



Treasurer Elaine Toll, Vice Chair Pam Brown, and Council Chair Doug Morgan greet guests before meeting begins.

Story and photos by MH Socolofsky

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Building Together for Tomorrow and Today Residents Association Semiannual Meeting

Resident Council Chair **Doug Morgan** called the Residents Association Semiannual Meeting to order at 3 p.m. on June 6 in the Blue Heron Auditorium. He introduced the Willamette View, Inc., Board of Directors and members of the Resident Council. He introduced 17 new residents who have moved into WV since January 1. Treasurer **Elaine Toll** reported that the council manages accounts for 21 resident activities. Most are primarily self funded by resident contributions for performances, movies, lectures, and other events. The 2024 grant from the Blue Heron Foundation, which matches resident contributions, is \$15,000. The council approved funding grants totalling \$4,174.45 to five activities for the period of July through December 2024. Doug emphasized that residents are interested in the future of WV, and that the job of the council is to sustain the quantity and quality of resident engagement, making participation fun and easy, and to exhibit change-centered leadership, building on the good work of our predecessors. New projects include continuing development of the Technology and Communications Committees, launching the History Workgroup to digitize archival records, and the Neighbor-to-Neighbor Workgroup, connecting independent living residents with residents living in licensed care areas. **Marcia Shaw** and **Donna Moores** are heading an Action Group to explore formation of an Events Committee. Nominating Committee Chair **Elise Meyers** presented the slate of councilors/Personnel Committee members (see page 18). *Continued on page 6*

Royal Rosarian Walt Lundberg cochaired this year's Starlight Parade and Grand Floral Parade



Walt Lundberg marshalled the Oregonian float in the Rose Festival Grand Floral Parade on June 8. He organized the Rosarians, based on various factors, to escort/marshall each marching band and float in the parade.

From the Resident Council

by Pam Brown, Council Vice Chair

Where does our money go?

We are so lucky. If we don't want to venture out for entertainment, we don't have to – entertainment comes to us! Every week we can choose from a selection of movies – Hollywood-style, international films, or compelling documentaries. **Public Affairs** regularly presents programs dealing with a variety of issues such as social, environmental, or public health. Our **Blue Heron Players**, under the leadership of **Carol Knowles**, brings us meaningful and pleasurable theater productions. We watch with great enthusiasm as our friends and neighbors unleash talents we never knew they had. We can participate in or enjoy concerts by the **Willamette View Chorus** or the **Recorder Group**. Other talented musicians outside our campus come to sing, play their instruments, and perform just for us. We can contribute to the events in large and small ways as we enter. Cash is good, but we can also charge whatever amount we want to our WV account just by filling out a form.

Where does this money go? It all goes to the Resident Council General Fund. **Elaine Toll** is treasurer of the Resident Council and **John Niemitz** is the assistant treasurer. Elaine said recently at our Resident Association meeting, "Resident Council has an agreement with the Blue Heron Foundation to provide a grant to the Resident Council that matches the contributions from residents attending events they enjoy." This year the grant was \$15,000. What does the Resident Council do with this money? The Resident Council oversees the accounts for 21 resident activities. Requests for support grants go through the appropriate councilor to the treasurer. The treasurer and assistant treasurer meet with the Finance Committee and go over each request to make recommendations, and which then go to the Resident Council for approval. John Niemitz and the Finance Committee want you to know that "We see our grants from the Blue Heron Foundation as bringing practical applications to *the art of living well*. In turn, the Council's grants to individual resident-directed activities foster independence and creativity, critical to the kind of community we are."

The Finance Committee is led by **Mark Troseth**. There are five members on the committee. The three voting members are residents: **Bob Bubel**, **John**



Holderness, and Mark. There are two non-voting members: **Council Chair Doug Morgan** and **WV CFO Brian Thompson**.

I singled out only one each of Elaine, John and Mark's many former positions before retirement. Elaine was Department Administrator of OHSU Emergency Medicine. John worked for Legacy, Providence, and OHSU in Human Services leadership capacities. Mark, an attorney, served in the Oregon Department of Human Services as manager of the hearings unit and then as a writer of administrative rules. No team could make better financial decisions for us.



Retiring councilors **Earl Westfall** (Technology), **Susan Genne** (Services) and **Barbara Nye** (Health Resources) were recognized and thanked for their service at the June 14 meeting of the Resident Council. They each expressed appreciation for the opportunity to serve their community and believe they gained a broader understanding of both their own and other program areas, as well as the chance to interact more closely with the individuals on their program teams.

Willamette Views

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

July Movies

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

Donations gratefully accepted

Documentary film

Thursday, **July 11: *The Ritchie Boys*** (2004). Having escaped persecution in Germany, these soldiers returned to fight their own kind of war. Rich in “inside” knowledge used to fight for their values, the film teaches us more about another aspect of WWII. Told with insight and wit. **1 hr 30 m.**

International film

Tuesday, **July 9: *The Guilty*** (Danish and English, 2018). Asgar Holm, temporarily assigned to the Danish 112 Emergency Call Center, receives a call. Actor Jakob Cedergren creates a gripping thriller filmed from a single isolated location. **1 hr 25 m.** Sundance Film Festival entry. **Discussion following. Psychological Thriller/Drama. R**

Saturday night films

Optional discussions will follow

July 6: *Amadeus* (1984). Wolfgang Amadeus Mozart, the brilliant musical prodigy of 18th century Vienna, flowers as the darling of the court of Joseph II, Holy Roman Emperor. Jealous composer Antonio Salieri (F. Murray Abraham) hatches a twisted plan to destroy Amadeus. Stars Tom Hulce as Mozart. **2 hr 38 m. Bio/History/Drama. PG**

July 13: *Cabaret* (1972). Lisa Minnelli and Joel Grey dazzle in this decadent award-winning musical. Singer Sally Bowles romances a Brit writer with her Bohemian lifestyle. *Cabaret* mirrors the growing darkness of Nazi Germany. Best Actress, Best Director awards. **2 hr 4 m. Musical/Drama. PG**

July 20: *All Together Now* (2020). An optimistic, talented high school senior in Portland, Oregon, Amber Appleton (Auli'i Cravalho) clings to a huge secret. She's homeless, living in a school bus. She learns to rely on the support from her friends to help her overcome obstacles. Justina Machado stars as Amber's mom, with Carol Burnett as a feisty senior-living resident. **1 hr 32 m. Drama. PG**

July 27: *Croupier* (1998). British thriller. Jack Manfred (Clive Owen) balances his life as an unsuccessful writer and a casino croupier. A sexy female South African gambler persuades him to help rob the casino. **1 hr 31 m. Noir/Thriller. Sexual Scenes/Nudity/Language. Not rated**

August Movies

Documentary film

Thursday, **Aug. 1: *Rising Phoenix*** (2020). The film tells the extraordinary story of the Paralympic Games from the rubble of WWII to become the third biggest sports competition in the world. **1 hr 45 m.**

International film

Tuesday, **Aug. 13: *Sachertorte*** (German language, 2022). On a chance meeting, Karl discovers the love of his life but loses her phone number. He only knows that she celebrates her birthday at the Sacher Cafe in Vienna. Waiting there each day, he discovers surprising characters and delightful friends. This superb rom-com stars Max Hubacher, Maeve Metelka, and Krista Sadler. **1 hr 52 m. Romance/Comedy. PG-13**

Saturday night films

Optional discussions will follow

Aug. 3: *Bridge of Spies* (2015). Director Steven Spielberg creates a meticulously composed Cold War espionage thriller about the swap of Francis Gary Powers, the American U2 pilot, for Soviet spy Rudolph Abel. Tom Hanks plays a New York lawyer. Mark Rylance won Best Supporting Actor. **2 hr 21 m. History/Thriller. PG-13**

