



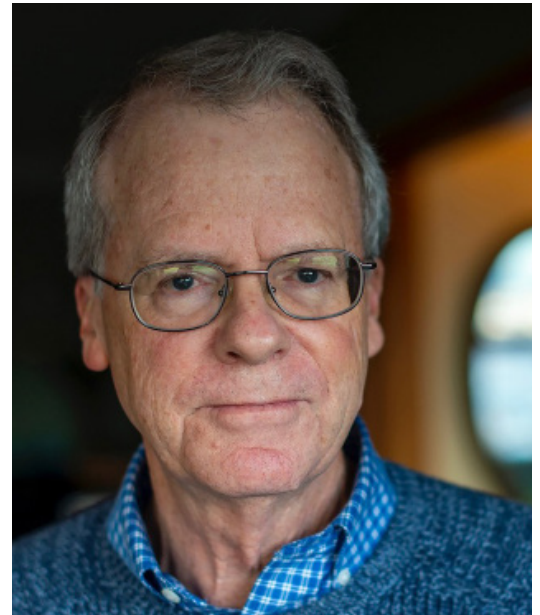
## A Personal Story of Living with Early Alzheimer's

by Education Councilor Sharon Gross and Health Resources Councilor Barbara Nye

Join us for a **Living with Early Alzheimer's** program on Friday, **November 3**, at 10:30 a.m. in the Blue Heron Auditorium. The program features the West Coast premiere of **A Tattoo on my Brain**, a film based on **Dr. Daniel Gibbs'** book by the same name about his personal battle against Alzheimer's. A Q&A with the author will follow. The film has been shortlisted at a New York film festival and will have its world premiere in New York on November 11.

After spending 25 years as a neurologist caring for patients, many with dementia, Dr. Gibbs retired early because of early Alzheimer's disease. In his book, he describes how he felt to be the case study rather than the physician analyzing the case. He is devoting his life to promoting the importance of early diagnosis, as there are treatments and lifestyle changes that can prolong a good quality of life.

*Continued on page 4*



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## David Keifer wins age group in Portland Marathon

Story and photos by MH Socolofsky



**David Keifer** ran in the Portland Marathon on **October 1**. He had been training every day for several months by running 5 to 7 miles a day, with longer runs on Fridays, ranging from 10 to 18 miles. This was his third Portland Marathon, and the third year that his WV cheering team gathered along the route in Sellwood to provide energy gel and enthusiastic support. He wore the shirt he acquired in the Boston Marathon, which he ran 10 years ago. That was the year of the Boston Marathon bombing; he completed the race just before the bomb exploded.

David took the MAX from WV to the starting gate at Waterfront Park and took it home again after, arriving back home in time for Sunday brunch. He ran the 26.2 miles in 4:53:08 – a pace of 11:11 minutes per mile. He won first place in his age division, and was in first place since Mile 3. He was also #1 in the 2021 race. *Continued on page 11*

## From the Resident Council

by Doug Morgan, Council Vice Chair



### Willamette View History Legacy Project

This article is intended to plant a seed and explore whether there is sufficient community interest in cultivating the seed to enable it to grow into a lasting community legacy. In particular, I propose systemically documenting the artifacts of our history as a community and making these artifacts more readily accessible to residents in various electronic venues. We already have much of this history easily at hand, but like the illustration above, the pieces are scattered and not thematically integrated nor easily accessible in various formats. We have wonderfully informative and amusing stories to tell, whether it be our changing dress and gender codes, our model railroad, the history of our stores, gardens, resident governance, etc.

#### How to Make the Project Fun and Engaging

There are several factors that could make the project easy and fun:

**Steering Committee and Project Management** – Some residents may like the coordinating role of identifying the pieces of the project, developing a timeline for completion, and matching tasks with the skills needed to perform them.

**A Role for Everyone** – The project lends itself to dividing up roles to match the interests of individual residents – for example, those who want to do research, or those who prefer writing up vignettes, or finding appropriate supporting photographs, or making graphic designs, or converting materials to an electronic format.

**An Opportunity for Creative Writing** – The project lends itself to writers who simply use the history of WV as convenient subject material for their separate interest of improving their writing skills.

**Producing a Significant and Lasting Community-Building Product** – Earlier this week, I was standing in front of the large electronic board across from our Blue Heron Auditorium imagining how a community history project might transform the use of this very important resource. I was also imagining how well this project fits one of the major findings of our recently completed Resident Engagement Task Force – the desire by residents for the Resident Council to continue expanding its focus on community-building activities.

If you are interested in playing a role in the kind of project I have proposed, contact **Doug Morgan** at [fly-fisher@live.com](mailto:fly-fisher@live.com) or 503-812-4350.



Eagle surveys the WV campus.  
Photo by Joyce Liljeholm

### Willamette Views

A publication of the  
Willamette View  
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by the 17th of the month  
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Articles may be edited.

