

# Willamette Views

A Publication of The Willamette View Residents Association



Volume 48, No. 2

February 2025

On January 6, Willamette View CEO Craig Van Valkenburg introduced Craig Roberts, who then cut the ribbon to commemorate Willamette View's 70th anniversary. Following the ribbon-cutting, the crowd moved to the Blue Heron Auditorium for the swearing-in ceremony of Craig Roberts as he became the new Clackamas County Commission Chair. Details are on page 11.



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## Celebrating 70 Years of Willamette View

It's not every day that a community like ours turns 70. In fact, it's a pretty remarkable achievement for an independently operated life plan community. This year we will be celebrating our 70 years as a community throughout our campus and throughout the year. We hope that you will celebrate with us!

We kicked off our celebrations on January 5, the day of our anniversary, with cake and words by CEO **Craig Van Valkenburg** (see page 5). The next day, our new Clackamas County Commission Chair, **Craig Roberts**, cut the ribbon in front of the Manor to commemorate our 70-year milestone (photo above).

If you happen to be going to dinner in the White Oak Grill, passing through the Court Gallery on your way to the fitness center, or stopping by the Plaza's administrative hallway, you can enjoy a glimpse into Willamette View's past through historical photos and stories. These images reflect on our rich history of resident life and community growth. These displays are thanks to the collaboration of the Art in Public Areas Committee, administration, and the Court Gallery Committee.

Plans are in the works for more fun, including the filming of a documentary and a huge summer party. Then we will bring the year to a close with a showcase of community art and a vision for the future. If you have questions or want to be involved, please contact Michele Lukowski, Communication Media and Brand Manager (6855), or Mark Hollis, Director of Marketing and Sales (6857).

Story and photo by Michele Lukowski

## From the Resident Council

by Donna Moores, RC Vice Chair

### What can the Resident Council do for you?

Indulge me please, as I outline our resident governing structure, which is defined by our Constitution (*resident website Homepage > Council > Governing Documents > Constitution*). For those in the know, feel free to jump ahead. I myself can always use a refresher.

**Willamette View Resident Association** – all residents of Willamette View.

**Resident Association Objectives and Purposes** – to promote harmony and community, to obtain full benefits and enjoyment of the facilities of Willamette View, to establish liaison with the administration and directors and to call to their attention conditions or situations which may need improvement.

**Resident Council** – The governing body of the Resident Association, five elected officers and ten councilors who represent program areas. The Resident Council is responsible for ... facilitating good communication with residents, and anticipating evolving needs and interests of residents.

What does this actually mean for our day-to-day lives at Willamette View? Interest groups, fun and educational activities, artistic performances, standing committees for areas such as art, the libraries, and the stores exist with the help of many hours of volunteer effort by residents. The Resident Council gives assistance where needed to help keep these trains running on time. Every councilor is responsible for a portfolio of activities. Each month they submit a formal report, keeping the council and our community informed of any changes in their portfolio's activities, leadership, challenges, and opportunities. This report serves as an important means of communication, alerting the council to activities that might need attention and support. All councilors' monthly reports are posted on the website as an addendum to the Resident Council meeting minutes (*resident website Homepage > Council > Minutes and Videos*).

Do you want to form a new activity? Learn Elvish? Ostrich racing? Yarn storming? Your council is here to help you find like-minded residents and get that activity up and running. Approach any member of the council and give them your elevator pitch to start the process.

Are you concerned about an aspect of life here that doesn't meet your needs? Or do you have a whizbang idea for something new that requires resident and administration efforts? Council members are charged with keeping an ear to the ground and communicating resident concerns and ideas to the administration. We ascertain whether a particular issue affects an individual or is representative of the broader community so we can determine what action we might take. The council chair and vice chair have routine meetings with administration, and they sit on the Willamette View, Inc., Board, along with the council past chair. This gives residents a strong presence and voice in decision-making and problem-solving. Any council member can be approached with your ideas and concerns. If you speak up, we listen.



At the January 10 meeting of the Resident Council, resident **Ann Rutz** demonstrated her yoga class techniques. Ann, a registered nurse, moved to WV in 2016. She teaches three yoga classes a week to residents at no charge – two mat classes and a chair yoga class. Her classes include meditation, body awareness, and breath control. She stresses that yoga is never a performance, but being in touch with one's energy. Council members practiced the techniques under Ann's guidance for a relaxing end to the meeting.

### Willamette Views

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Submit articles to  
[mhsoco@gmail.com](mailto:mhsoco@gmail.com)  
by the 14th of the month  
or to 204BH.  
Articles may be edited.

## Travel the Oregon Trail, then and now

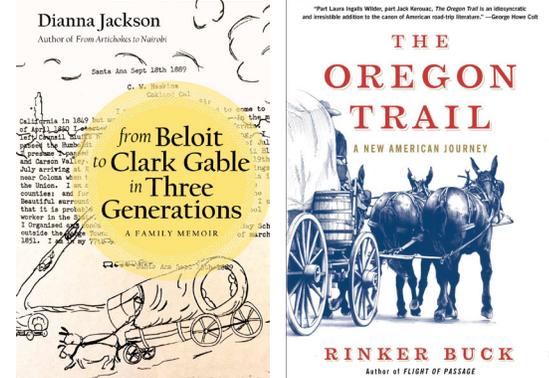
by Sue Bosshardt, Book Review Chair

**Blue Heron Auditorium  
Wednesday, February 19 – 10 a.m.**

**Dianna Jackson** was inspired by reading letters that her great-great-grandfather, William Henry Dresser, and his wife wrote to each other between 1847 and 1853 as he struck out without his family to seek his fortune in California. Dianna's research and curiosity about her family history inspired her to make the trip along the Oregon Trail. She then wrote about both her ancestor's experiences and her own in a book called *From Beloit to Clark Gable in Three Generations*.

