



Earth Day 2024 focus – Planet vs. Plastic

by Sherman Bucher

Belgian chemist Leo Baekeland and Scottish rival James Swinburne did not intend to be the Dr. Frankensteins of the 20th and now 21st centuries. But their pioneering work in developing the first fully synthetic plastic in 1907 has led to the environmental and health monster ravaging Planet Earth today.

Earthday.org, the global organizer of **Earth Day – April 22** –, has made the theme for 2024: **Planet vs. Plastics**. It wants to unite students, parents and other individuals, businesses, gov-

ernments, churches, unions, and NGOs in a 60x40 campaign to reduce the production of plastics by 60 percent by 2040. Willamette View extends Earth Day celebrations to the entire month of April – **Earth Month**, with many activities. A 2023 documentary, *Plastic Earth*, looks at the damage plastics are causing in the world; yet it has a hopeful message. The Green Team will show this movie at 6:30 p.m. on Monday, **April 1**, in the Blue Heron Auditorium. *Earthday.org* has four goals in pursuit of its 60x40 goal:

1. Promoting widespread public awareness of the damage done by plastic to human, animal, and all biodiversity health and demanding that more research be conducted on its health implications;



2. Rapidly phasing out all single-use plastics by 2030 and achieving agreement on this phase-out commitment through the United Nations Treaty on Plastic Pollution by the end of 2024;
3. Demanding policies ending the scourge of fast fashion and the vast amount of plastic it produces and uses;
4. Investing in innovative technologies and materials to build a plastic-free world.

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Jamey ProudStar Espinoza to speak on the Harmony Way

by Carol Borjesson

Jamey ProudStar Espinoza will present a program on Monday, **April 15**, at 2 p.m. in the Blue Heron Auditorium. **Questers** and the **Green Team** invited Jamey to help celebrate Earth Month by discussing portions of Randy Woodley’s *Becoming Rooted: One Hundred Days of Reconnecting with Sacred Earth*, explaining the Harmony Way. Jamey agreed, saying, “Living in a heavily industrialized world can seem more and more unnatural as we age and more and more of our lives are spent inside of infrastructure. We naturally want to keep ourselves rooted in the soil of our gardens, our senses attuned to the sounds and scents of the wind and the more-than-human world. Our way forward is – counter-intuitively – full of hope.”



Continued on page 5

From the Resident Council

by Pam Brown, Council Vice Chair

“Bein’ Green”

Our first Earth Day celebration was in 1970 and Kermit the Frog sang to us, “It’s not easy bein’ green.” Kermit was right. It hasn’t proved to be easy being green for the past 54 years. Ask any of us eight billion earthlings. At WV, nothing stops us, and we continue to move forward in amazing ways in our corner of the world.

Marian Rauch, the second chair of the **Green Team** that started in 2008 said, “Our first project was organizing areas for recycling and getting the administration to understand the need for recycling. Another ‘first’ project was installing the electric vehicle battery charger located near River Road.”

Now it’s 2024. **Marilyn Feldhaus** (7238) is chair and the Green Team has more than 10 ongoing projects. Perhaps you’d like to participate. Besides our outstanding recycling program, coordinated by **Warren Ford** (6325), here are a few more choices: the Bottle Brigade, **Don McHarness** (6551); River Road Cleanup, **Sherman Bucher** (7214); drug and battery recycling, **Bob Palandech** (6447); and the food scrap/compost program, **Carol Cherin** (6437).

Over 60 residents participate in a plastics recycling program started by **Susan Gillis**. Periodically she and husband **Steve** will take a variety of plastics to James Recycling. This recycling center is run by a woman in Beaverton for her developmentally disabled son. If you want to donate your plastics, call Susan (7233). But not your plastic bags, no, no Plastic bags are recycled in a program with its own set of contributors that make it work for all of us – **Marilyn Feldhaus** and **David Gross** (7238), **Kiko Kimura**, and **Joline Shroyer**.

Also on the Green Team website, search wvresident.org/Green Team for a list of Climate Actions (usually Oregon legislation) that residents can respond to individually.

Our Blue Heron Foundation provides Green Fund grants for *green* projects. The most recent grant was awarded to **David Keifer** for his Native Plant Garden (see page 11). What *green project* do you have in mind that would benefit all of us?

One resident who always thought WV could and would become *greener* was **Mike Litt**, who moved into WV in 2013. He was the resident responsible for the solar panels on North Pointe. He researched the issue, found the grants, and presented his information to the administration. But that’s not all the *greening* Mike did for the planet. Before he left us, Mike made a Legacy contribution to the **Blue Heron Foundation**. It’s to be used as seed money for the Health Center’s new solar panels. Mike knew it was not easy being green – yet look what he did for us!

Even if it isn’t easy, what can you do to help make us *greener* this year?



Art in Public Areas Chair Ginny Seabrook was featured in the spotlight at the March 8 Resident Council meeting. She leads the seven-member APA Committee as they research, discuss, purchase, inventory, and hang art throughout the WV campus. They balance the inventory in a mix of original and less-expensive pieces of high quality with a variety of themes. Ginny describes their work as physical, creative, thoughtful, and full of joy.

Willamette Views

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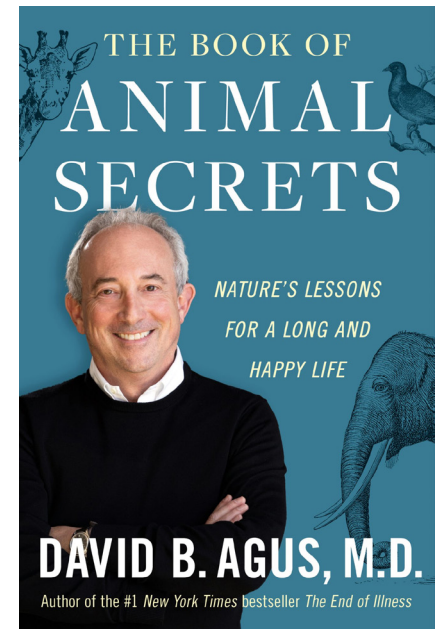
Submit articles to
mhsoco@gmail.com
by the 17th of the month
or to 204BH.
Articles may be edited.

