



Residents Association Semiannual Meeting

We have a lot to celebrate!



Ann Phelps

Resident Council Chair 2023



Doug Morgan

Resident Council Chair 2024



Deidra Kryss-Russoff

WVI Board of Directors Chair



Craig Van Valkenburg

Willamette View CEO

The Residents Association Semiannual Meeting was held on December 18. Councilors were elected. See story on page 4.

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Skilled Nursing Facility welcomes patients

by Nicole Glimpse, Cynthia Carpenter, and MH Socolofsky

On Nov. 16, the **Skilled Nursing Facility (SNF)** welcomed its first patient after a months-long pause that was a result of the pandemic. At this time, the SNF can care for three residents. Soon the facility will be able to accommodate six patients. If you have planned surgery coming up and want to inquire about a Health Center SNF room, contact Social Services and Admissions Manager **Katie Cruise** (7002). Your hospital's discharge planner may also make arrangements for transfer from the hospital to the SNF. The staff is looking forward to remodeling work that will begin in February. New siding, windows, PTAC heating/cooling system, a seventh SNF room, and cosmetic touches will upgrade and modernize the facility. It will remain open during the five-month remodel. Three rooms will always be available, and WV residents have priority for the



Resident Assistant Demee Tims and CNA/Med Tech Donna Dela Rosa ready a room for a new patient.

rooms over members of the community. There will be opportunities for Independent Living residents to support SNF patients and the neighborhoods with communication, companionship, and activities during the remodel.

From the Resident Council

by Pam Brown, Council Vice Chair

There Is a Place for You

Do you remember the TV sitcom *Dobie Gillis*? I do. I was 11 when I started watching it in 1959. My favorite character was Maynard G. Krebs, an early hippie who abhorred **work**. I don't much like **work** either, but if it's relationship or community building, I am all in. In 2024 – 25, we will have opportunities to be involved in about six different **workgroups**. I like to think of them as **action teams** to strengthen our WV community. There is a place for you at one of these tables. So if you are older than I am and think your relationship and community-building days are over, think again.

In the community engagement task force focus groups that began last April, one of the comments that was frequently stated was "Our friends are passing away and we want relationships with younger community members." And, newer members of our community want to find a way in to make friends and engage in an activity that interests them. We have a way forward for everyone who wants to meet new friends and strengthen our community: Consider joining one of the six new workgroups that will be resident driven and supported by the Resident Council.

Are you interested in history? The **Campus History Project** could be for you. Me, not so much – except I plan on writing a story about coming to WV to visit my grandmother when she lived here. The dining room was right behind the Manor entry. We had to wear our very best clothes and use our very best manners. We could not touch anything at the table that was decked out with white linens until the pastor gave the prayer – and it was always a man. Then we took off as quickly as possible to the TV lounge or to watch the train. I could have a place at this table.

Maybe you are a social person like me and love to **plan get-togethers**. Did you know that the social activities budget at WV is \$30,000 – 50,000 a year? Could you help decide how this money is spent for class parties, Halloween, summer outdoor events, Uncorked, and more, with coordinated planning? This resident-driven workgroup could be for you and is another way to make new friends and improve our community.

We are fortunate to have many **colleges and universities nearby**. Let's bloom where we are planted by taking advantage of possible partnerships, student internship placements, resident curricular advisors, internship advisors, class attendance, or staffing of mini-courses on campus. Consider taking some of your time in the coming two years to sit at the table and **work** to develop these potential programs.

But wait – there's more. There are **existing committee opportunities** from the library to technology to communications. There is a place for you that will match your available time, interest, and desire to meet other residents and to build relationships. As your new vice chair, I would like to know if I can help find you a place at the table to build new relationships and move forward as a community by being better together.



The recently completed **Employee Appreciation Fund Drive**, under the able leadership of **Teresa and Fred Olson**, brought in a total of **\$292,650** from generous donations by WV residents. Thank-you checks were written to 259 employees in time for the holidays and presented at the Employee Appreciation Party on December 13. Residents were able to express their personal gratitude to staff members.

Willamette Views

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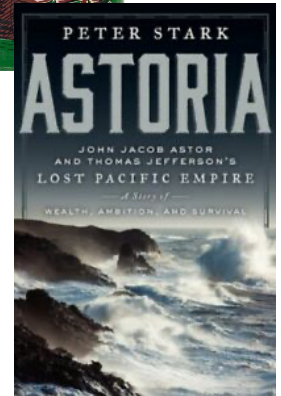
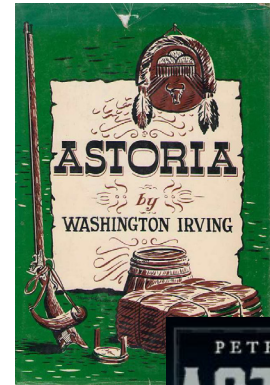
Book Review – Two histories of Astoria, 179 years apart

by Sue Bosshardt, Book Review Chair

Astoria times two! On Wednesday, **January 17**, at 10:30 a.m. in the Blue Heron Auditorium, **Dick Toll** will share two books about the same subject. Washington Irving wrote about Astoria's traders, trappers, Indian warriors and their habits, characters, and costumes in 1836. He ushered readers into an ethnically diverse, culturally complex West, supporting the US side of the fur trade struggle with Great Britain. He saluted the efforts of John Jacob Astor while attracting settlers to the Pacific Northwest.

Astoria by Peter Stark adds to Irving's *Astoria* with the benefit of 210 years since Lewis and Clark were there. This book was published in 2015. He writes less romantically about the band of explorers who battled with nature, starvation, and madness to establish the first American settlement in the Pacific Northwest and to open up what would become the Oregon Trail, permanently altering the nation's landscape and its global standing.