Another book, *The Oregon Trail: A New American Journey*, by Rinker Buck, describes a trip that Buck took with his brother in a donkey-drawn covered wagon in 2011. Dianna will compare and contrast the two stories of life along the trail then and now. Both books are filled with funny stories as well as chapters describing angst and struggles.

Dianna and husband **Ray** moved to Willamette View in June 2024 from Morro Bay, California. She is a blogger and the author of another book, *From Artichokes to Nairobi*.



## February Movies

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

### International film

Tuesday, **February 11: *Let Go***

(Swedish language with subtitles, 2024). Stella juggles the demands of young son, moody teen daughter, and distant husband during an unexpected road trip to support her daughter's pole-dancing competition. As their relationship deteriorates, family members endeavor to communicate and reconnect, grappling with personal struggles and the fear of letting go of the past. Josephine Bornebusch is writer, director, and star of this critically acclaimed film. Supporting cast includes Pål Sverre Hagen, Sigrid Johnson, and Lola Zackow. **1 hr 50 m. Swedish drama. Not rated. Discussion following.**

### Saturday night films

Optional discussions will follow.

**February 1: *The Report*** (2019).

Senate staffer Daniel Jones (Adam Driver) leads an investigation into the

CIA's post-9/11 use of torture, which uncovers shocking evidence of human rights abuses and a cover-up by the agency. Diane Feinstein (Annette Bening) and John Brennan (Ted Levine) enrich this true-life drama that offers a sober, gripping account of one public servant's crusade for accountability. Scott Burns directs. **1 hr 58 m. Drama/Mystery. Violence. R**

**February 8: *Oceans 8*** (2018). Sandra Bullock, Cate Blanchett, Anne Hathaway, and Helena Bonham Carter star as an all-female team of thieves planning a sophisticated heist of \$150 million in diamonds. The heist involves intricate planning, elaborate disguises, and a series of carefully orchestrated events, amidst the glitz and glamour of the Met Gala. Gary Ross directs. **1 hr 50 m. Crime/Comedy. PG-13**

**February 15: *The Princess Bride*** (1987). Grandfather (Peter Falk) reads

a book about Westley, a farm boy who falls in love with the beautiful Buttercup. Trials, broken hearts, a battle of wits, henchmen, giants, and of course, pirates – await Westley in this fairytale delight. Billy Crystal, Mandy Patinkin, and André the Giant join Cary Elwes as Westley and Robin Wright as his one true love, Buttercup. **1 hr 45 m. Musical/Drama. PG-13**

**February 22: *Gorillas in the Mist*** (1988). Dian Fossey's work to save the gorillas of Uganda is the basis for this work. Fossey (Sigourney Weaver) bonds with the beautiful animals and becomes wary of the poachers who prey on them. To defend the gorillas, she organizes a defense league, which puts her in a perilous situation. Julie Harris, Bryan Brown, and John Omirah Miluwi fill out the cast. Michael Apted directs. **2 hr 9 m. Drama. Violence against animals. PG-13**

## ✓ Check it out

by LaJean Humphries, Library Committee Chair

### E-books at Willamette View – Yay or Nay?

Thank you to the 176 residents who completed the e-book survey – either online or in print. The Library Committee is grateful and thrilled. We learned that 55 percent of respondents currently read e-books, and that many of you get e-books from the public library. The top three preferred reading devices are:

- iPad
- Kindle
- Smartphone

As reported in the 2024 November *Check it out*, the Library Committee loves and will maintain a robust print collection. (Refer to that article for e-book pricing information.) During the last few months, we analyzed data and carefully weighed the cost-benefit of e-books. We started with 257 of our recent book purchases and determined whether these titles would be available to us as e-books.

Although we could purchase 181 titles, publishers would not make the remaining 76 titles available to a small nonprofit like Willamette View. *Cost per circ* could be the most economical method of purchase, but only 22 of the titles were available with this pricing method. Cost ranges from a low of \$0.99 to a high of \$3.25 per title.

Thirty-three titles were available on a one-copy/one-user-at-a-time basis. The cost ranged from a low of \$7.49 to a high of \$77.

*Metered access* is a more complex pricing method. For example, *Storm Child* by Michael Robotham is available for \$84.99 for 24 months. *Argylle* by Elly Conway is available for \$55 for either 24 months **or** 25 checkouts – whichever comes first. These are only two of the many metered access models.

In addition to our investigation and analysis, we asked for your opinion. We especially appreciate the 51 of you (and no, we don't know who you are) who made comments and suggestions. Thirty-five of you specifically commented in favor or not in favor of the library purchasing e-books – 20 opposed vs. 15 in favor. While many are very enthusiastic about e-books, others feel strongly that e-books are an unnecessary expense.

