



## The Blue Heron Players Celebrate the Holidays

by Carol Knowles, Blue Heron Players Director



From left: Ellin Jaeger, Chris Nacheff Maneker, Chris Thompson, Carol Knowles, and Sandra Brewer.

Photo by MHSocolofsky

The **Blue Heron Players**, under the direction of **Carol Knowles**, will celebrate the holidays by performing some of the world's great love poems, stories, and songs on Monday, **Dec. 11**, at 6:30 p.m. and Tuesday, **Dec. 12**, at 2:30 p.m. in the Blue Heron Auditorium.

The exploration begins with **Amy Torgerson's** performance of Mikhail Glinka's piano work **Prayer**, in which a tremulous introduction segues into persistent pleading and ends with two loud notes that feel like "Amen." **Prayer** feels so right for 2023 – a year filled with turmoil that ends with holiday affirmations and emphatic hope for better times.

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## WV Chorus Winter Concert

by Kappy Finstuen, Chorus Vice President

Residents and guests are invited to hear the **Willamette View Chorus** lift their voices at the annual Winter Concert. There are 49 singers this year and they have been working hard with conductor **Reece Sauvé** and accompanist **Barbara Maxwell** to bring you some extra holiday warmth.

The evening concert is on Wednesday, **December 6**, at 7 p.m. in the Blue Heron Auditorium. The afternoon concert is Thursday, **December 7**, at 2 p.m. for those who prefer a daytime experience, and for residents from the Health Center. Come and listen to the familiar tunes and reminisce about winters past. Bring your smiles, memories, and some toe tapping, too.



## From the Resident Council

by Doug Morgan, Council Vice Chair

### Looking Forward: Better Together

In my last column of the year as Council Vice Chair, I thought I would share my ruminations on organizing the Resident Council work for 2024 and get your advice. In undertaking our Resident Engagement Task Force Study, I was struck by the number of comments from fellow residents who expressed uncertainty about what the Resident Council really did. That can make you feel pretty frustrated after spending endless hours a week problem-solving, planning programs, and making council meetings run smoothly. Maybe that is part of the problem. The Resident Council has been doing a terrific job of community-building by keeping the council train on the track, working with the administration to improve service levels after the severe erosion caused by the COVID pandemic, and organizing activities that educate fellow residents on campus services and those who provide them. But in doing this work, residents don't see the council at the puzzle table in partnership with fellow residents in solving problems. Most of this work gets done invisibly behind the scenes. My aspiration as incoming chair is to change that by creating council workgroups that are partnering with residents to address community-wide challenges. The following potential workgroup ideas have emerged through a combination of council work sessions, the Resident Engagement Task Force Report, and suggestions from members of the community. Treat the list as a stimulus to your own thinking and suggestions. The following workgroups assume that residents will do the heavy lifting with the Resident Council playing a support and leadership role.



1. **Strategies to Better integrate IL, AL, & Health Center: Phase I (January – July, 2024):** Design a Resident Support Group for the Health Center remodeling project. This resident support group is needed because the remodeling scheduled for the Health Center will be undertaken with residents in place. **Phase II (August 2024 – ??):** Use the information gathered in Phase I to develop a more long-term support program for licensed care residents. Those participating in Phase I are not all expected to continue working on Phase II, but there needs to be a critical mass who can serve as the “knowledge keepers” to plan Phase II.
2. **Duplex Homes Integration Workgroup:** Some residents have expressed the need for special efforts to integrate new residents moving into the duplex homes on Silver Springs Road in 2025.
3. **Campus-wide Social Event Planning:** Currently \$30,000 – \$50,000 is being spent by WV, Inc., on a combination of community-wide social activities, including class parties, Halloween, *Uncorked* events, etc. The Resident Engagement Task Force identified lots of suggestions for taking a more holistic approach through coordinated planning.
4. **Redesign New Resident Orientation Program:** The Resident Engagement Task Force identified several suggestions for enriching the content, extending the orientation period, and reducing the “fire hose” experience of getting more information in one sitting than can be digested.
5. **Campus History Project:** This is an initiative to assemble our existing campus history in a manner that is electronically accessible. This will require lots of different talents contributing to the effort over an extended period of time.
6. **College/WV Partnerships:** This workgroup would explore various partnerships with local colleges and universities, including student internship placements, residents as curricular experts and internship/practicum advisors, attending courses, co-staffing mini-courses on campus, etc.

I am eager to get your suggestions and help in working together on reducing roadblocks to make us **better together**. Send me your ideas: [fly-fisher@live.com](mailto:fly-fisher@live.com).



**Judy Halesky** was featured in the Volunteer Spotlight at the November 10 meeting of the Resident Council for her design and continuing care of the Triangle Garden, which was completed in July 2022. As a landscape designer, she helped design and plan the garden. She finds joy in pruning, deadheading flowers, and other maintenance tasks, and is busy this month “putting the garden to bed” for the winter. She reports that it gives her a sense of purpose and great pleasure to provide garden beauty that WV residents enjoy and appreciate.

## Willamette Views

A publication of the  
Willamette View  
Residents Association

Published September through July

**Willamette View, Inc.**  
12705 SE River Road  
Portland, Oregon 97222

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**Editor: Mary Helen Socolofsky**

Submit articles to  
[mhsoco@gmail.com](mailto:mhsoco@gmail.com)  
by the 17th of the month  
or to 204BH.

