



## Running for a Reason

by Jeanne Magmer

**Clackamas Community College President Tim Cook** has a reason to run to every community college in Oregon nonstop this summer. He plans to run more than 1,500 miles to Oregon's 17 community colleges over 50 days, averaging 32 miles per day.

The reason? President Cook aims to raise awareness about the challenges students face and advocate for increased state funding to support their

basic needs, and he is seeking support for the cause. A survey from **The Hope Center** estimates Oregon's approximately 200,000 community college students face:

- Food insecurity: About 41%.
- Housing insecurity: About 52% faced housing insecurity this past year.
- Homelessness: Nearly 20% experience homelessness this past year.
- Lack of child care and transportation are also significant issues.



distributed to each community college, directly supporting students' essential needs.

By running, President Cook seeks to highlight these challenges and generate support to address them. The funds raised during his **Running for Oregon Community College Students** (ROCCS) campaign will be

President Cook came to Willamette View on April 7 to give a community college update during the **Voter Information Forum**. To learn more about the run and donate to this effort, visit [www.clackamas.edu/ROCCS](http://www.clackamas.edu/ROCCS).

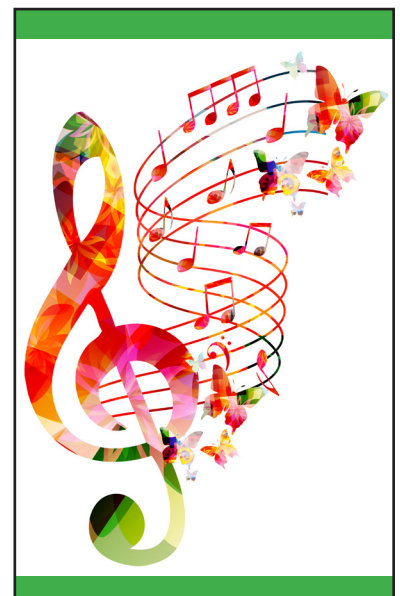
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## Chorus concert celebrates Willamette View's 70th Anniversary

The Willamette View Chorus invites residents, staff, and guests to its annual spring concert, ***Love Throughout the Years***, celebrating 70 years of Willamette View by featuring songs from each of the past seven decades.

There will be two performances in the Blue Heron Auditorium: an evening concert on Wednesday, **May 7**, at 7 p.m., and a matinee concert on Thursday, **May 8**, at 2 p.m. Since January, the Chorus members, directed by **Reece Sauvé** and accompanied by **Barbara Maxwell**, have enjoyed learning arrangements of both new and familiar songs. Some will have you tapping your toes and humming along. Some may tug at your heartstrings. We're eager to share them all with you.



## From the Resident Council

*by Donna Moores, RC Vice Chair*

### Welcome Heron Heights!

Spring is a time of new beginnings. The grounds at Willamette View are bursting with flowers and leafing trees. We're finally able to walk through the yards and gardens basking in the warmth of the sun.

This spring we also have the emergence of something very special – an entirely new neighborhood! The first **Heron Heights** home is slated to be occupied in early May. We have two couples currently living at Willamette View who will be our initial new neighbors "across the road." **Larry Deckel** and **Rebecca Mayo**, and **Roberta Margolis** and **Sheldon Renan**, have been eagerly awaiting the move into their beautiful new homes.

**Phase 1** of Heron Heights has 10 duplex-style cottage units complete with garages, fireplaces, and covered patios, utilizing environmentally friendly materials and landscaping. It will be followed by **Phase 2**, with five more units. This means that by early 2026, we will have about 30 new neighbors living in Heron Heights.

I'm sure we all remember the turmoil – physical and emotional – of closing down our homes of many years, downsizing our belongings, and getting settled into our new homes. It's exhausting and disorienting! But these fortunate newcomers are moving into Willamette View, an exceptional community. We are invested in helping them in their transition and bringing them into the fold.

**Resident Council** has pulled together a large committee to plan for the arrival of the Heron Heights residents. We've been brainstorming how we can welcome them and help them feel a part of our whole community. We're working with **Marketing**, particularly **Taylor Schwecke**, to align our welcoming efforts. Our group also has been coordinating this work with the **New Resident Hospitality Team**, which will ensure that these residents have a specific host to help them get their feet on the ground. We have already hosted these anticipated Heron Heights neighbors for an informal meet-and-greet and invited them to attend evening concerts with current residents. There are other activities being planned for them and our entire community to foster inclusiveness as Heron Heights and the folks who live there become a reality. Be on the lookout for a campus-wide scavenger hunt and a reprise of last year's **Activities Fair**.

We've had the opportunity to meet many of these new neighbors. They are a group of great people who seem enthusiastic about joining our community. We're rolling out the welcome mat, all the way across River Road. We expect that in a short time, our newest neighborhood will become an integral part of Willamette View, and that the Heron Heights residents will no longer be new neighbors. They will be our friends.



**Donna Krasnow**, at the April 4 meeting of the **Resident Council**, presented information about how to start a book club. She will share her detailed "how to" list if you contact her at 6418. She also described the new section that soon will be in all of the WV libraries. It is called **Simple Pleasures**, designed from research on brain aging. The plots are less complex, and the timelines are linear. The **Terrace library** has the first collection, with 80 books available for checkout. She welcomes your recommendations for more book titles to add.

## Willamette Views

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Submit articles to  
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Articles may be edited.

