

Willamette Views

A Publication of The Willamette View Residents Association

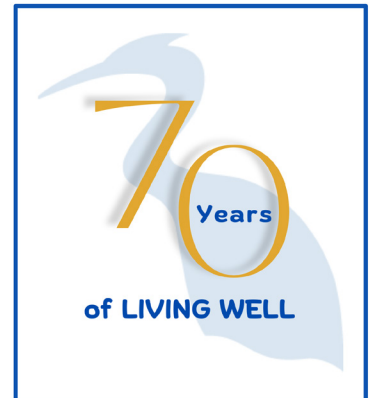


Volume 48, No. 6

June 2025

Residents Association Semiannual Meeting on June 4

The **Willamette View Residents Association** will hold its semiannual meeting on Wednesday, **June 4**, in the Blue Heron Auditorium at 3 p.m., with overflow seating in Elk Rock and via Zoom. Reports will be presented by **Resident Council Chair Pamela Brown, Treasurer Elaine Toll, Nominations Committee Chair Earl Westfall, and CEO Craig Van Valkenburg. WVI Board of Directors Chair Laura Engle** will be the keynote speaker, addressing the meeting's theme, **70 Years of Living Well**. New residents will be introduced and welcomed. Willamette View Elders (residents over 100 years old) and residents who have lived here for at least 25 years will be recognized. The slate of councilors and Personnel Committee members for July 2025 through June 2026 will be presented and voted upon (see page 5). An **Uncorked** social gathering in Elk Rock Bistro will follow the meeting.



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Artworks brings guest artists galore!

by Sally Giles, Artworks



Liz Walker, local watercolor and acrylic artist, will lead a workshop on June 19.

One of the special offerings of the Artworks program is bringing guest artists to Willamette View. These artists bring media and methods not oth-

erwise available here and deepen connections with the surrounding community and art world. Recent donations to the **Artworks Fund** at the **Blue Heron Foundation** have come from residents who particularly value these opportunities and connections. In the spirit of these gifts, Artworks applied for grants through the Blue Heron Foundation to bring additional guest artists this year. This article includes a listing of the offerings planned, with website addresses to learn more about each artist. Keep an eye on the Artworks monthly calendar and newsletter to learn when you can sign up for these events. The Artworks team is deeply grateful for resident support and inspiration – please continue to let us know of artists, materials, and opportunities you'd like to see us bring to Willamette View.

Continued on page 10

From the Resident Council

by Donna Moores, RC Vice Chair

Making Things Happen at Willamette View

Willamette View is a busy place! Many residents joke about failing at retirement because they are so busy. (This writer is guilty of that!) A much more positive spin is that living here is like being at college with classes optional. Or living on a cruise ship. How do all these activities get organized and maintained? Well, that's what our creative community of volunteers is busy doing.

Some activities are led by Wellness staff, such as Artworks, fitness classes, and support groups. The Life Enrichment team also organizes specific programming for our residents living in the Terrace and the Neighborhoods. The rest of what goes on here is pretty much up to us.

Residents plan innumerable private activities, some of which are one-time events (birthday parties, family get-togethers), and others that are ongoing (weekly card games, book clubs, movie groups). Willamette View is our home. We entertain our friends and family in our apartments and use common facilities such as meeting rooms and kitchens. These private groups are not advertised to the community.

The activities you see listed on the back page of *Willamette Views* are public activities that have been recognized by the Resident Council. These groups are open to all members of our community. Once recognized, these activities can be advertised on bulletin boards, in elevators, the *Friday Notice*,

and the *Views*. The process for becoming a Resident Council-recognized activity is to recruit a group of like-minded residents, agree on the purpose, choose a leader or contact person, and give your activity a name. This is then presented to a member of the council. The group will be assigned to a specific councilor's portfolio, announced at a Resident Council meeting, and documented in the minutes. Voila! A new activity is formed.

If an activity group wants financial support, it can apply to be a Resident Council-funded activity. There are almost 100 resident-led activities here at Willamette View. Of these, only about 20 are funded. The activity group appoints an Account Fund Manager to handle its financial interactions, creates a budget specifying how the funds will be used, and submits a grant request to the Resident Council. The Finance Committee considers the request and forwards it to the Treasurers and Resident Council for a vote. Only Resident Council-funded activities can collect voluntary donations from residents attending those events. That would be those wooden boxes at the doors of the Blue Heron Auditorium! The Resident Council also receives generous grants from the Blue Heron Foundation to support our resident-led activities.

And that, my friends, is how we manage to have such a busy, rich life here at Willamette View.

Senior Living Attitudes

We each can have our stories
Of seasons we lived through.
We share our pains and glories
And the rule is "you do you."

There is no fault in failure,
And we celebrate success,
Whether changing your behavior
Or in doing more with less.

We linger in this portal
From the known to the beyond,
For we know we all are mortal,
And in time we'll all be gone.

So what's precious is the present,
And the people with us now.
Be they fit or convalescent,
Each life deserves a bow.

*by Roger Rochester
April 2025*

Heron Heights Open House

Willamette View Marketing Department welcomes residents and guests to tour one of the newly completed homes at Heron Heights. On Friday, **June 20**, from 9 am to 3 pm, 1803 Silver Springs Road will be open to tour. Look for event signs on River Road. Heron Heights is located across from The Neighborhoods. No food or beverages, please. We look forward to seeing you!



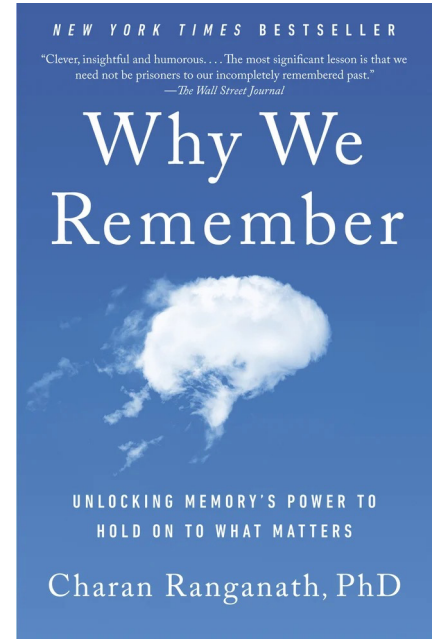
June Book Review investigates the science of memory

by Sue Bosshardt, Book Review Chair

This month's Book Review is on Wednesday, **June 18**, at 10 a.m. in the Blue Heron Auditorium. Can you keep that in your memory? The book, ***Why We Remember: The Science of Memory and How It Shapes Us***, by Charan Ranganath, may answer that question. **RCA Moore** will review this book, which speaks to each of us in these aging years.