Dick and Elaine Toll moved to Willamette View in 2016 from the corner of Courtney Avenue and River Road. He retired in 2003 from serving as Rector at St. John's Episcopal Church in Milwaukie. He was ordained in 1968. Dick brought communion to Willamette View each month from 1984 to 2003 and appreciated what was happening here over the years.



January Movies

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

Donations gratefully accepted

Documentary film

Thursday, **Jan. 4: *No Safe Spaces*** (2019). Comedian Adam Carolla and radio talk show host Dennis Prager show how our First Amendment rights to free speech have been violated on university campuses. This is a good civics lesson.

International film

Tuesday, **Jan. 9: *Sonata*** (Polish language with subtitles, 2021). Grzegorz, diagnosed autistic as a child, lives in his hermetic world in a small Polish village. It turns out the cause of his isolation is hearing loss, which hides great musical talent. Thanks to an auditory implant, Grzegorz begins to learn sounds, words, and music. Only he and his closest family believe that a deaf boy can make his dream come true. **Drama.**

Discussion following.

Saturday night films

Optional discussions will follow

Jan. 6: *The Kids Are All Right* (2010). A nontraditional but stable home life for two teenage siblings is disturbed when they decide to seek out their birth father. The wit, charm, insecurity, and anguish of a loving family are portrayed by Annette Bening and Julianne Moore as lesbian parents with Mark Ruffalo as the father. **Comedy/Drama. Nudity/Language/Sexuality/Drug Use. R**

Jan. 13: *The Color Purple* (1988). Beautiful adaptation of Alice Walker's riveting novel that captures your heart and soul with each frame. Whoopie Goldberg, Danny Glover, and Oprah Winfrey are amazing. Director Steven Spielberg brings us into their lives with care and passion. **Drama. PG**

Jan. 20: *Emily the Criminal* (2022). Actors Aubrey Plaza and Theo Rossi are terrific together in this drama and thriller rolled into one. Emily is a down-on-her-luck artist who becomes swept up in a crime spree to earn extra income to pay off student debt. A surprising gem directed by John Paton.

Language/Violence. Drama/Thriller. R

Jan. 27: *Girl with a Pearl Earring* (2003). An intriguing speculative account of the creation of one of Vermeer's most famous and sensual paintings. Every shot in the film looks like it was taken in Delft, Holland, circa 1665. Colin Firth plays Johannes Vermeer; Scarlett Johansson plays Griet, the maid, model, and muse. A quiet movie of things not said, opportunities not taken. **Drama. Sensual Scene. PG-13**

Residents Association Semiannual Meeting — *We have a lot to celebrate!*

Continued from page 1

Resident Council Chair **Ann Phelps** called the Residents Association Semiannual Meeting to order at 3 p.m. on December 8 in the Blue Heron Auditorium. She introduced the Willamette View, Inc., Board of Directors and members of the Resident Council. She introduced 38 new residents who have moved to WV since June.

Treasurer **Elaine Toll** reported that the council manages accounts for 23 WV activities. Most are primarily self-funded by resident contributions for performances, movies, lectures, and other events. Total contributions in 2023 totaled \$17,000. Activity groups may submit grant requests to cover their needs. The Blue Heron Foundation supports these activities, and granted \$15,000 this year. This amount almost matched the contributions from residents.

Ann Phelps presented her annual report by listing council accomplishments for this year, which include a new

resident website, expansion of the Art in Public Areas responsibilities, focus on resident involvement and volunteerism, a Rite of Remembrance task force, and the refreshment of several campus areas. She stated that our WV community is creative and resilient. We honored our employees with year-end checks from the Employee Appreciation Fund (see page 2). She addressed new residents with the message that other residents want to connect, help, and get to know them.

Deidra Krysov-Rusoff, WVI board chair, spoke of the changes that have occurred since she started her term in 2020. COVID was the cause of a reduced workforce throughout the US. Skilled nursing facilities and senior living communities are among the hardest hit. Many retirement communities are not recovering quickly, but Willamette View is doing exceptionally well, thanks to **Craig Van Valkenburg** and the WV management team, our

marketing department, and the staff. WV is recognized as a desirable place to live, and its balance sheet is strong. She praised the WVI board members for being inspiring, caring, and dedicated and emphasized the benefits of having three WV residents as voting members of the WVI board – a rarity among retirement communities.

Chris Nacheff Maneker presented the slate of Resident Council and Personnel Committee nominees, who were elected by unanimous vote:

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

After the meeting adjourned at 4 p.m., a celebratory **Uncorked** wine tasting event was held.

Standing committees report 2023 accomplishments

Annual reports for 2023 from the Resident Council standing committees were presented at the December 8 Resident Council meeting. These included Art in Public Areas, Finance, Library, Personnel, and Resident Communications. Their reports are posted on the resident website under the Council menu. The annual report for the resident stores will be presented early in 2024. Standing Committee members are elected by a vote of the council and are responsible for major areas of campus life. Their 2023 accomplishments were highlighted in the Resident Council Chair report presented by **Ann Phelps** at the semiannual Residents Association meeting on December 18. Residents interested in the work of a particular standing committee are welcome to contact the committee chair.



Committee representatives from left: Eva Laevastu, Resident Communications; Glenna Kruger, Personnel; Patty Marks, Library Treasurer; Ginny Seabrook, Art in Public Areas; and Gary Smith, Finance

World Traveler Ron Gustafson completes fourth round-the-world cruise *by Sherry Johnston*

Ron Gustafson lives two distinct lifestyles – one on land and the second by sea. In 2020, COVID interrupted his usual pattern. His third round-the-world-cruise went well until pulling into Perth, Australia. All itineraries abruptly canceled, American residents and citizens scrambled to pack bags with only one hour to catch a plane back to the US. Grateful that the trip aborted at a port instead of the middle of the ocean, Ron knew that the cost would be compensated and that he would rebook a future sailing. A replacement voyage occurred this year without incident.