Book Review – Nature’s lessons for Earth Month

by Sue Bosshardt, Book Review Chair

Phil Mirkes will review *The Book of Animal Secrets: Nature’s Lessons for a Long and Happy Life* by David Agus on Wednesday, **April 17**, at 10:30 a.m. in the Blue Heron Auditorium. The author talks about other species that have adapted in the same environment we have but have done much better in managing serious diseases. Each chapter focuses on “one animal or a complementary set of animals that offers a handful of extraordinary secrets to life ...” He talks about an elephant that will avoid cancer in spite of its size and a giraffe that will never experience cardiovascular problems in spite of its high blood pressure. Phil found the findings intriguing.

Phil was born in Oshkosh, Wisconsin, and received a PhD in Zoology in 1970 from the University of Michigan. He was on the faculty of the Department of Pediatrics at the University of Washington from 1979 to 2004. Phil did research on the effects of environmental agents on the development of mammalian (mouse) embryos. His research dealt with genes, the proteins they encode, and the role these proteins play in normal and abnormal development of mammalian embryos.



April Movies

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

Donations gratefully accepted

Earth Month film - Monday, **April 1: Plastic Earth** (2023).

Documentary film

Thursday, **April 4: Tricky Dick and the Man in Black** (2018). Richard Nixon invited Johnny Cash to the White House to help solidify his base in the traditionally conservative genre of country music. How Johnny responded surprised everyone. **59 m.**

International film

Tuesday, **April 9: La Sociedad de la Nieve (Society of the Snow)** (Spanish language, 2023). A tragic airline crash in the snowy Andes leaves the survivors of a Uruguayan rugby team in a fight for their lives. Based on a 1972 event, the survivors test the limit of human endurance and raise complex questions about survival at any cost. Actors Enzo Vogrincic and Agustin Pardella lead the team of survivors. **2 hr 24 m.** Discussion following. **Adventure/Drama. R**

Saturday night films

Optional discussions will follow

April 6: Midnight in Paris (2011). A lovable comedy. Disillusioned screenwriter Gil (Owen Wilson) is whisked back to the Paris of the 1920s with Fitzgerald, Hemingway, and Gertrude Stein. Enchanted by the seemingly carefree era of the jazz icons, Gil reckons with fulfillment. Cast: Adrien Brody, Kathy Bates, Marion Cotillard. Written/directed by Woody Allen. **1 hr 34 m.**

Romance/Comedy. PG-13

April 13: Maestro (2023). Leonard Bernstein, the incredible American musical talent with a passion for life and all its indulgences, is played in a compelling performance by Bradley Cooper. Carey Mulligan portrays Felicia Montealegre, his lifelong love. Nominated for 7 Oscars. Wonderful music throughout.

2 hr 9 m. Biography/Drama. R

April 20: A Chorus Line (1985). Auditions for a Broadway show bring out the tragic and comic life stories of both star and ingenue as they struggle for a place in the chorus line. Precision dancers provide musical and emotional kicks under the direction of Richard Attenborough, with stars Michael Douglas, Terrence Mann, and Alyson Reed.

1 hr 35 m. Musical/Drama. PG-13

April 27: Oppenheimer (2023). Physicist J. Robert Oppenheimer (Cillian Murphy) is asked to lead the secret Manhattan Project to develop the atomic bomb before Germany did. He creates Los Alamos, builds the first atomic bomb, and changes the world, with astonishing results for him personally. Nominated for 13 Oscars. Written and directed by Christopher Nolan.

3 hr. Biography/History. R

Earth Day 2024 focus – Planet vs. Plastics

Continued from page 1

Some of the worst damage caused by plastics occurs when they break down into very small pieces called microplastics. Whether in rivers and streams, lakes, or oceans, microplastics damage and kill marine life, from the smallest to the largest through the food chain, eventually presenting a grave threat to human health as these sea creatures become part of the human diet.

Many of us have seen pictures of the **Great Pacific Garbage Patch**, a collection of plastics and other debris in the Pacific north of Hawaii. There are actually three patches – the smaller **Western Garbage Patch** near Japan and the **Eastern Garbage Patch** between California and Hawaii. They swirl around in the currents in a clockwise rotation until they meet the Great Pacific Garbage Patch, where they add to the more than 7.5 million square miles of debris.

As bad as the garbage patch is, oceanographers and ecologists recently discovered that about 70 percent of marine debris actually sinks to the bottom of the ocean. Not even the Marianas Trench, home in the Western Pacific to the deepest spot in the

oceans, is immune. A recent study of more than 5,000 videos and photos over the past 30 years revealed that a plastic bag, like the kind given away at grocery stores, is now the deepest known piece of plastic trash, found at the 36,000-foot depth.

A somewhat surprising contributor to microplastics is the fashion industry. Synthetic fibers are blended with natural fibers in the vast majority (70 percent or more) of clothes people buy and wear today. People are buying 60 percent more clothes today than 15 years ago but are wearing them only half as long.

Dangerous microfibers are released when these clothes are washed, and they continue to contribute to long-term pollution in landfills. Only about 1 percent of clothes are recycled, while approximately 85 percent end up in landfills or incinerators.

Despite the doom and gloom of the current state of the earth and plastics, the documentary **Plastic Earth** shows us how we might get out of this if we have the will. The producers offer 10 proposals that can greatly reduce the plastic scourge, if not end it.

The first thing they tell us about is the research and production of bio-based materials that can be used in place of petroleum-derived plastics. There is a major difference between bio-based materials and petroleum-based materials. Bio-based products come from plants that, through photosynthesis, take carbon dioxide (CO₂) from the air, and when it is used, return it to the air in a circular process. Petroleum products take CO₂ from the ground and add it to the air.