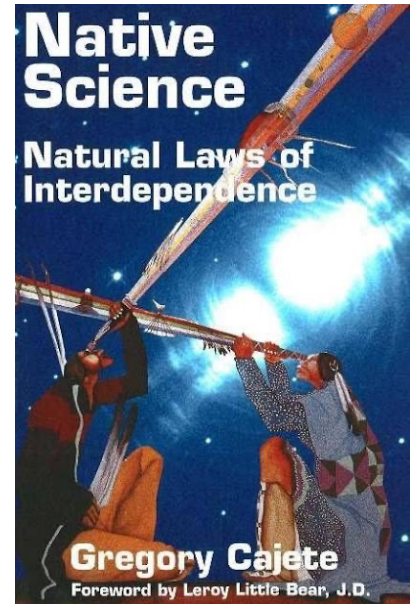
## Book Review tells story of Indigenous science in understanding the natural world

by Sue Bosshardt, Book Review Chair

On Wednesday, **May 21**, at 10 a.m. in the Blue Heron Auditorium, **Milt Markewitz** will present the review and introduce us to the author of ***Native Science: Natural Laws of Interdependence*** by **Gregory Cajete**. It was the subtitle that caught Milt's interest. In *Native Science*, author Cajete "tells the story" of Indigenous science as a way of understanding, experiencing, and feeling the natural world. He points to parallels and differences between the Indigenous science and Western science paradigms, with special emphasis on environmental/ecological studies. (See page 13.)

*Native Science* demonstrates a totally new, yet ancient, worldview of Earth and Nature. It explores the spiritual connections between humans and all other living things. Conservation is based on respect and responsibility, not resource-based economics. In the Indigenous view, human observers are in no way separate from the world and its creatures and forces. Because all creatures and forces are related and bear responsibility to and for one another, all are cocreators.

Milt moved to Willamette View in 2023 from Hood River. He graduated from Whitman College with a math/physics major. After retiring from IBM, he became involved in **Learning Organizations** in Oregon's K-12 schools. His current life work is addressing climate change.



## May Movies

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

Donations gratefully accepted

### International film

Tuesday, **May 13: *Call Me Chihiro*** (Japanese language with subtitles, 2023). This touching movie unfolds as an unapologetic former sex worker starts working at a bento stand in a small seaside town, bringing comfort to lonely souls who come her way. Based on the popular manga series, *Chihiro-san*, by Hiroyuki Yasuda. Principal photography takes place in Hiroshima. Kasumi Arimura stars under the direction of Rikiya Imaizumi. Discussion following. **2 hrs 11 m. Drama/Comedy. PG-13**

### Saturday night films

Optional discussions will follow.

**May 3: *My Old Ass*** (2024). An 18th birthday mushroom trip brings Elliott face-to-face with her wisecracking 39-year-old self. When the older Elliott starts handing out warnings about what her younger self should and shouldn't do, Elliott realizes she has to rethink everything about family and love. Mai-

sy Stella plays the young Elliott and Aubrey Plaza is the older Elliott in this heartfelt romance, written and directed by Megan Park. **1 hr 29 m. Comedy/Drama. Language/Drug use. R**

**May 10: *A Complete Unknown*** (2024). In 1961, an unknown 19-year-old Bob Dylan (Timothée Chalamet) arrives in New York City with his guitar and forges relationships with musical icons Pete Seeger, Joan Baez, and Johnny Cash on his meteoric rise. James Mangold directed and earned 8 nominations for Academy Awards. **2 hrs 21 m. Biography/Drama/Music. Strong language/Implied sex. R**

**May 17: *Juror #2*** (2024). A courtroom drama with an engaging premise, *Juror #2* puts a man's guilt on trial with philosophical flare and a moral dilemma. Nicholas Hoult's portrayal of Justin Kemp captures the tumultuous journey of a family man grappling with his core beliefs. Legendary director Clint East-

wood delivers a well-crafted thriller.

**1 hr 54 m. Mystery/Crime/Drama. Strong language. PG-13**

**May 24: *Best in Show*** (2000). A farcical documentary about a national dog show and people who raise dogs for the show. In the hands of cinema's greatest improv troupe, it's a gold mine. Directed by Christopher Guest and cowritten with Eugene Levy. Fred Willard, Catherine O'Hara, and Jay Brazeau are part of the comedy cast. **1 hr 30 m. Comedy. PG-13**

**May 31: *Lee*** (2024). Kate Winslet portrays Lee Miller, model and war photographer for *Vogue Magazine*, whose profound empathy for women and the voiceless victims of war resulted in some of the most indelible images of WWII. Award-winning cinematographer Ellen Kuras unveils Miller's pivotal decade. Features Josh O'Connor and Andy Samberg. **1 hr 57 m. Biography/War Drama. Language/war scenes. R**



## ✓ Check it out

by Lajean Humphries, Library Committee Chair

### Nonfiction

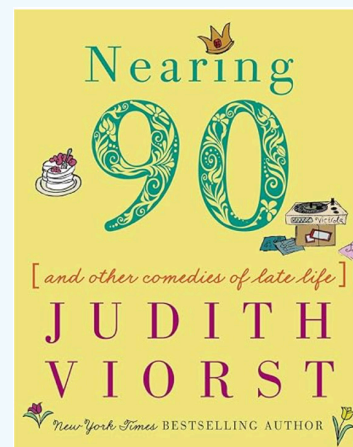
In addition to mysteries and fiction, the WV library contains some great nonfiction. I highly recommend Dick Van Dyke's **Keep Moving – and Other Tips and Truths About Aging** (305.26 VAN in the Terrace), Katherine Rundell's **Vanishing Treasures – A Bestiary of Extraordinary Endangered Creatures** (591.68 RUN in the Court), Jack Challoner's **Water – a Visual and Scientific History** (553.7 CHA in the Terrace), and the Judith Viorst poetry books, **Unexpectedly Eighty**, etc., in the Terrace **Simple Pleasures** collection.

I am not a scientist and struggled through high school chemistry, but growing up on a farm in southern Idaho gave me a lifelong interest in and appreciation of water. Water is one of the most abundant substances on earth and the third-most abundant molecule in the universe. While some of the technical sections are over my head, **Water** is one of the most intriguing and beautiful books I've read in a long time. One can enjoy the book without reading the entire thing. It's easy to pick out the parts that appeal to you. Once started, you may want to read **Water** from cover to cover.