An intriguing profile emerged during



*Bergen, Norway
Historic Holdhus Stave Church*



Azores

Autonomous region of Portugal

this reporter’s interview. When anchored at his WV home, Ron personifies Mr. Solid Citizen. He volunteers for WV Safety & Emergency Response Volunteers, the Voter Information Committee, and the Green Team. He also serves as the Republican Precinct chairman and fills the positions of trustee and council member at his church. With all of that, add his many earlier championship roller-skating awards and that he continues as a long-time devotee of Shakespeare. He admits that sometimes he even surprises himself.

When he takes cruises, he unplugs from land responsibilities and stays fo-

cused on the moment. He allows himself to become part of the countries and people he visits. Mr. Solid Citizen transforms into Curious Observer of how the other eight billion humans on the planet live.

Ron reflects about what he sees in his travels and finds a deeper understanding of how experience, conditions, and times affect us all. Allowing his mind to be open and notice the world keeps him learning, relevant, and engaged. He completed his fourth cruise in May.

In July, Ron will present an **Armchair Travel** program of the 2023 trip. He will begin a 2024 world cruise in February and give a November program.



*Copenhagen, Denmark
Tivoli Theme Park*



Casablanca, Morocco – Square of Mohammed V

“I snapped this fountain on a bus tour of the city, thinking it was a pretty sight. But when I saw it later as I was reviewing my shots of the day, I was shocked by the intricacy of the scene as it was displayed in still life.” Ron G.

Northwest Piano Trio to perform on January 26

by Ginny Seabrook, Music Committee

The Music Committee is happy to bring back one of WV's favorite chamber music groups, the **Northwest Piano Trio**, on Friday, **Jan. 26**, at 7 p.m. in the Blue Heron Auditorium. They have played here many times to standing ovations. The group was founded in 2014, and it is passionate about providing a unique performance that gives listeners a contemporary perspective on a non-contemporary art form. This special program is *What she has to say*, featuring the music of female composers Elfrida Andree, Clara Schumann, and Jennifer Higdon.

A new pianist, **Stephanie Smith**, joined Northwest Piano Trio in September. Born and raised in Wichita Falls, TX, Stephanie holds a Bachelor of Music in Piano Performance from the University of Colorado at Boulder and a Master of Music in Chamber Music Performance from the San Francisco Conservatory of Music. She served as artistic director for Queer Chorus of San Francisco from 2000 to 2008, and is on the faculty of the Newport Performing Arts Festival. **Esther Shim**, violinist, studied violin with Kathryn Gray and played with the Metropolitan Youth Symphony under Lajos Balogh. **Hannah Hillebrand** is a long-time friend of Willamette View. In 2014, she completed her Master's degree in Cello Performance with Hamilton Cheifetz at Portland State University, where she took master classes with artists such



as the Takacs String Quartet, the Tokyo String Quartet, and cellists Johannes Moser and Alban Gerhardt. While pursuing a career in music, she continues to work part-time as an ICU nurse.

Join us in welcoming these outstanding Portland musicians. The Music Committee gladly accepts donations in the form of checks, cash, or charge slips. We are grateful to the **Blue Heron Foundation** for its role in making our concerts possible.

APA Spotlight

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

Pat Averill, an Oregon resident who lives in Oregon City, composed this colored pencil landscape. This original was purchased from the artist in 2018. Willamette View owns four other works by this artist, which are located on the Manor seventh floor, in wings A, C, and D. I love how the artist has zoomed into an expansive landscape, capturing just the folds of land found in areas like the Palouse in Washington state, northern California, and parts of the Willamette Valley. I love the layers of color and texture she created with her colored pencils. I love the quiet beauty of it. I never get tired of looking at it. Pat Averill has been juried into 21 Colored Pencil Society of America exhibitions as of 2020. She is a 20-year member of CPSA and has served as president, treasurer, and publicity chairman. She says, "Colored pencils provide a response to the emotions I feel from my environment. There is a sense of peace in simple things. ... Light and shadow change each color normally related to the subject, and it offers me a palette of discovery and experimentation." You may see this art on Terrace 3, Balcony Homes.



by Bonnie Keller, APA Committee

APA is supported by grants from the Blue Heron Foundation At Willamette View.

Milestones to perform Bacharach on January 10

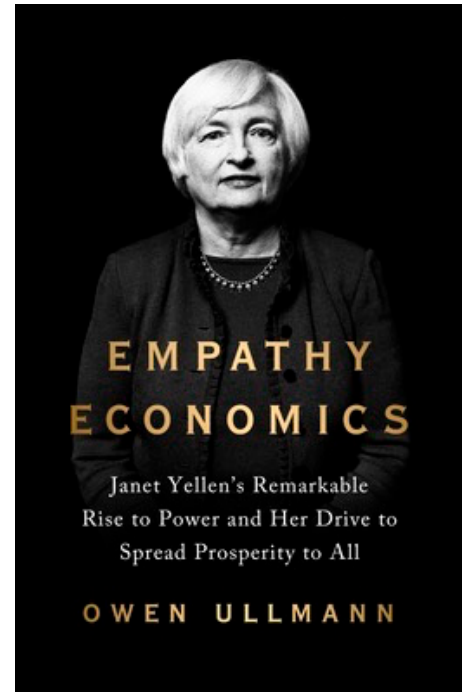
by Lois King, MusicWorks

MusicWorks will present the **Milestones**, with *The Essence of Bacharach*, on Wednesday, **January 10**, in the Blue Heron Auditorium at 7 p.m. Remember how much we enjoyed the music of Karen Carpenter, presented by the Milestones last fall? Now we have the opportunity to hear them present the signature sound of Burt Bacharach and Hal David, bringing back the music of the Swingin’60s and Groovy’70s. You will want to sing along to these gems, and we bet you will leave humming them!



