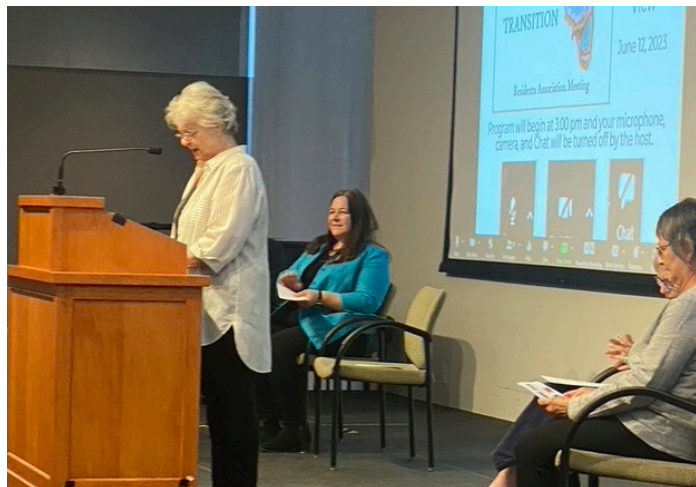




Residents Association Semiannual Meeting: *Managing Transitions*

Resident Council Chair Ann Phelps called the Residents Association meeting to order at 3 p.m. on **June 12** in the Blue Heron Auditorium. After introducing the Willamette View, Inc. Board and the council members, she welcomed 35 new residents who have moved to Willamette View since December. The meeting theme, ***Managing Transitions***, was especially relevant to new residents. Treasurer **Elaine Toll** presented the report of council finances, which includes the accounts of 25 resident activities. These groups are largely supported by resident donations. The **Blue Heron Foundation** matches these donations and gives the funds to the council twice a year. In turn, the council awards grants to committees that request funds for their operations. Nominating Committee Chair **Susan Bolton** read the slate of nominees for council positions. The slate was elected unanimously.



Resident Council Chair Ann Phelps convenes the meeting. Seated behind her are WVI Board Chair Deidra Kryss-Rusoff, Treasurer Elaine Toll, and Nominating Committee Chair Susan Bolton.

Continued on page 17

July/August Table of Contents

| | Page |
|---|------|
| Residents Association Semiannual Mtg. | 1 |
| Resident Council — Resident Engagement | 2 |
| July/August Movies | 3 |
| Scam and Fraud Prevention | 4 |
| Book Review — <i>A Series of Fortunate Events</i> | 4 |
| Resident Website Tips — | 5 |
| Activities Directory | |
| WV Staff honored | 5 |
| Check it out – Book Banning | 6 |
| Memorial Day Celebration | 7 |
| New Residents | 8, 9 |
| Try This Title — | 9 |
| 30 Animals That Made Us Smarter | |
| Winter Snowshoe Group | 10 |
| Life Enrichment invites residents | 10 |
| The Finance Team keeps WV strong | 11 |
| The Tabor Trio to perform | 12 |
| Blue Heron Players to perform | 13 |
| APA Spotlight — Marla Baggetta | 13 |
| WV Writers enter | |
| LeadingAge Oregon Writing Contest | 14 |
| The Great Train Adventure | 15 |
| Recycling Help Wanted | 15 |
| Diversity and Inclusion Group's visit | 16 |
| Willamette View Plant of the Month | 17 |
| Announcements | 18 |
| In Memoriam | 18 |
| New Residents/Apartment Move-ins | 18 |
| Hobby Rooms for Special Interests | 18 |
| Rear Window — American Robin | 19 |
| Ongoing Campus Activities | 20 |

WV Staff honored during Employee Appreciation Week

Story on page 5



From the Resident Council

by Doug Morgan and John Holderness
Resident Council Task Force on Resident Engagement

Resident engagement at WV is robust — but there is room for improvement

The **Resident Council Task Force on Resident Engagement** is working to interpret all the information our residents generously provided over the past six months. Here is a brief summary of Task Force work to date.

Information gathered: We have conducted nine focus groups with more than 20 percent of our campus population. And we have conducted a campus-wide participation census that includes nearly 90 percent of our residents. Almost 60 percent of residents are engaged in multiple activities. Only 10 to 15 percent of residents do not seem to be engaged to some degree, but we have identified important health and personal reasons that reduce the need for concern. Participation does not seem to be influenced by age, gender, campus location, or partner status, but participation rates decline with longevity, and the choice of activities is related to gender.

What everyone agrees on: Residents highly value the strong sense of community, the friendly and helpful staff, the beauty of the campus grounds and setting, the safety and security of the campus, and the activity-rich environment.

Room for improvement: Residents have identified the following issues as important for sustaining and improving high levels of resident engagement:

Recognizing the transitory nature of our community: Ten percent of our resident population changes every year, with a nearly complete change in 10 years, thus requiring attention to sustaining resident engagement. *Food and Dining:* Residents express concern over a variety of food and dining–related issues – nutrition and diet, improving social dimensions of dining, creating space for café/pub-like hangouts, and a lack of knowledge of what is being done by the council and administration to address these issues. *Site plan development and capital improvements:* A sizeable number of residents express a strong desire to structure spaces that foster social engagement. There is considerable sentiment for reopening Waterfalls as a social watering hole. Residents want to know what the council's role is in addressing such issues. *Transportation services:* A sizeable number of residents express dissatisfaction with current transportation services and the role of the council in facilitating responses to resident concerns. *Resident orientation and education:* Current resident orientation is more focused on short-term social engagement and introduction to the physical plant. While important, more can be done to facilitate social engagement and to educate residents about services that can assist them in managing campus transitions, such as Home Care, Assisted Living, Health Center, Skilled Nursing, Wellness Center activity and support groups, and the Blue Heron Foundation. *Role of the Resident Council:* There is lack of clarity among some residents about the role and function of the council in general and, in particular, identifying residents for leadership positions.

Stay tuned for more detailed information that documents our findings and recommendations.



Dale Harris was featured in the *Volunteer Spotlight* at the June 9 Resident Council meeting. Dale was part of a team that started Willamette View's **Resident Emergency Response Team (RERT)** six years ago. Using his ham radio training, he set up a communications process for residents to help during emergencies. This now includes an administrative council and resident leaders, and works in coordination with WV's Security Team. Dale believes that when residents contribute time and talent, our community grows stronger.

Willamette Views

A publication of the
Willamette View
Residents Association
Published September through July.
Willamette View, Inc.
12705 SE River Road
Portland, Oregon 97222
Council Chair: Ann Phelps
Vice Chair: Doug Morgan
Editor: Mary Helen Socolofsky
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

Saturday night films

Optional discussions will follow

July 22: *Out of Africa* (1985).

Residents Choice Contest Winner

This sumptuous romantic drama dazzles us with its gorgeous cinematography of Africa. In the complexity of the characters, Meryl Streep stars as Karen Blixen, who joins her husband

(Klaus Maria Brandauer) to farm in Kenya. Robert Redford plays the handsome hunter, Denys. Seven Academy Awards, including Best Picture.

Romance/Biography. PG

July 29: *The Duke* (2020). This old-school British caper film stars character actor Jim Broadbent with a winning blend of fearlessness and foolishness.

Helen Mirren plays his exasperated wife. Charming, understated, and enjoyable, the frolic depicts a 61-year-old taxi driver who steals Goya's portrait of the Duke of Wellington from the National Gallery of London and holds it for ransom for care of the elderly.