I fell in love with Sally, a wombat in Australia, over twenty years ago. Wombats look sweet-faced and rotund, but they can fell a grown man, and have the capacity to attack backward, crushing predators against the walls of their dens with the bone-hard cartilage of their rumps. The remarkable hedgehog, on the other hand, is a mix of tough and delicate. They are lactose-intolerant; milk can kill them. In Victorian times they were kept in kitchens as a form of pest control to keep down the cockroaches! That alone is enough to make me love them. **Vanishing Treasures** is stuffed full of short, fascinating pieces about 23 different creatures.

The **Dick Van Dyke show** may be a little dated, but **Mary Poppins** will thrill me until the day I die. Van Dyke writes with the lively playful style he portrayed on screen. He also shows a serious side: "Questions matter. Good questions matter even more. Why not me? What can I do to help? How can you be so sure? Do I have everything I need as opposed to everything I want?" Van Dyke's optimistic outlook and playful anecdotes remind us that life should be lived with enthusiasm. "Books ... feed the brain and fuel the imagination."

Many of us love Viorst's **Alexander and the Terrible, Horrible, No Good, Very Bad Day** and appreciate her **Decades** adult poetry books as much or even more than her children's books. Read **Stopping by my Mirror on a Sunday Morning** from **Nearing Ninety** (in the Terrace **Simple Pleasures** collection). Check out the range of excellent nonfiction books in our branch libraries. There's a good one just waiting for you!



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

## Maintaining the Membership of the Resident Council

by Earl Westfall, Nominating Committee Chair

The **Resident Council**, formed in 1955, is the governing body of the **Resident Association**, which consists of all Willamette View residents and is the liaison between residents and administration.

It is responsible for resident activity programs and for innovations and improvements in daily life at Willamette View. Members are elected for one-year terms, with approximately one-half elected at the Resident Association meeting in June and the remainder in December. Terms are renewable for three consecutive years.

Each spring and fall, the council appoints a committee of residents and charges them to provide a slate of candidates for election at the next Association meeting. This spring the Nominating Committee consists of **Dotti Chidester, Earl Westfall, Judy Kleinberg, Kent Louscher,** and **Mary Norman**. Nominations may also be made from the floor at the meeting.

On **June 4**, at 3 p.m. in the Blue Heron Auditorium, the Resident Association will elect residents to the council for a one-year term beginning July 1.

The positions to be elected are

- Assistant Treasurer
- Gardens & Plants Councilor
- Health Resources Councilor
- Recreation Councilor
- Services Councilor
- Technology Councilor
- Personnel Committee Members (two open positions)

Complete information regarding applying for a position, details about the responsibilities of the various positions, and information about the Nominating Committee are available on the resident website at **Council > Elections**.

## Shirley Rocks On

by Sherry Johnston

**Shirley Strutt's** farm-girl background made her immune to taking life easy. That *up at the crack of dawn, doing chores and meet your responsibilities* grit remains lodged in her character.

In 2016, a year after she and her husband moved from River Ridge to the Court, Shirley bravely put one of her painted rocks in the area of the plant table in the Court lobby to see if anyone liked it. The next day it was gone! She tested it again with a mix of excitement and questions, getting the same results. Her rocky career was born.

She sold her creations for a three-dollar donation that went to the garden committee's fund. When she passed the project to another resident seven years later, her entrepreneurial daughter, Sheri, took the opportunity to offer her a business deal that she didn't refuse.

Shirley now exports her rocks to Washington state. Sheri and her husband sell their handcrafted wares at a



marketplace in Tacoma. Shirley's creations draw a devoted fan base in a big way ... 1,500 painted rocks per year big way! 1,500!

Shirley, now 90 and surviving many medical and physical challenges, smiles. This is living life to its fullest.

She receives, sorts, and washes a

100-pound tub of dirty rocks per month from her daughter. She then coats them with white paint and brushes images of all sorts on them. She knows that people, some from around the world, take her "**Shirley Rocks**" home to keep or give them as gifts because they love her work. There's a little grin that comes when she thinks of that first humble test rock that became a pathway to so many people's hearts.





## Downsizing at WV to benefit fire victims

by Carla Harris

It all began in 2023 with an overcrowded storage closet in the Terrace Auditorium and ended this March with a trunkload of boxes headed for Los Angeles. **Ann Phelps**, then the Resident Council Chair, was faced with having to better organize the closet and make space for council materials. Inventorying the closet's content, she found it full of liturgical items dating back to Willamette View's founding. All of it related to the worship services held each Sunday from 1955 until the pandemic in 2020.

Since Vespers did not resume after the Covid era, a new place for the items was needed. Ann felt that these items were an important part of Willamette View's heritage and deserved to be passed on to others who could use them. She checked with the leaders of the various religious activities held here and contacted the retired clergy group. None suggested potential new homes for the items. Various denominational offices in Portland were contacted. Still no suggestions.

It was time to expand the hunt. Think-

ing of the churches destroyed in the Los Angeles wildfires, **Dale Harris** contacted the president of the **Claremont School of Theology, Bishop Grant Hagiya**. His gracious response noted that he was a member of a group involving many churches in southern California. He was sure he could find congregations in need of the Vesper materials. Ann was thrilled that new homes could be found, climaxing the year and a half she had worked to find others who could use and appreciate them again.

**Don Brown** offered his studio office as a temporary storage space. Among the items moved there were 11 communion trays, brass crosses, candelabras, vases, Bibles, various types of linens, and related supplies. **Lloyd Taylor** researched the council minutes and reported that in 1955, the founding Resident Council had established a weekly Sunday service and approved purchase of needed equipment. By 1973 they needed four more communion trays, at a cost of \$55. In 2025 dollars, they would have cost \$395.



*Dale Harris and Ann Phelps are ready to send the liturgical items to Los Angeles.*

It took five large boxes to contain all the supplies packed by Ann, Don, and Dale. Ann recruited her son, a physician at OHSU, to deliver them to United Parcel Service for shipment.