Try This Title

by Penny Fiske



Empathy Economics Janet Yellen's Remarkable Rise to Power and Her Drive to Spread Prosperity to All

by Owen Ullmann

Publication date: **Sept 2022**
Manor Library **B YEL**

“Empathy Economics is a thorough, well-researched biography of Yellen’s life and career, and also a crash course in the workings of the U.S. financial system ...”
–Shelf Awareness

“In *Empathy Economics*, Owen Ullmann shows us a highly competent economist but also someone with empathy for everyone, especially the disadvantaged. ... It’s a fascinating story, and one that gives due credit to a remarkable economist, policy leader, and woman.”
–Forbes

Reduce, Reuse, Recycle

by Warren Ford for the Green Team

Willamette View residents and staff are good recyclers. Let’s be even better in 2024.

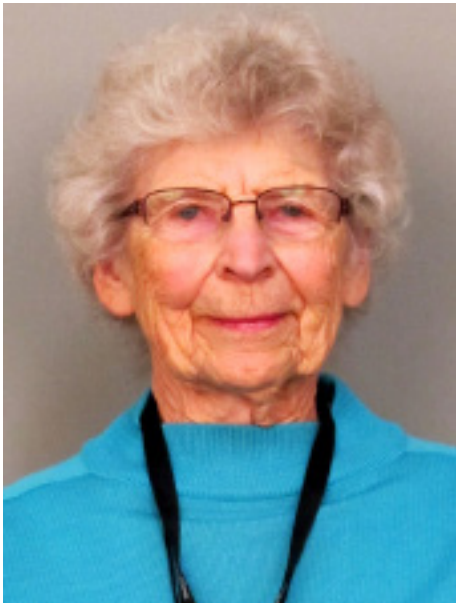
- Mixed recycling in blue or green bins. See the revised green sheet in your recycling room for what can and cannot be recycled.
- Refundable cans, plastic and glass bottles in gray bin. Must say **OR 10¢**.
- Glass bottles, jars, jugs in separate bin. Broken and all other glass, wrapped, in garbage.
- Stretchy plastic in yellow bin. No paper labels. Pop bubble wrap.
- Food compost in resident containers on kitchen loading docks.
- Styrofoam and flattened corrugated cardboard in designated areas.

When in doubt, throw it out! It is better to have recyclables in garbage than garbage in recycling.



In the annual Staff vs. Residents pool volleyball match on Dec. 8, residents came from behind to edge out the staff. Then they mixed it up and women played the men. It was an hour of fun for all, including spectators. One play was spectacularly made with a player’s foot!

New residents enjoy travel, gardening, volunteering, and look forward



Mabel Pool

Mabel Pool is a new resident of 207E. She came from Gresham on October 28. She was born in Anoka, Minnesota, where her parents had a farm. When she was four years old, the family moved to Washington state. She attended a one-room school for the first grade. Her teacher rode a horse to school in heavy snow in the winter.

Her family had an 80-acre farm in Washington. They had horses, cows, pigs, and chickens, but no running water or electricity. Her family drove a small trailer across the mountains to Seattle to their next home. They left Seattle soon to live and work on a raspberry farm in the Puyallap Valley. The following year, they moved to Mountain View, a Scandinavian neighborhood.

She graduated from Sumner High School and then attended Central Washington College in Ellensburg, earning a BA in education. She taught



Elaine Molskness

kindergarten for 28 years.

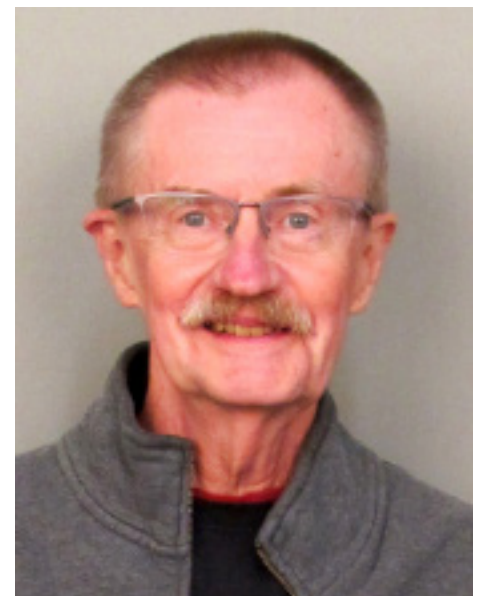
Mabel met Wilbert in college. They married and raised four children – two sons and two daughters. There are now six grandchildren and three great-grandchildren.

She has spent many years in volunteer work. She worked with her church congregation in building Habitat for Humanity houses, and she gathered gifts for underserved people.

Mabel enjoyed many years of skiing and hiking. She has hiked in Switzerland, Austria, and Norway. Now, at age 96, she keeps her hikes to two miles.

She appreciates her new home at Willamette View and finds it to be a smart choice at this time in her life. She enjoys being with WV residents, who enjoy life and remain youthful in their behavior and outlook.

Elaine and Ted Molskness came to 501B on October 18, moving from



Ted Molskness

Jennings Lodge, four miles away.

Elaine attended Oswego State University in New York for a BS in education, and the University of Colorado for an MA in education, guidance, and counseling. Her career was in education as an elementary school teacher and counselor.

Ted attended Augsburg College in Minneapolis, earning a BS, and Oregon State University for a PhD. His career was in research at OHSU.

Elaine has been a volunteer at the Gladstone Library and a docent at Portland Art Museum. Ted also volunteered at the Gladstone Library, and volunteered with the Red Cross blood donation program and OMSI.

They have a son, Kevin. They chose to come to Willamette View because it was in their neighborhood, and they enjoyed the warm welcome from staff and residents when they visited.



to new friends and adventures in their WV home

Photos by Mike Lincicum



Caroline Crumpacker

Caroline and Bob Crumpacker came to their new home in 605C on September 6. They moved from a downtown Portland condominium.