Aug. 10: *The Martian* (2015). A lighthearted Sci-Fi adventure. Mark Watney (Matt Damon) is accidentally stranded on Mars during a space mission. Golden Globe winners for directing and Best Actor. **2 hr 22 m. Sci-Fi/Adventure. PG**

Aug. 17: *The Station Agent* (2003). Dwarf Finbar McBride inherits an abandoned train station and seeks a

life of solitude. His peace is disrupted by a chatty hot dog vendor and a grief-stricken woman. This warm, funny film won the Audience Award at the Sundance Film Festival. **1 hr 28 m. Drama/Comedy. Language. R**

Aug. 24: *The King's Speech* (2011). England's Prince Albert (Colin Firth) must give a speech to his nation despite his severe speech impediment. His wife Elizabeth (Helena Bonham Carter) hires an unorthodox speech therapist (Geoffrey Rush) to help. Oscars for Best Picture and Best Actor. **1 hr 58 m. History/Drama. Language. R**

Aug. 31: *The Man in the Hat* (2021). A road trip comedy follows a man (in a hat) in a tiny Fiat 500, driving through southern France. Little dialog, great musical performance. **1 hr 35 m. Subtitled. 1 hr 35 m. Comedy. PG-13**

WV Health Center is now open for visitors *by Glenna Kruger, Neighbor-to-Nighbor Chair*

Yes, remodeling is well underway for the complete refurbishing of the Health Center. If you've ever lived through a remodel of your home, you know how disruptive that can be. Despite all the hubbub, visits from friends are most welcome. Harmony Garden is also open and it's a lovely place to take a friend for a respite from the activity and a good catch-up.

Here are some things to keep in mind before your visit:

- As you would with any friend, check to be sure they are available and feel ready for a visit. The bulletin boards in all Independent Living buildings have a list of Health Center residents, along with their room number and phone number.
- Sign in at the reception desk located just off the Health Center parking lot before entering the neighborhoods. Although it seems to be at "ground level" near River Road, this is actually the third floor of the Health Center. When going via the Terrace walkway connection, once you arrive at the Health Center building, take the elevator to the third floor to find the reception desk. (Sign out is not required.)
- If help is needed, ask your friend to push their call button.
- If you are not familiar with the neighborhoods, sign up for a tour led by Laela Echelberger, Health and Wellness Coordinator: email at michaelae@willametteview.org or call 6793.

During your visit, share your good memories, talk about



Neighbor-to-Nighbor member Bubbles Lincicum (second from right) leads a dominoes game with Grace Hawes, Donna Ronning, and Coralie Van Horn.
Photo by Michele Lukowski

the art and memorabilia in their room, catch them up on your own activities and family news. They are an important part of Willamette View and many have served the community over the years in a variety of roles. You can participate in activities with your friend such as bingo, dominoes, puzzles, and exercise class. Activity calendars are located on the bulletin boards in each neighborhood. Take your cues from the resident if it seems they are tiring or working hard to respond. Sometimes quiet companionship is a valued gift.

If you have any questions, please contact me (6579) or any member of the Health Center staff. Next month I'll report on the activities of the Neighbor-to-Nighbor team.

Armchair Travel takes us around the world with Ron Gustafson

Ron Gustafson will recount his adventures on his 2023 world cruise (his fourth) at an Armchair Travel presentation on Wednesday, **July 17**, at 7 p.m. in the Blue Heron Auditorium. This cruise began January 3, starting and ending in Fort Lauderdale, Florida.

The cruise sailed through the Panama Canal, across the Pacific to New Zealand and the south coast of Australia to the Indian Ocean islands, and then around Africa, including two of the Canary Islands and a fleeting visit to Null Island. While the cruise continued to Morocco and Europe, these ports of call will be covered in November's Armchair Travel session, along with Ron's experiences on his 2014 world cruise of Japan and China. His slide show covers scenes from 23 countries, featuring dramatic landscapes, local art, un-

usual plant life, and many native animals residing in managed game reserves.

Ron moved to Willamette View in 2002. He was born and grew up in east Multnomah County. He graduated from Willamette

University and spent his career east of the Mississippi, in Michigan, Washington, DC, and England. He has visited all 50 states and 72 countries.

Call **David** or **Anita August** (7221) for more Armchair Travel information.



Private car sharing – A way to reduce costs and environmental impacts

by Gary Smith, Green Team

Vehicle ownership by residents at WV facilitates relatively quick trips that require little planning. That convenience, however, comes at a considerable cost for the resident and imposes a burden on our environment. Alternatives offered by WV, by public transit systems, and by ride-sharing services satisfy some transportation needs but not all. Private car sharing by residents is a way to retain most of the convenience of vehicle ownership while significantly reducing costs. On Tuesday, **July 16**, at 2:30 p.m. in the Manor 2nd Floor Heron Lounge, a “Sharing Session on Car Sharing” will provide information to residents and perhaps allow some to find car-share partners.

A very successful car-sharing arrangement is one between Donna Krasnow and Judy Kleinberg. Judy suggested the plan in 2019, and the two longtime friends became co-owners of her 2018 Honda Accord. Judy’s car insurance policy was amended to add Donna as a driver, and a plan for sharing vehicle expenses was developed. An advantage of the plan is that ongoing costs for maintenance and parking are split between the two women. A disadvantage of sharing is that regular communication on schedules is necessary. Other residents have initiated arrangements or have expressed interest in the mechanics of doing so.

Decisions in several areas should be made by residents who want to initiate a car-sharing arrangement. Questions include:

- Who would be a compatible partner for me?
- Should one or both residents be owners of the vehicle?
- What liability insurance arrangement should be used?
- What methods should be used in computing expense reimbursements for accident-free usage and for additional costs that follow an accident?
- What should your written car-sharing agreement cover?

There is initial work to set up an arrangement, but most residents should be able to talk with each other or with family members and get through that step. Then the benefits of reduced personal and environmental costs can accrue for as long as the arrangement lasts. I would like to hear your ideas on private car sharing. Have you done it yourself? What are your concerns about doing it? What would it take for you to start sharing? Send in-house mail to 102E or email garyrichardsmith@gmail.com.



Memorial Day Ceremony –
Colors presented/raised by Kathy Blume,
David Heath, and Kahi Wong.

CAR and PLANE ENTHUSIASTS

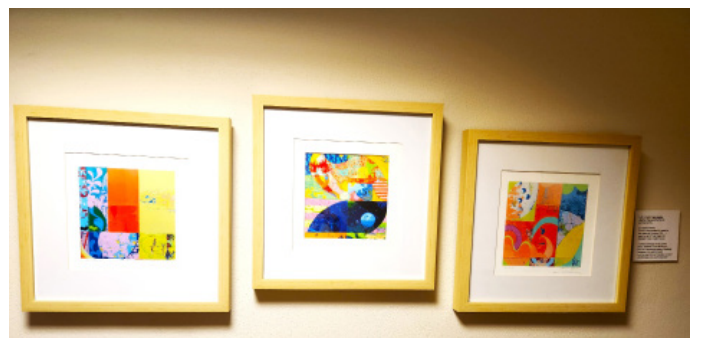
Mark your calendars! The Outings Committee will charter a bus to see the **Western Antique Aeroplane and Automobile Museum (WAAAM)** in Hood River on Wednesday, **September 11**. Watch for posters or call **Ron Ture** (503-791-7828) for more details.

