

How collaboration in the delivery of technology at Willamette View highlights the importance of volunteers and creates new opportunities

by Resident Council Chair Doug Morgan and past Technology Councilor Earl Westfall

Over the past three years there has been a quiet transformation in the technology support services provided to WV residents that borders on the revolutionary. Residents have led the charge to transform technology from a set of resident-led activities that had marginal interface with the WV leadership team into an administration-led

set of activities fully dependent on the continued support of residents.

How did the transformation happen? Our community has long benefited from a high-functioning resident technology organization built by residents over a decade-long period. This organization continues to provide audiovisual and lighting support in the auditoriums for approximately 30 events per month. It built, maintains, and continues to develop a website designed for residents. Another technical group helps residents with their personal computers, peripherals, and some mobile devices. While the administration provided financial support for many of these efforts, there was minimal coordination or constructive interaction between the technology provided by Willamette View for its staff and the efforts of residents.

Three years ago, the resident technology workgroups met for a full-day retreat to consider whether changes needed to be made in their organization. The most important recommendation from that summer retreat was agreement to build collaboration with the Willamette View staff technology team. The administration embraced this proposal, and **CEO Craig Van Valkenberg** convened the first meeting of the Joint Technology Steering Committee in September 2021.

Fast forward to 2024. WV, Inc., has added the position of Director of Information Services. **Bret Pinnick** directs the technology efforts of the

corporation and provides leadership to support the ground-level service delivery by residents. Leadership includes the support of **Michele Lukowski, Harry Konsa, Vince Burns, and Bradford Denning.**

Why is this transformation important? Going forward, residents will continue to do the bulk of work on the ground, including managing AV coverage in the auditoriums and website development and maintenance. But now, the administration will provide some leadership, additional support when needed, and training for volunteers. Residents know they will get the training to be successful and have backup support when needed. Most importantly, the change sets an example of the transformative power of collaborative approaches. WV is well known for its culture of high resident engagement, but this unique strength depends on building collaboration between the Resident Council and the WV administration. In a report to Council in July 2024, **Kim Buchholz** documented that 25 percent of all resident activities have opportunities for this collaboration. We need to cherish and cultivate our high culture of engagement. **Technology Services needs 5 to 8 new volunteers to support the technology needs of residents.** If interested, contact **Bret Pinnick** at bretp@willametteview.org) or **Lloyd Taylor** at ltaylor@netelder.com. This article is based on a report to the Resident Council by Earl Westfall in July 2024.

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From the Resident Council Meet WVShares

Guest Article by Rikki Schoenthal, WVShares Steering Committee

Move over, Willamette View grapevine – **WVShares** is a new guy in town that's going to make resident-to-resident communication even more fun, useful, and effective! From the comfort of your home and with your – more or less – trusty computer, you can:

- ask if anyone has a copy of *War and Peace* or has a special tool to lend
- find someone to take those concert tickets for the performance you can't attend
- recommend a superb restaurant
- suggest starting a yodeling club
- alert everyone to a precious item you misplaced somewhere on campus.

WVShares is the name of the new website that a committee of residents launched in July to serve as an **online bulletin board** – adding to the array of communication tools Willamette View residents use to stay connected. WVShares is resident controlled and accessible exclusively to WV residents; no staff, administration, or family members can be members of WVShares. Messages and posts on WVShares are delivered to your personal email, but there are choices:

You can receive an email for every post,
you can instead receive a daily "digest"
or

You can simply access the site at your convenience
to check out what's been posted.

Everyone can post on the site, and everyone can reply. More than 100 residents have already joined, and there is an interesting variety of posts!

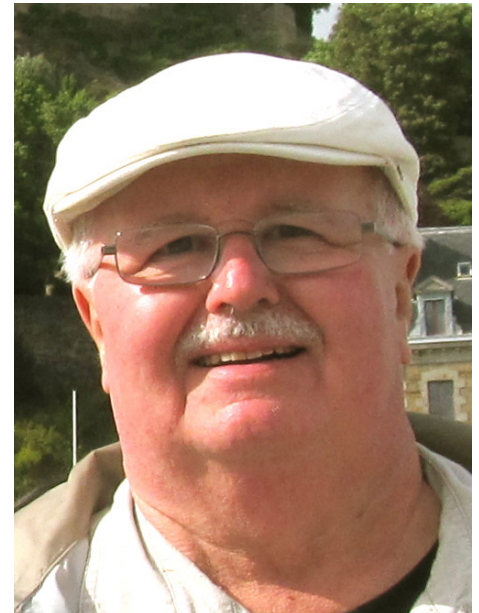
The six-person steering committee meets weekly to expand and refine how WVShares is used. The steering committee monitors content and engages in thoughtful, open discussion about policies and adherence to community guidelines.

To join WVShares:

Visit the resident website and make sure you are logged in.

On the home page, click *Resident Bulletin Board* (WVShares) in the *Living@WV* block.

Learn more on the WVShares page; then click *Register*.



Mike Lincicum was honored at the July 12 meeting of the Resident Council for his role as AV Committee Chair. His group is responsible for providing tech support for 25 – 30 events each month, working with presenters and performers. He takes photos of new residents, schedules events, finds solutions for tech issues, and works with the resident website. Mike thanked his dedicated volunteer team. **Pam Brown** presented him with a plate of homemade brownies.

Willamette Views

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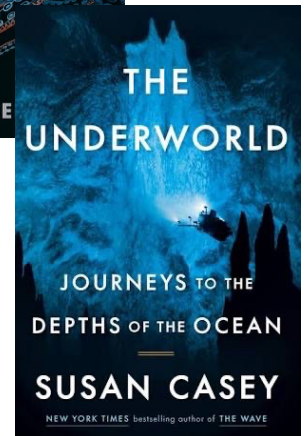
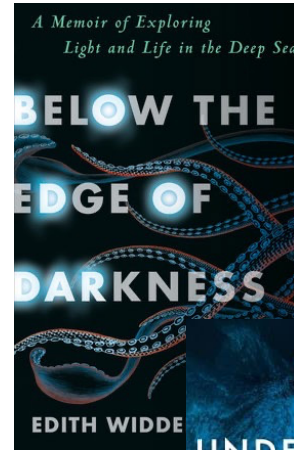
September Book Review explores biology of the deep sea

by Sue Bosshardt, Book Review Chair

Wednesday, September 18 –10:30 a.m. – Blue Heron Auditorium

Jim Marsh will share two books that offer perspectives on the biology and hydrography of the deep sea and a window into the astounding depth of understanding that has developed in the last 50 – 60 years, as well as the astounding depth of our continued ignorance. The authors introduce ongoing research and exploration in a historical context that is accessible and entertaining for the lay reader. The two books are *Below the Edge of Darkness: A Memoir of Exploring Light and Life in the Deep Sea*, by Dr. Edith Widder and *The Underworld: Journeys to the Depths of the Ocean*, by Susan Casey.