Ranganath approaches the task of explaining what memory is, how it works, and how it shapes our identities with both a scientific mind seasoned by years of experimental studies, and with an appreciation of the pseudo-mystical elusiveness that still clings to the concept of memory. Most of the book, however, is concerned with the more practical aspects of memory. The author is eager to help us utilize what we do know to make our learning more efficient and our lives "better".

RCA moved to Willamette View in 2011 from Portland's Pearl District. RCA had a varied career, which included being an industrial psychologist, a Unitarian-Universalist minister, a print and video journalist, and a lobbyist in Salem. His interests are science and music, which includes singing and guitar. You may see him in the Jazz band, the Hootenanny ensemble, and the Willamette View Chorus.



June Movies

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

International film

Tuesday, **June 10: *I'm Still Here*** (Portuguese language with subtitles, 2025). Actress Fernanda Torres brings to life the devastating family drama surrounding the abduction of her husband from their beachfront home in Rio de Janeiro, Brazil. The Oscar-winning film, directed by Walter Salles, explores the rage and grief of Eunice Palva as she attempts to find her husband. Selton Mello and Valentina Herszage fill out the cast. *Discussion following.* **2 hrs 15 m. Biographical drama. PG-13**

Saturday night films

Optional discussions will follow.

June 7: *Anora* (2024).

This award-winning independent film is not for everyone. It centers on the world of a young sex worker who goes about her business with aplomb. At work, Anora chances into an immature young

scion of a prominent Russian billionaire family and marries him in Las Vegas during a week of parties. No Cinderella story when his parents send henchmen to get the marriage annulled. The picture, starring Mikey Madison, walked away with five Oscars, including Best Actress, Best Director, and Best Picture. **2 hrs. 19 m. Nudity/Sex/Drug/Obscenities/Adult Themes. Tragedy/Comedy. R**

June 14: *Waking Ned Devine* (1998). This lighthearted, hilarious comedy is about friendship and mischief in a small Irish village, where someone has won the lottery. This delightful Irish comedy is written and directed by Kirk Jones. Stars Ian Bannen and David Kelly. **1 hr 31 m. Comedy. PG**

June 21: *The Six Triple Eight* (2024). A steely Kerry Washington stars in this historic war drama of the 850 black women of the US Army who are or-

dered to deliver a three-year backlog of mail to the war-torn battalions during WWII. Tyler Perry directs this unsung story honoring the will and competence of black women. The large cast includes Ebony Obsidian and Milauna Jackson. **2 hrs 7 m. Drama/War. Language including racial slurs. PG-13**

June 28: *Hamilton* (2020). Original Broadway production of the award-winning musical tells the story of Alexander Hamilton, blending hip-hop, jazz, and R&B with Broadway style. Lin Manuel Miranda, Phillipa Soo, Leslie Odom, Jr., and Renee Goldsberry head up a wonderful cast in this extraordinary, fresh, and delightful biography of one of our founding fathers. The musical won 11 Tony awards, including Best Musical, Best Direction, and Best Choreography. Thomas Kail directed both show and movie. **2 hrs 40 m. Musical/Historical drama. PG-13**

✓ Check it out

by Lalean Humphries, Library Committee Chair

Libraries in Clackamas County

Ledding Library of Milwaukie was started as a circulating library in 1889 by **Alfred Lewelling**. Books were placed in the law office of Thomas Lakin, Justice of the Peace, at the corner of Main and Washington streets. The building burned a few months later and it wasn't until 1910 that a committee was appointed to meet with the City Council to establish a room in the old city hall for library use.

Florence Olsen Ledding, born June 24, 1870, was a graduate of the University of Oregon, taught school, and then passed the Oregon State Bar. She was one of the state's first female attorneys and practiced law until her marriage to **Herman Ledding**. Mrs. Ledding was a progressive, politically involved person and specified in her will that her home and property were to be maintained in perpetuity by the city as a free public library "for the uses, objects and purposes of the furtherance and advancement of education, learning, literature and science, for the use of all people regardless of race, age, station in life, color, sex, or religious faith."

A newer library was built on her property in 1962 and expanded in 1987. In May 2016 residents passed a bond to improve and expand the Ledding Library. A new library building opened in January 2020. See www.milwaukieoregon.gov/library/library-history for more details.

Ledding Library is part of **LINCC** (Libraries in Clackamas County). Members of LINCC are the 10 cities in the county that operate public libraries: Canby, Estacada, Happy Valley, Lake Oswego, Milwaukie, Molalla, Oregon City, Sandy (including a branch in Hoodland), West Linn, and Wilsonville. The other two member libraries of LINCC are the Gladstone and Oak Lodge libraries, operated by Clackamas County.

Over the past 36 years, LINCC libraries have shared in the proceeds of a variety of county-wide funding mechanisms, which culminated in the passage in November 2008 of a county-wide Library Service District with a permanent tax rate of 0.3974 per thousand of assessed value. Any resident of Clackamas County (with the exception of Johnson City) may visit any LINCC public library, obtain a free library card, and check out materials without charge.

The major cooperative feature of LINCC is that the 12 independent libraries share a single library catalog. The shared catalog makes it easy for individual citizens to borrow materials from any or all libraries throughout the county and to have those materials delivered via library courier to their neighborhood library for easy pick-up. This shared system and shared county-wide funding has created a seamless public library system in Clackamas County that has greatly facilitated the cost-effective sharing of resources among these 12 library "partners," yet allows each local city or county library to retain its own autonomy and ability to tailor its collection and programs to the unique needs of its clientele. See lincc.ent.sirsi.net for more details.

