

Willamette Views

A Publication of The Willamette View Residents Association



Volume 47, No. 3

March 2024

New Willamette View Building and Remodel Projects Begin

by MH Socolofsky



An architectural rendering of one of the Heron Heights cottages. Construction is scheduled to begin this summer with completion expected in July 2025.

The preparation for construction of Heron Heights, a complex of five duplex buildings housing 10 cottage units on the east side of River Road, begins this month. WV Project Manager and Interior Designer **Kristy Voss** shared details of the project. Each cottage has 1,900 square feet of living space and a garage large enough for a full-sized vehicle, plus room for a smaller golf cart-type vehicle for moving easily around the campus. The exterior paint colors are earth tones, with each building a different shade. Though not shown in the architectural rendering, the landscape will feature native plants and a natural landscape, including a water catchment plan.

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From Tree to Table

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Woodworkers Roger Tracy (left) and Robin Bolton built this slab table from a Douglas fir tree that grew on the Willamette View campus. It is on display in the Terrace building's newly remodeled fourth floor lobby. Photo by Dale Harris.

Story on page 7

From the Resident Council

by Pam Brown, Council Vice Chair

Let's Start Something

Just like you, residents move here with extraordinary talents and abilities.

And they start something.

Think about it. It's not enough just to have these qualities; it's important to use and share them with your peers. It inspires others.

Language of the Heart, led by **Judy** and **Joe Johnson**, began with an idea and was encouraged by **Frankie Borison** when she was the Resident Council Spiritual Life Councilor. "They were drawn to WV by the friendliness and kindness they experienced at WV when taking a tour." As new residents in 2021 and at the height of COVID, they jumped right in to provide a safe nurturing space for residents to feel centered and valued every day while the outside world appeared chaotic. They meet Thursdays in the Heron Lounge at 10 a.m. Everyone is welcome and you can just drop in.

Do you have fabric that you intended to use for a project that you never got around to starting or completing before you moved in? **Elizabeth Knecht**, artist extraordinaire, understands. She came to WV on September 18, and most recently **she turned the Court Sewing Room into a vibrant space**. She shares her talents with residents, encouraging them with their projects and ideas every fourth Friday at 1:30 p.m. in the Court Family Room.

On January 18, Public Affairs program attendees enjoyed a presentation by **Milt Markewitz**, former IBM executive, who chose a topic dear to his heart, **How Life Flourishes**. From the presentation, an **interfaith discussion group** has formed to share ideas and think ahead to "Reimagining Willamette View."

Want to go on a bike ride? Call Warren at 6325. **Warren Ford** helped revitalize **bike riding** at WV after he and **Sharon** arrived in 2022. But more than that, in a year-long process he worked with the administration and created a new **bicycle tagging system** for residents. This process identified old, unused bikes that were taken to the community recycling center for new owners to enjoy.

Was your New Year's resolution health? Seven years ago, **Elaine French** and **Jerry Smith** moved in and started **Eat Healthy, Live Long**. The name of the group has since been changed to **Plant-Based Nutrition**. Jerry and Elaine started this because "We have a deep passion for our well-being and longevity." They meet the second Saturday of the month at 3 p.m. in the Terrace Auditorium.

Turn to the back page of the *Willamette Views* and look at the myriad activities available to us. What activity **don't** you see that you could get started?

Whatever your talents, skills, and abilities are, they can always be beneficial to someone else. No gift or skill is too insignificant. By sharing, you not only help change the life of other residents but also become a better person in the process.

And what skill am I contributing? A **kosher** (meaning fully fermented) **dill pickle-making class** next July. Sign up now – spaces are going fast.



Shirley Leung and Lloyd Taylor

were introduced at the February 9 meeting of the Resident Council as leaders of the WV Archival History Action Project. They will research and digitize Resident Council minutes, *Willamette Views* newsletters, and other documents that preserve Willamette View's history. Privacy guidelines will be developed and followed. Watch for short **History Gems** from their work in future *Willamette Views* issues.

Willamette Views

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Submit articles to
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by the 17th of the month
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Articles may be edited.

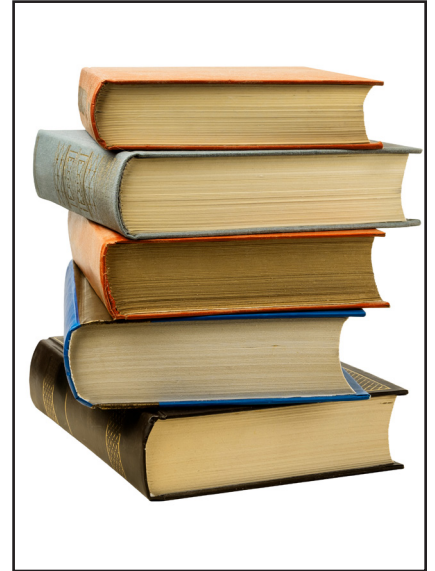
March Book Review to cover 10 favorites from 2023

by Sue Bosshardt, Book Review Chair

Glenna Kruger will review 10 of her favorite books from her 2023 reading list on Wednesday, **March 20**, in the Blue Heron Auditorium at 10:30 a.m. These books represent the variety of her reading interests and were among the 113 books she read that were published in 2023. Glenna will talk about **five nonfiction books and five fiction books** that will take you around the world and introduce you to different cultures, tales of adventure, and some very American stories. All of the books Glenna will tell us about are available in one of the three Willamette View libraries, so bring your paper and pencil to take notes about one or two that you might like to read.

You may remember that in 2021, Glenna and Roy presented their “**Thirty Book Reviews in 30 Minutes**” to introduce us to many books we may have missed reading. Talking about “only” 10 books will allow her to give us a little more information about each one.

Glenna served as the Library Committee Chair in 2020 and served as Resident Council Chair in 2022. She sings in the Willamette View Chorus and is leading the new Health Center Neighbor to Neighbor team.



