great problem-solving idea. And we residents find trust in that value because teamwork is the formula for a well-functioning family.



Melissa Scardino and Allen Kortje catch a hidden spot.



Ana Aguilar and Monica Brake adjust the sofa just a bit.

Try This Title

by Penny Fiske

*The Great Experiment
Why Diverse
Democracies
Fall Apart
and How They
Can Endure
Yascha Mounk*

The Great Experiment

Pub Date: April 2022

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"[A] hopeful meditation on a multicultural world . . . Writing with insight, nuance, and sympathy to all sides."

– **Publishers Weekly**

"Mounk's calm mix of storytelling, political theory, and social psychology exegesis, peppered with some charming insights, has a comforting seriousness."

– **Washington Post**

"Can diverse democracies flourish?

The Great Experiment is a bold and necessary counter-argument to nativists, populists, and pessimists."

Helen Lewis, Staff Writer,

– **The Atlantic**

Yascha Mounk is a writer and academic known for his work on the rise of populism and the crisis of liberal democracy. Born in Germany to Polish parents, Mounk received his BA in history from Trinity College, University of Cambridge, and his PhD in government from Harvard University. He is now a Professor of the Practice of International Affairs at Johns Hopkins University.

Music Committee provides a feast of riches

by Ginny Seabrook, Music Committee



Resident music lovers will be on Cloud 9 during April. There will be two concerts from the **Music Committee**, both in the Blue Heron Auditorium at 7 p.m. On **April 21**, **Wind and Ivory** will play a program titled **Reflections in the Rain**. The trio features flute, piano, and clarinet. Then on **April 30**, two of our great favorites, **Hamilton Cheifetz** and **Julia Lee** will be here to play cello and piano. Cheifetz, a professor at Portland State since 1977, began playing cello at the age of 7. He performed at the White House for President Carter and performed a solo recital at the Opera House in Sydney, Australia. Cheifetz gave master classes in China in the spring of 2010 and returned for concerts in 2012. He performed recitals and presented master classes with pianist Julia Lee in Korea in 2016.

Julia Lee, who is on the faculty of Portland State University, has performed in many cities in the US, Canada, and Korea. She has been soloist with University of Wisconsin Symphony Orchestra, Korean Chamber Orchestra, and Portland's Columbia Symphony.

The **Wind and Ivory Trio** met 15 years ago and play in various chamber music ensembles in the Northwest. Flutist **Janet Bibb** was a music major at the University of the Pacific Conservatory and a graduate student in ethno-

musicology at Tufts University. Her love of music from diverse cultures led her to study bansuri in South India, saz – a stringed instrument – in Turkey, and recorder in southern Italy.

Dr. Constance Jackson, MD., pianist, studied harpsichord and piano while majoring in math and philosophy at OSU. After a year of sailing the Pacific with an electronic keyboard, she was drawn to internal medicine and then to psychiatry. She is attracted to the connections between music, people, and therapy.

Martin Sobleman earned an AB from the University of California, Berkeley and completed graduate studies in conducting at the University of California, Santa Barbara. He plays soprano, alto, and bass clarinet.

Hale Thornburgh, who will narrate some of the trio's pieces, played in the Salem Pops Orchestra for over 35 years. With the Pops, he narrated diverse works, including *Peter and the Wolf*.



Your donations and support from the **Blue Heron Foundation** make these fine programs possible.

End of Life Choices Oregon
Sue Dessayer Porter, MBA, MSB
Monday, May 1
10 — 11 a.m.
Blue Heron Auditorium



Nurse practitioner Jan Hildreth

Parkinson's Disease program on April 25

by Carla Harris

A nurse practitioner specializing in family medicine with special interest in Parkinson's Disease will speak here Tuesday, **April 25**, at 2 p.m. in the Terrace Auditorium. Besides being an FNP, **Jan Hildreth** has a master's degree in health education and another in nursing. She became interested in Parkinson's Disease 12 years ago when one of her best friends was diagnosed with it. She was recruited to be on the **Central Oregon Parkinson's Council**, organized by people with PD who found no local resources. In 2022 she became affiliated with the **National Parkinson's Foundation** and was certified as an **Aware in Care Ambassador**. Her mission is to make as many people as possible with PD aware of the problems with medication adherence in the hospital and provide them information to empower them to advocate for themselves. Now retired, she is a volunteer for **Partners in Care** at Bend's St. Charles Medical Center and serves as chair of the Health Advocacy Committee for the High Desert Village, an organization to help seniors stay in their homes as long as possible.

You are invited to attend if you are interested in learning more about PD.