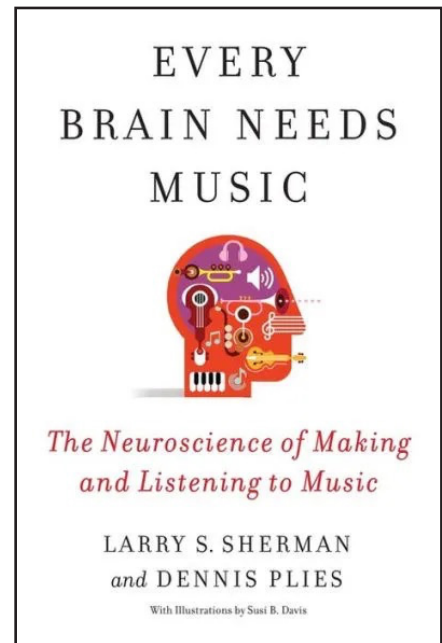
Articles may be edited.

## Book Review – What happens in our brain when we listen to music?

by Sue Bosshardt, Book Review Chair

This month's book review summarizes *Every Brain Needs Music: The Neuroscience of Making and Listening to Music*, by Larry S. Sherman and Dennis Plies. Written for both musical and non-musical people, this book is a lively exploration of the neuroscience of music and its significance in our lives. Our brains benefit from musical experiences, whether it is practicing, listening to, composing, or performing music.

**RCA Moore** will be reviewing this book for us on Wednesday, **December 20**, at 10:30 a.m. in the Blue Heron Auditorium. RCA has been at Willamette View since 2011 and was actively involved in many musical activities here over the years. He has been active with music "since infancy." He started out at the University of Oregon as a music major but transferred to psychology. He became a psychologist and did research for much of his adult life. He has been delighted to be involved in musical experiences throughout his life. *Every Brain Needs Music* is one of the best books he has read that analyzes the neuroscience of music.



## December Movies

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

Donations gratefully accepted

### Documentary film

Thursday, **Dec. 7: Crip Camp – A Disability Revolution** (2020). A summer camp in 1971 opened a new world of possibilities for free-spirited teens who eventually became activists for the creation and passage of the Americans with Disabilities Act (ADA).

**Language/Sexual References. R**

### International film

Tuesday, **Dec. 12: Two Days, One Night** (French language with subtitles, 2014). Sandra, with the help of her husband Manu (Fabrizio Rongione), has one weekend to convince her colleagues to scrap their bonuses so that she can keep her job. Actress Marion Cotillard delivers a timely message with compassion about the viciousness of capitalism. Belgian filmmakers Jean-Pierre and Luc Dardenne wrote, produced, and directed. **Drama. PG-13**

### Saturday night films

Optional discussions will follow.

**Dec. 2: True Grit** (2010). Feisty farm girl Mattie Ross hires a boozy, trigger-happy lawman to help her avenge the murder of her father. A Texas Ranger soon joins the hunt for reasons of his own. Together they venture into hostile Indian territory in the Coen Brothers' adaptation of a Charles Portis novel. Stars Jeff Bridges, Matt Damon, Josh Brolin, with Hailee Steinfeld as Mattie.

**Western Drama. PG-13**

**Dec. 9: Dirty Rotten Scoundrels** (1988). Two con artists, a beautiful woman, and the elite of the French Riviera collide. Whoever swindles the heiress first can stay at the luxurious coastal resort to fleece other women. Steve Martin, Michael Caine spar with outrageous behavior. Glenn Headly is the clever foil. **Crime/Comedy. PG-13**

**Dec. 16: Barbie** (2023).

**Showtime for this film: 7 p.m.**

The blockbuster of 2023, *Barbie* is visually dazzling, clever, funny. A heartwarming portrait of what it means to be a man and woman in today's world. Stars Margot Robbie and Ryan Gosling. Discussion following. **Suggestive References/Language. PG-13**

**Dec. 23: Love Actually** (2003). Set in London. Hugh Grant, Laura Linney, Colin Firth, and Emma Thompson spin nine intertwined stories examining the complexity of love during the holidays.

**Holiday/Romance. Nudity/Language/Sexuality. R**

**Dec. 30: Once** (2007). Charming tale of love and music. Capturing the world of street musicians, writer-director John Carney hit gold with this story. Glen Hansard, Marketa Irglova star. **Romance/Musical. Language. R**

## Honoring Memories at Willamette View's Celebration of Life

by Sherry Johnston

Everyone who lives at Willamette View touches our community at some level. Whether people live here for hours or years, their presence and passing add to our collective story. So we set aside time and space to acknowledge their gift of memories. The **Rite of Remembrance** reminds us that our community's vitality and longevity build on those who came before.

**Linda Tofflemire**, licensed staff counselor, and **Ann Phelps**, Resident Council president, formed a task force of selected residents to meet from September through November this year. Our purpose was to gauge the success of the current Rite and reevaluate how we say goodbye. The approval and suggestions of the surveyed WV Independent Living population generally indicated that the cur-

rent observance was well-liked.

The conclusion of the survey and the task force's work reinforce that our lives and passings are a cycle of lasting relationships and memories. Renaming the Rite of Remembrance to **Celebration of Life** puts attention on the power belonging to an intentional community, whether past or present.

The task force explored ways to share the responsibility of creating, recruiting volunteers for, and production of the Celebration so that Linda's time and talents would be on her counseling services. We pride ourselves on being an elder community that runs our own programs and activities, and this change fits with our pattern of community involvement.

More changes: Future death notices will include photos of residents. If you

knew someone who recently passed, you may call **Sherry Johnston** (6410) or email her at [pilgrimgal@gmail.com](mailto:pilgrimgal@gmail.com) to share your impressions with her for possible inclusion in the legacy slide show at the program. We're also moving from an evening to a morning program to encourage the participation of licensed care residents and staff.

