

Willamette Views

A Publication of The Willamette View Residents Association



Volume 48, No. 1

January 2025

Residents Association Semiannual Meeting



Doug Morgan
Resident Council Chair 2024



Pam Brown
Resident Council Chair 2025



Laura Engle
WVI Board of Directors Chair



Craig Van Valkenburg
Willamette View CEO

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Building Together for Tomorrow and Today

The Residents Association semiannual meeting was held on December 16. Elections were held for 2025 Resident Council positions and reports were presented. New residents were introduced and welcomed. *Story on page 9*

A Dramatic Tribute to Sandra Brewer

As a tribute to her remarkable sister, **Sandra Brewer**, who was a part of our WV community from 2019 to 2024, **Ann Phelps** is bringing a special dramatic performance to the campus on the evening of Friday, **January 24**. *Story on page 5*



Sandra Brewer in Boston, 2011



Actress Jane Fellows

From the Resident Council

by Donna Moores, RC Vice Chair

Welcome to the 2025 Resident Council

I love that the New Year always feels like a clean slate – a time to reconsider our priorities and practices.

We start this year with several new, enthusiastic members of the Resident Council and its Standing Committees. They will bring fresh perspectives and new ideas to build upon the solid foundation formed by many years of resident involvement and dedication at Willamette View. I've found that when the right people show up at the table, make sure you stay out of their way and let them have at it. It's exciting to think about all the possibilities.

One change for 2025 will be the timing of the Resident Council meetings. We are responding to feedback from residents that the 9:30 a.m. meeting time felt too early and kept them from participating. Starting this month, our meetings will be held at 10:30 a.m., still held in the Terrace Auditorium on the second Friday of the month. We will evaluate the seating and sound system to try to improve this as well. Our goal is to make council meetings accessible, inclusive, and noteworthy. The first meeting of the new year will be **January 10**. It's open to all residents of Willamette View and available on Zoom. We'd love to see you all there.

Just over the last few months, residents have started new activities such as the **Pain Support Group** and **MakerSpace**, a group establishing a 3D printer workshop. Many thanks to **Sherry Johnston, David Heath, Jon Cottrell**, and others for taking the initiative, getting residents involved, and making these new activities happen.

Other opportunities and challenges will occur in 2025. One will be the opening of **Heron Heights** and integrating the new residents into our community. We'll be looking at the successes and lessons learned when North Pointe opened in 2019. This may require creativity on our part, since the Heron Heights residents will be more geographically removed. We look forward to teaming with the administration to make a game plan. Are you willing to brainstorm with us on this one?

Also this year, Willamette View will celebrate its 70th anniversary. I know. That's not as old as we are. But it is an estimable age, and signifies how cutting-edge WV was in 1955. Willamette View, Inc., is planning a year-long celebration, with resident input. Stay tuned for details and lots of fun to come.

I'm looking forward to getting started on 2025. Hope you're interested in coming along for the ride!



Celebrating together at the Employee Appreciation Party. From left: Andy Mueller, Candace Bradley, and Kris Bouwer

The recently completed **Employee Appreciation Fund Drive**, under the able leadership of **Teresa** and **Fred Olson**, with help from money managers **Elaine Toll** and **John Niemitz**, brought in a total of **\$312,843** from generous donations by WV residents. Thank-you checks were written to 286 employees in time for the holidays and presented at the **Employee Appreciation Party** on December 11. Residents were on hand to express their personal gratitude to staff members at the party.

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

Glenna's Ten Favorite Books from 2024

by Sue Bosshardt, Book Review Chair

If you rely on *The New Yorker's* annual book list, this personalized presentation by **Glenna Kruger** is for you. Come to the Blue Heron Auditorium at 10 a.m. on Wednesday, **January 15**. Glenna will share her ten favorite books from 2024 with fellow Willamette View readers. She will be giving us short reviews of five fiction books and five nonfiction books, hoping residents will find something new and interesting to read in 2025. All the books she will mention are available in our Willamette View libraries. Glenna will share a handout with the titles, call numbers, and library locations of all ten books that she reviews.

Glenna is an avid reader and library supporter. She volunteered in the WV libraries and the Library Committee from 2017 to 2020. Glenna served on the **Resident Council** as education councilor, then as council vice chair, and became chair of the council in 2022. Currently she is a member of the Willamette View Chorus and is leading the **Neighbor To Neighbor** program. She and husband Roy moved to Willamette View in 2016 from NE Portland.



January Movies

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

Donations gratefully accepted

International film

Tuesday, Jan. 14:

Crouching Tiger, Hidden Dragon

(Mandarin Chinese language with subtitles, 2000.) A surprisingly touching love story is embedded in this exhilarating martial arts fantasy. Michelle Yeoh stars as the mysterious thief of the magical Green Dragon sword, with actor Chow Yun-fat as the warrior who vows to avenge his master's death. Destiny and honor are defended with glorious martial art prowess. Directed by Ang Lee. **2 hrs. Martial Arts. PG-13**

Saturday night films

Optional discussions will follow.