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



Class Party 2025

by Dianna Jackson

Imagine going back to a decade of flower power, peace signs, and celebrating the joy of one's youth. On April 30, members of the **Class of 2024** embraced the theme of **What a Long Strange Trip ...** – a lyric from the Grateful Dead song, **Truckin'** and threw a crazy, delightful party. The Blue Heron Auditorium was transformed into a hip hangout with a VW bus bar, tie dye, flowers, balloons, and plenty of other groovy decorations. We got to know each other by pinpointing three places we had previously lived. *Continued on page 12*

What's up with the Pharmaceutical Collection?!

by Marilyn Feldhaus, Green Team

Historically, since 2017, **Green Team** (GT) members have hosted a **pharmaceutical turn-in event** twice a year. In 2025, things changed and the GT found that it could no longer host the event. The change was because the Clackamas Sheriff's Office discontinued, thanks to funding cuts, assigning a deputy sheriff to the event, whose presence is required for drug collection to proceed. The sheriff ensured that drugs were securely transported to an incinerator for drug disposal. No sheriff, no safe transport, no pharmaceutical collection. Also, there is no longer an incinerator available, but that is another story. So, this past April, the GT drug task force offered a teach-in to residents regarding safe disposal of drugs. These strategies continue to be in effect, since sadly, for the foreseeable future, the GT will be unable to collect drugs as in the past. Residents can take one of these actions: take pharmaceuticals to a local pharmacy with a drop box; take drugs to a local police department; or obtain a mailing envelope from our Wellness department and use it to mail drugs to a recycling company. The GT will continue to provide teach-ins. The GT deeply regrets the change forced on it and thanks residents for their understanding and forbearance during this change.

Spring Nominating Committee to present Resident Council slate on June 4

The following slate of Resident Council officers, councilor nominees, and Personnel Committee members will be presented at the Residents Association semiannual meeting on **June 4**.

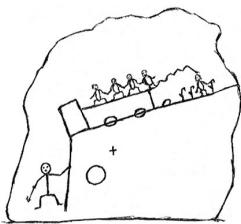
Assistant Treasurer:	John Niemitz
Gardens & Plants:	Paul Connolly
Health Resources:	Linda Cadzow
Recreation:	Rikki Schoenthal
Services:	Steve Bennett
Technology:	Lloyd Taylor
Personnel Committee:	Ann Glaze, Chris Nacheff Maneker

Nominating Committee members:

Earl Westfall, Chair
Dotti Chidester
Judy Kleinberg
Kent Louscher
Mary Norman

Grateful Earthlings News by Milt Markewitz

As **Global Warming** continues to worsen, exacerbated primarily by humans in the "developed" cultures, there are other cultures who have lived for millennia in balance and harmony with all life. A Hopi Petroglyph (right) shows that there was a time when humans lived in balance and harmony with Nature. Four to



six thousand years ago, people began separating from Earth-based values and adopted less communal ways. Many of their new values were harsher and more self-centered – imperialistic.

Those that remained in harmony with Earth evolved slowly. Those who separated both evolved and devolved rapidly, largely due to electronic technology where technology's speed

doubled, and costs halved, every 18 – 24 months. The devolvement of our current dilemma was projected several hundred years ago by the Hopi and other Tribal prophesy.

There is a wisdom to these prophesies, sometimes labeled **Systemic Understanding**. The Hopi teaching tells that the path to once again live in ecological balance and communal harmony is to embody Earth-based values.



The **Joana Macy chart** (above) helps us to understand how to shift from the Holding Actions we are currently pursuing to Paradigm Shifts by applying the wisdom of Systemic Understanding that has been embodied by those individuals and cultures who have remained connected with Nature.

The following questions need to be

addressed to understand the ramifications of Joana Macy's work:

1. Could it be that almost all our Holding Actions result from protecting comforts and conveniences, and addressing perceived scarcity and social injustices?
2. Might Systemic Understanding be significantly diminished by the linearity of our thinking, and alphabetic language?
3. Don't the Paradigm Shifts lead to an appropriate consciousness that includes consensus regarding the values necessary for survival?

Grateful Earthlings will hold monthly programs facilitated by authentic messengers whose worldview is relational rather than linear, and whose design approach blends task, relationship, and process, with the emphasis on process. This requires listening to all voices and achieving consensus, and is emergent, yielding results far beyond what could have been initially defined with goals and objectives – accomplishing what a linear culture believes to be impossible.

The love of climbing inspired Henninger family adventures *by Al Greenwood*

Sue and Rudy Henninger became residents of WV in November 2024. Rudy's love for the mountains began in 1964 when he first set foot on the slopes of Longs Peak in Colorado and Mount Shasta in California. From that moment on, climbing became an integral part of his life, a passion that he pursued relentlessly for the next three decades. Even after he stopped climbing at the age of 55 due to six joint replacements, he continued skiing until 2022. His adventurous spirit remains undiminished, however – a testament to his lifelong dedication to the mountains.

Rudy and Sue shared a love of climbing that took them on unforgettable journeys. Over the years, Rudy achieved a remarkable feat – he climbed every mountain over 14,000 feet in the continental United States. This includes the 54 (or 55, depending on classification) fourteeners in Colorado – among them Mount Elbert, the highest peak in the state. Sue, no less adventurous, managed to summit approximately half of them.

Their climbing adventures were not without setbacks. In 1967, a planned trip to Europe was canceled, leading them to explore the rugged beauty of the Pacific Northwest instead. They tackled Mount Thielsen, a striking peak at the north end of Crater Lake, before embarking on a grueling three-day climb of Mount Rainier. The first day consisted of an intensive full-day training course, followed by a two-day climb and descent. To avoid the dangers of rock falls caused by melting snow and ice, they had to begin their ascent at midnight. The descent proved to be particularly perilous. Sue was given Dexedrine by the guide – a stimulant that had the opposite effect on her, making her drowsy instead. She drifted into sleep while climbing down, only to be jolted awake by the terrifying crash of a boulder the size of a Volkswagen tumbling down nearby, causing everyone directly below to run for their lives. The near-death experience gave them both a renewed determination to reach safety.

In 1971, Rudy and Sue moved to Switzerland, a paradise for mountaineers. Surrounded by the majestic Alps, Rudy continued his climbing pursuits, including a successful ascent of the Matterhorn. Their young daughter, Amy, even accompanied them on some of their adventures, beginning her exposure to the mountains at just one year old. In 1980, Rudy climbed the four highest volcanoes in Mexico (15,354 ft. – 18,491 ft.). Due to this trip and a resultant intestinal infection, Rudy discovered that he possessed the rare leukocyte antigen HLA-B27, a specific type of protein that contributes to immune system dysfunction, which eventually led to a diagnosis of Ankylosing Spondylitis and six joint replacements.