APA Spotlight

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

What do I like about these pieces by Portland artist Carson Abbert? For one thing, they are accessible to those of us who are still learning art appreciation. I am drawn to the bright colors, leavened with white, and to the whimsical shapes in the semi-abstract art. Each work is balanced in design, and the arrangement of the three is balanced. They resemble collage, but are not. Abbert says, “I love painting because it is powerful. It makes me want to live a life with open eyes and a ready heart. Hopefully you’ll feel the same when viewing my work.” These prints are on I-5, halfway down on the west side.

by Wyma Rogers, APA Committee



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

Music Committee brings summer concerts to WV *by Ginny Seabrook, Music Committee*



The Madero Winds

The **Madero Winds** ensemble will be making a second visit to the Blue Heron Auditorium on Friday, **July 26**, at 7 p.m. They are known for eclectic concerts that include “everything but the kitchen sink.” This concert, titled **Modern & Melodic**, will feature classical music from the 20th and 21st centuries.

Three musicians make up Madero Winds. **Gail Gillespie**, prior to moving to Portland, served as Principal Flute of the US Marine Band, “the President’s Own,” in Washington, DC. During her 30-year tenure, Gail was often a soloist with the band and the Marine Chamber Orchestra. She received her Bachelor of Music, with honors, from the New England Conservatory of Music and has subbed with the Oregon Symphony and the Oregon Ballet Theatre, and has been a member of the Portland Columbia Symphony since 2013.

Brad Hochhalter served for three decades as principal oboist of the Portland Columbia Symphony. He has performed with the Oregon Symphony, Portland Opera, Portland Chamber Orchestra, and others.

Dave Bergmann plays not only clarinet in Madero Winds, but also bass clarinet with **Clarinets a la Mode**. Dave received his degree in music from California State University, Hayward, and has performed with many Northwest orchestras, including the Walla Walla Symphony, Portland Opera, Oregon Ballet Theatre, and the Mt. Hood Jazz Festival.

Dave Bergmann will be returning to Willamette View in August with **Clarinets a la Mode**. The concert is in Blue Heron Auditorium at 7 p.m. on Friday, **August 30**. In addition to Dave Bergman, there are three more clarinetists in the group.

Alicia Charlton holds positions in the Portland Chamber Orchestra, Newport Symphony, Portland Opera, and other groups. She also plays in musical theatre productions at Broadway Rose, Lakewood, and Clackamas Repertory Theaters.

Steve Gordon plays clarinet, saxophone, and accordion. While in college, he became a member of the award-winning UC Berkeley jazz



Clarinets a la Mode

ensembles. Steve attended medical school at UCLA and completed a residency at OHSU. In addition to his medical practice, he plays in the Portland Columbia Symphony and enjoys a world-wide audience on YouTube.

Sean Keller performs with Clarinets a la Mode, Portland Columbia Symphony, Portland Chamber Orchestra, Portland Gay Men’s Chorus & Rose City Pride Bands, and also with his own wind quintet, Chameleon Winds. Sean credits his sound to his study of Stan Stanford and Mark Dubac.

Residents can look forward to a musical summer. Mark your calendars so you don’t miss these unique groups. The Music Committee appreciates residents who make these concerts possible with their generous contributions, and is grateful to the Blue Heron Foundation for its support.

Building Together for Tomorrow and Today

Laura Engle, WVI board chair, spoke of the responsibility of stewardship – of the board, staff, and residents. She mentioned that Oregonians are reformers and were not content to view retirement communities as merely institutions. Not only do staff members support residents, but residents also support staff by recognizing their valuable contributions.

WV CEO **Craig Van Valkenburg** emphasized the vision of WV: **To trans-**

form the experience of aging. He told the history of **artworks**, a new concept brought to WV in 2010 by art therapists **Sally Giles** and **Kristen Larsen**. Their services have touched more resident lives than anything except food and dining services and have been an effective model for other retirement communities.

An **Uncorked** social event followed the meeting (photo at right).

Continued from page 1



Voter Information Committee keeps WV voters informed

by Jeanne Magmer, VIC



VIC members from left: Joyce Liljeholm (D), ex-officio PCP Jeanne Magmer (D), Chair Roy Kruger, Ron Gustafson (NA), Bob Bubel (NA), Jonathan Enz (R). Not shown: Kathleen Hodai (D), Jurn Sun Leung (R).

Voting at Willamette View is serious business. Prior to the 2000 Census, Willamette View was its own precinct, with the highest voter turnout in Oregon.

After the 2010 Census, we were assigned our current precinct, 501, which is now one of the highest voter turnout precincts in Oregon. In the May primary election, 80 percent of Willamette View voters returned their ballots and most likely helped decide the Clackamas County Commission races. (Turnout countywide was 35.77 percent.)

In 2004 George W. Bush and John Kerry were vying for the presidency, and partisanship at WV was at an all-time high. The Resident Council was not pleased.

To address the issue, then Council Chair Everett Arnold convened a committee with Republican Precinct Committee Persons (PCPs) Ron Gustafson and Pam Weidlich; Democratic PCPs Monroe Sweetland and Jeanne Magmer, plus several nonaffiliated voters. The task was to write the rules for the nonpartisan committee on political discourse that we have today.

The Voter Information Committee's charge is to provide residents with

nonpartisan information regarding all candidates and issues on each Oregon ballot through forums and other information before all elections.

Committee members serve two-year terms (one two-year election cycle). Tasks include:

- Reminding residents to register to vote or change their addresses when they move.
- Inviting candidates and elected officials to forums.
- Publicizing events on bulletin boards, the resident website, *Willamette Views*, *Friday Notices*, and in elevators.
- Staffing forums.
- Providing information tables with campaign literature before each election.
- Taking ballots from the committee's unofficial "ballot boxes" at the Manor and Terrace reception desks to official ballot drop boxes daily.

The committee also hosts forums with elected officials and groups such as the League of Women Voters, and school, fire and water districts, and at a biennial "Day at the Capitol" during the Legislature's regular session.

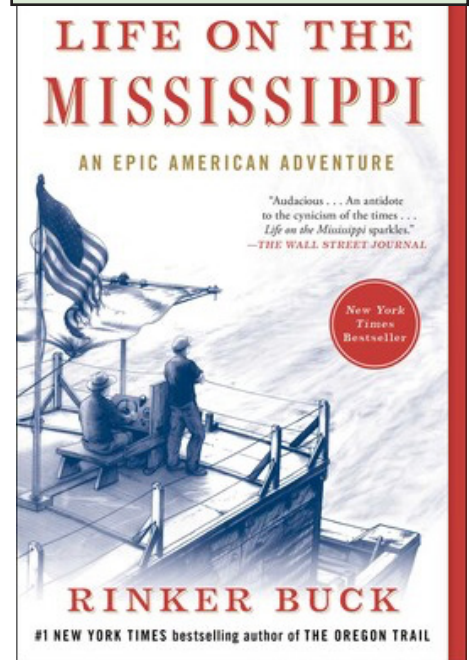
Committee members include two Democrats, two Republicans, and two nonaffiliated voters. Elected PCPs are ex-officio committee members.

Current committee members are **Roy Kruger**, Chair; Democrats: **Kathleen Hodai** and **Joyce Liljeholm**; Republicans: **Jonathan Enz** and **Jurn Sun Leung**; Nonaffiliated: **Bob Bubel** and **Ron Gustafson**; ex-officio Democratic PCP: **Jeanne Magmer**.

Interested in joining the Voter Information Committee? Contact Roy Kruger (6579).

Try This Title

by Penny Fiske



Life on the Mississippi
An Epic American Adventure
by Rinker Buck – August 2022

Court Library 973 BUC
"Both a travelogue and an engaging history lesson about America's westward expansion."