Jim moved to Willamette View in 2016 from Honolulu. He is Professor Emeritus of Marine Biology at the University of Guam, where he conducted research on coral reefs and taught courses in marine biology, oceanography, zoology, and environmental biology. In 1975 he was Assistant Chief Scientist on a research ship operated by the Scripps Institution of Oceanography, investigating the ocean's greatest depth – the Challenger Deep portion of the Mariana Trench, only 60 miles southwest of Guam.



September Movies

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

Donations gratefully accepted

Documentary film

Thursday, **Sept. 5:** *Sandra Day O'Connor: The First* tells the story of America's first female Supreme Court justice, who was the deciding vote in some of the 20th Century's most controversial issues. **1 hr 51 m.**

International film

Thursday, **Sept. 12:** *Anatomy of a Fall* (German language, 2023). A French courtroom drama exploring our notions of truth. Sandra Huller is accused of murdering her husband in an isolated French chalet. What follows is a psychological journey into a conflicted tale of man and wife. Acclaimed child actor Samuel Theis and Snoop, the border collie, add exceptional performances. Writer/directors Justine Triet and Arthur Harari won Oscars for Best Screenplay. **2 hr 33 m. Adult Themes/ Crime/Drama.** Discussion following. **R**

Saturday night films

Optional discussions will follow

Sept. 7: *Just Mercy* (2020). After graduating from Harvard Law School, Bryan Stevenson heads to Alabama to defend Walter McMillian, who is sentenced to die for the murder of an 18-year-old girl, despite evidence proving his innocence. Stevenson encounters racism and legal maneuvering as he tirelessly fights for McMillian's life. Michael B. Jordan and Jamie Foxx costar in this powerful true story.

2 hr 16 m. Drama. PG-13

Sept. 14: *Musica* (2024). Everything Rudy Mancuso hears turns into music and rhythm. While living at home in Newark, he learns to balance his unique creative talent with first love, family, and Brazilian culture. Mancuso directs and stars with his mother, Maria Mancuso, and Camila Mendes.

1 hr 31 m. Music/Drama. PG-13

Sept. 21: *Housewife, 49* (2005). This lovely English film is based on a WWII diary commissioned to record the lives of ordinary people. Nella Last defies her overprotective husband (David Threlfall) and blossoms in the local Women's Voluntary Service. Victoria Wood, author and star, captures a life full of emotional complexity in socially stratified England in the early part of the 20th century. **1 hr 35 m. Drama.** Not rated.

Sept. 28: *Hit Man* (2023). A deceptively dark thriller loaded with laughs as nerdy philosophy professor Gary Johnson moonlights as a hit man for the New Orleans police. Multiple layers of deception provide the perfect foil as upcoming actor Glen Powell falls in love with a sizzling client (Adria Arjona). Richard Linklater directs.

1 hr 55 m. Satire/Thriller. Sexual content/Language. R

Neighbor to Neighbor visits during Health Center construction

by Glenna Kruger, Neighbor to Neighbor Team Leader

The pandemic and ensuing months with the ever-changing regulations led to confusion and uncertainty about whether, when, or how to visit our friends in the Health Center. The complete remodeling of the Health Center building was a great motivator to restart our visits. We knew there would be interruptions in residents' lives for an extended period due to the extensive work both outside (siding and windows) and inside (heating/cooling systems, carpet, paint, furniture). If you ever lived through a remodel of your home, you know how stressful that process can be.

The concept was to create a group of independent residents who would work with staff and help residents deal with the disruptions and having to be out of their rooms for sometimes hours in a day. Council approved the formation of a workgroup to explore how we might organize such a group. We announced an information session and were gratified (and a bit overwhelmed) by the response. Once we had the actual sign-ups, we had just the right number, who then attended a special orientation with Health Center staff to ensure that we operated in a safe and legal manner.

We divided ourselves by neighborhood so two or three people focused on one neighborhood and could really get to know the people there. We began visiting before construction began so residents would already know us and be comfortable with us hanging out with them. Each person set his or her own schedule and choice of activities. Some prefer to participate in the activities planned by Life Enrichment staff, while some enjoy chatting with residents in their rooms.

What have we learned from this experience?

- Our Health Center residents are amazingly resilient, cooperative, and accepting of the constant disruptions.
- Our Life Enrichment team is awesome! They plan three



Neighbor to Neighbor (N2N) team member Nancy Bouwsma (right) plays dominoes with Virginia Hudak. Photo by M. Lukowski

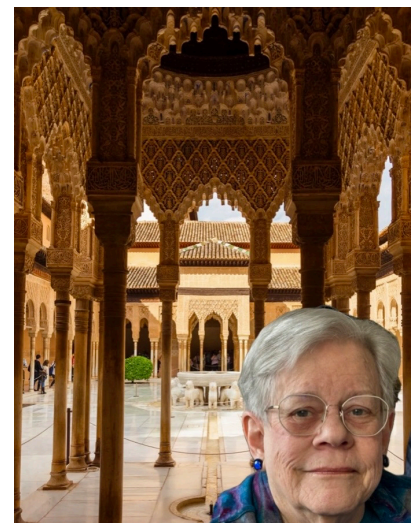
separate calendars of activities (Terrace South, Glacier Lily, and the three other neighborhoods). They have been a joy to work with.

- Our N2N team is also awesome! They are a dedicated group visiting on a regular basis, which has been much appreciated by staff and residents.
- Our Health Center staff is wonderful, caring, and hard-working. They take such good care of residents, and we are so lucky to live here with this resource available to us.
- Construction schedules are ever-changing and we have to be flexible. The idea that we would have a detailed schedule that we could match soon went out the window.

