



## New WV Facilities Director Brings Experience and Expertise

Story and photo by Sherry Johnston

**Mitch Arjavac** knows how to create and maintain a large property. His resume lists owning his own construction company, opening hotels, and doing regional work for the Hilton and Marriott brands. Because of his experience, he's comfortable with using a critical eye, looking at all the options, and juggling the shuffle of time, cost, and outcome. His energy and immediate connection can't be missed, whether it be with staff, residents, or vendors. His natural love of people shows in how he responds to requests and complaints.

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## Why Journalism Matters Right Now

OPB President/CEO will bring her vision for public broadcasting to Willamette View on October 16 in the Blue Heron Auditorium. *Story on page 13.*



President and CEO of Oregon Public Broadcasting Rachel Smolkin

## From the Resident Council

*by Donna Moores, RC Vice Chair*

### Resident Council Elections – How does this all work?

The Resident Council is the elected body serving and representing residents at Willamette View. It has general supervision and control of the business and activities of the Resident Association, which includes all WV residents. The Council consists of 15 members: five officers and ten councilors. The Vice Chair is elected for a three-year tenure: one year as Vice Chair, the next year as Chair, and the third year as Past Chair. All other officers and councilors serve a one-year term with the possibility of being reelected for a total of three years. How do they get elected? Read on ...

Twice a year the Council forms a **Nominating Committee** of five residents, including one who served on the previous Nominating Committee and one who previously served on the Council. This committee is responsible for getting word out to the community about the semiannual election and what positions need to be filled. Applications are posted on the website and bulletin boards. And they're off and running!

At the September Resident Council meeting, the fall Nominating Committee was approved. The members are **Kathy Blume, Mary Norman, Ann Phelps, Millie Rochester, and Bob Thomas**. They will consider all applications and reach out to recruit residents they see as a good fit for specific positions. The committee will select nominees to fill nine council positions with terms beginning January 1. Those positions are **Vice Chair, Treasurer, Assistant Treasurer, Secretary, and Councilors for Dining & Hospitality, Education, Hobbies & Special Interests, Performing Arts, and Spiritual Life**.

They also will select two nominees to serve a one-year term on the **Personnel Standing Committee**. Whoa! What's the difference between the Nominating Committee and the Personnel Committee? Good question!

The Nominating Committee is an *ad hoc* group with the limited responsibility of identifying a slate of nominees to present to the Resident Association for election. The Personnel Committee is a standing committee available throughout the year, ready to go into action to recruit a nominee if a position becomes vacant on the Resident Council or another standing committee. The Personnel Committee also annually brings to the Resident Council nominations for the editor of *Willamette Views*, the managers of the campus stores, and membership of the other standing committees (Art in Public Areas, Finance, Libraries, Resident Communications). When their work is complete, the Nominating Committee will present its slate of candidates to the Resident Council and publicize the names throughout our community. All residents will have the opportunity to vote on the candidates at our semiannual Resident Association Meeting, which will be held on Wednesday, **December 10**, in the Blue Heron Auditorium. Hope to see you all there. I'm sure terrific candidates will be presented for our vote.



Willamette View will celebrate Halloween with a festive party! Look forward to lots of wonderful costumes – for laughs, shudders, ooohhs, and wows! There will be a parade in the Neighborhoods, and later, a parade of all costumed residents in the Blue Heron Auditorium for the judges to appraise, along with some Halloween surprises. Get your costume ready, make dinner reservations, and stay tuned for more information in the Friday Notice.

*by Cathy Hall, Halloween Party Chair*

## Willamette Views

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by the 14th of the month  
or to 204BH.  
Articles may be edited.



## Willamette View Residents Enjoy the Benefit of Plants *by Fred Rauch*

Extensive research indicates that plants significantly benefit our health and well-being. A recent report shows that when a person has surgery, just viewing plants hastens recovery. A personal example: When I was growing up on the farm, if I was feeling stressed I would take a walk through the second-growth timber and feel much better. I am convinced that working with plants all my life contributed to my making it to age 94. In addition to early assigned chores in our garden, I was given complete management of the family's five acres of commercial strawberries as an early teenager.

Of course, living at Willamette View, we have many opportunities to get exposed to plants up close. This includes a garden or rose plot, River Walk, the raised garden beds in the Terrace, our campus in general and the walking path and roof garden in the Court. We are grateful for the outstanding job our grounds crew does.



*Raised garden beds in the Terrace building. Photo by MH Socolofsky*

## October Movies

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

### International film

Tuesday, **Oct. 14: *Haseen Dillruba*** (*Beautiful Beloved*). (Hindi language, 2021). Wife, girlfriend, or murderer, this arranged marriage does not go well for Rani and Rishu, especially when handsome cousin Neel comes to town to lead a rafting trip. Taapsee Pannu and Vikrant Massey star with Harshvardhan Rane to complete the trio. Director: Vinil Mathew. *Discussion following.* **2 hrs 15 m. Mystery/Thriller.**

### Saturday night films

*Optional discussions will follow.*

**Oct. 4: *The Messenger*** (2009). After being injured in Iraq, Will Montgomery (Ben Foster) returns home to finish his tour in the military. He is assigned to the Army's Casualty Notification Service and teamed with Tony Stone (Woody Harrelson). This intense and thoughtful antiwar film follows Will as he comes to

terms with his own pain while dealing with the cold realities of his new mission. Olivia (Samantha Morton) provides hope and a gentle romance. Directed by Oren Moverman. **1 hr 52 m. Drama/Romance. Language/Sexual content. R**