Other topics covered include testing of additives in plastics for toxicity, stopping plastics from getting into the oceans, supporting new technologies, and making plastics valuable so they will be redeemed.

A commentary on the movie notes: **Plastic Earth** is a groundbreaking documentary that explores the urgent need to address the global plastic crisis. With plastic production from fossil-based sources on the rise, the world is facing an existential threat from climate change, pollution, and of biodiversity loss. See the movie on **April 1** in the Blue Heron Auditorium at 6:30 p.m.

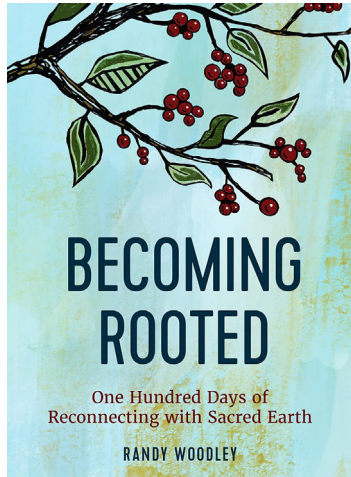


Plastic Earth features stories of the world's unsung heroes and showcases the innovative technologies and visionary solutions that offer hope for a sustainable future. See this documentary on April 1 in the Blue Heron Auditorium at 6:30 p.m.

Jamey ProudStar Espinoza to speak on the Harmony Way

Continued from page 1

“A harmonious relationship with the earth is embedded in our biology in our stories across cultures, and in the language commonly spoken among birds, beasts, flowers, and mycelia – a language they whisper to each other whether we are listening or not. Harmony is an active practice, just as breathing is. Getting back to nature will bring an end to humanity stubbornly holding its breath, waiting for infrastructure to provide harmony for us.”



Jamey worked at Willamette View and wore two hats: skilled Maintenance team member and gifted Indigenous teacher/philosopher. His knowledge and wisdom, together with degrees in literature, poetry, land management, and environmental anthropology provide him with a uniquely fascinating set of insights. Jamey left Willamette View in 2022 to work at local forest schools, where he continues to teach youngsters how to interact with nature.

Jamey’s most recent talk at WV was a review of Kent Nerburn’s beloved book, *Neither Wolf nor Dog*. The Blue Heron Auditorium was filled to capacity.

Join Jamey on **April 15** for what promises to be another richly informative, lively, and hope-filled discussion. Q & A will follow.

81-year-old WV resident wins Hawaii surfing championship*



*In the spirit of April Fool's Day, Junpei Sekino photoshopped this image of Jeff Owens riding the waves on his surfboard. Photo used with permission.

Godot and the Human Condition A Tribute

HANG IN THERE

By hanging in there you are
Braving
Coping
Risking

DO NOTHING

By doing nothing you are
Waiting
Wondering
Wanting

BE AFRAID

By being afraid you invite
Hope
Discovery
Provision

RISK

By risking you find
New Beginnings
New Answers
New Fullness

BE FULL

By being full
You Accept
You Forgive
You Love

by Sandra W. Felkenes

Styrofoam Collection Notice

Until further notice, Styrofoam should be placed in the trash. Research is being undertaken by our collector to find another recycling facility that will accept this product. In the meantime, please be sure to trash all your Styrofoam. We will keep you informed of changes.

by Susan Gillis

WV celebrates Earth Month with informative programs and events

by Sherman Bucher, Green Team

From a movie at the beginning of April about the plague of plastics to the end of this month with members of the **Green Team** picking up plastic refuse – and many other things – on River Road, Earth Month once again will be full of activities.

The Green Team uses **Earth Day, April 22** each year, as a springboard for an entire month of events to show residents the work that needs to be done to protect Planet Earth, and what Willamette View people are doing to help this along.

The Earth Day theme for 2024 is **Planet vs. Plastics** (see page 1), and our Earth Month begins at 6:30 p.m. on Monday, **April 1**, in the Blue Heron Auditorium with the movie *Plastic Earth*. It lets us see the problem that plastic has become, then tells us of at least 10 ways we can combat the problem, if the will is there.

The **Public Affairs Committee**, under the leadership of Chairman **Wayne Potter**, will have a full-month display in the Gallery in the Court Building. The program is entitled *Enjoying, Managing, and Improving Our Water Resources*. Presenters include the **Oak Lodge Water Services, Willamette Riverkeepers, Vernon Huffer, and Willamette View kayakers**.

Another month-long display in honor of Earth Month will be featured in the Manor library. A wide variety of books and posters will be offered to residents to help everyone learn the issues confronting us and things that can be done to help.

The **Plant-Based Nutrition Group**, always working to reduce the carbon footprint of the meat products industry, has had its April 5 dinner at the Two Sisters Café postponed by the café for personal health reasons. The café is planning to have a dinner on **May 3**. The Plant-Based Group will show a video on **April 13** in the Terrace Auditorium at 3 p.m. that features **George Monbiot**, a well-known columnist for the Guardian. His topic will be *Why We Need to Reboot Food*.

The **Questers** welcome back **Jamey ProudStar Espinoza** (see page 1) on **April 15** in the Blue Heron Auditorium at 2 p.m. for a return speaking engagement. Jamey will draw on his Indigenous heritage for a talk that looks at our mechanized world and the need to reconnect with the land, all life, and the awe of Creation and Nature.

Following on the success of last year's off-campus field trip to Camassia Nature Preserve, the **Green Team** has another trip lined up for this year's Earth Month for interested residents. The trip will be to the nearby **Milwaukie Presbyterian Church Nature Sanctuary** at 10 a.m. on Wednesday, **April 17**. Transportation will be by the Willamette View shuttle.

Philip Mirkes will review the book by David B. Agus, *The Book of Animal Secrets: Nature's Lessons for a Long and Happy Life*. The event will be on Wednesday, **April 17**, at 10:30 a.m. in the Blue Heron Auditorium (see page 3).