The LA wildfires destroyed 14 houses of worship, including Catholic, Episcopal, Presbyterian, and United Methodist churches, as well as synagogues, mosques, and temples. As many as three-fourths of their congregants also lost their homes.

## Please come to the Guide Dog Puppy Party

by Sandra Gerling, Vision Support Group

Everyone is welcome to attend the **Guide Dog Puppy Party** on Wednesday, **May 7**, from 1:30 to 2:30 p.m. in **The Commons**, next door to the tennis courts. **Heather** and **Bill Cohen** will tell us about all the steps it takes to turn squirming little pups into well-mannered, house-trained pets. Heather will enlist two or three puppies, along with their volunteer trainers stationed around the room, to make the rounds and allow all the guests to pet these adorable youngsters.

Pictured at right is **Tropic**, one of the Cohen's guide-dogs-in-training, at age five months.



*Rabbits are "rocketing" in Elk Rock Bistro.  
Photo by Donna Kling*

## Good Days, Bad Days

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

### *Certain Uncertainties*

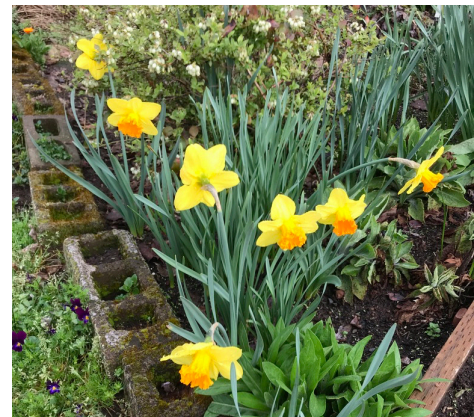
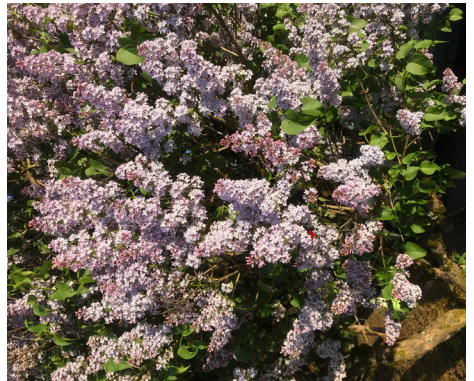
My month had started well, with departure on a long-awaited trip to Bucaramanga, Colombia, for an intensive Spanish program. Two weeks, all Spanish, all day. My goal – to dream in Spanish, to talk fluently, any topic, anywhere, anyone.

Shortly after arrival, my cellphone was stolen. In the moment, it felt like a major disruption, soon to be overshadowed by the emergency message (that I never received due to the missing cellphone) that Wendy, my wife, a resident in the Glacier Lily Neighborhood, had fallen and broken her hip. Through a circuitous route, the news eventually arrived. Then followed a long, improvised flight home, family consultations, decision to go for surgery – and news that my sister (for whom I have legal power of attorney for health), who also has dementia, had also fallen (on the same day as Wendy), also broken her hip, and also required surgery. Whoa! Who is trying to tell me what?

I rushed home, wrung out, struggling to make sense, to stay calm, to make good decisions, to keep others in the loop – tossed about by the new reality that the two women whom I had loved and known longer than any in my life both faced life-altering, life-threatening, sudden, unexpected health challenges. Words were useless; thoughts morphed into fears. I wandered, lost in sadness and indecision.

I sat bedside with Wendy. She stared, vacant, into space. Until. Suddenly, she smiled. She looked me in the eye, and smiled, a blossom in spring. My heart opened, wide as a dam. Everything changed. Nothing changed. The future becomes a mirage, as the all-important **now** lights up. Love floods through me, every pore of my body, reminding me of what matters, that I am here to live, express and feel love. Stay true to that, and all will be well.

And so it is. The future still unknown. The present is real. Spring returns. Blossoms abound. I am Grateful. Fortunate. She is well cared for. This is my truth, and all is well.



*Spring floral beauty around the WV campus photographed by Joyce Liljholm.*

## Recorder Group will present concert on May 27

The **Recorder Consort and Class**, under the direction of **Anthony Allen** (pictured at right), will present a concert on Tuesday, **May 27**, at 7 p.m. in the Blue Heron Auditorium. Highlights are classical pieces from Haydn's *Water Music*, Beethoven's *No. 10 Theme*, and Purcell's *Rondeau*; excerpts from 17th century light operas; an Irish jig; Henry Mancini's *Moon River*; an arrangement of Gershwin's *Rhapsody in Blue*; and *Shitamachi no Taiyô*, the title song from Yoji Yamada's 1963 film. The performers include this year's beginning recorder students as well as seasoned players with years of experience. If you are interested in joining the recorder groups, you may contact **Lois King** (6345) or **Cindy Mahlau** (503-730-4211) for more information. Willamette View has several sizes of recorders available for new players to borrow.





## PSU String Students to visit Willamette View

*by Ginny Seabrook, Music Committee*

Every spring the residents at Willamette View welcome some of the advanced string students from Portland State University as they prepare for their end-of-semester concerts. On Thursday, **May 22, Hamilton Cheifetz** will bring some of his most accomplished students to perform in the Blue Heron Auditorium at 7 p.m. Well known at Willamette View, Hamilton Cheifetz is string area coordinator and cello professor at PSU. For years, residents have enjoyed attending his series of classes called **Inside Chamber Music**; and he and pianist **Julia Lee**, also a professor at PSU, have performed here many times.

At PSU a string student's education is crafted around lessons, playing with the PSU orchestra, and being a member of a small ensemble or string quartet. Alumni of the strings program have gone on to perform in the Boston Symphony, the Atlanta Symphony, and as freelance musicians. The strings program partners with Friends of Chamber Music, Chamber Music Northwest, and other respected organizations to provide master classes for students.