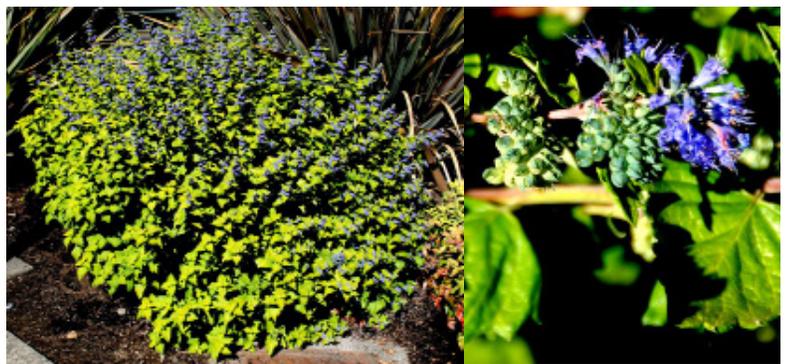
After much deliberation, the Library Committee decided to increase our training efforts for residents interested in e-books. Today we are not going to pursue an e-book contract; however, we may revisit e-book options in a year or two. Special thanks to **Janet Black, Cheryl Brockman, Andrea Keifer, and Donna Krasnow** for serving on the e-book task force. Thanks to everyone for your interest and support of the WV library!

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

### Willamette View Plant of the Month by Fred Rauch

"Hint of Gold" Bluebeard – *Caryopteris x clandonensis 'Lisaura'*

Another plant found but limited on the WV campus is the "Hint of Gold" Bluebeard (*Caryopteris x clandonensis 'Lisaura'*). This hybrid plant was discovered in the Lisa Forest Nursery in England. The plant features bright golden leaves and clusters of dark blue flowers at the terminals of new shoots in late fall or early winter. It is a deciduous perennial that forms a mounding plant up to two or three feet tall. The showy flowers and colorful leaves are fragrant. This plant can be found on the south side of the Terrace building.



## Campus Life – Something New at Willamette View

by Donna Krasnow, Tech Training & Help Resources Team Coordinator

There's something new on our resident website and it's a game changer. It's called **Campus Life**. It used to be called *Living@ WV*, but our website team has so improved it that it deserves a new name. You can now more easily find info that might have been a bit challenging to locate in the past.

My favorite is the first Section. *How Do I ...*. It includes topics like *How Do I Reserve? How Do I Discover? How Do I Learn About?* and more. I selected *How Do I Discover?* and then selected *Campus birds* from the new list that appeared on my screen – and up popped a list of the more than 70 birds (and all of their photos) spotted on our campus. More than 70! Next I selected *Campus rain gauge*. Who knew that resident **Carol Cherin** has a rain gauge that she checks and reports on? She (and her gauge) are part of a community rain, hail, and snow network.

Explore the other nine topics under *Campus Life*: *Volunteer Activities, Moving In, Library, Shopping at Willamette View, Recycling and Trash, Getting Around, Explore our Campus, Technology, and Administration*. You will discover many services, classes, maps, groups, and experiences offered all over our campus.

### So how do you get to *Campus Life*?

On our website home page,\* click on *Campus Life* (top right, black print). A page opens that displays the 10 major topics

of *Campus Life*. Each has a prompt (*Learn more*). Click on *Learn more* to go deeper into each topic.

### So let's try something a little different.

I am offering one free book from the **Book Boulevard** to the first five residents who can answer the five questions below. All answers are found in the topics under *Campus Life*.

1. Identify one volunteer activity available right now.
2. When is the next date that SmartStep Hearing comes to WV to offer hearing aid cleaning and service?
3. Identify the title and date of a technology class offered on campus.
4. Identify two ways to donate items to the Carousel.
5. What color is the area in the Map of Shuttle Service that includes Bob's Red Mill?

Send your answers to [donnakrasnow@gmail.com](mailto:donnakrasnow@gmail.com). Have fun exploring our amazing website designed especially for seniors, with all our foibles, abilities and inabilities. If you want more help meandering through this new section, come to the class on Tuesday, **February 25** – *Exploring the Campus Life Section of Our Resident Website* at 11 a.m. in the Mount Jefferson Room of the Plaza (No, this is **not** the answer to Question 3!)

\*You do not have to log on to access *Campus Life*.

## Celebrating Willamette View's Opening Day – January 5, 1955

Photos by Jon Cottrell

Residents were invited to a Sunday afternoon birthday party in the Blue Heron Auditorium on January 5 to enjoy birthday cake, view historical posters of Willamette View's groundbreaking, construction, and first residents, and celebrating with friends. **CEO Craig Van Valkenburg** welcomed residents to the first of numerous celebratory events that will take place during this 70th anniversary year.



## New Art in the Health Center Neighborhoods

The **Art in Public Areas (APA) Committee** has begun installing art in the Health Center Neighborhoods as areas are completed. A quilt titled “Boistfort Valley” by resident artist **Bonnie Keller** is part of the new art in the lobby.

Bonnie created his landscape quilt in 2018 by Bonnie while living on the Keller family homestead in the Boistfort Valley outside Chehalis, WA. She based it on photos she took of the valley and Willapa Hills, the eagle tree, and Chehalis River, as well as historical photos of the original Boistfort school and community church.

Although most of the quilt was created by finding the perfect piece of fabric and putting little pieces together, some things that were too intricate to

piece were printed on fabric, including eagles, elk, deer, tractor, and log truck. Some of the wildflowers were printed out from photos Bonnie took. A lucky find was the fabric with cows printed on it, which were each cut out and applied. The little appliquéd mouse in the lower left is a signature Bonnie has used on many of her quilts.