March Movies

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

Donations gratefully accepted

Documentary film

Thursday, **March 7: *Mad Hot Ballroom*** (2005). This delightful film follows the lives of fifth-grade students from a diversity of New York City neighborhoods as they get ready for a ballroom dance competition. Enjoy watching their self-esteem grow as they transform from reluctant novices to confident contestants. The students' antics will win your heart. **1 hr 45 m**

International film

Tuesday, **March 12: *Phoenix*** (2014). A spellbinding mystery of identity, illusion, and deception, *Phoenix* weaves a complex tale of a concentration camp survivor who tries to figure out if the man she loves betrayed her to the Nazis. Ronald Zehrfeld stars with Nina Hoss, who won Best Supporting Actress in an International Film.

2 hr 12 m. Mystery/Drama. PG-13

Saturday night films

Optional discussions will follow

March 2: *Secondhand Lions* (2003). A shy adolescent boy (Haley Joel Osment) has to spend a summer with two eccentric uncles who regale the boy with fantastic tales of their past adventures in the Foreign Legion. Michael Caine and Robert Duvall star.

1 hr 49 m. Comedy/Drama. PG

March 6: *Enchanted* (2007). Princess Giselle, coming from a fairytale world, lands in modern Manhattan, where music, magic, and “happily ever after” are sorely lacking. A Disney film starring Amy Adams, Patrick Dempsey.

1 hr 48 m. Fantasy/Romance. PG

March 16: *A Million Miles Away* (2023). In this inspirational biopic, Jose Hernandez, the son of Mexican farm workers, struggles to become a NASA astronaut. Michael Pena portrays Jose through his disappointment to attain his dream. **2 hr 1 m. Bio/Drama. PG**

March 23: *Murder by Death* (1976). Very good silly/funny Neil Simon satirical comedy with super all-star cast cavorting as pulp fiction detectives, gathered at the home of Truman Capote. Stars Peter Falk, Peter Sellers, Truman Capote, Alex Guinness, David Niven, Maggie Smith.

1 hr 34 m. Comedy. PG

March 30: *Killers of the Flower Moon* (2023). Director Martin Scorsese's film is a eulogy for an entire culture of people washed away by the unrelenting violence of white men. A somber, poetic adaptation of David Grann's account of the murder of members of the Osage Nation in early 1920s Oklahoma. Leonardo DiCaprio, Robert DeNiro, Lily Gladstone star. **3 hr 26 m. Crime/Drama. Language/Violence. R**

Coming Attraction: *Oppenheimer*
Saturday, April 27

New Willamette View Building and Remodel Projects Begin

Continued from page 1

Environmentally friendly green building practices are incorporated into each step of the process. To clear the land for construction, demolition of six existing houses is a first step. The county sheriff will conduct a SWAT team exercise. The local Clackamas fire department will carry out **Burn to Learn** exercises as the houses are cleared. The trees that will be removed will also create a learning opportunity in how to manage tree fires. The site preparation is scheduled to begin in May.

The gated community will feature walking paths and a bioswale – a vegetated ditch that allows for the collection, conveyance, filtration, and infiltration of rainwater. It is a dry pond in dry weather that fills with stormwater during rainy periods and will run through all the cottage backyards in a continuous “stream.” Residents from around the campus will have access to the walking paths.

The Long Range Planning & Technology Committee of Willamette View, Inc., oversees the planning of the new Heron Heights neighborhood. Several residents serve on that committee. The group has worked diligently to choose environmentally friendly products and practices. They have welcomed input and feedback during their planning.



Heron logo on the construction banners



The Heron Heights cottages will have covered patios in the spacious backyards and access to walking trails.

Green practices are evident in the windows, carpeting, paint, lighting, HVAC systems, appliances, and even insulation materials that were selected.

The Marketing team will make plans this spring for conducting the sales of the cottages. The WV waiting list has a large number of prospective residents who are looking for this kind of living space. Completion date is scheduled for July 2025.

SNF/ALF Remodel

Remodel work on the **Skilled Nursing Facility** and **Assisted Living Facility** begins this month. We will soon see dumpsters, scaffolding, portable toilets, and other construction site materials near the Health Center. The work area will be tented during the remodel, with a banner stating that we are remodeling.

The remodel work includes new siding, windows, HVAC, lighting, carpeting, paint, window coverings, and a seventh room for patients. The SNF will remain open during the work, with at least three of the six rooms always available for patients. The skybridge will be included in the remodel work, with windows, siding, furniture, and lighting upgrades. The salon will also get a facelift.

Each of the four neighborhoods in the Health Center presently has a kitchen. Two of them will be replaced. The other two have been recently updated. The two buildings that house SNF and ALF are made of concrete and steel. They are strong, in very good condition, and will last many years. Though solar panels on the Heron Heights cottages are not feasible, the Health Center will feature solar panels on the roof.

The **Neighbor to Neighbor Program**, a Resident Council Action Group led by **Glenna Kruger**, will support residents and staff during the months of construction. Independent Living resident volunteers will accompany Licensed Care residents to activities that will be planned when those residents must be away from their rooms for several hours at a time. The process is planned to have the lowest impact possible and will be temporary. This work will begin in late summer and take one year to complete. The construction and remodel scheduling listed is approximate and subject to change.



Here is an example of a bioswale, similar to one that is part of the landscape design plan for Heron Heights. A bioswale is a channel with vegetation and soil, mulch, or stones that will slow down rainwater and filter out pollutants.

WV welcomes new Human Resources Director Kristi Earhart

Story and photo by Sherry Johnston



The title of **Human Resources Director** perfectly describes **Kristi Earhart's** approach to her new position at Willamette View. Her style of personnel management centers on “getting the job done” in ways that enhance and support employee growth and retention while keeping our high service standards. Her emphasis centers on everyone on the team being satisfied with their employment and invested in the outcome for WV to continue as an incredible CCRC.

Kristi's 20-year résumé from corporations such as Amazon, Holiday Retirement Living, and Fisher Finance Company offers a wealth of varied conditions, situations, and solutions. Her bigger picture uses options, possibilities, and communication in her HR toolkit to create harmony.

Her focus includes speedy hiring of the right talent, offering employees resources for advancement and education, and working with the departments to support a healthy and happy staff dynamic. As we all know, staff satisfaction affects the quality of job done.