*The Henninger family on the summit of Quandary in 1985.
From left: Sue, Becky, Amy, and Rudy.*

Perhaps Rudy and Sue's most thrilling – and harrowing – climb came in 1989 on Gannet Peak, Wyoming's highest mountain. The true challenge of climbing often lies not in the elevation, but in the technical demands of sheer rock faces and icy conditions. On this particular climb, a daunting 2,000-foot drop loomed beneath them. As they carefully maneuvered with ice axes, disaster struck – Sue's axe failed to hold in the ice, and she began to fall. In a heart-stopping moment, Rudy, who was above on the rope and had securely planted his ice axe, was pulled off his feet, but managed to save their lives by hanging from the wrist loop of his ice axe. Had his axe slipped, the entire roped team would have plummeted into the abyss.

Even after surviving that terrifying ordeal, their challenges were far from over. At the base of the mountain, they faced yet another obstacle – a frigid, fast-moving stream. The only way across was via a massive log. Rather than risk an unsteady crossing on foot, they opted for a safer, albeit less dignified approach – sliding across the log on their backsides. They finally arrived at camp at 9 p.m., exhausted but relieved. The next morning, on their way out, they witnessed before them a massive boulder, the size of a house, slowly move a few feet on the glacial moraine.

Despite the dangers, Rudy was always eager to embark on the next climb. Sue, though initially hesitant, would inevitably catch the thrill of the ascent. One of their most unusual climbs was Mount Culebra in Colorado. Unlike the remote wilderness routes they were accustomed to, this privately owned mountain had an unusual starting point – right past a farmer's front porch.

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Jean McKinney and the Dawn Redwood Tree

by Judy and Glenn Ruminson

Many residents are aware of the large Dawn Redwood growing by the back entrance to the Fitness Center and gym, probably planted around the time the Terrace was built. Did you know, however, that we are fortunate to have a second Dawn Redwood in the north Plaza Courtyard? We have **Jean McKinney** to thank for that.

The Dawn Redwood is a fast-growing deciduous conifer tree. It was first known from the fossil record and thought to be extinct. A grove was discovered in a remote location in China during WWII. Soldiers brought back some Dawn Redwood seeds from China to the US. **Fred Rauch** wrote a detailed description of the species in the October 2023 issue of *Willamette Views*. Jean mentioned that the first Dawn Redwood planted in Oregon was at the Portland Hoyt Arbo-

retum, so that became the Mother Tree.

Shortly after they came to WV, Rose Villa cut down a Dawn Redwood tree. She thinks Rose Villa probably didn't realize what a rare tree it was. Jean brought home a few cones from the tree and planted the seeds. About 7 seeds germinated. One seedling grew to about a foot high and was getting too big for the small pot it was planted in. She enlisted the WV Grounds Crew to help plant the tree. They chose the Plaza Courtyard for its home.

She said that **Kim Buchholtz** wasn't too pleased with the tree as it was right outside his office window and felt it was too ugly during the winter months (with no foliage) and blocked his view in the summer. Jean then suggested that the lower branches could be pruned up, thus allowing a view out the Adminis-



tration windows to the Courtyard. So, the tree has survived and thrived.

Jean, who turns 100 in June, remembers well how she propagated this beautiful specimen of a tree to enhance the beauty of WV grounds. We are all so grateful to her for this gift of a gorgeous tree on our campus!

Nurture it and it will grow

Photo and story by Sherry Johnston

Reprinted from the December 2021 issue of *Willamette Views*

Jean McKinney believes in possibility. She sees what could be and acts on that vision. Reading her abridged biography, one might interpret her 96-year life as one of stability and tradition — certainly no surprises. But biographies without depth often miss unexpected, delightful twists. The original idea for this article focused on how Jean's love of nature contributed to our campus landscape. We talked about her loving parents, great childhood, and then wham! The unexpected — her disappointment at not being able to join the WAFS during WWII because she was four years too young. The dream of serving her country as a pilot was not to be. What? This woman who collects fir cones in the neighborhood?

Jean graduated from college in 1945 and earned a degree in philosophy and physics. Stunning, since she knew that her odds of being successful in those fields were next to none. She didn't care. She met her husband Bud on a golf course, and combining their lives took

center stage. She gladly invested in creating a space where love, security, and faith flourished. Her future path was clear.

Years later, she invested her father's inheritance on belated flying lessons. Once licensed, Jean got her children off to school, went to the airport, flew to have lunch with her mom and dad, and returned in plenty of time to welcome the kids home. Traditional and not-so-traditional blended well.

Jean moved from Astoria to WV with her now-deceased husband in 2002. A new chapter began. In 2004 she planted a found fir seed as a starter from a fallen cone and tended its growth until its survival depended on the freedom of open ground, rather than the containment of a pot. We're not talking just any common tree, but an exotic species named Dawn Redwood, once thought extinct, until rediscovered in China in 1941. With the expertise of our gardener, her two-foot ward found a permanent home in the north garden of the Plaza in 2006, where



it stands tall and happy today. Like many WV residents' stories, Jean's voices the harmonious melody that comes from a life well lived. Dare to stay grounded while spreading your wings. Anything is possible.

Thanks to Don Brown for recommending this story.

Madero Winds returning to WV

by Ginny Seabrook, Music Committee

Celebrate the first day of summer with music in the Blue Heron Auditorium. On Friday, **June 20**, at 7 p.m., the **Madero Winds** woodwind trio will return to Willamette View with a potpourri of classical music spanning the 19th to the 21st centuries. The program will feature American, Argentinean, French, and Russian composers.

Before moving to Portland in 2002, **Gail Gillespie** served as principal flute of the U.S. Marine Band. She was often a featured soloist with the band and with the Marine Chamber Orchestra. Born in Hawaii, Gail received her bachelor of Music degree with honors from the New England Conservatory of Music. Gail, an active free-lance musician, has played with the Oregon Symphony, the Oregon Ballet Theatre, the Newport Symphony, and other groups. She has been a member of the Portland Columbia Symphony since 2013.