The **Green Team and the Public Affairs Committee** are co-sponsoring a talk by **Brian Smucker**, a volunteer naturalist at the **Tualatin River National Wildlife Refuge**, on Thursday, **April 18**, at 7 p.m. in the Blue Heron Auditorium. Brian will fill us in on the refuge and tell us and show us about his specialty – raptors (see page 13).

Team Trivia will have a series of questions on the theme of Earth Month when it meets at 6:30 p.m. on Monday, **April 22** in the Terrace Auditorium.

The **Spring Pharmaceutical and Battery Collection** is set for Friday, **April 26**, from 10 a.m. to 2 p.m. in the Blue Heron Auditorium. Both prescription and over-the-counter items including pills and capsules, liquids and ointments, as well as their containers, will be accepted. Batteries of just about every shape and description can be turned in, though large batteries such as car batteries cannot be accepted.

The next day, **April 27**, at 8 a.m., volunteers from the Green Team will conduct the semiannual cleanup along the shoulders of River Road, over the one-mile section sponsored by the Green Team from Sparrow Avenue to Oak Grove Boulevard.

There is much to learn, much work to do, and much to celebrate at Willamette View during Earth Month 2024.



New Grief Support Group begins at WV

by Caroline Barns

What is grief? Grief is a natural and normal emotional reaction to the loss of someone or something very special. Here at Willamette View we experience loss frequently. Whether it is a spouse, a dear friend, a neighbor, or even the ability to engage in daily life in the same way we did when we were younger, the experience of grief comes to us regularly.

All too often people enter a period of mourning with little or no understanding of how grief will impact their lives. Although many have heard of the five stages of dying according to Elizabeth Kubler-Ross, it turns out those stages were based on research into the emotions of those who had terminal illness. That research was never meant to be applied to the grief we all feel after a loss. Nonetheless, those stages have become deeply imbedded in our cultural mindset.

More recent research about grief has revealed that it is not a linear process nor something that happens to each of us in the same way. Each of us who has had a significant loss will grieve in our own way – often with a great deal of pain.

Once the condolence cards, flowers, and memorial service or celebration of life are in the past, the public recognition of the loss fades. But for the people who cared deeply for the person who passed away, the grieving process has only just begun.

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to” (Elizabeth Kubler-Ross & David Kessler, *On Grief and Grieving*). I have had my own collection of life experiences that have left me with a bundle of grief to carry. I hope to share from my experience and create a safe place for others to be able to share about loss and its subsequent grief.

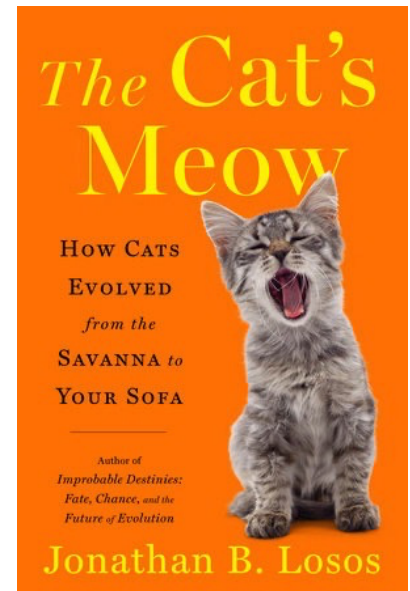
I am starting a Grief Support Group here at Willamette View. This will be a peer-led support group. We will establish ground rules to assure that all of us will experience support without being exposed to comments or rumors. I have talked with Linda Tofflemire about the differences between a professionally led group and a peer-led group. Both styles are valuable and serve their purpose, but they are not the same. The power of a peer-led support group is in the knowledge that you are not alone and that others who have similar experiences can provide insights and knowledge you may not have. Together we can heal and rebuild.

Please join me for our first meeting on Thursday, **April 18**, at 2 p.m. in the Mount Hood Sunroom in the Plaza building. No need to sign up. This group is open to anyone who would like to attend.

Voter Information Forum – Monday, **April 22**, 7 p.m. in the Blue Heron Auditorium to meet May 21 Primary Election candidates running for Clackamas County nonpartisan positions on the County Commission and for Sheriff. Ballots for the May 21 Primary Election are mailed May 1. The deadline to register to vote is Tuesday, **April 30**. If you are new to Willamette View, or if you moved to a new apartment, you can register to vote or change your address online at www.oregonvotes.gov. by Jeanne Magmer, Voter Information Com.

Try This Title

by Penny Fiske



The Cat's Meow

How Cats Evolved from the Savanna to Your Sofa

by Jonathan B. Losos – 2023

Terrace Library 638.8 LOS 2023

"Not just another cat book, this enthusiastic study traces the evolution of the domesticated house cat from the African wildcat and explores the scientific questions it raises A vivid, well-rounded treat for anyone interested in cats." **–Kirkus Reviews**

"A wide-ranging guide to the biology of cats, from their evolutionary origins and partial domestication to their behaviour and genetics Losos is an engaging and often funny guide who explains the science clearly and with nuance." **–New Scientist**

Jonathan B. Losos is an evolutionary biologist at Washington University and the founding director of the **Living Earth Collaborative**, a unique biodiversity center and partnership among Washington University, the Saint Louis Zoo, and the Missouri Botanical Garden. He was previously a professor of biology at Harvard.

Consider serving our community as a Resident Council member

Elections for new Council positions are held twice each year at the semiannual Resident Association meetings. In June, the following officer and councilor positions will be voted upon. These one-year terms begin on July 1.

- Assistant Treasurer
- Gardens and Plants Councilor
- Health Resources Councilor
- Recreation Councilor
- Services Councilor
- Technology Councilor

Council officers and Councilors represent all residents and respond to suggestions or concerns, attend Council meetings, and work with assigned activities and committees. Learn about specific responsibilities for individual positions on the resident website under *Council/Council Directory*, and clicking on job titles.