Drama/Comedy.

Language/Brief Sexuality. R

August Movies

Documentary film

Thursday, **August 3: *The Volcano: Rescue from Whatkaari*** (2022).

How close would you get to a volcano on the verge of erupting? During a sightseeing trip to a remote island off the coast of New Zealand in 2019, 47 tourists and guides are trapped by a volcanic eruption. See and hear personal accounts by the survivors of the tragedy, which claimed 22 lives. Directed by Rory Kennedy.

International film

Thursday, **August 8: *The Quiet Girl*** (Irish language, 2022). Nine-year-old Cait (Catherine Clinch) is sent away from her overcrowded, dysfunctional family to live with foster parents for the summer. Quietly, Cait blossoms in their care. This lovely and touching film speaks volumes through hushed understatement. *The Quiet Girl* is Ireland's history-making Oscar entry. It won the film's London Critics Circle Award for Best Foreign Language Film of 2022.

Drama. PG-13

Saturday night films

Optional discussions will follow

August 5: *The African Queen* (1951).

Residents Choice Contest Winner

Perfectly cast, smartly written, and beautifully filmed, *The African Queen* remains thrilling and absorbing after 70 years. Humphrey Bogart plays the dissolute steamship captain and Katharine Hepburn is the religious spinster. They fall in love during a courageous escape from the Germans down an uncharted African river. Both won Academy Awards for Best Acting in a Leading Role. **Adventure. PG**

August 12: *Gosford Park* (2001).

In 1932, a group of rich and famous people are invited for a weekend to an English countryside manor. Murder occurs, and each one of these characters and their servants become suspects. Helen Mirren, Maggie Smith, Eileen Atkins, and Derek Jacobi lead a sterling cast of very interesting characters. Golden Globe for Best Director to Robert Altman; Oscar for Best Original

Screenplay to Julian Fellowes, who later created *Downton Abbey*. **Mystery/Thriller/Drama. R**

August 19: *The Pianist* (2002). This extraordinary biographical drama is the story of one man's survival during WWII. Actor Adrien Brody plays the Polish Jewish radio station pianist, separated from his family and hiding with animal survival instincts in the ruins of old Warsaw. Roman Polanski directs. Academy Awards for Best Actor, Best Directing, and Best Writing. **History/Drama. Violence/Brief strong language. R**

August 26: *Pitch Perfect* (2012). In a fight to the top of the college musical competition, student Beca (Anna Kendrick) takes her musical friends out of their comfort zone and into a world of amazing harmonic combinations. This edgy comedy provides plenty of laughter and joyful entertainment. **Musical/Comedy/Romance.**

Strong language/Drug references. PG-13

Scam and Fraud Prevention

by Jason Thompson, Director of Information Services, and Michele Lukowski, Communications, Media, and Brand Manager

Scammers are getting creative in their methods of getting you to do what they want. Their techniques may involve fear to motivate you to provide them with personal information or send them money through various monetary methods. They often will push for urgency that causes panic, resulting in a rush decision to provide them with whatever they want. Their contact methods may come from phone calls, email messages, or text messages. Often the requests look or sound real, so you are more willing to provide whatever is requested. Before you realize it, the damage has occurred and you can't go back in time to change the outcome.

There are things you can do to prevent becoming a victim of various scams:

- **Do not give out personal information in response to a request that you are not expecting.**

Legitimate organizations will not email, call, or text you and demand that you provide your social security number, bank account information, or credit card information. Even if the call, text, or email message looks legitimate, you should double check with the company with a phone number that you obtain from a reliable source. Do not rely on the phone number that is listed on caller ID or on a text message.

- **Resist the urge to act immediately.**

Legitimate organizations will not force you to make an immediate decision. They will not pressure you to give them personal information. They will not insist you wire them money or buy gift cards on their behalf.

- **Stop and speak to someone you trust.**

Before you make any final decisions or act on their request, always stop and speak to someone you trust. By talking about it to another individual you will start to realize it is actually a scam.

The Willamette View Information Technology Services team will be inviting various outside presenters on the topics of scams, fraud prevention, AI voice cloning, and other cybersecurity related topics on a quarterly basis. If you have any questions or need assistance figuring out if a request is just a scam, feel free to reach out to Information Technology Services at itservices@willametteview.org.

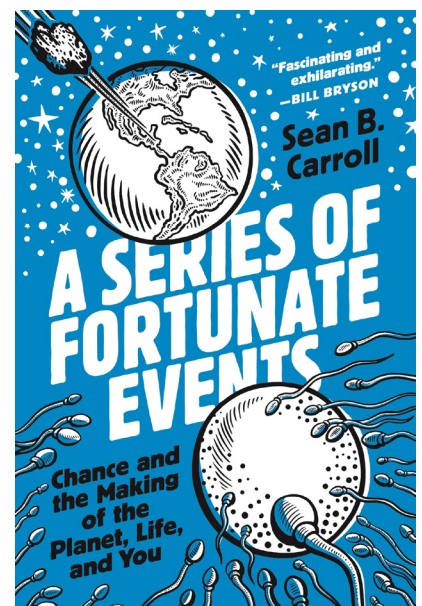
Book Review: Hefty Topics Made Accessible and Entertaining

by Sue Bosshardt

After a summer break from book reviews, they will begin again on Wednesday, **August 16**, in the Blue Heron Auditorium at 10:30 a.m.

Jim Marsh will review the book, *A Series of Fortunate Events: Chance and the Making of the Planet, Life, and You*, by Sean B. Carroll. He found this book insightful, informative, and entertaining. The book talks about how chance played a key role in shaping the conditions for life on our planet. It explores the perfect storm of events responsible for evolution in an entertaining and witty manner. The book touches on a large number of diverse topics, including that each of us is here by the chance that our parents met and mated when they did.

Jim likes reading scientific books written by authors who can communicate with laypersons. Jim is Professor Emeritus of Marine Biology at the University of Guam and taught courses in marine biology, oceanography, zoology, and environmental biology. In retirement, he became a docent at the Honolulu Museum of Art, and led more than 600 hours of tours over 14 years. Jim moved to Willamette View from Honolulu in 2016.



Resident Website Tips

by the Tech Training and Help Resources Workgroup

Exploring the Activities Directory

You went to the Take Part Activity Fair in May and think you might be interested in mahjong, but you'd like to refresh your mind about the details. Guess what? The Activities Directory on the resident website is your solution.

On the main menu, choose **Activities** and then **Activities Directory**. It lists all activities available to residents in alphabetical order. The first page only lists the first 10 alphabetically, and there are 12 pages of them. So, how do you find mahjong without going through each page sequentially?

Between the page title (**Activities Directory**) and the list of activities is a set of boxes to allow you to see only a subset of the more than 110 activities in the directory. If you type a word or phrase into the first box (on the left, titled **Search activities**), the website will present all activities that have that word or phrase in their name or their description. So,

type in *mahjong*, click the **Apply** button, and a much smaller list will be presented. You can also narrow the list shown by clicking on the drop-down under **Council Area** to see the activities associated with, say, **Recreation**. Don't forget to click the **Apply** button!