–*The Christian Science Monitor*
Rinker Buck chronicles his latest incredible adventure: building an 1800s flatboat called *Patience*, and journeying down the Mississippi River to New Orleans, accompanied by an eccentric crew. He resurrects the era's adventurous spirit and challenges myths of American expansion. The Indian Removal Act of 1830 forced more than 125,000 members of the Cherokee, Choctaw, and other tribes to travel the Mississippi to the barrens of Oklahoma. Almost a million enslaved African Americans were carried in flatboats and marched by foot 1,000 miles to the cotton and cane fields of Arkansas, Mississippi, and Louisiana, birthing the term "sold down the river." Buck portrays this watershed era of American expansion as it was really lived.

Willamette View's Music Program *by RCA Moore*

When Janie and I were deciding to move to Willamette View, I may have asked Mark about the WV Music Program. I can't recall his answer. He may have said, "We have a lot of music, not so much program." We have an excellent choir we call the **WV Chorus**. We have a **Recorder** ensemble. We have a **bugler** who memorializes. Then there's **Jazz Up**, a genuine five-piece jazz combo that we would like to beef up with more local talent. There is a **Hootenanny** group with a five-piece accompanying combo, and the **Bal-ladeers**, a small group who visits the Health Center neighborhoods each month. There may be more music groups I don't know about.

There are two resident music committees: the **Music Committee** and **MusicWorks**. Sometimes they sponsor concerts together. MusicWorks books small ensembles who bring blues, jazz, traditional pop, and more, every month or so. The Music Committee brings in a more formal set with piano, strings, and more, playing from Bach forward. Both committees are obliged to book local groups and at the lower end of "\$cale." Music ensemble groups perform in the smaller space of the Terrace Auditorium, sponsored by Life Enrichment. Portland is a musical city, but involves costs. spite of the economic restrictions, the music committees bring in surprisingly excellent talent. Residents



are invited to make donations at the door, and the Resident Council supplements with grants when necessary.

What our community does next for our Music Program depends upon who is available and interested, willing, and prepared. If you would like to help, please contact me by phone (6423) or email at rcamoore@comcast.net.

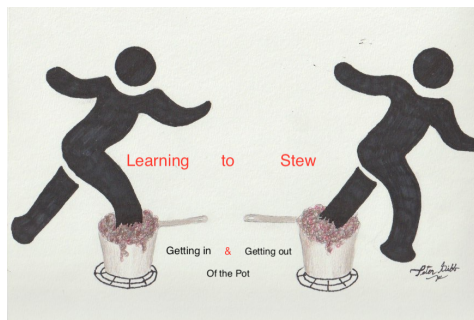
Good Days, Bad Days A Fine Stew Calms the Soul

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

Have you enjoyed a good stew recently? Not the kind you get in Waterfalls. That's comfort food. I'm talking here about a stew where you sit, lie, or rock, mostly alone, or accompanied by a favorite teddy bear to savor the inner rumblings of your heart.

For me, it's a slow-cooked stew. Ingredients are often a mix of confusion, disappointment, maybe loneliness, creeping mortality, a body that won't, or a mind that can't. Do you recognize this stew? Do you have favorite ingredients – spices you use over and over under such circumstances? To be clear, I am talking here about the blues. And the stew. Not about deep depression or anxiety, both of which are best treated with the best professional mental health care possible.

I don't special order this blue stew. It arrives, unbidden. For years, I tried to turn it back. Then I recognized, the blues are not to be denied. What you



resist, persists. If the stew fits, jump in.

This blue stew goes by many labels: lonely lollygagging, sulking sleepies, mooning moodies. Some just call it "the sh*ts." Denying it doesn't help. Best I've found is to step into the pot, admit what's going on. Write about it. Draw it. Plant it. Cook it or book it. Stir it around and welcome it. Whatever flavor you got. As writer Byron Katie said, "When you fight reality, you lose – but only 100 percent of the time."

Alone at the end of day as a teen, I often listened to the saddest songs I could find, so I could more fully bathe myself

in the joy of misery. I was alone, at last, with my dear friend and confidant, Ms. Zerrie.

I am more experienced now, better able to savor and digest this stew. In public, I may pretend to be a full-time, card-carrying, happily rational Homo-sapiens, but I am not. I don't advocate misery stew as a regular diet, but when it shows up, I surrender. I let the feelings wash over me, surrender to their power, and give them space to run. Eating blue stew is not about giving up, but about giving in. Not about fighting, but about allowing, surrendering to a force beyond my own ego and need for control. When I give the stew room to be, don't resist, it sits on the plate for a while, and then moves on of its own accord, magically leaving me renewed and ready for a new dish.

Ms. Zerrie's stew

Cook for 2 hours at 375°

Best served hot, with a sad movie.

New Styrofoam recycling opportunity

by Warren Ford, Green Team

We now have a third method for Styrofoam disposal. Large cardboard boxes for Styrofoam are found in the North Pointe and Court recycling rooms, the loading dock in the Terrace, and a location in the Manor to be determined.

Why the changes? For about a decade, the company Agilyx in Tigard took clean waste polystyrene and reprocessed it into styrene. Agilyx closed in early 2024, leaving no local business that accepted Styrofoam, so we had to put Styrofoam in the garbage. Now another company, Green Century Recycling, accepts Styrofoam.

What is Styrofoam and how is it made? Polystyrene is a clear thermoplastic made of long-chain molecules containing thousands of styrene units. Think of a clear plastic drinking cup (plastic #6). Polystyrene is made by polymerization of styrene (a liquid that is produced from oil and natural gas). When molten polystyrene is processed with a foaming agent, a chemical that is a gas at the processing temperature, the product contains many tiny gas bubbles. Upon cooling, the polystyrene solidifies to a foam with the same mechanical strength (per unit weight) as the plastic cup but is opaque due to the holes formed by the gas bubbles.

How is Styrofoam recycled? Agilyx heated polystyrene until it decomposed mainly into liquid styrene that was sold to manufacturers and made into new polystyrene. The process recovered styrene at about 90 percent yield with about 10 percent remaining solid for which there was no use. Green Century Recycling grinds up the Styrofoam and densifies it into blocks, which are then manufactured into plastic products such as picture frames, TV and computer cases, and office equipment.

Both recycling methods reduce the amounts of oil and gas used to make plastics. Remember, **Reduce, Reuse, Recycle**. Reduce plastic use, reuse the plastic when possible, recycle when possible, and **when in doubt throw it out**.

A Message from HR Director Kristi Earhart

Dear Residents,
During the week of June 10, we hosted a series of activities to show our appreciation for our amazing employees! The Superhero Central was set up outside Waterfalls. Monday, we kicked off the week with a coffee cart offering a variety of special drinks, all in line with our sports theme for the day. Staff members showed off their favorite sports attire. Tuesday was all about Tropical Tuesday, with our leaders cooking hot dogs for the staff, who embraced the tropical theme with fun outfits. Wednesday brought out creativity with crazy hats and socks, and we played games in Superhero Central. Thursday, we recognized our top performers with special awards and had a delicious breakfast in Riverview. We wrapped up the week on Friday with a tie-dye theme and an ice cream social. The weather was perfect, and it was a fantastic week to celebrate our staff and their superpowers.

Kristi

Rosemary Quast celebrates 102nd birthday on May 20



Rosemary and friends celebrated with a birthday lunch in Riverview. Rosemary, a retired RN, has lived at WV since 2005. From left: Ardath Peterson, Rosemary Quast, Carol Cameron, Marita Brugato, Barbara Hart.

Heather Austin reflects on the WV Memorial Day celebration with these words: "In our present society, when the meaning of Memorial Day may be eclipsed, I am grateful that we as a community gather to honor those among us who served in our military, and pay our respects to those who gave their lives so that we could live in freedom in the United States of America. Everything about this program reflects what is good and honorable about our country and you who served it. And it also reflects the steadfastness of our WV community. Makes me proud. For as long as I have breath in my body to sing, I will sing for these events. Thank you to all who did amazing things to make today happen."

