



## Richard Helmick's *Route 99* wins first-place award

by MH Socolofsky



Every day Richard Helmick takes a morning walk from Milwaukie south along McLoughlin Boulevard. His colored pencil drawing, *Route 99*, captures one of the segments of this familiar roadway. The Portland chapter of the Colored Pencil Society of American gave *Route 99* a first-place award at a ceremony on April 6. The drawing was displayed at the Keizer Art Association Gallery until May 1, when it was moved to the Annual Spring Show of the Society of Washington Artists in Vancouver. It will soon come home to Richard's apartment and be ready to enter future juried shows.

*Continued on page 6*

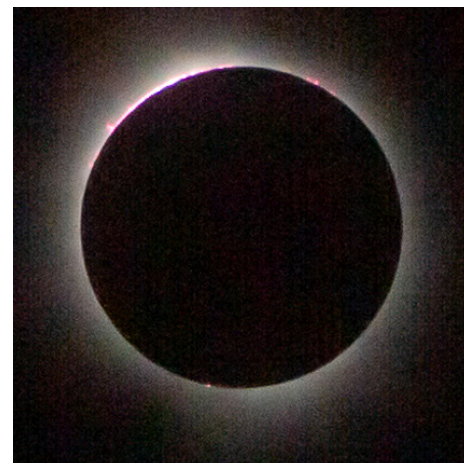
### May Table of Contents

	Page
Richard Helmick's <i>Route 99</i>	1
Residents travel to view eclipse	1
Resident Council — Communication	2
Green Team Chair Marilyn Feldhaus	2
Book Review — <i>Every Brain Needs Music</i>	3
May Movies	3
WV Refugee Project	4
Singing, Swinging, and Springing	4
Improv — A WV Resident Activity	5
Holocaust Remembrance Ceremony	5
New IT Whisperer — Bret Pennick	5
Blue Heron Players present <i>Grounded</i>	6
Nonalcoholic wines have arrived	7
APA Spotlight — Thomas Elmo Williams	7
Try This Title — <i>How the Word is Passed</i>	7
MusicWorks — Norman Sylvester Band	8
Good Days, Bad Days — Words	8
History Gems — Parking at WV	9
A Message from Kristi Earhart	9
Carousel Fashion Show and Tea Party	9
Views Back — Our Model Railroad	10
Not one but two string concerts in May	11
Armchair Travel goes to Northern Spain	11
Check it out — The Library Catalog	12
Can you solve a WV Mystery?	13
WV Plant of the Month — Dwarf Lily-of-the Valley shrub	13
Cartoon by Peter Gibb	13
The Freebies Table	13
Announcements	14
Apartment Moves	14
In Memoriam	14
Life Enrichment invites residents	14
Broken Glass Disposal	14
Low Vision Support Group	14
Perspectives on the Natural World Red-breasted Sapsucker	15
Ongoing Campus Activities	16

## Residents travel for total eclipse viewing



*Photo by Candace Bradley*



*Photo by Gary Smith*

At least four Willamette View residents flew across the country to witness the April 8 eclipse at 100 percent totality. **Carol Cherin** watched with family from her niece's patio in Richmond, Vermont. The weather was perfect. **David Keifer** watched from Carbondale, Illinois, under clear skies. He was with his son, daughter, and two granddaughters. David had watched the 2017 eclipse from SE Nebraska. **Gary Smith** watched on the athletic field of his alma mater, Oberlin College, in Ohio. He was with a retired physics professor he had met in 1967. Gary observed total eclipses in Virginia Beach, Virginia (1970), and Silverton, Oregon (2017). **Candace Bradley** watched from Missouri in perfect weather. She watched eclipses in Baja (1994), S. California (2012), and Salem (2017). The next total eclipse over the contiguous US will be in 20 years.

## From the Resident Council

by Pam Brown, Council Vice Chair

**“The greatest problem of communication is the illusion that it has been achieved.”**

*William H. White, 1973*

And it's still a challenge at Willamette View with almost 500 residents. Fortunately, **WV Communications Manager Michele Lukowski, Resident Council Services Councilor Susan Genne**, and the **Communications Standing Committee**, led by **Eva Laevatsu**, are continually working on new and better ways for us to know what's going on around here.

The **Friday Notice** is a lifeline here. Do you want to go on a hike or out to lunch with new friends? Put it in the *Friday Notice* and see who wants to go with you. It seems we have short attention spans since Michele advises us to keep the postings short and add exactly where a resident can get more information. Weekly deadline is Wednesday at 4 p.m. Email [fridaynotice@willametteview.org](mailto:fridaynotice@willametteview.org).

Want to see your notice on the big digital screen in the Manor? Just send your digital screen request to Michele at the same email address.

Elevator sleeves have specific guidelines where you can post your information three days before an activity or event. **Susan Genne (6469)** is the **Services Councilor** for this area. Search for *Elevator Sleeves* on the resident website and you will find the information you need. Just in case you were wondering, we have a total of 15 elevators on campus.

The **Resident Communications Standing Committee**, chaired by **Eva Laevastu**, began years ago as an activity – and look at it now! This committee facilitates resident communications and coordinates the content of the resident website. It also sets policies, standards, and guidelines. As you might suspect, our most popular website page is *Dining*, followed by *Events* and the *Resident Directory*.

The **Communications Committee** was approved by the council on June 12, 2022. Eventually the committee will be considering policies about archiving. If you are interested in serving on this committee, call Eva (7206).

Members of the Resident Communications Standing Committee and all the other standing committees are selected through the **Personnel Committee**. **Ann Phelps (7213)**, past Resident Council Chair, leads this committee.

Not a techie? Don't have a computer or mobile phone? No worries. Remember the old-fashioned ways of communicating: Get out of your apartment; ask your friends and neighbors, “What are you doing?” and “How do I find out about ... ?” Hang out around the signup sheets in the Manor lower level. You cannot miss them – we have so many places to go. Talk with residents you meet on the RiverWalk. And if you don't know about the RiverWalk, call me (6623) and I'll take you there.



**Green Team Chair Marilyn Feldhaus** was featured in the spotlight at the April 12 Resident Council meeting in recognition of the full month of Earth Day-focused events. Marilyn praised the many volunteers who contribute to the mission of Reduce/Reuse/Recycle throughout the year. Some of the efforts include recycling, composting, second-side paper reuse, including notepad creation and delivering cartons of paper to local schools, resident website messaging, Green Fund grants, and more.

## Willamette Views

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

**Willamette View, Inc.**  
12705 SE River Road  
Portland, Oregon 97222

**Council Chair: Doug Morgan**  
**Vice Chair: Pam Brown**  
**Editor: Mary Helen Socolofsky**

Submit articles to  
[mhsoco@gmail.com](mailto:mhsoco@gmail.com)  
by the 17th of the month  
or to 204BH.  
Articles may be edited.