Expectations are high for PSU students and so are the rewards. The repertoire is chosen with the goal of creating versatile musicians, and part of the training includes playing



for discriminating audiences like the one at Willamette View.

Our residents enjoy participating in the education of young future musicians. Be sure to be in the audience on May 22 to hear this special program presented by Cheifetz and his students. Your donations are appreciated and they help support music scholarships at PSU. The Music Committee thanks all who donate as well as the **Blue Heron Foundation** for making possible these concerts by top-notch local musicians.

## MusicWorks brings Scott, Bailey and Ross

*by Lois King, MusicWorks Committee*

**MusicWorks** is pleased to bring **Scott, Bailey and Ross** back to Willamette View for another great evening of music on Tuesday, **May 20**, at 7 p.m. in the Blue Heron Auditorium. Their story would make a good Hallmark movie! When they were in high school, **Cal Scott** bought a guitar and started a band with classmates **Bob Bailey** (bass) and **Dan Ross** (drums). They performed around Eastern Oregon but soon found that they would need steadier sources of income than

these gigs could provide. Cal remained in the music field, working for a time at a Portland recording studio. He began writing music for film and TV. Over the years he scored over 600 documentaries and specials for PBS. Bob had always wanted to be a rock-and-roll star, but after arriving home with \$1.70 after a week on the road, he decided to go to medical school and practiced medicine for 30 years. Dan played the six-nights-a-week lounge circuit; but like Bob and Cal, he needed another career to make a steady income, so he worked in the music retail business for over 40 years. In 2008, they reconnected at a high school reunion and decided to resurrect their band and have been playing together ever since. In 2020 when Covid shut things down, they met on Zoom and began a songwriting collaboration. The 11 songs on their CD, **Chapter 1**, range from the angst of the pandemic years to the joy of a society slowly opening back up. That makes a pretty good ending to this Hallmark movie. Come enjoy the music of this unique group on May 20. Remember that it's your contributions that keep the music playing, along with support from the **Blue Heron Foundation**.





## A Day in the Life of Rosemary Quast *by Rob Pirie*

This month we're going to meet one of the icons of Willamette View: 102-year-old and 18-year WV resident **Rosemary Quast**. Rosemary, a retired public health nurse and World War II veteran (she was commissioned as a Navy Lt. j.g. and was stationed at the Great Lakes Naval Station in Chicago), and her husband, **Jay**, a biologist for NOAA, moved into WV in 2005 after having lived in California, Alaska, and various parts of Oregon. Jay passed away in 2011.

When I first spoke to Rosemary about a day in her life, she said, "I'm 102 years old; I don't do much these days and you'll be hard-pressed to get more than a sentence or two to write about me." In response I told her we'd think of something even if we had to make it up; like maybe her skydiving career. She wasn't especially hopeful.

In her long tenure at WV, Rosemary has managed several of the resident-run services, including the Carousell and the Pantry, and served on the Movie Committee.

Rosemary's daily life runs in a pretty regular, predictable cycle. She rises about 7 a.m. and has her usual breakfast of oatmeal and orange juice; then reads the news online and catches up on her email. She walks from the Manor clear to the White Oak Grill to pick



up a sack lunch that she takes back to her apartment. She's proud that she kills two birds with one stone, since the expedition functions as her exercise program as well as lunch. On her way to or from the White Oak, she will stroll through the basement area of the Manor just to make sure that the various operations she previously supervised are still being properly managed.

After lunch, she'll take her obligatory afternoon nap and then saunter to the Waterfalls for a snack and to chat with friends. Later in the afternoon, she will read the news or listen to *Talking Books*; then she heads to the Riverview or White Oak for dinner and socializing with friends.

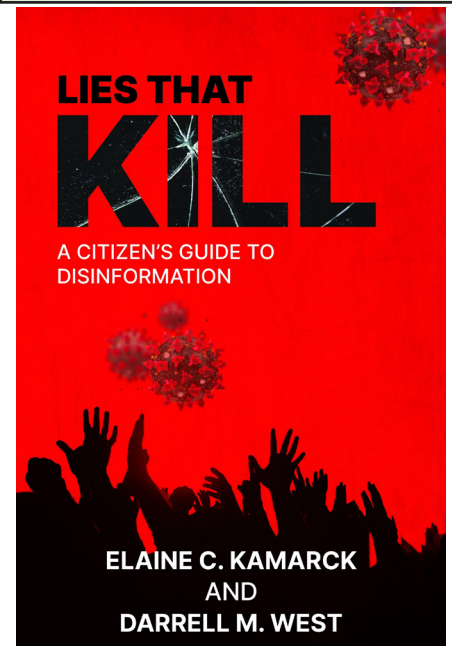
## Willamette View Plant of the Month *by Fred Rauch*

This article is a followup to the article in the April issue about a living fossil, **Ginkgo biloba**. There are two forms of one of the cultivars, *Ginkgo biloba* 'Troll,' on the WV campus. It is a dwarf, shrubby, deciduous plant, maturing with time to only three feet tall and wide. It can be found in the Triangle Garden. It can also be trained to grow as a small pyramidal tree. Another example can be found west of the Terrace building. Like the rest of the species, these plants are easy to grow and adapt to a wide range of conditions, with limited pest problems. The two-lobed, fan-shaped leaves turn to bright yellow in the fall.

*Photos on page 12*

## Try This Title

*by Penny Fiske*



## *Lies That Kill: A Citizen's Guide to Disinformation*

Publication Date 2024  
Brookings Institution Press  
Terrace Library 320.973 KAM  
176 pages

"Everyone, whether they work in the public sector or are private citizens, will find this book invaluable."

**–Booklist, Starred Review**

"Writing in clear and comprehensive style, [the authors] show how the U.S. political, social, and economic environments make disinformation believable to large numbers of people and difficult to stop or prevent."