**Oct. 11: *The Painted Veil*** (2006). A penetrating and subtle adaptation of Somerset Maugham's novel of a frustrated marriage in mainland China during the 1920s cholera epidemic. Actors Naomi Watts and Edward Norton portray the imperfect, complicated couple. Beautiful scenery, costumes, and a lush sound track add dimension to this journey of self-discovery. Diana Rigg joins the cast; John Curran directs. **2 hrs 5 m. Drama. Mature themes of adultery, betrayal, illness. PG-13**

**Oct. 18: *The Gods Must Be Crazy*** (1981). The happy tribal people in a

remote African desert are distressed when a Coca-Cola bottle falls from a plane. Tribal leader Xi decides to take the bottle back to the gods. His journey to the "end of the world" crosses paths with a bumbling scientist and a band of guerillas. Marius Weyers, Sandra Prinsloo, and N!xau Toma lead the cast, directed by Jamie Uys. **1 hr 48 m. Comedy. PG**

**Oct. 25: *Young Frankenstein*** (1974). This wonderfully silly spoof of the original *Frankenstein* stars comedy actors Mel Brooks, Gene Wilder, Peter Boyle, Cloris Leachman, Marty Feldman, and Madeline Kahn. Inheriting the infamous estate in Transylvania, grandson Dr. Frederick Frankenstein creates his own monster and mayhem. Directed by Mel Brooks; cowritten with Gene Wilder. Happy Halloween!

**1 hr 33 m. Comedy. PG**

## ✓ Check it out

by Donna Krasnow, Library Committee

### Happening in the Library

Our **Simple Pleasures** collection is five months old. We started with 75 titles and now have 105. It has been well received. The first few times a book is checked out, we include a review sheet for the reader to complete: *How did the reader enjoy the book? Did it meet the collection criteria?* We read each review. Most have received a rating of 4 or 5 out of 5. A few did not and we removed those books.

So why has it taken five months to add 30 titles? It's not as easy as it might seem. The books we select must fit the criteria that address the needs of our aging brains. Research shows that as we age, novels become tricky to handle. They may have too many characters for us to keep straight (how many of us create lists of characters when reading a novel?), timelines that shift (sometimes decades or even centuries apart), and complex story lines. These are hard on our aging brains. Think of typical mysteries – authors purposely provide a host of possible suspects and throw in red herrings as well! What's a reader to do? Stop reading? No, no, no! In fact it's good for our brains to keep reading harder books, but you can also give your brain a rest now and then and read books from the Simple Pleasures collection.

But that's where the next problem arises – finding books that fit the criteria. This is why we need your help. Every time YOU read a novel, please consider whether it would fit our Simple Pleasures collection. Keep the three criteria in mind:

1. Few MAIN characters (five or so)
2. Linear timeline (no jumping around)
3. Relatively simple story – straightforward, not layered or complicated

If you think a book works, send Donna Krasnow ([donnakrasnow@gmail.com](mailto:donnakrasnow@gmail.com)) the title. We'll review it, and if it meets the criteria, we'll add it to the collection. Together we can make the collection grow more quickly for all of us to enjoy.

### E Reserves

Tired of filling out paper forms? You can now reserve WV library books on your computer. All you need is your email address. Let a Library Manager (Nancy Bouwsma, Sue Nichol, Ruth Yokoyama) or the Library Chair (LaJean Humphries) know and we'll show you how.

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

## New WV Facilities Director Brings Experience and Expertise Cont. from page 1

When I (Sherry Johnston) changed from purchasing cut flowers to potted plants for our Celebration of Life ceremonies, Mitch immediately welcomed the idea and assigned the gardeners to plant them on campus. No red tape or "I'll get back with you."

WV has just celebrated its 70th anniversary. That means some of our buildings will need repairing or upgrading to keep our home as lovely as it is. Mitch is on it. His experience with construction and project management provides all the ways and means to get the job done.

His goal is to encourage a beautifully functioning main-

tenance department that fills orders in a timely fashion. Part of that includes a team-building approach that recognizes good work with promotions and rewards for his staff. An employee who feels respected and appreciated while being held to high standards is more apt to stay.

Mitch is married and has four kids. He loves any outdoor activity, including paddle boarding, camping, and hiking. He travels when he can and will soon be going to Guatemala with a friend who is in the coffee business. He also volunteers for food banks and Habitat for Humanity.

**Welcome, Mitch, to our WV family.**



## Experience fun and interesting places with the Outings Committee

by Dale Harris, Outings Committee Chair

Would you like to share the experience of visiting local sites and having fun with fellow WV residents? Then the **Outings Committee** is for you. The mission of the Outings Committee is to plan and organize day trips for up to 50 Willamette View residents, often including lunch. The committee arranges visits to a wide variety of locations depending on the interests of residents. The committee will also provide assistance to any resident desiring to plan and lead an outing.

Recent outings include a cocktail cruise on the Portland Spirit, a visit to the newly remodeled Portland International Airport, and a visit to the Evergreen Aviation & Space Museum in McMinnville. We solicit suggestions from residents for places to go. Sometimes the committee is not able to plan and organize a suggested trip but will provide assistance to a noncommittee member who will plan and lead the event.

Upcoming events include a trip to see Portland's holiday lights and a Portland Pickles baseball game in the spring. The committee is always looking for new members who like to plan outings. Responsibilities include attending monthly committee meetings and organizing one outing during the year. To suggest a destination, learn more information, or to volunteer to be a member of the committee, call Dale Harris (6482) or email [harrisdale33@gmail.com](mailto:harrisdale33@gmail.com).