Brad Hochhalter served as principal oboist of the Portland Columbia Symphony from 1999 until 2023. He studied with world-renowned oboist Marc Lifschey while living in the Bay Area. Brad has performed with the Oregon Symphony, Portland Opera, the Santa Rosa Symphony, and the Portland Chamber Orchestra.

Dave Bergmann currently plays bass clarinet with his quartet, Clarinets a la Mode. He received his degree from California State University, Hayward, and has performed with many Northwest orchestras, including Walla Walla Sym-



phony, Portland Opera, Oregon Ballet Theatre, Vancouver Symphony, Mt. Hood Jazz Festival, and Ernest Bloch Music Festival. Dave arranges music for chamber groups and also runs a bed and breakfast with his wife Lisa.

Come to relax and enjoy a festive summer evening with this trio of professionals from the Portland area. The Music Committee appreciates your donations by check, resident charge slip, or cash. Resident donations will be matched by a contribution from the **Blue Heron Foundation**. The **Music Committee** is grateful for your support, which makes these programs possible.



Norman Sylvester to perform R&B

Blue Heron Auditorium

Tuesday, June 17 – 7 p.m.

MusicWorks is very pleased to present **Norman Sylvester**, known in the R&B business as **The Boogie Cat**. He and his band have been performing all over the Portland area since 1985, and in 2011 Norman was inducted into the Oregon Music Hall of Fame. The band was at the first Waterfront Blues Festival in 1987, when a promoter gave them the opportunity to open for BB King at the Arlene Schnitzer Concert Hall – and the rest is history. Norman is a “family and community first” musician. He has mentored many young talents in our area and teaches **A History of American Music** in our local schools. Norman and his band also use the power of their music to perform for benefits and charities. He believes that music “heals the soul,” and we can all use some of that. So don’t miss it. You won’t regret it!

by Lois King, MusicWorks



Alert – Windows 10 Support to end Oct. 14

by Rob Pirie

Starting **October 14**, Windows 10 will no longer receive support updates, free software updates, or bug fixes. There will be no more updates or security patches for the operating system after that date. This can leave your device vulnerable to security risks if not addressed.

Can you continue using your current PC? Yes, but – you'll no longer receive the services listed above from Microsoft, which may make your PC more vulnerable to scams and malware.

What can you do? There are basically four strategies you can take:

1. **Do nothing** – This strategy means doing nothing at all and taking the chance that you will be the victim of mal-

ware or scam attacks in the future.

2. **Upgrade your computer** – Many relatively new PCs can be upgraded to **Windows 11** for free. Microsoft has provided a test to check if your computer can be upgraded.

3. **Purchase extended coverage** – Microsoft offers an Extended Support Service for users who don't wish to upgrade their computers. It is available for purchase from Microsoft.

4. **Purchase a new computer** – If this is your choice of strategies, members of the Willamette View Resident Computer Support Team can help you select and set up a new laptop or desktop computer.



The love of climbing inspired Henninger family adventures

Continued from page 6

To proceed, they had to pay a "toll," a quirky yet fitting reminder that adventure can sometimes come at a small, unexpected price.

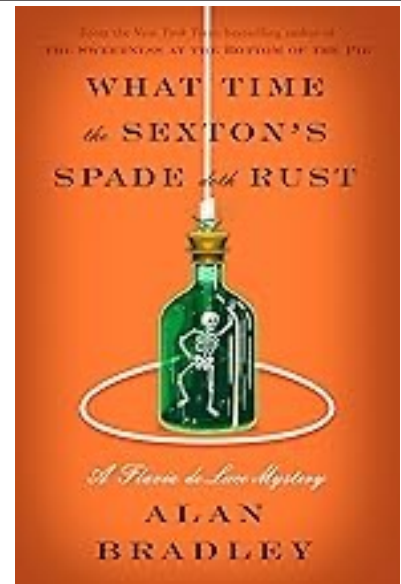
In 2003, an amusing experience was watching a young adult "flat lander" huffing and puffing on the way up, who seemed mind-boggled by Rudy and Sue's 4-year-old granddaughter bouncing down the trail after having summited Handies Peak. For Rudy and Sue, climbing was more than just a sport; it was a way of life. Their experiences in the mountains tested their strength, courage, and resilience, forging a bond that was as enduring as the peaks they conquered. Though Rudy has since retired from climbing and skiing, his legacy lives on in the countless summits he reached and the stories of adventure that continue to inspire those who dream of standing on top of the world.



Amy enjoys the charm of an alpine meadow the day after Rudy climbed the Matterhorn in 1971.

Try This Title

by Penny Fiske



What Time the Sexton's Spade Doth Rust

Author: Alan Bradley

Pub Date: 2024

Manor Library Fiction BRA

"To say I am overjoyed by the return of the magnificent Flavia is a massive understatement. It is a great day when we have her back in our lives with a new, and riveting, crime to solve. Brava, Flavia. Bravo, Alan!"

–**Louise Penny**

"Enchanting . . . Flavia's characteristic quirky humor and unorthodox thinking are on full display. This series is as fresh as ever."

–**Publishers Weekly**

Bradley returns with another ingeniously entertaining mystery featuring his irrepressible 11-year-old sleuth, Flavia de Luce. A savant with a particular genius for chemistry, Flavia must use her scientific skills to keep the family's cook from being charged with the death of a reclusive local man, Major Greyleigh. In solving the case, Flavia uncovers a shocking family secret that upends her world but provides plenty of scope for future investigations.

–**Oregonian, Book Review**

Artworks brings guest artists galore!

Continued from page 1



Resident Mary Gayle Van Ingen is painting in the Watercolor workshop with Bonnie Paisley in February 2025.

Improv returned in May/June with instructor **Lisa Brousseau** from **Bridge City Improv** in Milwaukie. The grant covers two four-week workshops. The first workshop began in May

and continues on **June 2** and **9**, in the Court Family Room. The second workshop dates are TBA. Learn more about Bridge City at bridgecityimprov.com.

Corey Pressman is a local artist whose work is represented in the **Art in Public Areas** collection. He will lead a workshop here in June using powdered pigments and cold wax. His workshop is on **June 3**, 2 – 4 p.m. in the Commons. Learn more about Corey at coreypressman.com.

Liz Walker is a local watercolor and acrylic artist who will lead an acrylic workshop, **Line and Color Exploration**, on **June 19**, 1 – 4 p.m., in the Manor Multipurpose Room. Learn about Liz at lizwalkerart.com.