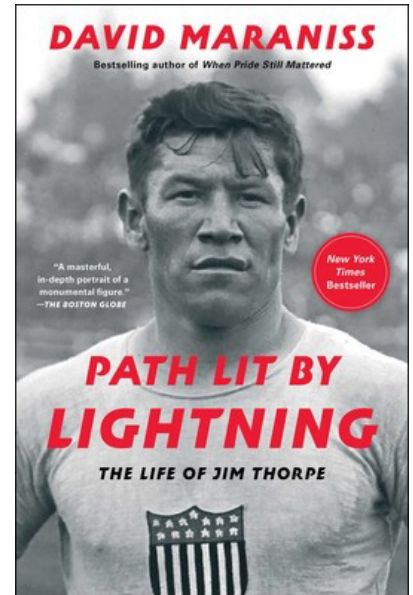
## November Book Review explores Jim Thorpe's life

by Sue Bosshardt

**Ron Gustafson** will review *Path Lit by Lightning: the Life of Jim Thorpe*, by David Maraniss, on Wednesday, **November 15**, at 10:30 a.m. in the Blue Heron Auditorium. With bittersweet honesty, the author deals with the way Thorpe was mistreated by the International Olympic Committee and the US policy against Native Americans in general in the early 20<sup>th</sup> Century. Thorpe won in the pentathlon at the 1912 Stockholm Olympics but also starred in football and baseball for the New York Giants. Thorpe “may have been the greatest athlete the world has ever seen.”

Ron Gustafson's grandmother struggled for acceptance as a “half breed.” She found herself excluded from both societies of her parents. Ron always admired her for her success in handling these challenges. Ron was born in Multnomah County, graduating from Willamette University with a BA in mathematics. His careers included teaching, working for General Motors as a computer programmer, and consulting on business planning. He worked for Kodak, the Department of Defense, and the Immigration and Naturalization Service.

Ron moved to Willamette View with his father in 2002 and has been actively involved in all phases of WV life. His list of activities includes former Resident Council Chair, former Mart manager, and member of the Voter Information Committee and the Willamette View Foundation. Ask him about his roller skating history!



## November Movies

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

Donations gratefully accepted

### Documentary film

Thursday, **Nov. 2:** *David Attenborough: A Life on Our Planet* (2020). Attenborough's documentaries have inspired millions of us to understand and appreciate the natural world and its wonders. In this documentary about his life, we learn what inspired him and what he hopes for our future.

### International film

Tuesday, **Nov. 14:** *Babette's Feast* (French language with subtitles, 1987). A classic Danish film, it is beautiful, sad, inspiring, and heartwarming as two pious spinster sisters take in Babette, a mysterious French Parisian refugee who agrees to cook for them. Stars Birgitte Federspiel, Bodil Kjer, and Stephane Audran. Based on a story by Karen Blixen. Oscar for Best Foreign Film. **Comedy/Drama. G**

### Saturday night films

Optional discussions will follow

**Nov. 4:** *The American President* (1995). Writer Aaron Sorkin manages brilliant social commentary in this charming romance as President Andrew Shepherd must find a way to balance his love for country with love for an incredible woman. Michael Douglas and Annette Bening star with Michael J. Fox and Martin Sheen. Rob Reiner directs. **Romance/Comedy. PG-13**

**Nov. 11:** *King of Hearts* (1966). In this antiwar satire, a kilt-wearing French-born Scottish soldier is sent to disarm a bomb placed in the town solely inhabited by colorful denizens from the local insane asylum. They crown him king, and fun ensues as the time bomb ticks. Genevieve Bujold, Alan Bates star.

**Antiwar/Comedy. Not rated**

**Nov. 18:** *Peanut Butter Falcon* (2019). An unlikely friendship between a young man with Down syndrome and a smalltime outlaw. Both on the run, they wind through deltas, elude capture, drink whiskey, and find God. From the producers of *Little Miss Sunshine*. Zack Gottsagen, Shia LaBeouf, and Dakota Johnson star. **Comedy/Drama/Adventure. PG-13**

**Nov. 25:** *Rear Window* (1954).

**Residents' Choice Contest Winner** Alfred Hitchcock directs; James Stewart and Grace Kelly star. Suspense, tension, romance swirl as wheelchair-bound photographer watches from his rear window. Edgar Allan Poe Award; elected to National Film Registry in 1997. **Mystery/Thriller. PG**

**Coming attraction: Barbie**  
**December 16**

## Our Employee Appreciation Fund Drive Begins!

by Ann Phelps, Resident Council Chair

This month, we have an opportunity to express our gratitude for Willamette View employees by contributing to the **2023 Employee Appreciation Fund Drive**. This Resident Council initiative is a once-a-year time when we have a chance to show tangible appreciation. You probably have already seen some of the publicity materials created by leaders **Fred** and **Teresa Olson**. This year's goal of **\$255,000** is only a slight increase over what we raised in 2022. This may sound ambitious, but we have proven that we can do it.

The most frequent comment I hear during our annual campaign, is "I don't know how much to give." Here is what I suggest. Think of all your "touch points" with employees at Willamette View. Visualize yourself on a typical day. In the early morning, you might hear a gardener mowing the lawn outside your window or a housekeeper vacuuming the hallway carpet. Leaving your apartment, you may notice an employee up on a ladder fixing a ceiling light or see a security officer patrolling the campus. Also, imagine all the staff you may not see. Perhaps you walk to the Elk Rock Bistro for a morning coffee, and you hear some laughter from staff working in the Riverview kitchen. Think about the staff members serving you in the dining room, distributing your in-house mail, answering questions at the Manor reception desk, sitting with you in the Art Studio, or setting up chairs in the Blue Heron Auditorium to get ready for a program that day.

Count up all the employees you visualized. Now, multiply all those contacts in one day times 365 days a year. That's the starting point for the hundreds of times when we need to remember to say thank you. We thank our dedicated employees – both those we see every day and those we don't see – with a smile, with words of appreciation, and, during our annual fund drive, with a generous check.