WV residents enjoy refreshments at the teahouse in the Lan Su Chinese Garden during an outing in September 2024. From left: Paul Bosshardt, David Kaye, Alan Ely, Elizabeth Olsen, and Sue Bosshardt.

## October Book Review will feature interview with local author

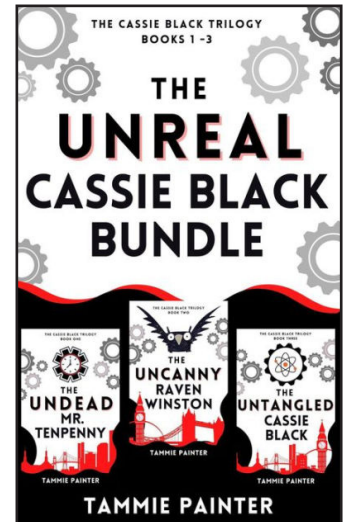
October 15 – 10 a.m.

Blue Heron Auditorium

by Sue Bosshardt, Book Review Chair

Jeanne Magmer discovered an intriguing author of historical fantasy mysteries, presented with a twist of humor. When Jeanne went to the library to ask if they had the next book in *The Cassie Black Trilogy*, she discovered that the author was local and the wife of the librarian! Jeanne went to Tammie Painter's website and contacted her. Tammie was willing to meet with Jeanne to discuss the possibility of coming to Willamette View for a book review. She was eager to meet more readers.

Jeanne will review the *Cassie Black* books she has read and then interview author Tammie Painter at the Book Review on Wednesday, **October 15**, at 10 a.m. in the Blue Heron Auditorium. You will be invited to ask Tammie questions after the interview.



Jeanne moved to Willamette View in 2003. She received a BS in Education and an MS in Journalism from the University of Oregon, an administrative certification from Portland State University, and accreditation from the American Public Relations Association. She enjoys politics, reading, swimming, travel and her grandchildren.

Left: Tammie Painter and Jeanne Magmer

## A Day in the Life of Janet Black *by Rob Pirie*

This month, like **Suzy Geraghty**, who was featured in the July/August issue, we have another cheery resident of the Manor, **Janet Black**. After a long career as a librarian in Hawaii and California, she moved into Willamette View in July 2021 at the height of COVID. Janet has not let the grass grow under her feet since entering WV. She teaches classes on how to use the Internet to navigate the Willamette View website and how to make use of the public library – particularly how to download books. Janet also works regularly in the WV libraries. Anyone who has ever worked in a library of any sort knows that calling it just “library work” is a gross undervaluation of that work. It includes acquisition, cataloging, transfers, check-ins, check-outs, sorting, shelving, and more. Janet continues to work in that same spirit.

On a beautiful Oregon Wednesday morning in late July, Janet rises herself about 7 a.m. and ponders breakfast. Deciding on healthy oatmeal balanced with unhealthy bacon, she dresses and peers out the window to determine the weather prospects for the day. She then prepares and eats breakfast while mentally reviewing her plans for the day. She completes a leisurely breakfast, and about 9:30, hops in her Lamborghini and heads to northeast Portland for her Pilates class. Janet deliberately arrives early and strolls around the neighborhood until about 10:30 a.m. The classmates schmooze

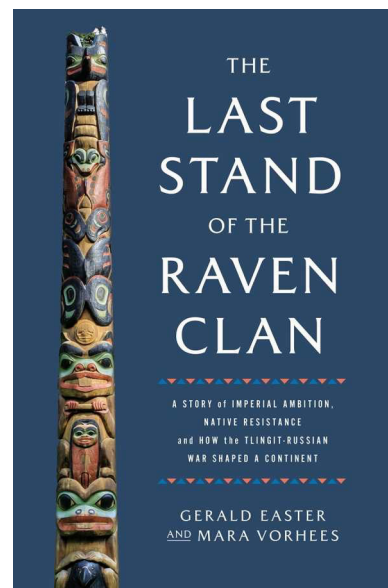


for a bit before starting the Pilates exercise routine itself.

Finally, after the walking, schmoozing, and talking, Janet heads back to WV for lunch.

She picks up the pace after lunch and dashes through the halls of the various campus buildings on her library rounds. She delivers books that have been put on reserve, picks up books to be returned, and, like a true librarian, makes sure everything is in its proper place. “Old librarians never die; they just get reshelved.”

After hustling around the campus on her rounds, Janet decides she needs a drink and goes to meet friends down at pFriem’s (the P is silent), the new pub in downtown Milwaukie. She returns home to prep her “How Do I” classes for the next day and chat on the phone with her sister about upcoming trips.



### Try This Title

*by Penny Fiske*

### *The Last Stand of the Raven Clan*

*by Gerald Easter and Mara Vorhees*

**Terrace Library 979.8 EAS  
Published 2024**

At the turn of the nineteenth century, Russia was a rising power in the Pacific Northwest. When Russia went to war in America, the fate of a continent was at stake. It was neither the Old World rivals Spain and Britain nor the upstart United States that stopped Russian expansion.

*The Last Stand of the Raven Clan* is the true story of how the Indigenous Tlingit people of southeast Alaska thwarted Imperial Russia’s grand plan of conquest in North America. Leading the charge was the young war chief K’alyáan, a hero as fierce and courageous as Crazy Horse or Geronimo.

The Tlingit stand against Russian colonization – during the Battle of Sitka and beyond – was arguably the most successful Indigenous resistance against European imperialism in North America.





## First Aid

If you've lived beyond a certain age,  
And dealt with normal issues,  
You'll find you have a first aid kit  
Around your facial tissues.