Jan. 4: *Roald Dahl's Esio Trot*

(2015). Dustin Hoffman is lovable as Mr. Hoppy, smitten with a ditsy, charming widow (Judi Dench), who talks to a tortoise. Both accomplished actors are

perfectly cast in Roald Dahl's delightful and quirky tale, written as a children's book in 1990. **1 hr 28 m. Rom/Com. Not rated.**

Jan. 11: *Still Alice* (2015). A renowned linguistics professor, Alice Howland (Julianne Moore), struggles with a rare form of Alzheimer's disease in this heart-felt memoir. Moore won the Academy Award for Best Actress in a Leading Role for portraying Alice's courageous fight as her memory fades. Alex Baldwin portrays her husband in this thought-provoking film, directed by Richard Glatzer and Wash Westmoreland. **1 hr 37 m. Drama. PG-13**

Jan.18: *The Greatest Showman* (2017). P. T. Barnum, born with a natural talent for publicity and promotion, creates a daring extravaganza of ex-

otic performers and exhilarating high-wire acts. This charmingly spectacular musical stars Hugh Jackman, Michele Williams, and Zac Efron. Directed by Michael Gracie. **1 hr 45 m. Musical/Biographical/Drama. PG-13**

Jan. 25: *Hidden Figures* (2016). *This film is shown in partnership with the Diversity & Inclusion Group (DIG).* Three brilliant African American women serve as the mathematical brains behind the launch of astronaut John Glenn into space. Octavia Spencer, Taraji P. Henson, and Janelle Monàe star as the unsung Black heroines who worked through racial and gender discrimination to produce a stunning achievement that changed the world. Theodore Melfi directs. **2 hr 7 m. History/Drama. PG**

✓ Check it out

by LaJean Humphries, Library Committee Chair

Your 2025 Library Standing Committee

I am honored to serve another year as chair of the Library Committee. The committee would like to say farewell and thank you to **Roy Kruger**, Collection Development manager; **Janet Black**, Manor Library manager; **Anne Tracy**, Terrace Library manager; **Wyma Rogers**, Data Entry/Cataloger; and **Pam Brown**, Resident Council liaison. Secretary **Catherine Cunningham** is taking an extended leave of absence. They have all done stellar work and been a pleasure to work with.

I am pleased to introduce new members of our committee. **Donna Krasnow**, incoming Collection Development manager, will oversee teams of book reviewers and book selectors. **Sharon Ford** is our new secretary. **Sue Nichol**, Terrace Library manager, and **Ruth Yokoyama**, Manor Library manager, will join returning member **Nancy Bouswma**, Court Library manager, in running the branch libraries. **Andrea Keifer** is our new Data Entry/Cataloger, who will be working with **Sandra Helmick** to make sure each book has the correct call number so that you can find it on the shelves. We also welcome **Donna Moores** as liaison, as she becomes Resident Council vice chair.

Patty Marks continues as treasurer to help manage our finances. **Pam Birch**, *ResourceMate** manager, keeps our on-line catalog computer system running smoothly. **Cheryl Brockman** provides circulation and other reports. **Rikki Perry** and her team handle reserves and ensure that you get the book you put on hold. **Flora Lippert** maintains the library pages on the resident website. **Werner Gerling** and **Gary Lippert** keep our computers running smoothly, handling software and hardware issues. **Jan Williams** creates gorgeous graphics, bookmarks, and posters.

In addition, a host of about 50 resident volunteers fill even more job descriptions. Our volunteers display great flexibility, loyalty, and determination to continue serving Willamette View readers. I'm fortunate to work with such an exceptional committee of new and returning volunteers. We are grateful for the support of WV administration and the Blue Heron Foundation.

If you have questions or suggestions, or are interested in volunteering, please contact any member of the Library Committee. We would especially like to hear from anyone with library management, integrated relational database systems experience, and/or computer expertise!

**ResourceMate* is a comprehensive system that streamlines library operations and helps us maximize productivity and efficiency. It is composed of a relational database, software to interact with that database, and two graphical user interfaces – one for residents, and one for library volunteers to manage various functions.

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

Willamette View Plant of the Month

by Fred Rauch

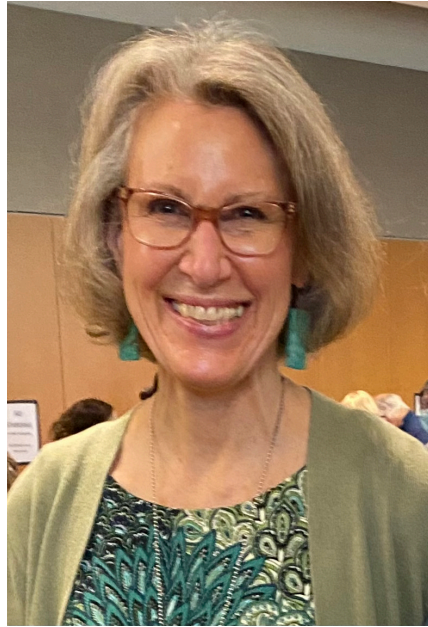
Italian Cypress – *Cupressus sempervirens* 'Swane's golden'

The Italian Cypress, with its dark green foliage, is commonly seen in our landscapes, but the Swane's Golden Cypress (*Cupressus sempervirens* 'Swane's Golden') is less common, with its bright yellow new foliage when grown in the sun. It fades to light green when grown in the shade. We have several on the WV campus – one on each side of the entrance leading from the Terrace building to the pond area, and one on the west side of the Court building. The cultivar originated as a seedling in 1944 at Swane Brothers Nursery in New South Wales, Australia. The evergreen conifer tree forms a narrow column when young and is slower growing than the species, to 15-20 feet.



A Thank You to Linda Tofflemire *by Donna Moores*

Linda Tofflemire came to Willamette View in 2013 to work in the social services position at the Health Center and Terrace. Later she moved to the counselor role, helping residents across the entire campus. She has a Masters of Arts degree in psychology and is a Licensed Professional Counselor. Since we moved to Willamette View two years ago, Linda has been a comforting, stable presence. Initially I thought meeting with her as we moved in was unnecessary, but that was not the case. It was good getting to know her and being known by her. She had a composed but warm manner and a twinkle in her eye. We learned more about Linda when early on we attended our first Celebration of Life. She was a small woman in a very large room, but



still was able to make a connection and touch our hearts. It has been important

to know that she was there to help us through difficulties, to support our families during painful times of transition, to hear our concerns about our friends and neighbors. We are sorry to see her go, but glad she has chosen to care for herself and enjoy **her** life to the fullest.

