

The background is an abstract painting. The top half features a sky with shades of blue, purple, and pink, with long, thin, reddish-brown brushstrokes falling from it. Below the sky is a dark, horizontal band representing a landscape or a body of water, with some faint, dark shapes that could be buildings or trees. The bottom half of the image is a dense, textured field of green and yellow, with many small, reddish-brown brushstrokes scattered throughout, giving it a sense of movement and depth.

3550



NANCY MOSS
Editor



BOB HOPKINS
President

One hall display featured brilliant satin butterflies, purchased at roadside stands in China. Another had fresh flowers, donated weekly by one of the floor's residents.

A mailroom memo stated that displays like this "will be disposed."

While some floors had been content with a vase or artifact that remained on the hall table for weeks, others were creative: photographs of mothers of the floor's residents for Mother's Day, an historic American flag for the Fourth of July.

There were complaints about a few of the displays, a knowledgeable resident tells me, ones that celebrated a particular university: "not elegant, but from the heart," she explains.

Surely that issue could have been addressed: the rah-rah praise up for a shorter time than others. Instead, displays that featured travel, patriotism or love of beauty are being replaced by art books or vases with no meaning to anyone.

"We're being hidden," one resident said. Bypassing any negotiation stage addressed the concerns of the those who complained but ignored residents willing to work on displays.

The display cabinet in the hall off the lobby, after featuring Veterans Day memorabilia of residents and staff, was carted away because its shelves sometimes lay empty. No more collections like the array of tiny boxes made in the Mirabella woodshop.

The problem with the cabinet was that a couple of Creativity on Display committee members felt overburdened with the task of rounding up collections, labeling them neatly and then returning them to their owner when the time was up.

A few volunteers could have kept the cabinet full.

The newest plan for the hall tables, described by Executive Director Sharon Van Eaton at the March directors' coffee, features art books on the lower level, for tables with two surfaces, and a vase on tables with one.

A mid-April tour of hall tables revealed five bare tables, five with vases of flowers, one doily, one with a copy of "Ornament" magazine and one with a book of historic Portland photographs.

Something has been lost.

As I was riding my bicycle early one fine day on the Willamette River path to the Sellwood Bridge, the sight of bald eagles soaring overhead and crew boats racing by reminded me of how fortunate Mirabella's location is. As I pedaled back home over the Tilikum Crossing bridge, the view of downtown and the west hills inspired renewed appreciation of the beauty of our city.

Then I thought of our remarkable state of Oregon with its stunningly impressive and wildly varied landscape. Just an hour's drive from Portland we can experience the spectacular Columbia River Gorge, multiple cascading waterfalls at Silver Falls State Park and rolling farmlands and vineyards of Willamette Valley. Further south gets us to productions of Shakespeare in Ashland, spectacular Crater Lake National Park and the great bird migrations at Klamath National Wildlife Refuge.

A two hours' drive west through forests of towering Douglas fir and Sitka spruce brings us to the Oregon coast with its long beaches, huge rock formations, small villages, Tillamook Cheese Factory and sea life of all kinds. Further south are the expansive sand dunes of Honeyman State Park and the world famous Bandon Dunes golf courses.

Heading three to four hours east over the snow-capped Cascades, a much drier climate unfolds as we pass through ponderosa pine forests and high desert terrain, along the Santiam and Deschutes and other picturesque rivers, to Black Butte Ranch, Sunriver, Smith Rock and other destination locations loved by generations of Oregonians. Longer drives are needed to reach the more sparsely populated and amazing sights of eastern Oregon, including the Painted Hills, John Day Fossil Beds National Monument, Hells Canyon and Snake River, the Swiss Alp-like Wallowa Mountains, Malheur National Wildlife Refuge, Alvord Desert and adjacent Steens Mountain.

Even after living in and exploring Oregon for 50 years, I have yet to visit many sights in this spectacular state. I encourage you to venture out and see more of what Oregon offers.

You will not be disappointed.



Front Cover

Eileen Kane completed the cover painting, acrylic on canvas, after a trip to New Zealand. It is part of an experimental series.