When and where they meet to play is shown, and if you click on the blue link, you will go to their page, which describes the activity. If you are logged into the website, you will also see the Resident Council liaison and the contact person(s) for mahjong. Clicking on the contact person's name takes you to their profile page, providing their phone number and email address.

Explore the directory. You may discover an activity that you didn't know existed on campus.

WV Staff honored during Employee Appreciation Week

The week of June 12 was filled with fun, games, and honors for Willamette View employees. Staff members were celebrated for their years of WV employment. Earning **5-year pins** were Beth Matson, Tyler George, Nicole Glimpse, Mary Ann Prouty, Pauline Manabat, Dawn Rutis, Becky McAnally, Suzette Guevarra, and Mark Eades. Ten-year pins were awarded to Robyn George, Jason Ahl, Jaynita Kuar, Jaclyn Soltysik, and Linda Tofflemire. Celebrating with 20-year pins were Isabelle Eschweiler and Carla Burgess. Jill McAdams, Sylvia Ortega, and Caroline Smith Walker earned 25-year pins. **Heron Awards:** **Tiliena Luis**, Health Center Service, has worked at WV for 31 years. Part of the tribute to Tiliena stated "Today we recognize 'T' for everything she does here. Her gentle nature makes for a very pleasant environment for our Health Center residents. Her ready smile, positive outlook and ability to help make this community a wonderful place to live and work are undeniable. We thank her for her many

hours and years of service."

Melissa Scardino, Janitor, has been at WV for six years. Her tribute included these words: "Her work is impeccable, as she is a perfectionist and never lets a job be half-done. A winning smile, an amazing attitude, a polite and kind personality have all been a part of what makes Melissa a standout employee."

Engaged Awards: **Austin Latham**, Health Center Social Services and Admissions Manager, has been at WV for almost seven years. "His awareness and involvement in resident life and his focus on the wellness of residents in transition is truly inspiring."

Larry Menard, White Oak Grill Dining Services Manager, has been at WV almost four years. "Larry prioritizes quality time with his family and a good work-life balance is essential to a healthy life. Larry is the number one staff user of the fitness center. He utilizes the weight and cardio machines before or after his shifts."

Safety Award: **The Safety Committee** meets every month to discuss cam-

pus safety. The committee educates employees on safe lifting, fire extinguisher use, proper disposal of sharps, and more. In the past three years, employee injuries have decreased by 60 percent and workers comp injuries have decreased by almost 50 percent.

Willamette View values and celebrates all our dedicated staff members.



Tiliena Luis accepts her Heron Award

✓ Check it out

by LaJean Humphries, Library Committee Chair

The Problem of Book Banning

What do *Charlotte's Web* and the *American Heritage Dictionary* have in common? Both books have been banned. Book banning is in the news every day. Even in Oregon, book banning cases have spiked, running twice as high as most previous years. About a third of complaints are related to sexually explicit content, while many others are by or about people of color or LGBTQ people.

Before 2020, the majority of challenges to library books were brought by a single parent who sought to remove or restrict access to a book their child was reading. Since then, there is "evidence of a growing, well-organized, conservative political movement to remove books about race, history, gender identity, sexuality, and reproductive health from America's public and school libraries that do not meet their approval. Using social media and other channels, these groups distribute book lists to their local chapters and individual adherents, who then utilize the lists to initiate a mass challenge that can empty the shelves of a library."* In 2022, 90 percent of reported book challenges were demands to censor multiple titles. Forty percent sought to remove or restrict more than 100 books at once.

The vast majority of books challenged in the past year were written by or about members of the LGBTQIA+ community, or by and about Black people, indigenous people, and people of color. One mother in Florida said, "We're going to teach you how to tie a tourniquet in case of an active shooter, but you can't know that men and women may not be the only option for a marriage license?" A Canby high school senior said, "Two angry parents – that is all it took to remove over 30 books from our library. Without following any form of due process, the books were silently removed from the shelves. We have become 'that school' – the school in the media headlines."

People who challenge books recognize that books have power. Reading a book might enable one to challenge a parent or friend – "I think you may be wrong." It's scary to have one's beliefs and values questioned. It certainly makes me uncomfortable. Some books depict life experiences that are reality for millions of people across our country. Important books like these make us uncomfortable because they teach us about ourselves and society. If you don't like a book, don't read it. But don't ban it.

I believe in truth and in science. As a librarian, I firmly value the widespread availability of information. We must not empower fear and discomfort to impose their will on everyone else. Yes, a little information can be dangerous. But deep understanding, knowledge, and empathy can be liberating and empowering.

Online References:

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oregoncapitalchronicle.com/2023/05/17/more-book-banning-cases-emerge-in-oregon-this-year

[Americanlibraries.org](https://americanlibraries.org). March/April 2022, pp 24-25



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

Memorial Day Celebration honors WV veterans and their families

On **Memorial Day**, May 30, a crowd of 130 residents, staff, and family members gathered near the flagpole at 10:45 a.m. for a ceremony to honor veterans, as well as their spouses and other family members who supported them from home. Speaker **Dale Harris** reflected on the history and significance of this holiday with a speech written partly by **Paul Bosshardt**. **Cathy Hall**, who organized the event, read a poem, *Memorial Day*, by Amos Russel Wells. **Boy Scout Troop 376** presented the colors. **Heather Austin** sang *The Star Spangled Banner*. **El-**

sie Rie and **Jon Cottrell** raised the flag. **Gail Durham** sounded taps to conclude the ceremony. **Jon** and **Mary Cottrell** were the official photographers, and many other attendees took photos and videos. Willamette View is grateful to resident **Dick Bradley**, now deceased, who started this tradition four years ago. Following the ceremony, residents and guests enjoyed a barbecue picnic prepared by the **Food & Beverage Department**, with the extra touch of a snow cone truck nearby.



Willamette View veterans and Boy Scout Troop 376



Rosarians Walter Lundberg and Holly Fowler volunteered at the Milk Carton Boat Races on June 25.



Willing Weeders Judy and Bob Bubel work in the Tower Garden. Call Donna Kling (7229) if you would like to be a Willing Weeder.

New residents bring interests in music, nature, linguistics, physics,



Claudia Gates

Claudia and **Chris Gates** are new residents of 309A, having moved from San Bernardino, CA, on May 4. They met in high school in Alhambra, CA, and married in 1966.

Chris joined the Air Force, and they lived in Germany; Great Falls, MT; Vandenburg and George Air Force bases in California; Guam; Austin, TX; and Hawaii, before moving to San Bernardino. Chris also spent a year in Turkey.

Claudia attended California State University and Allan Hancock College. She worked for the local school district wherever they lived. She taught kindergarten and preschool and has been a teacher's assistant. She then worked at a Montessori School for 21 years before retirement.

Chris earned a BA at Chapman University in Orange, CA, and an associate degree in safety technology with the Air Force. He served over 25 years in the Air Force. After Air Force retirement, he worked at Rockwell Automation, Boeing, and for the County of San Bernardino.



Chris Gates

Claudia loves to sing, and she has performed with church choirs and a community chorus. She is a Dodgers baseball fan. She enjoys quilting, and she makes quilts to donate to charities.

Chris volunteered at their local church. He was involved with safety and occupational health organizations at the local and national levels.

Claudia and Chris have two daughters, and they moved to Portland to be near their families. They chose Willamette View because of the river views, the interior walkways, and the friendly staff and residents.

