

Willamette Views

A Publication of The Willamette View Residents Association



Volume 47, No. 9

October 2024

Diversity and Inclusion Group offers October excursions

The Diversity and Inclusion Group (DIG) offers two trips this month to honor **Indigenous Peoples Day**. This celebration began as a counter-celebration held on the same day that honors Christopher Columbus, to acknowledge the lasting harm the Indigenous tribes suffered from European colonization of the Americas.

On Sunday, **October 13**, Clackamas Community College will hold an

outdoor festival at the Environmental Learning Center to celebrate and honor Indigenous communities through food, music, and storytelling.

On Friday, **October 18**, a group from Willamette View will travel to the **Bush Barn Gallery** in Salem for the Indigenous Northwest Inaugural Biennial – a showcase of notable Indigenous artists from the region who are creating traditional and contemporary work, curated by Portland artist **Steph Littlebird**.

There will be WV bus service to both events.

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Indigenous Artist/Curator Steph Littlebird

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Behind the scenes in the Pantry

by Sherry Johnston



New Pantry leaders **Manager Caroline Barns** and **Assistant Manager Chris Gates** plan to keep the Pantry shopping experience convenient, helpful, and friendly. Some changes are streamlining the way products are ordered, delivered, and recorded.

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From the Resident Council Meet WVShares

by Pam Brown, Resident Council Vice Chair

Hear Today, Gone Tomorrow

Nearly half of those older than 75 – and that would be me – have difficulty hearing.

At the August Resident Council meeting, **Wellness Director David Kohnstamm** reported that Willamette View is now working with a different hearing aid specialist.

A different hearing aid specialist? I did not even know we had a previous hearing aid specialist, let alone a history of hearing aid help for residents like me.

I have had very little hearing in my right ear since acoustic neuroma (now called Schwannoma) surgery when I was 40. My hearing aids don't amplify; they transfer the sound from my nonhearing ear to my other ear, and then I can hear you.

So I surveyed other residents, and over half of these residents I talked with did not know there is a hearing aid specialist available to residents, at no cost to us.

What does our hearing aid specialist do for us? For starters, they can clean our hearing aids and give hearing tests. The new specialist comes once a month, by appointment only, and works out of the Terrace Conference Room on the second floor of the Terrace. Contact **David Kohnstamm** (6727) or **Health and Wellness Coordinator Laela Echelberger** (6793) for assistance in making an appointment.

Whew! No more going off campus for maintenance of my hearing devices. Then I talked with **Linda Cadzow**, our new Resident Council Health Councilor. Her hearing experience comes via her husband who has a cochlear implant. A cochlear implant is a small electronic device that gives sense of sound to people who are deaf or hard of hearing. Cochlear adult implants held the largest share (64.2 percent) of the U.S. market in 2023. This is because of the rising prevalence of hearing loss in boomers. More than a third of all cases of hearing loss are attributed to noise, and baby boomers are the ones who are experiencing noise-induced hearing loss the most. Remember concerts when Billy Joel sang to us, "It's still rock 'n roll to me" ? Well, it's come back to haunt some boomers.

As you know, hearing loss can lead to social isolation, walking problems, falls, and dementia.

Though we have a strong Low Vision Resource Group at WV, we do not have a Hearing Resources Group. Sounds (get it?) like it's time to start one. If you would be interested, let **Linda Cadzow** (7090) know. We want residents of Willamette View to be as engaged as they would like to be, and hearing issues should not hold us back.



Don't be afraid of him! He's ready for the Halloween Party on Thursday, October 31. There will be a costume parade and prizes for the winners. Details to follow in the Friday Notice.

Notice

The November issue of the *Willamette Views* will be delivered on Friday, **November 8**, instead of November 1, due to a staff commitment.

Willamette Views

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Submit articles to
mhsoco@gmail.com
by the 17th of the month
or to 204BH.
Articles may be edited.

Willamette View creativity shines bright at LeadingAge Showcase

by David Kohnstamm, Wellness Director

Thirty-nine Willamette View residents participated in the state's 2024 **LeadingAge Ageless Art and Creative Writing Showcase and Contest**, with four residents recognized for their work. The showcase and awards event, entitled **Words Unleashed, Colors Unveiled**, was held on September 10 at the Keizer Community Center near Salem. See page 5 for details.

Willamette View residents receiving awards include **Linda Ferrar**, First Place, for her watercolor, *A Rose*; **Mabel Pool**, Second Place, for her poem, *Apple Orchard*; **Charlotte Cox**, First Place, for her short story, *Unnatural Love*; and **Peter Gibb**, Second Place,

for his short story, *Boys and Dolls*. Eight retirement communities in Oregon participated, with a total of 92 seniors contributing written and visual pieces for the event.

As we know, art, writing, and other creative pursuits are a huge part of our culture and community. The **Willamette View Wellness Department** is sponsoring our own showcase to share the amazing work from our residents who participated in this year's event. The Willamette View Ageless Art Showcase will be held at 2 p.m. on Tuesday, **October 1**, in the Blue Heron Auditorium. *Details on page 5*



October Movies

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

Donations gratefully accepted

Documentary film

Thursday, **Oct. 3: *Turn Every Page*** (2022). A profile about the remarkable fifty-year relationship of two literary legends, Robert Caro and longtime editor Robert Gottlieb, lovingly filmed by Gottlieb's daughter. **1 h 53 m.**

International film

Tuesday, **Oct. 8: *Other People's Children*** (French language, 2023). Rachael, a high school teacher with a full life, falls in love with Ali and his four-year-old daughter, Leila. The fairytale romance becomes complicated as the child's birth mother and the small misunderstandings inevitable in a relationship put constant pressure on the couple. Virginie Efira and Ai Ben Athia portray the lovers. Rebecca Zlotowski directs this rich and genuine film. **Drama/Comedy. Adult Themes/Language. 1 h 44 m.** Discussion following.