Blue Heron Players to perform George Brant's *Grounded*



Save the Date – Blue Heron Players **Marcia Shaw** and **Wyma Rogers**, under the direction of **Carol Knowles**, will perform Brant's acclaimed drama, *Grounded*, on Monday, **May 27**, at 6:30 p.m. and Tuesday, **May 28**, at 2 p.m. in the Blue Heron Auditorium. Setting the mood, **Amy Torgerson** will perform Charles-Valentin Alkan's piano prelude, *The Song of the Madwoman on the Seashore*.

Good Days, Bad Days

The Rise and Fall of Humpty Dumpty – Part 2

A series of reflections on senior living by WV resident and award-winning author Peter Gibb



All the king's horses and all the king's men couldn't put Humpty together again.

Last month, in Part 1 of *The Rise and Fall of Humpty Dumpty*, we discovered how Humpty found himself atop the wall, and the nature of his "great" fall. But poor Humpty. Alone and broken at the base of the wall, Humpty faced a new truth: despite all his resources, the king could not help.

I asked Humpty the obvious question: "Why can't the king help you?"

"He's a good king." Humpty shook his head. "He brought his army. He tried."

"Did the king have any parting advice?" I asked.

Humpty looked away. "A king can solve basic, simple problems. But for the deeper problems, you have to do the work yourself. No way around it."

Humpty went on to explain how his problems grew out of the stories he told himself, fears that he often tried to deny. He had to change how he thought. Had to shift his inner chatter. "No king has that power over another," he said.

I recognized the truth in Humpty's words. I've been there. Such common and debilitating issues – self-doubt, fear, anxiety, depression, loneliness, boredom, loss of hope. I once looked to

others for solutions. No luck.

I asked Humpty to explain what he was learning. He rolled over, sat up. "Real healing starts with awareness, the ability to stand outside ourselves and bear witness, understand and take responsibility for our thoughts and feelings. Awareness is magic," he continued. "More powerful than a king and all his horses and men. The insights we get help us to forgive ourselves and hold ourselves accountable. The challenge is not for the timid, not for the lazy. But put in the work, and you start to soar, become your own best friend and healer."

Humpty jumped up. "I'll show you how!" he announced.

"Go, Humpty!" I said. And off he ran. I heard the king clapping from inside his castle.

Bridging divides when talking politics

by Helen Spector, Diversity and Inclusion Group

Worried about the national election? Wondering how to have a conversation with someone who thinks differently from you without being judgmental or defensive? Join us on Tuesday, **April 2**, at 10:30 a.m. in the Blue Heron Auditorium for a workshop on listening and engaging in civil dialogue when talking politics. **Lisa Swallow** of **Crossing Party Lines** and **Steve Higgs** of the **SAGE Citizen Project** will lead this workshop. You will learn and practice skills to communicate with people who hold different views, and leave the workshop with three easy tips to practice better listening, curiosity, and compassion when talking politics. Plan to attend this interactive session that will provide activities to practice what our presenters bring. This meeting will **not** be available on ZOOM. For more information, contact **Helen Spector** (7034).



A Message from HR Director Kristi Earhart

Dear Residents,

We want to make sure you're in the loop regarding some exciting updates on employee benefits and the changes we're implementing to our **Employee Referral Program**. Employee referrals remain our best source for new hires, as our staff truly understand who would thrive within our culture. Our data indicates that our conversion rate for employee referrals stands at an impressive ~40%, far exceeding the ~9% from other sources. With that said, we've revamped our referral program to offer more enticing incentives for quality hires, including a restructured bonus payout and a quarterly drawing for qualified referrals. This quarter, we've announced a special incentive: a chance to win a **1992 Lexus** in our quarterly drawing! Keep an eye out for a decorated car, moving around the parking lot with balloons. If we achieve our hiring goals, we will hold the drawing at 2 p.m. on **May 1** in the Health Center parking area. **We'd love it if you could join us.** We firmly believe that initiatives like these align with our goals and culture, facilitating the filling of open positions and providing the best support for both residents and employees. We are committed to monitoring progress and making adjustment as needed to ensure that we achieve our desired outcomes. We're also enhancing our breakrooms, restocking them with essentials like coffee, tea, and condiments, as well as painting, adding more comfortable furniture, and installing phone-charging stations. These improvements aim to create a space where employees can truly relax, recharge, and thrive.

Kristi

APA Spotlight

Each month, the **Art in Public Areas Committee** features an art piece that you can find somewhere on the campus.

You've seen Mary McCarty's **Sunflowers** graphite botanical on the west side of I-5, but there are even more pieces on nearly all the wings of Manor 2. On Manor 2A you will see her three separate works featuring iris, fuchsia, and geranium. McCarty, who died last December, was a longtime Milwaukie resident who gave drawing lessons and participated in many local shows and galleries. My favorite is her watercolor on 2B of a pink prickly pear cactus. Keep an eye out for all eight works of her art in the Manor and Court buildings.

by Julie Donaldson, APA Committee
 APA is supported by grants from the
 Blue Heron Foundation At Willamette View



Save a tree. Use this bag.

That is the motto for this year's Earth Month contribution from the Blue Heron Foundation's Green Fund as it makes these reusable bags available to residents to use again and again in the Marketplace and for takeaway lunch from Elk Rock.



Views Back

by Candace Bradley

What were you doing in 1986?

Here's a peek at what was happening around our WV campus in 1986. Except for two issues, our website's archives contain no *Willamette Views* for two decades; the archives pick back up in 1986. There is quite a variety of news items to glean from that year.

By then the campus had been occupied for 30 years and had about the same 100 committees that we have today – with some having come and others having gone. The dining hall hosted a monthly luncheon for anyone having a birthday that month. The pool had exercise classes, tallies of how many laps various residents swam, and an occasional Resident Family Swim night – now there's an idea! Their equivalent of our Armchair Travel talks was slide shows. Residents held regular bake sales for the Willamette View Manor Foundation. The two campus stores also donated to WVMF a total of just over \$20,000 for the year. Resident

and former WV CEO **Jim Edwards** was elected president of the Oregon Association of Homes for the Aging, of which Willamette View, Inc. was a member. Karts (golf carts?) transported residents around the campus during weekday daylight hours. A series of classes on Russian History was offered. The Terrace held a grand opening with a Japanese theme that included the (then koi) pond, featuring art, music, costumes, entertainment, and a luncheon for 500 people. The circle in front of the Manor boasted a ginkgo tree. Greenhouse volunteers grew flowers for sale at the reception desk. Carpet bowling had been in full swing for many years. The (Willamette) Willing Weeders also had been operating for several years: "The WWW people have no officers, no supervisors, no meetings; they have neither inclination nor time to bother with organization – they just work."