Milt Markewitz came to 306B from Hood River, OR, on April 18.

He was born and raised in Portland and attended Whitman College, earning a BA in math and physics, and later earned an MBA from Pace University and an MA in whole systems design from Antioch University.

Milt served in the US Navy from 1962 to 1964. He worked at IBM from 1965 to 1991. Upon retirement, he has volunteered to bring learning organizations to Oregon's K-12 schools, and



Milt Markewitz

currently focuses upon making the paradigm shift to an appropriate consciousness to address climate change and global sustainability. He works primarily with Indigenous peoples who have lived in balance and harmony with Earth for millennia. This work focuses on the questions: What have we wrought? What's the root cause? Shouldn't we be looking at ourselves? What brings life? How do we embody this new consciousness?

In addition to his work, his interests include golf, bridge, learning from nature, and finding lifetime companionship.

He has a son, Scott, and daughter, Krissy – both happily married – and three grandchildren.

Milt came to Portland to reconnect with friends, and now is enjoying meeting the stimulating people who live at Willamette View.



and being close to family

Photos by Mike Lincicum

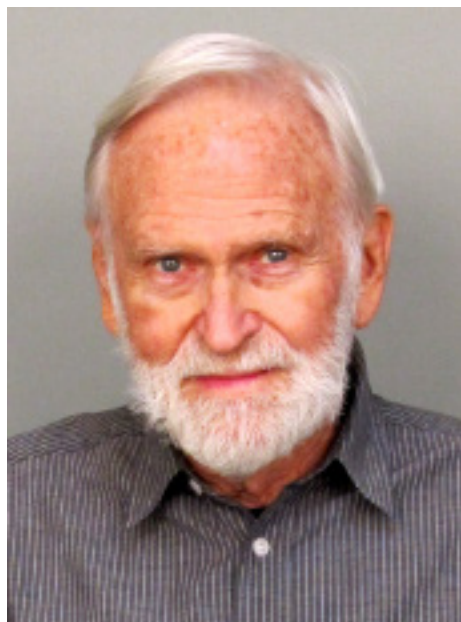


Carole Edelsky

Carole Edelsky and **Chuck Buchanan** came to their new home in 303A on May 10, having moved from Tucson, AZ. Carole has also lived in Detroit, Cincinnati, San Antonio, Albuquerque, Miami, and Philadelphia. Chuck was born in Tacoma and grew up in Steilacoom, WA, on Puget Sound.

Carole attended Wayne State University, the University of Cincinnati, and the University of New Mexico, earning a PhD in curriculum and instruction. She taught fourth grade in Denver and Cincinnati. She was an assistant professor of curriculum and instruction at Florida International University and Arizona State University. She later became an associate professor and then a professor. While at ASU, she wrote seven books, many book chapters and articles, and presented a number of keynote addresses. Her focus was on language/literacy education, language acquisition, critical literacy, sociolinguistics, and gender and language.

Chuck attended Reed College, earning a BS in physics; Stanford University for a PhD in physics; and the



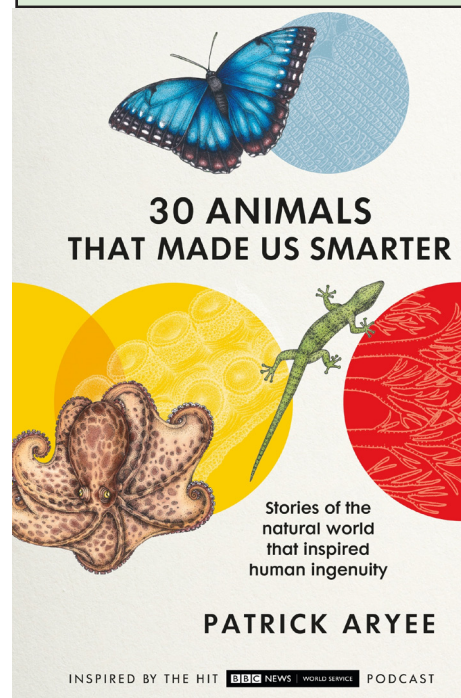
Chuck Buchanan

University of Pennsylvania for postdoctorate work. He was a physics professor at UCLA from 1968 to 2009. His focus was research on experimental high energy particle physics. He commuted to the large accelerator labs in the world, including SLAC at Stanford, Fermilab in Illinois, CERN in Geneva, Switzerland, and Serpukhov Laboratory in Russia. He co-founded UCLA's PEERS – a Program for Excellence in Education and Research in the Sciences, for freshman science majors with challenging backgrounds. He chaired the UCLA Faculty Advisory Committee on Admission Policy for five years.

Carole was in the Tucson Raging Grannies group for 10 years. They sang progressive political song parodies at events. She wrote lyrics for some of the songs. She has a son, two daughters, and four grandchildren. Chuck has a son, a daughter, and two grandchildren. He would like to participate in a WV forum on physics and its history. They find WV to be an extraordinary community of interesting people in a beautiful setting.

Try This Title

by Penny Fiske



30 Animals That Made Us Smarter: Stories of the natural world that inspired human ingenuity

Pub date: 2021

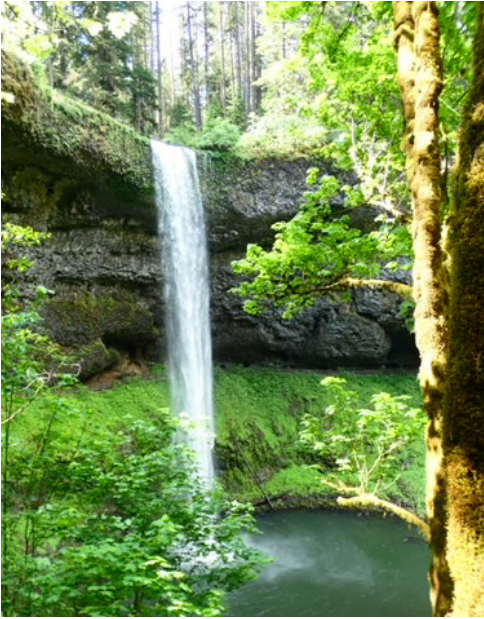
Author: Patrick Aryee

Terrace Library 590 ARY

Did you know that mosquitoes' mouthparts are helping to develop pain-free surgical needles? How about the fact that studying the tiny kingfisher solved engineering problems with Japan's ultra-high-speed bullet train? For many years, humans have been using the natural world as inspiration for everything from fashion to architecture, and from medicine to transport.

"Fascinating ... Aryee's seamless balancing of animal facts and accessible technology writing makes for a thoroughly engaging and enjoyable read."

–Booklist, starred review



Winter Snowshoe Group becomes a Summer Hiking Group for the season

At the beginning of summer, **Marilyn Feldhaus** led nine residents on a hike in **Silver Falls State Park**. **Ron Ture** had led the group on winter outings snowshoeing around Mount Hood, so it seemed a logical seasonal adjustment to hike on woodland trails. Silver Falls State Park, sometimes called the “crown jewel of the Oregon State Parks System,” is located east of Salem, near the charming small town of Silverton, in the west foothills of the Cascade Range where Mount Hood National Forest meets with the Middle Santiam Wilderness. In the park, the **Trail of Ten Falls** is a nationally recognized hiking trail that weaves through a dense forested landscape on a 7.2-mile loop.