Saturday night films

Optional discussions will follow

Oct. 5: *Master and Commander: The Far Side of the World* (2003). A sea adventure pitting Captain Jack Aubrey (Russell Crowe) and his crew against a powerful French warship in a Napoleonic War. Based on the adventure series written by Patrick O'Brian and directed by Peter Weir. Costar Paul Bettany plays a ship surgeon, with Billy Boyd as the coxswain. Awards for Best Cinematography, Sound Editing, Direction, and Costume Design. **Adventure/War. Vivid Battle Scenes. 2 hr 19 m. PG-13**

Oct. 12: *Ray* (2004). Ray Charles, portrayed by Jamie Foxx, redefines soul music and inspires a generation. Blind from age seven, Ray struggles with drug addiction and infidelity during his stunning career. Kerry Washington plays his long-suffering wife. Oscar for

Best Actor and Best Sound. **Bio/Music. Drug Addiction/Sexuality. 2 hr 33 m. PG-13**

Oct. 19: *Thelma* (2024). A scam call answered by a strong-willed grandma turns the film into *Mission Impossible* for old folks. Actress June Squibb does her own stunts on an electric scooter. Richard Roundtree is her accomplice; Fred Hechinger is the grandson; Josh Margolin directs. **Comedy/Action. Dangerous Actions for Elders/Strong Language. 1 hr 37 m. PG-13**

Oct. 26: *Asteroid City* (2023). A visually quirky Wes Anderson film presented as a movie version of a play set in a 1950s desert town, where a group of young Junior Stargazers at a convention find that an extraterrestrial event disrupts their plans. Stars Jason Schwartzman, Scarlett Johansson, Adrien Brody, Tom Hanks. **Comedy/Drama. Nudity. 1 hr 45 m. PG-13**

Employee Appreciation Fund Drive *by Fred Olson*

November is coming up soon, so it is time to begin thinking about our annual Employee Appreciation Fund Drive.

For all residents, the fund drive is a chance to say thanks to our employees who work hard to make our lives safer, easier, and more comfortable. It gives us a chance to recognize all employees, including those who also work hard for us behind the scenes.

Here are just a few examples of the excellent service we receive from our employees:

- On almost every shift, security staff respond to five to ten help-button alerts.
- During an icy winter storm last January, staff responded to four pipe bursts over two days; this is in addition to keeping our sidewalks and roadways clear of ice and snow.
- On an average week, more than 100 requests for help with maintenance problems – like plugged toilets and water and heating system issues – are resolved.
- Our restaurants prepare up to 800 meals a day.
- The food and beverage staff and housekeeping staff work hard to make sure residents' needs are met every day.
- Health Center and Fitness/Wellness staff work diligently to make our lives healthier.
- Our front desk reception and administrative staff always make sure everyone is greeted and taken care of.

As residents, we are not allowed to tip employees for their service. But we can say a big **thank you** with the fund drive. With the exception of members of the leadership team, employees who have worked at least 40 hours since November 1, 2023, are eligible to share in the fund drive collections.

The number of hours an employee has worked, and the amount of money raised through our generosity, will determine how much each qualified employee receives. No distinction is made between hourly and salaried employees. The fund drive will start **November 1** and end **November 30**. Reminders of the drive will be posted in Friday Notices, on TV monitors, on Resident Council bulletin boards, and in elevator sleeves across the campus.

Beginning November 1, residents will find clearly marked collection boxes at the Manor, Terrace, and Health Center reception desks. Please make your checks payable to **WV Employee Appreciation**. **Elaine Toll** and **John Niemitz** will serve as money managers. All contributions are handled confidentially, and the total amount collected each week will be posted every Monday.

This year's goal for the fund drive has been set at **\$295,000**. Last year the goal was \$255,000, and residents generously contributed \$292,650. In 2022, the goal was \$250,000, and \$254,755.30 was raised. The Employee Appreciation committee is hopeful residents will once again contribute generously.

Checks will be handed out to staff at an **Employee Appreciation party** on Wednesday, **December 11**, at 2 p.m. in the Blue Heron Auditorium. Residents are invited to attend and can personally thank employees. The party is a festive event. The room is decked out with holiday decorations, and the food and beverage team does a wonderful job in providing colorful cookies and other holiday treats.

Many residents have said the party gives them a chance to see the faces of employees who work behind the scenes and to personally thank staff for all they do for us.

APA Spotlight

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

The APA recently curated a wall of art across from the White Oak Grill. One of my favorites is **Pop Goat**. It is a giclée print of an oil painting by **Corina St. Martin**. This imaginative American artist is known for her depiction of magical animals and fantasy figures, as well as for her use of bright, vivid colors. The artist says that she wants to spark a sense of fun. Her intent is to bring joy into the world through her art and storytelling. You can't help but smile when you see this painting!

by Ann Phelps, APA Committee

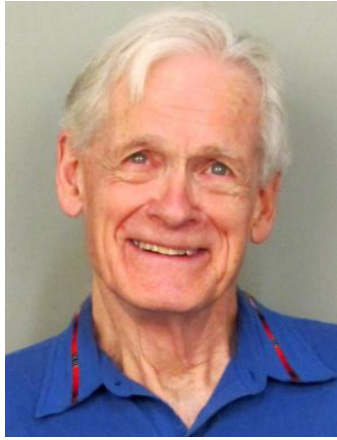
APA is supported by grants from the Blue Heron Foundation At Willamette View.