And now, the administration has a tough job on its hands and big shoes to fill. Staff recruitment has been a daunting task over the last several years. Although positions still need filling, we can see the fruits of their labors. In whatever way we can be supportive of this work, we should step up, even if that is merely having patience while the search for a new counselor proceeds.

Many thanks to Linda for her dedication to her work and this community. Best of luck!

A Dramatic Tribute to Sandra Brewer *Continued from page 1*

The one-act play, titled *The Museum: Memories of an American Family*, was written by Sandra's daughter, **Gabrielle Brewer-Wallin**, as a reflection on her mother and the family stories Sandra told about her parents. The play was first produced via Zoom at Willamette University in 2022. The sole character, a museum docent, walks us through a collection of items on display. These items are among the possessions that Sandra brought with her to Willamette View. In some ways, the play is a memorial told as if Sandra were present – talking about her life and sharing memories and stories from her past. The docent role will be performed by **Jane Fellows**, a Portland-based stage and television actress. Jane describes the play as “a sensitive and delightful glimpse into Sandra’s remarkable life.” The docent will engage the audience in learning how the things we choose to keep can reveal a complicated life story. The play brings to mind some questions: What did you choose to bring with you when you moved to Willamette View? How do our belongings shape and express our individual identities? How does aging affect our ability to tell reliable stories? As a prelude to this dramatic experience, **Amy Torgerson** will perform a Brahms piano piece that evokes the pensive quality of the docent’s reflections on Sandra’s life.



Sisters Ann Phelps and Sandra Brewer

To further honor her sister’s legacy, Ann has endowed a **Blue Heron Foundation Fund for the Performing Arts at Willamette View** to provide cultural programming for the benefit of future residents of our community. Door donations at the play will be designated for this fund. Others wishing to contribute to the fund can contact **Loraine Colacchi** in the **Blue Heron Foundation** office.

Carousel Leadership will transition in 2025

Donna Krasnow has volunteered in the **Carousel Gift Shop** for almost nine years. She managed the Cage for six years and has been the general manager of the Carousel for three years. She notes the substantial changes she has seen! When she started there, a gigantic clerk desk took up lots of floor space. It was challenging for residents with wheelchairs or walkers to move around. Installing a smaller desk allowed room for additional display shelves and clothing racks and provided a more spacious floor. Another addition has been the **Carousel on Wheels**, which brings free clothing selections each month to licensed care residents in the Terrace and Neighborhoods.

Donna retiring as Carousel manager in November. She has worked with around 100 volunteers during the past nine years, and she is grateful for the laughter, shared experiences, and great teamwork. She is handing over the management to **Candace Bradley**.

Candace has been the Cage manager for two years, working with a fabulous team, she reports. She is following Donna not only as Carousel manager, but also in the SERV (Safety & Emergency Response Volunteer) leadership. Candace continues to manage the Cage, oversees the Freebies table, and plays pool volleyball.

Donna continues volunteering in the Carousel as leader of Carousel on Wheels. She works in SERV as a Safety Liaison and leader of their Greeter program. She shares management of the Book Boulevard with **Anne Tracy**, and is the new Collections Manager for the library system. She coordinates the Tech Training & Help Resources program, training residents to use the resident website effectively.



*Donna Krasnow and Candace Bradley enjoy a day-off adventure.
Photo by Judy Ruminson*

Donna and Candace both find the Carousel a great place to shop, volunteer, and interact with fellow residents, all while supporting the **Blue Heron Foundation** as it enhances the lives of WV residents and staff – a win/win situation.

MusicWorks presents the Tony Pacini Trio

The **Tony Pacini Trio** will perform on Thursday, **January 23**, in the Blue Heron Auditorium at 7 p.m. The trio – Ed Bennett on bass, Timothy Rap on drums, and Tony on piano – has been performing nonstop since 1999. They are a mainstay of piano trio jazz on the West Coast. Their albums and countless nightclub and festival appearances have brought continued success. Tony's exposure to music began at an early age, as he grew up in a family which included six experienced professional musicians. He began studying piano at age 5 and led his first trio as a teenager, performing weekends at a popular jazz spot. In addition to leading the trio, Tony has been the pianist and musical director of the Mel Brown Quartet for nearly 20 years. The other two members of the trio are equally talented and experienced. Long considered one of the West Coast's first-rate string bass players, Ed Bennett stepped on to the world stage in the 1970s touring with jazz great Carmen McRae. Tim Rap's exceptional talent on drums caught the ear of guitarist John Stowell, leading to performances with jazz guitar icon Herb El-



lis and others. We are thrilled to present this outstanding group for your listening pleasure. Don't to miss it! *by Lois King*

Good Days, Bad Days

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

On Aging

*Rumor has it that I am growing old.
But what does it mean, this word "old"?
My heart opens ever wider.
My cheeks smile and my funny bone laughs.
Yes, I am olding, but with
Song on my lips, and spring in my feet.
Life is the school, and love is the lesson.
And when the time is right, I'll be ready for the final exam.*

I've been thinking a lot about aging recently. What does it mean to age gracefully? What does it take? How much control do I have over my aging process? Am I a victim, waiting to die? Or am I an explorer, learning to live?

Of course, aging has its challenges, no denying. I can't remember names. I get up too often in the night to pee, then can't get back to sleep. I lack the energy I once had. My joints ache; I get cramps in my legs; and I spend too much time at doctors' offices. I sometimes hear voices that aren't there, and I frequently don't hear voices that are.