Special collection boxes located in the Manor, Terrace, and Health Center will be available throughout November to receive your checks or cash. Make checks payable to **WV Employee Appreciation**. All contributions are handled confidentially by our **Council Treasurer Elaine Toll** and **Assistant Treasurer John Niemitz**, and no records are kept of individual donors. On behalf of the Resident Council, thank you for generously supporting our employees.

Special collection boxes located in the Manor, Terrace, and Health Center will be available throughout November to receive your checks or cash. Make checks payable to **WV Employee Appreciation**. All contributions are handled confidentially by our **Council Treasurer Elaine Toll** and **Assistant Treasurer John Niemitz**, and no records are kept of individual donors. On behalf of the Resident Council, thank you for generously supporting our employees.



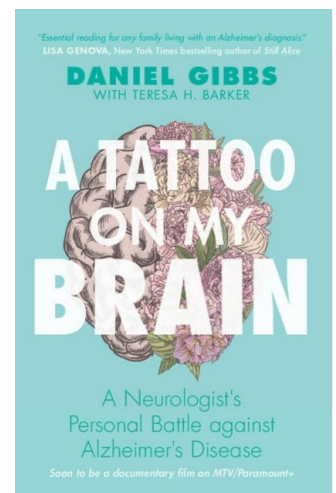
## A Personal Story of Living with Early Alzheimer's

Continued from page 1

In his book, Dan Gibbs writes that he really has a literal and figurative tattoo on his brain. He notes that from earliest times a tattoo has been "an unshamed assertion of identity or purpose." He sees his tattoo as "a symbol of resistance to the silence that has muted the conversation about Alzheimer's among patients and doctors, family members, and as a society." Through his personal story he shares new medical insights into early Alzheimer's disease and lifestyle choices and conveys a sense of hope and of fully living life.

John Niemitz recalls, "I met Dan Gibbs in the late 1980s while he was practicing neurology at Good Samaritan Hospital, and I was the hospital's neurosciences administrator. It is not surprising that Dan is now on this mission. I knew him as a caring and compassionate physician, a careful and willing listener. There was always something special about him. Obviously, there still is." The program is co-sponsored by the Health Resources Councilor, Education Councilor, and the Health and Wellness Department.

*A Tattoo on my Brain* is available in the Manor Library.



## Paleolithic Glimpses

by Sue Luchs

In the Archive Room in the Manor lower level is a plaque holding an obsidian artifact. The inscription says it was found in a Willamette View garden plot in 1982 and calls it an arrowhead. But this is not an arrowhead; it is very much more wonderful than that!

True arrowheads range from about 100 years to 2,000 years old. That's because they were a late development in the toolkit of the Paleo Americans who lived here. The points made for arrows shot from bows were small to medium in size and came in a variety of shapes

But a quick glance at our WV artifact shows it is not small and really not even medium. The artifact on the plaque is not even a point. It appears to be the base or stem of a large biface knife or projectile point. Biface means it was shaped on both sides. Projectile points of this size were made to be attached to a spear either for brute thrusting or for hurling with an atlatl. Amateur collectors illegally gathering arrowheads focus on the points. But the base is more important for archaeologists. Projectile point relative age and type



are identified according to the item's shape. Our WV artifact was broken off from its point. It still has only a tiny bit of shoulder on one edge. This means the shape and style of the original artifact cannot be determined. But most likely it is much older than any arrowhead.

In fact, our artifact might have been broken during production so was never finished. Stone artifacts were made through a very difficult and exacting process, mostly using antler and another stone. The modern term is *flint knapping*, although such artifacts found in the western US were not made from flint. Many were made from obsidian like ours. Projectile points or arrowheads are not the only stone artifacts found today. Many other shapes were made for many uses. Some of these include scrapers, awls, and crescents.

Stemmed artifacts found in Oregon and across the West date from the late ice age through the development of arrows. Climate change impacted plant and animal food sources for ear-

ly people, so over time their toolkits modified accordingly. Large megafauna like mammoths, giant ground sloths, and ancient bison were killed with large stemmed points. Beautiful Clovis (unstemmed) points were a fleeting development for hunting big prey. When those massive mammals disappeared from the scene about 10,000 years ago, hunting techniques changed, and stemmed points slowly reduced in size.

Some of the most exciting discoveries in North America have been made by archeologists at the University of Oregon and Oregon State University. Work at Cooper's Ferry, Idaho, done through Oregon State, has dated a village to 16,000 years ago. At Rimrock Draw in Harney County, Oregon, University of Oregon researchers have found evidence of human occupation possibly from 18,000 years ago. Most scientists currently accept the idea that the earliest people arrived here on boats along the coast. And if they followed river systems like the Columbia and its tributaries inland, you might wonder why artifacts of that age have not been found in the Willamette Valley. Most likely they are here, buried under 20 feet of Missoula flood deposits. Any stemmed biface artifact found in or near the Willamette Valley might be very important if found *in situ* – that is, left in place.

So our WV artifact is interesting, indeed! Probably this one had arrived in garden fill dirt of unknown source. It might never have been scientifically important. But clearly it is very old and very intriguing. And what a wonderful reminder it is that some of the first arrivals to North America may have enjoyed a view of the Willamette long before we did.



## Resident Website Tips

by the Tech Training and Help Resources Workgroup

### Our Resident Website is a “Living Document”

The resident website was launched at the end of February 2023 and received an enthusiastic response from residents. The information and features provided by the site on February 24 have been supplemented and significantly enhanced in the subsequent eight months.

Some of the improvements have resulted from suggestions made by users, and more were already on the drawing board when the site was launched.