LeadingAge Oregon
 Congratulations to Willamette View artists, writers, and poets
 with entries in the Resident Writing & Art Showcase
 Readings by the writers on Tuesday, October 1



Charlotte Cox
 1st Place, Short Stories



Peter Gibb
 2nd Place, Short Stories



Mabel Pool
 2nd Place, Poetry



Linda Ferrar
 1st Place, Watercolor

Artists

- David August, *Untitled*
- Pam Birch, *Scraps on Point*
- Kita Boyum, *Weird*
- Linda Ferrar, *A Rose* **1st Place**
- Janet Friedman, *Woman in Blue*
- Herb Haglund, *Flowers*
- Elizabeth Knecht, *Sunflower*
- Bubbles Lincicum,
Recorder Cross Stitch
- Phil Mirkes, *Botswana Tiger*
- Bruce Purdy, *Summer in the Park*
- Nilda Rego, *Rolling Hills*
- Clare Rogers, *Childlike Joy in Nature*
- Grace Schmitz, *Untitled*
- Junpei Sekino, *Tepees*
- Ruth Stern, *Oval Dish*
- Mary Gayle Van Ingen,
Orange Thingy
- Coralie Van Horn, *Oregon*
- Sharon Walters, *Birds*
- Ann Warren, *Dark Woods*
- Marie Wilson, *Flowers*
- Marilyn Woods, *Outer Space*
- Diane Wright, *Dress-Up*

Short Stories

- Charlotte Cox, *Unnatural Love* **1st Place**
- Peter Gibb, *Boys and Dolls* **2nd Place**
- Dennis Gilliam,
Unplanned Obsolescence
- Joel Meresman, *Connie*
- Bibi Momsen,
To Be Chosen is the Best
- Donna Moores,
You're Never Too Old to Learn
- Deanna Sundstrom,
To a Missionary Friend
- Patricia Watne, *A Fight to the Top*


Poetry

- Linda Cadzow, *Yet. Still.*
- Bernard della Santina,
Seven Ages of Me
- Janet Friedman,
Lessons from My Father
- Sandra Felkenes,
The Human Condition
- Elizabeth Knecht,
Snippet of a Memory
- Mabel Pool,
Apple Orchard **2nd Place**
- Joline Shroyer, *Awakening*
- Kay Sweeney, *Bike Poem*
- Dorothea Zarosinski, *To Don*

SEPTEMBER 10, 2024
Keizer Community Center | 11 - 2:00pm

**WORDS
 UNLEASHED
 COLORS
 UNVEILED**

RESIDENT ART & WRITING
Showcase and Contest



Befriending Mortality: Perspectives on Dying, Death, and Grief

by Frankie Borison, *A Mortal*

Holly Pruet, well-known community death educator and life-cycle celebrant, is coming to Willamette View's Blue Heron Auditorium on **October 9** at 10 a.m. Holly brings people together to help prepare for, live with, and talk about death. Her philosophy is that embracing death is a healthy part of living.

Let's face it, we're all headed in the same direction, and that direction is through the exit door. How can we have honest conversations about dying and death in a community where death occurs frequently? How do we view death? What are our fears and concerns? How can we best prepare for our leaving, so that we are at peace when we must go? How can we best support others who are ahead of us in line to the exit door?

This conversation won't be about what forms need to be completed. It's about coming to an honest relationship

with the fact of our inevitable death. It's about exploring, and possibly expanding, our views of death.

Holly has years of experience as a teacher and consultant in all aspects of end-of-life matters. She co-created the noncommercial public information website, **Oregon Funeral Resources & Education**, founded PDX Death Café and the Death Talk Project, and facilitated Oregon Humanities' **Talking about Dying Conversation Program**. She has certification from the Association for Death Education and Counseling and two Proficiency Badges from the National End of Life Doula Alliance.

Bring your questions and concerns to this conversational presentation by Holly. She will share a range of perspectives for us to consider, along with questions for contemplation and resources for further information.



Residents, Family, and Staff are invited to attend. Her presentation will also be available on Zoom. For more information, contact Laela Echelberger, Health and Wellness Office (6793).

This program is supported by a grant from the Blue Heron Foundation At Willamette View.

Behind the scenes in the Pantry

Continued from page 1

Manager Caroline Barns and **Assistant Manager Chris Gates** are changing the way our products arrive at the Pantry. They have begun ordering products online from places such as Costco, Amazon, and Fred Meyer, among others. The companies will deliver the orders to Willamette View. Products such as cookies, cereal, detergent, and distilled water may or may not change brands but will be equal in quality to products currently sold. Proceeds of sales continue to support the Blue Heron Foundation fund for residents in financial need.

The new process is being put in place with the needs of our customers still paramount – just without the backbreaking work and time expended by former manager Jerry Hull, who did an outstanding job. This process is in an early stage, and it will take time to evaluate the results. Personal clerk assistance and deliveries for those who are unable to come to the Pantry are continuing. The Pantry leadership welcomes your thoughts and insight. The staff intends to preserve the spirit and service of our treasured little grocery store.



Marketplace clerk Tyler George enjoyed the August 2024 Burning Man event in Black Rock Desert, Nevada

About the November 5 Election

by Jeanne Magmer, Voter Information Committee

On **November 5** we're voting for President; 5th Congressional District representative: **Lori Chavez-DeRemer (R)**, **Janelle Bynam (D)**; and state and local offices. **Secretary of State**: next in line for governor, custodian of State Seal, oversees **audits** of state offices' financial condition, administers Municipal Audit Law. Is responsible for overseeing **elections**, publishing state Voters' Pamphlet, and investigating election law violations. Maintains all state and local government **public records**, registers corporations. Is State Lands Board member and chairs Oregon Sustainability Board. Candidates: **Dennis Linthicum (R)**, **Tobias Read (D)**. **Treasurer**: state's chief financial officer, responsible for managing billions of taxpayer and trust fund dollars, investing state funds, issuing state bonds, serving as central banker for state agencies, and administering 529 College Savings Network. Candidates: **Will Lathrop (R)**, **Dan Rayfield (D)**. **Attorney General**: administers Department of Justice, state's law firm representing and advising all state-elected and -appointed officials, agencies, boards, and commissions in legal matters; controls and supervises all court action in which state is a party or has an interest. Candidates: **Brian Boquist (R)**, **Elizabeth Steiner (D)**. **State Legislative candidates** are **Senate: Kathleen Taylor (D)**, unopposed; and **House: Mark Gamba (D)**, incumbent, **Elvis Clark (R)**. **Clackamas County Commission**: former Clackamas County Sheriff **Craig Roberts** is challenging incumbent **Tootie Smith** for Commission chair. **Melissa Fireside** is challenging incumbent **Mark Shull** for Position 5. Commissioners are responsible for the county budget that funds all county offices including sheriff, elections, assessor, coroner, surveyor, North Clackamas Parks and Recreation District, county libraries, and all other offices within County jurisdiction.