Techniques include raw-edge appliqué, piecing, thread painting (on the cat and chickens), and hand-guided free-motion quilting.

Bonnie began quilting when she moved to the Boistfort Valley with her husband Gerry on their retirement in 1995. She has won many international, national and local awards for her work and has been published in a number of quilt magazines. Two of her quilts were



purchased by and reside in the National Quilt Museum in Paducah, KY.

Six years ago Bonnie took up chalk pastel painting and has recently discovered painting on her iPad with the Procreate app and an Apple Pencil.

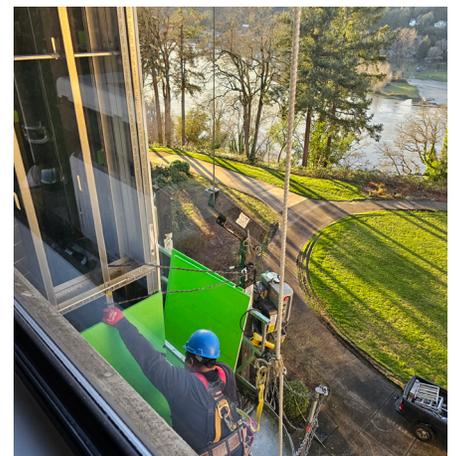


*APA Committee is hanging art in the newly renovated Health Center Neighborhoods. From left: Jody Everts, Wyma Rogers, Evelyn Hicks, Julie Donaldson, Mary Norman, Ginny Seabrook.*

## Ode to the Chimney Rope

*by Candace Bradley*

For several months, the chimney on the back of the Manor's C-wing has sported a metal framework, slated to be encased soon. In the interim, next to the framing a cable and ropes dangle along the entire height of the building. The ropes help support the aerial work platform when men are here building the casing. We residents who live on the river side of C-wing have the rope passing by our bedroom windows. With the winter weather lull, the ropes have become somewhat of a weather vane for us. If it's freezing, there's ice on the rope. Rain features water running down the rope, and wind sways the rope – more, depending on how windy it is. Now when we look outside to assess the weather, we need look no farther than six inches to the rope. Soon the construction will be finished and the rope will be gone. **Linda Burke** quipped, "I'm going to miss that rope!"



## Good Days, Bad Days

*A series of reflections on senior living by WV resident and author Peter Gibb*

### *New Year Ritual*

I was five years old when I made my first New Year's resolution. I promised to go out to the field and bring home chives for the kitchen. January was cold, so I put it off. I soon forgot all about chives.

New Year's Resolutions have earned – justifiably – a bad rap. Formed frequently on a whim, moments before midnight, often in a foggy, alcohol-drenched state, such resolutions have a typical shelf life of days or weeks, and then slip into oblivion.

I am an unabashed fan of New Year's resolutions. But to be worth the parchment they're written on, such resolutions must be planned for, carefully crafted, celebrated, and monitored in a different way.

For the 2024/25 transition, a friend and I at Willamette View co-designed and executed a ritual that we celebrated together. The ritual helped us close out the old year, while creating inspiration and a blueprint for the new year.

We co-created and agreed on the process in advance, allowing each of us time to prepare. We conducted the ritual alone, Part 1 before dinner, Parts 2 and 3 after. We intended, and realized, I feel, a process that was fun, intimate, authentic, sacred, and grounding.

#### **Part 1. Closure on 2024**

We separately chose a symbol that expressed the essence of our lives in 2024, and brought a representation of that symbol to our time together. For example, my symbol was a small heart that represented, for me, how 2024 has been a year of constantly opening my heart and expressing love. Each of us, in turn, explained our symbol, then gave a review of the year in whatever format we chose. The non-speaker was an attentive listener, avoiding advice-giving, but listened closely with questions for clarification as appropriate.

Together, we each lit a candle as a symbol of gratitude and closure on the year.

#### **Part 2. Welcoming 2025**

We each adopted a symbol that expressed our hope for

2025, then presented more details for challenges, hopes and/or goals for the year. My symbol was a small peace sign behind closed doors, expressing my intention that 2025 be a year of inner peace and calm, no matter whatever chaos reigned outside. Careful listening and questions, as in Part 1, continued. Our discussions were rich and intimate, deepening our connections with one another and with ourselves.

Together, we both lit candles as a symbol of hope for the coming year.

#### **Part 3. Blessings**

We concluded with a period of silence and reflection. Then each of us expressed words of praise. We read blessings from outside authors, as we acknowledged our gratitude and recognition of the oneness of this life of which we are but a momentary part.

This event was enormously helpful and inspiring for me. A similar process could be used at any time of the year, alone or with friends. Should you be interested in experimenting with this or a similar ritual, please use this as you see fit. If you'd like to discuss more detail on how to include this or other rituals in your life, I'd be happy to help.



## First Time Concert at WV by Oregon Repertory Singers

by Ginny Seabrook, Music Committee

Every December, residents at WV fill a bus to see the **Oregon Repertory Singers'** holiday concert. Now we can look forward to having the well-known choral group here at Willamette View. The concert will be in Blue Heron Auditorium on Thursday, **February 6**, at 7 p.m. Founded in 1974, Oregon Repertory Singers is a premier choral arts nonprofit organization. With over 100 members, singers from NW Oregon and SW Washington form a close community. The choirs perform works from many eras of choral music and from diverse cultures. They revive

rarely performed gems and champion newer works. The adult choir is without peer and aims to touch the hearts and souls of the audience through music. The youth choir provides an opportunity for young people to learn to sing beautifully together and to embrace the beauty and harmony of music.