Back Cover

Springtime scene: a girl on the grass, reading.
Photo: Richard Mounts

~ The Inside Scoop ~

4 In the News

Mirabella Players, Mirabella Concert, Steve Lipsey, Moss Play, Rumble in the Summer, MEPS News, RAMP Amendment, Envoy ECar, New PRS Vision, St. Pat's Fete

7 Looking for Pete Seeger

Julie Young

8 Prepared for Intruders

Ed Parker

9 Healthcare Challenges Continue

Nancy Moss

11 Art Lives Here

Dorothy Dworkin

13 Duc Tran Retires

Nancy Moss

14 Resident Profile: Bettianne Goetz

Pamela Lindholm-Levy

17 Staff Profile: Robert Duval

Nancy Moss

19 Photo Essay: The Lure of Exotic Places

John Briggs

25 The Gift of Life: Organ Transplantation

Rita Brickman Effros

28 Birdbrain: Not Always an Insult

Pamela Lindholm-Levy

31 Just Keeps On Trucking

Pete Swan

32 Streetcar Risks

Marlena Fiol

33 Library Committee News, Poetry

Pamela Lindholm-Levy, Terri Hopkins

34 Portland Diary

Nancy Moss

35 Pool Volleyball: 3 p.m. Monday

Nancy Moss

3550 STAFF

Editor	NANCY MOSS
Founding Editor	STEVE CASEY
Associate Editor	PAMELA LINDHOLM-LEVY
Design Editor	BERT VAN GORDER
Copy Editor	JUDY McDERMOTT
Photographers	STANLEY BERMAN ROBERT FRENCH JOHANNA KING RON MENDONCA ART MOSS RICHARD MOUNTS
Illustrators	HEBE GREIZERSTEIN EILEEN KANE FRANK PARKER ARLETHA RYAN
Writers	PRISCILLA COWELL DOROTHY DWORKIN RITA BRICKMAN EFFROS MARY FINNERAN JOHN FOREMAN ED PARKER PETE SWAN
Advertising Manager	MARLIE ROWELL PEG FOULK
Business Manager	MARILYN DODGE

3550 Magazine

© 2024

Residents' Association
of

Mirabella Portland
3550 S Bond Ave. Unit 2108
Portland, OR 97239-4729

www.3550magazine.org
info@3550magazine.org



♻️ 3550 Magazine is printed on recycled paper.



Photo: Ron Mendonca

Nick Le-Jurica and Don Marshall are bike riders in Rich Rubin's play "Stark Naked."

Mirabella Players Feature Comedies

The Mirabella Players' spring show, scheduled for Tuesday, June 11, in Willamette Hall, will feature four short comedies. Two, "Aphrodite" and "Beepers," are monologues by Nancy Moss. Two are 10-minute plays, "At the Bar," by Nancy Moss and "Stark Naked," by Rich Rubin. "Stark Naked" dramatizes Portland's naked bike ride.

Rich's play, "Floating Naked with Piranhas (How I Learned to Love Working at Amazon)," had a staged reading in this year's Fertile Ground festival..

Mirabella Plans Concert

Mirabella's new choir, organized by Joan Smith, plans to give its first concert on June 8 in Willamette Hall. Performing "Hallelujah," by Leonard Cohen, and "I've Got Rhythm," by George Gershwin, the 20-member choir will be led by choral director Peter Freeman, who is in his first year of conducting class at Portland State University, taught by Dr. Ethan Sperry.

Joan Smith called Peter "a very positive, upbeat and charming man with a passion for music." Peter sings in the Portland State Chamber Choir. The choir has won over 30 medals and awards in international choir competitions.



Photo: Portland State University

Peter Freeman, Mirabella choral director

Lipsey Steels the Show

Mirabella resident Steve Lipsey plays his pedal steel guitar with a steel; his instrument features 10 strings, three foot pedals and five knee levels. He has appeared in Portland venues like the White Eagle Saloon on North Russell Street.

There Steve's band, the Lost Sailors, played what Steve calls a "mix of cosmic country, rock, funk and blues." All with hints of The Grateful Dead, he adds.

Steve has also played in a food pod court in Fairview, as well as other local venues.

Steve started playing the guitar in high school when a "Blue Oyster Cult founding member" in his high school class taught him to play.

Reading of Moss Play

Twilight Theatre in Portland will be doing a reading of Nancy Moss's one-act play "Getting By" this summer as part of their TOAST readers' theatre. "Getting By" deals with what three good friends see as a threat to their retirement home by a corporate raider.

Rumble in the Summer

Charlene Zidell, Zidell's vice president of strategic partnerships, announced that on August 23–25, the "Best Show on Earth" is coming to Zidell, featuring "weird, rare and unconventional bikes." Residents interested in "custom bikes" may want to attend to see unusual motorcycles.

RAMP Amendment Progress

After working for a few months under the major bylaw revision adopted at the September 2023 annual meeting of residents and the rules adopted at the October 2023 council meeting, council members are considering how to further improve both documents.

The council took a first step at its April 17, 2024 meeting. Revised rules will permit the council to make non-substantive revisions of the bylaws to correct minor errors. Examples include numbering, spelling, capitalization, grammar or punctuation changes that do not change the meaning of the bylaws.

The council voted to post the draft rule change for resident review and comment prior to planned adoption at the May council meeting.