You likely have a box of these  
Near every bathroom sink,  
And in the cabinet above  
Is more than you would think.

Band-Aids – a variety,  
And antiseptic ointments,  
Pain relievers, antacids,  
And also disappointments.

A salve that was intended to  
Resolve an itching problem,  
Ear cleaners that didn't do  
The thing for which you got them.

A box up in the closet holds  
Your slings and splints and braces,  
The evidence you're getting old –  
You won't win any races.

Except, of course, endurance –  
You won't give up just yet.  
Those eyes up in that mirror  
Want to see how far you'll get.

*Roger Rochester*



*Wolftone ensemble with  
historically accurate musical instruments  
from the 16th century*

## Milestones to bring the sounds of the 60s to Willamette View

*by Larry Deckel, MusicWorks*

Dust off your love beads. Polish up your peace signs. On Tuesday, **October 21**, at 7 pm, **MusicWorks** presents **Milestones** and their musical tribute to the flower power generation. They've entertained us in the past with their tributes to Burt Bacharach and the Carpenters, and now arrive with an all-new set of songs from the fab 60s. Featuring the vocal harmonies of Barbara Ayers, Julie Hoodenpyl, and Dirk Foley, with Craig Bidondo (piano), Dennis Caiazza (Bass) and Tim Paxton (drums), you can expect the British Invasion to arrive in style with the Beatles and Petula Clark, as well as the American sounds of Neil Diamond, Chicago, and more. Join us in the Blue Heron Auditorium for **The 60s - Part I**. *It's gonna be groovy!* Supported by the BHF



## Wolftone will bring historical musical instruments for October concert

*by Ginny Seabrook, Music Committee*

The **Music Committee** will welcome a new ensemble to Willamette View at 7 p.m. in the Blue Heron Auditorium on Friday, **October 17**. **Wolftone** is a Portland-based group that performs music from the 16th to 18th centuries on historically accurate instruments. The viol, also referred to as the *viola da gamba* in Italian, is a six- or seven-string bowed instrument similar to the cello but with a neck fretted like a guitar. In Italian, *viola da gamba* literally means *leg fiddle*. Some viols resemble cellos, but the two families are quite distinct. Appearing first in Spain and Italy in the fifteenth century, the viol rose to popularity in the Renaissance and Baroque eras, especially among amateur players who would often perform *consort music*, or music from multiple viols. Viols became rarer during the 19th century before their triumphant revival in the early 20th century, when they were enthusiastically embraced by amateur and professional musicians alike. In our upcoming concert called **Triumphal!**, Wolftone presents music from England, Italy, France, Spain, and the Netherlands, exploring the depth of music for the viol consort from before 1700. Mark your calendars so you can welcome these exceptional musicians and hear their unusual instruments. The Music Committee appreciates residents' generous donations and the support of the Blue Heron Foundation, that makes our concerts possible.

## Curating Art for a Willamette View Hallway – APA's Process

*by Wyma Rogers, Art in Public Areas Chair*

Curating art for a hallway involves many thoughtful steps – from understanding the space to acquiring and displaying appealing, meaningful pieces. Here's how we do it.

### 1. We study the space.

Every project begins with a close look at the area to be curated.

When we were asked to bring art to the renovated Neighborhoods, we toured the building with staff from Property Development and the Health Center. We reviewed renovation plans and walked through the building ourselves – entering from both the Terrace and the front door – to see how people naturally move through the space and where their eyes are drawn. This helped us understand how art could best enhance the environment.

### 2. We review our collection.

Before selecting new pieces, we start by reviewing the art we already own.

Our digital catalog makes this easy – it includes photographs and information for each piece, allowing us to group and plan collections online. Before we had this system, we had to physically move pieces from storage to lay them out in a large room.

When curating, we look for pieces that work together – pairing similar colors or themes, or intentionally mixing styles for contrast. For example, we might place a bold black-and-white photograph next to an abstract painting. The goal is always to create a visually engaging experience for anyone walking down the hallway.

### 3. We prepare for curation.

While some team members focus on selecting and grouping artwork, others handle key behind-the-scenes tasks:

- Adding new art to the digital catalog
- Searching for local art sales and affordable finds
- Writing interpretative notes to accompany a piece
- Most of the art we purchase comes unframed. A dedicated volunteer helps with the meticulous task of framing. Volunteers also photograph the art for our catalog.



*Elizabeth Olsen, Ann Phelps, Evelyn Hicks, and Bonnie Keller of APA select a painting by artist Lindsey Fox.*

### 4. We acquire new art

We often need to supplement our collection with new pieces. To do this, our seven-member committee votes on potential purchases – each one requires at least four affirmative votes.

When selecting new art, we look for broad appeal. We focus mostly on modern styles but include classic works as well. We aim for variety – balancing joyful, vibrant pieces with quieter, contemplative ones that reward closer attention. We also vary the size, shape, color, and medium of each piece to keep the display dynamic.

This year alone, we've visited:

- 10 galleries
- 9 art shows
- 6 artist studios

Online, we explore galleries like Art.com to find quality art at reasonable prices.

Every new piece of art we buy is funded by a grant made possible by the generosity of donors to the Blue Heron Foundation.

Curating art for a hallway is both an art and a collaborative effort. The result is more than decoration – it's a thoughtful, evolving gallery that enhances the space and enriches the everyday experience of those who pass through.