With many months ahead of planned work on the building and furnishings, we will continue with our visits, and some of us will continue long after that. Several musical groups have also been inspired to perform regularly and conduct sing-alongs, which residents greatly enjoy. If you have questions, please contact me (6579).

Armchair Travel returns to Spain

Beth Boyce will present Part II of her numerous travels to Spain on Wednesday, **September 11**, in the Blue Heron Auditorium at 7 p.m. This program will feature southern Spain, invaded by Arabs who then lived there for 800 years, and is markedly different from the north of the country. You can see the difference in comparison with Beth's photos from her May 8 program, which featured Spain's Christian north. Over the years, Beth has been to Spain over 14 times, including during the Franco era. She is a retired Spanish professor specializing in Spanish medieval and renaissance literature. She has taught part-time at many universities in the US and Scotland, full-time at Houston Christian University, and locally at Portland Community College, Portland State University, and George Fox University. Call Armchair Travel Chairs **David and Anita August** (7221) for more information.



Ham Club seeks new members

by Dale Harris, Ham Club President

Have you ever wondered about that large antenna on the roof of the Manor? Some may consider it an eyesore, but the administration considers it an asset, and a group of WV residents considers it an object of beauty and a way to connect with people all over the world. The Ham Club would like to increase the number of residents who see it as an object of beauty. Ham radio offers participants the opportunity to serve the community by providing necessary communications in the time of natural or human-caused disasters. It also provides the means to contact people all over the world, or participate in contests trying to make as many “contacts” as possible. Getting started in ham radio requires a license issued by the FCC. But members here are ready to help prospective hams study for and pass the relatively easy exam that leads to the first level of license – that of Technician.

Those interested in learning more about ham radio are invited to visit the group for breakfast any Saturday morning at 9 a.m. in the Elk Rock Bistro, or contact me, the Ham Club president (6482 or harrisdale33@gmail.com).

Ham radio has a long history at Willamette View. About 17 years ago, resident **Ernie Zumbrennen** approached the WV administration and asked if they would pay to install a large ham antenna on the roof of the Manor Building. The administration responded that if Ernie could prove that a certain minimum of WV residents were interested in ham radio, the answer would be **yes**. When Ernie recruited twice as many interested residents, the first antenna went up. Those residents took a class, became licensed, and the WV Ham Club was born.



New Pantry Manager **Caroline Barns** is hard at work, keeping the Pantry special and doing some streamlining behind the scenes.

Photo by Sherry Johnston



Dr. Dori Borjesson, Washington State University

One Health – The deep connection between people’s health, animal health, and the environment

by Wayne Potter, Public Affairs Committee Chair

What is the relationship between human health, animal health, and the environment? **Dr. Dori Borjesson**, Dean of the College of Veterinary Medicine, Washington State University, will explain **One Health**, the framework that acknowledges this deep connection and describes how **One Health Clinics** that leverage the human-animal bond are being expanded throughout the United States. The clinics leverage the human-animal bond to help heal soldiers with post-traumatic stress disorder. This WV program is sponsored by the **Public Affairs Committee** and will be held on Monday, **September 9**, at 7 p.m. in the Blue Heron Auditorium.

Dr. Dori Borjesson is the first woman veterinarian to become Dean of the School of Veterinary Medicine at WSU in its 120-year history. In a female-dominated profession, where women make up 70 percent of veterinary students, there are only 11 female veterinary deans in the United States in 32 veterinary colleges. Dr. Borjesson has broad experience in her field, teaching veterinary students at advanced levels. She has done research that focuses on stem cells, and has over 115 peer-reviewed publications. One of her especially notable research contributions is using large animal models of disease to study cell therapy for inflammatory diseases. In 2014, she received the Zoetis Research Excellence Award. Alongside her own work, she has mentored more than three dozen veterinary residents and graduate students.

Dr. Borjesson is the daughter of Willamette View resident Don Borjesson.

A Different Kind of Concert

by Peter Gibb



Thursday, September 12
Terrace Auditorium – 6:30 p.m.

Doug Dicharry and **Peter Gibb** will play guitar, sing, and lead experiential parts in this **Concert Plus**, combining original and well-known music with short vignettes about life themes connected to the music. Not just a performance – you will be part of this one. All of us together will be co-creating a montage of music and spirit. Sponsored by the **Blue Heron Players**, this concert will invite you to participate in various ways as you feel moved. Peter will lead the experiential parts. Doug, a keyboardist in several bands for many years, will contribute his strong rhythms and moving piano accompaniment.

Together we will shape a fun event, music plus – inspiring, uplifting, and memorable. There will be one performance only. Come early; seating is limited.

Peter and Doug are from the Willamette View Class of 2023. Doug is a retired psychiatrist. Peter is the author of two multiple-award-winning books: a memoir, *King of Doubt*, and the nonfiction *Mindful Conversation*. Both books are available in the WV library. Along with the music, we will explore themes from these books – how to live more fully and connect more deeply with ourselves and others, with big and little ways to shape each day as a step forward, part of a mindful, satisfying, joyous life.

For further information or questions about the performance, speak with Doug or Peter, or call Peter at 6591 or email him at pgibb@ashlandhome.net.

Blue Heron Players celebrate first ten years with *Love Letters*
Monday, September 23 – 6:30 p.m.
Tuesday, September 24 – 2 p.m.
Blue Heron Auditorium

Under the direction of Carol Knowles, the Blue Heron Players will perform playwright A.R. Gurney's Pulitzer prize-winning finalist, ***Love Letters***. Since its first production in 1988, *Love Letters* has been performed around the world, including two long runs on Broadway.

This performance will be the celebration of our theater troupe's first decade. In May 2015, the Blue Heron Players were inaugurated with a production of *Love Letters* featuring **Grace Hawes** and **Ernie ZumBrunnen**, a married couple who were deeply invested in the arts and in serving their WV community. We have been waiting for just the right actors to celebrate the decade, and we have found **Lois** and **Jim King**, who, like Grace and Ernie, wish to serve our community and the arts.