Caroline was born in Davenport, IA, and grew up in Mexico, MO. She attended school in Columbia, MO, and Cambridge, MA. She has also lived in Salem and Hillsboro, OR.

She earned a BS from the University of Missouri and an MS from Boston University, and she taught psychiatric nursing at McLean Hospital in Belmont, MA. She was a staff nurse and instructor at Oregon State Hospital, and she practiced community mental health nursing in Clackamas County, working at several Portland hospitals as a psychiatric nurse.

Bob was born in Rochester, MN, and grew up in Wichita, KS. He has lived in Portland since 1968.

He earned a BA from Colorado University and attended the University of Wisconsin, and then earned an MD from Kansas University Medical School. He interned at Good Samaritan Hospital in Portland. He served in the US Army in Killeen, TX, and served



Bob Crumpacker

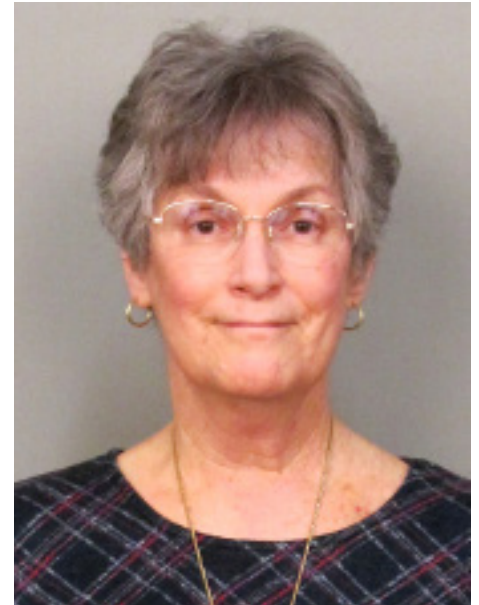
a residency at the University of Minnesota.

Bob attended Colorado University on an athletic scholarship, throwing the shot put. While in Wisconsin, he taught ninth grade English for a semester. After completing his medical training, he returned to Portland and practiced neurology at Providence Hospital for one year before moving to the newly completed Adventist Medical Center and opening East Portland Neurology.

Caroline is a long-time member of the Portland Garden Club. She has been an enthusiastic gardener at home and in several community gardens. She did volunteer knitting for Hopewell House.

Bob's interests include music. He played drums in an oldies band called **The Lovehandles** and a pop band named **Reflux** for several years. He loves reading – especially mysteries – and he has written two science fiction novels and two memoirs.

They have three children and three grandchildren. They love WV for the people, the activities, the environment and landscaping, the facilities, and the



Sue Nichol

Sue Nichol moved from her home of 43 years in LaGrande to a new home in 602A on November 17. Her former homes have been in Cottage Grove, OR; Arizona, New Mexico, California, and Philadelphia.

She attended Eastern Oregon University – a satellite of OHSU – earning a BS in nursing. She spent her career as a nurse at Grande Ronde Hospital in LaGrande in the maternity nursing and surgery departments.

Sue volunteered at the Union County Library for 12 years and delivered Meals on Wheels for six years. She spent a year volunteering in the hospital gift shop.

Her husband, Dan, now deceased, worked for the US Forest Service. She has two daughters and three grandchildren. One daughter lives in Milwaukee and the other is in Vieques, Puerto Rico. Sue moved to WV to be near her daughter's family and to enjoy the wide range of activities offered here.



My View from Willamette View

by Peter Gibb

My wish is that 2024 may unfold for you and be a delightful step forward in your continuing evolution to become the best **you** possible. Here's to exploration and discovery!

New year,
No fear!
This I hope:
That I'll not just cope
But think it through and follow my heart
And launch this year with a righteous start.

New Year's resolutions have long been – often appropriately – mocked. I've made and broken my fair share. This year I'm confident I'll follow through. I know because I cheated. I started last year.

My new year's resolution is **to further define and pursue the most important characteristics for this last phase of my life — my values, my role in life, and my intended actions.**

Before I finish this journey (aka life), I want to truthfully say, "I did it. I pursued, with my whole being, who I want to be, what I want to do, and how I can best follow that path."

As I pursue this resolution, here is what I'm thinking. This is personal, for and about me. What I hypothesize as your (potential) challenge is described in the final paragraph.

• **Who I want to be/my core values:** I want to pursue three core values: **Kindness, Compassion, and Creativity.** I will hold these sacred; they light my path.

• **My role.** I have a new job. I am a caregiver. It's a role I never would have chosen, but is enormously meaningful and important to me. I am learning so much from this opportunity – about compassion, about patience, about alternative realities, letting go, and teamwork. I soak up these lessons. I am so grateful.

• **Actions.** As a newcomer to Willamette View, I find myself in the midst of a wonderful array of activities, support, and new friends. I am sorting through options, experimenting, showing up, learning what will be included in my routines, what blends well with my primary role as caregiver. I feel blessed and optimistic. I will pursue what gives me joy and purpose.

The challenge. The above is not to suggest that any of my specific directions are appropriate for you. But if the idea appeals, I do recommend that you engage yourself, and your friends – family, hall-mates, dinner companions, jigsaw puzzle partners, pets, journal, whomever or whatever you commune with – in explorations of these questions:

1. Who do you choose to be, really?
2. What role(s) is most important to you now?
3. What specific activities and actions will you pursue to realize your best, intentional self?

Join the exploration and discovery club. If you feel inclined, I'd love to hear how it works out.