She understands that we are weary from our four-year history of forced changes and a menu of necessary adjustments and compromises. Kristi supports our goal to breathe easier in our latest version of a “new normal.” She plans to add her part of making calmer seas by overseeing staff issues with her experience and sensitivity.

Residents form strong relationships with the staff. We know they all have their personal glad and hard stories and come to work to enrich our lives. We feel respect, affection, and connection with them. Kristi also holds respect and regard for the staff so that her concern weighs and balances the folk who work here and those of us who live here.

Kristi wants the residents to know that her door is always open and she's anxious to meet us. Her addition to our WV family calls for celebration. Her experience, personality, and HR vision promise to enrich our recovery and will preserve our special relationship between staff and residents.

The Sum of Us

How strange: the mystic circumstance
Of Creation?, or some Law of Chance?,
That molds the context of each life,
Its hopes, its joys – its sorrows, strife,
To form a unique entity,
A Being; an Identity!

Nature and nurture early build our base,
Which our later choices may alter – or erase,
But imprints from interactions with
The People that we meet
Are the threads that weave Our fabric,
And that make Us complete.

Others, for a time, may share our existence,
Or touch us but briefly, a passing instance,
But Every Connection adds to the Sum
Of Us – and of Whom we have become.

Through our twilight of loss for those we've held dear
Glow the comfort – and Joy – that for Us, they were here.

–**Loris Joline Shroyer**

Read at the Celebration of Life for Gay Walker on January 28

Quartetto Olla Comes to Willamette View on March 22

by Ginny Seabrook, Music Committee

Quartetto Olla will present a program of classical music on Friday, **March 22**, at 7 p.m. in the Blue Heron Auditorium. Martin Sobelman, conductor of the Beaverton Community Band since 2014, has brought several ensembles to play at WV. This group of instruments will include violoncello, piano, clarinet, and French horn. The program will have works by historical and modern composers: Brahms' *Trio in A Minor, Opus 114*, Carl Reinecke's *Sonata in B Flat Major*, and *Entrances and Exits*, by Rick Sowash. Martin Sobelman, who lives in West Linn, plays soprano, alto, and bass clarinets. He completed graduate studies in conducting at the University of California, Santa Barbara. Sobelman maintains a private studio for clarinet, saxophone, and bassoon students. He is an active performer of chamber, orchestral, wind

band, big band, and theater music. Jenny Gleason (violoncello) has performed with the Salem Oregon Chamber Orchestra, American Metropole Orchestra, Willamette Master Chorus, and Festival Chorale. She has served as president of the board of Salem Chamber Orchestra and was a board member of the Oregon Artists Series Foundation. Debra Huddleston (piano) studied at the Mozarteum in Salzburg, Austria, and has degrees in both organ and piano accompanying. She has accompanied choirs on European tours and played at the White House. In 2007 she toured Norway with the Halcyon Trio Oregon. She has recorded two CDs – a solo piano Christmas CD and *Whisper in the Moonlight* with flutist Sandy Duffy Norman. John Webster (French horn) taught music in the Fresno, CA, school district and played



in the Fresno Philharmonic Orchestra for 28 years. He moved to Brookings in southern Oregon where he conducted the Curry/Del Norte Orchestra. Since arriving in Portland, he has performed with the Beaverton Community Band and the Tualatin Symphony Orchestra. You can support the Music Committee in bringing concerts and musicians to WV by making a donation at the door by cash, resident charge slip, or check made to WV Resident Association. We are grateful to the Blue Heron Foundation for their support of our concerts.

The Woodlander Trio Returns on March 19

by Lois King, MusicWorks



MusicWorks is looking forward to presenting the multi-talented Woodlander Trio on Tuesday, **March 19**, at 7 p.m. in the Blue Heron Auditorium.

Woodlander is a longstanding musical brotherhood – a trio of musicians who have played together since the 1970s. Their music is an upbeat blend of folk, bluegrass, country, Cajun, swing, blues, and reggae, among other roots

of Americana music. They are the acoustic nucleus of the popular Northwest rock/country/bluegrass band called Wheatfield (www.wheatfieldoregon.com), which was inducted into the Oregon Music Hall of Fame (www.omhof.org) in 2011. As an acoustic Americana trio, they perform on a variety of instruments in rich three-part harmonies, a strong tilt towards original songs, and a well-developed talent for entertaining their audiences.

Woodlander consists of Kerry Canfield on bass guitar, upright bass, and accordion; Paul Douglas on guitar, fiddle, harmonica, and melodica; and Will Hobbs on guitar, mandolin, harmonica, and flute. All three write music,

and Will has several local and national songwriting and lyric competition wins to his credit. With three singers and multi-instrumentalists, you can expect many three-part harmonies, along with various combinations of instrumentation and musical influences.

Woodlander's first CD, *Oregon Routes*, is self-produced and self-engineered, and they performed and sang all parts. Between them, they played 15 different instruments, sang all of the harmonies, and wrote all but one of the songs. It has met with good reviews such as one by Leicester Bangs, which said "... the trio's whip-smart playing and windswept vocals provide much to be enjoyed, and fans of old school country and unplugged Americana are in for a particular treat."

From Tree to Table

by Dale Harris

Once a mighty Douglas fir tree stood majestically on the Willamette View campus. Now it has found new life in the form of a beautiful table serving as a centerpiece of the newly redecorated elevator lobby on the fourth floor of the Terrace building. The tree was felled about six years ago and cut into slabs at a local sawmill. The slabs were stored to dry in a shipping container at a remote location on campus.

When plans were being made for the Terrace fourth floor updating, a special table was considered to be an important component of the new décor. Art in Public Areas committee member **Bonnie Keller** approached Court Woodshop workers **Robin Bolton** and **Roger Tracy** for their suggestions, and they decided that slabs from the fir tree would provide excellent material. The slabs provided the opportunity to expose a live edge on the front of the table displaying part of the bark from the tree.

Many hours of hand labor by Robin and Roger were required to prepare the slab for finishing. Draw knives, chisels, hand scrapers, a wood plane, and sandpaper were used to prepare the top. Finally, coats of Watco Natural Danish Oil Wood Finish were followed by multiple coats of polyurethane, with light sanding between each coat. The top now has a mirror-like finish that is resistant to most substances that might be spilled on it.