Photo: Stanley Berman

MEPS News

Sally Doerfler (above) about to receive a helmet from Mirabella Emergency Preparedness Subcommittee (MEPS) chair **Paul Knoll**. As 6B team leader, Sally will organize floor residents in a drill or emergency. MEPS has conducted fire drills on all of the Independent Living floors.

Former rules committee chair John Foreman said, "Perhaps the most helpful use of this new rule will be to allow adjustments in the table of contents for the bylaws without requiring a meeting of residents to make such non-substantive corrections. The table of contents has proven to be helpful for anyone trying to find what they are looking for."

After working with the major revision of both the bylaws and rules adopted in 2023, council members found opportunities for improvements. RAMP president Bob Hopkins said he would recommend that residents vote on a few bylaw revisions at the September 2024 annual meeting.

The new council elected at that meeting could then consider what further rules changes would be appropriate.

Envoy Ecar Ready to Go

By NANCY MOSS

One of the best ways to save our planet is to switch from gasoline-powered cars to electric vehicles. Mirabella residents can take a step toward this goal when they operate the new Envoy ecar. To do this, residents must first go to a valet, who will give them the app to enable the phone, either iPhone or Android.

Only cellphone users can operate the ecar. Valets will then set up a test drive to show residents how the vehicle works.

The Envoy ecar results from a Portland General Electric (PGE) grant for an electric charging station and vehicle to "encourage use of electric vehicles in underserved communities." The elderly qualify because they are unlikely to learn about or use electric vehicles.

With Executive Director Sharon Van Eaton's support, Judy Seubert worked with Steve Higgs, executive director of Seniors Advancing Generational Equity (SAGE) and Mirabella's facility services to complete the PGE requirements for a program grant.

Nearly a year later, SAGE informed Mirabella's green team that Mirabella had been selected for PGE's program; it received first a new charging station and Chevy Volt.

"Steven Gibbons was instrumental in putting the Envoy car-sharing program into action twice during the pandemic," Judy says.



Photo: Stanley Berman

Green team member Judy Seubert is ready to roll in the Envoy ecar.

Glitches occurred, first a battery problem resulting in the recall of the vehicle and then Envoy staff cutbacks during the epidemic.

Mirabella Director of Marketing Renee Hix says that an ecar attracts prospective residents who are downsizing from two cars to one. Stan Berman, who has driven the ecar, says that "Aside from the app, it's like driving a normal car."

Judy and her fellow Green Team members hope that residents with cellphones will accept the challenge of learning new technology and, yes, help save the planet.

New PRS Vision and Mission

Editor's Note:

The board of directors of Pacific Retirement Services (PRS), Mirabella Portland's parent company, recently revised their vision and mission statements.

The revised vision statement is "Shaping a future where aging is embraced as an opportunity to thrive." The revised mission statement is "Empower people to lead meaningful lives as they age."

A story in the March 2024 issue of 3550 about the PRS strategic planning process reported an incorrect version of those statements.

St. Pat's Fete: Fun and Profit

The St. Patrick's Day party, hosted by Mirabella's Foundation Committee, netted a profit of almost \$13,000 for the foundation's cultural enrichment and art acquisition committees. As of early April there were 47 donors, foundation committee chair Jim Fitzsimmons said, adding that it was good to supplement the funds on hand.

Party-goers munched on shamrock cookies and sipped Guinness as they listened to Celtic music played by a quartet. Pam Lindhom-Levy had helped raise interest by sending emails with Irish cultural information before the party.

He was "happy with the results," Jim Fitzsimmons said; it was "fun to have a theme party."

Looking for Pete Seeger

By JULIE YOUNG



Photo: Stanley Berman

Interior of The Mill.

Seventeen hundred steps from the Mirabella by way of the Willamette Greenway Trail, a sandwich board points me to The Mill. “Water Avenue Espresso,” the sign promises.

I’m on a perpetual hunt for a cozy coffeehouse, the kind that pays homage to the ’60s, the kind with yellowed lamp shades, lumpy, overstuffed sofas, a guitar player and ashtrays. Well, maybe not the ashtrays. If not a guitar player, at least an LP library and decent turntable. The Mill, I think, is a hopeful name. It sounds working class, without airs, maybe a little dusty. Yes, this could be a winner. I follow the sign’s arrow to investigate.

The Mill, I find, is inside Rivers Edge Hotel. It’s posh, decades removed from the coffeehouses I pine for. It feels as new as spring grass — clean, unmarred, spacious. Sleek banquettes with private tables sit below windows on the

south wall, and a long high-top table cuts through the room’s center. Two iconic Eames chairs and a stylish sofa face a fireplace’s gas flames. My eye catches artistic tile work behind the bar, a reasonable choice of liquors and a coffee machine. The lighting and neutral palette for fabrics, rugs, and wall treatment offer serenity for hotel guests.