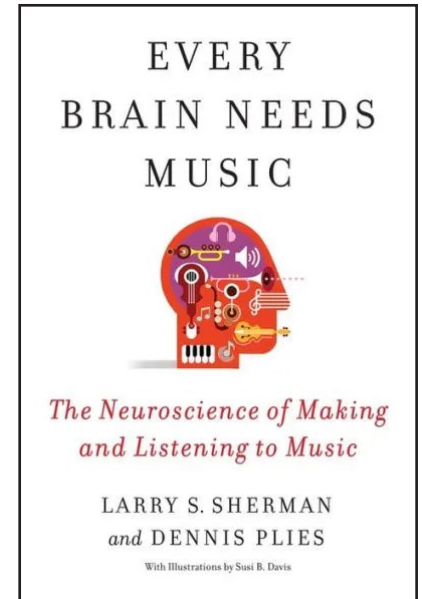


## Book Review – What happens in our brains when we listen to music?

by Sue Bosshardt, Book Review Chair

Do you want to know what happens when we listen to music? This month's book review was rescheduled and will be on Wednesday, **May 15**, at 10:30 a.m. in the Blue Heron Auditorium. The book, *Every Brain Needs Music: The Neuroscience of Making and Listening to Music*, by Larry S. Sherman and Dennis Plies, will be reviewed by RCA Moore. Written for both musical and nonmusical people, this book is a lively exploration of the neuroscience of music and its significance in our lives. Our brains benefit from musical experiences, whether it is practicing, listening to, or performing music.

RCA has been at Willamette View since 2011 and was actively involved in many musical activities here over the years. He has enjoyed music "since infancy." He started out at the University of Oregon as a music major but transferred to psychology, becoming a psychologist who did research for much of his adult life. He has been delighted to be involved in musical experiences throughout his life. *Every Brain Needs Music* is one of the best books he has read that analyzes the neuroscience of music.



## May Movies

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

Donations gratefully accepted

### Documentary film

Thursday, **May 2: *Gather*** (2020). This film follows members of four different tribes who work with Native American community members to preserve their cultural food traditions. A Yurok member teaching teenagers to preserve salmon is one story. "Healing from generational trauma and losses sometimes starts with one person."

–*New York Times* film review. **1 h 14 m.**

### International film

Tuesday, **May 14: *Past Lives*** (Korean/English languages, 2023). Two deeply connected Korean childhood friends meet in New York City after 20 years of separation to confront notions of destiny, love, and choices that make a life complete – a heartrending romance. Stars Greta Lee, Teo Yoo. Oscar nominations for Best Film and Best Original Screenplay. **1 hr 46 m.** Discussion following. **Romance/Drama. PG-13**

### Saturday night films

Optional discussions will follow

**May 4: *The Holdovers*** (2023). A cranky history teacher at prestigious Barton Academy is required to remain on campus over winter break with a grieving cook and a belligerent student. Director Alexander Payne leads Da'Vine Joy Randolph to an Oscar, BAFTA, and Golden Globe performance as Best Supporting Actress. Paul Giamatti won a Golden Globe as Best Actor. Newcomer Dominic Sessa completes the trio that delivers life lessons. **2 hr 13 m. Comedy. Strong language. R**

**May 11: *American Fiction*** (2023). Thelonious "Monk" Ellison (Jeffrey Wright), a scholarly but generally ignored writer, pens an outlandish pot-boiler that reduces Black people to outrageous stereotypes. With a light touch, broad humor, and biting obser-

vations on the pressures facing Black creative talent, filmmaker Cord Jefferson creates a laugh-out-loud satire, winning an Oscar and a BAFTA for Best Adapted Screenplay in 2024.

**1 hr 57 m. Drama. Sexual references/Strong language. R**

**May 18: *The Burial*** (2023). Actor Jamie Foxx gives a great performance as an attorney for the white owner of a smalltown funeral parlor (Tommy Lee Jones). Inspired by a true event, this film explores real-world corporate greed.

**2 h 6 m. Drama. Strong language. R**

**May 25: *Jules*** (2023). A great cast brings life to lonely widower Milton, who finds a space ship and an extraterrestrial being in his azaleas. The film explores aging and loneliness in a whimsical and heartwarming way. Stars Ben Kingsley, Jane Curtin, Harriet Sansom Harris, and a small alien. **1 h 27 m.**

**SciFi/Comedy. PG-13**

## WV Refugee Project helped Karbunar family start new life in USA

by Dale Harris

Shortly after the United States withdrew from Afghanistan in August 2020, a group of WV residents began to discuss the possibility of sponsoring the resettlement of a refugee family from that war-torn country. We held meetings and contacted refugee resettlement agencies.

Ten residents, including me, **Dale Harris**, agreed to form a steering committee to guide the process forward. When a number of factors made the helping of an Afghan family unworkable, we turned to a local Ukrainian church that was sheltering recent refugees. With the assistance of the church, we began to help a young Ukrainian family with an almost-two-year-old girl and another child expected soon. We have now completed the two-year support project.

**David** and **Rita Karbunar** and their little daughter **Kamila**, and soon new son **Aron**, quickly became special friends of our committee. With the help

of Willamette View, Inc., we rented a small house near our campus. Through the generosity of 40 WV residents, we raised sufficient funds to furnish the house and provide rent for a year. We maintained close contact with the family, and on more than one occasion, dined on delicious Ukrainian food the family prepared for us. At the conclusion of one year, last June, the family moved to a less-expensive apartment in SE Portland. We had sufficient funds to offer them a small rent subsidy for an additional 12 months. That subsidy, and the WV Refugee Project, ends this month.

Other Steering Committee members include **Don Brown, Gail Durham, Ellen Fallihee, Glenda French, Dennis Gilliam, Donna Krasnow, Doug Morgan, John Niemitz, and Barbara Nye**. The committee feels a sense of accomplishment and has found joy in supporting this family, which has faced the challenges of learning a new



Photo by Donna Krasnow

language and living in a new culture. They have become self-sufficient. By the way, an additional member of the family – a little girl – is on the way. The committee thanks the dozens of WV residents who assisted us in many ways. Together, we have helped one refugee family build a new life in our country.



A fashionista relaxes in the Carousel men's clothing department.  
Photo by Walt Lundberg

### Singing, Swinging, and Springing together

by Katherine Finstuen, Chorus Vice Pres. Come hear the Willamette View Chorus voices bloom at the annual Spring Concert. The Chorus has been working hard with conductor **Reece Sauvé** and accompanist **Barbara Maxwell** to bring you the blossoms and sunshine of Spring. The concerts are on Wednesday, **May 1**, at 7 p.m. and Thursday, **May 2**, at 2 p.m. in the Blue Heron Auditorium. Come listen to a variety of tunes that are jaunty, sentimental, silly, and thoughtful. Bring a sense of fun and enjoy a shower of music.