This I know: When I open my heart wide, I am at my best. I experience the kind of connection and fullness that I live for.

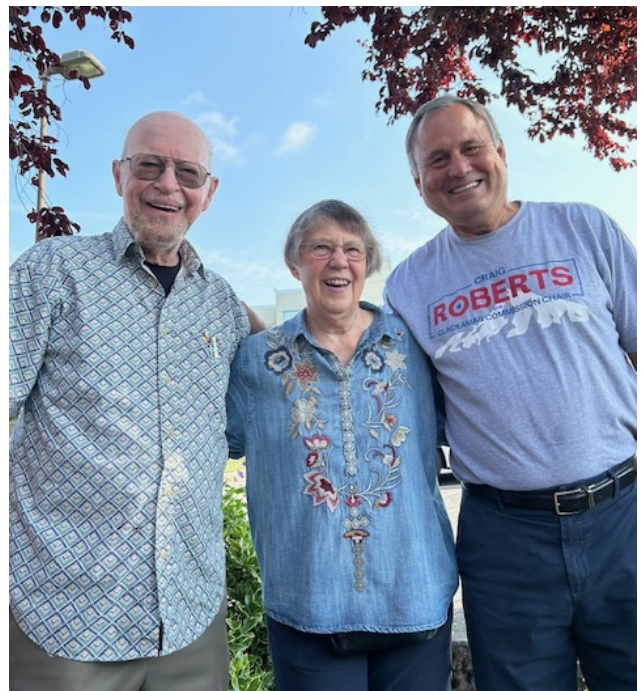
I still have ups and downs, but my life is grounded in purpose and connection. I see myself as a wheel; the hub is love. The spokes transmit the energy outward to the rim, to the physical and emotional me. The rim must absorb rocky terrain, but the flow of love from the hub gives me strength and courage. As long as the hub and the rim are connected, we will be fine.

I don't have all the answers by a long shot, but I am coming to some conclusions that help guide me. One of my first is that I am here at Willamette View, for life. I mean "life!" – until the end, but also life in the sense of a full plate, a life of joy and love, of exploration and discovery. Aging is not a plague, not something to fight against. I intend to make my years of aging, however many or few they may be, into a pathway of growth, to expand my awareness, to learn from those around me, and to play like a child surrounded by new toys. If I do that, when the time comes to say goodbye, I will be well used up and ready to go.

Aging is a central part of the miraculous gift of life. I want to live it with an attitude of gratitude.

Clackamas County Commission Chair-elect **Craig Roberts** will be sworn in on Monday, **January 6**, at 2 p.m., here at Willamette View in the Blue Heron Auditorium. Everyone is invited to attend the ceremony and learn what Roberts plans to do in his first 100 days. There will be time for questions, and refreshments will be served following the presentation for us to get to know our new County Commission Chair. The Voter Information Committee is sponsoring this event in cooperation with the WV administration.

Photo at right, from left: Voter Information Committee members Bob Ely and Jeanne Magmer, County Commission Chair-Elect Craig Roberts



Popular concert pianist returns to WV

by Ginny Seabrook, Music Committee



When **Hyunsoo Lee** last came to WV, she received a standing ovation and was much loved for her warm personality, brilliant piano technique, and the charming narrative with which she entertained the audience. On Friday,

January 17, she will return to the Blue Heron Auditorium at 7 p.m.

Born in Seoul, South Korea, Hyunsoo Lee came to America in her teens. She studied with many prestigious instructors including John Perry and Norma Krueger, while attending the Colburn Conservatory of Music and the USC Thornton Conservatory of Music. She received her masters degree and doctorate in piano performance. She has earned many awards – at the Beverly Hills Concert Series in 2009, the Virginia Waring International Piano Competition in 2005, and the MTNA Steinway Collegiate Artist Competition in 2001.

Hyunsoo has performed in Los Angeles at the Zipper Hall with Ronald Leonard, with the London Soloists Chamber

Orchestra at St. Martin in the Fields at the Pan Pacific Music Festival in Sydney, Australia, and the Klaviersommer in Bad Bertrich, Germany. She has collaborated with cellist Ralph Kirshbaum and violinist Robert Lipsett. She conducts master classes, teaches private students, and is a faculty member and judge for Eum-Ak Journal's Summer Festival and International Competition in South Korea.

Join the Music Committee in welcoming this extraordinary pianist for her second visit to our community. She will play selections from Chopin, Scriabin, Debussy, and Liszt. The **Music Committee** values your financial support and that of the **Blue Heron Foundation**.

A Thank You to Residents and Staff, Bottle & Can Brigade

by Joan McNamara and Ed McClaran, Green Team

On November 4, the **Green Team** made a \$2,000 donation to the **Blue Heron Foundation Green Fund**. The fund is a source of grants for projects that enhance the physical environment at Willamette View, save utility costs, and reduce our carbon footprint. This was the second \$2,000 donation we made to the fund this year. You might ask, "How is that possible?" The Green Team's generosity is entirely due to two groups of people:

- First, all of **you, the Willamette View residents and staff**, who faithfully bring your redeemable bottles and cans to our recycling rooms, and
- Second, the **Green Team Bottle & Can Brigade**, who weekly sort, bag, and deliver the bottles and cans to the Milwaukie redemption facility.

We are so grateful for your participation in this effort.

While we can't list the entire Bottle & Can Brigade team, we'd like to recognize a few who play key roles in making it successful. **Don McHarness** collects all the bags from each building every Sunday. **John** and **Mary Holderness** deliver the bags to the Milwaukie Bottle Drop Facility every week. **Cliff Hillebrand** substitutes for Don and John. Ten other residents fill the bags in each building during the week, making invaluable contributions.