I notice two muted television screens for sports and news, but no turntable. A staff person asks me if I need anything. I shake my head no. I say nothing about a guitar player, a lumpy sofa, ashtrays. She’s young, she wouldn’t understand.

A lone man, young, comes into the café. He scans the space, then sits at the high-top to study his cell phone. He looks comfortable. He fits in. I sigh and return to the greenway. On my Apple Music, Bob Dylan is singing, “The times they are A-Changin’.” ●



Photo: Richard Mounts

Shadows

Prepared for Intruders

By ED PARKER

An unwanted intruder committee, chaired by resident John Foreman, has begun work on plans for how Mirabella staff and residents should respond when a potentially dangerous person enters the building.

The resident association's building and grounds committee created the group as a temporary subcommittee to work with Mirabella administration to develop intruder response plans and instruct residents on how to react when such an incident occurs. Committee members include building and grounds committee chair Tom Schmitt and residents Rita Effros, Marlena Fiol, Rosemary Hole, Joe Kane and Wayne Wiswell.

Following an initial organizational meeting, the committee met in April with Executive Director Sharon Van Eaton and Facility Services Director Kent Liebelt to begin coordination planning. John told 3550, "the committee believes it is important for residents to know how staff are trained to respond and how residents can protect themselves without getting in the way of staff or police responses."

Kent told the building and grounds committee at its April meeting that he was planning a senior staff and facilities department training session at the end of May to be conducted by the Gresham Police Department. Kent solicited their advice because they owed him a favor. He said he had permitted their department to use Mirabella for police drone training earlier this year.

John said that a member of his committee would contact the Portland Police Bureau to get their advice also, since they will be the agency responding to an incident. "It will be important to know their plans and their advice to residents present at an incident before police arrive," he said.

Tom told building and grounds committee members that the new subcommittee would also consult Portland area and Pacific Retirement Services (PRS) retirement communities in other locations to learn about any incidents they have had and about any response plans they may have. ●

Healthcare Challenges Continue

By NANCY MOSS



Photo: Stanley Berman

Marlena Fiol and Ed O'Connor lead a tai chi class for healthcare floor residents.

Mirabella Executive Director Sharon Van Eaton says that the memory care area is flourishing, but skilled nursing is "still a struggle" financially due to Medicare's declining support.

Mirabella plans to save money by training its own certified nursing assistants (CNAs), who would replace more expensive short-term contract workers. There are eight prospective CNAs in the newest group, four of whom will stay at Mirabella. PRS-trained CNAs have caused a "massive

reduction in agency staff," Sharon says, thereby saving Mirabella money.

During the clinical part of their training, the CNAs-to-be work alongside Mirabella's CNAs. They "practice what they learned in class," says Health Services Administrator Joscelyn Cook. "It gives them hands-on learning." They will finish up the course with an exam that certifies them.

(Continued on next page)

(Continued from previous page)

The CNA trainees were in evidence on the day of our interview, walking the hall in pairs or singly, in their bright blue uniforms. One resident said a trainee gave him a massage and rubbed his ankles with ointment. "It felt good," he said.

Financial losses on the healthcare floor will not affect the 14-day free respite care offered to residents, Sharon says. Those free days awarded to residents "are not a big part of the loss" and in fact help attract prospective residents. They also can form a major part of residents' long-term planning.

Demand for the healthcare floor remains high. At one time this year, seven Mirabella residents were cared for at Holladay Park Plaza, a PRS sister facility. Mirabella resident Lynn Marks says her stay at Holladay Park Plaza was a "good experience," but that she "likes it better here" at Mirabella. Another temporary resident at Holladay Park Plaza told a friend she was lonely in that environment.

Sharon says that she will write an article informing residents of the possibility of being cared for outside Mirabella if its healthcare rooms are full. She realizes that answering questions from the floor of a RAMP meeting or directors' coffee does not reach every resident. Sharon's written explanation of the process may result in more cards and visits from friends, alleviating the sense of separation.

Getting to Holladay Park to visit is also an issue.

Mirabella's former Health Services Administrator Stephanie Cook used to assure residents that she kept one room empty on the healthcare floor. The seven residents cared for at Holladay Park Plaza demonstrate that Mirabella can no longer promise that.

Given high demand for healthcare rooms, should Mirabella consider changing its policy of making residents responsible for those residents who run out of money?

Following the financial crisis in 2008, prospective Mirabella residents sometimes had low down payments.

Mirabella contracts state that if a resident cannot pay their expenses, the money required will first be taken out of the down payment for their apartment and then from the foundation's resident assistance fund. If the initial down payment was low, drawing on that fund can become necessary.