**–Library Journal, Starred Review**

"Kamarck and West argue that citizen education can go a long way towards making us more discerning consumers of online materials and we can reduce disinformation risks through digital literacy programs, regulation, legislation, and negotiations with other countries."

**–Amazon Review**

## New residents enjoyed careers in accounting, art history, film, and



*Roberta Margolis*

**Roberta Margolis** and **Sheldon Renan** are new residents of 204S, having moved from Portland's Pearl District in January. Sheldon has lived in Oregon City, New Haven, New York City, and Berkeley. They both lived in Los Angeles.

Roberta earned a BS in accounting from California State University, Long Beach. She attended the California Institute of the Arts, earning a BA and an MFA in photography.

In her career, she held positions as a CPA, a business manager of a private school, and an entrepreneur of a digital editing business in entertainment.

Roberta's interests include photography, visual art, knitting, and children. She appreciates Willamette View's art and artworks studio.

Sheldon lists his interests as film, art, travel, and exploring connectivity. He grew up locally and attended Cleveland High School, so he notes that he feels right at home here.

They have two sons, three daughters, and five grandchildren.



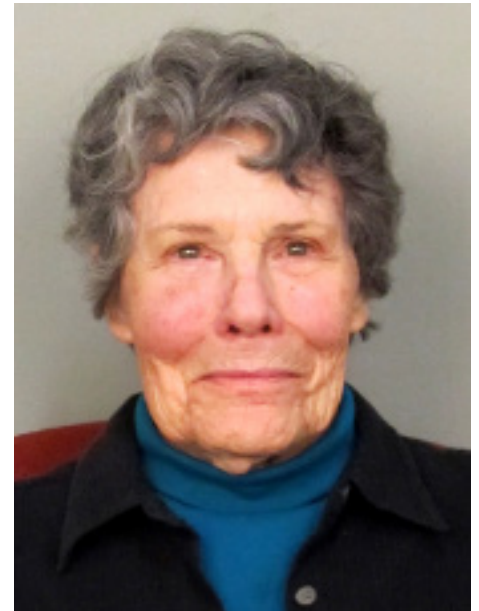
*Sheldon Renan*

Sheldon was born in Portland and grew up on an Oregon City turkey farm overlooking the Willamette River. After getting a BA from Yale, he wrote advertising in NYC, California, and Tokyo while finishing the first history of avant-garde film. Renan founded the Pacific Film Archive at UC Berkeley. He left to write, produce, and sometimes direct films and television.

Later, Renan leveraged his knowledge of avant-garde film techniques to create theme park attractions and introduce new technologies for companies like Apple, Intel, Sony, and Xerox. This led to writing strategy and executive communications for corporate and government events and initiatives.

Renan continues to write about film and technology, with a special focus on understanding connectivity.

He and Roberta chose to move from northwest Portland to Willamette View because of the quality of residents, the kindness of staff, the solid management, the wonderful campus overlooking the river, and the range of resources and activities.



*Martha Peterson*

**Martha Peterson** moved from Hamden, CT, to her new home in 407E on March 10. She previously lived in Iowa, Virginia, Wisconsin, and Arizona.

She attended the University of Wisconsin and Arizona State University, earning a BA and MA in art history.

A major highlight of her life has been the experience of living in Quetta, Pakistan, for a year as an exchange student at age 17.

She raised five "fascinating" children, and the family lived for five years on a working cattle ranch in central Arizona. She spent 15 years with her second husband, living and conducting research in Egypt, Jordan, Syria, and the Republic of Türkiye.

Martha lists her interests as climate change, reading, word puzzles, and learning about the world. She has two sons, two daughters, 11 grandchildren, and six great-grandchildren. She chose WV to be closer to her family in eight different western states, and to be close to an airport and cultural activities. She enjoys the friendly residents and their wide variety of backgrounds.



## international business

Photos by Mike Lincicum



Julie Sandygren



Wes Sandygren

**Julie and Wes Sandygren** are at home in 210N, having moved from Seattle on February 28. They earlier lived in Monterey and Fremont, CA. Julie also lived in West Linn, OR.

Julie attended Lewis & Clark College for a BA in psychology and an M.Ed for hearing-impaired children, and the University of Washington for a BS in business, with a specialty in accounting. She was a teacher in Monterey for one year. She was a CPA for two years in San Jose and 37 years in Seattle.

Wes attended Lewis & Clark College and earned a BS in psychology. He worked as an exporter of fresh produce to Japan and Europe. After beginning his career with an export company, he

later started his own export company, Sandygren International, Inc.

After retiring, Julie volunteered for five years as treasurer for Friends of the Seattle Public Library. She loves reading, especially historical fiction.

They both enjoy hiking and walking with friends.

They have a son, a daughter, and two grandchildren.

They came to Willamette View because their daughter lives in Portland, as well as Julie's brother and family. They visited WV and loved the surroundings and the warm, welcoming people.

Julie notes that she grew up in West Linn, in a house on the Willamette River.

## Views Back

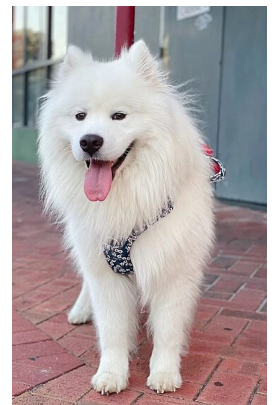
by Candace Bradley

*Candace has researched the archives of Willamette Views and discovered historic bits of interest to share about our WV community*

*Over the decades, many dogs have served as mascots in our supported living areas. Here's the "tail" of one such caregiver.*

## Lady Love

In 1985, our then Convalescent Center got a new resident – a live-in dog, Lady, who was half Samoyed and half Heinz 57. Her presence was thanks to a new state law that allows animals in convalescent centers. So our center's activity director found a one-year-old perfect match at the Humane Society. As reported in the *Sunday Oregonian* of July 14, 1985, residents and staff alike fell in love with Lady and took turns feeding, exercising, and petting her. She had her own doghouse in a side yard, but preferred staying inside at night – making the rounds with the night shift – just as she did daytimes. She knew she was top dog and made no bones about it. To move to other floors, she preferred the elevator to the stairs. So, when she wanted to visit friends on another floor, she simply stood in front of the elevator and barked until someone summoned the elevator for her and punched the button for another floor. She would even ride by herself, getting off when the door opened, and trotting off to give other friends the opportunity to do the right thing and pet her.