You would be amazed at the types of cans and plastic/glass bottles the redemption center will accept. The photo at right shows examples. When you bring your redeemable bottles and cans to our recycling rooms, please

- Don't crush the cans, the redemption center won't accept them; and
- Don't remove the paper **OR 10¢** label from bottles. The redemption center won't accept bottles without it.

Thank you for participating in this successful effort.



Residents Association Semiannual Meeting

Building Together for Tomorrow and Today

Resident Council Chair **Doug Morgan** called the Residents Association meeting to order in the Blue Heron Auditorium at the semiannual meeting on December 16. He welcomed and introduced 37 new residents who have moved in since June.

WVI Board Chair **Laura Engle** delivered a welcome from the board. She emphasized how important it is for board members to see the residents in person at this meeting. She recognized the resident presence of **Ann Phelps, Doug,** and **Pam Brown** as members of the board, and she remarked that she is grateful to be part of the board and its work. Doug discussed the "secret sauce" of Willamette View. He believes that it is happiness. Happiness and engagement are closely connected, and WV's more than 100 resident-initiated activities offer a multitude of engagement options.

Treasurer **Elaine Toll** reported that the Resident Council manage accounts for 24 activities. Most are self-funded. The Blue Heron Foundation matched donations made by residents for events attended and provided \$11,096 in matching funds in 2024. Posters arrived on campus on November 1, announcing the start of the Employee Appreciation Fund drive, which raised \$312,842 (see page 2).

WVI board director **John Hartsock**, a board member since 2008, spoke of the courage and foresight of the WV founders in the early 1950s. Their goal was to create a culture of wellness of mind, body, and spirit – built into the WV mission and vision statements. WV's Strategic Plan was initiated in 2011 and has been updated twice. The Master Site Plan was developed in 2014. These long-term plans help WV remain fresh



Deidra Kryz-Rusoff
WVI Board of Directors

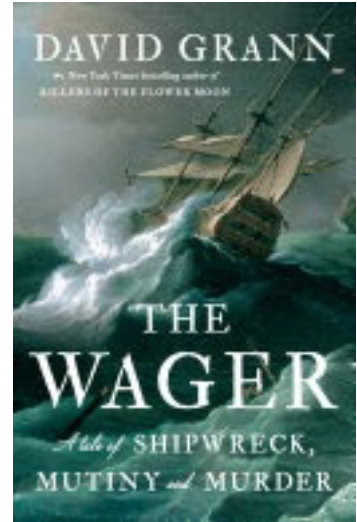
and forward-looking, and relevant in the senior living market. WVI board director **Deidra Kryz-Rusoff** and WV Foundation board president **Mike Gallagher** brought news of upcoming projects. WV CEO **Craig Van Valkenburg** expressed gratitude to both boards for their hard work. Concluding the meeting, Doug presented chef's hats to Pam, Laura, and Craig, in recognition of the "secret sauce recipe" they prepare daily for WV. With a 1955 gavel, incoming Resident Council Chair Pam declared the meeting adjourned. A festive **Uncorked** party followed the meeting.

Nominating Committee Chair **David Barrett** presented the slate of Resident Council and Personnel Committee nominees at the Residents Association Semiannual Meeting, who were elected by unanimous vote:

- Vice Chair – Donna Moores
- Secretary – Doug McLin
- Treasurer – Elaine Toll
- Dining & Hospitality – Sue Trotter
- Education – Sharon Gross
- Hobbies/Special Interests – John Bouwsma
- Spiritual Life – Sherry Johnston
- Personnel Committee – Rikki Schoenthal, Roy Kruger

Try This Title

by Penny Fiske



The WAGER: A Tale of SHIPWRECK, MUTINY and MURDER

by David Grann

Published April 2023

Manor Library 910 GRA LP

Terrace Library 910.91 GRA

"The most gripping sea-yarn I've read in years A tour de force of narrative nonfiction. Mr. Grann's account shows how story-telling, whether to judges or readers, can shape individual and national fortunes – as well as our collective memories."

–*The Wall Street Journal*

"The beauty of *The Wager* unfurls like a great sail ... He fixes his spyglass on the ravages of empire, of racism, of bureaucratic indifference and raw greed ... one of the finest nonfiction books I've ever read." –*The Guardian (UK)*

"A thrilling account ... dramatic and engrossing." –*The Economist*



New residents have lived around the US and Europe before choosing



Anne Bethell

Anne and **Jim Bethell** are new residents of 108E, having moved from the Goose Hollow area of Portland on November 8. They previously lived in Oceanside, OR; Lihue, HI; Austin, TX; Topeka, KS; and Odessa, TX.

Anne was British-educated through high school and nursing college. She worked at Saint Thomas Hospital in London, then traveled and worked as a newborn baby nurse across the US for 3½ years. Anne married an American (Jim) she met in San Francisco.

Jim attended Redlands Public Schools in California, the University of Redlands, and Episcopal Seminary in Berkeley, CA. He served in eight churches: assistant rector at St. John's Episcopal Church in Odessa, Texas; college chaplain at West Texas State University in Amarillo, rector at St. David's Church in Austin, interim rector of St. Michael and All Angels' Church in Lihue, interim rector at the Church of the Good Shepherd in Vancouver, WA; and assistant clergy at Trinity Cathedral in Portland.