Willamette View Plant of the Month

by Fred Rauch

Victory White Camellia (*Camellia japonica* 'Victory White') is a 10-to-14 foot evergreen plant. It has large, flat, white flowers surrounding a yellow center that bloom in late winter to early spring. The flowers are set off by the attractive dark-green foliage. A nice mature specimen on the south side of the Terrace building is now in bloom, with many flower buds ready to open.



Let's Dine Out group invites you to visit Kachka Lavka

by MH Socolofsky

The **Let's Dine Out** committee will sponsor a lunch experience for 25 residents at **Kachka**, known for its Eastern European menu through a Pacific Northwest lens, on Wednesday, **April 24**, in a private dining room on Kachka Lavka, their mezzanine space. It has been described as "a lively spot for refined Rus-

sian fare and house-infused vodkas." One of the vodkas is distilled in Portland, flavored with horseradish and tempered with local honey. Popular menu options include blini, smoked salmon, piroshki, and many soups and salads. A favorite is **Herring Under a Fur Coat** – a layered pickled herring and root vegetable salad. The Netflix food documentary, **Let's Feed Phil**, featured **Everybody Loves Raymond** writer/producer Phil Rosenthal's visit to Kachka in 2022 to sample Siberian pelmeni dumplings. Kachka is located at 960 SE 11th Avenue. The luncheon cost of \$40 per person, which includes a 22% service charge that supports Kachka's employee equity plan, will be paid ahead. A sign-up sheet and menu for the family-style lunch will be available in the Manor lower level on **April 15** at 8:30 a.m.



Herring Under a Fur Coat



Gary and Flora Lippert enjoy delicious Lebanese lunch specialties at **Nicholas** with the Let's Dine Out group on February 21.

Popular concert pianist returns to Willamette View

by Ginny Seabrook, Music Committee

When **Hyunsoo Lee** last came to WV, she received a standing ovation, and was much loved for her warm personality, brilliant piano technique, and the charming narrative with which she entertained the audience. She will return to the Blue Heron Auditorium on Friday, **April 19**, at 7 p.m. Born in Seoul, South Korea, Hyunsoo Lee came to America in her teens. She studied with many prestigious instructors while attending Coburn Conservatory at USC Thornton School of Music, where she received her doctorate in piano performance. She has earned many awards, including from the Beverly Hills Concert Series 2009, Virginia Waring International Piano Competition 2005, and MTNA Steinway Collegiate Artist Competition 2001. Hyunsoo has performed in Los Angeles at the Zipper Hall with Ronald Leonard, with the London Soloists Chamber Orchestra at St. Martin in the Fields, at the Pan Pacific Music Festival in Sydney, Australia, and at the Klaviersommer in Bad Bertrich, Germany. She will play selections from Chopin, Scriabin, Debussy, and Liszt. The Music Committee values your financial support and that of the Blue Heron Foundation.



Resident **David Keifer** and Philanthropy Director **Loraine Collichi** attend the sign dedication for the new Native Garden on March 6. Members of the Green Team and Outdoor Campus Committees were there to congratulate David, who designed and planted the garden through a Green Fund grant. The new garden is alongside WV's River Walk. Photo by Michele Lukowski

After Six trio to perform on April 16

by Lois King, MusicWorks

MusicWorks will bring the **After Six trio** to perform on Tuesday, **April 16**, at 7 p.m. in the Blue Heron Auditorium. The extraordinary musicians include **Graham Covington** on piano, **Dennis Caiazza** on bass, and **Ron Steen** on drums. They will perform jazz standards – tunes that resonate with all ages and serve as the musical tapestry of our culture. Graham Covington studied music theory at Juilliard. He has been playing and teaching jazz piano in the Pacific Northwest for over 40 years. Dennis Caiazza earned a BA at the Crane School of Music, followed by graduate work in the jazz studies program at the Eastman School. He has been a fulltime professional musician for 25 years. Veteran band-leader and drummer Ron Steen is a leader in the Portland music world. He is one of the Northwest's top rhythm keepers and a leader in the Portland jazz scene. He is the godfather of jazz jams in Portland, where international jazz stars stop in for impromptu music making. This will be an outstanding evening of music. You can support MusicWorks performances by donating with cash, check, or donation slip at the door.



The Pink Society meets for lunch on the third Friday of each month at noon in Elk Rock Bistro. It is a gender neutral group with one requirement: wearing something pink.



Pink Society members from left: Shannon Katterle, Kay Sweeney, Sharon Ford, Don Benson, Helen Spector, Susan Ungar, Wendy Gibb, Frankie Borison

✓ Check it out

by LaJean Humphries, Library Committee Chair

Willamette View Library Volunteers

Your excellent Willamette View library has nine, yes nine, branch locations – five very small collections for residents in the Health Center and four larger collections in the Manor, Court, Terrace, and Plaza buildings.

This month's column recognizes the **50+ volunteers** who devote time to making the library function smoothly and provide a wide selection of current popular books for your enjoyment.

Voting members of the Library Committee include the chair, secretary, treasurer, and branch managers for the Terrace, Manor, and Court libraries. They meet monthly and are usually joined by team members from collection development, automation, document control, book processing, etc. Any resident is welcome to attend committee meetings which are held on the first Monday of each month except September. Meetings are in the Heron Lounge, on the second floor of the Manor, at 1 p.m.