## EMPLOYEE APPRECIATION FUNDRAISER STARTS NEXT MONTH

*by Seymour Phlyers & Ima Laffin*

Listen up folks, it's that time of year;  
When we get out our checkbooks and spread Christmas cheer.  
Yes, this is the time when we honor our staff;  
The themes are all different – and this year you'll laugh.  
Once there was Popeye and his big can of spinach;  
The money poured in and we had a great finish.  
Then there was Dorothy and her ruby red slippers;  
You donated again and we discovered big tippers!  
But who can forget Snoopy – so thoughtful and smart;  
You opened your pocketbooks and gave from the heart.  
The donations were generous – such a formidable task!  
How do we top that? – we all seemed to ask.  
So, for all of you newcomers and old-timers, too;  
Listen up carefully; here's what you do.  
When you go to the restaurants to eat, dine and sip;  
You eat – you get up – and you never leave a tip!!  
So, think of the servers, the chef and his crew;  
But don't forget maintenance and caregivers, too.  
There are housekeepers, gardeners and many great staff;  
And don't forget the staff who make us all laugh!  
We have 30 days starting November first;  
To get out your wallets, your checkbooks and purse.  
We're fortunate to live here – it's time to thank staff;  
It's happening next month – get ready to laugh!



*by Employee Appreciation Fundraiser Chairs Teresa and Fred Olson*

## 2025 EMPLOYEE APPRECIATION FUNDRAISER

Collection boxes will be available at all reception desks

Timeframe: November 1 – 30, 2025

**THIS YEAR'S GOAL: \$320,000**

## Save the Date & Spread the Word! 2025 Annual Resident Art & Craft Sale

**Friday, November 14 12 noon – 4 p.m.**

**Saturday, November 15 10 a.m. – 3 p.m.**

Join us as the **Blue Heron Auditorium** transforms into a vibrant marketplace showcasing a broad variety of exquisitely designed and hand-crafted items made by Willamette View residents – just in time for holiday shopping! Each year, the **Blue Heron Foundation** sponsors this exciting event to benefit the **Artworks Fund**, supporting artistic expression and nurturing creativity in our community.

### What's New This Year?

- 12 new and 21 returning creative residents are participating!
- The Book Nook – a new feature spotlighting published books by resident authors. Meet the authors, explore their work, and get your purchases autographed!
- Extended sale duration! The sale now includes Saturday hours to make it more convenient to our friends and neighbors.
- This year's sale is open to residents, staff, family, friends, and for the first time, the broader local community – including neighbors and residents from other CCRCs.

### Help us make this our best year yet!

Please watch for more information to share with your family and friends. We will have posters that you can share in your favorite local community gathering spots. For more information, please contact **Helen Spector** (7034) or **Leslie Hawkins** (6202).



## New residents enjoyed varied careers – from clinical psychology to



*Judy Widen*

**Judy Widen** and **Warren Bull** moved from Portland's Goose Hollow neighborhood into 1807 HH in late June. Judy lived in Kansas City, MO; Miami; and Seattle and Mount Vernon, WA. Warren has lived in Orange County and Fresno, CA; Lumberton, NC; Champaign, IL; Chapel Hill, NC; and Rock Island, IL.

Judy attended the University of Puget Sound and Washington State University, earning a BA; Portland State University, earning an MS; and the University of Washington for a PhD.

She summarizes her career as follows: "I began my career as an itinerant speech therapist in the rural schools of Whitman County, WA; earned my clinical audiology credentials at Portland State, and worked 'on the hill' before it was OHSU and in private practice in NW Portland. Upon completing my PhD at the U of W, I joined the Pediatrics faculty at the Mailman Center for Child Development at the University of Miami School of Medicine for seven years. At the University of Kansas Medical Center, I continued to focus on pe-



*Warren Bull*

diatric audiology through teaching and research, including several multi-center projects about hearing screening and assessment of infants and children."

Warren attended Knox College and the University of Illinois for a BA, the University of North Carolina for an MA, and Alliance University for a PhD.

He describes his career: "Immediately before and after graduate school, I worked on factory assembly lines, but with limited success, so it is good that I became a clinical psychologist. What started as a job became a calling at some point during my 30-year career. I worked in a number of places and always ended up working with people who had nowhere else to go to get services. For some years, if you walked into the waiting room and asked to see 'that white guy,' you were asking to see me. I was the only one on staff. I was bilingual in English and Spanish. My Spanish-speaking clients were very forgiving about my accent and lack of understanding of the multiple Spanish verb tenses. There are 16 distinct verb tenses; I cannot name them all."



*Kathy Church*

Judy's interests include walking, reading, nature, travel, and quilting. She participates in her church, Friends of the Library, and the Nature Conservancy.

Warren has published dozens of short stories and ten books. At age 65, he started taking singing lessons. Now he is learning to write songs, some of which get performed. He enjoys the challenge. They chose WV because of its well-established continuum of care and interesting residents.

**Kathy and Preston Church** moved from Seattle to 108PH on July 23. Kathy was born in Savannah, GA, and then lived in Greenville, SC, and Manchester and Portsmouth, NH. Preston was born and raised in Ohio. They met and married in Atlanta, GA, and then lived in Miller Bay, WA; Hayama, Japan; Bethesda, MD; Baton Rouge, LA; East Lansing, MI; Charleston, SC; and Seattle.

Kathy attended Clemson University and Eastern Kentucky University, earning a BS in psychology and MS in clinical psychology.