Five statewide ballot measures

Measure 115 would allow the legislature to impeach elected state executives. **Measure 116** would establish an Independent Public Service Compensation Commission to determine certain public officials' salaries. **Measure 117** would establish ranked-choice voting for federal and state offices. **Measure 118** would require Oregon to issue rebates to residents from surplus corporate tax revenue. **Measure 119** would require cannabis businesses to submit to Oregon's Liquor and Cannabis Commission signed labor peace agreements between the business and a labor organization with their licensure or renewal applications. **Clackamas Community College Bond Measure 3-613** would continue current tax rate for workforce training, repair college buildings, and create safer campuses.

Meet the Candidates

Oct. 7: State candidates, Blue Heron Auditorium, 6:30 p.m.

Oct. 8: 5th Congressional District Debate Watch Party, Terrace Aud., 7 p.m.

Oct. 9: County Commission, Ballot Measures, Blue Heron Aud., 6:30 p.m.

Try This Title

by Penny Fiske

An Unfinished Love Story: A Personal History of the 1960s

by Doris Kearns Goodwin – 2024

WINNER OF THE PULITZER PRIZE

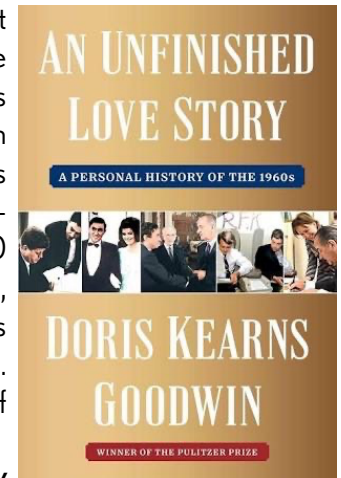
Manor Library B GOO

This was the last great adventure of the Goodwins (Dick Goodwin and Doris Kearns Goodwin), opening over 300 boxes of letters, diaries, documents and memorabilia ... a time capsule of the 1960s.

–Amazon review

One of America's most beloved historians artfully weaves together biography, memoir and history. She takes you along on the emotional journey she and her husband embarked upon in the last years of his life. Dick Goodwin was one of the brilliant young men of President John F. Kennedy's New Frontier. In his thirties, he both named and helped design President Lyndon B. Johnson's Great Society and was a speechwriter and close advisor to Senator Robert Kennedy. Doris Kearns was a 24-year-old graduate student when she was selected as a White House Fellow. She worked directly for Johnson and later assisted on his memoir.

Over the years, the Goodwins had argued over the achievements and failings of the leaders they served and observed. Their (debates) gave them both fresh assessments of the central figures of the time, especially Lyndon Johnson, who greatly impacted both their lives. The voyage of remembrance brought unexpected discoveries, and the renewal of old dreams, reviving the hope that the youth of today will carry forward this unfinished love story with America. –Book cover



The Court Roof Garden *by Fred Rauch*

One of the hidden jewels at Willamette View is the Court Roof Garden (Gloria's Garden). It all began when Gloria Biow moved from River Ridge to the Court. She was an active gardener and asked if she could have one potted tomato plant on the deck. At that time it contained a resident walking path and a gazebo with tables and chairs. But Gloria could not be stopped. Before you knew it she had a full collection of potted plants on the deck. When Gloria was no longer able to care for her plants, Chris Massey (director of facilities at the time) felt that this garden was of significant value to Willamette View and asked the Outdoor Campus Committee to take it on as a project. They agreed and found a resident volunteer to take charge and recruit other volunteers to assist with maintenance. The garden has an excellent view of the river and is a wonderful place to walk, have lunch, or read a book. The plantings are especially attractive this year, with **Hugh Ferrar** in charge. To find this gem, take the Court elevator to the fourth floor and exit through the door at the north end of the hall. Check it out.



Good Days, Bad Days The *Demure* Dilemma

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

For a change of pace this month, I present you with a deeply puzzling question: are you demure?

Before you too quickly demur, let me justify the question. We live in the age of TikTok, aka **Z**. According to recent credible reports, everyone on **Z** is trying to be *demure*, or not to be *demure*, before or after they have failed to decide what the word *demure* really means.

Full disclosure: I've never set foot, eye, or finger on TikTok. Never had any desire to sample this icon of modern culture. Until today, when credible reports hinted that many who spend time on **Z** are, in fact, very *demure*.

Other reports hint that **Z** itself is *undemure*, so users should not be allowed to cite their **Z** status as an indicator of *demurity*.

I became interested in this *demure* debate when I heard that the word *demure* is all the rage on **Z**, even though,

or perhaps because, no one knows what the word means. There are, so I'm told, as many definitions as there are **Z**-ers. That's a lot. I began to imagine, and invite you to join me in this, the existence of a word so flexible, that it will say whatever you wish it to say, a kind of verbal chameleon. Perhaps you don't even need to know what you want to say. *Demure* will say it for you, like your personal, pocket **AI**. *Demure* thus becomes, quite possibly, the ultimate freedom. The holy grail of expression. If you are *demure* enough to engage.

What a remarkable breed of freedom it would be if we were each free to pick our own *demure* definition. How democratic! How *demure*! Trying to appear thorough, I checked out a number of proposed *demure* definitions. One I liked defines *demure* as "**a statement of self-awareness and confidence**, being mindful and considerate of the people around you, but

also of yourself and how you present to the world." Such a definition gave me a new respect for **Z**, and/or the author of that definition, who, she or he, must be very *demure*, which brings me to a disturbing perspective on this whole discussion, namely, as some now assert, that *demurity* is actually an affectation, indicating that it is more *demure* not to be *demure*, or to be *undemure*, than to be *demure*.