Art in Public Areas members meet with artist Corey Pressman, whose art is featured at Portland's Blackfish Gallery. From left: Evelyn Hicks, Bonnie Keller, Ginny Seabrook, Corey Pressman, and Julie Donaldson.

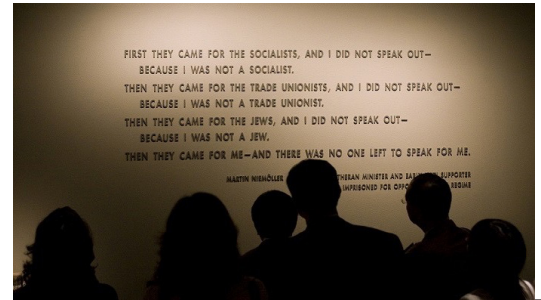


## Improv – A WV Resident Activity *by Al Greenwood*

Consider joining the **Improv class** to enrich your Willamette View experience. Improv isn't just entertainment; it offers **cognitive stimulation, creativity, social connection, and joy**. Improv exercises **challenge our minds, promoting cognitive agility, memory, and problem-solving skills** – essential for healthy aging. It also encourages creativity and self-expression, allowing us to explore new talents and ideas. Participating in Improv **fosters a sense of community and belonging**. Loneliness can be common, but Improv classes create a supportive environment for building friendships and enhancing communication skills. Additionally, **laughter and shared moments of joy in Improv contribute to reduced stress** and improved well-being. The group meets on first, third and fourth Wednesdays at 10:30 a.m. in the Court Family Room, and on second Wednesdays in the Manor Heron Lounge. If you would like to be added to the Improv mailing list, contact **Sally Giles** at [sallyg@willametteview.org](mailto:sallyg@willametteview.org). If your group would like to be included in this monthly WV Resident Activity column, contact Al Greenwood at [greenwood.al@gmail.com](mailto:greenwood.al@gmail.com).

## New IT Director at WV *by Sherry Johnston*

**Bret Pinnick** fit into the Willamette View team at 5G speed – really fast. His experience and attitude checked all boxes for Director of Information Technology Services. Before coming to WV, Bret's four-year job as Director of IT for three states at Amazon sharpened his awareness that his technical work fed his mind but lacked the heart and purpose of his passion to serve retired seniors. So WV's mission – **the Art of Living Well** – matched his decision to return to caring for seniors' health, wellness, and quality of life. His 20 years in the healthcare industry built a perfect foundation of approaches and technical expertise for WV's ever-expanding technological usage and need. At this early stage, Bret spends his entire time dealing with our communication system, assessing what works and doesn't, what's needed to make our electronic world smoother, and for us, listening to WV residents' thoughts, wants, observations, and – yes, irritations. One might call him an Information Technology Whisperer, as he uses both his expertise and his heart. He and his wife, **Laurel**, wanted to return to the Northwest and be closer to her aging father. The couple's love of the outdoors is found in their pursuits of biking, paddleboarding, hiking, and road trips. And often, they take their three rescue dogs, **Jack, Penny, and Hugo**, along. This couple shares the blending of science and human wellbeing. Laurel's profession as food scientist for Bob's Red Mill fits into the world's explosion of discoveries and advancements. Don't bother to look for Bret in his office – look for him moving around the campus. His energy has already enriched our technological services and is a perfect addition to our incredible WV staff. Welcome to our WV community, Bret.



**The Holocaust Remembrance Ceremony** is an annual Portland tradition in which members and friends of the Jewish community gather on **Holocaust Remembrance Day** to read the names of Jewish victims who died in the Holocaust. On Monday, **May 6**, from 9 to 11 a.m., the 79th anniversary of the Warsaw Ghetto uprising, the **WV Diversity and Inclusion Group** will host our 4th Annual Holocaust Remembrance Ceremony, **Read Their Names**, in the Blue Heron Auditorium. Please enter and exit quietly. It is not necessary to stay the entire time. Residents will read the name, date, place of death, and age of individual Holocaust victims from a list provided by the US Memorial Holocaust Museum in Washington, DC. As a Christian following the current difficulties in the Middle East, I lift up my dear cousin, Larry, a Muslim, and I lift up my dear cousin, Anne, who is Jewish, and feel more strongly the importance of Yom Hashoah, or Holocaust Remembrance. It is still important to lift up the statement **Never Again**, and remember that the suffering of the six million Jews and five million people from other groups was the suffering of individuals one at a time – mothers, fathers, children, aunts, uncles, friends, and loved ones. They have no graves to mark their passing. So, we will **read their names** and remember together. If you wish to volunteer during this ceremony, contact Joyce Liljeholm (6595) or [liljeholm@gmail.com](mailto:liljeholm@gmail.com) by Friday, **May 3**. The ceremony will stream live on Zoom. A link will be in the *Friday Notice* on May 3.

*by Joyce Liljeholm*

## Blue Heron Players to perform George Brant's *Grounded*

by Carol Knowles, BHP Director

The Blue Heron Players, under the direction of **Carol Knowles**, will perform *Grounded*, George Brant's acclaimed drama, on Monday, **May 27**, at 6:30 p.m. and Tuesday, **May 28**, at 2 p.m. It has been described as "beautiful, heartbreaking, and an essential story for our times." Since its initial production in 2013, *Grounded* has been translated into more than a dozen languages and performed world-wide.

The sole character, **Jess**, is an accomplished Air Force fighter pilot whose story is told through a stream-of-consciousness monologue that is confident, insightful, ironic, and disarmingly honest. Returning from a leave of absence to have her child, Jess is reassigned to operate a drone 12 hours a day, during

which she sits in a darkened trailer as she looks for and executes "the enemy," whose deaths are clearly visible on the screen of her drone. Each evening she is expected to return home to her husband and her daughter whom she loves and of whom she is fiercely protective. After months of this grueling schedule – 12 hours of execution and 12 hours of family life – Jess's sense of self begins to break down.

**Wyma Rogers** brings an intensity and emotional nuance to her portrayal of Jess that allows us to more fully understand her journey from confident fighter pilot to stressed-out drone operator. **Marcia Shaw**, in the role of **Narrator**, delivers her lines vividly, with a sense of respect and rapport for



From left: Marcia Shaw, Wyma Rogers, and Director Carol Knowles

Jess that makes clear that this Air Force officer's story is important. To set the tone, **Amy Torgerson** will perform Charles-Valentin Alkan's piano prelude, *The Song of the Madwoman on the Seashore*, which mirrors Brant's drama in significant ways.

## Richard Helmick's *Route 99* wins first-place award

Continued from page 1

The judge who awarded Richard the prize was Portland artist Gary Michael, a retired architect and graduate of the University of Oregon and Yale University. Michael has worked in watercolors, colored pencil, and oils, and since 1990 has concentrated on pastels and acrylics. Several of his paintings are owned by WV and are displayed between Riverview and the I-5 corridor that goes toward the Terrace building. Richard was pleased to meet Michael for the first time at the award ceremony.