This in-depth look at the value of this important observation served to freshen the purpose of the Celebration of Life. Of course, we acknowledge our very real grief. And we also find reassurance in the belief that being part of a wonderful community makes a difference beyond a clock and calendar.

The next Celebration of Life:  
**Tuesday, January 16, 2024**

## The How Long Jug Band Returns

**MusicWorks** presents the **How Long Jug Band** on Tuesday, **December 19**, at 7 p.m. in the Blue Heron Auditorium.

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, KY, multiple times, and were inducted into the Jug Band Hall of Fame in 2020. We have been fortunate to have had them here several times over the last few years – always to standing ovations!

Inspired by the classic jug bands of the 1920s and 30s, the band blends kazoo, washboards, and jugs seamlessly with conventional guitar, mandolin, fiddle, and banjo. The band members are serious students of jug band music, and their enjoyment is infectious. They learn most of their material from recordings of past great jug bands. While they sometimes slip a modern song into the mix, the How Longs mostly draw from early blues, ragtime, and jazz, 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, IA. **Tudie Stropparo**, from Peterborough, NH, plays washboard, kazoo, and ukulele. On fiddle and mandolin is **Olivia Duffy**. She is the only Portland native in the band. **Steve Hassett**, from Madison, WI, plays harmonica, banjo, and washtub bass. And just wait until you hear him coax some surprisingly melodious sounds from a turkey baster!

You don't want to miss the fun! Your generous donations to MusicWorks make delightful performances like this possible.

by Lois King, MusicWorks



## Reaching for Understanding on Israel, the Palestinians, and the Current Situation – A Timely Public Affairs Program

Submitted by Wayne Potter, Public Affairs Committee



Mark Braverman  
Executive Director of Kairos USA

The **Public Affairs Committee** will host **Mark Braverman** on **January 18** at 7 p.m. in the Blue Heron Auditorium. He will speak on the Israeli/Palestinian conflict and provide historical context for the unfolding crisis.

The recent attack by Hamas on southern Israel and Israel's military retaliation have brought the issue of the State of Israel and the Palestinians to the forefront of public awareness. Answers about how this 75+-year conflict can be resolved are hard to come by. Adding to the challenge are misinformation and the incomplete or inaccurate narratives about the history of the conflict. His talk will address the following topics:

### 1. Is there a Palestinian people?

The history of Palestinian nationalist strivings from 1917 to the present day indicates that, unlike other non-Western peoples, Palestinian aspirations for self-determination in the post-colonial era have been denied. Topic #2 goes far to explain why.

### 2. Liberation movement or settler colonial project?

Zionism was born in 19<sup>th</sup> century Europe as the answer to millennia of Jewish suffering. Though early on there were conflicting voices, the movement for a Jewish homeland crystalized into a project to dispossess the Palestinians. Supported by the West, the project to colonize Palestine accounts for the current violence that threatens the security and future of both peoples.

### 3. Bless Israel and be blessed, curse Israel and be cursed.

The church has much to answer for in its complicity with colonialism. Intertwined with this legacy of colonialism, Christian Zionism has played an important role in the history of the State of Israel and the fate of the Palestinians. It continues to play a determining role in the politics of the Middle East and on the global stage.

### 4. The weaponization of antisemitism.

Conflating criticism of Israel with anti-Judaism is not new. Dating from the Cold War, the history of what was called the "new antisemitism" has been key in Israel's diplomatic playbook as well as in the increasingly heated discourse in the political arena and in public. For politicians, religious leaders, and in our personal lives, the discomfort and divisiveness stemming from the need to preserve harmony and hard-won relationships can be intense. Once the elephant in the room, the issue of antisemitism – what it is and what it is not – is now being openly debated.

**5. Religion and nationalism.** Merging religion and nationalism has a long and sordid history. It appears that we haven't learned anything – despite the effort beginning in the Enlightenment to separate the two. We would do well to spend some time in discussion of how this evil is manifesting today in our country and outside our shores.

**Mark Braverman** is a Jewish American and Executive Director of **Kairos USA**, a movement for a just peace in Israel and Palestine. He is a retired clinical psychologist and is the author of books tracing his journey as a Jew struggling with the realities of modern Israel and articles on Zionism, post-Holocaust theology, and ecumenism. His publications include *Fatal Embrace: Christians, Jews, and the Search for Peace in the Holy Land* and *A Wall in Jerusalem: Hope, Healing, and the Struggle for Peace in Israel and Palestine*. His paper on Dietrich Bonhoeffer and the post-Holocaust theology appeared in *Theology Today* in 2022.

Mark lives on a small farm in upstate Washington devoted to restorative agriculture with his wife, son, son-in-law, two dogs, and five goats. His writings, blog, and sermons can be found at [www.markbraverman.org](http://www.markbraverman.org).



Photo by Donna Kling

Be sure to mark your calendars for the **Employee Appreciation Party** on Wednesday, **December 13** in the Blue Heron Auditorium. Festivities will begin at 2 p.m. All residents



and staff are encouraged to attend. The party will culminate the 2023 Employee Appreciation Fund Drive and include distribution of appreciation checks to employees. Like last year, the auditorium will be decked out in Christmas decorations and tables will be loaded with colorful cookies, holiday treats and snack foods. There will not be a formal program. Instead, it will be a time to meet and

greet staff and friends and, of course, a time for staff to pick up their appreciation checks. In the past, residents found it very rewarding to thank staff in person – especially those who work behind the scenes to assist residents.