Lois is a skilled instrumentalist who plays piano, saxophone, and clarinet. She taught kindergarten for 30 years and won many awards, including Teacher of the Year. Jim was a civil engineer, owned a San Francisco graphic design firm, and is an artist. His paintings were in a Carmel, California, gallery before their move to Oregon.

Love Letters' characters – Melissa Gardner and Andrew Makepeace Ladd III – read from class notes, letters, and postcards they have written to one another for over 50 years. It is a story of friendship, both penetratingly funny and sad, that covers almost every aspect of human experience, including love, loss, passion, regret, and forgiveness.



Dear Residents,

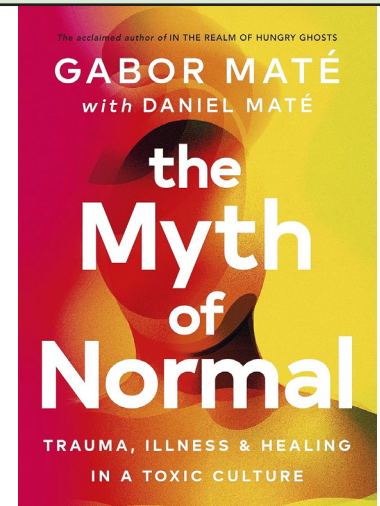
It's time again to assemble our list of pen pals. Some of you have been a part of this project for eight years, and some of you are signing up for the first time. The task of being a pen pal is simple and can be accomplished on your own time. About once a month between September and June, you will write a letter to a pen pal at Oak Grove Elementary School. Over the course of the school year, you will develop a relationship with your pen pal. Throughout the year, you and the student will learn things about each other, and the student will come to have trust in you. If you are interested in participating in this worthwhile project, you should contact me at patsysteimer@gmail.com with the following information: your name, email address, phone number, and your Willamette View address (building and apartment number).

I will contact you with your pen pal's name and teacher's name in September. Once I have created a list of this year's pen pals, I will send you some ideas for your first letter. The students will write to you first, but you may need a little guidance for your first letter. Thank you for considering this opportunity. I don't think you will regret it.

Patsy Steimer

Try This Title

by Penny Fiske



The Myth of Normal – Trauma, Illness, & Healing in a Toxic Culture

by Gabor Maté with Daniel Maté

**Publication date: September 2022
Manor Library 362.1 MAT**

"A sweeping analysis of the relationship between illness, trauma, and capitalism. Maté outlines a persuasive vision of health focused on environmental influences and the interplay between the mind and body." **–Publishers Weekly**

"Gabor Maté takes us on an epic journey of discovery about how our emotional well-being, and our social connectivity, is intimately intertwined with health, disease, and addictions. Chronic mental and physical illnesses may not be separate diseases, but multilayered processes that reflect (mal)adaptations to the cultural context that we live in." **–Bessel A. van der Kolk, MD, Trauma Research Foundation, Boston University School of Medicine**

"Gabor Maté exposes what happens when society becomes the addict, and how we can heal as a society. This is a book for our times – no, rather it is **the** book for our times. An illumination to therapists and healers, it is much more than that. Read and discover." **–Peter A Levine, author of *Waking the Tiger* and *In an Unspoken Voice***



Master pie baker Buzz Oerding serves wild blackberry pie to lucky residents in the Riverview dining room. He handpicked the berries near the River Walk last summer.



Council of Royal Rosarians for 2025

From left: Prime Minister Amy Arasmith; Royal Chaplain Carolyn O'Doherty, Royal Gardener WV resident Walt Lundberg; Royal Scribe Cindy Market



Jon Cottrell grows Stargazer lilies in his garden and generously shares them.

Pickleball – Finding joy in exercise and camaraderie

A WV Resident Activity *by Al Greenwood*

Pickleball has found a home among residents at WV, offering a fun game where prior experience is not required and any resident with good balance can participate. With organized games available four days a week, the sport not only promotes physical activity but also fosters camaraderie.

Pickleball is celebrated for its benefits of hand-eye coordination and as a full-body exercise that is gentler on the shoulders compared with tennis. (The underhand serve adds accessibility, making it easier for beginners to get started.) The scoring system is akin to volleyball. Experienced players can

adapt their game to match their opponents' levels to ensure that everyone can enjoy competitive matches regardless of skill.

WV has two pickleball courts, which is a rare amenity among Oregon retirement communities. The space was developed for tennis many years ago, and the surface is no longer as level as it once was. Players hope that the existing space will be replaced by a new area with three or four pickleball courts protected from sun and rain by a roof.

Beyond the physical benefits, pickleball serves as a social hub. Whether it's through casual play or more com-

petitive matches, residents find joy in the sport's inclusive nature and the supportive community it fosters.

In essence, pickleball is more than just a game; it's a cornerstone of active living and community engagement. Whether you're looking to improve fitness, meet new people, or simply have fun, pickleball offers something for everyone.

For more information, contact Gary Smith at garyrichardsmith@gmail.com or 925-872-0969.

If you would like to have your activity featured in this space, please email greenwood.al@gmail.com.

Good Days, Bad Days

The Happy Sad

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

I moved my wife, Wendy, into Glacier Lily in late June – perhaps the hardest decision I've ever made. How can I lock up the woman I love? "Don't ever put me in one of those places," Wendy had warned me repeatedly, after watching her father, sick with Alzheimer's, disappear into a ghost of himself.

Searching for answers, I talked with our kids; I talked with counselor Linda Tofflemire; I talked with friends; I talked to doctors; I talked with staff; I talked with other caregivers. I talked to everyone. Except Wendy. I read; I tossed through sleepless nights; I wrote; I cried; I cursed; I fretted; I made, remade, and unmade the decision. On the day of the move, after our three grown children had helped get everything ready, I dialed the Health Center to say I'd changed my mind, then hung up before anyone answered. I took Wendy's hand and led her past the White Oak Grill, down the long, twisting corridor, up to

the second floor. I knew where we were headed. She had no idea. I entered the combination on the locked Glacier Lily door. The door opened. We entered. My heart thumped like a herd of buffalo.

Wendy smiled. I took her to her room. She laid down the things she carried. We spoke briefly to staff, all of whom seemed unreasonably calm and ready for us. I had been advised not to stay too long that first day. The moment had arrived. "I need to leave now," I said, as tears and fears poured forth.