As a clergy wife, Anne volunteered in



Jim Bethell

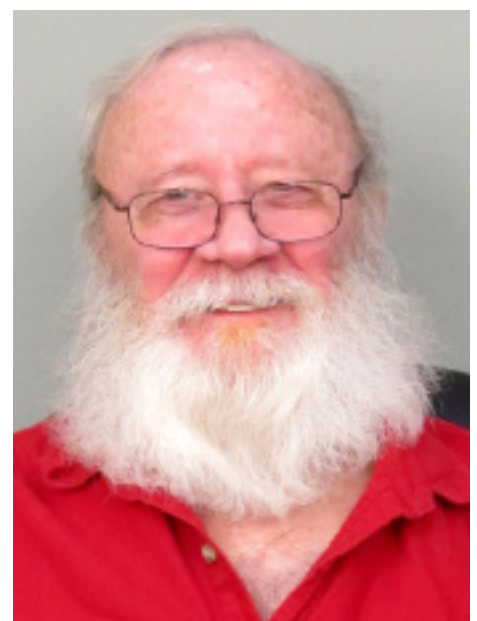
parishes in Texas, Kansas, and Oregon, where Jim was the Episcopal priest. She performed extensive volunteer work in their local communities.

Jim volunteered on numerous community boards and foundations.

They both enjoy travel and gardening. Anne also lists flyfishing, golfing, and flower arranging as special interests. Jim enjoys swimming, genealogy research, and reading historical novels.

Jim and Anne have a son, a daughter, and four grandchildren. They chose Willamette View because of its fine reputation, the beautiful campus where they can "age in place," many options for involvement, and the friendliness of residents and staff.

Sherman Caldwell moved into 301S on November 1. He came here from Conway, AR, and lived earlier in Little Rock and Fort Smith, AR, as well as other places during his US Marine Corps service. He attended Fort Smith Southside High School and gained skills and training during his service. His career was in the electronics field. He has also volunteered as a fireman.



Sherman Caldwell

His wife is deceased. He has a son and daughter, and moved to WV to be close to his daughter.

Helen Jaskoski and **Dan Brown** have been gradually moving into 405B since last summer, and spent their first night there on November 8. They came from the South Tabor/Jade District in SE Portland. Previously they lived in southern California, Chicago, and Italy.

Helen was born in Tucson, AZ. She has also lived in Redwood City, Menlo Park, Venice, Fullerton, San Pedro, and Placencia, CA, and Lublin, Poland. Dan has lived in Denver, Washington, DC, and Fullerton.

Helen attended elementary and secondary school in Tucson, and then Mount St. Mary's College (now University) in Los Angeles, earning a BA. She earned an MA and a PhD in English and American literature at Stanford University.

In her career, Helen has been a musician, sales clerk, switchboard operator, truck driver, draughtsperson, writer/editor, teaching assistant at Stanford, university professor at California State

Willamette View as their new home

Photos by Mike Lincicum



Helen Jaskoski

University in Los Angeles and Fullerton, Fulbright lecturer at the Marie Curie-Sklodowska University in Poland, and university program administrator for the CSU Study Abroad Program in Florence. She has been a part-time lecturer at the Bread Loaf School of English in Middlebury, VT; CSU Dominguez Hills; UC Irvine; and the US State Department summer programs for English teachers in Eastern Europe. She is a former editor of *SAIL (Studies in American Indian Literatures)*.

She enjoys gardening, travel, community service, and working for workers' rights and immigrant welfare support.

Dan attended the Marianum Pontifical Institute in Rome for a Baccalaureate (STB) and Licentiate (STL) in Sacred Theology and a PhD. He was a Servite friar and priest for 20 years and a university professor for 30 years.

Dan's volunteer activities include supporting labor unions and soup kitchens and singing in choirs.

Helen and Dan have one son. They chose WV because of close friends who live here and because of WV's



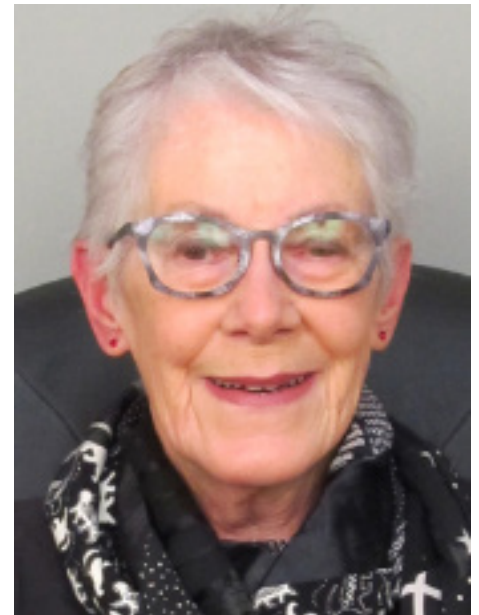
Dan Brown

nonprofit status.

Jerry and Merrily Burger moved to 306C in October. They both attended Oregon State University. Merrily majored in social science; Jerry's degree is in business administration. After graduation, they lived in Biloxi, MS; Mobile, AL; and Turkey, while Jerry was in the Air Force. Then they spent a brief stint in Fayetteville, AL, where Jerry finished his MBA. For the next 25 years, corporate moves took them to York and Pittsburgh, PA; Chicago, and Oakland, CA, where Jerry spent his career in financial planning and analysis at Rockwell International, Brunswick Corporation, Foremost McKesson, and several internet-related companies in the Bay Area.

Merrily started her career as a welfare caseworker. Then she became program director in the National PTA School Health Education program. Later, she was a project coordinator for Johnson & Johnson Health Management/IBM and director of the Northern California Public Works Association.

After retiring, they returned to Oregon, living in Gleneden Beach, Lake



Merrily Burger



Jerry Burger

Oswego, and Portland.

Merrily's interests include creative sewing projects, fiber arts, and meeting new people. Jerry enjoys gardening, exploring new places, and volunteering.

They moved to WV because of the beautiful campus and river setting.

Building a Sustainable Culture

by Milt Markewitz

As I read the bios and meet residents of Willamette View, I'm always impressed with your experience, education, passion, generosity, and concern for our country – particularly for future generations.