- **A Location Directory** (*Directories>Location Directory*) has been added to the already long list of directories. The Location Directory lists many of the frequently used areas on campus. They are in alphabetical order with the building and floor, and clicking on the name gives much more detail about the space.
- **An Outings Committee Event Schedule** (*Events>Outings Schedule*) provides a listing of upcoming outings sponsored by the Outings Committee, and clicking on the event brings detailed information about the trip and the destination.

- **The Performing Arts Off Campus Bus Schedule** (*Events>Performing Arts Off Campus*) gives a listing of scheduled bus transportation from the WV campus to local area performing arts events. Clicking on the bus title provides a detailed description of the service.
- **Hard Hat Updates** (*News>Hard Hat Updates*) give the latest information about construction projects on campus.

Other additions to the site include displaying the move-in date for a resident following the **WV Bio** and **About Me**, more information on the **Help** page and **Log In** pages, and many new and updated **Activity** pages.

Several new features and other improvements are being worked on by members of the Website Technology workgroup, and many more are scheduled to be added in the coming months.

Keep exploring the website and think about taking a class to learn more. It will continue to be updated with new information and features.

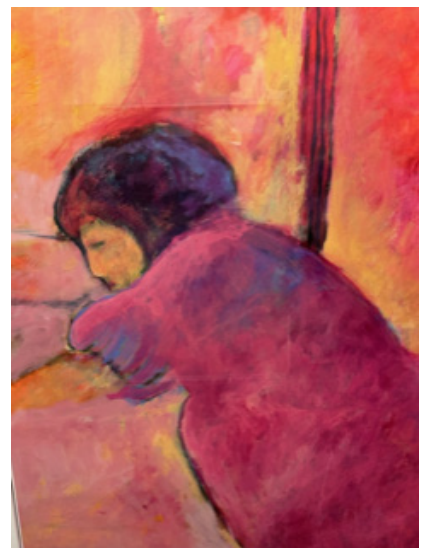
## APA Spotlight

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

**Woman Reaching** by Oregon artist **Madeline Janovec** (1935–2011) is a pastel located in the Blue Heron Foundation office across from the front desk in the Manor. Janovec was a creator, mentor, educator, feminist, and promoter of the artistic community throughout her 40-plus years in the Portland area. “She fought for women’s rights in the art world way, way back,” according to friends. Based at her family ranch on 80 acres of forest beside the Washougal River, Janovec worked at Clark College and as a traveling arts teacher for the school district. She wrote on her website how the beauty of the Pacific Northwest inspired her artwork. “My drawings and monotypes come out of living in this wholeness in the moist Northwest – everywhere I look I see bursting, growing, moving life.”

by Ginny Seabrook, APA Committee

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





## Bridging Divides, Granting Grace, Respecting Differences During Election Season

Join us on Tuesday, **November 7**, at 10:30 a.m. in the Blue Heron Auditorium for a conversation with **Bill Howe** and **Lisa Swallow**, who will offer insights from across the nation and in Oregon about how people are finding ways to listen better, understand one another, and work across political and other divides. Lisa is the CEO of **Crossing Party Lines**, which fosters open conversations between Americans with dissimilar ideologies. Bill is the founder of the **SAGE Citizen Project**, which is a long-term initiative designed to inspire and support people to work across differences to solve public problems. Together, they will share takeaways for how friends and neighbors can talk politics in constructive ways during and after election season. A Q&A will follow the presentation.

*Sponsored by the DIG and Public Affairs Committees*

## Mel Brown B3 Organ Quartet Concert

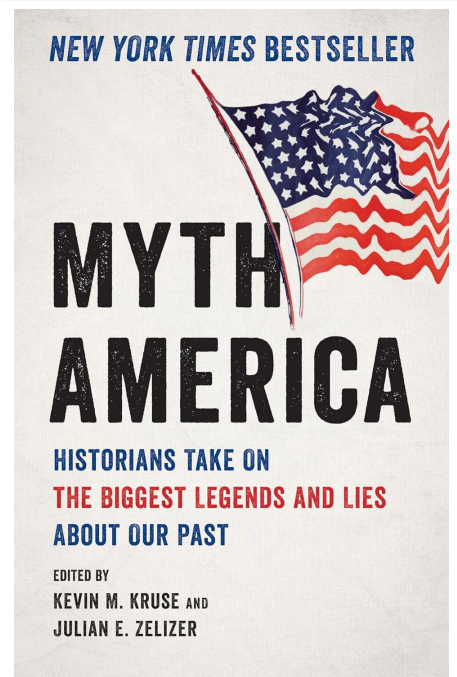
**MusicWorks** will present the **Mel Brown B3 Organ Quartet** on Wednesday, **November 22**, in the Blue Heron Auditorium at 7 p.m. This all-star band has been a long-time sensation in the Northwest. **Mel Brown**, a Portland legend, is known as the “godfather of Portland jazz.” He has played drums with Diana Ross, the Temptations, and many others. **Dan Balmer** is widely considered the defining sound of contemporary jazz guitar. **Renato Caranto**, saxophonist, has toured the world with Esperanza Spalding and Merle Haggard. Organist **Louis Pain**’s 2019 album was honored by *Downbeat Magazine* as one of the best albums of the year. All four musicians are in the Oregon Music Hall of Fame. Enjoy this evening of jazz, blues, and soul.