## Apartment Moves

	from	to	phone
Jim and Vickie Edwards	1616RR	318T	2745
Janet Friedman	411S	222T	7042
Peter Gibb	216N	416S	6785
Pam Weidlich	509D	325T	6441

## Art in Public Areas Work for 2025

by Wyma Rogers, APA Committee

Residents have asked us when APA will get to their building. The order in which we are proceeding began with The Neighborhoods, the Human Resources Lobby, the White Oak Grill, then Terrace South, and moves on to problem areas in the Court and halls in the Manor that need work.

For The Neighborhoods we started fresh – finding, framing, pairing works of art, and hanging what we could during ongoing construction. We expect the number of works to total more than 100 for The Neighborhoods, and we will continue to hang there into the summer. We completed the Human Resources Lobby and Terrace South and will fill in Balcony Homes and finish hanging in the White Oak Grill in May.

In summer, once The Neighborhoods art is hung, we plan to fix our sights on the Court and Manor. We will refresh areas in the Court and plan to work on halls in the Manor that we have identified as lacking cohesive art. This work will take us through fall. We are always on the lookout for large works of art that will complement the elevator-facing walls in North Pointe. At the end of the year, we will reimagine the large wall in Waterfalls and create a plan to enhance it with art.



Art added to Terrace South 3 includes work by Susan Walsh, Maud Durland, and Rae Mahaffey.

It's been two years since we were asked to take oversight of art in all campus buildings. We said yes because we recognize that residents care about art in their hallways. We have been told that the campus is attracting new residents because of the art. We believe that art can add comfort and inspiration to our daily lives. Given time, we want to make that happen in yours.

Art in Public Areas is funded through the generosity of donors to the Blue Heron Foundation At Willamette View.

### APA Spotlight

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

Newly installed in the lobby of the Health Center Neighborhoods is **The Cow Jumper** by Bainbridge Island artist **Peter Juvonen**. The subject matter, the bright colors, the playful nature of the scene, are bound to bring smiles of amusement to the viewer. Peter draws from his imagination and from memories of his father entertaining his sons with handstanding antics. He hopes the joy he felt as a child will bring the same joy to onlookers. This painting was chosen for placement in The Neighborhoods lobby by the APA Committee because it embraces a sense of joy.

by Jody Everts, Art in Public Areas Committee



Above: Photos of *Gingko biloba* 'Troll', found on the WV campus and described on page 9 in the Willamette View Plant of the Month article.



## Grateful Earthlings News: Authentic Messages

by Milt Markewitz

It became apparent to me and several of my colleagues that any messages pertaining to Indigeneity need to be delivered by those who are steeped in that culture. Their choice of words and delivery resonate more deeply as they speak their life truths.

**Grateful Earthling's** programs to date have featured authentic Métis, Unangan, Seneca, and Warm Springs/Wasco speakers, who shared their cultures' wisdom, language, and connection with Earth and all life, while addressing colonization and relational leadership. They each recognized their responsibility to live in ecological balance and communal harmony as well as Nature's gifts to all life, and their **sacred bond** with Creation and all that is.

These messages are different from those presented recently in the Earth Month movies – *Before the Flood*, *Common Ground*, and others regarding deterioration of our food – messages that substantiate Einstein's teachings. We have shown that our imperialistic culture lacks the governance, business, education, and religious acumen to address climate change and living sustainably.

On **May 21**, our usual Tuesday gathering will be replaced by the WV Book Review, authored by **Greg Cajete** (Tewa) – **Native Science: Natural Laws of Interdependence** (see page 3). The plan is for Greg to join us via **Zoom** to speak about his People's worldview that has thrived for over 10,000 years, and a holistic science based on relationships and reverence for living systems and processes. In addition to scientific accomplishments, he will speak of astrology and our relationship to the Cosmos and Creation, mutual stewardship responsibilities with Earth, elevation of human consciousness, and possibilities

for a hopeful, thriving future.

Our future **Grateful Earthlings** programs are scheduled monthly on the second Tuesday from 1 to 2:15 p.m. in Blue Heron Auditorium, with the intent of recording all programs. Each will feature an authentic voice – often Indigenous, sometimes from other cultures.

Proposed topics include:

**June 10** – How Mayan wisdom helps us understand cosmology, prophesies, and Earth ethics.

**July through December** probable events will be:

- Indigenous education and human maturation stages
- Living languages and the formulation of Earth ethics
- Nature as a mentor and model
- Consensus via intention, listening, ceremony, and Spirit
- Peace through gratitude for life and win/win possibility
- Newtonian and quantum realities, and mystery
- Other topics that attendees request

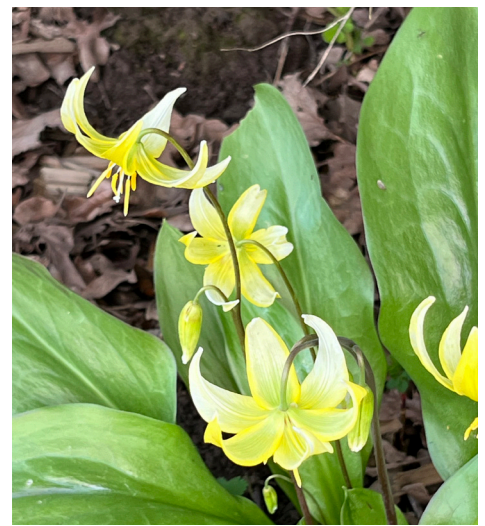
Our design is intended to be emer-



Gregory Cajete, Author of  
*Native Science:  
Natural Laws of Interdependence*

gent where both the Earth-based messages are embodied and those who live by the values modeled by Earth are elevated into positions of relational leadership – where governance, commerce, religion, education, and community structures and decision-making all are transformed to guide us to reversing climate change and being sustainable.