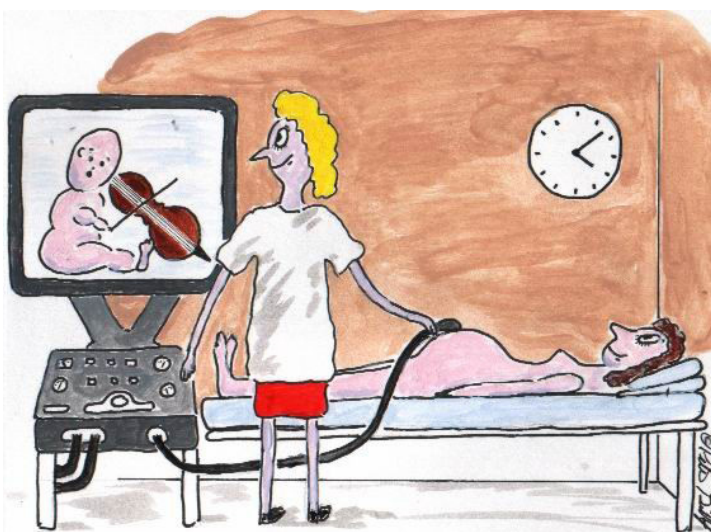
Peter Gibb – pgibb@ashlandhome.net or 541-646-1184

Resident Website Tips

Two recent additions to our resident website:

1. *Forms Index* – log in, scroll down to the bottom of the home page and there, in blue, is **Forms Index**. Click on it to find the **Resident Sign Out** form (when you're away from WV), the dining **Speak-Up** form, the **Website Help/Suggestion** form, and all the printable forms you need if you have a pet, a bicycle, a kayak, need a key, etc. Easy.
2. Our list of former residents is now divided into two directories – *In Remembrance* and *Moved Out*. Log in, then hover your mouse over the word **Directories** (in black, below our logo's heron). The list opens and there they are. Have fun exploring the website. If you want help, come to our monthly **Introduction to the Resident Website** class. The next class is Wed., **Jan. 10**, 10-11 a.m., Mount Jefferson Room in the Plaza. All abilities are welcome.

by Donna Krasnow, Tech Training Manager (6418)



"Your baby is developing very nicely, Mrs. Bisbee. You said you come from a musical family, is that right?"

Cartoon by Peter Gibb

Green Team to Reveal Dirty, Rotten Truths! *by the Green Team*

Flash! Perennial top questions “What is the meaning of life?” and “How can I achieve lasting happiness?” were surpassed in late 2023 by this new question: “Where does the stuff go and why should I care?”

Anticipating this trend, the Green Team at a leading retirement community has arranged an exposé by local expert **Tenille Beseda Fillwock**, Senior Sustainability Analyst for Clackamas County. A graduate of Linfield University and the UC San Diego School of Global Policy and Strategy, Tenille has been a county employee for the past 12 years. She has made multiple visits to our campus to educate the Green Team and the full Willamette View community on sustainability issues. One of her lessons is that “reduce” and “reuse” should precede “recycle” whenever possible.

Tenille’s talk will be presented on Friday, **January 19**, at 10:30 a.m. in the Blue Heron Auditorium. She will include information about the fate of waste streams and about how to reduce waste volumes. Don’t miss this talk if you have ever lost sleep wondering about proper disposal of returnables, glass, plastic, cans, cardboard, paper, food waste, and the material destined to become landfill. Bring your questions and learn to speak truth to trash!



Seventy Years Later, *Godot* Comes Home

by Carol Knowles, Blue Heron Players Director

Samuel Beckett’s *Waiting for Godot* premiered in Paris in 1952. Many Willamette View residents first saw this absurdist masterwork in the late 1950s and 1960s. The play unsettled many of us, and then – made us determined not to spend our lives *waiting*.

It’s 2024, 70+ years after the play premiered. And we’re now as old or older than the two main characters. And, like Estragon and Vladimir, our feet hurt, we urinate frequently, and we sometimes forget what happened yesterday.

In late 2023, **Dr. Sheldon Hurst**, art historian/curator of **ArtReach Gallery**, persuaded **Miguel Ruibal**, a South American artist now living in Spain, to exhibit some of his drawings in the gallery, located inside the First Congregational United Church of Christ in downtown Portland. The show, **SILENCE: Waiting**, consisted of 48 of Ruibal’s drawings of distorted figures in nearly empty space paired with quotations from *Waiting for Godot*.

Several Willamette View residents saw Ruibal’s artworks and were deeply touched. **Bernard della Santina**,



From left: Carol Knowles, Pam Brown, Bernard della Santina, Sheldon Hurst

Pam Brown, and **Carol Knowles** met with Sheldon, who graciously agreed to let Ruibal’s artwork hang in Willamette View’s Gallery during January and February.

To honor this moment, the WV Gallery team of **Cheryl** and **David Brockman**, **Nancy Meyer**, **Shannon Katterle**, **Joan Cartasegna**, **Jean Eilers**, **Ellie Albert**, **Sonnie Russill**, and **Pam Brown** are refurbishing the gallery space. After retired architect and resident **Don Trotter** created a new plan for the Gallery, the group met

with designer **Kristy Voss** and WV Administrator **Kim Buchholz**. You can see the results for yourself – new light fixtures, paint, tablecloths, comfortable seating, and soon, a nearby coffee service. While the Ruibal exhibit is on display, Hurst will deliver several gallery talks in the refurbished art space.

During the run of the exhibit, the **Blue Heron Players** theater troupe will perform a multimedia piece titled **Waiting for Godot 2024** – combining large PowerPoint images of Ruibal’s artwork; choreography mirroring the antic movements of vaudeville; and music by Shostakovich, Debussy, and Beckett’s favorite composer, Schubert – all performed by classical pianist **Amy Torgerson**. Passages from Beckett’s play, directed by Carol Knowles, will be performed by Sheldon Hurst as Vladimir and Bernard della Santina as Estragon.

All components of this February 26 and 27 multimedia performance are designed to immerse us deeply in *Waiting for Godot* so that we can discover what meaning and import Beckett’s masterwork has for us now.