Above left: South Falls is a 177-foot curtain of water – the largest waterfalls in the park. Above right: the trail takes visitors behind the falls. Lower left: Carol Cherin, David Gross, Jonathan and Dorine Enz. Lower right: Jon Cottrell, Kay Sweeney, Marilyn Feldhaus, and David Keifer. Not pictured: Warren Ford



Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

- | | | |
|------------|------------|---|
| Monday, | July 17: | Nature & History documentary: The National Parks: America's Best Idea, Epi. 6 , 2 p.m. |
| Tuesday, | July 18: | Sloe Jam Mountain Dulcimer Group performance, 2:30 p.m. |
| Wednesday, | July 19: | John Nilsen piano performance, 2:30 p.m. |
| Sunday, | July 23: | Al Boyce vocal/guitar performance, 2 p.m. |
| Monday, | July 24: | Oregon Historical Society presentation: The Great Missoula Floods , 2 p.m. |
| Wednesday, | July 26: | Movie matinee: Chitty Chitty Bang Bang (1968), 2 p.m. |
| Monday, | August 7: | TED Talks, 2:30 p.m. |
| Wednesday, | August 9: | King Louie & Renato Caranto performance, 2:30 p.m. |
| Wednesday, | August 16: | Kyle Lewis piano/vocal performance, 2:30 p.m. |
| Monday, | August 21: | Ellen Whyte performance, 2:30 p.m. |
| Wednesday, | August 23: | Graham James piano performance, 2:30 p.m. |
| Monday, | August 28: | Oregon Historical Society presentation: Preparing for the Oregon Trail , 2 p.m. |
| Tuesday, | August 29: | Heidi Davis vocal performance, 10 a.m. |
| Wednesday, | August 30: | James Bond movie matinee: Casino Royale (2006), 2 p.m. |

Teamwork Wins – Part 4

Story by MH Socolofsky – Photo by Michele Lukowski

This is the fourth in a series of articles about Willamette View staff teams and their contributions to WV's quality of life.

The Finance Team keeps Willamette View strong

The **Finance Team** is a vital part of Willamette View's business model. Its influence is apparent in day-to-day operations, as well as long-term strategic planning. **Brian Thompson**, WV's Chief Financial Officer, and **Keith Bodnar**, Controller, lead the Finance Team, and they are part of Willamette View's Leadership Team. They are also on the Strategic Planning committee with CEO **Craig Van Valkenburg** and the WVI Board. Other Finance Team members are **Kenny Whitby**, Senior Accountant; **Kim Parmenter**, Accounting Assistant; **Tami Hendricks**, Accounts Payable; and **Dawn Rutis**, Medical Billing/Revenue.

Brian's role includes a visionary's view into the future, while Keith oversees everyday accounting and reporting. In concept, Brian looks at historical trend data and projects several years into the future; Keith considers 90 days in the past and 90 days into the future. Brian is also a specialist in contract reviews – for both vendors and residents.

The Finance Team completed the final reporting for 2022 and recently presented their report to the Willamette View, Inc., Board. Their analysis leads to strategic planning and contains the elements to build the WV budget. The team is continually forecasting, analyzing, and testing assumptions. Willamette View's capital spending, staffing, technology, marketing, and supporting business units are all affected by the financial analyses.

The Finance Team keeps track of many policies, procedures, and processes. Among them are corporate risk management, safety and security, corporate compliance, benefits, licensure, employment law, and cybersecurity. Willamette View is one of only a few continuing care communities in Oregon that have earned **CARF International** accreditation. CARF is the Commission on Accreditation of Rehabilitation Facilities – an independent, nonprofit accreditor of health and human services. The Finance Team's reporting is a major component of this award.

Brian, a native Oregonian, attended Gonzaga University for a BA and the University of Oregon for an MBA. He has been at WV since 2011. He worked in public accounting earlier in his career, and then at Mentor Graphics. He later



From left: Tami Hendricks, Dawn Rutis, Keith Bodnar, Kim Parmenter, Kenny Whitby, and Brian Thompson enjoy a holiday party.

opened his own consulting business. One of his clients was Willamette View. He was hired by WV in 2011.

Brian's family includes his wife, Kyra, and children Will, age 27, and twins Amelia and Emma, age 22. All three have worked in Food & Beverage at WV. Will has a wedding planned in October. Brian vacations every summer at Montana's Flathead Lake, and he looks forward to this change of pace after the many reports due in the late spring.

Keith grew up in Minnesota and Colorado. He earned a BS at the University of Colorado and another BS at the University of Lancaster in England; then he earned an MA in international business at the University of Colorado. After college, Keith worked in public accounting at Ernst & Young, and then at Ponzi Vineyards. He earned his sommelier certification while at Ponzi. He has worked at Willamette View since 2017. Keith's family includes his wife, Tina, and daughters Serenity, age 9, and Sabrina, age 3. Serenity will go to the Las Vegas International Martial Arts competition this summer. She is active in taekwondo and a specialist in nunchaku, a martial arts stick weapon. The Las Vegas trip will also be a family vacation. A second summer trip will be to Hawaii to attend a ceremony in which Tina's great-great-grandfather will be honored.

Willamette View is very fortunate to have this highly skilled and professional Finance Team on staff. The residents benefit from their expertise every day.

The Tabor Trio to perform on August 21

by Ginny Seabrook, Music Committee

WV residents eagerly await the return of the Tabor Trio, which has been a favorite group in the past. They will play on Monday, **August 21**, in the Blue Heron Auditorium at 7 p.m. They are a Portland-based group featuring evocative light classical music. Styles range from lively and spirited to soulful and soothing, with works by Mozart, Schumann, Bruch, and Piazzolla. The featured musicians are violist **Deborah Shuster**, pianist **Gayle Armstrong**, and clarinetist **Theresa Schumacher**.

Violist Deborah Shuster studied at the Peabody Conservatory and received her MM degree from the University of Colorado. She was a founding member of the Vento e Cordi Quartet in New York, and has played with the New York Pro Arte Chamber Orchestra, the New Jersey Symphony, the Spokane Symphony, and the Teatro Lirico Sperimentale in Spoleto, Italy. She currently plays viola and cello in chamber ensembles in Portland and San Francisco.

Gayle Armstrong, a classical pianist and teacher, received her MM in piano performance from Claremont Graduate University and an MA in piano pedagogy from the University of Oregon. She has accompanied soloists and choirs throughout the Portland area, including the Vocal Performing Arts program in Sherwood. Currently, Gayle is the piano instructor at Tualatin Valley Academy and plays with chamber and modern music ensembles in the Portland area.

Clarinetist Theresa Schumacher, a Portland native, is a member of the Portland Opera Orchestra and has performed with many orchestras throughout the Northwest.



She earned her degree from the University of Southern California School of Music, studying with Mitchell Lurie and David Shifrin, who is the Artistic Director of Chamber Music Northwest. Theresa also plays piano, Celtic harp, and Native American flutes.

The Music Committee appreciates your generous donations, which, along with support from the Blue Heron Foundation, make our programs possible.



Kay Sweeney recently returned from an adventure travel trip to Australia and New Zealand. Here, she is bungee jumping off the Kawarau Bridge. A raft is waiting for her on the river bank below.