Wendy smiled. "Okay," she said. I walked home, back down the same corridor we had walked together, now desperately alone.

I called, and visited, and watched, and waited. Soon friends and family began to ask. "How is it going? How is Wendy?"

I could barely believe the words that rolled out of my mouth. "She seems

happy and calm. She smiles when I visit. She smiles when I leave. I sleep at night. It is better than I could have imagined." I gulped and swallowed. With a twinge of guilt, I admitted a further truth, "I can begin to live again."

I visit Wendy daily. When I see her, I am filled instantly with a roiling stew of joy and sadness. She is content and happy, and so, therefore, am I. So grateful, and yet so sad that the beautiful, bright, spirited being I have loved for 45 years is no more. My new reality: happy to see her happy, and profoundly sad, angry at this miserable, lousy, rotten disease that stole the woman I love from me.



Diversity and Inclusion Group celebrates four years of resident-directed programming

“Not everything that is faced can be changed, but nothing can be changed until it is faced.” –James Baldwin

Since October 2020, the **Diversity and Inclusion Group (DIG)** has offered residents the opportunity to build understanding about unconscious bias and stereotypes and find ways to engage with others that feel safe and authentic. **We invite residents to get involved on our steering committee, offer program suggestions, or help with publicity and technical or other support.** During COVID, we presented monthly Zoom programs that focused on where our assumptions and stereotypes come from and how they cause comments and actions that hurt others without our even knowing it. We focused on a few areas familiar to most of us, including **racism, sexism, anti-LGBTQ+ bias, and ignorance of our local and social histories** with Indigenous peoples, immigrants, and people from other cultures. We offered programming to help us recognize and respond in the moment to **microaggressions**, whether as a recipient, a bystander, or a perpetrator. And when COVID restrictions lifted, we brought presenters to speak from



their different points of view, sponsored outings to the Grand Ronde Cultural Center, and mounted Court Gallery displays to increase our awareness of Oregon history as it shapes our local and regional reality.

In the coming year, we will increase experiential and interactive programs and revisit topics to increase awareness of how we unconsciously hurt people we engage with, and how we can bring curiosity and compassion to bridge divides in our encounters with people we see as different. You can find program materials from the past four years on our Diversity and Inclusion Group webpage on the resident website. Just sign in and then search for *Diversity*. For more information or to volunteer, contact **Helen Spector** at helen94611@gmail.com or phone 7034.

Diversity and Inclusion Terms
Unconscious Bias: Assumptions and stereotypes we don't know we hold about others based on identity labels like race, age, gender, sexual orientation, ability, education, etc.

Microaggressions: Unintentional offensive comments or actions that reinforce a prior mental image or unconscious bias. Typically directed at marginalized groups, they often go uncorrected, allowing them to reoccur.

Low Vision Mutual Self-Help Peer Support Group Wednesday, Sept. 11 1:30 – 2:30 p.m. Court Family Room

Assistive Technology Specialist Nik Petersson of Miles Access Skills Training will demonstrate how low and no-vision people can use Siri and Alexa on an iPhone or computer to send text, make phone calls, read books, learn the news, manage QuickBooks, and much more.

by Sandra Gerling, Vision Resources

David Keifer completes half marathon in July

The Sauvie Island Fire Department arranged a full marathon and half marathon, named Foot Traffic Flat, organized by a local running supply store, Foot Traffic, on the **Fourth of July**. About 1,200 runners participated. Resident marathon runner **David Keifer** originally signed up for the full marathon, but switched to the half marathon after developing hamstring muscle pain during training. David stopped running 10 days before the race, hoping for recovery. The rest was beneficial, and he started the run without pain, but it came back about five miles into the race. He finished the race by alternating walking with running, and he did finish, with

a time of 2:56. It was a hot day, but the event was early in the day and still cool. **Congratulations, David!**



New residents bring interests in writing, travel, theater *Photos by Mike Lincicum*



Dianna Jackson

Dianna and Ray Jackson moved from their Portland home into 203P on July 2 with their Labradoodle, Beau, after deciding to sell their beach house in Morro Bay, CA.

Dianna spent her early career with a telephone company. She started as a telephone operator and ended up as a product manager for high-speed data. When offered an early retirement plan, she took it, and became a stockbroker in a business that she and Ray built together.

Ray's education started with reading encyclopedias for fun as a child. Then he joined the Air Force as a staff sergeant and learned to read wiring diagrams. He earned a BA from California State University, Chico, and a master's degree from Cal Poly, San Luis Obispo. He worked as a counselor in the Veterans Administration, helping the returning wounded military people. Later he worked in finance, project management, and software projects at Pacific Bell Telephone Company. Finally, he became a Certified Financial Planner in their family business.

Dianna's hobbies include writing.



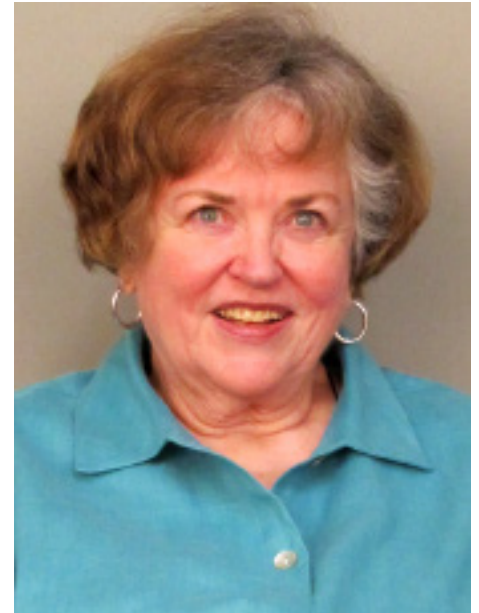
Ray Jackson

Her first book, *From Artichokes to Nairobi*, was self-published in 2023. She is on the cusp of publishing a second book, *From Beloit to Clark Gable in Three Generations*. This is a family history, beginning in 1850 when her great-great-grandfather crossed the plains without his family in search of gold. His letters to her great-great-grandmother provided much detail. She and Ray followed his trail last year, so the book blends then and now. She also loves the swimming pool and aqua aerobics, as well as bird watching.