The Foundation Advisory Committee's report, under RAMP on the Miranet, states that receipts for its resident assistance fund to date total \$585,330 and expenditures \$269,181. The resident assistance fund started to incur expenses in mid-2022; its expenditure for October, 2023, was \$20,329, a sum typical of the last few months.

Not everyone on the Mirabella Foundation board feels the monthly expenditures are a problem.

Sharon points out that some of the receipts were from PRS, which gave Mirabella a facility grant. RAMP recommended where the funds should go and chose the resident assistance fund. Foundation committee chair Jim Fitzsimmons said that the resident assistance fund includes board-designated funds in the amount of \$269,181 but that money disbursed so far from the resident assistance fund has come from Mirabella residents' donations.

One might ask why we should subsidize residents who are taking spots on the healthcare floor that are not available to us. The recent high demand for healthcare rooms makes this a serious question.

Sharon agreed that she "has to explore that." She said that our present contracts could be changed with an addendum. She said she would talk to Mirabella's general counsel on the subject but adds that making that change could threaten Mirabella's 501(c)3 status.

Meanwhile on the healthcare floor an aide walks the hall with a resident; a nurse works at the pill station. The TV in the lounge is on, its sound muted.

"I bounce back," a longtime resident tells me, "but each time it's a little lower."

Each room on the healthcare floor contains its own story. ●

WONDERFUL

JEWELRY & GIFTS

ONE BLOCK SOUTH OF MIRABELLA ON RIVER PKWY



OPEN SEVEN DAYS A WEEK!
503-477-6209 / WONDERFULPDX.COM



Photo: Ron Mendonca

"Piano Coloratura" by P. Robert was donated by the estate of Joyce Roe.

Art Lives Here

By DOROTHY DWORKIN

"The purpose of art is washing the dust of daily life off your souls." Pablo Picasso

Several months ago, a recently acquired oil painting by P. Robert appeared on a wall near the entrance to Willamette Hall. "Piano Coloratura," a gift from the estate of former resident Joyce Roe, joins other artwork throughout the building donated by current and former residents and/or their families.

When intended donors of artwork wish to gift Mirabella, they fill out an application form and submit it to the Art

Acquisition Committee (AAC) along with the piece if possible. Only original works are accepted.

Members of the committee evaluate the art to ascertain if it is appropriate for Mirabella. If it is approved, they forward their recommendation to Mirabella's executive director, Sharon Von Eaton, for final approval. The AAC is

(Continued on next page)

(Continued from previous page)

a sub-division of the Art Committee and part of the RAMP budget. Committee members Dee Poth, Dan Hole and Ron Mendonca review all donations.

When Mirabella opened its doors, artwork was selected by the PRS architectural firm with an art consultant. The theme for the building's art reflected nature and its proximity to the river and extensive bird life. Over the years, that theme has expanded to include a more diverse collection. Many new residents were art collectors who found they had no room to display their complete collections. They offered to donate a portion to Mirabella and the art collection grew.

Accepted artworks have expanded beyond resident donations. Posters of Portland's parks, celebrating Portland Parks Foundation's 20th anniversary, line the corridors and hang in front of the elevators on the parking level; they were purchased with art committee funds. On occasion, the cultural enrichment division of the Mirabella Foundation has provided additional funds for reframing paintings and any other possible need required to accommodate the works. The AAC sub-committee does not have a separate budget.

Members of the AAC suggest where the works should be installed; however, art may never be placed on the walls in

front of the elevators on each floor and no works deemed offensive to residents are accepted. Sculptures are rarely accepted due to lack of space.

After the dining venues on the 24th floor were renovated, a painting removed from the area above the fireplace in Aria found a new home in the Mirabella library. The painting, a 27 inch by 48 inch acrylic on board, is titled "Fire Mountain 2010." Created by Sidonie Caron, an artist residing in the South Waterfront area, it was selected by the designers of the original Aria dining room. The vibrant colors in the painting enliven the entry to the library.

Among Mirabella's newest acquisitions are four etchings, two on display in the game room on the fifth floor and two in the sixth-floor game room area. They were donated by Aira Williams from her extensive collection. Another donated etching, by Josef Eidenberger, hangs above the fireplace in the library.

Mirabella is fortunate to have many artists in residence along with creative employees. Through the program Creativity on Display they have an opportunity to share their work in a designated space on the wall in the front lobby. Since the committee's formation, 80 artists have participated.

Mirabella residents can truly say, "We live among art." ●

OHSU SoundSource Hearing Center



**Conveniently located, we
provide comprehensive
hearing health care options**

- Hearing Evaluations
- Hearing Aid Programming
- Hearing Aid Cleaning & Repairs

by appointment only
503-418-2555



3550 S Bond Ave, Suite 173, Portland OR 97239

Duc Tran Retires

By NANCY MOSS

Duc Tran, a Mirabella employee for 13 years, retired in March. Now living in Dayton, Oregon, with his wife Lorna, Duc expects to garden and grow grapes in his vineyard. "I may let visitors try it," he says of his pinot.