The legs of the table are made of planks cut from another slab and fastened to the bottom of the table by mortise and tenon joints. A mortise and tenon joint is a classic joinery technique used by craftsmen for many generations, requiring exceptional skill to create. The legs are mounted at angles to provide both greater stability and a more pleasant visual presentation,

Roger and Robin are carrying on a long tradition of Willamette View resident woodworkers constructing beautiful items for our buildings. For many years **Elwyn Kinney** and **Ken Bates**, now both deceased, shared their talents with our community. Examples of their work can be seen in the cabinets supporting the copy machines in the Manor and Court buildings, as well as the racks in the Archive Room that display pictures of new residents and residents who have entered the 10th decade of their lives.



Douglas fir, named for the botanist David Douglas, is the predominant species of evergreen growing on the west side of the Cascades in Oregon and Washington. For many years it was the mainstay of the timber industry in the Pacific Northwest. Interestingly, the trees are not *true firs*, because the cones hang down off the branch and fall off whole. Pictures of the early years of Willamette View show large stands of Douglas fir in the area north of our campus now occupied by the Bluff Apartments. Many still stand there. The tree's rooting habit is not particularly deep, which helps explain why so many of the species came down during the recent ice storm.

Try This Title

by Penny Fiske

"The story of the Trump transformation of the Court—and perhaps America—by one of our great Supreme Court reporters." —BOB WOODWARD

NINE BLACK ROBES

INSIDE THE SUPREME COURT'S DRIVE TO
THE RIGHT AND ITS HISTORIC CONSEQUENCES

JOAN BISKUPIC

SENIOR SUPREME COURT ANALYST FOR CNN



NINE BLACK ROBES INSIDE THE SUPREME COURT'S DRIVE TO THE RIGHT AND ITS HISTORIC CONSEQUENCES

Publication date: April 2023

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"Biskupic, an accomplished and well-sourced journalist, knows the court as well as anyone now covering it ... The deeper message of *Nine Black Robes* is that even with a new president in office we remain captive to the Age of Trump ... A quiet urgency ripples through this informative, briskly paced, and gracefully written book."

—*New York Times Book Review*

"Fascinating and informative ... [Biskupic's] long experience covering the court ... has put her in an incomparable position to comment on its makeup, historical positions, and direction. It has also made her privy to many significant, little-known secrets about Supreme Court personalities and their historical behaviors."

—*The National Book Review*

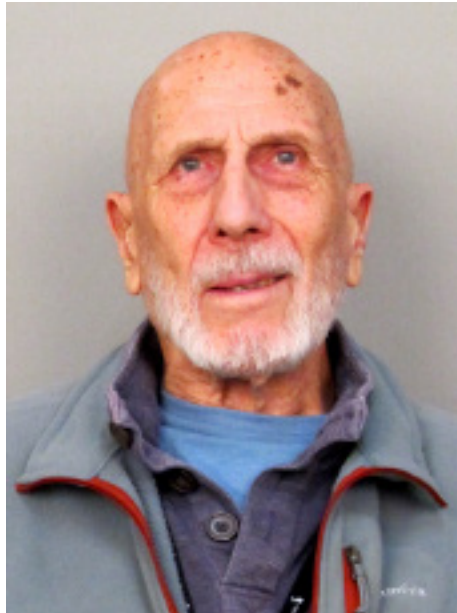
New residents bring interests in classic cars, archeology *Photos by Mike Lincicum*



Victor Claar

Victor Claar moved into 601E on January 5, coming from Orenco Station, Hillsboro, Oregon. He was born in Denver and grew up in Tulsa, OK.

He received a four-year university scholarship from his employer and attended Oklahoma State University, majoring in marketing and distribution. He started working in the grocery business at age 16, and has worked in both commercial and military grocery establishments. After graduation, he joined the US Air Force and spent 40 of the last 50 years in Germany, and 10 in Virginia. He worked in almost all facets of operations and specialized in international logistics. He directed global support to all military commissaries. He has volunteered on three nonprofit boards. His special interests include classic cars and car racing, and watching tennis; he is a Portland Timbers fan. His wife, Cheryl, will move here in the spring. She is working on the sale of their Hillsboro home. He appreciates WV's friendly residents and staff, and its Commission on Accreditation of Rehabilitation Facilities (CARF) certification.



Bob Anderson

Bob Anderson joined his partner, Jane Luddeke, in becoming a new resident of 105E in December. Jane's introduction was in the February issue. Here are excerpts from Bob's self-written introduction:

"Four months ago I had no idea I would be moving. Three months ago, my faithful partner Jane was showing signs of discontent. Our source of heat was a wood stove. As much as I love sitting around a wood fire, the effort of gathering, cutting, splitting, stacking, and carrying the wood up a flight of stairs, it made me start thinking about it. We moved from a wooded canyon below Portland's Veterans' Hospital to here.

"I was born in Minneapolis. I was an only child. My dad taught me everything from knowing the difference between right and wrong to heating lead on our kitchen gas stove to pour into molds to make toy soldiers. Every day I wandered the neighborhood exploring and would collect dogs and bring them home. I gave myself the title 'Rambling Bob, the Vagabond Kid.'

"From the fifth grade to the time

I escaped from high school, I was obsessed with camping, hunting, fishing, and extended canoe trips.

"The Korean War was on. I got a notice to serve, which I did. Before I left, I worked on an ore boat on the Great Lakes and made a couple of trips to the West Coast by car and hitchhiking. Surviving Korea, I had the GI Bill money and decided on the life of an artist. For the first time in my life I really wanted to do something, and with a little help, I got into the Chouinard Art Institute in Los Angeles. It was my renaissance; four years at this school, then freelancing. LA people are so interesting, and there was great potential, but I couldn't breathe. I left the smog, arriving in Portland on a rainy June day in 1960. On the way to my first interview, my old Woody Plymouth station wagon got T-boned by a pickup truck and was gone! I found a place to set up a drawing table and chair. Three other artists gave me a space, rent-free, until I could pay my way. There were no jobs in Portland, so I worked at free-lance and advertising.