## Haven't been on the resident website yet?

Are you still hesitant about using our resident website? We'd like to help. We believe that access to the range of information available on our website can enrich our lives. Each month we offer two classes specifically designed for those new to the website. In our **Introduction to the Resident Website** class (Dec. 11, 11 a.m.) we show you how to get onto the website and explain how it's organized – with plenty of time for questions. And if you have lost your username and password, we can help you with that as well. The other class is **Resident Website Q&A**, (Dec. 5, 11 a.m.). Bring your questions and we will answer them. And, good news, you can take the classes as often as you wish! Both are taught in the Mount Jefferson Room, third floor Plaza.

*Tech Training and Help Resources Workgroup  
Website Tech Training Team  
Janet Black, Donna Krasnow, Barbara Limandri*

## Art in Public Areas and Health Center residents combine creative forces

*by Ginny Seabrook, APA Chair*

The **Art in Public Areas Committee** invites the WV community to take a stroll over to the **Health Center** to see the art recently hung in the hallway that connects the Terrace to the Health Center. The entrance to the hall can be found just behind the White Oak Grill. This project is a creative endeavor between APA, **artworks**, and some Health Center residents. Our talented art therapists, **Kristen Larsen** and **Sally Giles**, inspire and help Health Center residents do creative and unusual art projects, some of which are on display in this hallway. Art classes are held in both **artworks** and in the neighborhoods of the Health Center.

For this hallway display, APA has combined art from well known artists such as Paul Klee and Van Gogh with art by our own residents who happen to live in the Health Center. You may have a hard time telling which art is by famous artists and which is by our own residents. An astonishing variety of techniques is used by HC artists – from felting to cut paper to leaf prints to pastels, ceramic discs, painting, and collage. In selecting art for this area, APA chose pieces that are colorful, fun, and whimsical. The art here is intended to enliven our day and lift our spirits. The committee is grateful to **artworks** and to our resident artists for providing us with such beautiful and interesting pieces of art. Additional art by WV residents can be seen in the Wall Works hallway display between the Court and Terrace buildings.

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



## Blue Heron Foundation celebrates philanthropy at WV



Judy Kleinberg, Ann Phelps, and Craig Iverson

On October 23, more than 100 residents and staff members gathered in the Blue Heron Auditorium for a **Donor Appreciation Celebration**, sponsored by the **Blue Heron Foundation**, to celebrate the support of donors, honor its founders, and recognize the impact it has made this past year for individuals and programs.

Donations provided increased quality of life through resident assistance, expansion of **artworks**, new equipment in the fitness center, and new books in the libraries. Scholarships helped staff members grow their career opportunities. Beyond the campus, local schoolchildren were supported through Backpack Buddies and other programs.

The philanthropy adopted a **Grant as We Grow** model in 2022 and granted 54 percent of the amount raised to support programs. *The Blue Heron Foundation Gratitude Report 2022* tells a complete story. To obtain a copy of the report or for more information, contact **Philanthropy Director Loraine Collacchi**.



Mary Anne Chew, Ruth Gallagher, and Loraine Collacchi

### Try This Title

by Penny Fiske



***Playing Under the Piano:***  
***From Downton to Darkest Peru***

**Author: Hugh Bonneville**

**Published November 2022**

**Manor Library**

**B-BON**

“A riveting account of what it takes to be an actor. ... I don’t remember when I last read a book that gave me so many laughs.”  
–**Sunday Times**

“Warm, funny, leisurely paced, and generously stocked with the lore of the author’s profession. ... Readers will be entertained and come away with a watch list.”  
–**Kirkus Reviews**

“Hugh Bonneville creates a brilliantly vivid picture of a career on stage and screen. What is it like working with Judi Dench and Julia Roberts, or playing Robert De Niro’s right leg? A wickedly funny storyteller, he also writes with poignancy about his father’s dementia and of his mother, whose life in the secret service emerged only after her death. ... a richly entertaining account of his life as an actor.”

–**Amazon Review**

## New residents share love of music, literature, travel

Photos by Mike Lincicum



Mary White

**Mary White** and **Joe Diven** moved to 1566RR on October 5, coming from NE Portland. Mary lived previously in McMinnville on her family's century-old farm. Earlier, she lived in Chicago and various towns across the West, including Wolf Point, MT, on the Fort Peck Sioux Indian Reservation, and White Swan, WA. Joe was born in Ontario, OR, and grew up in Boise, ID. He has lived in Eugene, OR; Denver; and Vancouver, WA. Mary earned a BA and an MSW from Portland State University. She worked with young adults at the Oregon Commission for the Blind. She worked for Kaiser Permanente and became Director of Social Work Services. She continues to work part-time as a social worker. Joe attended the University of Idaho for a BA in English and the University of Oregon for an MA. He worked as a liability claims representative in personal and commercial lines of insurance and was a member of the Chartered Property Casualty Underwriter Society. He was also a part-time music writer for the *Oregonian* and the *Vancouver Columbian*, producing artist interviews



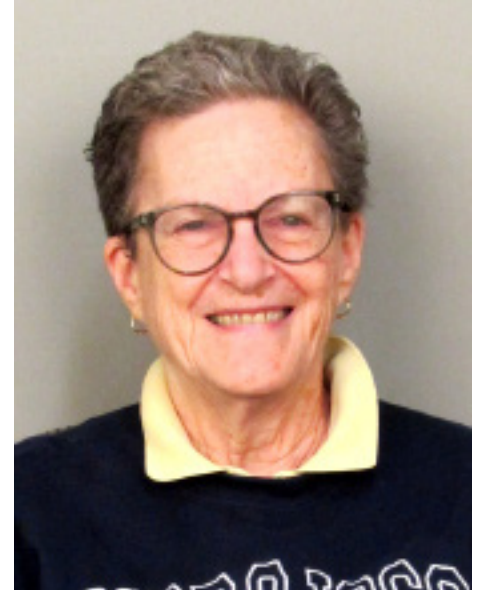
Joe Diven

and concert reviews.