Ruth Friedel's balcony birdhouse was hosting a chickadee family this spring. The parents have busily brought food to the babies after the eggs hatched. One parent is at lower left on the railing.

Blue Heron Players to perform award-winning Broadway play

by Carol Knowles, BHP Director

The **Blue Heron Players**, under the direction of **Carol Knowles**, will turn the Blue Heron Auditorium into a Greenwich Village apartment as they perform **Collected Stories** by Donald Margulies on Monday, **August 28**, at 6:30 p.m. and Tuesday, **August 29**, at 2 p.m.

Collected Stories takes us on a New York City journey – from 1957 to 1996 – into bars, clubs, and coffee houses filled with smoke, jazz, beatniks, poets, and a constant flow of youngsters from all over the USA who want to learn from the talented musicians and writers who have made NYC their home.

In flashbacks, Margulies recounts the actual life of a real writer, **Delmore Schwartz** – the brilliant, schizophrenic, and drug-addicted poet/novelist who impacted the lives of many New Yorkers, including Saul Bellows, whose Pulitzer Prize-winning novel, **Humboldt's Gift**, was based on Schwartz's



Chris Nacheff Maneker and Mary Helen Socolofsky confer in the professor's library.

Photo by Janet Harney

life and creative genius.

In Margulies' play, Schwartz also inspires another writer, Ruth Steiner (portrayed by **Chris Nacheff Maneker**), as he engenders in her a passion for great literature and a desire to mentor others. For the next 31 years, Ruth, a respected short story writer and university professor, has mentored dozens of

students in her creative writing classes.

Pianist **Amy Torgerson** introduces the first act of **Collected Stories** by performing **Take Five**, one of the most popular recordings in the history of jazz. As Amy performs, we observe Ruth in her Greenwich Village apartment reading a short story by Lisa Morrison (portrayed by **Mary Helen Socolofsky**), who is ambitious and talented and soon becomes one of Ruth's favorite protégées.

Amy Torgerson, who introduced the play with a jazz favorite, ends the play with a performance of Domenico Scarlatti's **Sonata in F Minor**. The gentle pathos of this sonata mirrors the complexity of human relationship, which is so beautifully observed in Margulies' play as the brilliant and demanding Ruth Steiner and her ambitious and talented protégée, Lisa Morrison, befriend, challenge, spar with, care about, and betray one another.

APA Spotlight

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

Have you seen this small pastel painting near the elevator on Manor 3C?

After moving to Oregon in 1993, Portland artist Marla Baggetta was inspired by the beauty of the Willamette Valley and began painting landscapes that blend realism and abstraction and convey a sense of calm and balance. Baggetta says, "My working process is a simple one; I start on location, sketching, photographing, and painting. Some of these field studies make their way to the studio. In the studio I use all of the visual information and combine it with the sense of feeling I had for a location. With that I create what is inevitably an abstraction of sorts in that it is not merely a copy of a photo but an interpretation of place." Baggetta is a signature member of the Pastel Society of America and her work is in collections throughout the United States.

by Ginny Seabrook

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



WV writers enter LeadingAge Oregon 2023 Writing Contest

The **LeadingAge Oregon 2023** Writing Contest had entries from 18 Willamette View residents – more than from any other senior living organization. In a recent program in the Blue Heron Auditorium, the writers read their stories and poems. A sampling is on this page. The writers are listed here. The writings are posted on the resident website under Wellness Programs.

| | |
|--------------------|--------------------|
| *Joyce Adams | Jane Cadwallader |
| * **Janet Friedman | Sandra W. Felkenes |
| Patsy Fitzwater | Dennis Gilliam |
| Sharon Gross | John Holderness |
| Walt Lundberg | Joel Meresman |
| Bibi Momsen | Donna Moores |
| Fred D. Rauch | Joline Shroyer |
| Deanna Sundstrom | *Lloyd Taylor |
| Ron Ture | Pat Watne |

**Honorable Mention award*

***Janet Friedman's poem, Eddie, was published in the May issue of the Willamette Views.*

Weak Knees: a poem of advice to myself

And then one day you look in the mirror.
What have we here?
This person is old with grey hair and weak knees,
Gnarled knuckles, poor hearing, fighting gravity.
We've come so far, now to be faced with a test
Of our mettle; our true strength is what we have left.
Now that physical agility and memory fade
We dig deep to find out of what we are made.
To focus on what might have been or was lost
Is to give in to dying before that line must be crossed.
Keep the future's worries and regrets of the past
As the bittersweet spice of today's fresh repast.
So screw up your courage and brace those weak knees.
You'll never be younger but can do as you please.
Enjoy the love of your life. Find a new mate for your soul.
Indulge in hobbies and friendships. Go back to school.
Nap when you want to and scurry when you're able.
Invite family and neighbors to join at your table.
When fear comes around, stare it down and be bold.
Death is so permanent. Enjoy being old!

Donna Moores

Love's Throne

Love – her throne is in the whirlwinds
of every life, on every stage, within each soul.

Listen, look, feel each moment
as if the wind were carrying a song so faint
that impatient minds or those wedded to darkness
could mistake the sound.

Love is a mentor. The pain of human blindness
and deceptions demands an uncovering and a quest
unbound by the reaches of time.

We are the toilers.

Though veiled among the rocks in the froth of
powerful ocean tides or beside waves rising and falling
between gladness and loss, Love sustains the toiler.
Her goal is envelopment – we embroider her crown.

So, Love's throne moves from death to life and
life to death through the whirlwinds,
empowering hope every second for every seed
of her creation.

Sandra W. Felkenes

The Every Day Poem

Read it every day.
A poem gentle and deep,
like a comb
pulled through freshly-washed hair,
releasing magic slowly
if you read it every day.

Your eyes are on words,
not on hawks hunting the river banks
or bees in the Black-eyed Susans
or on the old dog, head on paws,
dreaming of fresh walks on old roads.

With what is in your hand now,
reach into the layers waiting
within the poem
you read every day.

Joyce Adams

The Great Train Adventure

by Geoff Levear

Geoff Levear, age 83, and his son, Simon Levear, age 60, went on a great train adventure and realized boyhood dreams of driving a steam locomotive.

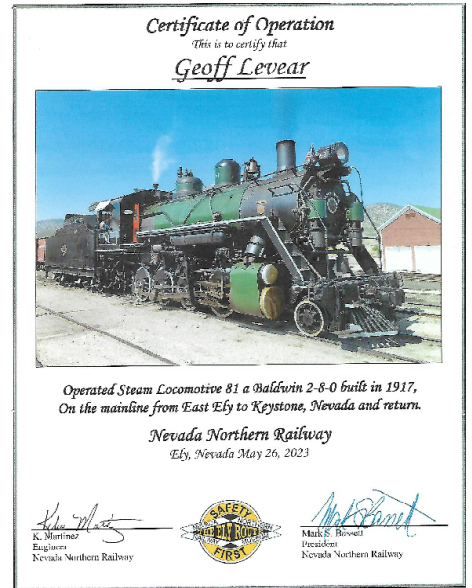
They drove 916 miles to Ely, Nevada, in an all-electric Model 3 Tesla, to the Northern Nevada Railroad Museum, where they became engineers for the day and drove the 1917 Baldwin steam locomotive along the 14 miles of restored track.

With one hand on the throttle and one hand on the brake, they took turns in the engineer's seat (with a supervising engineer behind them) and, fortunately, had a fireman on board to shovel the coal.