MEL BROWN B3 ORGAN GROUP

### Try This Title

by Penny Fiske



## *Myth America Historians Take On The Biggest Legends and Lies About Our Past*

Publication date: Jan 2023  
Court Library 973 KRU

“Distortions of the past ... have led large numbers of Americans to believe in fictions over facts .... In *Myth America*, Kevin M. Kruse and Julian E. Zelizer assembled an all-star team of fellow historians to push back against this misinformation. Based on a firm foundation of historical scholarship, their findings revitalize our understanding of American history.

–Amazon review

“Illuminating and sharply written, this ought to be required reading.”

–Publishers Weekly,  
starred review

## New residents have extensive creative talents to share *Photos by Mike Lincicum*



*Tom Prochaska*

**Tom Prochaska** came to 112E in September from SE Portland, where he has lived for 40 years. He was born in Chicago.

He earned a BA at the University of Wisconsin, Madison, and an MFA from the Pratt Institute, NYC.

Tom is a long-time Portland artist and a retired professor. He is known for his open-ended narrative works created through a variety of media, including painting, drawing, prints, papier-maché sculpture, and kiln-formed glass. He worked in fine art print shops in New York and Switzerland. He was the co-founder of two Portland print shops – Inkling Studio (1981) and Atelier Mars (1990). He taught for 29 years at the Pacific Northwest College of Art, and at Oregon College of Art and Craft and Portland State University, and he has exhibited extensively throughout the United States and the world. His work can be found in museum collections internationally, including the Portland Art Museum and the New York Public Library. In 2015, he



*Pamela Birch*

was named one of five Hallie Ford Fellows in the Visual Arts by the Ford Family Foundation.

Tom lists his interests as “making art, dancing, and hanging out.”

**Pamela and Stan Birch** are new residents of 703C, having moved from Renton, Washington, on October 3.

Pamela grew up on Long Island, NY. She has lived in the Washington cities of Tacoma, Poulsbo, and Seattle. Stan grew up in Ireland, and has lived in Ohio, New Hampshire, Virginia, and Bellevue, Washington.

Pamela attended the University of Connecticut, earning a BS in home economics, and Seattle University, earning a master of software engineering degree. She worked as a software developer for several Pacific Northwest organizations. Before retirement, she worked for King County Metro, building applications for the Seattle transit system.

Stan earned a BA in physics and an MS in engineering from Trinity College Dublin. He earned a PhD in engineer-



*Stan Birch*

ing at Dartmouth College. He was a National Academy of Sciences fellow in residence at Langley Air Force Base before becoming a research engineer at Boeing.

Pamela volunteered as a Cub Scout den mother and Girl Scout leader, and she served as secretary on the board of Better Investing. She especially enjoyed hosting an exchange student from Switzerland. Other interests include quilting, walking, reading – favorite book subjects include nutrition and plant-based foods and mysteries.

Stan’s interests include table tennis, hiking, sculpting, and travel.

They have two sons, two daughters, and five grandchildren. Before moving to Willamette View, they visited several retirement communities in Portland and Seattle. They report that there was no contest after their WV visit! They felt most at home here, and their youngest grandchildren live in the Portland area. They appreciate the beautiful campus, the wide range of activities available, and the swimming pool.



# Around the Campus

by Donna Kling



The jigsaw puzzlers in North Pointe started this 3000-piece puzzle on June 21. This is as far as they had gotten with it on October 1. The puzzle is a reproduction of a map of the world drawn in the 1700s, and it is written in French. You are invited to stop in and help them try to finish it by Thanksgiving.

Donna Kling returned late from an evening meeting. She placed this plate of cookies on the trunk before locking the car, forgetting them, and going home. The next afternoon she returned and found this lovely note from the WV Security Team.

## Willamette View Plant of the Month

by Fred Rauch

This is the season when many of our plants lose their leaves and turn bright colors due to the shorter day length. One of our plants with outstanding fall color is the **burning bush** or **winged euonymus** (*Euonymus alatus*). The foliage turns bright red in the fall (burning bush) and has four corky ridges on its stems (winged euonymus). This deciduous shrub is native to northeastern Asia and China. It produces greenish flowers in the spring followed by small red fruits.



## Special Excursion Pacific Northwest Native American Art Show

ArtReach Gallery

Wednesday  
November 15

Sign-up sheet is now available  
on Manor lower level.

## Early holiday music on November 30

by Ginny Seabrook, Music Committee

On Thursday, **November 30** in the Blue Heron Auditorium at 7 p.m., the **Fireside Social Orchestra** will present a memorable evening of Christmas music from the 1800s and 1900s on period instruments with vocals. The Fireside Social Orchestra recreates the small orchestra featured in parlor and ballroom performances of long ago, with period instruments including violin, tenor viola, cello, flageolet, walking stick recorder, flute, cornet tenor horn, ophicleide, tuba, reed contrabass, bagpipes, vocals, and more. The program will feature familiar Christmas carols in their original forms, including *It Came Upon a Midnight Clear* (1849) and *Jingle Bells* or *The One Horse Open Sleigh* (1857), along with carols from the En-



glish, Scottish, and French countryside, descriptive holiday instrumental pieces, and some surprises.

Featured musicians will be **Phil and Gayle Neuman** of the Trail Band, **Laura Kuhlman** and **Cindy Mark** of the Oregon Renaissance Band, cellist **Elizabeth O'Connor**, and cornetist **Mark McCormick**.

The Neumans are well known for their knowledge of early music. They are world-class experts in ancient music – music stretching back from pre-Medieval times to the earliest days of civilization in Sumer, Egypt, Greece, and Rome.

Laura Kuhlman is the director of the Portland Recorder Society. She performs with the Oregon Renaissance Band and teaches flute, saxophone, recorder, early double reeds, and Renaissance bagpipe.