## delivering sailboats – and more

*Photos by Mike Lincicum*



*Preston Church*

Kathy's first job after obtaining her master's degree was as a crew member delivering new sailboats for Caribbean Sailing Yachts. She delivered new 44-foot sailing yachts to different ports in the Caribbean. Then she returned to the US to work in outpatient community mental health centers as a clinical psychologist. She became more interested in work systems and focused on high-engagement approaches to help people in organizations. She started a boutique consulting company, **Strategic Focus Associates**, in 1995, and her clients included large corporate organizations and the higher education sector.

Preston attended Emory University, earning a BS and MD. He served 9-plus years as a physician in the Navy, specializing in infectious diseases and research. Then he spent two years in private practice before a new career combining clinical practice education and research at Michigan State University and the Medical University of South Carolina. After retiring, he worked in research to develop vac-



*Diane DeMott*

cines for malaria and HIV.

Kathy has done pro-bono consulting with nonprofit organizations and was a board member of a green energy organization. Preston has been a medical volunteer for underserved persons in the US, Haiti, and Uganda. They enjoy kayaking, biking, hiking, rock climbing, and mountaineering. They have a new 23-foot Airstream trailer and are ready to explore Oregon. Their daughter will soon move to Portland as an OHSU faculty member.

**Diane and Andy DeMott** came from Spokane, WA, to 1805HH on July 18. Diane was born and raised in Astoria, OR, with extended family nearby. Andy has lived in New Haven, CT; Palo Alto; Colorado Springs; England; and Plymouth, MI. They both also lived in Washington, DC, and Poulsbo, WA.

Diane spent her junior year of high school on a Rotary Youth Exchange program in North Queensland, Australia. She attended City University of Seattle for a BS in accounting and earned her CPA at Washington State. Her career has been in accounting and



*Andy DeMott*

human resources. She worked for the Internal Revenue Service in Washington, DC, and Washington state. After retirement, she earned two certificates in gerontology from Portland Community College. Andy's family moved to England during his high school years, where he attended a year of school before transferring to an American boarding school in Rome for his final two years. He graduated from Colorado College with a political science degree, and earned a master's degree in electronics engineering from Oregon State University. He then worked for the US Navy in numerous capacities. When they lived in Washington, DC, he served as Military Legislative Assistant to Representative Norm Dicks. After moving to Spokane, he served on several nonprofit boards, including that on CCRC similar to Willamette View. Andy and Diane enjoy hiking, travel, and dancing, and Andy also likes to work on home improvement projects. They chose WV because of the many opportunities for involvement and growth on a beautiful campus.

## Manor Retrofits – Update #1

by Potter Herndon for the Sustainability and Resilience Advisory Group

Now 70 years old, Manor is on pace for 100, thanks to the **Retrofits Project**. Electrical, domestic hot and cold water, and HVAC upgrades planned for the next few years will enhance the Manor's sustainability and resilience.

The initial-phase work will feed new electrical power for future apartment features, such as washers and dryers, from the electrical room in the basement up through the 1st-floor E-wing bathroom and the E-wing storerooms on floors 2 through 7. The bathroom will be offline for a time. The project will upsize distribution wiring to reduce energy loss. Low-voltage power for future security and communication systems will be installed. The electrical room is currently being expanded for a new, larger transformer. Thank you, residents, for freeing up the space. The room will receive fresh air ventilation to extend the life of the

electrical equipment and increase its efficiency.

Does it seem like forever for your hot water to get hot as you watch that expensive water go down the drain? The project will fix the problem by increasing the flow in the building hot water recirculation loops. The laundry chutes will be repurposed to house larger piping for the hot and cold water to each floor. No more low cold water pressure once the new supply main is connected to the distribution piping on each floor in a later phase.

Open any window in the Manor, and you'll feel the building inhaling. That's because the interior pressure is negative – lower indoors than outside. Our plans are to correct the pressure balance. New building supply and exhaust systems will maintain near-neutral pressure while drawing in filtered outdoor air and expel-



ling stale indoor air. The brick chimney and dumbwaiter in the north C-wing stairway door areas will be demolished from the basement to the 8th floor, making room for new fresh air supply to the corridors in the basement and on floors 1 through 7. Besides improving indoor air quality, these upgrades will reduce air leakage, saving HVAC natural gas and electricity.

We look forward to seeing the next step of construction start soon.

## Good Days, Bad Days On Grief

by Peter Gibb

Grief is a bittersweet pill that shows up as loss and pain. The natural instinct is to fight it. Not a good idea. I have been in intimate connection with grief since my dear wife, Wendy, died on June 24. I am learning that grief can be healing, redemptive, even liberating. Grief is a teacher, a potential pathway to a richer, more meaningful life, a doorway to growth. Grief, I come to understand, is the long shadow of love. I would not be feeling grief but for the love I experienced in my 43 years of marriage to Wendy.

Our family held vigil for weeks. Years actually. Dementia is a slow, determined, nasty killer. I had time to practice my grief. But when the time came, I was unprepared. I wanted to pretend

she was still here. The more I fought my grief, the more it became the enemy. Grief is fierce, deep, dark, and foreboding. Instinctively, I knew I couldn't win the battle against this pain.

Things changed for me when I surrendered. I opened my heart, acknowledged the profound sense of loss, and gave myself permission to feel the pain. I wrote about it, talked about it, and let the tears flow. I wrote a song about a moment, two weeks before Wendy's death. Her eyes were closed, her breath slow and shallow. We sat together in eternal silence. Then she opened her eyes and looked deep into mine, down into my heart. Our love, one last time, a magical ribbon holding us together. She reached her hand, like a feather floating

on a warm wind, brushing across my face, softly, lovingly, beyond words, beyond time. Pure love.

I will never forget that moment.