Before they went, they had to study a 156-page manual, and when they got there, they were required to pass a test before being allowed to climb aboard the loco.

It was hot and loud and somewhat dangerous, so *Safety First* were the words of the day.

The supervising engineer and the fireman briefed them on safety protocols and then it was time to depart. With a toot toot of the whistle, then open the throttle a little and they were off – nice and slowly picking up speed as the



steam did its magic. Touch the brakes as they went on a downgrade, and then a little more throttle as the grade started to climb. Changing places along the way, Geoff and Simon completed the 14-mile journey with smiles on their faces and memories to last forever, along with a certificate to remind them this adventure really happened.

Recycling Help Wanted

by Warren Ford, Green Team

Recycling at Willamette View is a success because of the efforts of residents who put materials to recycle and trash in the proper bins. And our success is due to the diligent attention paid to the recycling rooms by Green Team volunteers. Keeping a team of volunteers is a continuing challenge. Right now we need two new volunteers to become a monitor and checker of mixed recycling and a checker of plastic bag recycling in the Plaza. We need more backup volunteers for all jobs in all recycling rooms. Call Warren Ford (6325) to learn about how you could contribute more to the Willamette View recycling effort.

Diversity and Inclusion Group's visit to Grand Ronde Reservation

by Sharon Gross and Steve Ott

On May 16, DIG's excursion bus left the Manor with 40 Willamette View residents, for an all-day trip to the Reservation and Chachalu (pronounced cha-CHA-lu) Museum and Cultural Center.

What an incredible trip! I learned so much!

How this came about

When Angela Fasana, Tribal Education Director, spoke to us about the Confederated Tribes of Grand Ronde in October 2021, she invited us to visit the reservation. What an incredible day we had! We lunched at the Spirit Mountain Casino, toured the reservation with Angela as our guide, and learned about their culture and history from the curators at the Chachalu Museum.

Key Learnings

The Tribes' resilience and persistence moved us. They have overcome seemingly insurmountable challenges. Our hosts opened our eyes to the human history of these peoples at our hands.

In 1858, after their tribal lands were ceded through a series of treaties, armed US soldiers herded tribes that would become the **Confederated Tribes** from Oregon's deserts, the mountains, and the coast. They walked to the area of the Grand Ronde and arrived, sick and hungry, speaking different languages, with tribes who had been both enemies and friends for centuries. But by treaty, they were still tribes.

In 1954, Congress terminated their sovereign status as the culmination of the US Policy of Assimilation, including the boarding schools. *"Our people were scattered and relocated, many of our oral traditions were destroyed, and much*

of our historic records and artifacts were lost. But despite disease, removal and termination, the people here have continued to persevere."

In 1983, tribes recovered their sovereignty from the US Government. Starting with their two-acre cemetery and \$2.47 in the bank, they built an 11,500 acre reservation, with 500 people living in affordable rental housing with health

services, preschool education, Chinook language training, public school curriculum, and much more. They created the Chachalu Museum and Cultural Center to reclaim oral traditions, bring artifacts home, and renew the Tribes' culture.



Participant reflections

....the transformation of more than 27 tribes and bands with diverse languages and customs into a community with means and opportunity whose planning takes the well-being of all members into account.

....that owning land is a European concept, that indigenous people live on the land as stewards for upcoming generations.

....how Angela's grandfather, who spoke the native language, drummed it out of her, and how the Tribes' language programs equipped her son to give his high school valedictorian speech in Chinook-wa-wa.

....how the Museum's seasonal exhibit celebrates their respected healer and trans ancestor **Shimkhin**, who lived in the 1800s, and shows that "two-spirit" is part of the culture since ancient times.

How we can support them

- Learn about them. Check out their website: grandronde.org and grandronde.org/history-culture
- Stay informed about their issues and stand with them when we can.
- Continue to educate our neighbors about Grand Ronde.
- Ask legislators and others about indigenous concerns.



Residents Association Semiannual Meeting

Continued from page 1

The business meeting included a vote on a proposed amendment to the Constitution to form a **Communications Standing Committee**. Its function will be to facilitate resident communications and coordinate the content of the resident website, including establishing policies, standards, and guidelines. It was unanimously approved.

Ann listed recent accomplishments in the past six months, which include the new resident website, several new educational programs, purchase of 100 books for the library, construction of the Tower Garden and pergola, a five-group collaboration to celebrate Earth Month, Art in Public Areas new hallway displays, and the Resident Engagement Task Force with focus groups of 100 resident participants. She remarked that the Willamette View culture benefits from the resident-run council structure, the forums for new residents, and the active partnership with administration.

WVI Board Chair Deidra Krysov-Rusoff spoke about change as a constant in our lives, and WV is constantly managing change. She noted the world-wide impact of COVID and the challenges it still presents. She emphasized that we all have the skills to embrace the changes we face as we manage transitions.

WV CEO Craig Van Valkenburg presented a list of change experiences from his 14 years at Willamette View. He quoted from a book he is studying – *Seven Truths about Change to Lead By and Live By* – written by Rosabeth Moss Kanter. These are three truths he chose to emphasize: *Change is a campaign, not a decision; everything can look like failure in the middle; and Gandhi's wisdom: "Be the change you seek to make in the world."* Craig encouraged us to be role models, leading by example.

More details about the Resident Engagement Task Force are in the Resident Council column by **Doug Morgan** and **John Holderness** on page 2. Following the meeting, residents and guests enjoyed an **Uncorked** wine and social event.

Newly elected officers, councilors and Personnel Committee members to begin term July 1

Assistant Treasurer

John Niemitz

Gardens & Plants Councilor

Patti Justice

Health Resources Councilor

Barbara Nye

Recreation Councilor

Kay Sweeney

Services Councilor

Susan Genne

Technology Councilor

Earl Westfall

Personnel Committee

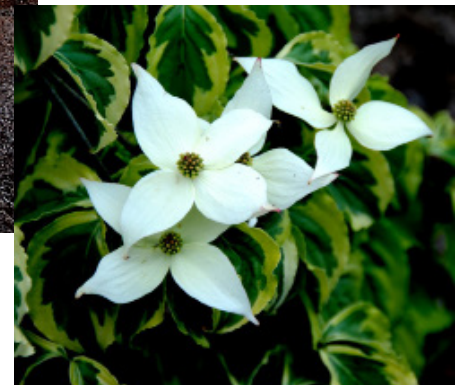
Pam Brown

Shirley Leung

Willamette View Plant of the Month

by Fred Rauch

A rare weeping Kousa dogwood can be found in the duck pond area of Willamette View. The full name of this plant is *Cornus kousa* 'Kristin Lipka's Variegated Weeper (Variegated Chinese dogwood). It was found as a naturally occurring sport on an unnamed variety of *Cornus kousa*, introduced by Robert Lipka in 2002 and named for his daughter. It makes a small deciduous flowering tree, seven to nine feet tall, or a large shrub. It blooms in late spring with four petal-like white bracts that surround the center cluster of insignificant yellowish-green flowers. The green leaves with undulating creamy white margins turn a bright red color in the fall. This is the only variegated weeping Kousa dogwood available.