New residents spent careers in scientific research, graphic design,



Kathryn Hathaway

Kathryn Hathaway came to her new home in 201E on April 29 from Portland's Sauvie Island. She lived in Olympia, WA, and in Chico, Greenview, Old Shasta, and Project City, CA, before moving to Portland.

She attended Chico State College, earning a BA in art, Evergreen State College, and Oregon College of Art and Craft. She has worked as a waitress, secretary, graphic designer, and fiber artist.

She is on the board of Wilderness Volunteers and has volunteered with the Sauvie Island Community Association and Sauvie Island Grange.

Andrea and Steve Keifer became new residents of 208A on May 20, having moved from an apartment near the Beaverton home where they lived for 25 years. Their yard was known for its wild array of flowers, hummingbirds, and a bounty of other bird species to feed and enjoy.

They met at the University of Nebraska. They double-dated, but not with each other, until they decided they wanted to get to know each other better, and so they did. They married



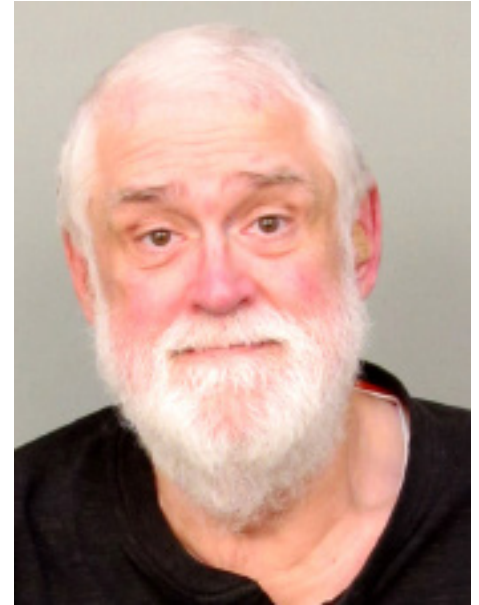
Andrea Keifer

shortly before Steve's graduation. Steve majored in biology, with a teaching certificate. They moved to Michigan, and Andrea attended Central Michigan University, graduating with a major in library science and education.

They moved to Wisconsin, where Andrea became a teacher-librarian and then a public library director. Steve became a local health inspector and then health inspector for the state of Wisconsin. He was promoted to state swimming pool expert because of his management experience and compliance skills.

Steve's parents moved to the Portland area from Omaha in the 1980s, and as adults, Steve and Andrea visited them often. Steve was recruited for a position as recreational facilities health officer in Portland, which he accepted and held until retirement.

Andrea worked as a Windows support technician in Portland, and then worked part-time at the Tualatin Public Library, before finding a career with the Northwest Regional Educational Service District in Hillsboro, in charge of a new library management software



Steve Keifer

rollout for several school districts. It was her dream job, as she had worked with library automation for a long time. She retired this past year.

Steve's mother, Dorothy, moved to WV in 2000, and was very pleased with her life here. Steve and Andrea visited her for dinner and explored the campus. They moved in feeling quite familiar with life here, with 25 years' experience and knowledge of the community.

Steve's brother, David, has been a WV resident since 2018. David has been included in holiday and family events, and the men have had the opportunity to strengthen their brotherly bonds.

Steve and Andrea are avid readers and bird lovers. Steve has a special interest in trains, and he enjoys the model railroad in the Court building, as well as hearing the whistle as the local train passes WV several times each day.

Andrea enjoys sewing and quilting. She is a maker of altered art, junk journals, and is a singer. Steve is a foodie and likes container gardening. They have been married for 45 years and have a son and daughter-in-law in Bend.

technology, education, medicine, and public health

Photos by Mike Lincicum



Heather Cohen

Heather and Bill Cohen moved to 1574 RR on May 15, coming from Portland's Sellwood neighborhood. They lived earlier in Seattle. Heather also lived in British Columbia, and Bill lived in Santa Barbara and Redondo Beach, CA. Heather attended the University of Victoria and the University of British Columbia, earning a BS in zoology and an MD degree. As a student, she worked in university research labs. In her career, she had a family practice in medicine for 37 years in British Columbia and in Federal Way and Tacoma, WA, under the name of Dr. Heather Heppenstall.

Bill attended the University of California, Santa Barbara, earning a BA in anthropology; the University of Washington for a MEd and a PhD in research and organization theory. He became a health care management consultant, working on the the analysis of clinical and administrative workflow and contract management of hospital and physician group practice departments.

Together, Heather and Bill volunteer raising puppies for Guide Dogs for the Blind, age 8 weeks to 15 months.



Bill Cohen

Heather lists her special interests as cooking, reading, gardening of edible plants, and travel.

They chose Willamette View for its location, resident involvement in activities and programs, the diversity of resident backgrounds, and the sense of community.

Pat and Doug Eddy are new residents of 415S, having come from Lake Oswego in May. They lived previously in Chehalem Mountain near Hillsboro, OR, and San Antonio, TX.

Pat attended the University of Pittsburgh, earning a BA, and Texas State University for an MA. She has been a professional counselor, school counselor, and an elementary school teacher.

Doug attended Calif. State University, LA, for a BA, Trinity University for an MA, and Carnegie Mellon University for a PhD. He was a senior research scientist for NTI, Inc., and conducted research for the Air Force, NASA, and the US Army on human performance under various conditions.

Pat's interests have been gardening and art projects with ceramics and stained glass. Doug has served on



Pat Eddy



Doug Eddy

committees with his church and a foundation board member. He enjoys running, reading science publications, and he has been a science fair judge. He is a member of Sigma Xi, a scientific research honor society for scientists and engineers. Pat and Doug have three sons and seven grandchildren. They chose WV because it is near family and they have close friends here. They appreciate the facilities and beautiful grounds.

Wall Works showcases resident creativity

by Bonnie Keller, Art in Public Areas Committee

The first time I visited Willamette View was in late 2022. I was struggling with the idea of moving from my home and garden that I loved to a retirement place where I felt I was going back in time to living in a dorm. As Taylor showed me around, we came to Wall Works, where the exhibit featured portraits of residents by **Richard Helmick** as well as art by other residents. I stopped dead in my tracks and said, "What is this?" The art I saw impressed me and drew me. I was surprised: "Residents here are creating art!" I wanted to be part of this community. I wanted to be in a place where I could still grow and create and where I would be encouraged to do so. I've felt for years that creativity is critical. I want to stay engaged, be healthy, and grow mentally and physically, no matter my age. Being creative is my bliss. Art



Bonnie Keller and Evelyn Hicks are leveling and securing a piece of art with museum putty in the Wall Works hallway.

and the interesting people I met each time I visited were what cinched my move. Now, nearly three years later, I am part of APA (Art in Public Areas). **Evelyn Hicks** and I choose themes for

the exhibits. We have chosen themes for the rest of this year and through 2025. Every two months we receive and hang the art in Wall Works. You can see what the upcoming shows will be by going to the resident website; click on *Council>Standing Committees>Art in Public Areas*. You can also find instructions there about how to prepare your art for showing.

You do not have to be invited to participate in Wall Works. If you have created something that you would like to share with the community and it fits with the theme, watch for our announcement in the *Friday Notice* and let us know by email or phone that you are interested and tell us what you have. We invite you to show us all that you have done and be part of the fun!

Blue Heron Players perform monologues, music, and poetry from around the world

by Carol Knowles, Blue Heron Players Director

The Blue Heron Players, under the direction of **Carol Knowles**, will perform in the Blue Heron Auditorium on **July 22** at 6:30 p.m. and on **July 23** at 2 p.m. to explore examples of living with courage and insight. **Amy Torgerson** will perform Joseph Haydn's *Adagio e Cantabile* which is, by turns, jaunty, pensive, playful, and insistent.