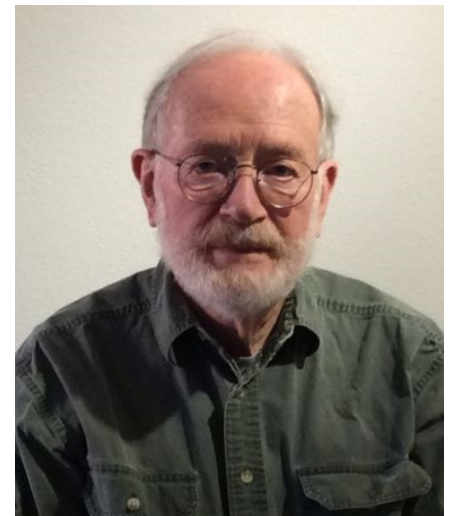
Richard blends historical and modern techniques for his colored pencil drawings. He applies color with hatching and crosshatching with another color. The technique started in the Renaissance, and has been used by artists over the centuries in many forms, including by the Impressionists. He works with translucent mylar film, applying color on both sides for special effects.

Richard was born and grew up in Ohio. He attended Ohio University,

earning a BA and an MFA. He studied during summers at the University of Oslo, Norway, and at the Rochester Institute of Technology School for American Craftsmen in New York.

He was a professor of design at the University of Missouri for 34 years, interrupted by a two-year position as visiting professor of architecture at Texas A&M University. Upon retirement as professor emeritus, he accepted short teaching assignments at Pusan National University in South Korea and Nanjing Art Institute in China. He served as artist-in-residence at the Tucson Museum Art School and Northern Arizona University and was a courtesy professor of art at Oregon State University for one year.

Another of Richard's colored pencil drawings, *Beetle 2*, has been accepted into an online show sponsored by the Vancouver, BC, Gallerium, themed **Animals of the World**. *Willamette Views* will provide a date and web ad-



Richard Helmick

dress for the exhibit when it becomes available. He served on the board of the Contemporary Art Council sponsored by the Portland Art Museum and has been copresident of the Portland chapter of the Colored Pencil Society of America. Richard and spouse **Sandie** became Willamette View residents in 2013.



## Nonalcoholic wines have arrived by Robert Kahl

Alcoholic winemaking can be dated to 6000 BC and thus, the making of non-alcoholic wines is a very new endeavour. But it is not nearly as new as you and I may have thought. Carl Jung, a German winemaker, came up with the idea in 1908 and was granted a US patent on August 26, 1913.

Nonalcoholic (NA) marketed “wines” fall under two broad categories – fermented wine that has had the alcohol removed (less than 0.5%) and fruit juice concoctions made to resemble wines. **Reverse osmosis, vacuum distillation, and spinning cone columns** are the three main processes used to remove the alcohol from fermented wine. After the introduction of **Ariel** NA wines in the mid 1980s, there was very little growth in the market until the last 10 years, but it has exploded during that period. It is estimated that global nonalcoholic wine sales reached \$1.6 billion in 2021 and will double in the next decade. A more health-conscious society, plus the availability of more taste-like-wine NA wines,



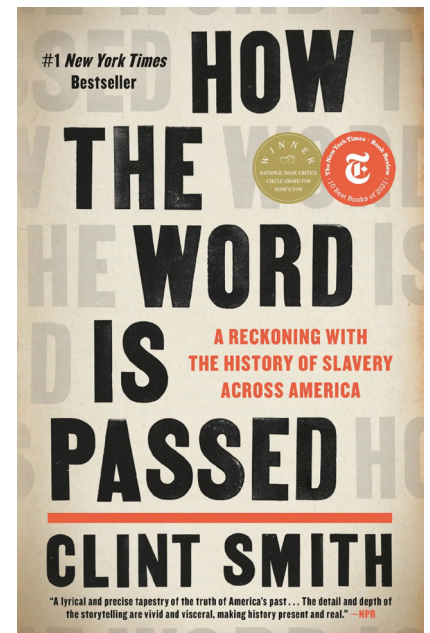
will continue to fuel this sales growth. In February, two WV wine-tasting groups participated in a blind tasting of four NA wines and their alcoholic counterparts. The tasting groups were not informed that NA wines were in the tasting. In the case of the sparkling wine, one tasting group rated the NA version as best by a large margin, while the other group rated the alcoholic version as best by a similar margin. The white and the rosé

NA wines were rated best by only one in five tasters in both tasting groups. No tasters in either tasting group liked the NA version of the red wine, a Cabernet Sauvignon. Notably, no tasters picked up on the fact that they were tasting NA wines. Here are a few NA wines, along with their pricing, that are available locally:

- White: **Giesen** Sauvignon Blanc, \$14.99; **Fre** Chardonnay, \$11.99
- Red: **Fre** Cabernet Sauvignon, \$11.99
- Rosé: **Fre** Rosé \$ 9.99
- Sparkling: **Fre** \$11.99; **Freixinet** \$11.89

NA wines are on the current wine lists at Riverview and White Oak Grill. A Cabernet Sauvignon and a Chardonnay from Waterbrook are offered.

**Try This Title**  
by Penny Fiske



**How the Word is Passed**  
*A Reckoning with the History of Slavery Across America*  
Publication date: **Dec. 2022**  
Manor Lib **973.049** SMI

“The power of an itinerant narrator – Smith journeys to Monticello, Angola Prison, Blandford Cemetery, and downtown Manhattan – is that it reveals slavery’s expansive, geographical legacy. Smith tells his stories with the soul of a poet and the heart of an educator.”

–*The Millions*

“In this personal, thoughtful book, Smith visits the landmarks and museums that attempt to tell America’s story of slavery. He talks to all kinds of people, encountering moments of anger and denial as well as sparks of hope, humanity, and grace.”

–*People*

**Black History Month reading list**

“Clint Smith is a staff writer at *The Atlantic*. Born and raised in New Orleans, he received his BA from Davidson College, and his PhD from Harvard University. He leads the reader on an unforgettable tour of monuments and landmarks beginning in his hometown of New Orleans.”

–*Amazon review*

### APA Spotlight

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

*by Jody Everts, APA Committee*

Thomas Elmo Williams (1956 – 2022) painted this large oil, **Men at Work**, located in the corridor between the Manor and the Blue Heron Auditorium. Williams spent his early years as a miner in Helper, Utah, and was severely injured by a cave-in. Unable to return to heavy labor, he turned to art, though he had no formal training. He has been called a “modern day WPA artist.” He often donated sales proceeds to mining charities. Dennis and Marie Gilliam met the artist while on a road trip, bought this painting, enjoyed it in their home for many years, and then donated it to the Blue Heron Foundation.