ORS promotes and elevates choral music of the highest quality so that local singers can express and improve their

artistry. Join the WV community in welcoming this extraordinary group to our campus for the first time.

## MusicWorks presents Mary Flower and the BBQ Boys

by Lois King, MusicWorks

**Mary Flower**, internationally known and award-winning picker, singer/songwriter, and teacher will play for us on Saturday, **January 18**, at 7 p.m. with the four-piece jazz, blues, and jug band the BBQ Boys. They have been playing together since 2013, creating new masterpieces of old standbys and originals, adding rich harmonies and searing solos.

The **BBQ Boys** are excellent musicians, playing a variety of instruments. Stew Dodge plays fiddle and performs vocals. He is owner and CEO of Stew Dodge Sound Co. Spud Siegel plays mandolin and mandola and does vocals. He is also a ship's captain on the Columbia River. Doc Stein plays dobro and guitar, does vocals, and is an ER doc. Mark Vehrencamp plays sousaphone. He is a railroad engineer for Union Pacific and also plays with the Vancouver Symphony. Don't miss this concert.



## Bringing awareness to our assumptions

by Helen Spector, Diversity and Inclusion Group



*Not everything that is faced can be changed, but nothing can be changed until it is faced. James Baldwin*

Join your neighbors for the Diversity and Inclusion Group's Wednesday, **February 12**, program in the Blue Heron Auditorium at 10 a.m. In this interactive program, we will practice how to notice an assumption and how we can play with it to see how our view of the situation might change. We each see the same thing differently. Our brains work automatically, in less time than a blink of an eye, to create assumptions and beliefs. Our assumptions and beliefs create unconscious filters. We can question those filters if we become aware of them.

We will explore

- Where our assumptions and biases come from.
- How we can notice our biases and how we can bring our unconscious assumptions into awareness.
- What we can do when we become aware that a bias/assumption is active.

## Plant-Based Nutrition Group A WV Resident Activity

by Al Greenwood

The **Plant-Based Nutrition Group** is a vibrant part of Willamette View's Education activity programs, dedicated to promoting health and sustainability through dietary awareness. Meeting monthly in the Terrace Auditorium, the group screens educational videos every second Saturday, covering topics related to the whole food plant-based (WFPB) diet. Endorsed by the **American College of Lifestyle Medicine (ACLM)**, the WFPB diet emphasizes vegetables, fruits, legumes, and whole grains, with optional small amounts of nuts and seeds. A vitamin B12 supplement is recommended to ensure nutritional balance.

**Jerry Smith** and **Elaine French** lead the group and maintain an email list to share weekly updates, video links, and information on activities like Zoom meetings and dine-outs. They provide free resources, including guides like *How to Follow a Whole Food Plant-Based Diet at Willamette View* and materials on preventing or reversing chronic diseases.

The WFPB diet isn't just beneficial for personal health; it's also environmentally friendly, requiring fewer resources and producing significantly less greenhouse gas than animal-based agriculture. Additionally, it promotes compassionate eating practices.

Jerry and Elaine bring a wealth of experience, having followed the WFPB diet for 45 years and earning the **eCornell Plant-Based Nutrition certificate**. They also founded a nonprofit nutrition organization and operated a plant-based restaurant. Their expertise, combined with frequent conference participation, makes them invaluable resources for group members, always ready to share recipes, tips, and knowledge.

For more information about the Plant-Based Nutrition Group, contact Elaine French at [efrench1@yahoo.com](mailto:efrench1@yahoo.com) or Jerry Smith at [jerrysmith43@yahoo.com](mailto:jerrysmith43@yahoo.com).

## A Day in the Life of ... by Rob Pirie

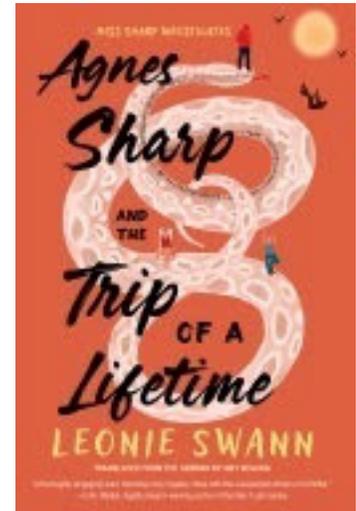
There are currently approximately 525 residents living here at Willamette View. That translates into 525 person/days every day, which means that, over the course of a year, our residents spend 191,625 person/days. So what does that mean, you may ask? It means that every day of every year, 525 of us get up, brush our teeth, have breakfast, and then go about our business for the day. Some of us – the more energetic ones – leap into action in a variety of leadership roles in various committees,

groups, clubs, and other activities. Others of us – who may be lower key by nature – read books, do puzzles, watch TV, or follow other interests.

The purpose of this column is this: Each month, we will briefly highlight how one of our residents spends one day. This will include, as someone once characterized it, both the sung and the unsung. We will interview a willing (and sometimes anonymous) resident and, in a subsequent issue of *Willamette Views*, describe *A Day in the Life of ...*

## Try This Title

by Penny Fiske



## Agnes Sharp and the Trip of a Lifetime

Manor M SWA  
Pub Date 2024

"Agatha Christie by way of *The Golden Girls* ... The shrewdly engineered puzzle at the novel's center lodges inside a portrait of through-thick-and-thin friendship. Swann also offers rueful-humorous considerations of youthful folly (there's a withering parody of a popular blogger) and the realities of aging and mortality." **–Shelf Awareness**

"This delightful mix of mystery, humor, and elderly shenanigans reminiscent of *The Thursday Murder Club* makes for a thoroughly engaging read, blending cozy mystery vibes with the unexpected shivers of a thriller."