"I loved this maritime climate. I joined the Geological Society. I went to the high deserts of Oregon, Nevada, and California doing amateur archeology; I took up sailing and spent summers in the San Juan Islands and British Columbia. I was president of the Condor Canyon Shrine and Tombstone Company, producing art that few people wanted – and skiing. Forty-two years later, Jane showed up with her cat and stayed. As we Buddhists know, things change – everything is in motion. The world turns. The sun comes up, goes down. What's going to become of Rambling Bob here at Willamette View? I have a separate art studio – a place to sit and think. Time will tell."

Resident Website Tips

by the Tech Training & Help Resources Workgroup

Plan Your Week Ahead with *Events*

Have you explored all the calendars that are available by clicking on **Events**? When you click on this option (on the main menu at the top of each resident website page), you are presented with a plethora of calendars and schedules.

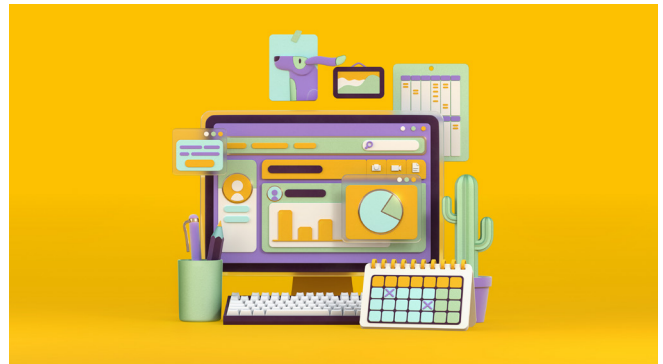
These include

- Events Calendar
- Campus (Activities) Calendar
- Movie Calendar
- Life Enrichment Calendar
- Outings Committee Schedule
- Performing Arts Off Campus

Compare the listings on the **Events Calendar** with the **Campus Calendar**. The Events Calendar lists one-time presentations, such as concerts or lectures, and movies. The Campus Calendar includes not only the one-time events but

also the regularly scheduled events such as activity and committee meetings.

So, with your Sunday morning cup of tea or coffee, plan your upcoming week by exploring **Events** on the resident website.



Armchair Travel Program

See (i.e., sense) the World Through NASA's New Millennium Program Earth Observing-1 (EO-1) Mission

The March **Armchair Travel** program will be on Wednesday, **March 13**, at 7 p.m. in the Blue Heron Auditorium. The presenter will be resident **Stephen Ungar**, a NASA Scientist Emeritus. He was awarded the NASA Medal for Exceptional Scientific Achievement in 2002.

The New Millennium Program was instituted by NASA in the mid-90s to optimize effectiveness and reduce the cost of future 21st century earth and space observing satellite missions. Stephen was selected to fulfill the role of **EO-1 Mission Scientist** in 1996 and to participate in the planning and implementation of the mission. He will describe the objectives and design strategies to meet the program's scientific and engineering goals needed to ensure mission success and a timely launch at the dawn of the New Millennium in December 2000. He will

take you on a guided tour of what can be learned from 438 miles above the surface of the Earth while orbiting the world on 14 separate pathways per day. He will tell you what it is like to lead an internationally competitive Science Team, selected by NASA through an interdisciplinary peer review process involving well-known experts in a vari-

ety of disciplines. He will discuss how an 18-month mission, designed to explore the effectiveness of new technology to better meet the needs of earth science, evolved into an 18-year technology and science pathfinder for disaster management. Call Armchair Travel Chairs **David** and **Anita August** (7221) for more information.



Views Back

by Candace Bradley

Candace has researched the archives of the Willamette Views and discovered historic bits of interest to share about our WV community.

The First Edition

The first edition of the monthly *Willamette Views* was printed in August 1962, nearly eight years after the campus admitted its first residents on January 3, 1955. For two decades, those first publications were only 1 – 3 pages each.

Some news sounds very similar to ours today, including that the hospitality committee hosted 40 new residents that year. There were some variations to present day – back then, the hosting included semiannual coffee hours.

Seven unspecified denominations took turns arranging weekly Sunday evening services in what was called our Mummery Hall. Governor Mark Hatfield and his family came for supper and a tour after one such service that year. Imagine!

Mummery Hall was named for our first executive director, Clyde Mummery, who was hired in 1951. Oregon Methodist Homes initially was directed to raise \$150,000 towards the initial WV construction project but failed. Subsequently Clyde loaned the board \$1,000 to hold the site. He even bought stamps needed for posting the project's mail. He then appealed to the local newspapers for needed publicity; two months later the financial gap had been closed. By 1963 hospital apartments – what we consider Assisted Living today – were added. And Clyde retired.

At the annual meeting, 27 committees reported having 179 persons serving on them. Today we have about three times that many groups.

Off-campus trips in 1962 – 63 included ice hockey, ice follies, the circus, Bonneville Dam, Multnomah Falls, Maryhill Museum, the Rose Festival Parade, a three-day trip to Seattle, and a five-day one to Victoria, BC. No details were printed. In the Manor basement, flammable wooden storage compartments were replaced by steel ones. At the same time, the laundry took possession of the original hobby shop, as it was moved nearby to a bigger 18 by 52-foot space. The art department also moved to a similarly sized space nearby. Even 60 years ago, the hobby shop was active much as it is today; residents built and repaired furniture, polished agates, and tended the greenhouse. The first issue ended with this quip: "She has teeth like stars; they come out at night."

APA Spotlight

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

by Ginny Seabrook, APA Committee

Willamette View is fortunate to have an original print by Coast Salish artist **Susan Point**. ***The River Woven in Time*** is located in the Terrace 2 lobby. Susan's distinct style has stimulated a movement in Coast Salish art. She draws inspiration from the stories of her ancestors and initiates the use of non-traditional materials and techniques, thereby inspiring a whole new generation of artists. Susan Point has been given a British Columbia Creative Achievement Award, appointed a lifetime member to the Royal Canadian Academy of Arts, selected to the International Women's Forum, listed as one of BC's 100 most influential women, and was one of Vancouver's 2012 Remarkable Women.