Library chair, secretary, and treasurer positions are self-explanatory. Branch managers train and oversee circulation and shelf reader volunteers, send those pesky overdue notices when a book fails to return, monitor the collection, and remove books as needed. Another team takes old books and donates them to charitable organizations. Book Boulevard operates as a Friends of the Library used bookstore. Circulation volunteers check books in/out of the online library system. Shelf readers routinely read the call numbers on book spines and ensure the books are in correct order on the shelves. When you complete a hold request for the book you want, the Reserve Team has a system for making sure that you will be notified as soon as the book becomes available.

Collection development is responsible for selecting the new books. A team of book reviewers reads numerous book reviews from professional library journals as well as sources such as the *New York Times Book Review*. From the hundreds and hundreds of reviews, they prepare lists of recently published books for a team of over 20 book selectors. Every other month book selectors review the lists, read reviews of each title on the list, and make recommendations for books to be purchased. Votes are tallied and the most popular titles are purchased.

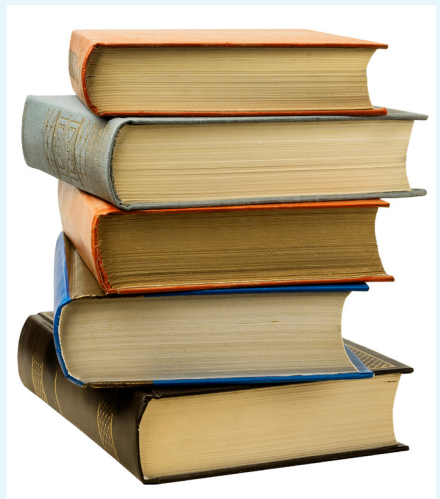
When the books arrive, additional teams place protective covers and WV ownership stamps on them. They affix cards and pockets inside the books as well as bar codes that identify the books in the library catalog. Another team assigns a classification number and a description of the book in the catalog record.

The team analyzes data to determine how often books are checked out, and which books and authors are most popular with residents.

Knowledgeable volunteers keep the library catalog or Online Public Access Catalog (OPAC) functioning smoothly. This means you can see what's in the library branches from your computer. Other volunteers keep the hardware and software updated – computers, monitors, bar code scanners, and printers. We also have volunteers who maintain the library pages on the WV resident website and create graphics. The library is a sophisticated technology system!

This requires detailed instructions and processes, and a document control coordinator maintains an extensive policy and procedure manual for the library in both electronic and paper formats.

I am so grateful to have such a wonderful team of volunteers for our library! They deserve a big thank you!



The libraries are supported by grants from the Blue Heron Foundation At Willamette View.

Tualatin River National Wildlife Refuge volunteer to speak

by Sherman Bucher, Green Team

National wildlife refuges rarely bring to mind divided highways, city buses, and suburban towns. The Tualatin River National Wildlife Refuge (NWR) Complex southwest of Portland has all that as well as a wide variety of fauna and flora. There are 588 refuges nationwide, with 17 in Oregon. The Tualatin River NWR is one of only 10 urban refuges in the national system. Willamette View residents can learn more about the Tualatin River Refuge on Thursday, **April 18**, at 7 p.m. in the Blue Heron Auditorium when **Brian Smucker**, a volunteer at the refuge who specializes in raptors, will give us a presentation on the refuge in an event cosponsored by the **Green Team** and **Public Affairs Committee**.

Brian grew up in Indiana, lived and worked on the East Coast as a magazine editor, but had a longtime interest in raptors. He and his wife eventually made their way to California. While living in Sonoma, he volunteered with the Golden Gate Raptor Observatory. Part of his duties included banding raptors in the winter and watching nests in the spring.

Brian has volunteered at the Tualatin River NWR since 2019 after he and his wife moved to Newberg. One of his jobs as a naturalist is trail roving. This lets him meet the people who come to the Tualatin River Refuge, tell them of the site, and answer their questions. Right now he and other naturalists are in the process of producing a species guide for the refuge of the more than 200 varieties of birds, mammals, fish, nonpoisonous snakes, and insects that are found there. He also is engaged in the Christmas bird count and a regional study of raptors. Tualatin River Refuge and Complex gets its full name because it also manages the Wapato Lake NWR near Gaston. Brian will tell us more about the important work that the refuge system performs and provide insights into those special masters of the air – raptors.



Brian Smucker holds an endangered Ridgway's hawk chick. The Ridgway's hawk is critically endangered and is found only in one small area of the Dominican Republic. Brian was there volunteering with The Peregrine Fund for several months. The project was to monitor and increase the population of these hawks.

Community Seder planned at Willamette View

Jews have celebrated Passover for more than 3,000 years. The holiday is a time of remembrance, celebration, and reflection on a people's journey from slavery to freedom – a central theme in Jewish tradition. Many Jewish residents at WV have fond memories of being with family and friends celebrating the ritual dinner known as the Seder. The Seder (*Order*) is a choreographed, participatory ceremony around the dining table. Every participant follows the proceedings from a text called the Haggadah (*The Telling*), which serves as the guide through the rituals of the dinner. The Haggadah also contains an array of commentaries, songs, teach-

ings, and quotes from sages and the Torah (*Jewish Scriptures*). The atmosphere of the evening is relaxed and joyous. A key to understanding the significance and popularity of the holiday can be found in the two directives of the Torah: It is incumbent to tell the story of Exodus in every generation, and each person should consider that they themselves were liberated from slavery to freedom. We thereby honor the importance of our people's history, but by personalizing the story, we are also encouraged to discover new, contemporary interpretations to help us understand a universal human experience.

While many Seders have taken place

at Willamette View over the years, most of them have been small private affairs. This year, the Jewish community at WV is creating a larger Seder experience, meaningful to Jewish members and informative to all participants, no matter what their background. "The message of Passover remains as powerful as ever. Freedom is won not on the battlefield but in the classroom and the home. Teach your children the history of freedom if you want them never to lose it."