✓ Check it out

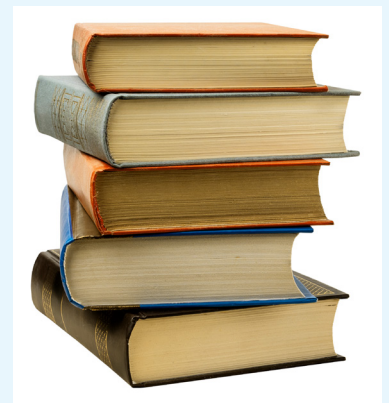
by LaJean Humphries, Library Committee Chair

Your 2024 Library 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 **Sue Trotter**, who has ably served as secretary for the past three years; **Gay Walker**, who has served as document control coordinator; and **Doug Morgan**, Resident Council liaison.

I am pleased to introduce a new member of our committee. **Catherine Cunningham**, who has an amazing range of experience, joins us as secretary. Returning members include **Janet Black**, Manor library manager, **Nancy Bouwsma**, Court library manager, and **Anne Tracy**, Terrace library manager. **Patty Marks** continues as treasurer to help manage our finances. We also welcome **Pam Brown** as liaison, as she becomes Resident Council vice chair.

Ann Glaze, *ResourceMate** manager, keeps our online catalog computer system running smoothly. **Roy Kruger** oversees collection development, including teams of book reviewers and book selectors. **Cheryl Brockman** provides circulation reports. **Rikki Perry** and her team handle reserves and ensure that you get the book you put on hold. **Wyma Rogers** and **Sandra Helmick** make sure each book has the correct call number so that you can find it on the shelves. **Flora Lippert** maintains the library pages on the resident website. **Werner Gerling** and **Gary Lippert** handle software and hardware issues with some help from **Paul Fiske**. **Jan Williams** creates gorgeous graphics, bookmarks, and posters.



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

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 integrated relational database system experience and/or computer experience.

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

Does this group at the right look like one you might like to join? If you enjoy being on the water, like using a kayak or canoe, you can join other volunteers at **Willamette Riverkeeper**. There you can work in restoration efforts, participate in cleanup projects, and go on paddling trips. For 27 years, Willamette Riverkeeper has proudly served as the eyes, ears, and voice of the Willamette River. Their programs enable them to effectively generate positive change. They Advocate, Educate, and Investigate to hold the line for river health. Check out their website at willamette-riverkeeper.org

Submitted by Lois King, WV Resident Engagement Coordinator



Willamette Riverkeeper Volunteers

Recorder Group to Present Holiday Music Concert

On Wednesday, **January 10**, the **WV Recorder Consort and Class** will present a concert of holiday music, under the direction of **Anthony Allen**, in the Blue Heron Auditorium at 7 p.m. Highlights are beautiful arrangements of carols both familiar and not-so-familiar, such as the *Sussex Carol*; *I Saw Three Ships*; and *Bring a Torch Jeanette, Isabella*; chorales of Bach; and instrumental music from Handel's *Messiah*. They are also excited to offer a special treat of several movements from Tchaikovsky's beloved ballet, *The Nutcracker*. The performers include members of this year's beginning recorder group as well as seasoned players with years of performing experience. Are you interested in playing the recorder? See details on page 14.



Anthony Allen, Director

RERT is now SERV

by Donna Krasnow and Carla Harris

It had to happen – we changed how we are organized so we needed a new name. On January 1, **RERT** (Resident Emergency Response Team) became **SERV** (Safety & Emergency Response Volunteers). Our new name addresses exactly what our members now do – deliver a message of safety education to all residents and assist WV staff in emergencies – two different missions, two different pathways of volunteerism.

Our education specialists, called Safety Liaisons, will deliver a monthly safety message to their neighbors. You should be hearing from your Safety Liaison soon. Our emergency responders are in the midst of training for different types of emergencies – finding a lost resident/visitor or assisting staff when an emergency occurs.

Since our appeal at the September Q&A, 38 residents joined our team, bringing the total to over 70 members. Thanks to all RERT/SERV members for their gift of donating valuable time to make sure that we all live safely together here at Willamette View. If you are interested in joining SERV, contact Donna at 6418.

May you waken each morn
Feeling glad you were born
To treasure your pleasures this day,
To prepare to explore
The adventures in store
As you travel your Life's pathway.
by Joline Shroyer



Margaret Poff celebrated her 95th birthday on December 1, beginning in the fitness center during her morning workout. Dale Harris (in background) and George Brooks serenaded her with Happy Birthday as she arrived.

The *Willamette Views* welcomes **Wendy Aeschliman** as a monthly nature columnist. Her new column is called ***Perspectives on the Natural World***, and is on page 15 of this issue. Wendy attended Lawrence College and Harvard Graduate School of Education. She was a sixth grade teacher before becoming a school nurse. She founded **Talking Talons Youth Leadership**, a nonprofit organization in New Mexico that worked with teams of students to teach others about community and environmental responsibility using non-releasable birds and animals. Wendy and husband Dan moved to Willamette View in February 2023 from Gaston, Oregon.

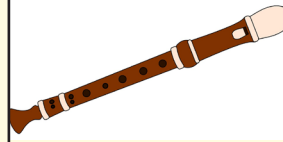


Announcements

New Briefings schedule for 2024 – all are welcome to join this discussion of current events. Due to room availability, the meetings will be on the fourth Tuesday of the month in the Terrace Auditorium from 1 to 2 p.m. Contact **Bibi Momsen** (6627) for more information, or to be added to or removed from the email list.

A **recorder class for beginners** will launch in January. You don't even

need to have your own recorder; we have recorders



to borrow. There are sizes ranging from soprano through bass. If you can read a few notes of music, that would be helpful but not required. The class is designed to start from scratch, learn notes, play in a group, and have fun. For more information, contact **Cindy Mahlau** by email or phone at cindygamba392@gmail.com or 6408.

Low Vision Mutual Self-Help Peer Support Group
Wednesday, Jan. 10
1:30 – 2:30 p.m.