Summer Outings

The Outings Committee will visit the **Oregon Jewish Museum** on Friday, **July 21**. There will be a guided tour of *The Jews of Amsterdam* exhibit. Lunch will be catered by Jacob and Sons Deli. See Manor Reception for cost and sign-ups. On **August 23**, an outing will take residents on the **Portland Spirit** for a Willamette River lunch cruise. Signups begin 7/14.

Announcements

Willamette View Chorus

Lift up your voice — come and join the chorus! Fall rehearsals begin Thursday, September 7, at 12:30 p.m. in the Blue Heron Auditorium. Sign-up sheets are available in the Manor lower level, second floor of the Terrace, and on the bulletin board in North Pointe's communication room. No auditions necessary. *by Kappy Finstuen, Chorus Vice President*

Low Vision Mutual Self-Help Peer Support Group will meet on

August 9

1:30 – 2:30 p.m.

2nd Floor Court Family Room
Experiencing vision challenges? Join us for support and helpful suggestions. Counselor Linda Tofflemire facilitates. This is not a therapy group; all conversations are strictly confidential.

*by Sandra Gerling
Vision Resources Committee*

CALLING ALL ARTISTS!

2023 Resident Arts & Crafts Sale

Blue Heron Auditorium

November 17

9 a.m. – 3 p.m.

Interested in participating?

Contact Gail Durham

503-481-0503

gdurham@easystreet.net

New Residents — Apartment Move-Ins

May 22 – July 8

| | From | To | Phone |
|----------------------------------|---------------|-------|-------|
| Danise Delzer | New resident | 508S | 7088 |
| Doug and Kay Dicharry | New residents | 503D | 6438 |
| Lindell and Dianne Gumper | New residents | 108D | 6723 |
| James Hare and Cathy Kirkland | 508D | 108E | 6307 |
| Kathleen Hurley | New resident | 804C | 6356 |
| Sandra Pagels | 216N | 204N | 6549 |
| Earl Westfall and Walt Lundberg | 301NP | 202BH | 7223 |

In Memoriam

May 22 – July 8

Patricia Brockman

Susan Schumacher

Margaret Riba

Peter Walker

Forrest Wheeler

Hobby Rooms for Special Interests

| | Day | Location | Contact | Phone |
|---|--------------|-------------------------|-------------------------------|--------------|
| artworks Studio | Studio Hours | Terrace 2nd Floor | Sally Giles Kristen Larsen | 6634 6633 |
| Manor Art Studio | Any time | Manor Lower Level | Gail Durham | 6815 |
| Manor and Court Wood Shops | Any time | Manor/Court Lower Level | Robin Bolton | 6430 |
| Model Train | Any time | Court 3rd Floor | | |
| Music Practice Room | Any time | Court 1st Floor | | |
| Sewing Room | Any time | Court 5th Floor | Sandra Pagels | 6549 |
| Toy Room – Take your grandchildren | Any time | Court 2nd Floor | Sandra Pagels | 6549 |

Rear Window

by Frank Starr

American Robin

As a child, my first recollection of a bird happened in our yard on a day when my mom was working in her flower garden, and I was – well, I was watching this bird. It had a bright reddish-orange breast, a black head, and yellow bill. Its head was tipped at a funny angle, like it was listening to something in the ground. Sure enough! It turned, banged its bill into the ground, and slowly pulled up a long, fat earthworm. Wow! Later, I learned the bird had not been listening, but watching for movement of grass and dirt. Birds don't have binocular vision, so they watch close things with one eye.

All my bird books refer to the robin as the American robin, because there is a European bird also known there as a robin. The European robin and the American robin aren't even related: The American robin is a member of the thrush family; the European robin is a flycatcher.

Robins are frequently seen running and hopping across yards all over North America, especially in summer. They stand taller than most birds their size, but the reddish breast is their prime identifier. They have dark grayish-brown backs and tails, a white lower belly, a black-streaked white throat, and an almost-complete white eye ring. The female is colored the same as the male, but in muted tones, allowing her to be less visible by predators when she's on her nest. Juveniles are colored like mom, but their under parts are heavily spotted with brown.

Robins are the largest member of the thrush family – all of whom are great singers. Robin's song is a series of rising and falling phrases like *cherrily, cheer-up, cherio*, repeated several times and may include a *tut, tut, tut* and an alarm call of a sharp *piik*. The most dangerous predator of the robin is the house cat that gets let out in the evenings. Other predators include hawks and snakes. Her nest of eggs or chicks makes meals for squirrels, snakes, crows, and a few other birds.

Robins may migrate to warmer climes when their diet of worms, insects, and berries isn't available, and may go as far south as Bermuda or Guatemala. In winter, robins gather in big flocks of hundreds – or even thousands – and roost communally. Their primary winter diet seems to be berries. Robins migrate north in flocks as spring springs and food becomes available. Courtship may begin during migration; courting groups of males chase a female until she captures one. He struts around her with his throat puffed up, his tail flared, and wings shaking. Feeding her becomes part of courtship, since she needs to gain weight to produce eggs.

They're monogamous for the season, but separate during fall migration. Nests may be constructed in any tree or large bush and even on windowsills – any place offering adequate support and some shelter from the elements. Together, the couple builds a cup-shaped nest of twigs and mud lined with grass. She will lay five or six unmarked, pale blue, one-inch eggs and incubate them for two weeks. Together they care for the altricial chicks for two weeks. When the first brood fledges, she lays another batch of eggs while he takes care of the fledglings. Only half of robin nests produce young, and only a quarter of those make it to November; half of those will make it to next spring.



| 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 | 10 a.m. | Terrace Aud.. | Bibi Momsen | 6627 |
| Catholic Communion Group | Thursday Mass on 3rd Thursday | 11:15 a.m. | Manor Heron Lounge | Laverne Flaherty | 6420 |
| Caregivers' Support Group | First & third Thursday | 11 a.m. | Court Family Rm. | Linda Tofflemire | 7355 |
| Carpet Bowling | Mon., Wed., Thurs., Fri. | | Court 1st Floor | Don Borjesson | 6643 |
| 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 |
| 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. | Gary Smith | 925-872-0969 |
| Ham Radio Rag Chew | Saturday – Bring your own breakfast – | 8:30 a.m. | Elk Rock Bistro | Dale Harris | 6482 |
| Hobby Rooms | See page 18 | | | | |
| Hooks and Needles | Tuesday | 1 p.m. | Plaza Fireplace Lounge | Sandra Pagels | 6549 |
| Interfaith Questers | Monday | 2 p.m. | Zoom | Bernard della Santina | 6639 |
| Language — French Conversation | Tuesday | 12 noon | Riverview | 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 |
| | | | | Donna Kling | 7229 |
| Legacy Writers | Fourth Thursday | 3 – 5 p.m. | Heron Lounge | Karen Gerdes | 6435 |
| 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 | Marilyn Feldhaus | 7238 |
| Pickleball | Sun., Tues., Thurs. | 9 a.m. | Sport Court | Gary Smith | 6454 |
| Ping Pong | Monday, Wed., Friday | 1:30 p.m. | Court 1st floor | Robin Bolton | 6430 |
| Pool Volleyball | Monday, Wed. Friday | 10 a.m. 1 p.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 | Paul Bosshardt | 6823 |
| 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 |
| Team Trivia | Second & fourth Mon. | 6:30 p.m. | Terrace Aud. | Sherman Bucher | 7214 |
| Unitarians 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 |