She became involved in women's issues in the 1970s while living in San Jose, CA, and became head of the Speaker's Bureau for the local chapter of the National Organization for Women (NOW).

Dianna states that Ray is her foil. She has about 500 blogs. Most involve things they have done while traveling. Her website is www.travelswiththerayman.com; her handle is *Traveling Princess*. She invites you to check it out.

Their son Ryan and family live nearby in Vancouver. WV resident Sue Jessie and Dianna are cousins.



Robin Prichard

Robin Prichard is a new resident of 306BH, having moved from Portland's Johns Landing neighborhood. She grew up near Tacoma, WA, and has also lived in Austria; Washington, DC; and Seattle.

She attended Washington State University and Pacific Lutheran University, earning a degree in social work. She worked with street children and people with drug addictions early in her career. In Austria, she worked with international schools. Returning to the USA, she worked with the Department of Health and Human Services, Department of Justice, and Department of Housing and Urban Development.

She has volunteered with the Multiple Sclerosis Society. Her interests include theater, reading, and conversations.

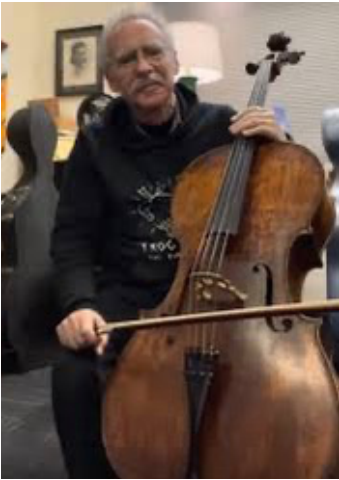
She grew up in a family of five children, and has many nieces and nephews around the US and abroad.

Robin came to WV because she wanted to continue living along the Willamette River. She notes that WV residents do more than just live here – they make their special interests come to life.

Favorite cellist coming on September 20

by Ginny Seabrook, Music Committee

Portland's favorite cellist, **Hamilton Cheifetz**, will play at Willamette View on Friday, **September 20**, at 7 p.m. in the Blue Heron Auditorium. Hamilton's performances draw big audiences and standing ovations when he comes to visit us. Residents look forward to his sublime music and his warm and entertaining rep-
 artee. Cheifetz has been described in *Fanfare Magazine* as an "unquestionably magnificent player." Cheifetz is Florestan Professor of Cello and Professor Emeritus at Portland State University. He has made many recordings, some of which can be found on YouTube. He is a founding member of the Florestan Trio, which celebrated its 45th season in 2022. Cheifetz has often been featured on National Public Radio's *Performance Today*. He has also performed in Germany, China, Australia, Korea, and has appeared with the Chamber Music Society of Lincoln Center in New York. For the concert at WV, Cheifetz will play a cello made in Paris in 1760. He was given the cello around 18 months ago. The program will include Bach's *Suite No. 1 in G Major*, *Song of Birds* by Pablo Casals, Bach's *Suite No. 3 in C Major*, and *Lullaby on DC* by Hamilton Cheifetz. Resident donations make these programs possible. Music lovers express their thanks to the **Blue Heron Foundation** for its support.



Willamette View Plant of the Month

by Fred Rauch



Black-eyed Susan – *Rudbeckia hirta*

One of the commonly found plants on the WV campus is the Black-eyed Susan. This plant is native to the eastern and central United States and has naturalized in the western part of the country. It has several other common names including *Gloriosa Daisy*. Four varieties and numerous cultivars are available.

Black-eyed Susan is a fast growing, short-lived perennial in the aster family that will reseed itself. The flowers have a dark-colored, flat-topped, domed center surrounded by bright yellow ray florets that mature in midsummer and, with deadheading, will continue to the middle of fall. Each plant can reach two to four feet high.

Recorder concert



Director Anthony Allen

The **Recorder Class and Consort Groups** will present a concert on Wednesday, **September 4**, at 7 p.m. in the Blue Heron Auditorium, under the direction of **Anthony Allen**. The program will feature a variety of music by Baroque, classical, and contemporary composers. Several movements of Handel's *Water Music* are on the playlist, as well as works by Palestrina and Pachelbel.

After Six returns

by Lois King, MusicWorks

Good news! Sponsored by MusicWorks, **After Six** is returning on Tuesday, **September 17**, at 7 p.m., to the Blue Heron Auditorium. The trio just returned from a tour entitled *The Joy of Jazz*, and joy is exactly what they'll bring to WV. They will perform jazz standards, tunes that resonate with all ages and serve as the musical tapestry of our culture. The trio consists of **Graham Covington** on piano, **Dennis Caiazza** on bass, and **Ron Steen** on drums. You can make performances like this happen by donating at the door.



✓ Check it out

by LaJean Humphries, Library Committee Chair

Low Vision Resources

The Library of Congress National Library Service for the Blind and Print Disabled (NLS) administers a free national library program that provides braille and recorded materials to people with temporary or permanent low vision, blindness, or a physical, perceptual, or reading disability that prevents them from reading or holding the printed page.

The concept of a national library for the blind was developed in 1897 by John Russell Young, the Librarian of Congress, when he established a reading room for the blind with about 500 books and music items printed in raised characters. The Pratt-Smoot Act became law on March 3, 1931, and authorized the Librarian of Congress to arrange services with other libraries. The following day, a joint resolution was passed appropriating \$100,000 for fiscal 1932 to carry out the provisions of the act to provide books for blind adults. This program eventually became the NLS.

Through a national network of cooperating libraries, the NLS offers books and magazines in braille or audio formats, instantly downloadable or mailed to your door for free. The NLS offers a wide variety of titles, including bestsellers, biographies, fictional works, how-to books, magazines, and music scores and instructional materials.

Digital audio and eBraille materials are available through the NLS service, www.loc.gov/nls/how-to-enroll/sign-up-for-bard-and-bard-mobile, and the BARD mobile app for iOS and Android devices. Libraries also circulate physical materials and free playback equipment needed to read magazines and audiobooks on digital cartridges (called talking books) through postage-free mail.