In the players' adaptation of the acclaimed Italian film, *Call Me by Your Name*, a mother (**Mary Helen Socolofsky**) encourages her child not to numb the pain of losing her first love because of the danger that she'll also lose her capacity to feel joy. Our next stop is Nashville, where singer/guitarist **Peter Gibb** performs *In My Daughter's Eyes*. Written by James Slater, this song provides insight into love and our place in the world. We'll also visit soldiers on a battlefield as their king (**David Shuart**), in Shakespeare's *Henry V, Act III, Scene 1*, encourages them to fight like tigers as well as steadfast Englishmen.

In the second century BCE, a small band of Israelites wins back their temple and creates Chanukah, a holiday celebrating that victory. Clarinetist **Dorine Enz** will perform composer David Lantz III's *Chanukah Prayer*. The mournful notes of Lantz's music tell a powerful story – a battle is won, peace is achieved, continuing peace is ardently desired, but



peace does not last. In *Unfold Your Own Myth*, Sufi poet Rumi (**Sandra Felkenes**) describes moments in the lives of Jacob, Moses, and Jesus that encourage us to live with such largesse that we begin to glimpse eternity. We'll pay tribute to **Sandra Brewer**, who passed away in April, and explore how her skills as an attorney and an actor informed her much-loved WV performances. Amy Torgerson reminds us to include moments of reflection in our lives by performing Claude Debussy's *Reverie*. We'll end with *Ithaca* by Greek poet C.P. Cavafy (**Mary Helen Socolofsky**), that contains powerful insights into how our fears also shape our journeys.

Memorial Day celebration honors veterans and their families with tributes, music



On Memorial Day, a record 107 residents attended the annual tribute to resident veterans. Master of Ceremonies **Cathy Hall**, a Navy veteran, recognized the veterans in each branch of military service. **Heather Austin** sang *God Bless America* and led the audience in singing the *Star-Spangled Banner*. **Gail Durham** sounded Taps. The colors were presented and raised by **David Heath**, **Kahi Wong**, and **Kathy Blume**. Residents were treated to an outdoor barbeque near Waterfalls following the event. Heather Austin's reflections from the ceremony are on page 9.

The Hooters have arrived at Sunday Hootenannies

by Jerry Hull

For the past two years, residents have gathered in the Blue Heron Auditorium one Sunday a month for a hootenanny – a chance to sing folk songs and more with friends. Originally led by **RCA Moore** on guitar and **Jerry Hull** as song leader, the group has recently added three new members. A name for the group was needed – and the name **Hooters** was chosen, with tongue firmly in cheek, to acknowledge the purpose of the group – to accompany the hootenannies.

Doug Dicharry, formerly of Seattle, is at keyboard, leading the group into songs and providing the melody. He played with a rock band in high school and has played off and



on with various bands ever since. On the Cajon – a wooden drum held in his lap – is **Bob Crumacker**. Bob says, "When I was in the sixth grade, I heard a recording of the Benny Goodman Orchestra with Gene Krupa on the drums, and for the first time, I wanted to play a musical instrument." He played drums in an oldies band called **The Lovehandles**.



on with various bands ever since.

On the Cajon – a wooden drum held in his lap – is **Bob Crumacker**. Bob says, "When I was in the sixth

Peter Gibb, coming from Ashland, joins us as guitarist and singer. He plays rhythm guitar and adds his voice to the song-leading. Peter is a songwriter and author, with several published books.

RCA Moore now plays bass and adds vocal harmonies. He has a long involvement in music and participated in hootenannies some 60+ years ago. RCA sings in the WV Chorus and plays in the WV Jazz Up group. Jerry Hull is song leader and librarian. He uses his computer skills to locate and refine music for the group and leads the Sunday singing. He sang in a community chorus before moving to WV, and now sings in the WV Chorus and plays with the recorder groups. Monthly hootenannies are on the third Sunday of each month in the Blue Heron Auditorium from 3 to 4 p.m. Come join the fun!

Note:

There will not be a hootenanny on July 21.

WV Art Studio – a magical mix of art and family connection *by Peter Gibb*

Wendy and I, our daughter Caitlin, and her daughter, Zelma, aged 5, entered the WV **artworks** studio, right next to the White Oak Grill, with no idea that we had arrived in a very special place of no judgment and infinite possibility. Three generations about to share the magic of creativity together.

Art therapists **Kristen Larsen** and **Sally Giles** offered to help us get started. Zelma announced, “I want to draw Frida Kahlo.” Ambitious, I thought, but Zelma was determined. Sally returned with colored pencils, paper, and printed images of Frida Kahlo. All went well for the first 10 minutes. Then I watched Zelma’s face turn from joy and concentration to anxious hesitation and downward into teary distress. “It doesn’t look like her,” she sobbed.

Kristen swooped in, put her hand on Zelma’s shoulder and attended to her sobs. “You want it to look more like Frida? Well, there’s a way you can do that. Would you like to try?”

I noted how skillfully all decisions were fully Zelma’s. Kristen helped, but Zelma was the creative director. She was in control. A wrinkled piece of carbon paper appeared. Soon Zelma was tracing the outline of the face and body, then she removed the carbon, revealing her now-accurate outline, a clear Frida Kahlo, ready for color. Next to Frida sat a happy, satisfied, creative 5-year-old girl. And next to Zelma sat her inspired and impressed mother and grandparents. We had witnessed the art studio’s patented brand of magic-in-action. A family dream date.

WV **artworks** studio is a place for resident and family community building. Definitely not a place to drop off grandchildren, but a place of connection, love, and support where kids and adults can feel they belong and explore their creative voices. No grade, no right or wrong, just the excitement of a child’s authentic creative voice in action. Children of all ages and generations, that is, with just about any medium you choose. And magic, tossed in free.

The **artworks** monthly calendar and open studio hours are available on the resident website – wvresident.org – under the heading **Events**. No reservation required. Bring an open heart; bring the family or fly solo; leave with a joyful spirit. For more info, call the **artworks** studio at 503-652-6756.



From left: Peter Gibb, Wendy Gibb, Zelma Varley, Caitlin Gibb. Everywhere: Frida Kalo.



Another three-generation family having fun with art. From left: Megan Hull, Lucy Hull, Nolan Hull, Johanna Niemitz.

Happening around the campus



Far left: Shannon Katterle nurtures mother duck. Center: WV landscape crew is planting for summer. Left: Firemen practice climbing to top floors. Photos by Candace Bradley, MH Socolofsky, and Gary Lipfert.

Clackamas firemen practice simulated high-rise fire rescue at WV



Left: Dummy representing Candace Bradley being taken from her apartment due to smoke inhalation. Right: Dummy being taken out the window of Beverly Romney's 7th floor apartment. Photos by Candace Bradley

On June 6, the Clackamas Fire District simulated a high-rise fire rescue at the Manor between 9 a.m. and 3:30 p.m. Traffic into the campus was limited and a WV security officer directed traffic. Multiple fire trucks with lights engaged parked in front of the Manor. Spectators were welcome to watch from a roped-off area near the flagpole. The Fire District chose Willamette View for practice because the Manor is the tallest building in their district. This was also an opportunity for the SERV responders to gain experience, which included setting up a rest station for the firefighters' all-day training.

Team Trivia – A WV Resident Activity

by Al Greenwood

What is an activity that generates laughs, exercises participants' minds, teaches unusual facts, and brings people together in a spirit of friendly competition? The answer is **Team Trivia**, a popular pastime at Willamette View.