The Music Committee appreciates your support. Generous donations by residents along with grants from the Blue Heron Foundation make it possible to bring extraordinary professional musicians to WV.

## A new service – Carousel on Wheels

by Donna Krasnow, Carousel Co-Manager

In early 2020, **Mary Norman**, then manager of the **Carousel's Cage**, came up with a new idea – bring appropriate clothing to our licensed care residents, who may need a wardrobe update. She and other volunteers moved a rolling cart full of clothes down to the Terrace so that residents could more easily “shop” the store (items are free for them). You all know what happened in March of that year – COVID shut the project down. Last July, we restarted the program and now, twice a month, we roll our **Carousel on Wheels** down to the Terrace on the second Tuesday and to the Neighborhoods on the fourth Tuesday. It has been well received. Residents await our visit and are having much fun selecting clothes. Many thanks to those of you who donate gently used clothing to the Carousel.



Terrace resident Ruth Stern shops at the Carousel on Wheels with Carousel Co-Manager Johanna Niemitz

## David Keifer wins age group in Portland Marathon

*Continued from page 1*



*David displays his first place medal*

This year's race was a success for David, and a stark contrast to his 2022 experience. Last year, his trip on the MAX to the Convention Center to pick up his number and other materials the day before the race was interrupted by a broken power line at the Johnson Creek Station and the MAX was out of operation until after the race, so neighbor **Hugh Ferrar** got up at 5 a.m. to drive David to the starting gate. And though he was #1 in his age group for the first 18 miles of the marathon, he



*Cheering team from left: Ron Ture, Pam Birch, Kay Sweeney, Jan Wong, Yoshiko Ture, Karen Gerdes, Craig Iverson*

was suddenly hit with major lower back muscle tightness, causing him enough pain that he needed to lie down on the sidewalk twice during the race to relax the muscle. The muscle ache was probably the result of his recent long drive from St. Louis, where he had been visiting family, to Portland. He finished at #4 in his age group.

David's cheering team, organized by **Karen Gerdes**, watched the race from a sunny Sellwood sidewalk – not quite at the halfway point of the marathon. They could follow David's progress on the Portland Marathon app on their phones, so they were prepared

when David's yellow jersey appeared several blocks away. David stopped briefly for photos and water before getting back up to pace. The cheering team then moved on to Bob's Red Mill for breakfast and to continue watching David's progress on their phones.

David finished the marathon and enjoyed a quick snack of chocolate milk and Fritos before heading home. After a few days of rest, he left on a Central and Eastern Oregon adventure to explore John Day, Sumpter, and Baker City. This fall, he will visit his son Joe in New Jersey and watch him participate in a half marathon.

## Armchair Travel presents Kay Sweeney Goes Down Under

Join **Kay Sweeney's** Armchair Travel presentation on Wednesday, **November 8**, at 7 p.m. in the Blue Heron Auditorium and vicariously experience her adventures in both Australia and New Zealand. Watch Kay's video of her bungee jumping, photos of her camping in the Outback (desert), snorkeling on the Great Barrier Reef, riding a jet boat on the Dart River, paragliding over Queenstown, cruising Milford Sound, touring the Sydney Opera house, and more. It was the adventure of a lifetime.

*by David and Anita August, Armchair Travel Committee*



## ✓ Check it out

by LaJean Humphries, Library Committee Chair

# Gratitude

November reminds me of all the things I'm thankful for. Climate change, politics, news, death, and diseases sometimes make us see only the glass half empty. But, November, the 11th month of the year, can remind us of all we have to be grateful for.

In November, we not only celebrate **Veterans Day**, a very important holiday in honor of our armed service members, but also **Picture Book Month**, **World Kindness Day**, and **Thanksgiving**.

One of the things I am most grateful for is the great library system and wonderful library volunteers (over 50 of them!) at Willamette View. Our fellow residents read book reviews, select books, assign call numbers, place pockets and checkout cards in books, wrap them in protective covers, develop computerized records, and maintain a library catalog. In addition, our volunteers check books out and in, shelve books, repair them as needed, track down missing books, and regularly make sure books are in the correct order on the shelves so they're easy to find. They maintain library computers, printers, and bar code scanners, as well as manage our budget, order supplies, and much more. When the time comes, volunteers move books from the shelves to be sold or donated for worthy causes, making room for new books for you to read. Each and every one of our library volunteers provides a service for which I am truly grateful.

Gratitude is often considered to be a positive – and frequently experienced – emotion, especially later in life.<sup>1</sup> It's also one of the most basic social emotions, one generally directed towards other people. Importantly, expressing and experiencing thankfulness is positively linked with happiness and well-being.<sup>2</sup> Being thankful both feels good and is good for us.

In one experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week, compared to those who recorded hassles or neutral life events.<sup>3</sup> You can obtain a free Gratitude Journal from the Wellness Office to help you express your gratitude. Journaling is a personal, private experience, and no one expects you to share your writings. See David Kohnstamm or Linda Tofflemire if you have questions.

In addition to our library and library volunteers, I am thankful for so many things big and small. I am thankful to be able to learn new things and for my good health (even though it may not be perfect) and a pool where I can exercise. I am thankful for clean sheets, good food to eat, and people who care for me. Most of all, I am thankful for a loving husband and grateful for this community and you, my friends and neighbors.