Duc also plans to visit Vietnam, where his two sisters live and where he grew up. A mechanic in the South Vietnam Air Force, Duc found his world changed on April 30, 1975, when the Republic of Vietnam collapsed.

Steve Casey's article in the June 2013 3550 quotes Duc: "The Communists took over and we didn't have food. You couldn't move, you couldn't go anywhere."

He had to burn his air force uniform.

In 1980 Duc decided to leave Vietnam; he became one of 52 refugees on a small boat. While waves swept across the deck, Duc worked the tiller for 48 hours straight, certain that he was about to die. "The longest two days of my life," he recalls.

The boat finally arrived in Indonesia, where Duc's military service won him a trip to America. On arriving in Portland, Duc worked as a janitor at night and studied during the day, learning English and auto mechanics.

He applied to Mirabella Portland for a job when it opened and has found here the sense of community he remembers from his village in Vietnam. There, Duc recalls a strong sense of belonging. "If I'm thirsty," he says, "I can get water. If there's a fire, we all help." Duc has found that sense



Duc and a mate at boot camp.



Photo: Robert French

Duc surveys Mirabella's rooftop.

of neighbors helping neighbors here, he says: "Residents make my job easy." The sense of teamwork was stronger in the past than now, he feels, but he looks forward to meeting residents in the street.

"Memories with love," Duc explains. ●

See 3550magazine.org/backissues/June2013 for Steve's article about Duc Tran on page 8.

A friend said, "Don't let Bettianne join your group. She'll end up as president."

Bettianne Goetz joined Mirabella Portland two years ago, and while she isn't president (yet), she has jumped right into activities and chairs two committees already: South Waterfront and Travel. She worked to raise money for the Employee Appreciation Fund, and she's a member of the Ukulele Orchestra and Mirabella Players.

Resident Profile:

Bettianne Goetz — Teaching and Seeing the World

By **PAMELA LINDHOLM-LEVY**

Capping a career in teaching, Bettianne was the principal of a school in the Reynolds district in east Multnomah county. For years she focused on teaching reading improvement after earning her teaching degree and two advanced degrees as a reading specialist.

Bettianne was born in Wapakoneta, Ohio, and lived there until her senior year in high school. Her dad had a meat-packing business where Bettianne liked to hang out. He developed a cheese-stuffed hot dog along with making sausages.

In Ohio Bettianne became a Girl Scout and rose to the top rank: Gold Award — equivalent to an Eagle Scout in Boy Scouts. Her leaders and friends shared her enthusiasm for scouting. She also loved swimming and became an instructor and a lifeguard.

Her mother wanted so much to live in California that the whole family — mom, dad, Bettianne and her four younger siblings — moved. It was a hard transition as a high school senior, but joining the band at Mission Bay High School made it bearable for Bettianne. She played the clarinet in concerts and the baritone, the smallest tuba, on the football field during halftime. Marching at Disneyland was another highlight. Her mother, an early feminist, encouraged her girls to have a career. Bettianne attended San Diego State and decided she wanted to teach the elementary grades.

She met her late husband, Al, in college. They agreed they would see the world together in these "Europe on \$5 a Day"

years. For a short time they taught in San Diego schools, then went on to Hawaii. Living on the Big Island was expensive, so Bettianne and Al looked for a way to both make a good living and see the world. New experiences continued when they took posts on the island of Guam, which is east of the Philippine Islands and Vietnam.

They were two of 600 teachers who came to Guam in 1964 as the Vietnam War was heating up. The benefits were good. Mostly. Teachers were housed in 20 square blocks of condemned World War II officers' quarters that were by this time home to termites, roaches, rats and mice in the walls. Thanks to the camaraderie that sprang up among the teachers, everything got cleaned up to make the places livable. This was doubly important because so many of the teachers had small children. Bettianne and Al had brought their first daughter, Debbie, and a second, Jill, was born on Guam. Today the girls live in Vancouver.

The Guam school was not part of the armed services school system, but lots of kids from military families attended. Local children, who among them spoke five languages, attended as well and needed special attention to learn English. In total, there were 1,200 school children ages 5–12, requiring 17 first-grade classrooms. Bettianne became a reading specialist in this setting.

While on Guam Bettianne and Al took trips to Japan, South Korea and Micronesia, and, one summer, an around-the-world trip. The teachers' families swapped childcare, so getting away was not a problem.