Team Trivia nights at Willamette View are not just about testing knowledge; they are about fostering camaraderie and creating a fun and engaging atmosphere for residents. Residents form teams by drawing table numbers at random from a bag as they arrive. The teams often give themselves catchy names like "The Brainy Bunch" or "The Wise Owls."

The trivia questions cover a wide range of topics, from history and science to pop culture and sports. Participants

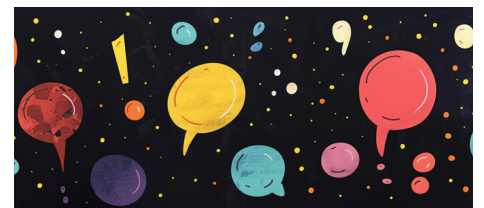
wrack their brains to recall obscure facts, engage in lively discussions to come up with the right answers, and cheer on their teammates as they strive for victory.

But Team Trivia is more than just a game. It also provides valuable cognitive benefits for participants. Research has shown that engaging in activities that challenge the mind, such as trivia games, can help improve memory, cognitive function, and overall mental agility.

Moreover, Team Trivia nights, the second and fourth Mondays of each month in the Terrace Auditorium, offer a social outlet for residents, fostering connections and friendships among neighbors. Laughter fills the room as teams

brainstorm answers, celebrate correct responses, and good-naturedly tease each other over missed questions.

Team Trivia is a wonderful way for the community to come together, have fun, and exercise their minds in a supportive and engaging environment. For more information, contact Sherman Bucher at shermb_2000@yahoo.com. If you would like your favorite activity featured in *Willamette Views*, contact Al Greenwood at greenwood.al@gmail.com.



✓ Check it out

by LaJean Humphries, Library Committee Chair

A Willamette View Library History Part 2

In 1974 the administration started funding for books and today budgets space, furniture, supplies, and books for our libraries. This greatly improves the quantity and quality of our library books.

When the Manor building was remodeled in 1991 and 1992, **Beverley Markland**, Manor librarian at the time, and her volunteers moved the entire Manor library three times – from where the Blue Heron Foundation office is today to one location and then another before ending in its present attractive location in the Manor Lounge.

Soon the collection began to outgrow the shelf space – a common problem in libraries. Willamette View desperately needed an online catalog to manage the collection more efficiently and accurately. In 2013, titles that were not circulating were removed to make space for new books and to prepare for automation.

In 2014, the Library Committee became a standing committee of the WV Residents Association, “with a continuing existence, formed to do its assigned work on an ongoing basis” [Willamette Views, May 2014]. WV Administration approved funding to contract with a Canadian company to remotely host a new online library catalog. Nine months of data entry gave us a new catalog. Check-out and check-in records track circulation, and the library committee produces statistical reviews on circulation and popular books, as well as annual reports, long-range goals for service, and so forth.

The reserve/hold system was revamped in 2017 to deliver your book to the branch library nearest your home. Today you can choose which branch you prefer to pick up your holds.

For approximately 20 years, the only way residents in the Health Center could obtain books was to travel to the Manor, Court, or Terrace libraries. This trek was difficult for many. The Library Committee instituted an HC Mobile Book Cart, a buggy full of books, and went door-to-door. Times change – Life Enrichment staff offered a variety of well-attended activities that kept residents energetic and away from their apartments from breakfast until dinner. Thus, the mobile book cart no longer accomplished its objective of making books available to WV residents in their apartments, since they were no longer home when the book cart visited. With the support of Healthcare Services Administrator **Matt Hartley**, the Library Committee set up a small library in each neighborhood and in the Meditation Room. In 2023, these libraries were refreshed with lively and engaging books for licensed care residents.

WV residents can now search our Online Public Access Catalog (OPAC) by title, author, and subject. If titles are checked out, we place holds or reserves for books. Volunteers locate titles as they return and alert us when a reserved book is ready for pickup. We can access the catalog remotely, via the Library page of the resident website, as well as in the branch libraries. New titles are featured on the OPAC home page. Talking books are available through local public libraries. The Low Vision Support Group also maintains a collection of audio books in the Court Annex Suite, north of the Court library. Residents subscribe to e-book access through our local public libraries. WV library managers provide regular training on these services. As technology advances, we are always looking for volunteers with technical and computer expertise.

Thanks to astute administration support, our library has become a welcoming sight across campus, a strong draw for visitors, and a major marketing tool. We are fortunate to have a well-funded system and many able and generous resident volunteers. See *Willamette Views* archives for more detail.



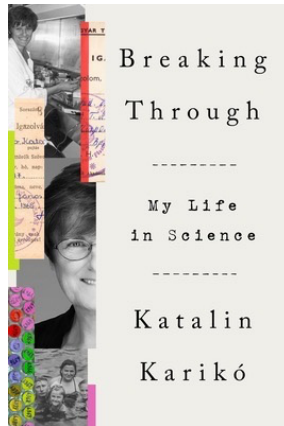
The libraries are supported by grants from the Blue Heron Foundation At Willamette View.

August Book Review examines discoveries of a prize-winning scientist

by Sue Bosshardt, Book Review Chair

On Wednesday, **August 21** at 10:30 a.m. in the Blue Heron Auditorium, **Jurn Sun Leung** will review ***Breaking Through: My Life in Science*** by the pioneering biochemist Katalin Karikó. She was awarded the 2023 Nobel prize in physiology and medicine for her research on mRNA. Her pivotal discoveries are the centerpiece in the development of most of the vaccines now used against COVID-19 and other diseases. "*Breaking Through* is not just the story of an extraordinary woman – it is an indictment of closed-minded thinking and a testament to one woman's commitment to laboring intensely in obscurity, knowing she might never be recognized in a culture that is more driven by prestige, power and privilege – because she believed her work would save lives." –*Kirkus Review*

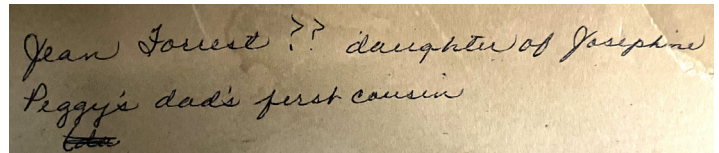
Jurn and his wife Shirley moved to WV in 2008 from Irvine, CA, where they lived for 23 years. They were both born in China and grew up in Hong Kong. Jurn is a physicist, doing his undergraduate work in Hong Kong and earning his PhD from McMaster University. He immigrated to the US to do a post-doc at Yale University. He initially specialized in theoretical particle physics but left academia to work in the aerospace industry. *Note: There will no book review in July.*



Can you solve a WV Mystery?



June Mystery: In what public space at WV is this baby picture hanging on the wall? **The answer:** Second floor of the central parking garage. This notation is on the back of the picture:

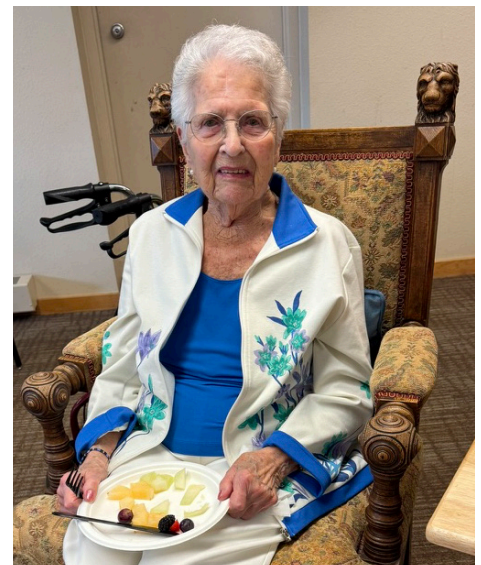


Do you have a WV Mystery to submit? Email it with two photos – a mystery photo and a reveal photo – to the Willamette Views editor at mhsoco@gmail.com. Special thanks to Donna Moores for initiating the WV Mystery Corner.