**–G.M. Malliet, Agatha Award-winning author of the Max Tudor series**

"This madcap, quirky, laugh-out-loud funny, thoroughly delightful tale is as charming as it is improbable. It will especially appeal to fans of Richard Osman." **–Booklist**

## New residents bring wide range of interests – nature, art, gardening,



*Janet Timmerman*

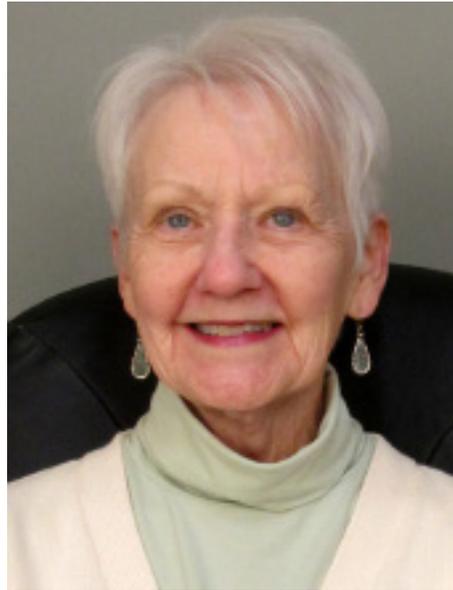
**Janet Timmerman** moved into 102PH on November 7, having come from Camano Island, WA. She lived previously in Black Forest, CO. She attended The Masters School in Dobbs Ferry, NY, and Air Academy High School in Colorado Springs.

She worked briefly for Hewlett-Packard, and then at Pieces and Parts, an electronic wholesale company. Later she went back to ranching in Black Forest, where she learned about herself and nature.

She volunteered for the Habitat for Humanity Women Build program in Colorado Springs. She hopes to volunteer for a local cat welfare program, loves being outdoors, and observing the wonders of nature. She notes that she is "always weaving."

Janet has three siblings, three nieces, and a nephew. She chose Willamette View because she is ready to start a new chapter in her life and this community seems to be the ideal place for it to unfold.

**Margie and Jeff Lohr** are new residents of 108B. They moved from NE Portland's Concordia neighborhood



*Margie Lohr*

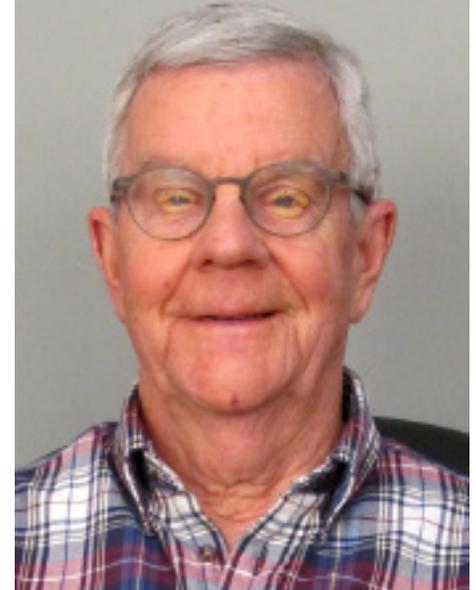
on December 3 and earlier lived in Pittsburgh and Philadelphia, PA; Charlotte, NC; and Dallas, TX.

Margie attended Penn State University, earning a BS in elementary education, and Queens University in Charlotte, earning an MS. She spent her career as a middle school teacher in Pennsylvania and North Carolina.

Jeff attended Penn State University, earning a BS in accounting. He was a CPA for Price Waterhouse, Bank of America, Coca Cola, and CFO of a nonprofit organization.

Margie was a homemaker and community volunteer for 14 years, was a museum docent in Dallas and Charlotte, and had many volunteer experiences. Her interests include walking, the arts, and watching college sports.

Jeff's volunteer experiences include building with Habitat for Humanity and serving on its Board of Directors in Charlotte, and was a house construction leader. He served on mission trips to Malawi (Africa), El Salvador three times, and Canada, and worked with Jimmy Carter Build in Americus, GA.



*Jeff Lohr*

Margie and Jeff have a son and daughter-in-law and two grandchildren. They chose Willamette View for its active lifestyle, amenities, and leadership. They find WV to be warm and welcoming; they appreciate its beautiful grounds, and enjoy being outdoors.

**Cheryl Claar** came from Hillsboro on December 20 to join husband **Victor**, who had moved to WV in January 2024. At present, they live in 601E and 602E while they await the availability of a larger unit they will share. Cheryl states that she has lived in too many places to list, being in an Air Force family, and then wife of a civil servant. She has lived in seven states across the US, and in multiple locations in France and Germany.

She earned an Associates Degree from the American College in Paris – now known as the American University in Paris – an extension of George Washington University. She has a BA in English and German from the University of Maryland and an MPA from Troy State Alabama. Both programs were offered to military members and their families stationed abroad.