## MusicWorks brings Norman Sylvester Band on May 23

by Lois King, MusicWorks Committee

MusicWorks will present Norman “Boogie Cat” Sylvester on Thursday, **May 23**, in the Blue Heron Auditorium at 7 p.m. The Norman Sylvester Band has performed in the Northwest for 40 years and has shared billing with BB King, Mavis Staples, Peter Frampton, Tower of Power, James Cotton, Five Blind Boys of Alabama, and more. The band performs at festivals, club venues, corporate parties, and schools, focusing on the history of blues and gospel from the Mississippi Delta. Their website says, “Have blues, will travel.” They will perform from the Oregon Coast to Portland’s Waterfront Blues Festival this season. Norman was inducted into the Oregon Music Hall of Fame in 2011. His daughter, vocalist Lenanne Miller, will perform with him, as well as Jeff Otto on keyboard and Rob Shoemaker on bass guitar. The band’s mission is to deliver the awesome force of music, because music heals the **soul**.



### Good Days, Bad Days The (Limited) Power of Words

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

I believe in words. Words allow us to solve problems, to connect with others, to accumulate wisdom, to find meaning, to teach and learn. No other species employs words. I’ve made my living through words – both verbal and written. Words are powerful; words are limited.

One of my earliest memories is writing a story about a young couple who went into the forest to gather chives. I don’t remember why they chose chives, or what happened on the way to the woods. What I remember is the thrill of manipulating words until a story emerged. That was – and is – Magic!

Years later, I was equally flabbergasted by the costs and heartaches I observed from the unskillful use of words, aka “poor communication.” I felt a calling. In succeeding decades, I worked on four continents, in three languages, helping business and government leaders, individuals, and families use the power of words to achieve their dreams and resolve their conflicts. I also wrote a book on the topic.

These days I have a new challenge. This one is personal. I am a caregiver for my wife, who has Alzheimer’s. Caregiving teaches me about the limitation of words. I work in a realm where words are largely useless. So I experiment with alternate avenues of communication.

My go-to now is touch. I use it to dive beneath the words, to grasp the unexpressed, the unheard, or unappreciated. Wendy struggles to say something. Her sentence evaporates. She looks downcast. I take in her disappointment. I touch her arm, gently. I look into her eyes. We feel connected. We move on. The important message – “I am here. I care” – has been sent and received. No words. Just touch.

A second highly effective, wordless medium is laughter. Laughing with, never at. The other day, Wendy and I found ourselves trying to untangle the meaning of “this” and “that,” two very ordinary words. You had to be there to appreciate the details. Our smiles became laughs became hugs became

a sweet tenderness that lives on, wordless, between us.

I still believe in words. Also I have deep appreciation for the realm beyond words. Touch and laughter are two strategies that are enormously helpful. If I ever create a dictionary (which I won’t), I’ll call it “Words Plus.”



*Who needs words? Say it with touch.*



## History Gems from the WV Digital Archive Project

by Lloyd Taylor

### *A History of Parking at WV*

Parking has been a subject of considerable discussion and debate in the history of Willamette View. The first mention of parking in the Resident Council minutes is from 1955:

- *Parking for guests in front of Manor was discussed. Mr. Heilman to take up with Mr. Higgins. (9/19/55)*
- *Guest parking of cars in front of Manor turned down by Mr. Higgins. Council agrees to let the issue ride awhile. (10/03/55)*

The first mention of paid parking was in 1963:

- *In response to the request of a resident for a reserved open parking space, which she was willing to pay for, Mr. Hjelts has initiated a plan of reserving open spaces for at least a few who wished to pay \$5 per month for such reservation. A notice for each resident will be sent. For new residents, a carport space will be \$7.50, and an enclosed garage \$10. There are 54 open parking spaces around the Manor, and more around the hospital, so there will be free parking space. Motion was carried that the Council record its approval of this plan.*

It's interesting to note that \$10 in 1963 was equivalent to \$100 today, so our garage fees have not increased, apart from inflation, for over 60 years!



*The first enclosed garages were built in 1960 and demolished in 1991.*

## A Message from HR Director Kristi Earhart

Dear Residents,

I'm thrilled to update you about our enhanced Employee Referral Program, which aims to increase transparency, simplify the process for earning referral bonuses, and introduce a quarterly drawing for referring qualified candidates. (This month, we're giving away a car!) Since launching the program, we've seen remarkable results, with 19 referrals in March alone, compared to an average of 5.75 monthly referrals in 2023. This represents a staggering 230 percent increase in referrals! Our employees continue to demonstrate their incredible dedication and commitment. As we move forward, I'm excited to share some other initiatives we've been working on:

- We've introduced Perks at Work, offering our employees discounts at thousands of merchants and the opportunity to earn WOWpoints for future purchases — a valuable resource in today's inflationary environment.
- Our employees are preparing displays for the Heritage Showcase in May. Head to the Court Gallery to experience the cultural diversity and talents of our team.
- June 10 – 14 is Employee Appreciation Week. Stay tuned for more details, and we encourage your participation in these meaningful events.
- We've revamped our Rock Star Award to recognize employees who consistently demonstrate exceptional performance, innovation, and dedication, embodying the spirit of excellence at Willamette View. We've already received 13 nominations for outstanding talent. Additionally, I'm exploring ways for residents to nominate individuals who exemplify excellence. Your input and ideas are always appreciated.

Thank you for your continued support and involvement in making Willamette View a thriving community. Warm regards,

*Kristi*

## Carousel Fashion Show and Tea Party

by Carousel Manager Donna Krasnow

Save the date – Sunday, **June 9**, 3:30 to 4:30 p.m. – for a **Carousel Fashion Show and Tea Party**. Watch fellow residents stroll Riverview modeling their favorite purchases as you enjoy tea, treats, and chatting with friends. Wear a hat and gloves if you like. Tickets go on sale at the Marketplace this month. Sign up with friends, or sit at a table with potential new friends. Guests are welcome. Drop in at the **artworks annex** on Tuesday, **May 21**, to create your own fascinator. Sally and Kristen have samples and will help you with your creation. Stop by and check them out.



*Janet Harney and Joan Cartasegna will model their recent Carousel purchases in the fashion show.*

## Views Back

by Candace Bradley

### The History of Our Model Railroad

Did you know that our model railroad display was built by volunteer residents? And that it has had two major overhauls? Here's what happened.

The first model train appeared on our campus in the 1960s and has operated continuously ever since. Before the current theme of our own neighborhood, since at least the 1980s it had a Swiss village theme with a small N-scale train. Resident volunteers gave that a major upgrade in 1990. At the end of 2014 residents considered dismantling and removing it altogether because of too many stalled trains and derailments. Instead, volunteers decided to save it.