Elakha Alliance program on April 30

by Sherman Bucher, Public Affairs and Green Team

As a five year old, **Chanel Hason's** favorite animals were sea otters. That fascination led ultimately to the **Elakha Alliance** to work on trying to restore the sea otter to the Oregon Coast. This came after Chanel earned a bachelor's degree with a focus on marine and coastal ecology and a master's degree with a focus on leadership for sustainability education.

Chanel will tell Willamette View residents about the efforts of the Elakha Alliance to bring back the sea otters in a program on Thursday, **April 30**, at 7



p.m. in the Blue Heron Auditorium. This is an **Earth Month** event co-sponsored by the **Public Affairs Committee** and the **Green Team**.

Elakha is a Chinook word meaning sea otter. The Alliance was first formed by a group of tribal, conservation, and nonprofit leaders in 1999, and it gained official nonprofit status in 2020.

As the director of outreach and communication for the Alliance, Chanel wants to spread the word that the sea otter is more than one of the cutest of animals, but is also very important to a healthy marine environment. Sea otters help control damaging sea urchins, which, if they overpopulate, can devour critical kelp forests that not only provide cover for many sea creatures, including the sea otter, but also absorb and sequester carbon dioxide in the water.

Sea otters used to range from the Kuril Islands north of Japan, around the Pacific Rim, and all the way to Baja California. Then trappers arrived in the late 1700s. Sea otters, which had sustained Native peoples for centuries, virtually disappeared in one century's time. The sea otter was all but wiped out along the entire Pacific Rim and did disappear from what is now the Northern California Coast, the Oregon Coast, and most of the Washington Coast. Russian trappers valued sea otter pelts so much that they called them "soft gold."



In the early 1970s, a plan was put into action to relocate sea otters to the Southern Oregon Coast. The reintroduction failed to take, however, and the sea otters disappeared in just under a decade. Elakha's job is to work with local people and agencies, the US Fish and Wildlife Service, and others, to find spots conducive to sea otters, and to locate those sea otters that will best be able to adapt to a

new home along the Oregon Coast. Chanel will give an update about where we stand on reintroducing this valuable marine species. Perhaps in a few years' time, we will see them again along the Oregon coast.

Sea Otters or River Otters?

If you see an otter in the wild, it is a river otter. Sea otters have been gone from the wild in this area for a long time.

Size: Female sea otters can reach 60 pounds and males, 90 pounds. Female river otters are only 10 to 30 pounds, and males no bigger than 30 pounds.

Swimming: Sea otters float on their backs. They will even hold hands with their mate when sleeping to keep from drifting away from the raft (a group of sea otters). River otters lounge around banks and swim belly down.

Location: Sea otters rarely venture onto land, and even less frequently into rivers or estuaries. River otters spend a good deal of time on land. But river otters will venture into ocean waters occasionally, which can lead to some confusion.

Offspring: Sea otters have one pup, and mothers float on their backs with pups on their stomachs until pups are old enough to swim. River otters have two to three pups and keep pups by their side or in dens on river banks.



Filmmaker Jennifer Abbott explores the emotional and psychological dimensions of the climate crisis and the relationship between grief and hope in times of personal and planetary change. See it on **April 3**.

The How Long Jug Band Returns

by Harvey Leff, MusicWorks

MusicWorks presents the **How Long Jug Band** on Friday, **April 14**, at 7 p.m. in the Blue Heron Auditorium. The group played rousing shows here in 2014, 2016, and 2022. Defined by its use of home-made instruments, the band's repertoire is inspired by the great jug bands of the 1920s and '30s. The band members are serious students of jug band music, and their enjoyment is infectious.

The band has been performing traditional blues, jazz and ragtime music in Portland since 2010. They've released three albums, have performed at the National Jug Band Jubilee in Louisville, Kentucky multiple times and were inducted into the **Jug Band Hall of Fame** in 2020. They learn most of their material from recordings of past great jug bands, digging into obscure songs to find lyrics and arrangements that are too good to be forgotten.

The quartet's members include band leader, **Arlo Leach**, playing guitar, kazoo and jug. He is a Jug Band Hall of Fame inductee who hails from Holstein, Iowa, and is the spouse of WV **artworks** specialist **Sally Giles**. **Giued Hatch**, from Malibu, California, plays washboard, trashcan bass and uku-



lele. Steve Hassett, from Madison, Wisconsin, plays harmonica, banjo and washtub bass and can coax some surprisingly musical sounds from a turkey baster. **Peter "Spud" Siegel**, from Scotch Plains, New Jersey, plays mandolin. He has also performed at Willamette View with **Mary Flower and the BBQ Boys**. Do not miss the fun! Your generous donations to MusicWorks make delightful performances like this possible.