Willamette View Plant of the Month

by Fred Rauch

One of the more unusual plants on the WV campus is one known as Lemon Bottlebrush (*Melaluca pallida*). The light yellow flowers are produced in large spikes at the end of branches from October to February. These are followed by woody cup-shaped capsules. The plant is native to eastern Australia and is an evergreen, upright shrub or small tree up to 30 feet tall. It can be found in the WV Triangle Garden.



Marjory Wade celebrated her 95th birthday at a festive party in the Terrace Auditorium on May 18.

Announcements

Save the Date!

Let's Dine Out Committee
will sponsor a luncheon at
Salty's on the Columbia
Wednesday, July 31
Bus will leave the Manor
at 11:30 a.m.
25 reservations available
Sign-up sheet will be in the
Manor lower level
on Monday, July 15, 10 a.m.

Low Vision Mutual Self-Help Peer Support Group Wednesday, July 10

1:30 – 2:30 p.m.

Court Family Room, 2nd Floor

by Sandra Gerling, Vision Resources

Willamette View Library Committee
Chair **LaJean Humphries** will re-
turn to explain what changes the li-
brary has made to improve service for
us. Bring your questions.

The following slate of Resident Council
nominees and Personnel Committee
members was elected at the Residents
Association semiannual meeting on
June 6 and will begin serving on July 1.

- Assistant Treasurer – John Niemitz
- Gardens & Plants – Patti Justice
- Health Resources – Linda Cadzow
- Recreation – Kay Sweeney
- Services – Robert Donaldson
- Technology – Lloyd Taylor
- Personnel Committee – Ann Glaze
Chris Nacheff Maneker

Apartment Moves

May 21 – June 20

	<i>From</i>	<i>To</i>	<i>Phone</i>
Stephen and Andrea Keifer	New residents	208A	7084
Carol Rose and Sylvia Tesh	New residents	206B	6724
Helen Jaskoski and Dan Brown	New residents	405B	6427
Jerry and Merrily Burger	New residents	602E	6370
Raymond and Dianna Jackson	New residents	203P	6312
Gary Smith	208P	102E	6574
Vernell Williams	Out of Willamette View		

The **Recorder Class** and **Consort**,
under the direction of **Anthony Al-
len**, will present a concert on Wednes-
day, **September 4**, at 7 p.m. in the
Blue Heron Auditorium.



Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	July 1	TED Talks, 2:30 p.m.
Monday	July 8	Movie Matinee – <i>The Wizard of Oz</i> (1939), 1:15 p.m.
Wednesday	July 10	Kyle Lewis piano and vocal performance, 2:30 p.m.
Monday	July 15	Louis Pain and Renato Caranto piano and saxophone performance, 2 p.m.
Thursday	July 25	Architecture discussion, 2 p.m.
Wednesday	July 31	Movie Matinee – <i>The Little Prince</i> (2015), 2 p.m.
Monday	August 5	TED Talks, 2:30 p.m.
Monday	August 12	Ellen Whyte and Sonny Hess guitar and vocal performance, 2 p.m.
Wednesday	August 14	Louis Pain and Renato Caranto piano and saxophone performance, 2:30 p.m.
Monday	August 19	Movie Matinee – TBD, 2 p.m.
Wednesday	August 21	John Nilsen piano performance, 2:30 p.m.
Wednesday	August 28	Movie Matinee – TBD, 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

North America's Three Accipiters

Sharp-shinned Hawk (*Accipiter striatus*)

Cooper's Hawk (*Accipiter cooperii*)

American Goshawk (*Accipiter atricapillus*)

On my 14th birthday I was given a huge, heavy book, *Birds of America*, copyright 1917 and 1936. I still have it. I quote from it: "Fortunately the persistent campaign of education, teaching the difference between 'good' and 'bad' birds is having its effect ... a few birds of prey are more harmful than beneficial. Opinion is gradually crystallizing that three hawks deserve destruction: the Sharp-shinned Hawk, the Cooper's Hawk, and the Goshawk." The May 1948 issue of *True – The Man's Magazine* promoted shooting them: "Nothing can be said in their favor. That's why you should ask your dealer for the lightning-fast 22 Hollow Point. Its bullet, zipping through space at 1400 feet per second as it leaves your gun muzzle, will drop him – sure!" No state or federal laws protected birds of prey.

The aforementioned birds are the three accipiters in North America, and Oregon has all three. From smallest to largest, they are the Sharp-shinned Hawk, Cooper's Hawk, and American Goshawk. The Goshawk is not typically found in populated areas and is therefore seldom seen. Accipiters were labeled "chicken hawks," "pigeon hawks," "quail hawks," "strikers," etc. All are predators of birds and small mammals. Seen in flight, they are broad-winged, long-tailed, and have typical accipiter flight patterns – several rapid wingflaps followed by a glide. They dart and dodge artfully among dense trees and hunt by stealth and ambush. In cities and suburbs the "Cooper's" and "Sharpies" do frequent bird feeders; birds vanish when an accipiter is spotted! The two species are often difficult to distinguish from each other, as females of both species are noticeably larger than males, and their sizes may overlap. Plumage is very similar, although there are slight differences as recognized by the experienced birder.

Attitudes toward these birds have changed. In the '50s, the National Audubon Society pushed state affiliates to enact a Model Hawk Law to protect all birds of prey. Oregon's Audubon Society, based in Portland, drafted HB 628 based on this national model, and it was passed by the Oregon Legislature – the proviso being that an owner or occupant could shoot a bird of prey that destroyed poultry. Later, in 1972, by an amendment to the Federal Migratory Bird Protection Act Treaty with Mexico, hawks, owls, and several other families became protected.

The Cooper's Hawk was named after William Cooper, a naturalist born in 1798, who shot this hawk for science. Its name is slated to be changed, however. On Nov. 1, 2023, the American Ornithological Society committed to changing the English common names of birds within its geographical jurisdiction that were named after people (eponyms), many of whom are associated with exclusionary or unjust actions. Names will instead focus on the bird itself – characteristics, habitat, etc. John James Audubon, an amazing artist and naturalist, was a slaveholder and white supremacist. The Chicago Audubon Society changed its name to the Chicago Bird Alliance, and just recently our Portland Audubon Society, 122 years old, is now officially the Bird Alliance of Oregon. The National Audubon Society has retained its name. Sometime soon, our beloved Anna's Hummingbird, named after a Duchess, along with many others, will be renamed. Incidentally, just last September, what was previously the Northern Goshawk was split into the Eurasian and American Goshawk species, for morphological and genetic reasons.



This photo of an adult Cooper's Hawk at our resident gardens was taken by resident **Patti Justice**.

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 Tuesday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Croquet	Wednesday	12 Noon until evening	Manor front lawn	Richard Ryan	6445
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
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Grief Support Group	Third Thursday	2 p.m.	Plaza Sunroom	Caroline Barns	6761
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Improv Games	First, third, fourth Wed.	10:30 a.m.	Court Family Rm.	Sally Giles	6634
	Second Wednesday	10:30 a.m.	Heron Lounge	" "	
Interfaith Questers	Monday	2 p.m.	Court Family Rm.	Dale Nusom	6419
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Pre-Diabetes/Diabetes Grp.	Third Monday	2 p.m./3 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Sue Thomas	7054
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Neurocognitive Support Group	Second/Fourth Thurs.	11 a.m.	Terrace Conf. Room	Linda Tofflemire	7355
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	8:30 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle – all levels welcome	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	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.	Mt. Hood Sunroom	Jane Cadwallader	6455
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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