That's when the Railroad Committee formed, including members **Jim Edwards** (chair), **Dan Merrell**, **Paul Fiske**, **John Murray**, **Patrick Hodai**, **Dale Harris**, **Lynda LaRaus**, **GINNA JONES**, and campus neighbor and expert advisor **Jim Reardon**. The original budget of \$3,500 was remarkably raised in only five days, with a final tally of \$8,085, which ended up allowing improvements to scenery and ground-works. First a new design was drawn for a bigger HO-scale railroad (1/8 inch

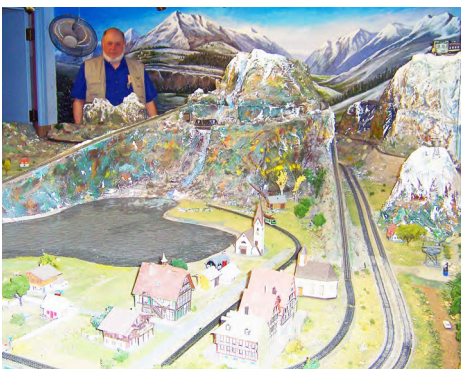


*John Murray paints a mural of Mount Hood in the art studio for the reconstructed railroad display – May 2015*

= 1 foot) so it'd be easier for workers to handle the parts. A new theme of **Downtown Milwaukie** was chosen. Everything had to be removed. Even the ceiling was replaced because it contained asbestos. Next came carpentry work to support the new setup, and the construction team built a plywood base for the new layout. Then the layering began: sub-roadbed, lighting, and electrical wiring. Rocks for cliffs and walls were made by pouring plaster into rubber molds. Bridges were built. The train trestle alone required cutting and gluing more than 1,000 tiny pieces of wood. Train track was laid. Shopping was done to locate parts, including a trip to Beaverton for tiny wooden beams and planks. Props of plastic people and model-size vehicles were acquired. Railroad cars were bought.

Some landscaping was salvaged and cleaned. To facilitate giving the landscaping a facelift, **artworks** hosted a demonstration of making buildings and trees. Scenery for the back of the display was made smaller to give the effect of more depth of distance. New mural backdrops of Mount Hood and Multnomah Falls were planned and painted by resident artists on the enveloping walls.

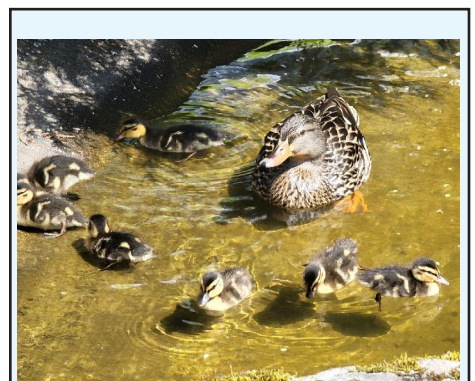
On March 1, 2016, folks gathered around the display for the final step of the remodel: the ceremony of driving a real golden spike into the track – proving a model can be remodeled. Courtesy of a timer that was installed decades ago, we know that to this day the train continues to operate about 20 minutes daily. Although trains are famous for running on time, it's not without constant behind-the-scenes maintenance, which Paul Fiske and Dan Merrell continue to do today. The next time you pass our model railroad display, stop, say "All aboard!," push the whistle button, and let out the kid in you as you watch the trains go around.



*Paul Fiske surveys the Swiss railway and has ordered a new gondola to travel up the mountain – November 2012*



*Jim Edwards and Jim Reardon lay track on the cork railbed – April 2014*



*WV ducklings hatched in mid-April. Photo courtesy of Marjory Wade*



## Not one but two string concerts in May

by Ginny Seabrook, Music Committee

Music lovers will have the extraordinary pleasure of attending two string concerts in May. The first concert is on **May 17** with advanced cello students of **Hamilton Cheifetz**. On **May 26**, we will host the matchless duo of cellist **Hamilton Cheifetz** and pianist **Julia Hwakyu Lee**. Concerts will be at 7 p.m. in the Blue Heron Auditorium. Julia is on the faculties of the University of Portland and Portland State University. She has won many prizes and awards and is an adjudicator of national and international music competitions. She has participated in master classes with Leon Fleisher, Claude Frank, Paul Badura-Skoda, and many others. WV residents are familiar with the high level of her performances and her warm, inviting personality. Hamilton Cheifetz began playing the cello at age seven, and his first solo concerts with an orchestra were at age eleven. He studied with Janos Starker at Indiana University, where he formed a lifelong friendship with that renowned cellist. Cheifetz became teaching assistant to Tsuyoshi Tsutsumi at the University of Western Ohio, performed a solo recital at the Sydney Opera House, and had the honor of playing at the White House for President Carter and members of Congress. He is the winner of the Piatigorsky Prize at Tanglewood. Each year talented young cellists come to PSU to study with Cheifetz, and he brings



them to Willamette View to perform portions of their end-of-year recitals. A music scholarship program at PSU has been named in honor of Cheifetz. Cheifetz and Lee have visited us through the years to share their virtuosity, their love of music, and their compassion for people. Enjoy the beautiful music coming from our auditorium during May. The Music Committee appreciates your contributions, which make concerts like these possible, and we are grateful to the Blue Heron Foundation for its support.

## Armchair Travel goes to Northern Spain

by Bob Boyce

An Armchair Travel program featuring northern Spain will be on Wednesday, **May 8**, at 7 p.m., in the Blue Heron Auditorium. The presenter will be **Beth Boyce**, a retired Spanish professor specializing in Spanish medieval and renaissance literature. Beth has taught part-time at many universities in the US and Scotland but eventually had an ongoing full-time professorship at Houston Christian University, a small liberal arts college. Locally, she has taught at Portland Community College, Portland State University, and George Fox University. Beth has been to Spain at least 14 times over the years. She has been to 16 of the 17 Spanish *comunidades* (like states or provinces), missing only the Azores island chain. Her trips to Spain began during the Franco political regime, with which she had several encounters.



Spain was invaded by Muslim forces several times during the early Middle Ages. They invaded through Gibraltar, at the southern tip of Spain, and so made the greatest inroads in the south. The Christian north resisted the Arab invaders for 800 years until Ferdinand and Isabella drove them out in 1492. The result is an architecturally Christian-heritage north and a more Arab-influenced south, with a large area

of mixed influences in both areas. Beth has so many photographs of Spain that it seemed reasonable to plan two separate presentations – the Christian north, given in May, and the Arab-influenced south, to be presented in September. She will comment on her personal experiences in a number of places. There will be no bullfighting pictures (unless she can find them).

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

## ✓ Check it out

by LaJean Humphries, Library Committee Chair

### The Library Catalog

In 1841 Sir Anthony Panizzi organized the British Museum Library, based on his **Ninety-One Cataloguing Rules**. Thomas Jefferson's library catalog was a combination of subject and chronology. In practice, Jefferson shelved books by size. Today we rely on the **Library of Congress Subject Headings** (LCSH), first adopted in 1898.