Apartment Moves

February 22 – March 21

	From	To	Phone
Mary Chessman	New resident	702A	6290
Catherine Cunningham,			
Roz Gallo	New residents	206C	6732
Jody Everts	New resident	414S	7070
Patti Justice	305N	1532RR	7074

Meet the candidates running for election to Clackamas Community College, North Clackamas School District, Clackamas Education Service District, Oak Lodge Water Services Authority and Fire District 1 boards at 7 p.m. on Tuesday, April 25, in the Terrace Auditorium. Ballots will be mailed on April 26. Ballots must be returned to a ballot box or postmarked by Election Day, May 16. This Candidates Forum is sponsored by the Voter Information Committee.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday,	April 3:	TED Talks – Lessons from the Mountains , 2:30 p.m.
Tuesday,	April 4:	Heidi Davis vocal performance, 10 a.m.
Wednesday,	April 12:	Tim Chao cello performance, 2:30 p.m.
Monday,	April 17:	Drama movie matinee – Anne of Green Gables, Part 2 (1985), 2 p.m.
Wednesday,	April 19:	Graham James piano performance, 2:30 p.m.
Wednesday,	April 26:	Action/Adventure movie matinee – Hunt for the Wilderpeople (2016)
Sunday,	April 30:	Science/Nature documentary – Breaking Boundaries: The Science of Our Planet (2021), 2 p.m.

In Memoriam

Feb. 22 — March 21

Adah Doty

Dennis Hixon,
Groundskeeper

Robert Hudak

Joan McAllister

Art Wilson

Rear Window

by Frank Starr

Sea Lions

The spring Chinook salmon migration up the Columbia and Willamette Rivers has begun. As the Chinook (called Kings in Alaska) move up river, they attract predators – fisher-people and sea lions. People have been harvesting salmon along the Willamette for a few thousand years. Sea lions have depended on salmon for many thousands, or perhaps millions, of years.

Worldwide, there are six species of sea lion, but only the California and the Steller's sea lion need to be considered along the Willamette. California sea lions are found from British Columbia south to Mexico; Steller's range along rocky coasts from Japan across Alaska and down to Northern California. I've seen sea lions in the river below my window several times, but have never seen one of them haul out, so I'm not positive which species they are, but I suspect they're California.

There are considerable differences between the two species. A male California sea lion weighs about 650 pounds and is eight feet long; the female weighs around 200 pounds and is six feet long. Male Steller's sea lions can weigh 2,500 pounds and grow to a length of ten feet; the female Steller's goes up to 600 pounds.

Sea lions are part of the "eared seal" family, because they have external ear flaps. They're amphibious mammals and must surface to breathe, which makes getting tangled with fishing nets and drowning their biggest threat. Sea lions feed in the sea, but breed and give birth on land. Their fur color ranges from light brown to golden brown, or reddish tan. When chasing a meal, their powerful hind flippers can push them through the water as fast as 35 miles per hour. They have a life span of 20 to 30 years and eat almost any species of fish, squid, and octopus. They don't have the dentition to chew, so they simply tear off a chunk and swallow it. They have long foreflippers, the ability to walk on all fours, bulky builds, a big chest covered in short dense fur, and a thick neck of longer hair, perhaps resembling a lion's mane – thus the name "sea lion."

Penny and I had many opportunities to observe Steller's sea lions in the Shelikof Strait – the seaway between Kodiak Island and the Alaska Peninsula. A few miles north of Amalik Bay, where we were stationed, is a rocky island where hundreds of sea lions – males and their female harems, haul out to give birth and breed. Yep, they breed a couple of days after giving birth. When we pulled close in our Zodiac, all hell broke loose! The bulls puffed up their chests and gave resounding vocal challenges. The females joined in, but no one came after us. And OMG! Was the stink terrible!

Toward the southern side of Amalik Bay, there is a small island where eight bachelor male Steller's sea lions hung out. They have the reputation of being curious and friendly. Every time we appeared in our Zodiac, the whole group dove in and charged toward us. With eight 2,200 pound monsters bearing down on us, we didn't wait to see if they were friendly, curious, or angry.

Watch the Willamette River this spring. You may get the thrill of watching a sea lion harvest a Chinook salmon, a chunk at a time, with many gulls picking up scraps.



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* – ArtWorks Studio, Manor	Art Studio, Manor/ Court Woodshops, Model Train, Music Practice Room, Sewing Room, Toy Room				
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
The Roots Memoir Writing	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Shannon Katterle	6774
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
Unitarians and friends	Third Tuesday	4 p.m.	Plaza Mt. Hood Sunrm.	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.

*For Hobby Rooms contact persons, see *Willamette Views*, March issue, page 14.