Books are selected for the NLS collection based on their appeal across a wide range of interests. Approximately 65 percent are fiction. Bestsellers, biographies, fiction, and how-to books are in great demand. Currently more than 100 audio and braille magazine titles, selected for the program based on reader interest, are available through the NLS by subscription. Most magazines are available on BARD. Readers can subscribe to such titles as *National Geographic* and *Consumer Reports* in audio and *Cook's Illustrated* and the *New York Times Large Print Weekly* in braille.

BARD, a free online service, provides access to thousands of special-format books, magazines, and music materials in compressed digital audio and eBraille formats available only to NLS patrons. The site is password-protected. All files are downloadable as compressed audio or formatted eBraille files, which are transferable to NLS cartridges or USB drives for playing on NLS equipment or compatible commercial players. Digital audio and eBraille materials are also available through the BARD Mobile app for iOS and Android devices. A refreshable braille display with a Bluetooth connection is required to read eBraille materials. BARD Express provides NLS patrons with a simplified way to access BARD on Windows-based computers and to transfer books and magazines to an NLS cartridge or USB drive.

NLS and its cooperating libraries respond to questions about various subjects relevant to people who are blind or have a physical disability. This free service is available to individuals, organizations, and libraries. For a list of what is available or to ask a question, visit www.loc.gov/nls/services-and-resources/ask-a-librarian, call 800-424-8567, or email nlsref@loc.gov.

Oregon Talking Book and Braille Library is located at 250 Winter Street NE, Salem, OR 97301. **Elke Bruton**, 503-438-5389 or 800-452-0292, is the librarian. Email: talkingbooks.info@slo.oregon.gov; website: www.oregon.gov/library/print-disabilities/Pages/default.aspx. **Brooke LeClair**, WV Administrative Assistant (6227), can assist with paperwork for the Oregon Talking Book and Braille Library.

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



ArtReach Gallery to feature works by WV artists

Willamette View residents will be showing their art in a three-person exhibit, titled “Three Art Perspectives by Willamette View Artists,” at the ArtReach Gallery of the First Congregational United Church of Christ in downtown Portland. Featured artists are **Richard Helmick**, **Bonnie Keller**, and **Ginny Seabrook**. The exhibit is on display from **July 31** to **September 30**. The works include paintings, drawings, collage, quilts, and fiber art.

Ginny Seabrook says of her work, “I make art in a variety of media: watercolor, acrylic, graphite, and paper collage. I also mix my media. The subject matter of my work is on the abstract scale, going from very abstract to having an identifiable subject. Art is what I most enjoy doing and I hope those who view my art are intrigued and uplifted.”

Bonnie Keller says, “The works in the show include quilting, fiber arts, and chalk pastel paintings. I always expected to take up painting when I retired, but after working with fabrics as a sewer and interior designer for years, quilting/fiber arts was a natural progression. Four years ago, I finally took up painting, using chalk pastels as my medium.”

Richard Helmick says, “My medium is colored pencil on either watercolor paper or Mylar. While a few of these works are landscapes, most are figments of my imagination, leaning toward the surreal. My subjects (insects, mollusks, distorted clocks) are not usually considered to have aesthetic value. I hope to guide the viewer to see beauty in these objects.” The ArtReach Gallery, staffed by church member volunteers, has been showing visual art for over 30 years. WV resident **Elaine Molskness** is one of the volunteers. Throughout its more than 125-year history, the church has presented art experiences integrated into its community outreach programs. The gallery is open to the public on **Sundays**, 9 a.m. – 1 p.m. and **Wednesdays**, 10 a.m. – 2 p.m.

A trip for Willamette View residents to view the exhibit is scheduled for Wednesday, **September 25**. The bus will leave at 9:30 a.m. A sign-up sheet will be available.

Emergence of Time by Richard Helmick is pictured above.



Scam Corner

by Rob Pirie

Welcome to the first edition of **Scam Corner**. Even at Willamette View, you or someone you know has likely been the victim of a scam or an attempted scam. This article and those that will follow are an attempt to help our residents avoid, identify, and resolve scams that target and victimize residents. The intent is to publish a brief article each month addressing differing aspects of scams.

It will generally address these areas:

- How to recognize different scams.
- How to avoid them.
- What to do if you realize that you are or have been a victim.

Please take the time to read the articles carefully each month. You may be able to avoid the financial wreckage that can come with scams. If you or someone you know is a victim of a scam or fraud, contact the Oregon Department of Justice at 877-877-9392. If you suspect financial exploitation of a vulnerable person, call Oregon’s SAFELINE at 855-503-7233.

A Message from HR Director Kristi Earhart

Dear Residents,

We are excited to share ongoing improvements to our employee breakrooms. Recently we refreshed the Terrace breakroom with new paint, a loveseat, and more comfortable chairs. Our next project will be upgrading the breakroom next to Waterfalls dining room.

Our current employee referral contest features fantastic summer prizes, including a Blackstone grill, a Yeti cooler, and a surprise gift. Stay tuned for updates on the giveaway event so you can join the fun. Since the first of July we have received 30 employee referrals and a referral from one of our residents. (Thank you! Thank you!)

Additionally, our team is diligently working on implementing new HR technology designed to simplify our employees’ tasks and reduce manual work. We are also conducting research and analysis on employee pay and benefits. Great things are on the horizon!

Thank you as always,

Kristi

Announcements

Language of the Heart will begin weekly meetings on Thursday, **Sept. 5**, through May, in the Manor Heron Lounge, facilitated by **Joe** and **Judy Johnson**. This will be the third year for this group that shares reflections on the Psalms and other prayers. For more information, email abbafatherr@icloud.com, or call 714-756-0088. Drop-ins are always welcome.

In Memoriam

*Bill Call
Mary Ann Chew
Linda Marschall
Benno Philippson
Bernie Pitz
Alan Stoll*

The **WV Chorus** resumes on **Sept. 5**. All residents are invited to sing – no auditions! We meet each Thursday afternoon until the holiday concerts on **December 4** and **5**. Come join us as we blend our voices and grow musically under the leadership of our talented director. Cost is \$35. Sign up in advance near the Manor or Terrace bulletin boards. Contact **Anne Tracy** for more information at 6530 or attracy@comcast.net.