Library classification is the process of organizing books according to their subject in a systematic order, by assigning **call numbers** so that users can find books as quickly and easily as possible. The call number determines the place of a book on the shelf and places books on the same topic next to each other. Most of us are familiar with the **Dewey Decimal Classification system** (DDC), the most widely used classification system throughout the world.

Classification provides a logical arrangement of topics and subtopics from the general to the specific that can be translated into a linear arrangement for materials in a library. Traditionally, it allows formal, orderly access to the shelves, but it is also a mechanism by which to collocate materials in the catalog. It's what makes browsing possible.

Cataloging provides descriptive subject headings. Subject headings can assign multiple terms to the same book. Each book, however, can only be placed in one class. Librarians use **Resource Description and Access** (RDA), the preferred content standard for bibliographic cataloging, which has been adopted by most American libraries.

Authority records provide vocabulary control. This means only one heading can be used for one entity or concept. Thus, an author's name may occur in various forms on different publications, but only one particular form can be used for any heading for that particular author. The same for subjects: one heading is established for synonyms, and all catalogers use the same heading.

Libraries were early technology adopters. **Machine-readable cataloging** (MARC) means that a computer can read and interpret the data in the cataloging record. **Cataloging record** means a bibliographic record, or the information traditionally shown on a catalog card. The record includes – not necessarily in this order:

- description of the item
- main entry and added entries
- subject headings
- classification or call number

MARC records often contain much additional information. The **online public access catalog** (OPAC) replaced the old catalog cards but the principles are similar.

We follow library standards to make it easy for you to find the book you want. For example, we have a book that is a collection of short biographies of women musicians. Why not shelve it with biographies? The biography classification is for a biography of one person only. A collection of biographies of women musicians is classified under the subject of **women musicians**. By following standards, we are consistent with the way we process new books, ensuring that you'll always be able to find the book you want.

Panizzi not only had a passionate attention to detail but also an equally passionate philosophical belief in the importance and value of libraries: "I want a poor student to have the same means of indulging his learned curiosity, of following his rational pursuits, of consulting the same authorities, of fathoming the most intricate inquiry as the richest man in the kingdom." This principled view of the function of libraries and their collections still resonates today – at least with librarians – and we hope with library users as well.

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



## Can you solve a WV Mystery?



Can you name the resident who collects antique bedpans, urinals, and hot water bottles to decorate the apartment bathroom walls? The answer will appear in the June issue.

Do you have a WV Mystery to submit? Email it, along with two photos – a mystery photo and a reveal photo – to the *Willamette Views* editor at [mhsoco@gmail.com](mailto:mhsoco@gmail.com).

*Special thanks to Donna Moores  
for initiating the new WV Mystery Corner*



This cartoon by Peter Gibb was designed to accompany his article, *The Rise and Fall of Humpty Dumpty*, on page 8 of the *Willamette Views* April issue. Due to a communication error, a different cartoon was published. Peter notes that this cartoon is better fitted for that article, because Humpty is “in a new state of being.” Enjoy it as you reread Humpty’s story of transformation.

## Willamette View Plant of the Month

*by Fred Rauch*

The Dwarf Lily-of-the-Valley shrub (*Pieris japonica* ‘Cavatine’) is spectacular in full bloom in early spring, when it is covered with bell-shaped white flowers. Flowering is followed by the production of scarlet new leaves. This compact evergreen shrub produces a mound 2 to 4 feet high. The dark green foliage is attractive year round. This plant can be seen in the Triangle Garden and North Pointe plantings.



## The Freebies Table

*by Cage Manager Candace Bradley*

At the Freebies Table on the Manor lower level, you may help yourself any time to anything on the table, though the table itself is not for sale. The WV Safety and Security Department lists these parameters:

1. No clothing or items containing fabric (bedbug risk).
2. No partially used liquids or creams; no medicines (no way to guarantee contents).
3. No recyclables, such as cardboard boxes or empty food containers. Take to recycling.
4. No knives, including steak knives, except for regular flatware table knives. No items that could be used as weapons.
5. No coat hangers (tripping hazards when they fall on the floor). To donate small numbers of hangers, or be given some, contact Lynn McHarness (6551).
6. No food items. You may give unopened food to the Pantry, from where it will be donated to a local food bank.



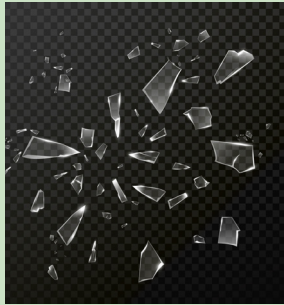
*Hugh Ferrar and Cliff Hillebrandt keep the many garden spaces around the campus healthy and beautiful. Photo by Gail Durham*

## Announcements

### Broken Glass Disposal

by Warren Ford,  
Green Team Recycling Coordinator

For the safety of our Willamette View staff who empty our trash and recycling rooms, please place broken glass and nonrecyclable glass such as drinking glasses, vases, window glass, and mirrors double-bagged in heavy paper and stapled shut. Place the bags in the new 5-gallon pails in the recycling and trash rooms in Manor, Plaza, and Terrace or in the garbage bins in Court and North Pointe. Redeemable bottles and recyclable bottles and jars go in their separate bins.



**Low Vision Mutual Self-Help  
Peer Support Group  
Wednesday, May 8  
1:30 – 2:30 p.m.**

**Court Family Room, 2nd Floor  
Willamette View Library Chair La-  
Jean Humphries** will attend to hear your suggestions about how the libraries can better serve you. She will take your suggestions to her committee and return at a later meeting to let you know about changes they will make. This is our opportunity to improve this valuable service to meet our needs. Please come share your ideas.

*Sandra Gerling, Vision Resources*

*Left: Rosarian Walt Lundberg is ready for the first event of the season – the Blessing of the Rose Festival on April 13.*

### Apartment Moves — March 21 – April 20

	From	To	Phone
Steve and Teri Bennett	New residents	502S	6656
Patricia Gill	New resident	410B	7243
Edward and Ellen McClaran	New residents	803C	6401
Susan VanLente	New resident	313S	6565
Barbara West	203P	Out of Willamette View	

### In Memoriam

**March 21 – April 20**

*Martha Butler  
William Cox  
Mary Frieder  
Karen Gerber  
Burl Romick*

### Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	May 6	<i>The Mostly Unknown History of Portland's Pearl District</i> by David August, 2 p.m.
Tuesday	May 7	TED Talks, 2:30 p.m.
Wednesday	May 8	<i>Explorers, Ownership Claims, and How We Were Named Oregon</i> by Darrell Jabin, 2:30 p.m.
Monday	May 13	Kyle Lewis piano and vocal performance, 2 p.m.
Wednesday	May 15	Louis Pain and Renato Caranto piano and saxophone performance, 2:30 p.m.
Monday	May 20	Movie Matinee – <i>The Boys in the Boat</i> (2023), 2 p.m.
Wednesday	May 22	Graham James piano performance, 2:30 p.m.
Wednesday	May 29	Movie Matinee – <i>Lady Bird</i> (2017), 2:30 p.m.