Hmmm.

Somewhere embedded in this quest is a path to world peace. If we just begin by agreeing that we want a *demure* future, then climate change, the war in Gaza, and economic disparities will surely be resolved in one *demure* swell foop.

Demurists unite! Why didn't we think of this before?

I leave you in peace. Or *demure* confusion. The two may be more similar than you think.

WV Fitness Center

A WV Resident Activity *by Al Greenwood*

The **WV Fitness Center** offers a welcoming and inclusive environment where people of all ages and abilities can pursue their fitness goals. The center includes a cardio and strength room, fitness studio, pool, spa/hot tub, and massage room. The center provides a comprehensive range of services tailored to individual needs, starting with an initial fitness assessment. This personalized approach ensures that each member receives a customized plan that aligns with their unique goals and abilities. An orientation to equipment and offerings helps new members feel comfortable and confident as they embark on their fitness journey. Members also benefit from annual reassessments, which track progress and adjust fitness plans as needed, ensuring continued improvement and motivation. The center offers a variety of classes that cater to diverse interests and fitness levels, including dance, balance, aqua-aerobics, core fitness, and more. The classes are designed to be fun, engaging, and effective, encouraging members to stay active and committed to their health. For those seeking personalized guidance, one-on-one personal training sessions are available. These sessions are an excellent way to maximize results while minimizing time spent in the gym. With expert trainers who focus on individual needs, members can achieve their fitness goals more efficiently. Overall, the Fitness Center is dedicated to helping members of all ages and abilities improve their health and well-being through a supportive and well-rounded fitness experience. Contact **Tom Irving** at tomi@willametteview.org or call 6700, or **Julie Brundage** at julieb@willametteview.org or 6569, or stop by the center. If you are interested in swimming or have questions about the pool, contact Pool Services Coordinator **Chad Biasi** at chadb@willametteview.org or call 6762. If your organization wants to be included in this series about Willamette View activities, contact **Al Greenwood** at greenwood.al@gmail.com or 509-637-3042.

A Message from HR Director Kristi Earhart

Hello, Residents! Earlier this year, we introduced a new benefit program for employees called **Engen**, a program designed for those interested in learning English as a second language. We have been piloting this program with eight dedicated employees, who have collectively logged over 70 hours of study time and completed more than 178 sessions, all working diligently to improve their English proficiency. We are in the process of working with teams to see if we have additional interested employees. In our most recent employee referral contest, we received 31 referrals, from which we hired eight new team members. We have reduced our average open roles by nine, even with many of our students returning to school. We had three lucky winners in our employee referral drawing. **Donna**, Home Care, won a brand-new Blackstone grill. **Ava**, a server, took home a Yeti cooler, and **Damian**, a cook, won a picnic backpack set. Thank you to all our employees for their invaluable referrals! Thanks to these efforts, I'm happy to say that we have made significant progress in achieving our staffing goals.

Thank you, **Kristi**



Take Part Activities Fair
Blue Heron Auditorium
and Riverview
Tuesday, October 22
10 a.m. — 12 noon

Did you know that there are more than 100 activity groups listed on our website? They include game/card groups, fitness programs, interest groups, outdoor activities, program-centered groups such as the Library, Art in Public Areas, Green Team, Music, and Public Affairs. There are also groups that help maintain our gardens and grounds. All of them need participants, volunteers, and your leadership support in making this rich array of choices possible in the future. The Activities Fair will feature over 40 programs, events, and group gatherings where you can explore how you would like to spend your time – while making Willamette View and the larger community a better place to live.



New residents enjoy history, poetry, and the beauty of the Northwest



Millie Rochester

Millie and **Roger Rochester** are new residents of 305C, having moved from Vancouver, WA, on August 7. They had previous homes in Winnipeg, Manitoba; Clearwater, FL; Chicago; Cleveland; Salem, OR; Vernon, TX; Fayetteville, AR; and Venice, CA. Millie also lived in Sacramento.

Millie attended the University of the Pacific, California State University, The Northwest House of Theological Studies, and Meadville Lombard Theological School, where she earned a Masters of Divinity.

Millie lists her careers as a mom, director of religious education, interim minister, associate minister, and parish minister. She served Unitarian Universalist congregations in Cleveland, Chicago, the Tampa Bay area, and Winnipeg, before retiring from active ministry in 2015.

Roger attended California State University, earning a BA, UC Davis, and a few other schools. He spent his career as a claims representative for the Social Security Administration, which included supervisory, management, and



Roger Rochester

technical expertise assignments for 33 years.

Millie's interests include exploring libraries and churches, travel, admiring water and mountain views, and being with family – especially their children and grandchildren.

Roger has been a minister's spouse for 20 years, and an intermittent poet for 15 years. He has volunteered for almost every kind of church work. He enjoys writing, woodworking, gardening, computer programming, singing, contemplative inaction, and observing nature.

They have two sons, two daughters, and four grandchildren.

They chose Willamette View because it is a nonprofit organization, defined by its welcoming residents and staff, and its beautiful grounds. Roger adds that he came "because my wife told me to, and she was right!"

Nickie Augustine and **Tom Beck** moved into 202E on August 15. They came from their long-time home in Forest Grove, Oregon, and also had a condo in NW Portland.



Nickie Augustine

Nickie was born in Chillicothe, IL. She married at age 18 and gave birth to seven children in 13 years. In 1971, she read Betty Friedan's book, *The Feminine Mystique*, and it changed her life. As soon as the children were in school, she enrolled at Bradley University and graduated in 1983 with a BSN degree.