**and more** *Photos by Mike Lincicum*



*Cheryl Claar*

Cheryl wrote the following summary of her career and interests:

"I've had a number of 'jobs' in my life. The ones I have loved always contained books and/or libraries. My 15-year career opportunity began just as our daughter was leaving for college. I was hired by the Science Applications International Corporation (SAIC) to work on multiple military defense department projects in Europe and the US. I developed expertise in technical editing for computer system security accreditation documentation. The work was a tedious but necessary part of keeping information secure. Because I worked for a variety of Defense Intelligence Agencies with acronyms you would recognize, my office spaces were kept pretty well under wraps.

"My volunteer interests also involve books. A love of books is, however, second to my real passion – reproducing house plants. Victor and I chose WV as our forever home during COVID. We shopped around a lot, and in the end, we knew this community best suits our needs. We are ready to bloom here in the fertile ground of Willamette View."

## Craig Roberts chose WV for ceremony

*Story and photos by Jeanne Magmer*

**Craig Roberts**, former Clackamas County Sheriff, chose Willamette View as the venue for his January 6 swearing-in ceremony as the Clackamas County Commission Chair. Roberts was elected chair in the November 2024 election.

Roberts told the close-to-200 elected officials, county employees, family, and Willamette View residents in attendance in the Blue Heron Auditorium and on Zoom that he will prioritize mental health and substance abuse treatment. County residents "are counting on us to move forward with a sense of urgency," Roberts said.

**Aria Rix**, eight years old and a second grader in North Clackamas Schools, captivated the audience as she read the report she wrote for a school assignment after interviewing Craig Roberts on what it means to be a public servant.



*From left: Mistress of Ceremonies Shirley Morgan, Aria Rix (age 8), and Craig Roberts*



*Clackamas County Judge Ann Lininger administers the oath of office to Chair Craig Roberts. Roberts' fiancée Erica Hudson holds the Bible.*



*Craig Roberts addresses the audience following the ceremony.*



*Around 200 elected officials, county employees, family, and WV residents attended the event.*



F&B Admin. Support Coordinator Director Chad Grove organized WV's festive New Year's Eve party.



Resident Walt Lundberg and F&B Front of House Manager Michele Jones boogie with the rest of the crowd.

## Grateful Earthlings

We officially have a new activity group at Willamette View: **Grateful Earthlings**, with programs scheduled from 1 to 2:30 p.m. every 2nd Tuesday of the month in the Court Family Room.

The **February 11** program will be a set of three 15 – 20-minute conversations centered around the videos *Asking the Right Questions*, *Sustainability*, and *Being Present*.

On **March 11** we'll have a conversation on the values we cherish and the cultural norms that may conflict with or obscure them.

In **April**, we will have an *Earth Month* guest speaker to discuss *Connection to the Land and All Life*. Please join us!

by Milt Markewitz



## Tumbleweed

I was walking through an empty, treeless place  
a flimsy line of clouds ahead like curtains catching wind;  
and desiccated brush now golden brown  
seemed, where I stood transfixed, to make a plaintive sound:

"I'm lost. Without a home I cannot yield a fruit  
or decorate a barren plain. I do not thrive, yet here I am,  
a rootless, rolling shell atop the soil,  
a sham."

And then the answer came:

"You cannot yield what you don't recognize as yours,  
the joy of knowing you belong even in your withered state.  
You were conceived for tough terrains; hence any land's your home  
where rain though late will finally come to help your seeds be born.

"Your emptiness invites the winds to find you better berths  
or have you wait just where you are as seasons feed the earth."

by Sandra W. Felkenes

## Refuse, Reduce, Reuse, Recycle

by Warren Ford, Green Team

All too often, many of us who try to follow Willamette View recycling guidelines do not Refuse, Reduce, and Reuse to avoid the need to Recycle altogether. Consider food from the Marketplace or the Pantry. We can bring our own paper or cloth bags to take home our purchases. We can refuse plastic plates, cups, and utensils. We can put the purchases into our walkers instead of a bag. We can bring our own mugs or thermoses to the coffee and tea stands. We can bring our own containers to Riverview, Waterfalls, and White Oak Grill, and fill them with leftovers, or refuse paper cups and ask for Greenies. Think ahead to reduce the amount of garbage that goes into landfills and reduce the expense of recycling. Refuse, Reduce, and Reuse to help our world environment.

# Willamette View welcomes in the New Year

Photos by Jerry Hull, Walt Lundberg, Susan Ungar, MH Socolofsky



## Announcements

### Did you know?

There are water filter stations all around WV's campus! Why is this important? You ask... Instead of relying on single-use plastic water bottles, we can refill reusable water bottles from the stations. Less plastic waste AND filtered water, besides!

*by Marilyn Feldhaus,  
Green Team Committee  
to Reduce Plastic Waste*

**Do you have DVDs you would like to donate to the circulating DVD Collection**, sponsored by the Movie Committee? The collection includes documentaries, TV shows, travelogs, concerts, educational and how-to presentations, and fiction movies. The collection is located on the Manor lower level near the Mart. To donate your DVDs, contact **Doug McLin** (7055).

### Low Vision Peer Support Mutual Help Group

**Wednesday, February 12**

**Court Family Room  
2nd Floor, Court Building  
1:30 – 2:30 p.m.**

Our group will share struggles as well as insights into vision loss. This is not a therapy group; it is a peer-support, mutual-help group. All discussion is strictly confidential. WV Health and Wellness Coordinator Laela Echelberger is the facilitator.