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



Hugh Ferrar and Judy Halesky, two of our Triangle Gardeners, discussing care and maintenance.

Photo by Donna Kling

Good Days, Bad Days

This is the first of a new series of reflections on senior living by WV resident and award-winning author Peter Gibb.

Humpty, Dumpty sat on a wall, Humpty Dumpty had a great fall.

Have you talked with your inner Humpty recently? It's good therapy. My Humpty and I sat down together. I had four issues to explore:

- Why did Humpty climb on the wall?
- Why did he fall?
- What did he think about on the way down?
- What made this fall so "great"?

First, let me be clear. Humpty was no longer a fresh egg waiting to hatch. It seems that Humpty climbed onto the wall but failed to recognize that this was not a safe place for an old egg to sit. His balance was off. He was wobbly, his memory a mere shell of his former self. But Humpty, being a philosophical type, seemed to reflect on his misjudgment rather than berate himself for it.

What kind of an egg am I? What kind of an egg do I want to be? Am I goose, duck, or chicken? Such, he reported, was his inner chatter. He accepted that his time was limited, but seemed more concerned with how to make the most of the time he had. The fall and his reflection made him aware. What could have been disaster woke him up. Awake, he was able to turn his fall into a roll, and thus avert an impending disaster. His fall became "great."

Humpty and I quickly became fast friends. I have fallen from so many walls. I have broken bones to prove it. I still climb. I still fall. But Humpty taught me that I have the power to make each fall great. When I pause, breathe, reflect honestly, my yolk guides me. I am aware. I become a better egg. My falls are great when I learn from them. In fact, I learn more from my falls than I do from just sitting on top of the wall. A wobble is no longer scary. It is my invitation to growth and awareness.

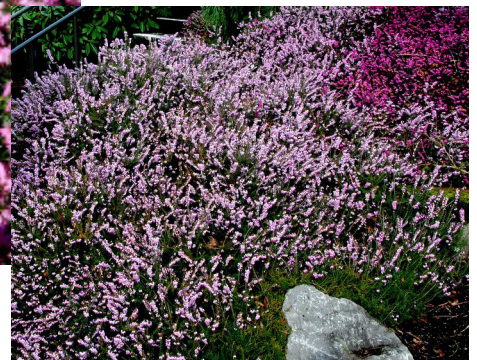
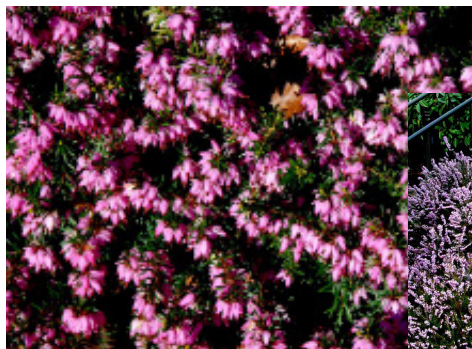
Thank you, Humpty.



Willamette View Plant of the Month

by Fred Rauch

One of the more common plants in our landscapes is the Winter Heath, or *Erica carnea*. It is a low-growing, spreading subshrub reaching 4 to 10 inches tall. This evergreen produces flowers in late winter to early spring, some when still covered by snow. It is native to mountainous areas of central, eastern, and southern Europe, where it grows in coniferous woodlands or stony slopes. Over 100 cultivars have been selected for variation in flower and leaf color. It is often seen as a ground cover among plantings of dwarf conifers.



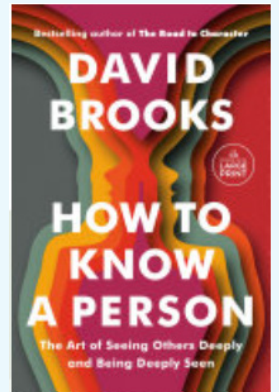
✓ Check it out

by LaJean Humphries, Library Committee Chair

The Purpose of Libraries

I've always considered David Brooks a bit of a prig; many have said the same of me. But I find his latest book, *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*, intriguing. (You can check it out from the WV library as soon as I return it.) It's also made me think about the purpose of libraries.

Entertainment or improvement? Give them what they want or give them what they need? These are questions public librarians ask. At Willamette View, the library leans towards giving you what you want. The mission of the Willamette View Library is to provide popular books for recreational reading for residents and staff and to facilitate their use. Our book selectors, especially for non-fiction, do consider social justice, current events, and other topical works, but residents generally demonstrate a preference for lighter fare. (Circulation statistics confirm this.) We avoid specialized topics such as health, medical, or legal books because the risk of providing false or misleading information is too high (even when relying on reviews).



Lighter or more serious, a well-written book helps me become a better critical reader, thinker, and writer. Reading makes me more empathetic. The Brooks book is a good example. As a result of studying more complex texts, people are better able to judge competing claims, to weigh evidence, and to make better-informed judgments on a host of issues.¹ Reading deeply and critically means taking time, slowing down, and not skimming or skipping sections. It means asking questions and suspending personal beliefs and biases. If I don't quite grasp something, I reread it or read it aloud.

Reading does more than entertain or improve. Research² has shown a strong positive relationship between leisure print-reading habits and reading comprehension across one's lifespan. Does it matter if you read a printed paper book or an e-book? Yes, although it's less of an issue for older adults than for younger people. For primary and middle school children, negative relationships have been observed between leisure digital reading and text comprehension. Over one's lifespan, leisure digital reading does not seem to pay off in terms of reading comprehension as much as traditional print reading does.

March 2 is **Read Across America** day. In 1994, March was declared **National Reading Month** to honor Dr. Seuss's birthday on March 2, 1904. Regardless of your opinion about Dr. Seuss, you should stop by the Manor, Court, or Terrace library collections or grab a paperback from the Plaza fireplace lounge. A good book is the perfect antidote to winter weather blues!