Grief can rise from anywhere: an unfulfilled hope, a health challenge, financial loss, a grandchild's seeming lack of concern, existential angst. Loss is cold and hard. I grieve Wendy's loss. When I express my grief, I sense myself growing, becoming the broad expanse of life. I sail through memories, raising a family, helping each other grow, learning from our mistakes, falling, getting up and trying again. I cry regularly. Tears of grief. Of loss. Of love. Of life.

*Grief lights my path forward.  
I am grateful.*



## Upon This Blasted Heath

*By the pricking of my thumbs –Something wicked this way comes!*  
by Penny Greenwood

In this one-hour adaptation of **Macbeth**, you will be immersed in **The Scottish Play** from the perspective of Macbeth himself! Designed to fill the entire room, performers move all around the audience and through the aisles, bringing this classic Shakespeare story to life all around you. While this production does move around the audience and up the aisles, most scenes are performed on the stage.

Presented by Portland's **Speculative Drama and Misfit Academy** (501c3), Speculative Drama aims to reclaim the relevance of myths, fairy tales, and classical texts through immersive, live theatrical events. Their goal is to better reflect the diversity of the communities which we serve, and to show fellow people of marginalized identities that we, too, have a place in the classics. Through site-specific theatre, rich and immersive soundscapes, and an intimate setting, the actors explore the intersection of classic stories and unconventional storytelling – creating an atmosphere of inclusion and innovation while honoring and maintaining the original texts and source materials.

The performance is on Sunday, **November 9**, from 2 to 3 p.m. in the Blue Heron Auditorium, followed by a talk-back session with the artists and director. Sponsored by the **Student Theatre Performances Committee**, this is the second of two student productions being presented this fall. It will be preceded by another of the Lewis and Clark College Theatre Department's series on Sunday, **October 26**.

The Public Affairs Committee presents

## Why Journalism Matters

Right Now

Thursday, October 16

Blue Heron Auditorium

7 p.m.

Corporate CEOs are struggling because they are facing a confused economy. **Rachel Smolkin, President and CEO of Oregon Public Broadcasting**, was confronted with a five-million-dollar budget shortfall during her initial year serving as CEO. It could have meant loss of staff and programming. Despite that severe challenge, she has organized a highly successful fundraising effort – which works for the short term. Will she be able to move forward with plans that will allow residents of Oregon and Washington to experience public radio and television in newer ways by the end of this fiscal year? The success of OPB will, to a great part, depend on the skills and experience Rachel brings from her work as senior vice president of news for CNN Digital. She will present her vision for OPB, *Why Journalism Matters Right Now*, to Willamette View residents on **October 16** in the Blue Heron Auditorium. She will focus on the threats and opportunities in a perilous media moment. This program is sponsored by the Public Affairs Committee.

by Wayne Potter, Public Affairs Chair

## APA Spotlight by Julie Donaldson, Art in Public Areas Committee

The **Art in Public Areas Committee** of seven members procures art in a variety of ways, most often from a large art show such as the Southminster Art Show, Lake Oswego Art Festival, or NW Marine Art Works. A group of us might go to a particular gallery, which could be Blackfish Gallery, ReSale Art, or an artist's studio. On rare occasions, one of us might pop into an art gallery and see a piece that deserves a text or email to the group to get a *thumbs up* or *down* about a possible purchase. The price must be reasonable and the piece be one that will fit the WV collection. When APA member **Jody Everts** was in Helena, Montana, she walked into Sage Gallery and was attracted to a pastel of a goat with an attitude. That goat now hangs in a grouping in front of the White Oak Grill. The artist, **Ann Patterson Bishop**, completed her Fine Arts degree at Montana State University in Bozeman and now lives in Coeur d'Alene, Idaho. To learn more about her fascinating background, visit her website at [annpbishopart.com](http://annpbishopart.com).



## Announcements



Providence Bridge Stride participants at the top of the Fremont Bridge on August 10. From left: Jerry Smith, Elaine French, Bob Katz, Pamela Brown, and Wayne Potter. Photo by Paul Hanrahan

During October, paintings and instruments from local musician and artist **Randall Verner** will be on display in the Court Gallery. On **October 27**, in the Blue Heron Auditorium at 2 p.m., Randall will visit WV to discuss his path from musician to painter and present the award-winning documentary, **MusArt**, created by director **Kevin Hanzlik**. This is a 12-minute visual experience that arranges the paintings by their section in the orchestra – strings, woodwinds, bass, percussion, followed by vocalists, conductors, and composers. by Kristen Larsen, Artworks

### Update on the River Road cell phone tower nest of Ospreys near Park Avenue

2025 was another successful year for our osprey pair – the subjects of November and December 2024 columns of *Perspectives of the Natural World* – which last year were named Harriet and Ozzy Osprey. Each arrived to the nest within a few days in late March, and were seen mating and busily refurbishing the stick nest. That huge nest probably gained about a foot in height! Two chicks were seen in May, bobbing their weak necks to eat bits of fish from Harriet provided by Ozzie, and growing fast. They fledged but were later seen daily for several weeks on the nest, feeding even on live fish still flapping, as gaining the ability to catch their own fish takes time. They work on fishing techniques and fly to Mexico or farther south usually in September. The parents return independently, usually late in March.

by Wendy Aeschliman

### In Remembrance

Melba Dulcich  
Virginia Hudak

### Apartment Move-Ins

	to	phone
Suzanne and Steve Brown	1803HH	353-7155
Lisa and Phil Richards	1810HH	353-7158

### Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday	October 8	Kyle Lewis Piano and Vocal Performance	2 p.m.
Wednesday	October 15	Graham James Piano Performance	2 p.m.
Wednesday	October 22	Ellen Whyte & Sonny Hess	2 p.m.
		Guitar and Vocal Performance	



## Perspectives on the Natural World

by Wendy Aeschliman

### Super Insect Traps: The Big Brown Bats – *Eptesicus fuscus*

Last month was your introduction to the big brown bat, when you met two individual educational bats, **Gremlin** and **Bugbuster**. The big brown bat is one of 15 species of bats found in Oregon, all protected, they are widely distributed in the US, urban and rural, and commonly found inside buildings. At our house in the woods outside Forest Grove, we had many bats that gave us wonderful flying displays around the house and pond during summer evenings. We coexisted for nine years with bats in the attic (assuming these winter-hardy creatures stayed to hibernate, as we think they did). We had an old, rarely opened umbrella folded at the end of our deck that they used in the summers for roosting and also formed small maternity colonies inside – just a few moms that usually had only one pup each. Once, we opened the umbrella, unaware of its use by the bats; the mothers rapidly flew out and then each came back to retrieve her pup and take it elsewhere. From then on, we watched carefully for bat droppings, so we would know if they were there. Bat droppings look like mouse turds but disintegrate easily, as they are formed of dry insect parts! Mouse turds do not disintegrate easily. Of all North American species, the hardy big brown bat is the one most associated with humans, because of its year-round use of buildings. Mating is usually in the fall, and the mother stores the sperm until the spring. The newborn pup nurses, grows fast, and flies in about a month. Although highly beneficial, these are the bats most associated with public health problems,



because like most bats, they are prone to bite if disturbed. Rabies exists in many wild mammals, but bats commonly associated with buildings are more associated with human rabies than others. Never touch a wild bat you find on the ground or roosting. Incidentally, bats that roost in dry buildings are less affected by the deadly white nose fungus than those who live in humid caves.

Big browns eat beetles, moths, flies, flying ants, and others, including stink bugs. They fold up their nonfurred tail membrane to catch and hold insects for eating. They are able to eat their weight – up to  $\frac{3}{4}$  ounce – each night they hunt, assuming good weather. “Blind as a bat?” Their vision is as good as ours, but night hunting is helped immensely by their remarkable echolocation. They send out high frequency chirps, often ultrasonic, and use the returning echoes to form a mental image of their surroundings, including prey. Big browns have a wingspan of a little more than a foot, and are only four to five inches long, but are named “big” browns because they are larger than many other bat species.

Bats are among the least understood and most beneficial creatures in our environment. Predators include snakes, birds of prey, raccoons, and especially free-roaming or feral cats. Bat Conservation International has stated, “Cats prey on all types of bats throughout all types of habitats the world over. Basically, wherever there are bats and free-roaming cats, bats suffer. Cats and bats do not mix. Period.”

Activity	Day	Time	Location	Contact	Phone
Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10 a.m.	BH Auditorium	Sue Bosshardt	6823
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Monday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers Support Group	First and third Thursday	10:30 a.m.	Court Family Rm.	Shannon Widmer	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Deanna Sundstrom	6483
Children's Toy Room	Open daily		Court 2nd Floor	Candace Bradley	7201
Cognitive Support Group	Second/fourth Thursday	11 a.m.	Terrace Conf. Rm.	SylviaRandall	7222
Croquet	Wednesday	12 - 7 p.m.	Manor west lawn	Jerry Burger	6390
Drumming Circle	See Friday Notice		Terrace Aud.	Sherry Johnston	6410
Episcopalians and friends	Fourth Thursday	11 a.m.	Mt. Hood Sunroom	Carol Anne Brown	2706
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	503-421-7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge		
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	Wednesday	11 a.m.	Manor 3rd Floor Lounge	David Heath	7240
Language of the Heart	Thursday	10 a.m.	Heron Lounge	Joe Johnson	6309
Legacy Writers	Fourth Thursday	3 – 5 p.m.	Heron Lounge	Peter Gibb	6591
Line Dancing	Thursday	3:30 p.m.	Fitness Studio	Elaine French	6502
Low Vision Support Group	Second Wednesday	1:30 p.m.	Court Family Rm.	Jim Sawyer	2760
Mahjong	Monday	2 p.m.	Multipurpose Rm.	Donna Kling	7229
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
Movies — International Film	Second Tuesday	6:30 p.m.	BH Auditorium	Deanna Sundstrom	6483
Saturday Night Movie	Saturday	6:30 p.m.	BH Auditorium	Ellen Leff	6597
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pen Pal Program				Teri Bennett	6656
Pickleball	Sun., Tues., Thurs., Sat.	8:30 a.m.	Sport Court	Gary Smith	925-872-0969
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle – all levels welcome	Thursday	6 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed., Friday	10 a.m.	Pool	Candace Bradley	7201
Q&A by Craig	TBA	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Dotti Chidester	7062
Resident Council Meeting	Second Friday	10:30 a.m.	BH Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Tai Chi	Friday	9 a.m.	Fitness Studio	David Kohnstamm	6727
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	3 p.m.	Terrace Aud.	Jane Cadwallader	6455
Willing Weeders	Various days/times		WV Outdoor Campus	Donna Kling	7229
Wine Tasting	Second & fourth Tuesday	3:45 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	8 a.m.	Fitness Studio	Ann Rutz	6504
Yoga, Chair	Thursday	9:30 a.m.	Multipurpose Rm.	Ann Rutz	6504

See [wvresident.org/activities/activities-calendar](http://wvresident.org/activities/activities-calendar) for complete list.