She worked in Peoria, IL, and soon was offered a nursing job at a St. Helens, Oregon, hospital. Eventually, she worked at three-month contract jobs that sounded interesting, including work in San Luis Obispo, CA, and Sitka, AK. She got a call to help in Kotzebue, inside the Arctic Circle. It was January, and it was dark and cold. She visited Nome to watch the mushers and dogs finish the Iditarod.

Tom was born in Los Angeles. He lived 13 years in Berkeley, 8 years in Albany, NY, and 10 years in Orange County, CA. He also lived in Paris and North Carolina.

He attended the University of California, Berkeley, earning a BA, MA, and PhD, all in history. He lived through the Free Speech days and Vietnam

Photos by Mike Lincicum



Tom Beck

protests in Berkeley. He taught history at the State University of New York in Albany, Chapman University in Chapel Hill, NC, and Orange Country, CA. He worked for the Chapman University president for several years, and then became Dean of the Faculty at Oregon's Pacific University. He published two books on early 19th Century French legislators and voters.

Nickie and Tom enjoy bicycling, and have participated in Cycle Oregon. She and Tom have toured in their Roadtrek motor home and have seen many national parks and visited children scattered around the country.

Tom is an avid gardener and cyclist. He switched from cycling to golf recently. He has chaired the Forest Grove Planning Commission and served on the Fernhill Wetlands Council.

Nickie has three sons, two daughters, 19 grandchildren, and three great-grandchildren. Tom has three sons, two daughters, and 9 grandchildren. They chose WV upon the advice of good friends, who helped them discover this wonderful place to live.

Quartetto Olla to Perform on October 25

by Ginny Seabrook Music Committee

Martin Sobelman, who plays soprano, alto, and bass clarinets, will bring his quartet of local musicians to the Blue Heron Auditorium on Friday, **October 25**, at 7 p.m. Martin conducts the Beaverton Community Band and is guest conductor of the Northwest Wind Symphony.



The quartet's name **Olla** refers to a terra cotta water vessel that, when buried in soil and filled with water, allows the roots of nearby plants to draw out the exact amount of water they need for a long and rich life. The quartet's **Olla** is a mixture of musical soil, water, and friendship that dates back many years. Martin Sobelman (clarinet) and **Debi Huddleston** (piano) coached and accompanied young musicians in Salem as they prepared for musical recitals and contests. **Jenny Gleason**, along with Martin and Debi, is an active chamber musician; the three perform with the Camerata Musical Series at the Salem Public Library Loucks Auditorium and have been part of the Into the Woods Chamber Music Workshop during summers in Estacada. The quartet is completed by **Sam Wheeler**, who has played French horn in chamber ensembles for 18 years and currently plays in the Hillside Symphony and the Beaverton Community Band.

The program will include Brahms's *Trio V* and Reinecke's *Sonata in B flat Major*. Come to Blue Heron Auditorium to welcome the **Quartetto Olla** on their return visit to Willamette View. The Music Committee is grateful for your donations and for the support of the Blue Heron Foundation.

Birch Pereira and the Gin Joints

Blue Heron Auditorium
Thursday, October 17 — 7 p.m.
by Lois King, MusicWorks

Birch Pereira and the Gin Joints is a popular Seattle-based band that performs extensively on the West Coast, with recurring gigs in New York City, Los Angeles, and New Orleans. Featuring front man Birch Pereira's "old soul" tenor voice and skilled bass playing, the Gin Joints offers captivating arrangements of well-crafted originals and well-chosen covers. The band features skilled and versatile musicians who share a love of the American song, traditions,



and the desire to offer fresh interpretations. **MusicWorks** sponsors this great concert.

✓ Check it out

by LaJean Humphries, Library Committee Chair

Changes

I grieve the passing of **Paul Fiske**. Paul referred to himself as the “Library factotum.” A factotum is generally referred to as a person having many diverse activities or responsibilities. According to Merriam Webster, it’s also a literal translation of the Latin phrase *factotum*: the phrase is usually glossed as “do all!” with the punctuation expressing the force behind the command. (Fac is an imperative form of *facere*, “to make, do,” and *tōtum* means “the whole, entirety.”) When it first appeared in English in the mid-16th century, *factotum* was frequently paired with other words in such phrases as *dominus/domine factotum* (“lord/lady” factotum), *magister factotum* (“master” factotum), and *Johannes factotum* (“John” factotum), all approximate synonyms of the slightly younger term jack-of-all-trades. While in the past, factotum could also be synonymous with meddler and busybody, the word today refers to a handy, versatile sort of person anyone in need of an assistant might hope for.



That was Paul – always willing to help, generous with his time and wide range of skills and knowledge, thoughtful, supportive, and kind. Paul studied engineering and spent his career in hardware support with IBM and VISA. After moving to Willamette View in 2010, he researched library systems and was instrumental in the purchase and implementation of ResourceMate, our integrated online library system.

The library committee will miss him sorely – along with his breadth and depth of knowledge. I will miss him more than words can say – he was a good friend as well as colleague.

Regardless of changes, life continues even as days grow shorter, nights become cooler. The library continues to evolve and grow.

Books have been moving, madly it sometimes seems, in the Manor branch. DVDs have moved downstairs to join the Movie Collection across from Book Boulevard. Mysteries have migrated to come after the Fiction collection. New Books, the biggest move yet, have moved to the South wall, where the Mysteries previously resided.

Look for a new display on the shelves across from Manor reception. Displays will change monthly; upcoming displays include “Found in the Stacks,” holiday themes, and much more. If you or your group would like to sponsor a special display, please see **Janet Black**, **Ruth Yokoyama**, or **LaJean Humphries**.

As we head into winter and mourn a friend, remember Cody Delistraty’s admonishment: “The ubiquity of loss is a reason to treat others with grace and understanding. It’s also a reason to slow down and look backward from time to time.”