1. Paster, Gail Kern. "Why the Humanities Are Indeed Worth Teaching," *New York Times*, December 30, 2023. www.nytimes.com/2023/12/30/opinion/humanities-worth-teaching.html

2. Altamura, L., Vargas, C., & Salmerón, L. (2023). "Do New Forms of Reading Pay Off? A Meta-Analysis on the Relationship Between Leisure Digital Reading Habits and Text Comprehension. Review of Educational Research." doi.org/10.3102/00346543231216463

The Carousel — Then and Now

by Donna Krasnow, Carousel Manager

Photos by Candace Bradley and MH Socolofsky

In mid 2013, not many months after **Elise Meyers, Cindy Mahlau**, and I moved into Willamette View, we were asked to share management of the Carousel. I had never shopped in the store – and suddenly I was a manager. Today, 11 years later, I am once again a manager, this time sharing that role with **Johanna Niemitz** and **Candace Bradley**. The Carousel, however, has changed a lot over the past 11 years.

In 2013, you walked into the store and faced a very large half-circle clerk desk with four cubbies – large display pieces – and three rounders of clothing. Today that huge desk is gone, replaced by the beautiful clerks' desk made by our woodshop volunteers. We have two cubbies and two rounders. Why did we remove furniture? It was so crowded that our visitors in wheelchairs had trouble moving around. Today's configuration is more welcoming, but some residents miss the crowded feeling of the old store.

In 2013, we sold a wider range of donated items than we do today. I remember shelves full of office supplies, picture frames, yarn, hot rollers, soap, games, calculators, binders, lots of shoes, purses, and a big jar of loose buttons. Although it looked a bit like Goodwill, it **was** fun to look at everything and let those buttons roll through your fingers.

In 2024, 11 years later, we offer fewer products. We have less display space and have items spaced to better show them off. We have volunteers who thoroughly enjoy creating themes of products in beautifully composed color palettes. Some residents aren't happy about it. They tell me that it is "too boutiquey." Others tell me how much they love the windows and new displays and



Carousel volunteers Jean Storm (left) and Pam Brown arrange donated jewelry.

enjoy bringing friends and relatives to shop here. Yes, resident reactions cover the whole spectrum of opinions.

What hasn't changed is what actually sells and how much sells. In 2021, I decided to track every item that sold in the store. Each day, when the store closed, I would take receipts and add little ticks to my chart. How many pairs of pants? Shoes? Et cetera. What I learned was that our sales were pretty consistent, both in what you buy and how much money we make, which is about \$36,000 each year. Clothing and jewelry remain our biggest sellers, but we sell almost everything that goes out on our shelves, sometimes in minutes after the store opens. What didn't sell much? The office supplies, yarn, calculators, picture frames, and even those buttons.

What may surprise you is that we are in danger of having to reduce our hours because we now receive so few donations compared to when I started in 2013 – and it's not anyone's fault. Until recently, when a resident died

or moved to a higher level of care, his or her family asked for Carousel help when disposing of their family member's belongings. This is how we received the vast majority of our donations – probably 80 percent. The other 20 percent came from current residents who gave us their gently used items that they no longer needed. Today, however, many families handle clearing out their relatives' apartments themselves, and we end up with fewer donations.

Thank goodness many residents still donate what they no longer need, but it is hard to make up that missing 80 percent.

I am grateful that many residents continue to ask us to come collect their donations – we take whatever you give us; nothing is refused – but it is not nearly enough. What can we do to get more donations? Make it even easier to donate. Therefore, the Cage is now open on the last Saturday of each month, from 11 a.m. to 1 p.m., for residents to drop off donations. Given that we can only sell what we receive, please look around your apartment, clean out those closets and cupboards, and bring us whatever you no longer need. Then we can look forward to many more years of Carousel's existence.



Donations in the Cage's organized bins await transfer to the Carousel shelves.

Announcements



Congratulations to resident Kiko Kimura. She officially became a United States citizen on January 22.

In Memoriam

January 21 – February 20

Velma McConnell

Penny Starr

Paul White

Reduce Garbage

by Warren Ford for the Green Team

Willamette View residents can help reduce the amount of garbage that is hauled to landfills. Ask your server to use Greenies and not paper containers for all food you take out. The smaller round Greenies will hold soups, salads, fruit cups, and desserts. When the Greenies are empty, rinse them – no washing needed – and return them to the bin near one of the dining rooms. Kitchen staff will run them through a dishwasher and use them over again.

Apartment Moves

January 21 — February 20

	<i>From</i>	<i>To</i>	<i>Phone</i>
Bob Anderson– Jane Luddecke	New Residents	105E	6731
Bob Anderson	Art Studio	404A	6701
Frankie Borison	405B	309D	7215

Low Vision Mutual Self-Help Peer Support Group

Wednesday, March 13, 1:30 – 2:30 p.m.

Court Family Room, 2nd Floor

by Sandra Gerling, Vision Resources

We welcome interested newcomers. The group meets to share concerns, struggles, successes, and insights concerning vision loss. This is not a therapy group. Counselor Linda Tofflemire is facilitator. Discussions are strictly confidential.

Life Enrichment invites residents to Terrace Auditorium programs

by Lindsay Liden, Life Enrichment Assistant

Monday	March 4	TED Talks, 2:30 p.m.
Monday	March 11	Tim Clark guitar and vocal performance, 2 p.m.
Wednesday	March 13	Darrell Jabin presentation – <i>Discovering Oregon History Through the Oregon Blue Book</i> , 2:30 p.m.
Monday	March 18	Movie Matinee – <i>Barbie</i> (2023), 2 p.m.
Wednesday	March 20	Kyle Lewis piano and vocal performance, 2:30 p.m.
Wednesday	March 27	Movie Matinee – <i>Casablanca</i> (1942), 2 p.m.

Perspectives on the Natural World

by Wendy Aeschliman

Mason Bee aka Orchard Mason Bee – *Osmia lignaria*

Bees ... People think of bee stings, honey, and pollination. This small native bee is definitely **not** associated with either bee stings or honey. The males are incapable of stinging, and the females are non-aggressive, stinging only if feeling confined. They make no honey, but are super-duper pollinators! They belly flop on flowers, getting pollen all over their bodies; the honey bee just has a pollen basket on each back leg. Mason bees fertilize at a rate of 95 percent, vs. honey bees at a rate of 5 percent.