Mary's interests include reading, music, and physical activity. Joe has volunteered at Blanchet House and Meals on Wheels. They love to travel. Joe is studying Spanish and playing the guitar. He also studies theology, philosophy, history, and literature. They chose Willamette View because of its beauty and reputation.

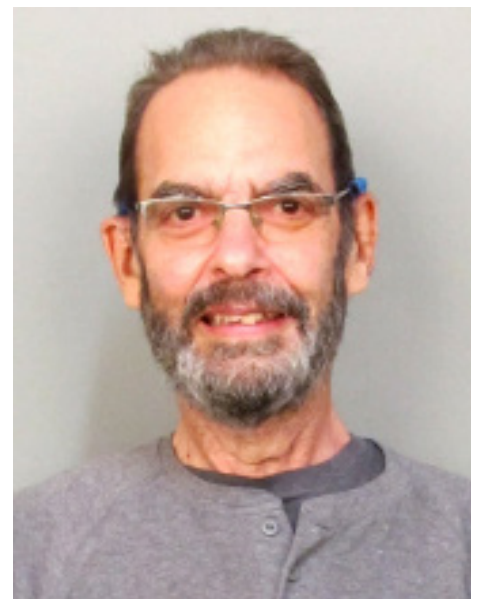
**Joyce** and **Howard Jaffe** are new residents of 202NP. They moved from New York City on October 9. They lived previously in Teaneck, NJ. Joyce attended the University of Massachusetts and Hofstra University, earning a BA in English, and Pace University for a BS in accounting. She worked in television production and post-production/syndication. She worked at Viacom as a financial analyst and in advertising as an international accounting and planning executive.

Howard has lived in Philadelphia, Baltimore, and Boston. He attended the University of Pennsylvania. He was a producer and writer for television and corporations. Joyce lists her interests as tennis, pickleball, reading, bowling,



Joyce Jaffe

mahjong, jigsaw puzzles, and card and board games. Howard's interests include personal writing and piano playing. He has volunteered with a board of education and a talented and gifted student program. They have a son, a daughter, and four grandchildren. They chose Willamette View for its location, the beautiful campus, the breadth of self-directed activities, and a multitude of happy, smiling people.



Howard Jaffe



# Halloween Fun

Photos by Jerry Hull

## Resident Costume Winners

Best Couple: Donna Moores/Kent Louscher  
*Weekend Guests*

Best Historic: Julie Donaldson  
*Amelia Earhart*

Best Use of Bags: Sandra Felkenes

Best Witch: Elizabeth Olsen

Best Star Wars: Bob Boyce

Most Creative: Elise Meyers  
*Woodland Sprite*

Most Over the Top: Jan Campbell  
*Free Table Lady*

Most Elegant: Donna Kling

Best Foodies: Ruth Gallagher/Mary Ann Chew

Funniest: Clare Rogers – *Jet Lag*

Best Barbie & Ken: Sylvia Randall/Steve Najjar

Best WV Motif: Peter Gibb – *Blue Heron*

Best Warlock: Kahi Wong



Julie Donaldson – Amelia Earhart



Kahi Wong – Best Warlock

## Staff Costume Winners

Best Historic: Kristopher Bouwer/  
Andrew Muller – *Miami Vice Team*

Best Pirate: Michele Lukowski

Best Couple: Craig Van Valkenburg/  
Susan DiPiazza – *Pickleball People*

Best Group: Jan Bradfield and F & B –  
*the M & Ms*

Most Creative: Sally Giles – *Sloth*

Most Over the Top: Jonelle Horn  
*with her unicorn hot mess*

Best Foodie: Kacie Woodburn

Best Disney Character: Sarah Danner

Best in Show: Scott Lewis, Nicole Glimpse,  
Nikki Maxey, Katie Cruise, Amanda Jones,  
Cyndy Jones, Candace Horner –  
*Chef B and the Spice Girls*



Elise Meyers – Woodland Sprite



Harry Konsa – Scariest Father

## Table Decoration Winners

Scariest Table: Moores/Louscher

Funniest Table: Candace Bradley

Witchiest Table: Greenwood/Taylor



Chef B and the Spice Girls – Best in Show



Sylvia Randall/Steve Najjar – Barbie & Ken

## Plaza art show features works of James King

**Beautiful Rich Color** is the theme of **James King's** new art exhibit of still life oil paintings in the Plaza building executive hallway, just beyond the sky-bridge on the second floor.

James graduated from Art Center College in Southern California. He had a graphic arts studio in San Francisco, designing packaging, brochures, and annual reports, largely for medical companies in the US and Europe.

After retiring, he turned his talents to painting, showing his work in galleries in Carmel and Napa Valley. Now he is happy to share his work here at Willa-

mette View.

James describes the show with these statements:

"My vegetable garden inspired this particular exploration. The colors fell into my harvest basket: bright yellow and orange, rich violet and green, robust red.

"I laid in a basic composition – the subject shape painted realistically. Then above this, look closely – I repeated the shape painted abstractly in a pointillist style. This I surrounded with decorative stripes of a complementary color. At the base of all of this is a bold stripe of



analogous color. And finally it all rests on black – the absence of color.

"All these words describe a simple, joyful, creative experience."