As Bettianne and Al were returning to the United States from the 'round the world trip, they expected to continue on west from their entry point, New York, but encountered an

Her mother, an early feminist, encouraged her girls to have a career.

airline strike. Bettianne says she cried. She was so ready to get back home, but they were stuck and had to sleep on the terminal floor.

Before Guam, Bettianne and Al had taken a motorcycle on a freighter to Palau and Yap and other islands. On one island remnants of Japanese fighter planes lay beside the

(Continued on page 16)



Photo: Ron Mendonca

Bettianne Goetz



Al and Bettianne on their boat

(Continued from page 14)

runway. On Palau the couple bought a painted wood panel, carved by Palauan men after dinner together that, like most in that genre, tells a sexy story. It hangs now over Bettianne's fireplace.

Bettianne and Al taught on Guam until 1969, when Al was admitted to a graduate program in educational leadership at Oregon State. At one point during his studies, he and Bettianne and family lived and worked in Ontario, Oregon. Bettianne says she realized those Eastern Oregonians were close to Idaho in aspects besides just geography.

In time, the Goetzes bought a 1940s house on Fairview Lake in east county. They remodeled this one-time Portlander's vacation house into a year-round home where they lived in for 50 years. "Al was always a tinkerer," Bettianne says. In Guam he refurbished a boat. In Portland he left education and built some houses. They bought a boat and sailed in the San Juan and Gulf islands. She never liked being out of sight of land.

Al continued tinkering until he developed a product that Pacific Northwesterners always need: a moss and mildew remover for wood. It's called 30 Seconds and is available at big box stores.

Bettianne's advanced degree in learning disabilities sent her to classrooms where she worked with dyslexic children and others who had writing and spelling blocks. She says there is much more help for these kids now. After three years in this specialty she became a principal. She liked that best.

Meanwhile, Bettianne and Al continued traveling. Al was a long-time Rotarian, and the couple traveled as part of its International Friendship exchange to South Africa, Sweden and Argentina among others.

A trip to India in which Bettianne's prime purpose was to attend a yoga retreat resulted in her purchase of what's

called camel-jewelry. She visited a giant semi-annual market where the animals were bought and traded. The long colorful cords of bells that once adorned camels lie on her apartment fireplace mantel and climb toward the ceiling. Along the hall to her front door she has hung prints from China and Japan.

One of her treasures is a glass table held together by bronze-cast ducks and pond vegetation, as if the shelves

When she found Mirabella, though, she knew she had found home.

are a pond and the top shelf the surface. This beautiful piece reminds her of her years on Fairview Lake.

Bettianne herself was out on water for 30 years dragon boating. She would drive in from Fairview for practice on the Willamette. Competitions took her to New Zealand, Venice, Victoria and Tempe. Interestingly, now that she lives in the South Waterfront and can walk to practice, she says she has lost her enthusiasm for the sport.

During later dragon boat years she was able to sometimes stay in the central city in friends' condos and apartments. She was testing those waters, so to speak, for a new place to live. When she found Mirabella, though, she knew she had found home. She has more and more enthusiasm for it. ●

Night custodian Robert Duval does the jobs residents don't notice — but would if they weren't done. He cleans and mops the kitchen floors, sweeps the hall in the parking level and polishes the lobby floor.

Working with his fellow custodian, Leonard Bonnot, Robert also washes rags for the housekeepers and cleans the second-floor kitchen and dining rooms. Robert starts work at 9 p.m. and ends at 6 a.m.

Staff Profile:

Night Custodian Robert Duval: Night Owl

By **NANCY MOSS**

Robert is also on hand for emergencies, helping residents who have fallen or need help. There is "less of that now than there was" when he came to Mirabella in 2012, he says, because more residents are using aides to assist them. If a smoke alarm goes off, the concierge calls on Robert to check.

He also makes wellness checks when family members want to know how their parent is doing. He wears a pager and radio to link with the concierge in an emergency; his pager will beep if a resident pushes their pendant. When an ambulance has been called, he opens the loading dock and assists the attendants.

An "avid birdwatcher," Robert often goes to Tualatin River National Wildlife Refuge.

Robert hasn't experienced any violent incidents during his tenure here. He deals with the occasional homeless person who wants to get in and admits residents who come in late.

Robert is sort of a jack-of-all-trades, working when hardly anyone sees him.

Born in Arlington, Virginia, Robert moved to Portland, to his grandmother's house in Maplewood, when he was in the sixth grade. He went out for track at Wilson (now Ida B. Wells) High School, his specialty the two-mile race. He has kept up his running for 20 years, running the Portland Marathon and the Shamrock Race, which he did this past St. Patrick's Day.