1 Chipperfield JG, Perry RP, Weiner B. *Discrete Emotions in Later Life*. (J Gerontol B Psychol Sci Soc Sci. 2003 Jan.)

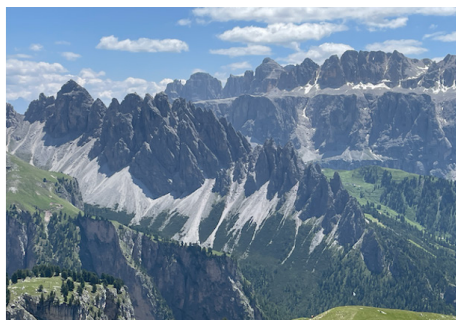
2 Bono G, Emmons RA, McCullough ME. *Gratitude in Practice and the Practice of Gratitude*. (Positive Psychology in Practice. 2004 Jul 30.)

3 Emmons RA, McCullough ME. *Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-being in Daily Life*. (J Pers Soc Psychol. 2003 Feb.)

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

## Hiking in Italy's Dolomites

In June, **David Ritchie** attended a conference on metaphor theory in Alcalá de Henares, Spain – a medieval university town and birthplace of Cervantes. After the conference, he traveled to northern Italy for a 10-day hike in the Dolomites, arranged by Alpine Hikers. He stayed at mountain-top huts and dormitory-style refugios. The



From Mount Stevia, peaks and ridgelines create a multi-layered masterpiece.

almost-daily thunderstorms occurred late in the day, and the clouds provided fantastic views. Daily hikes averaged 10 miles, with 3,000- to 5,000-foot elevation gains and losses. Trails ranged from serious rock scrambling to loose gravel to paved country roads. Hiking poles were essential. There were a couple of hikes in steep flower-strewn meadows above the beautiful town of Ortisei. There was a challenging climb up Mount Sasso Piatto. An 11-mile day trek over the top of Mount Stevia, a climb of 5,153 feet, involved a long scramble up a steep scree slope followed by a precarious series of wooden stairs. A climb to the top of Falzarego Pass was part of the journey to Lagazuoi Refugio, where it was warm enough (with a jacket) to sit on the patio and enjoy the view.



David Ritchie atop Mount Sasso Piatto, 9700 feet of broken rock and scree.

The trip ended with a day and a half in Venice. Highlights were a visit to the Peggy Guggenheim Museum and a performance of *The Four Seasons* in a 15th Century church with splendid acoustics. David states that it was a great adventure, and now he is glad to be back at home.

### Who Am I?

I'm every second a birth and a death,  
finished and unfinished  
like leaves in a season.

I am an aging bud at a budding age forever.  
Starting young, I discover myself through time –  
an interpretation by you and me and everyone  
like artistic renditions of an ocean or song.

I am dress rehearsals –  
gladness and sorrow, resentment and loving,  
twins changing clothes daily.  
I am both predator and prey in order to be lifegiving.

Who am I?

A transformation, sometimes as we speak,  
obedient to the sacred when wise enough  
to be who I am as a journeyman,  
often in concealment, yet wishing to be found.

by Sandra W. Felkenes



Following an energizing session of pool volleyball, players enjoy relaxing in the hot tub. Pool monitor Chad Biasi provides cups of water. The empty cups float around the ripples, providing additional enjoyment. From lower left: Candace Bradley, Pam Brown, Sandie Helmick, Marcia Shaw, Ted Liljeholm, and Wayne Potter.

Photo by Chad Biasi

## Announcements

### Recycle Styrofoam and corrugated cardboard

by Warren Ford, Green Team

Willamette View, Inc., recycles Styrofoam and corrugated cardboard. Clean Styrofoam blocks with all tape removed and Styrofoam peanuts in bags can be left in the recycling rooms, except in the Manor, where it should be left in the room opposite the loading dock near the Maintenance office. All other Styrofoam belongs in garbage. Corrugated cardboard should be broken down into flat pieces. Small amounts can be taken to the large bins on the Manor loading dock near the Maintenance entrance. Please avoid 8 a.m. to 4 p.m. weekdays. For large amounts call the Maintenance office (6678) to request pickup from your apartment. All other cardboard belongs in mixed recycling if clean or in garbage if contaminated with food.

**Reduce, Reuse, Recycle**

### New Comcast Xfinity Remote for X1 demonstration Wednesday, Nov. 8 1:30 – 2:30 p.m. Court Family Room 2nd Floor

This new remote unit is white with larger buttons – good for those of us with vision impairment or physical challenges. Harry Konsa will show on-screen how easy these units are to set up and will demonstrate their versatility. He will have a limited supply with him for attendees to take home, free of charge.

by Sandra Gerling  
Vision Resources Committee

**Briefings** now occurs the fourth Monday of the month from 11 a.m. to 12 p.m. The next meeting is November 27. There will be no December meeting.

### In Memoriam September 16 – October 19

Pat Fisher  
Jan Philips  
Elsie Rie

**Correction:** In the October issue, page 10, several words were missing in **Caroline Barns'** article. The last sentence of column 2 should read: "Caroline's interests include genealogy, travel, planning and organizing events, reading historical fiction, and **writing her memoir.**"

### New Residents — Apartment Move-Ins

September 16 – October 19

		To	Phone
Pamela and Stan Birch	New residents	703C	6396
Joseph Diven and Mary White	" "	1566RR	7078
Joyce and Howard Jaffe	" "	202NP	6351
Theodore and Elaine Molskness	" "	501B	7073

### Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	Nov. 6	TED Talks, 2:30 p.m.
Monday	Nov. 13	Oregon Historical Society Presentation: <b>Oregon's First Peoples</b> , 2 p.m.
Wednesday	Nov. 15	John Nilson piano performance, 2:30 p.m.
Monday	Nov. 20	Ellen Whyte & Sonny Hess vocal/guitar performance, 2 p.m.
Wednesday	Nov. 22	Ali Boyce vocal/guitar performance, 2:30 pm.
Monday	Nov. 27	Oregon Historical Society Presentation: <b>Oregon History: A Step Back in Time</b> , 2 p.m.
Wednesday	Nov. 29	Louis "King Louie" Pain piano performance, 2:30 p.m.