The show will run through March.

## More Halloween Fun

Photos by Jerry Hull



Bob Boyce – Best Star Wars



Donna Kling – Most Elegant



Ruth Gallagher/Mary Ann Chew  
Best Foodies



Sandra Felkenes  
Best Use of Bags



Donna Moores/Kent Louscher – Weekend Guests



Peter Gibb – Best WV Motif



Jan Campbell – Free Table Lady



Sally Giles – Sloth



Michele Lukowski – Best Pirate

# Shredded Paper

by Warren Ford, Green Team

Some residents have their own machines to shred confidential documents, but shredders are not needed. The preferred and cleanest method of disposal is to put the paper into the commercial bin by the mailboxes in Manor all the time and in other buildings the first week of the month. The **Access Company** provides secure shredding service at Willamette View. They ship the shredded material to a paper mill to be recycled. If you insist on using your own shredder, put the shreds into a bag, seal the bag, and put it in the garbage. **Please do not put shredded paper into mixed recycling** even in a stapled paper bag. The bags tear in our recycling rooms, in the trash truck, or in the commercial machine that sorts the mixed recycling, and the shreds make a mess.



Craig Van Valkenburg and Susan DiPiazza  
Pickleball People



Clare Rogers – Jet Lag



Elizabeth Olsen – Best Witch



Left:  
Kristopher  
Bouwer  
and  
Andrew Muller–  
Miami Vice Team



Photos by Jerry Hull

## ✓ Check it out

by LaJean Humphries, Library Committee Chair

Mount Hood photos by Dave Ritchie

'Tis the Season ... and Santa Claus is comin' to town ... unless he's not. There is a wide range of religious and personal beliefs about Christmas – even some Christian sects don't celebrate it as a religious holiday. Yet wherever one looks, it would seem that everyone is celebrating.

Libraries are, at their core, inclusive – accepting and sensitive to all community members and their respective races, ethnicities, cultures, and religions. But it's hard to please everyone. For what is one person's time-honored tradition is another person's pagan ritual.<sup>1</sup>

But, wait a minute. Isn't Christmas an American holiday – recognized by Congress as the "only religious federal holiday?" The short answer: No. Congress chose dates commonly celebrated as holidays by the American people, not for religious reasons but because of a history of recognition and celebration on those dates, though they did not deny religious association with two of the dates, **December 25** and

**Thanksgiving**. But the religious association with these days was not the reason behind proposing them as holidays.

America is a place of many faiths and traditions. Many Americans celebrate Thanksgiving and Christmas. That's why government recognizes them as holidays.<sup>2</sup>

It is difficult, if not impossible, to include holiday programming and decoration without excluding someone. Those who do not celebrate Christmas, specifically, have very few places – basically their own home, if they have one – where "holiday spirit" is not constantly in their face. The library should be one of these places.

'Tis the Season ... "Tis," as in "'tis the season" is an old – very old – contraction of "it is." The apostrophe replaces the "i" in the word "it" to create "'tis." Because it is a contraction, "'tis" needs an apostrophe. Saying "'tis the season" is the same as saying "it is the season."<sup>3</sup>

The phrase "'tis the season" comes from one of the most famous Christmas carols, *Deck the Halls with Boughs of Holly*. The contraction "'tis" for "it is" was overtaken by "it's" in modern speech and remains mostly only in the phrase "'tis the season."<sup>4</sup>

**Wishing you all the best for a glorious, cold, snug, safe, and comfortable winter!**

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

1 [www.librariantolibrarian.wordpress.com/2019/10/04/libraries-and-holidays/](http://www.librariantolibrarian.wordpress.com/2019/10/04/libraries-and-holidays/)

2 [www.nytimes.com/roomfordebate/2013/02/17/which-holidays-should-government-recognize/secular-reasons-to-mark-religious-days](http://www.nytimes.com/roomfordebate/2013/02/17/which-holidays-should-government-recognize/secular-reasons-to-mark-religious-days)

3 [www.thesaurus.com/e/grammar/tis-the-season](http://www.thesaurus.com/e/grammar/tis-the-season)

4 [www.merriam-webster.com/wordplay/why-we-say-tis-the-season](http://www.merriam-webster.com/wordplay/why-we-say-tis-the-season)



## The Blue Heron Players Celebrate the Holidays

Continued from page 1

In humankind's earliest account of seeking wisdom from higher powers, **Mary Helen Socolofsky** will perform excerpts from *The Exaltation of Inanna* – a hymn written by the world's first known author, the Sumerian priestess Enheduana. The priestess's passionate prayer is also history's first account of an individual's consciousness of an inner life.

With a beautifully intact Scottish accent, **Chris Thompson** will read four songs from *Robert Burns' Scottish Songbook*.

**Chris Nacheff Maneker** will read three poems exploring love between family members, including *Giving Her 100%*, which was written by lauded poet Max Ritvo.

Sandra Brewer will perform a monologue from the award-winning 1997 film *Good Will Hunting*. In this version, Sandra portrays a retired psychotherapist remembering a session with a young man named Will, who has a high IQ and a fear of love.

How can we teach our children to feel love for self and others? In all faiths, stories read at bedtime provide examples of being brave as well as kind. **Ellin Jaeger** will read a Yiddish folk tale that is beloved for its humor as much as its wisdom.

To further explore the complexities of love, **Amy Torgerson** will perform the piano work *Opus 118, No. 2*, by Johannes Brahms, which tells of his love and lifelong friendship with Clara



Chris Nacheff Maneker

Schumann.