Figure Drawing will take place monthly for six sessions with various clothed figure models. Check Artworks monthly calendar for details.

Bonnie Paisley, a local artist who has taught with us once before, will return for a watercolor workshop in September. More about Bonnie is at bonniepaisley.com.

Pulp + Deckle is a mobile paper making studio based in Oregon City. They will come to WV to lead community members in a pulp painting technique in October. More about Pulp + Deckle is at pulpanddeckle.com.

Grants from the **Blue Heron Foundation**, making these special classes and workshops possible, are funded by the generosity of donors.

Greenies Turn Four – Many Happy Returns!

In June 2021, **greenies** (O2GO reusable containers by OZZI) arrived on campus, thanks to a Blue Heron Foundation grant. Food & Beverage plans to have the entire WV community, including employees, using greenies exclusively for takeout this summer. But why greenies? They are environmentally friendlier and less expensive than our single-use, noncompostable, China-made paper takeout containers. Greenies are reusable up to 300 times and recyclable and contain 20 – 30 percent recycled plastic. Greenies are made from FDA-approved materials (and they don't leak through). Manufactured in Albany, Oregon, and marketed since 2014, greenies are now used worldwide.

A 2022 University of Michigan life cycle analysis shows that using/washing a single greenie just 20 times instead of using/tossing 20 single-use paper containers reduces these environmental horrors by the percents shown: greenhouse gas emissions (69%), en-

ergy usage (27%), water consumption (67%), and land burden (81%).

A greenie needs to survive only 32 uses to pay for itself. Over a 300-use lifetime, a greenie saves about \$36 compared with 300 paper containers. As of March, WV had bought 3,150 greenies for a potential savings of about \$113,000. Getting the most out of greenies does take a little effort, but please:

- Persuade your non-WV guests not to borrow or trash greenies. Bribery is underrated! The purchase price of our largest greenie is \$4.30.
- Think upscale picnic; dine directly from your greenie. Yay — no dish-washing!
- Carve your food, not your greenie. It's not a cutting board.
- Transfer leftovers to a food storage container, preferably an airtight one. Unlike, say, Tupperware, greenies by design are not airtight.
- Do not wash greenies. Before re-

by Potter Herndon for the Green Team



turning them, rinse the dirty surfaces with a little cold water. Shake the water off. Close and latch the lid. Return greenies within two days to an OZZI Drop N'GO bin, preferably the one serving the originating kitchen (all three kitchens – Riverview, Waterfalls, and White Oak Grill – wash greenies).

If a greenie is damaged, do not toss it. Turn it in at Marketplace with a brief note inside describing the flaw.

Stitching Together

by Elizabeth Knecht

The sewing group **Sew Be It** has assisted in purging the sewing room of the overabundance of items, such as pinking shears. So many pinking shears! We kept three and the rest went into our donation pile. There were five sewing machines that had been donated and were sitting in the closet. We sold them, with the money going to the **Blue Heron Foundation**. As the donation pile increased, the discussion of what to do with it all began. Our hope was to find a place where they would be the most useful, and we wanted to keep it local. We found such a place in **Rose Haven**, a nonprofit organization that provides resources to homeless women and children. They offer several services and activities – one of the activities being sewing. **Nancy and John Bouwsma and Elizabeth Knecht**

delivered the donations to the shelter and had a tour of the facilities. We were all very impressed and we have already made a second donation and plan to do more in the future.

Another service Rose Haven has is a clothing store, similar to our **Carousel**. It has been decided that instead of giving women's clothing to Goodwill, it will be given to Rose Haven. Three bags of clothing were part of the second donation.

The sewing group for the past two years has had a table at the Art and Crafts Sale that the Blue Heron Foundation holds every fall. The group has done well, and we have been looking for a worthy organization for our financial donations. After the successful donation of materials to Rose Haven, the group decided to also give them \$500.



The 2025 Royal Rosarian Blessing of the Festival and Memorial Service took place on April 26 at Trinity Cathedral. Royal Gardener Walt Lundberg planted a rose in the Memorial Garden in honor of The Rev'd VJ Sathyaraj as part of the ceremony. WV residents in attendance from left: Roz Gallo, Catherine Cunningham, Don Brown, Carol Anne Brown, Walt Lundberg, and Earl Westfall.

Art Sale
Saturday, June 21
Blue Heron Auditorium
1 – 4 p.m.
Guests are welcome

The **Manor Art Studio** is sponsoring a sale of art and art books to support improvements to the studio. If you missed the sale of **Benno Philippson's** art last September, you will find more of his works at this sale, as well as art by **Marilyn Woods** and other artists who work in the studio. Yes, the public is welcome, too.

Needed: Several kind volunteers to serve as cashiers and door monitors. Sales will be by cash or check only; no credit cards.

Questions? Contact **Gail Durham** at 503-481-0503 or email her at gdurham@easystreet.net.

Manor Art Studio Committee
 Chairs:
 Andrea Keifer
 Rikki Schoenthal

Gratitude Notes

WV Spiritual Life encourages residents to write messages of gratitude on Post-it Notes added to display boards for others to read. Here are two recently-posted Gratitude Notes, including one from a family member:

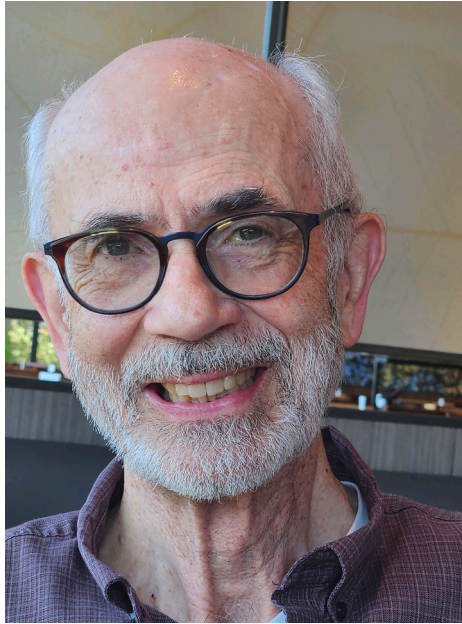
Refuge from our crazy world.

Thanks for taking care of my grandma.