This is a follow-up to my article in the December issue of *Willamette Views* that mentioned three existential threats, along with the possibility that some cultures could lend insights into how to address these dilemmas. Our focus is **climate change**, which not only illuminates how we might once again live in balance and harmony with Earth and all its life forms including other humans, but also how we might find new avenues for peace to diminish the nuclear threat, and relational leadership as an antidote to fascism.

The first of several sessions on December 19 was inspired by a colleague, **Shariff Abdullah**, asking a mentor, **Ilarion Kuuyux Merculieff**, to explain why he so profoundly changed when in Nature. Each follow-on session will have a similar inquiry, with the intent of raising our consciousness, developing new insights, expressing gratitude for Nature's gifts.

The model for our sessions is a class I developed for Hood River Community College that morphed into a webinar when the class was cancelled due to COVID. There were 11 Zoom sessions – each facilitated by people who embodied relevant values.

The first session is January 23, featuring past Director of the *National Indian Child and Welfare Association* (NICWA), **Terry Cross** (Seneca), who will articulate the effects of colonization and how he worked through the US bureaucracy to restore Native sovereignty and receive codification by the US Supreme Court.

The key questions are:

- What brings life, and why does it flourish and thrive?
- What values are necessary to facilitate balance and harmony with all life?
- What do other cultures know that we don't know, and why?
- What can we do as elders for our children, grandchildren, and future generations?

It should be noted that the remnants of empire, with its militaristic and colonizing traits, influence all our institutions – four of which are key to organizing our work.

Education – as intended by our Founding Fathers to create an informed citizenry – What is the **systemic understanding** necessary to bring life to every endeavor?

Governance – that addresses the need for relational leadership – How do we **play the game of life** with win-win values applied to every decision?

Commerce – that balances wealth so that everyone is included and is participatory – How might we apply Adam

Smith's **invisible hand** for benevolent competition.

Religion – recognition that extinguishing life's process is an ethical issue – How might we establish a covenant with, and gratitude for, life's gifts?

Included in these topics will be complementary topics, such as trauma and wellness, finding life's truths, ceremony, covenants, emergent design, Two-Spirit, and other topics that participants want to explore.

Following the recent US election, many of us feel the need to do all we can to save what President Joe Biden described as *the soul of our Nation*. We seem traumatized and at a loss about what we might do. My response to this is work – asking the right questions, and then listening and learning from those who articulate what their culture is doing to heal by creating and maintaining an appropriate consciousness. I hope you feel the need for meaningful action and will join us. For more information, please contact **Milt Markewitz** at 503-248-0432 or miltmarkewitz@gmail.com.

Let's Dine Out

Gilda's Italian Restaurant

Wednesday, January 29

Here is a special lunch opportunity for up to 25 residents to enjoy authentic Italian food at Gilda's Italian Restaurant at 1601 SW Morrison Street. The extensive lunch menu includes hot panini sandwiches, Grandma's Meatballs, Rigatoni Bolognese, Mushroom Risotto, and much more.

The WV bus will leave Manor reception at 12 noon. The bus cost of \$12 per person will be added to your WV bill. A sign-up sheet will be in the Manor lower level beginning Monday, **January 13**, at 10 a.m. Gilda's is housed on the ground floor of the Commodore Hotel in Southwest Portland's Goose Hollow neighborhood. If you like delicious Italian food, we hope you will join us.

by Elizabeth Olsen, Let's Dine Out Committee

Circulating DVD Collection Expands

by David Kaye, Media Manager, Movie Committee

The circulating DVD collection maintained in the Manor lower level by the WV Movie Committee has now about tripled in size beyond the original donation of the late resident **Tony Kolz's** holdings. In response, the committee built and installed new shelving in the Mart area, 50 feet farther along the same corridor as the original shelves, which are located between the Freebies table and Book Boulevard.

The original shelves now house nonfiction videos, including documentaries, TV shows featuring real persons (for example, Carol Burnett), travelogs, concerts, and educational and how-to presentations. Fiction movies are consolidated in the new shelves. Both sections have room for further growth from additional donations.

Resident **Doug McLin** is now in charge of adding new donations and maintaining the DVDs and Blu-ray discs on the shelves of the collection.



BORROW, ENJOY, RETURN!

COMPUTER/TECHNOLOGY SUPPORT GROUP

by Robert Pirie

The **WV Resident Computer/Technology Support Group** has been officially reconstituted. The purpose of the group is to provide free assistance to residents of WV who experience difficulties with their computers, tablets, printers, or cell phones. Group members can help with both PC and Apple products. In complex cases beyond the group's skillset, a resident might be referred to an external vendor at the resident's expense.

Group members **cannot** help with Comcast/Xfinity issues or WV infrastructure issues. Those problems should be handled by Maintenance (6678).

Any resident who has some

expertise and is interested in joining the Support Group can contact **David August (7221)**.

Resident Computer/ Technology Support Group

Name	Phone
Ron Gustafson	2715
Doug Lary	6519
Duane McComas	6476
Robert Pirie	7224
David Heath*	7240
David August*	7221
Jon Cottrell*	6475
Larry Deckel*	2751
Donna Krasnow*	6418

*Apple/Macintosh support specialist



Pain Support Group

by Sherry Johnston

Pain knows many of us by our first name. That's part of the meaning of that old saying, "Aging ain't for sissies." That said, we're a resilient bunch and look for ways to ease problems. Sometimes, in our elder wisdom, we know that some situations "are what they are," so we look for ways to cope.