*by Jim Sawyer*

Two recently added monthly columns in Willamette Views have been temporarily paused or discontinued due to several factors: **Scam Corner** and **A WV Resident Activity**. Many thanks to **Rob Pirie** and **Al Greenwood** for their creative ideas and fine writing. Rob's new monthly column, **A Day in the Life of...** is introduced on page 9.

### In Remembrance

*Ardie Jewell  
Bruce Purdy  
Frank Starr  
Sharon Walters*

### Apartment Moves

	<i>from</i>	<i>to</i>	<i>phone</i>
Marq and Will Bautista	New residents	509A	6641
Mike and Carrie Bruist	New residents	208P	6603
Paul Connolly and Kingsley Click	New residents	107P	7059
Bernard Della Santina	201P	220T	6639

## Life Enrichment invites residents to Terrace Auditorium programs

*by Nate Lesiuk, Life Enrichment Manager*

Wednesday	February 12	Kyle Lewis Piano and Vocal Performance, 2 p.m.
Wednesday	February 19	Ellen Whyte Guitar and Vocal Performance, 2 p.m.
Wednesday	February 26	John Nilsen Piano Performance, 2 p.m.

# Perspectives on the Natural World

by Wendy Aeschliman

## Fastest Animal in the World – Part 1 Peregrine Falcon – *Falco peregrinus*



Early in November 2024, Portland lost **Bob Sallinger**, an individual who for decades had made tremendous contributions to the comeback of peregrine falcons in Oregon. Serving as the conservation director of Portland Audubon for many years (now Bird Alliance of OR), he was known as Portland's "Falcon Father." Historically nesting on cliffs, the resilient peregrines began to move into cities and nest on high ledges and on bridges like ours in Portland. In collaboration with the Oregon Department of Transportation (ODOT), Sallinger climbed many of Portland's bridges to find nests, band babies at critical ages, and watch over their well-being. Fremont Bridge alone was home to four dozen peregrine youngsters, and Bob drew a genealogical family tree of peregrines reared on this bridge. ODOT prioritizes providing safe spaces for peregrines and has an official **Peregrine Falcon Management Plan** – sometimes deterring them from high-risk areas, sometimes delaying maintenance until after the young peregrines fledged. Their monitoring of bridges in the metropolitan area includes the Abernethy, Boone, Fremont, Glenn Jackson, Interstate, Marquam, and St. Johns bridges, ensuring that ODOT activities do not negatively affect peregrines as they nest and grow. Once, Bob had to climb to a nest to rescue the inhabitants from imminent danger. He scooped them up and took them to Portland Audubon's **Wildlife Care Center** to be raised there. To ensure that the chicks did not imprint on human caretakers, the center used a peregrine puppet head to enter the hole in the box to feed the young. The precautions were successful; the birds were subsequently released to the wild. We thank and remember Bob Sallinger for his incredible contributions to conservation and nature, especially peregrine falcons. OPB produced a video on Sallinger for the *Oregon Field Guide*, viewable online at [OPB.org](http://OPB.org).

Peregrine populations became critically endangered in the 1950s and 60s due to accumulations of the insecticide DDT, causing the eggshells to thin and break. Even though DDT had been banned for most uses in the US in 1972 by the Environmental Protection Agency, the species was on the brink of extinction. In 1970, experts couldn't find a single peregrine falcon in Oregon; yet forty years later, they were off the Oregon endangered species list, thanks partly to the large number of nesting peregrines right here in the city of Portland – especially on the large, noisy bridges. Peregrines construct no actual nests but choose protected areas within the bridges. Abundant food for peregrines exists in the form of stocky pigeons, which incidentally are speedy birds themselves – able to fly on the level up to 92 mph, outflying even the peregrine! But peregrines are opportunists; they can go high, spy their prey below, and plummet down at speeds that at times exceed 240 mph, knocking prey unconscious. They are thus named the fastest animals on the planet. The birds breed on all continents except Antarctica (like osprey). The name peregrine means *wanderer* in Latin. They are medium-sized raptors, sharing characteristics with all falcons – upper bill conspicuously notched to create a *tomial tooth*, the presence of a nasal cone, and pointed wings for swift flight. The tomial tooth helps them quickly break the necks of their prey; a tubercle in the nostrils helps slow airflow during dives. Their acuity of vision is exceptional – actually binocular – and approximately eight times better than that of humans.

Next month you will be introduced to another individual who even more directly contributed personally to the incredible comeback of the peregrine falcon: Yes, a male peregrine falcon named **Dash!**



Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Monday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers Support Group	First and third Thursday	10:30 a.m.	Court Family Rm.	Kristen Larsen	6633
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Chorus	Thursday	12:30 p.m.	BH Auditorium	Anne Tracy	6530
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	Sylvia Randall	7222
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
Episcopalians and friends	Fourth Thursday	11 a.m.	Mt. Hood Sunroom	Carol Anne Brown	2706
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Interfaith Questers	Monday	2 p.m.	Court Family Rm.	Ella Evers-Meinardi	6304 or 415-531-4492
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday, Thursday	2 p.m.	Multipurpose Rm.	Donna Kling	7229
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	9 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle – all levels welcome	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 10:30 a.m.		Pool	Candace Bradley	7201
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Lois King	6345
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1 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	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Willing Weeders	Various days/times		WV Outdoor Campus	Donna Kling	7229
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

See [wvresident.org/activities/activities-calendar](http://wvresident.org/activities/activities-calendar) for complete list.