To end the program, **Mary Helen Socolofsky** will read ee cummings' love sonnet *I Carry Your Heart with Me*, which carries feelings as infinite in time and space as those expressed by the priestess Enheduana.

### Happy Retirement to Frank Starr

The *Rear Window* column in this issue will be Frank Starr's last article as a monthly columnist. Frank has written fascinating nature stories each month for the past six years. Frank and Penny moved to WV in 2010. Frank earned a DDS, and he also earned an MS in wildlife management and studied federal law enforcement. After serving in both the Navy and Air Force, he practiced dentistry and was an associate professor at the Ohio College of Dentistry. After their daughters were grown, Frank and Penny changed their avocation of camping and learning the natural world into a vocation. They spent 13 years as National Park Service rangers, including nine years in backcountry Alaska, doing law enforcement, interpretation, and fire-fighting. Frank's *Rear Window* column has been the favorite *Willamette Views* page of many residents. His wide-ranging topics have included energy, water, spiders, fishing, mushrooms, mountain lions, reindeer, and many species of birds and trees. He states that he has written about every bird and mammal that he has seen here and some that he has not seen. We wish him many happy years ahead, and we invite him to write guest columns when he sees something from his Rear Window in 108B that he can't resist describing to us. **Thank you, Frank!**



### Nominating Committee to present

#### 2024 Resident Council slate

The following slate of Resident Council and Personnel Committee nominees will be presented, and elections held, at the Residents Association semiannual meeting on **Dec. 18**.

- Vice Chair – Pamela Brown
- Treasurer – Elaine Toll
- Secretary – Donna Moores
- Dining & Hospitality –  
Johanna Niemitz
- Education – Sharon Gross
- Hobbies – John Bouwsma
- Performing Arts – Kathy Blume
- Spiritual Life – Shannon Katterle
- Personnel Committee –  
Sherry Johnston, Roy Kruger

Nominating Committee members are

- Susan Bolton, Chair
- David August
- Wendy Fish
- Elise Meyers
- Chris Nacheff Maneker
- Ann Glaze, RC staff representative

## Resident Website Tips

*by the Tech Training and Help Resources Workgroup*

### Have You Found the VIDEOS?

Videos of live performances, lectures, and many other Willamette View events that date back to 2015 are available on our resident website. To find them, click on **News** on the main menu at the top of a page, and then choose **Videos**. Have fun remembering old favorites or catching up on events you missed.

## Low Vision Mutual Self Help Peer Support Group

**Wednesday, Dec. 13, 1:30 p.m.  
Court Family Room, 2nd Floor**

We share insights, support, and helpful suggestions concerning vision loss. Newcomers are welcome. Counselor Linda Tofflemire facilitates. Conversations are strictly confidential. Call Sandra Gerling (6515) for more information.

## In Memoriam

**October 20 – November 19**

*Janie Burns  
Elizabeth Deering  
Dominic Dulcich  
Michael Litt  
Lois Lobdell  
Yolande Lucas*

## Apartment Move-Ins

**October 20 – November 19**

|              |              | To   | Phone |
|--------------|--------------|------|-------|
| Doug McLin   | New Resident | 606C | 7055  |
| Susan Nichol | New Resident | 602A | 7060  |
| Mabel Pool   | New Resident | 207E | 7015  |
| David Shuart | New Resident | 101E | 6751  |

## Life Enrichment invites residents to Terrace Auditorium programs

*by Lindsay Liden, Life Enrichment Assistant*

|           |         |   |
|-----------|---------|---|
| Monday    | Dec. 4  | TED Talks, 2:30 p.m.                          |
| Tuesday   | Dec. 5  | Heidi Davis vocal performance, 1 p.m.         |
| Sunday    | Dec. 10 | Kaleidosound Choir performance, 2 p.m.        |
| Wednesday | Dec. 13 | John Nilson piano performance, 2:30 p.m.      |
| Wednesday | Dec. 20 | Kyle Lewis piano/vocal performance, 2:30 p.m. |

## Willamette View Plant of the Month

*by Fred Rauch*

Mahonia x media 'Charity' (Hybrid Oregon Grape) – Charity Mahonia originated as a chance seedling of *Mahonia japonica* and *Mahonia lomariifolia* from Donald Nursery in Northern Ireland about 1951. It was given the name 'Charity' at the Savill Garden in England, where it first flowered. It has a vase-shaped growth habit to 15 feet high. It produces attractive frond-like leaves, becoming bare at the base. It is noted for its great sprays of soft yellow flowers that appear in the winter. These are followed by grape-like clusters of wax-coated black berries in late summer. There is a specimen plant on the north side of the Terrace building and starter plants on RiverWalk and in the Triangle Garden on the WV campus.



## Rear Window

by Frank Starr

### Northern Spotted Owl

Northern spotted owls live in old-growth coniferous forests of western Oregon and Washington. A southern subspecies lives in the canyons of Arizona and Mexico. Spotted owls are good-sized, stout birds, 17 or 18 inches long, with large dark eyes, brown bodies, with whitish spotting all over – head, neck, back, breast, and belly. Strictly nocturnal, the spotted owl's diet consists of small mammals like squirrels and mice, a few insects, and occasionally birds. Like other owls, spotted owls swallow the entire animal they have captured and orally eject pellets of fur and bones – the indigestible parts of their meal. Their calls are a series of three or four clear dog-like barks and cries. They are very territorial. A monogamous pair requires at least 1,500 acres of old-growth coniferous forest and will defend their chosen home from other spotted owls.