Our pain support group focuses on two things: sharing our stories with folks who "get it" because they walk a similar path, and exploring ways to better live with it. We put words to our experience with pain and how it punishes and isolates us. We explore what works and what doesn't. We talk about how our thoughts influence our experience of pain and how self-care offers comfort.

Resident **Sherry Johnston** and staff Wellness Coordinator **Laela Echelberger** facilitate the tone of the group to be compassionate and supportive of our struggles with pain, and at the same time look for ways to shift suffering to a doable state.

We meet every other Monday at the north end of Riverview Dining Room at 1 p.m. This month the meeting dates are **January 13** and **27**. For more information, contact Sherry (6410).

Announcements

The **WV Chorus** winter/spring season begins on **January 16**. All residents are invited to sing – no auditions! We meet in the Blue Heron Auditorium at 12:30 p.m. each Thursday afternoon until our concerts on May 7 and 8. Come join us and grow musically as we blend our voices under the leadership of our talented director. Cost is \$35. To ensure a music folder will be prepared for you, please sign up in advance on the sheets by the Manor or Terrace bulletin boards.

by Anne Tracy, Chorus Vice President

In Remembrance

*Nickie Augustine
Marita Brugato
Ann Kramer*

Vision Resources Committee Wednesday, January 8 Court Family Room 2nd Floor, Court Building 1:30 – 2:30 p.m.

Are free accessibility computer programs for you? If you are squinting or using a hand magnifier to read what's on your computer screen, this could be the solution. The Windows operating system has a number of features to help the visually impaired. **David Kaye** has been exploring these programs and will share his progress at our January meeting. Using a large-screen TV as a computer monitor, David will demonstrate applications that read and/or magnify the screen and allow the user to dictate text – even to hear a countdown timer.

by Sandra Gerling

Celebration of Life Invitation

WV provides both rich beginnings and as peaceful as possible endings. We want the full package, and we have it. The administration and involved residents create an environment where we can live as fully as we want, and when it comes time to take our last breath, we know we will be remembered because we make our lasting mark through daily connections, friendships, and campus activities. Our biannual upbeat **Celebration of Life** honoring the recently deceased friends and neighbors will take place on Tuesday, **January 21**, at 10:30 a.m. in the Blue Heron Auditorium. It celebrates that the honorees exist in our memories: of meals, laughter, conversations, volunteering, and many other encounters. Their memories also exist in our gardens, art, activities, and even that we now take drinking wine at meals as commonplace. If you're new, or don't know any of the honorees, please come anyway and participate as part of our WV Community. You'll join us in celebrating the life of our forebears and the difference they made in small or large ways to our life today.

by Sherry Johnston

Apartment Moves

	<i>from</i>	<i>to</i>	<i>phone</i>
Cheryl Claar	New resident	601E	6492
Jeffrey & Marjorie Lohr	New residents	108B	7049
Robert Ely	204S	328T	6596
Jean Vick	416S	328T	6596
Jim and Julianne Sawyer	1638RR	405C	2760
Amy Bunker & Bud Tyler	210N	Out of Willamette View	

Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday	January 8	Graham James Piano Performance, 2 p.m.
Wednesday	January 15	John Nilsen Piano Performance, 2 p.m.
Wednesday	January 22	Darrell Jabin – Oregon Education and Historic School Buildings, 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

Red-tailed Hawk

also known as
Buteo jamaicensis – Part II

This is **Vanessa Redtail** on my glove. The piece of wood was provided by the photographer. In 1990 she came to me and our newly founded not-for-profit, **Talking Talons Youth Leadership**, which I had founded 35 years earlier, just



after I and all other school nurses in the Albuquerque Public Schools suddenly lost our jobs. (Some years later they reinstated school nurses.) **Talking Talons** was created to empower youth to be stewards of the environment and of themselves, creating teams of youth in their schools to be public speakers and leaders, using educational, nonreleasable animals. Vanessa always was, and still is, represented in the logo of Talking Talons. What we were told: She was hit by a car in 1973, resulting in damaged wings. She was kept for some years in a chicken-wire cage, then given to the University of New Mexico, which then donated her to us. Already at least 18 years old, she became federally registered as our educational ambassador. Although she was insecure and untamed, she was not difficult to train. She, on my glove, sat in a dim living room in front of a TV as I talked with her and gave her meat treats, together working on trust and consistency. Red-tails in general are known by falconers as nonaggressive and mild-mannered; they are often recommended for beginners. She was so very calm and accommodating, radiating spirit, even though a nonflying bird.

Females are larger than males, weighing up to a pound more. In our program she was handled only by adults, the exception being our federally-licensed youth falconers. Initially her home, a large flight enclosure, was at our house in the foothills, where she could hop around perches, viewing mountains and sky. She was fed mice and rats donated by the university, road-kill snakes and rabbits, grasshoppers, and various meats. Curious songbirds often came close to view the captive hawk. She loved to jump into her bath on the ground, raise, shake, and rearrange her feathers and splash, even in snowy winters. In 1998 Dan and I retired to north Idaho, leaving the organization in good hands. Vanessa and most of our educational animals had been relocated to our Talking Talons Leadership Center, where youth came to learn and participate in classes and animal care, and give presentations to a variety of audiences. Vanessa was at least 25 years old at that time – healthy and good natured. I visited her in Albuquerque several years later. I never knew when she died, but it appears that she lived at least 30 years. The oldest banded wild red-tail lived 30 years 8 months, but captive birds often live longer than birds in the wild. Hazards to red-tails include collisions, as Vanessa sadly experienced, poisoning from eating rodents who have ingested rodenticides, and shootings by humans. An amazing, gentle, trusting ambassador representing the natural world, Vanessa's spirit lives on in our hearts and memories.

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	5:30 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	2 p.m.	Multipurpose Rm.	Sue Thomas	7054
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.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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