Contact **Milt Markewitz** at [milt-markewitz@gmail.com](mailto:milt-markewitz@gmail.com), if you have questions or suggestions.



Glacier lilies in bloom along the River Walk. Photos by Glenn/Judy Ruminson

## How will future urbanization affect climate change?

by Warren Ford and Doug Eddy for the Green Team

On February 27, **Warren Ford** and **Doug Eddy** were fortunate to hear two lectures at Portland State University by **Dr. Karen Seto**, Director of the Hixon Center for Urban Sustainability at Yale University. She discussed current and future urbanization trends and their effects on climate change, biodiversity, and food systems. She was Coordinating Lead Author for the **Intergovernmental Panel on Climate Change** (IPCC) for the 5th and 6th Assessment Reports (2014, 2022), where she co-led the chapters on urban mitigation.

Is urbanization good or bad for the environment? How will future urbanization affect the planet? More than half of the world population lives in urban areas now, and that number will increase as cities in less-developed countries grow. Urban areas in developed countries produce the most greenhouse gases. How cities in less-developed countries manage their growth will have a large effect on future climate change. Seto is not optimistic that national governments, with whom she has worked on the IPCC, will do much to slow climate change. Instead she believes that people in their own communities can do more. Cities can upgrade existing buildings with insulation, solar panels, and heat pumps. Cities can grow with four- or five-story apartment buildings, intensify the use of alternate forms of transportation, build with wood instead of steel and concrete, create deployable energy, and “densify” jobs and housing. Businesses at the ground level will promote walking, bicycling, and public transportation, rather than automobiles.

These ideas to limit climate change apply to Willamette View, too. Future buildings can be wood, not steel and concrete. Heating as well as cooling can be electric. Transportation can be powered electrically. The sum of many local decisions will have a big effect on the climate of our planet.



Royal Rosarian planting ceremony at the Legacy Good Samaritan Medical Center's Sesquicentennial (150th) Anniversary. From left: Dr. Joy White, Vice President/Chief Nursing Officer at LGSMC; Royal Rosarian Gardener Walt Lundberg; and LGSMC President Kevin O'Boyle.



Danise Delzer and Donna Kling are hard at work as Willing Weederers in the Terrace building garden. This group keeps the campus gardens maintained and beautiful. Contact Donna (7229) if you would like to join them.  
Photo by Walt Lundberg

## In Remembrance

Chuck Buchanan      Gary Glaze  
Anne Repp              Allan Saunders  
Janet Lueddemann

## Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday	May 14	Graham James Piano Performance	2 p.m.
Wednesday	May 21	John Nilsen Piano Performance	2 p.m.
Wednesday	May 28	Darrell Jabin – <i>Before the Show Began: Theaters of Oregon</i>	– 2 p.m.



# Perspectives on the Natural World

by Wendy Aeschliman

## American Kestrel (*Falco sparverius*) Part 2

### An Intimate Encounter with the Department of Justice

### Smokey

At a gas station in Edgewood, NM, in 1992, someone heard odd noises inside the exhaust pipe of a steam cleaning machine. They had to remove the exhaust pipe to find out what was trapped inside: a live but injured small bird of prey, covered by black soot! As I was a known local wildlife rehabilitator, the bird was brought to me, her right toes burned and her left wing hanging due to a fractured shoulder. (See her acquisition photo at left.) I was able to clean away the soot with Dawn dish soap and water, and this little American Kestrel was taken to one of our nearby veterinarians who worked with us *pro bono*. Her injuries caused her to be deemed nonreleasable, but she was able to be federally registered to be our educational bird. **Smokey** became her name.



Why had this small falcon become entrapped in an exhaust pipe? Like other falcons, kestrels do not build a nest or make their own cavity, but always are on the lookout for right-sized holes leading to a potential nesting cavity. She had entered the pipe but became stuck, struggling frantically to extract herself.

Smokey adjusted incredibly well to her new role in our educational program; she was of the perfect size and temperament to be quietly held on the fists of even the youngest trained grade schoolers in our not-for-profit educational program, **Talking Talons**. They took such pride in presenting sweet little Smokey to groups of adults, youth, or children. To my knowledge, not one child ever dropped out of our program, with most choosing to engage in public speaking. Holding Smokey on their gloves was just one of the hooks to the leadership roles they took on as our public speakers. Yearly professional evaluations of our *Talking Talons* program of elementary and high school students and their parents by the University of New Mexico showed impressive results in the area of **prevention**. From the program's initiation in 1989, many youth considered **at risk** had been chosen by their schools to participate with us. In the spring of 1996, the US De-

partment of Justice invited Smokey and me, plus one of our youths who was then living in Phoenix, along with representatives of 20 other youth programs from around the nation, at the **Youth, Drugs and Violence** working meeting, **Focus on What Works**. Smokey and I greatly enjoyed our participation – and our incredible bird's-eye view from the 10th floor of our Mesa, AZ, hotel. Her perch and transport box sat right by the window.

Later that summer, Smokey became a perfect foster mother to three downy one-week-old kestrel orphans who had tumbled down inside the trunk of a huge cottonwood tree. One other nestling did not survive the fall. Smokey fed all three survivors until they were released as strong flyers and proficient hunters.



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	Laverne Flaherty	6420
Children's Toy Room	Open daily		Court 2nd Floor	Sandra Pagels	6549
Chorus	Thursday	12:30 p.m.	BH Auditorium	Anne Tracy	6530
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	Sylvia Randall	7222
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
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 and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	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](http://wvresident.org/activities/activities-calendar) for complete list.