April 28; 5 – 7 p.m. in the Riverview Dining Room. More details are on page 14. Questions? Call Rikki Schoenthal (6588) or Susan Ungar (7237).

by Rikki Shoenthal

Announcements

New Grief Support Group
Mount Hood Sunroom
First meeting:
Thursday, April 18 – 2 p.m.
Call Caroline Barns (6761)
for more information
See page 7 for details

The April 16 outing to the Western Antique Aeroplane and Automobile Museum in Hood River has been postponed until fall. If you would like to propose an outing to a local destination, let the Outings Committee know by mailing your suggestion through in-house mail to Box O.

Low Vision Mutual Self-Help Peer Support Group
Wednesday, April 10
1:30 – 2:30 p.m.
Court Family Room, 2nd Floor
We welcome interested newcomers. The group meets to share concerns, struggles, successes, and insights concerning vision loss. This is not a therapy group. Counselor Linda Tofflemire is facilitator. Discussions are strictly confidential.
by Sandra Gerling, Vision Resources

In Memoriam February 21 – March 20

*Lesley Bertram
Roy Glassberg
Tony Koltz
Charleen Oerding
Linda Palandech
Patricia Peterson
Sharon Ryan
Donald Zarosinski*

Residents will have the opportunity to attend the opening of the **2024 Rose Festival Grand Floral Parade** on Saturday, **June 8**. There will be reserved seats for the group inside the Veterans Memorial Coliseum, where the parade begins. Cost is \$30 per person. Signup sheet will be available later this month.

WV Community Seder **Riverview Dining Room** Sunday, April 28 5 – 7 p.m.

Catered by Chef Chad Grove
Cost: \$12 and 12 WV points
Space for 50 participants
Signup sheet available April 1
Contact:
Rikki Schoenthal (6588)
Susan Ungar (7237)

See page 13 for details

Apartment Moves

February 21 – March 20

	<i>From</i>	<i>To</i>	<i>Phone</i>
Donna Moores & Kent Louscher	410B	701D	7097
Doug and Kay Dicharry	503D	105B	6438

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	April 8	TED Talks, 2:30 p.m.
Wednesday	April 10	John Van Beek guitar and vocal performance, 1:30 p.m.
Monday	April 15	Ellen Whyte guitar and vocal performance, 2 p.m.
Wednesday	April 17	John Nilsen piano performance, 2:30 p.m.
Wednesday	April 24	Movie Matinee – <i>The Big Year</i> (2011), 2 p.m.

Rear Window

by Frank Starr

We welcome Frank Starr's return as a guest columnist this month

BLUE WHALE

Whale watching is an interesting game along the Oregon Coast each spring and fall. Whales migrate to summer feeding grounds in the north Pacific each spring and to warm, tropical breeding grounds each fall. When Penny and I were rangers in Glacier Bay National Park, we had the opportunity to watch humpback whales breach almost daily. They were 60 feet long and weighed more than 100,000 pounds – the biggest animals we had ever seen.

Whales are mammals, just like us. Well, not quite like us. Whale ancestors were land mammals who developed the ability to earn a living from the sea. Most eventually evolved the ability to spend their entire life in the seas as aquatic mammals. Whales, seals, walrus, sea otters, porpoises, and polar bears – all rely on ocean life and other marine ecosystems for their existence. They have lungs rather than the gills that fish use to get the oxygen required by their bodies – so they breathe through nostrils like other mammals.

The blue whale is by far the largest animal that ever lived. It can be 100 feet long and weigh up to 330,000 pounds. Females are larger than males. They have long, slender bodies, a broad, U-shaped head, and long, thin, strong flippers. A sickle-shaped dorsal fin sits well back near the tail, which has wide, thin, powerful flukes. They have two blowholes (nostrils) that blow water 30 to 40 feet into the air as they exhale. Their skin is various shades of bluish-grey on backs and sides, with lighter underparts. The throat has 60 to 90 accordion-like folds, allowing considerable expansion, that allows in a huge mouthful of water and krill – small shrimp-like planktonic crustaceans – their only food, which they find in the open seas.



The upper jaw is lined with hundreds of three-foot long black or tan baleen plates that act as filters. They scoop up a mouthful of water and krill and blow it out through the baleen. The water passes out nicely, but hundreds of pounds of krill get stuck in the baleen and are swallowed; thus the whale has eaten. The throat is small and can't pass anything much larger than krill.

Blue whales were once abundant in our oceans, feeding near the poles and wintering in tropical breeding grounds. When whale oil – rendered from whale blubber – became a valuable commodity, blue whales were hunted almost to extinction. Fortunately, in 1966 the International Whaling Commission banned the hunting of blue whales. Currently they are listed as an endangered

species. They are threatened by ocean pollution, noise, fishing gear, and ship strikes. Orcas (killer whales) are their only predator, since humans no longer hunt them.

They live about as long as we do – 80 to 90 years. They reach sexual maturity at 8 to 10 years of age. Little is known about their love life; they tend to be polygamous, with males competing for females. He trails her and will fight off other males. Mating happens in fall or early winter; her gestation period is 10 months. While pregnant, she eats about 4 percent of her body weight each day and gives birth to a 20-foot calf weighing 5,000 to 6,000 pounds. Her calf requires up to 700 pounds of milk each day and is weaned at six to eight months. By then it is 55 feet long, having gained some 35,000 to 40,000 pounds. Two or three years elapse between births; a hopeful sign the blue whale population is slowly growing.

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.	Plaza Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Tuesday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
Chorus	Thursday	1 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
Episcopalians and friends	Fourth Thursday	11 a.m.	Plaza Sunroom	Dick Toll	6562
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Grief Support Group	Third Wednesday	2 p.m.	Plaza Sunroom	Caroline Barns	6761
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Health Center/Terrace Tour	Thursday – by reservation –	10:30 a.m.	meet in Terrace Lib.	Laela Echelberger	6793
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Court Family Rm.	Dale Nusom	6419
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Pre-Diabetes/Diabetes Grp.	Third Monday	2 p.m./3 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Pam Brown	6623
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Outdoor Campus Committee	First Monday	1 p.m.	Plaza Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle –all levels welcome	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Thursday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	925-872-0969
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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