## Rear Window by Frank Starr

### Water

*Water, water everywhere, and not a drop to drink. – Samuel Taylor Coleridge*

More than 70 percent of Earth's surface is covered with salty, non-potable seas and oceans, leaving the *Ancient Mariner* not a drop to drink. Sea water makes up 96.5 percent of Earth's water; glaciers and ground water each contribute 1.7 percent, leaving only a tiny bit of water vapor and rain to fill out the balance. Water is constantly moving through the water cycle of evaporation, transpiration, condensation, precipitation, and runoff. The vast majority of runoff goes directly to the seas.

As you learned in high school chemistry, water (H<sub>2</sub>O) is a molecule consisting of two atoms of hydrogen and one atom of oxygen. Water is tasteless, odorless, transparent, and nearly colorless. It freezes, or melts, at 0 degrees Celsius (32 degrees Fahrenheit) and boils, or condenses, at 100 degrees C (212 degrees F). It exists on Earth as a solid as snow and ice, liquid as water, and gas in Earth's atmosphere. Liquid water is vital to all forms of life. Water makes Earth the only place that we know of where life exists.



Temperatures on Earth permit water to be liquid – a requirement of life. Plants, animals, fungi, protists, and bacteria – all require liquid water. Of course, humans consume the vast majority of fresh water; 70 percent of what we use goes to irrigating agricultural fields and a large percentage is used in manufacturing our stuff, and in cooling the steam used in creating hydrocarbon and atomic-created electricity. We use water to take a bath, flush toilets, wash hands, do laundry, and we drink a bit. Most of the eight billion people living on Earth don't have enough fresh water to live as Americans and Europeans do. They depend on rain and runoff for their daily needs.

Looking out my rear window, I watch the Willamette River flow by and wonder how it can keep running. This past summer was record-breaking for heat and dryness and still the crick flows. Fortunately, last winter the Cascade Mountains accumulated a good amount of snow. That snow has gradually melted and kept the Willamette River running. I wondered how much water was flowing by and found it depends on when you check the flow. River flows are measured as cubic feet per second (cfs). A cubic foot of water equals 7.5 gallons. Summer flows in the Willamette are around 8,200 cfs; winter flows average 79,000 cfs – 20 September's flow was only 2,700 cfs.

Much of the water the world depends upon comes from melting ice that collected during the ice age. The world is warming; snow and ice accumulations are melting and diminishing. High mountains, such as the Andes and Himalayas, have retained glaciers that accumulated thousands of years ago. Those gradually melting glaciers have supplied rivers flowing from them with the water depended upon by plants, animals, and humans for life.



Southern Chile and Argentina depend on rain and melting glaciers high in the Andes for their water. The Tibetan section of China, eastern India, and all of Bangladesh depend on melting glaciers in the Himalayas for water. Earth's climate is warming, and the high mountain glaciers are melting with no future accumulation of snow and ice to be counted on. One has to wonder: What will people do and where will they go when rivers run dry? Migrants today are looking for a better life. Soon millions of migrants will be looking for a life-sustaining drink of water.

Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
Briefings	Fourth Tuesday	11 a.m.	Terrace Aud..	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Manor Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Don Borjesson	6643
Chorus	Thursday	1 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10 a.m.	Zoom	Helen Spector	7034
Duplicate Bridge	Monday	6:15 p.m.	Plaza Sunroom	Ron Gustafson	2715
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	7277
Gentle Yoga with Charlie	Monday, Wed., Friday	10:45 a.m.	Plaza Sunroom	David Kohnstamm	6727
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Gary Smith	925-872-0969
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
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	Friday	1:30 p.m.	Heron Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Living with Diabetes Group	Third Monday	3 p.m.	Heron Lounge	Stephen Ott	6771
Living with Pre-Diabetes Group	Third Monday	2 p.m.	Heron Lounge	Stephen Ott	6771
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Sandra Gerling	6515
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Pam Brown	6623
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
	First & third Tuesday	3 p.m.	Terrace Aud.	Barbara Limandri	2751
Mix & Mingle Bridge	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Movies — Documentary Film	First Thursday	6:30 p.m.	BH Auditorium	Kay Kuramoto	2727
International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Marilyn Feldhaus	7238
Pickleball	Sun., Tues., Thurs.	9 a.m.	Sport Court	Gary Smith	925-872-0960
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pool Volleyball	Monday, Wed.	10 a.m.	Pool	Candace Bradley	7201
	Friday	11 a.m.	Pool	Candace Bradley	7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud..	Jerry Smith	6502
Public Affairs Program	Third Thursday	7 p.m.	BH Auditorium	Wayne Potter	6623
Q&A by Craig and Kim	Last Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Intermediate Class	Tuesday	11:30 a.m.	Multipurpose Rm.	Cindy Mahlau	6348
Recorder Consort	Tuesday	12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Ann Glaze	6559
Retired Clergy Group	Fourth Thursday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	925-872-0969
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

Keep information current; send changes to [mhsoco@gmail.com](mailto:mhsoco@gmail.com).