Nests are used year after year. The favored nest is an old excavation in the dead wood of a tall conifer. Other nests can be old bird-of-prey nests, abandoned platforms, or rock crevices, but all locations depend on old-growth coniferous forests. Spotted owl breeding season begins in early spring to summer. The urge to breed may start as early as one or two years of age, relatively equal to human teenagers, but older is more common. The male and female sit together preening each other and roosting side by side. The male calls lovingly from a perch near their nest both before and after copulation. The normal clutch size is two 2-inch white eggs but may reach four. He brings her food for a month while she broods their eggs. She feeds the chicks whatever he brings her for another month until the chicks fledge. The fledglings take three to four months from fledging to independence. In late summer or fall, the independent juveniles disperse, often settling into a close-by wintering range before looking for a suitable breeding range and partner the following spring.



In 1975, the Oregon Department of Fish and Wildlife listed the northern spotted owl as a “threatened species” under the Endangered Species Act. In the 1980s, the spotted owl became the center of a serious nationwide controversy. Newspapers and television across the country let the public know that, “A pair of spotted owls requires three to eight square kilometers of coniferous forest more than 250 years old. Only this habitat can provide the birds with both enough large hollow trees for nesting and an expanse of open understory for the effective hunting of mice and other small mammals. The suitable range of spotted owls in western Washington and Oregon is confined to twelve National Forests.”



In the beginning, the controversy was dealt with by the US Forest Service, but it didn't take long for the public to get involved. Ultimately, it was between loggers, who wanted to continue harvesting the valuable old trees, and environmentalists, who wanted to protect the endangered species. Loggers said, “Are we really expected to sacrifice thousands of good-paying jobs for a handful of birds?” Environmentalists countered, “Must we deprive future generations of a species of birds for a few more years of timber harvest?” Overlooked was the fate of an entire ecosystem – the plants, animals, fungi, and bacteria that depended on the old-growth coniferous forest. One of those overlooked species was the western yew, which turned out to be the source of Taxol, one of the most potent anticancer drugs ever found.

| 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. | 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        | Don Borjesson         | 6643         |
| Chorus                              | Thursday  | 1 p.m.     | BH Auditorium          | Bob Thomas            | 2712         |
| Diversity and Inclusion Group       | First Tuesday                                   | 10 a.m.    | Zoom                   | Helen Spector         | 7034         |
| Duplicate Bridge                    | Monday  | 6:15 p.m.  | Plaza Sunroom          | Ron Gustafson         | 2715         |
| Fiction Writers Group               | Second Wednesday                                | 2 p.m.     | Heron Lounge           | Joel Meresman         | 6730         |
| Garden Committee                    | Second Tuesday                                  | 10 a.m.    | Court Family Rm.       | Susan Bolton          | 7277         |
| Gentle Yoga with Charlie            | Monday, Wed., Friday                            | 10:45 a.m. | Plaza Sunroom          | David Kohnstamm       | 6727         |
| Green Team                          | Second Wed. <b>no December meeting</b>          |            | Court Family Rm.       | Gary Smith            | 925-872-0969 |
| Ham Radio Club                      | Saturday – Bring your own breakfast – 8:30 a.m. |            | Elk Rock Bistro        | Dale Harris           | 6482         |
| Health Center/Terrace Tour          | Thursday – by reservation – 10:30 a.m.          |            | meet in Terrace Lib.   | Laela Echelberger     | 6793         |
| Hooks and Needles                   | Tuesday   | 1 p.m.     | Plaza Fireplace Lounge | Sandra Pagels         | 6549         |
| Hootenany                           | Second Sunday                                   | 3 p.m.     | BH Auditorium          | Jerry Hull            | 6403         |
| Improv Games                        | Wednesday                                       | 10:30 a.m. | Court Family Rm.       | Sally Giles           | 6634         |
| Interfaith Questers                 | Monday  | 2 p.m.     | Zoom                   | Bernard della Santina | 6639         |
| Language — French Conversation      | Tuesday   | 12 noon    | Elk Rock Bistro        | Gail Durham           | 6815         |
| German Conversation                 | Wednesday                                       | 12 noon    | Elk Rock Bistro        | Klaus Jaeger          | 6293         |
| Spanish Conversation                | Friday  | 1:30 p.m.  | Heron 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 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 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         |
|                                     | First & third Tuesday                           | 3 p.m.     | Terrace Aud.           | Barbara Limandri      | 2751         |
| 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            | 925-872-0969 |
| Ping Pong                           | Monday, Wed., Friday                            | 1:30 p.m.  | Court 1st floor        | Robin Bolton          | 6430         |
| Pool Volleyball                     | Monday, Wed.                                    | 10 a.m.    | Pool                   | Candace Bradley       | 7201         |
|                                     | Friday  | 11 a.m.    | Pool                   | Candace Bradley       | 7201         |
| Plant-based Nutrition Group         | Second Saturday                                 | 3 p.m.     | Terrace Aud..          | Jerry Smith           | 6502         |
| Public Affairs Program              | Third Thursday                                  | 7 p.m.     | BH Auditorium          | Wayne Potter          | 6623         |
| Q&A by Craig and Kim                | Last Wednesday                                  | 3 p.m.     | BH Auditorium          | Susan Di Piazza       | 7351         |
| Recorder Intermediate Class         | Tuesday   | 11:30 a.m. | Multipurpose Rm.       | Cindy Mahlau          | 6348         |
| Recorder Consort                    | Tuesday   | 12:35 p.m. | Multipurpose Rm.       | Cindy Mahlau          | 6348         |
| Resident Council Meeting            | Second Friday                                   | 9:30 a.m.  | Terrace Aud., Zoom     | Ann Glaze             | 6559         |
| 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         |