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

Diversity and Inclusion Group offers October excursions Continued from page 1

Sunday, October 13

The WV bus for 14 residents will depart from the Manor for the **Environment Learning Center** at Clackamas Community College at 11 a.m. and return at 2 p.m. Sign-ups are available in the Manor lower Level on October 1. Event entry is free.

Friday, October 18

The WV bus will leave the Manor for **Bush Barn Gallery** in Salem at 11:30 a.m. and return at 4 p.m. Sign-ups begin on October 1. Event entry is free.

To quote Curator **Steph Littlebird**, “This exhibition demonstrates the immense depth of talent emanating from local Native communities that are often

overlooked. **Indigenous Northwest** celebrates the contributions of Native artists who carry ancestral knowledge and traditions forward while challenging viewers to expand their perceptions of what Indigenous art can be through various mediums and materials.”

by Helen Spector, DIG Committee

LET'S DINE OUT

Save the Date: Wednesday, October 23

Siri Indian Cuisine

1323 NW 23rd Avenue

www.siriindiancuisine.com

Here is a delightful noon lunch opportunity for 25 residents at Siri Indian Cuisine. The WV bus will leave the Manor lobby at 11:30 a.m. Bus cost of \$12 per person will be added to your WV bill after our trip. Sign-ups will be in the Manor lower level beginning Tuesday, **October 8**, at 10 a.m.

Table groups will be served preselected menu items with a couple of appetizers – chicken pakora and garlic naan, followed by four serving dishes, including shrimp goa curry, lamb karahi, saag paneer, and butter chicken. Of course there will be rice. Diners will serve themselves from the entree platters. The requested spice level is **mild**. We estimate the cost will be about \$25 per person for food, plus beverage and tip.

If you like Indian food, we hope you will join us.

by Elizabeth Olsen and Phil Mirkes, Let's Dine Out Committee

How can I help?

I never really understood the meaning of that question until after Benno passed away. Now I have truly felt its impact. The sale of Benno's artwork could not have happened without the dozens of kind people who helped me – **Donna Krasnow, Mary Norman, Helen Spector, Kathy Blume, Cathy Kirkland**, all the cashiers and dozens who helped stage the show and were right there to help take it down. Staff like **Allen** and **Brooke** and **Melissa, Loraine** and the **Blue Heron Foundation**, and also **APA** and **artworks**. Many, many others answered the call for helping. The result of the sale is **\$11,550**. Amazing. No **thank you** is big enough.

Gail Durham

Physics Fun and Facts About the World Around Us Chuck Buchanan, Presenter

Are you smart? Inquisitive? But don't like math?

This presentation is for you! Others are welcome, too.

This is not a technical physics presentation – it's a story about people – what they contributed to physics progress and how they interacted with each other. The focus is **Albert Einstein** – the right person, right place, right time – and the enormous advances in physics which he triggered. **Originally scheduled for October, this program will be presented soon — at a later date.**

Scam Corner

by Rob Pirie

Avoiding a Scam

Welcome to this month's **Scam Corner** column. This month, we're going to talk about how you can avoid being victimized by a scam or a scam artist before it occurs. Avoiding a scam in the first place is one of the most important steps you can take. It will allow you to avoid untold grief, serious financial losses, and other problems.

- 1. Don't give out personal/financial information.** Unless you know absolutely who you are communicating with (phone, email, text, etc.), don't share your information with anyone; not even little pieces like your address or age.
- 2. Resist any pressure to act immediately.**
- Legitimate business will give you time to make a decision. Anyone who pressures you for immediate payment or personal information is a scammer.
- 4. Block unwanted calls, emails, and text messages.** If you don't know how to block them, ask a trusted friend. Alternatively, use Google or another search engine to learn step-by-step how to block them.
- 5. Know how a scammer will want you to pay.** A scammer will want you pay with a gift card or a money transfer service or with a wire transfer. Never deposit a check and send money back to someone.
- 6. If you become suspicious, check the return address on the email, or check the area code on a text.** This is a bit technical, but in the case of an email, hover your cursor over the sender's name and it will show you the actual email address. If you don't recognize it, delete and block it. If it's a text from someone you don't recognize or remember, Google the area code; that will show you the area of the country where the text came from.
- 7. Talk to someone you trust.** This is probably the most important concept in this month's column. There are lots of Willamette View residents who are technically savvy and very willing. Don't feel stupid or embarrassed; ask for help!

Announcements

Trash that cannot be recycled

by Warren Ford, Green Team

At WV, we follow Clackamas County commercial recycling rules. Most residents are careful about mixed recycling, but some people continue to put trash that cannot be recycled into the recycling bins. Trash items most often found in mixed recycling include:

- Food. How would you recycle a banana peel or a cookie?
- Containers that have not been rinsed. Food, shampoo, and body lotion are garbage.
- Caps and lids of all containers.
- Containers that hold less than 6 oz., such as condiment cups and medicine vials.
- Paper towels, napkins, tissues.
- All take-out containers from food service: coated paper, coffee cups, clamshells.

See the Green Team brochure in the recycling rooms or resident website for details. ***When in doubt, throw it out!***

Save the Date! 2024 Resident Arts & Craft Sale Friday, November 15 9 a.m. – 4 p.m.

Arts and crafts created by the talented residents of Willamette View will be available for purchase. Note that 35 percent of the proceeds from this event go to support the **artworks** fund. This event is sponsored by the **Blue Heron Foundation At Willamette View** and **artworks**.

In Memoriam

Frank Chew

Paul Fiske

Tom Henderson

Henry Isbell

Great ShakeOut Earthquake Drills

Many of you will be hearing news of the annual International **Great ShakeOut Day** held on the third Thursday each October. This year, on Thursday, **October 17**, at 10:17 a.m., people all over the world will be encouraged to practice **DROP, COVER and HOLD ON**. This is the best overall response to reduce the risk of injury in most earthquake tremors. Your October SERV flyer will include options for persons with limited mobility. We encourage all residents to practice **Situational Awareness** to consider the safest way to shelter in various locations throughout their daily routines.