At our home west of Portland, we raised and managed mason bees for five years. The photo shows our first bee hotels – our larger one with round holes and the other with square holes. To a bee, they definitely preferred the **round** holes, perhaps genetically programmed because, being efficient little masons, they can use less mud to close in their incubator cubicles. The pictured cubicles have very healthy cocoons with black frass – their droppings – from the growing larvae.

Usually in March, when temps are about 55 degrees, the smaller male bees, with white tufts on their heads, emerge first from the front and wait for the females. Mating is their sole raison d'être. Females, each a solitary queen, cut their way out later from the back chambers. These eggs were fertilized by sperm stored by their "mom." Each female chooses a hole, crawls to the back, adds mud, creates a pollen ball, crawls back to the entrance, turns around, now backs in to the pollen ball, lays one fertilized egg on top, then another mud plug, repeating all steps and many, many visits to eventually make more incubator chambers within the hole. Whew!

The eggs hatch in a few days. Near the front, eggs are not fertilized; they are males. After a few holes are capped off, the females lose energy and are finished with their purpose. Their lifespan is over after about six weeks. Larvae, if healthy, will grow, spin their silk cocoons, and become adult bees in the fall.

Just as honey bees need maintenance, so do mason bees, in order to raise the healthiest bees possible to fulfill their important roles and make a significant ecological contribution. Current bee hotels sold for these solitary bees have many holes close together; the bees adapt. That is unfortunately a huge attraction for predators and pathogens: pollen mites, mono wasps, chalkbrood fungus, etc. Usually in June, after the bees are no longer nesting, the box is taken to a cool area like a garage or shed where the larvae do not have too much heat. A mesh bag around the hotel is recommended for this storage. By November the bees are fully formed adults inside silk cocoons, that now should be removed from the wood trays and cardboard tubes for cleaning and sanitation. There are many online videos



that show the recommended process. Crownbees.com and rentmasonbees.com are two great sources. Our cocoons have made the move to Willamette View and are now waiting in our fridge. Look for the hotel with the red roof to be mounted in March on the far side of the resident garden shed where others, too, have been placed in the past – the bees like to warm up in morning sun. Cocoons with live adults emerging will be in the attic. After mating, females will start collecting pollen from nearby flowering plants. Territories range only 100 to 300 yards; honey bees range up to 5 miles. The cycle begins yet again. Enjoy with gratitude these busy little garden residents!

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.	Plaza Sunroom	Ron Gustafson	2715
Mix & Mingle	Wednesday	5:30 p.m.	Heron Lounge	Jan Campbell	6822
Briefings	Fourth Tuesday	1 p.m.	Terrace Aud..	Bibi Momsen	6627
Catholic Communion Group	Thursday	11:15 a.m.	Heron Lounge	Laverne Flaherty	6420
Caregivers' Support Group	First & third Thursday	10:30 a.m.	Court Family Rm.	Linda Tofflemire	7355
Carpet Bowling	Mon., Wed., Thurs., Fri.		Court 1st Floor	Mark Troseth	7220
Chorus	Thursday	12:30 p.m.	BH Auditorium	Bob Thomas	2712
Diversity and Inclusion Group	First Tuesday	10:30 a.m.	BH Auditorium	Helen Spector	7034
Episcopalians and friends	Fourth Thursday	11 a.m.	Plaza Sunroom	Dick Toll	6562
Fiction Writers Group	Second Wednesday	2 p.m.	Heron Lounge	Joel Meresman	6730
Garden Committee	Second Tuesday	10 a.m.	Court Family Rm.	Susan Bolton	7277
Green Team	Second Wednesday	9:30 a.m.	Court Family Rm.	Marilyn Feldhaus	7238
Ham Radio Club	Saturday – Bring your own breakfast –	8:30 a.m.	Elk Rock Bistro	Dale Harris	6482
Health Center/Terrace Tour	Thursday – by reservation –	10:30 a.m.	meet in Terrace Lib.	Laela Echelberger	6793
Hooks and Needles	Tuesday	1 p.m.	Plaza Fireplace Lounge	Sandra Pagels	6549
Hootenanny	Third Sunday	3 p.m.	BH Auditorium	Dale Harris	6482
Improv Games	Wednesday	10:30 a.m.	Court Family Rm.	Sally Giles	6634
Interfaith Questers	Monday	2 p.m.	Zoom	Bernard della Santina	6639
Language — French Conversation	Tuesday	12 noon	Elk Rock Bistro	Gail Durham	6815
German Conversation	Wednesday	12 noon	Elk Rock Bistro	Klaus Jaeger	6293
Spanish Conversation	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.	Pam Brown	6623
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
Nonfiction Book Review	Fourth Wednesday	10 a.m.	Heron Lounge	Jean Gallup	6397
Outdoor Campus Committee	First Monday	1 p.m.	Plaza Sunroom	Ron Ture	7028
Pickleball	Sun., Tues., Thurs.	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, Beginning	Thursday	6:30 p.m.	Heron Lounge	Robert Donaldson	6743
Pool Volleyball	Monday, Wed. – 10 a.m./Fri. – 11 a.m.		Pool	Candace Bradley	7201
Plant-based Nutrition Group	Second Saturday	3 p.m.	Terrace Aud..	Jerry Smith	6502
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 Thursday	4 p.m.	Court Family Rm.	Dale Harris	6482
Sew Be It	Fourth Friday	1:30 p.m.	Court Family Rm.	Eliz. Knecht	503-200-9250
Team Trivia	Second & fourth Mon.	6:30 p.m.	Terrace Aud.	Sherman Bucher	7214
Unitarian-Universalists and friends	Third Tuesday	4 p.m.	Plaza Sunroom	Jane Cadwallader	6455
Wednesday Walk	Wednesday	1 p.m.	Meet in front of Manor	Gary Smith	925-872-0969
Wine Tasting	Second & fourth Tuesday	4 p.m.	Heron Lounge	Bob Kahl	6279
Yoga	Tuesday & Thursday	7:30 a.m.	Fitness Studio	Ann Rutz	6504
Chair Yoga	Thursday	9:15 a.m.	Multipurpose Rm.	Ann Rutz	6504

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