Court Family Room, 2nd Floor
 Let's share tips for easier living!
Mary Gayle Van Ingen has many easy tips you can use that will make your all-around living much easier. Please bring your own tips to this program as well. We are looking for safe, inexpensive ideas you have discovered. If we all contribute, this will be a powerful meeting.

by Sandra Gerling, Vision Resources

In Memoriam

November 21 – December 20

*Cliff Jenne
 Olga Keesling
 Jeanne Keevil
 Barbara Limandri
 Calvin McConnell*



New Residents — Apartment Moves

November 21 – December 20

	To	Phone
Louin Beard	Out of Willamette View	
Charlotte Cox	202P	6654
Kathy Olson	Out of Willamette View	

Save the Date

The **Diversity and Inclusion Group** will host a speaker from **The Evolve Experience** in the Blue Heron Auditorium on Tuesday, **Feb. 6**, at 10:30 a.m. These are live and filmed narratives from police officers, judges, and community members describing experience at the intersection of race and the justice system. The full performance of The Evolve Experience will be at the Reser Center for the Performing Arts on **Feb. 23** and **24**.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	Jan. 8	TED Talks, 2 p.m.
Wednesday	Jan. 10	Darrell Jabin presentation – <i>Historic Homes and the People Who Lived in Them</i> , 2:30 p.m.
Monday	Jan. 15	Tim Clark guitar and vocal performance, 2 p.m.
Wednesday	Jan. 17	Movie Matinee – <i>Breakfast at Tiffany's</i> (1961), 2 p.m.
Monday	Jan. 22	Oregon Historical Society presentation – <i>Vanport: The Company Town</i> , 2 p.m.
Wednesday	Jan. 24	Graham James piano performance, 2:30 p.m.
Wednesday	Jan. 31	Documentary Film – <i>Lost Cities of the Jungle</i> (2022), 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

Burrowing Owl – *Athene cunicularia*

My husband Dan and I lived 30 years in the Albuquerque, New Mexico, area starting in 1967, during which time I was professionally involved in environmental education and then school nursing within Albuquerque Public Schools. But on the side, I was very active in wildlife rehabilitation under the auspices of federal and state agencies, nursing injured or orphaned birds of prey, mammals – particularly bats – and reptiles and songbirds. Dan and I constructed many enclosures inside and around our mountain home for wildlife caretaking. When an animal was non-releasable and also adaptable, it could become an educational ambassador for its species, kept long-term, and appropriately registered.

In August 1986, an injured juvenile burrowing owl was found near a vacant lot in Albuquerque. Veterinary diagnosis revealed a fractured coracoid bone – essential for flight! Surgery followed. The young owl, brought to me, was named Bo, for **burrowing owl** of course, and after some weeks he occupied a lovely outside flight enclosure. The little owl healed well and was seemingly without pain, but the right wing remained imperfect for distance flight. Bo, sadly, was deemed non-releasable. Bo's spirit was indomitable, however, as you will find out next month. He became an educational favorite, beloved by students and adults. The photo on the right is the real Bo in 1993.

About 9 or 10 inches high, these little bright-eyed, long-legged, and tiny-tailed enchanting owls are found **only** in the Western Hemisphere in generally drier open field habitats with relatively short vegetation. Often in colonies, one will see them active in the daytime hovering, perching on mounds and branches, and bobbing their heads. They have up to 17 different vocalizations, but the “cu-coo” is common. When disturbed in the burrow, they have an alarm that sounds like a rattlesnake rattling! Hearing that, who would enter? The primary prey for the owl is a variety of insects such as grasshoppers and crickets, and many small mammals like mice and gophers. Migration is variable.

They are named burrowing owls because they inhabit underground burrows, but the majority of their burrows are actually “borrowed” and abandoned burrows dug by other animals, such as gopher tortoises in Florida, and prairie dogs, ground squirrels, and badgers in the West. We needed to construct an artificial burrow and chamber for Bo to use. He loved it, and it soon became littered with debris such as fur, bones, and owl pellets – regurgitated undigested remains. Inside the chamber box, he was warm, dark, and private, but sometimes he was cohabitating with rehabilitating friends.

Are burrowing owls found in Oregon? Yes, mostly as spring and summer visitors in the drier eastern half, but unfortunately are declining in numbers. They also inhabit most of the western states and South America. Next month I will describe an exciting recent and successful project to bring up the numbers of this special species here in Oregon and will tell of health struggles Bo surmounted in his relatively long life!



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
Briefings	Fourth Tuesday	1 p.m.	Terrace Aud..	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Manor Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
Chorus	Thursday	1 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Duplicate Bridge	Monday	6:15 p.m.	Plaza Sunroom	Ron Gustafson	2715
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	7277
Gentle Yoga with Charlie	Monday, Wed., Friday	10:45 a.m.	Plaza Sunroom	David Kohnstamm	6727
Green Team	Second 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
Health Center/Terrace Tour	Thursday – by reservation – 10:30 a.m.		meet in Terrace Lib.	Laela Echelberger	6793
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenany	Second Sunday	3 p.m.	BH Auditorium	Jerry Hull	6403
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Friday	1:30 p.m.	Heron Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Diabetes Group	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Living with Pre-Diabetes Group	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Pam Brown	6623
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Mix & Mingle Bridge	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Jean Gallup	6397
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed. Friday	10 a.m. 11 a.m.	Pool Pool	Candace Bradley Candace Bradley	7201 7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud..	Jerry Smith	6502
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Wayne Potter	6623
Q&A by Craig and Kim	Last Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Intermediate Class	Tuesday	11:30 a.m.	Multipurpose Rm.	Cindy Mahlau	6348
Recorder Consort	Tuesday	12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Ann Glaze	6559
Retired Clergy Group	Fourth Thursday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	925-872-0969
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504