TAKE PART Activities Fair Tuesday, October 22

Reserve a table now to promote your activity, committee, or interest group. See your councilor to have your group added to the list. If your group is not in a councilor's portfolio, please contact **Donna Moores** at dmooresmd@gmail.com. Deadline to sign up is **September 22**.

Befriending Mortality

Holly Pruett, well-known Community Death Educator and Life Cycle Celebrant, will give a talk in the Blue Heron Auditorium on Wednesday, **October 9**, at 10 a.m. Invite your friends and caregivers. Staff members are also encouraged to attend. For more information, contact Health and Wellness Coordinator **Laela Echelberger** (6793) or **Frankie Borison** (7215).

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

Apartment Moves

July 21 – August 20

	<i>From</i>	<i>To</i>	<i>Phone</i>
Lew and Pat Chartrand	602E	703B	6493
Joyce Jaffe	202NP	407NP	6351
Judy Kelley	107P	329T	2752
Helen Jaskoski/Dan Brown	New Residents	405B	6427
Robin Prichard	New Resident	306BH	7068
Millie/Roger Rochester	New Residents	305C	6371

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Wednesday, Sept. 11 – Darrell Jabin presentation,
Creating Oregon: from geographic changes to where we are today, 2 p.m.
Monday, Sept. 16 – Kyle Lewis piano and vocal performance, 2 p.m.
Thursday, Sept. 19 – Architecture discussion, 2 p.m.



*Glen Whalen (retired Maintenance Liaison) and Patti True (Manor Reception) take a victory lap, courtesy of WV Security, after their August 11 wedding on the WV putting green.
Photo by Joan McNamara*

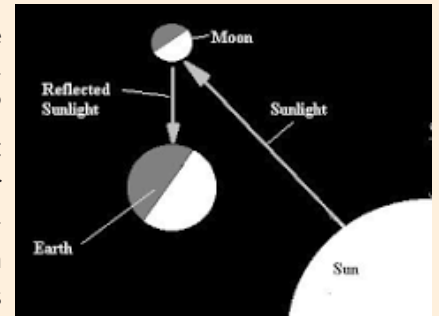
Rear Window

by Frank Starr

We welcome Frank Starr's return as a guest columnist this month

What I Know and What I Believe

I know a little bit about lots of stuff and rely on books written by respected science authors to enhance my knowledge. I know the sun comes up in the east every morning, moves across the sky, and sets in the west every evening. How do I know that? I've seen it happen thousands of times, but is that really what happens? For what appears to be true, the sun would have to orbit the Earth. That is so obvious that for thousands of years, everyone believed the sun does move around the Earth – everyone except Aristarchus of Samos, who in 260 BCE hypothesized that the Earth orbits the sun. Of course, that outrageous hypothesis was ignored. Finally, in 1523



CE, Copernicus published his book, *On the Revolution*, explaining in detailed scientific terms that the Earth does orbit the much larger sun. I have read books written by respected scientists explaining that phenomenon. If they believe it, I accept it as truth. The Earth circles the sun – even if that's not what my eyes tell me.

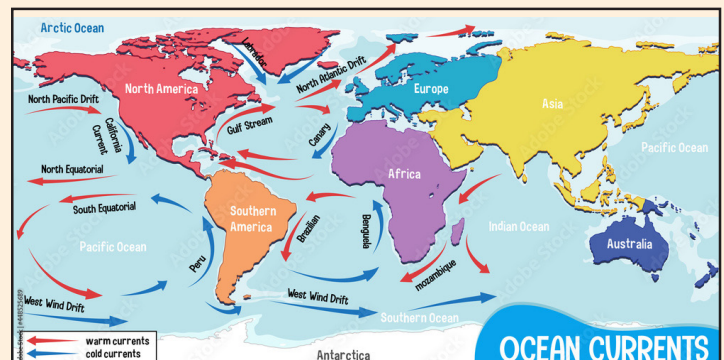


The sun and moon are the same size; I've seen each of them many times and compared them to the size of a fingernail at arm's length. Books tell me the moon is only 1.23 percent of the size of the sun, and about a quarter the size of Earth. The sun is about 400 times the size of the moon and approximately 400 times

the distance from Earth as the moon; thus, they appear the same size. The sun must be hot! I can feel it warming my room when it shines through my window. It has burned my hide several times when I was lying on a beach or working in a sunny spot. At the same time, the moon is cool – maybe even cold. I've sat in moonlight but never gotten a moonburn. Books tell me the side of the moon facing the sun is always lighted. The moonlight we see is light reflected from the sun. The lighted portion of the moon, from my view, or yours, cycles monthly, as the portion of the moon that faces Earth is the only part we can see. To produce a full moon, the sun must be behind you when facing the moon.

I know it rains a lot in Portland, Oregon, and not much in southwestern Colorado. I've seen it happen and gotten wet in both places. I've gotten wet in a couple of oceans and numerous rivers and lakes. I have to wonder how water gets around, and is it all the same water? I've read that it is all the same water. Heat from the sun evaporates water, especially in tropical seas. The water vapor condenses into tiny droplets that form clouds and fall as rain. The water that falls as rain on land flows through soil, runs into creeks and bigger streams, and ends up back in the ocean. Ocean currents carry the water north and south, east and west, deep and shallow, all around the world, creating distinct regional climates.

Early teenage boys (at least one – me) go through a change of life, which alters sexual thoughts, dreams, and desires, that can be very confusing to a maturing boy, and perhaps girls, too. A girl once told me she only had one kidney, and therefore she could never become pregnant. I had no clue of what she was trying to tell me. You take it from there – what you thought you knew as a teenager, what you actually did know then, and on to what you have learned since those confusing teenage years.



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	1 p.m.	BH Auditorium	Anne Tracy	6530
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
Neurocognitive Support Group	Second/Fourth Thurs.	11 a.m.	Terrace Conf. Room	Linda Tofflemire	7355
Outdoor Campus Committee	First Monday	1 p.m.	Mt. Hood Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs., Sat.	8:30 a.m.	Sport Court	Gary Smith 925-872-0969	
Ping Pong	Monday, Wed., Friday	1:30 p.m.	Court 1st floor	Robin Bolton	6430
Pinochle – all levels welcome	Thursday	6:15 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.