Stay Tuned ...

Tri-Met Field Trip to

**Powell's Books and
Tillicum Crossing Bridge
for lunch on October 16**

**Organized by the
Green Team
Details to come soon**

Apartment Moves

August 21 – September 20

	<i>From</i>	<i>To</i>	<i>Phone</i>
Larry Deckal/Becky Mayo	New Residents	1631RR	2751
James Hare/Cathy Kirkland	101E	202NP	6307
Rudy and Sue Henninger	New Residents	300N	7085

Life Enrichment invites residents to Terrace Auditorium programs

by Nate Lesiuk, Life Enrichment Manager

Wednesday	October 9	John Van Beek guitar and vocal performance, 1:30 p.m.
Wednesday	October 16	John Nilsen piano performance, 2:30 p.m.
Wednesday	October 23	Graham James piano performance, 2:30 p.m.
Monday	October 28	Ellen Whyte guitar and vocal performance, 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

OSPREY

also known as

Pandion haliaetus – OSPR

Part One

Our 4th floor North Pointe living room gained a new structure last summer – a tripod and scope through which we could view with one eye the intimacies of a pair of ospreys and their offspring, living in a huge stick nest about two blocks east of us. Its location is atop the Crown Castle cell phone tower seen from River Road, about 100 feet high. Named Ozzie and Harriet Osprey by resident Judy Ruminson and me, they have enchanted us. The nest has been occupied each year for several years. Nesting pairs generally mate for life. A pair will usually come year after year to the same nest; higher is more desirable. Since there is a new shortage of natural nest sites due to the cutting of trees with broken tops, where the birds can build and balance a large stick nest, conservation-oriented people have intervened, building suitable easy-access high platforms on poles, sometimes adding webcams for science education. The telecom tower was not purposely built for them, however. This is prime real estate, maintained by the owner, probably not to be cut down. We suspect it is Ozzie who often sits on the top of the Manor, chirping and protectively watching the nest and the skies. We have twice seen the pair dramatically erupt from their nest to chase off competitive ospreys.

Worldwide, ospreys live on six of the seven continents. Our Oregon ospreys breed statewide except in arid areas, needing nearby accessible fishing, as they are 99 percent obligate piscivores – the name derives from the Latin piscis (fish) and voro (to devour). Occasionally they will take other small prey. Ospreys survey the waters, spot a fish near the surface, rapidly dive with legs back, then plunge into the water talons first – sometimes actually submerging – to catch a fish. With strength and effort from their three-pound-or-so bodies – females may be 20 percent larger – they then flap upward carrying fish weighing up to two pounds, often orienting the fish head-first to lessen wind drag. The skin of their talons is bristly, helping to hold the slippery flapping fish; uniquely, a reversible outer talon helps.

Having left separate wintering areas in Mexico and Central America, the pair arrives here in late March or early April. The male arrives first, to take possession of their old nest. Later the female arrives, reuniting the pair; courtship involves dramatic sky dances with a fish in claws. Usually, two to three eggs are laid three days apart, and incubation is then started, mostly by the female, with the male sharing time, enabling her to fish and exercise. After close to 40 days of incubation, pipping occurs; hungry, downy nestlings arrive in the order of the laying of eggs. Parents carefully walk on curled talons to protect fragile eggs and chicks! The one who spent most time incubating eggs was the female. The male, Ozzie, provides fish for Harriet and the chicks. On June 10 we were thrilled to see up-and-down feeding motions, so we knew that was Harriet, feeding tiny bits of fish to the chick that hatched first. Both parents rearranged sticks in their spare time. See that bright blue baling twine hanging in the nest? Not good! (You will learn why in part 2.) The cell phone tower photo at the right shows Ozzie (R) and Harriet (L), with more brown on her chest.

To be continued next month ...



Bike Riding	Mon., Wed., Fri.	TBA		Warren Ford	6325
Book Review	Third Wednesday	10:30 a.m.	BH Auditorium	Sue Bosshardt	6823
Bridge – Duplicate	Monday	6:15 p.m.	Mt. Hood Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Briefings – current events	Fourth Tuesday	1 p.m.	Terrace Aud.	Bibi Momsen	6627
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court Rec. Rm.	Mark Troseth	7220
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Chorus	Thursday	12:30 p.m.	BH Auditorium	Anne Tracy	6530
Cognitive Support Group	Second/Fourth Thurs.	11 a.m.	Terrace Conf. Room	Linda Tofflemire	7355
Croquet	Wednesday	12 Noon until evening	Manor front lawn	Richard Ryan	6445
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
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
Grief Support Group	First/Third Thursday	2 p.m.	Manor 3rd Floor Lounge	Caroline Barns	6761
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
Hootenany	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Improv Games	First, third, fourth Wed.	10:30 a.m.	Court Family Rm.	Sally Giles	6634
	Second Wednesday	10:30 a.m.	Heron Lounge	“ “	
Interfaith Questers	Monday	2 p.m.	Court Family Rm.	Dale Nusom	6419
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
Living with Pre-Diabetes/Diabetes Grp.	Third Monday	2 p.m./3 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.	Sue Thomas	7054
Mindfulness Meditation	Sunday	4 p.m.	Terrace Aud.	Frankie Borison	7215
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
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	9 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	6:15 p.m.	Heron Lounge	Robert Donaldson	6743
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud.	Jerry Smith	6502
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
Q&A by Craig and Kim	Third Wednesday	3 p.m.	BH Auditorium	Susan Di Piazza	7351
Recorder Class/Consort	Tuesday	11:30 a.m./12:35 p.m.	Multipurpose Rm.	Cindy Mahlau	6348
Resident Council Meeting	Second Friday	9:30 a.m.	Terrace Aud., Zoom	Donna Moores	7097
Retired Clergy Group	Fourth Tuesday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	11 a.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Mt. Hood Sunroom	Jane Cadwallader	6455
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
Yoga, Chair	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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