A Day in the Life of Roy Kruger *by Rob Pirie*

Roy Kruger and his wife, **Glenna**, came to Willamette View in 2016. Roy marches to a different drummer than many of us in how he views his daily life here at WV. Often, we view our days here as a series of starts and stops as we engage. Because Roy works with a number of groups both within WV and in the community (Voters' Information Committee, Salvation Army Camp Advisory Council, SERV, WV Library Book Selectors, Pen Pals, etc.), he views his days as a rhythm or pulse that ebbs and flows with the needs of the organization(s) that he happens to be working with. Some days he'll work with the Salvation Army in the morning and with a church committee in the afternoon. Or it may be SERV or the Voters' Information Committee (VIC) or something unrelated to WV all day long or for several days.

The only regular commitment in a day in Roy's life is arising at about 5 a.m., go-



ing to the gym, and then enjoying Cheerios for breakfast.

So, after all this setup, what is this day in the life of Roy like? On one specific day, after that Cheerios breakfast, he started working with other members of the VIC, preparing a forum of candi-

dates for the North Clackamas School District Board scheduled for later that evening in the Blue Heron Auditorium. The work is conducted via text and email. Preparation involves sketching out timeframes for candidates and arranging WV audio-visual services. In between, Roy works with the Adult Education Committee of his church on such esoteric things as honoraria and contractor payment.

It's time for lunch at Elk Rock. After lunch, Roy continues his work with the VIC on the candidate forum. As the evening progresses and dinner gets squeezed in, he helps prepare the candidates for the forum, which runs from 7 to 8 p.m. or so. If he finds time during the afternoon, Roy goes over to visit the Neighborhoods.

By that time, Roy is done for the day; he goes home and is in bed by 10 p.m. Tomorrow, he'll do it again. Exhausting but purposeful! And the days roll on.

Class Party 2024

Continued from page 4

The playlist was skillfully curated from our favorite traveling songs from back in the day. Our pictures from earlier times were displayed in a slide show. We all shared stories about our photos. That was pretty hilarious!! Dinner conversation was sparked by the contents of envelopes marked *Polite*, *Stimulating*, and *Provocative Conversation suggestions*. Added fun was the opportunity to smoke candy cigarettes and admire our flashy class rings.

Larry Deckel emceed the event and excelled in his role. He made sure our *people scavenger hunt mixer activity* went on without a hitch. He skillfully put together the slideshow and the mu-

sic playlist we enjoyed throughout. Oh yeah, he dressed up like a hippie.

Our steering committee consisted of **Merrily Burger**, **Andrea Keifer**, **Millie Rochester**, **Robin Prichard**, and **Dianna Jackson**. Many class members combined their talents to help make the details come together.

The staff was amazing, the food was delicious, the drinks went down easily. **Chad Grove** and team did a fabulous job. Chad's boundless enthusiasm helped steer our committee throughout the entire party-planning process. We had so much help from **Brooke LeClair**, and in so many ways. **Jerry Hull** was the accomplished photographer

for the evening. Robin and Dianna even did a skit to thank all those who helped with the effort.

The sales team was in attendance as was CEO **Craig Van Valkenburg**. **Jennifer Jones**, our move-in helper, also attended, along with Resident Council chair **Pamela Brown** and Vice Chair **Donna Moores**. As reps for the class, we would like to thank Willamette View for providing this evening for the Class of 2024. We loved it and believe it achieved what we all wanted – the new kids on the block getting to know each other and planting seeds for friendships to bloom – AND to have an absolute BLAST!

Carpet Bowlers had an amazing day

by Larry Deckel



The **Thursday Carpet Bowlers** had a most unusual game recently. The white ball in the middle is the Jack. It is rare for more than one or two balls to get this close, but an amazing grouping of balls formed nearly a perfect circle around the Jack.

The Carpet Bowlers playing that day included **Jim Marsh, Ron Scissom, Sherman Bucher, Ray Jackson, and Larry Deckel**. If you would like more information or would like to join the group, contact **Mark Troseth (7220)**.



On April 21, 25 residents joined the Let's Dine Out Committee's trip to Dan and Lou's Oyster Bar for a delicious seafood lunch. From left: Dennis Gilliam, Pam Brown, and Joan Cartasegna.

A Chocolate Labrador – A Perfect Companion

by MH Socolofsky

Sue Kaalaas moved to Willamette View in 2023 with her chocolate lab, **Chaco** – named after the beautiful Chaco Canyon in northwest New Mexico. Sue acquired Chaco seven years ago, at age 14 weeks, from a dog breeder who bred large dogs for gentle temperament. Chaco is a large animal with a weight of 127 pounds – smaller than his father, who weighed 135 pounds. Sue has successfully trained many dogs in past years.

When Chaco was a puppy, they lived in Tucson. Their 93-year-old neighbor was fragile, and Chaco's first important lesson was not to jump on people. After initial training, Sue joined the Arizona-based Handi-Dog training program, which helps students train their own dogs under the guidance of professional trainers, focusing on a variety of service dog tasks. The program leader remarked that Chaco was so well-trained, and young enough to provide many years of service, that as a service dog, he would be valued at many thousands

of dollars.

Sue's first plan for Chaco was to train him for making hospital visits to bring joy to children who were undergoing treatment and recovery. Chaco was just about ready for hospital visits when Covid hit, shutting down all visitation programs. About that time, Sue was diagnosed with some health issues. She decided to train Chaco to be her own service dog. After moving from Tucson to Willamette View, Chaco was officially certified as a service dog. Service dog training varies, depending upon what kinds of services the dog will need to perform.

Sue's hope is that sometime in the future, Willamette View may designate a small area of the campus as a dog park. Chaco needs lots of exercise, and running without a leash in a safe place would add so much to his health and quality of life.

Sue is planning soon to give Chaco the new name of *C. C. Rider*, a traditional American blues song written in



1924 by Gertrude "Ma" Rainey, and recorded by many artists, including Elvis Presley, because it suits him – his playful demeanor and personality.

Note: On May 16, Sue reported that Chaco was being rehomed because he needed more care than she is able to provide.