# Perspectives on the Natural World

by Wendy Aeschliman

## Red-breasted Sapsucker (RBSA — *Sphyrapicus ruber*)

December 29, 2023. 0900 hours. WV North Pointe, 4th floor. Suddenly there was a loud THUMP on the window next to me. Sickened, recognizing the all-too-frequent sound of birds hitting windows, I looked down to the sidewalk from the balcony. With my binoculars I recognized the body of a beautiful black-and-white woodpecker with a brilliant scarlet head, a Red-breasted Sapsucker (RBSA in ornithological abbreviation). We had a pair at our house last year in our moist woodland habitat. Apprehensive, I went down to view the still body to see if it were stunned, or dead. Unmoving and unresponsive, it was easily picked up, but – still alive! Holding it under my coat, I took it up to



the warm apartment, placing it into a cardboard box with a towel to be quiet for a short time. One and a half hours later I carefully inserted my hand into the dark box and felt for the bird. Was it alive? With a loud cry, it burst upward as my hand enclosed it, and it clamped its long toenails into my fingers so hard that I had to really work to pull them away. I checked it for injuries: none apparent. We took it down to release it not far from the rose garden. The powerful woodpecker rocketed toward the Manor oaks, landing upright, clinging to the trunk. We left exhilarated, but moderated by thoughts of perhaps undetermined internal injuries. Live long and prosper, little one....

The Smithsonian estimates that the population of birds in the United States is diminished each year by 365 million up to a billion birds due to window strikes alone. According to the Cornell Lab of Ornithology, it is estimated that 1.3 to 4 billion birds are killed by cats in the US each year – both feral cats and outside pets. In North America, cats are second only to habitat loss as the greatest human-caused factor.

The feet of sapsuckers are zygodactyl– two toes in front and two in back – which allow a strong cling to tree bark. The feet that gripped so hard into my fingers caused my fingers to itch later, like from invisible paper cuts, I thought. Yes, I now remember those razor-sharp claws.

Why do woodpeckers not get concussions? Scientific ideas have recently changed. The idea that a shock wave traveling backward from the impacting beak is cushioned before it reaches the brain is now said to be incorrect. David Allen Sibley, renowned ornithologist, summarizes it in his 2020 book, *What It's Like to Be a Bird*, in our WV library. Woodpecker brains do not weigh very much and are oriented to absorb impact from the front. Human brains are more massive and are oriented to absorb impact from below, as from jumping. The bird's lower mandible is

slightly longer than the upper, and transmits force through the lower jaw; hammering is always straight. The science can be found in *Physics Today* magazine, a publication of the **American Institute of Physics** – Vol. 77, Jan. 1, 2024. *Pecking without Headaches* is the cover story. Incidentally, Sapsuckers cannot **suck**; instead, they **lick** the sap from the little holes. Note the photo of the rows of holes chiseled by sapsuckers. The pockets they make become wells of sap, important to a wide variety of other wildlife for its high sugar content and nutrients. The wells attract other birds – even hummingbirds, as well as squirrels, porcupines, butterflies, moths, insects, and mason bees, our March subject!



<b>Bike Riding</b>	Mon., Wed., Fri.	TBA		Warren Ford	6325
<b>Book Review</b>	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
<b>Bridge – Duplicate</b>	Monday	6:15 p.m.	Plaza Sunroom	Ron Gustafson	2715
<b>Mix &amp; Mingle</b>	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
<b>Briefings – current events</b>	Fourth Tuesday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
<b>Catholic Communion Group</b>	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
<b>Caregivers' Support Group</b>	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
<b>Carpet Bowling</b>	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
<b>Diversity and Inclusion Group</b>	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
<b>Episcopalians and friends</b>	Fourth Thursday	11 a.m.	Plaza Sunroom	Carol Anne Brown	2706
<b>Fiction Writers Group</b>	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
<b>Garden Committee</b>	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
<b>Green Team</b>	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
<b>Grief Support Group</b>	Third Thursday	2 p.m.	Plaza Sunroom	Caroline Barns	6761
<b>Ham Radio Club</b>	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
<b>Health Center/Terrace Tour</b>	Thursday – by reservation –	10:30 a.m.	meet in Terrace Lib.	Laela Echelberger	6793
<b>Hooks and Needles</b>	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
<b>Hootenany</b>	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
<b>Improv Games</b>	First, third, fourth Wed.	10:30 a.m.	Court Family Rm.	Sally Giles	6634
	Second Wednesday	10:30 a.m.	Heron Lounge	“ “	
<b>Interfaith Questers</b>	Monday	2 p.m.	Court Family Rm.	Dale Nusom	6419
<b>Language — French Conversation</b>	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
<b>German Conversation</b>	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
<b>Spanish Conversation</b>	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
<b>Language of the Heart</b>	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
<b>Legacy Writers</b>	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
<b>Line Dancing</b>	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
<b>Living with Pre-Diabetes/Diabetes Grp.</b>	Third Monday	2 p.m./3 p.m.	Heron Lounge	Stephen Ott	6771
<b>Low Vision Support Group</b>	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
<b>Mahjong</b>	Monday	2 p.m.	Multipurpose Rm.	Sue Thomas	7054
<b>Mindfulness Meditation</b>	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
<b>Movies — Documentary Film</b>	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
<b>International Film</b>	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
<b>Saturday Night Movie</b>	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
<b>Neurocognitive Support Group</b>	Second/Fourth Thurs.	11 a.m.	Terrace Conf. Room	Linda Tofflemire	7355
<b>Outdoor Campus Committee</b>	First Monday	1 p.m.	Plaza Sunroom	Ron Ture	7028
<b>Pickleball</b>	Sun., Tues., Thurs., Sat.	8:30 a.m.	Sport Court	Gary Smith	925-872-0969
<b>Ping Pong</b>	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
<b>Pinochle – all levels welcome</b>	Thursday	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
<b>Pool Volleyball</b>	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
<b>Plant-based Nutrition Group</b>	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
<b>Q&amp;A by Craig and Kim</b>	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
<b>Recorder Class/Consort</b>	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
<b>Resident Council Meeting</b>	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
<b>Retired Clergy Group</b>	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
<b>Sew Be It</b>	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
<b>Team Trivia</b>	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
<b>Unitarian-Universalists and friends</b>	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
<b>Wine Tasting</b>	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
<b>Yoga</b>	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
<b>Chair Yoga</b>	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.