Announcements

Check out the Cognitive Support Group

Does it feel like your brain can't keep up anymore? Do you wish you had someone you could talk to? WV's **Cognitive Support Group** meets the 2nd and 4th Thursdays of each month from 11 a.m. to 12 noon in the Terrace Conference Room. For directions, ask at the Terrace front desk. The group is hosted by resident **Sylvia Randall** and Health & Wellness Coordinator **Laela Echelberger**. No sign-up needed. Just drop by to see if this group is right for you.

by Carol Kline Borjesson

In Remembrance

Betty Carson



Vision Resources Committee Meeting

Wednesday, June 11

Court Family Room

1:30 – 2:20

Where do we go from here?

Your help is urgently needed!

For more than ten years, the VRC has served the WV community with an array of tools and events intended to inform and support those with vision loss. These events have been led by talented and knowledgeable volunteers and have included support groups, lectures, and field trips. Now the committee leaders are getting older and need new faces to keep this vital activity moving forward. At the meeting, we plan an open session to address the question, "Where do we go from here?" All are welcome and we hope to see you there.

by Jim Sawyer (2760)

The **Let's Dine Out** group will sponsor a bus-transported lunch trip to **Wildfin** on the Vancouver downtown waterfront on Wednesday, **July 9**. Sign-up sheets will be in the Manor lower level on Monday, **June 23**, at 10 a.m. For more information, contact **Elizabeth Olsen** (6343) or **Phil Mirkes** (6609).

Willamette Views

A publication of the
Willamette View
Residents Association
Published September through July

Willamette View, Inc.

**13021 SE River Road
Portland, Oregon 97222**

Council Chair: Pamela Brown

Vice Chair: Donna Moores

Editor: Mary Helen Socolofsky

Submit articles to
mhsoco@gmail.com
by the 14th of the month

Apartment Moves

	<i>from</i>	<i>to</i>	<i>phone</i>
Becky Mayo, Larry Deckel	1631RR	1813HH	2751
Roberta Margolis, Sheldon Renan	204S	1811HH	6604
Jim Cain	New Resident	224T	7036

Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday	June 11	Kyle Lewis, Piano and Vocal Performance	2 p.m.
Wednesday	June 18	Ellen Whyte Guitar and Vocal Performance	2 p.m.
Wednesday	June 25	King Louie and Renato Caranto Jazz Performance	2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

The Absolutely Amazing Turkey Vulture (*Cathartes aura*)

"A turkey vulture is a perfect creature. It is neither prey nor predator. It exists outside the typical food chain, beyond the kill-or-be-killed law of nature, although without death it would starve. On six-foot wings it floats above our daily lives."

Vulture – Katie Fallon, author

Manor Library: 598.92 FAL

Who here has not marveled at seeing these huge birds circling round and round, above our campus, seemingly without effort, making no noise? They appear in the early spring, and disappear in October. They seem magical seen from below, rocking back and forth with silver shimmering underwing flight feathers in a V shape – **dihedral**. The adults' bare, almost featherless heads seem so small, red like that of a male adult domestic turkey – hence the name. Knowing they are obligate scavengers, we wonder: Are they circling looking for dead animals, or maybe for fun, feeling the warm, buoyant drafts and the glory of soaring without flapping? And where are their nests? Can they make noises? They eat carrion – can they smell?

My yellowed vintage **1936 Birds of America** book reads, "Vultures are ugly to the last degree, except in flight; ... they exist on all forms of carrion, being guided by a sense of sight, not smell." Untrue. Science now tells us their brains have large olfactory bulbs, and are capable of detecting the smell of rotting flesh in the air at concentrations of one part per billion! Vultures have been used in the oil industry to find leaks in natural gas pipelines, since the added odorant, ethyl mercaptan, smells like rotting meat, attracting the vultures. Are they ugly? Some people think so. Totally a matter of aesthetic-guided opinion. And where do they nest? Secretive, they hide their eggs away on flat surfaces in abandoned buildings, caves, even abandoned vehicles. With chicken-like feet, they may scratch a bit of debris around, generally laying two eggs. Young (which incidentally have gray heads, not red) are fed regurgitated food. Do they make noise? Most of us probably do not hear any; they lack the vocal organs for songs, but they can make guttural hissing noises when irritated or in competition over a carcass. In flight, one may hear low nasal whines. And their seemingly effortless soaring? There are good reasons for this. Vultures take advantage of the warm, buoyant, rising convective currents of air, called thermals, which transfer heat energy vertically. Vultures have a six-foot wingspan, large relative to their weight – about three pounds – allowing them to stay aloft and be maneuverable at slow speeds. As shown in the photo at the right, the birds' separated outer primary feathers have slots between them, reducing wingtip turbulence, enabling stability at slow speed. The birds remain aloft by sinking at a rate slower than the warm air rises.



Bird droppings contain both feces and urine, excreted together from the cloaca. At times when vultures are too hot, they expel onto their scaly legs. This is called urohidrosis (sometimes spelled urohydrosis). The evaporating urates cool them. And for warmth, they spread their wings and face the sun – a sun bath. See photo at left by resident **Mary Chessman** of a bird on the Manor roof.

There was a high school student in Oregon named **Bob** who volunteered at a local wildlife rehabilitation center, caring for a young turkey vulture. He named him **Puke**. Why? Every time he went over to care for him, Puke, in defense, vomited at him – they can send their vomit sailing 10 feet! Puke was released to the wild in Oregon at a communal roost. Bob became a professor of biology. And Puke likely continued to vomit at scary things, as turkey vultures do!

Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10 a.m.	BH Auditorium	Sue Bosshardt	6823
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Monday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers Support Group	First and third Thursday	10:30 a.m.	Court Family Rm.	Kristen Larsen	6633
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Deanna Sundstrom	6483
Children's Toy Room	Open daily		Court 2nd Floor	Sandra Pagels	6549
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	Sylvia Randall	7222
Croquet	Wednesday	12 - 7 p.m.	Manor west lawn	Jerry Burger	6390
Drumming Circle	See Friday Notice		Terrace Aud.	Sherry Johnston	5061
Episcopalians and friends	Fourth Thursday	11 a.m.	Mt. Hood Sunroom	Carol Anne Brown	2706
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge		
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday, Thursday	2 p.m.	Multipurpose Rm.	Donna Kling	7229
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	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 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 10:30 a.m.		Pool	Candace Bradley	7201
Q&A by Craig	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Lois King	6345
Resident Council Meeting	Second Friday	10:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Willing Weeders	Various days/times		WV Outdoor Campus	Donna Kling	7229
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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