An "avid birdwatcher," Robert often goes to the Tualatin River National Wildlife Refuge, sometimes with his daughter April and her partner, who are also birdwatchers. He keeps track of what they saw that day and is especially proud of sighting a hermit warbler at Beacon Rock State Park. It is "rare to see one in the Portland area," Robert says, although the warbler's yellow head may make it easy to spot.

Asked why he has stayed with night work, Robert says he "likes my days free." He and his wife, Patty, enjoy going out for take-out food, especially Thai and Chinese.

Robert and Patty, who have been married for 40 years, met at the Robison Jewish Health Center, where they were employed. In 2012, Robert saw an ad on Craig's list for Mirabella, called for an interview and has been here ever since. Patty, who spent many years doing childcare, has retired, but Robert stays on, working at varied jobs.

"I'm very glad to have a job," he says. "There's plenty to keep us busy all night long." ●



Patty and Robert Duval



Photo: Robert French

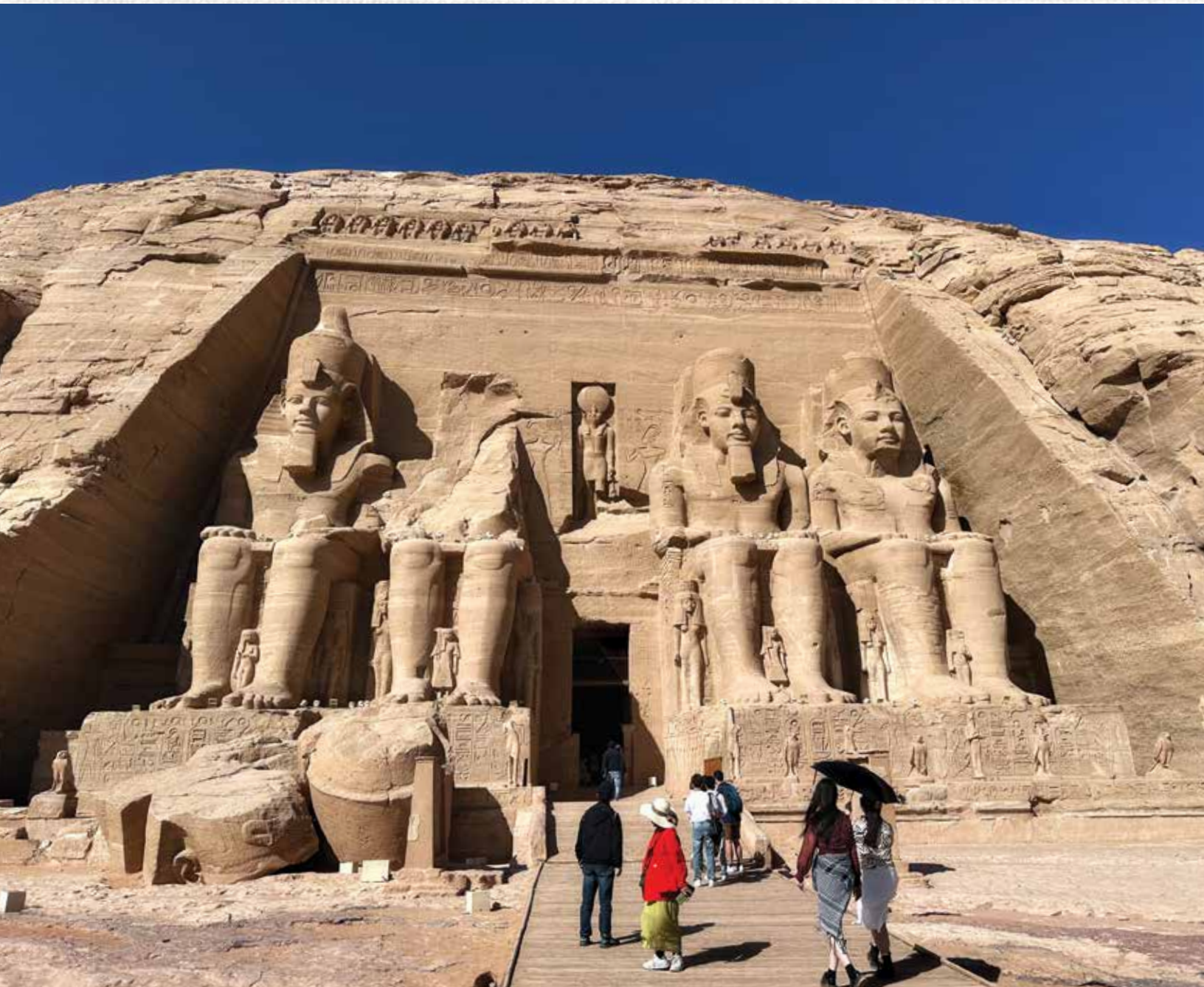
Robert Duval

The Lure of Exotic Places

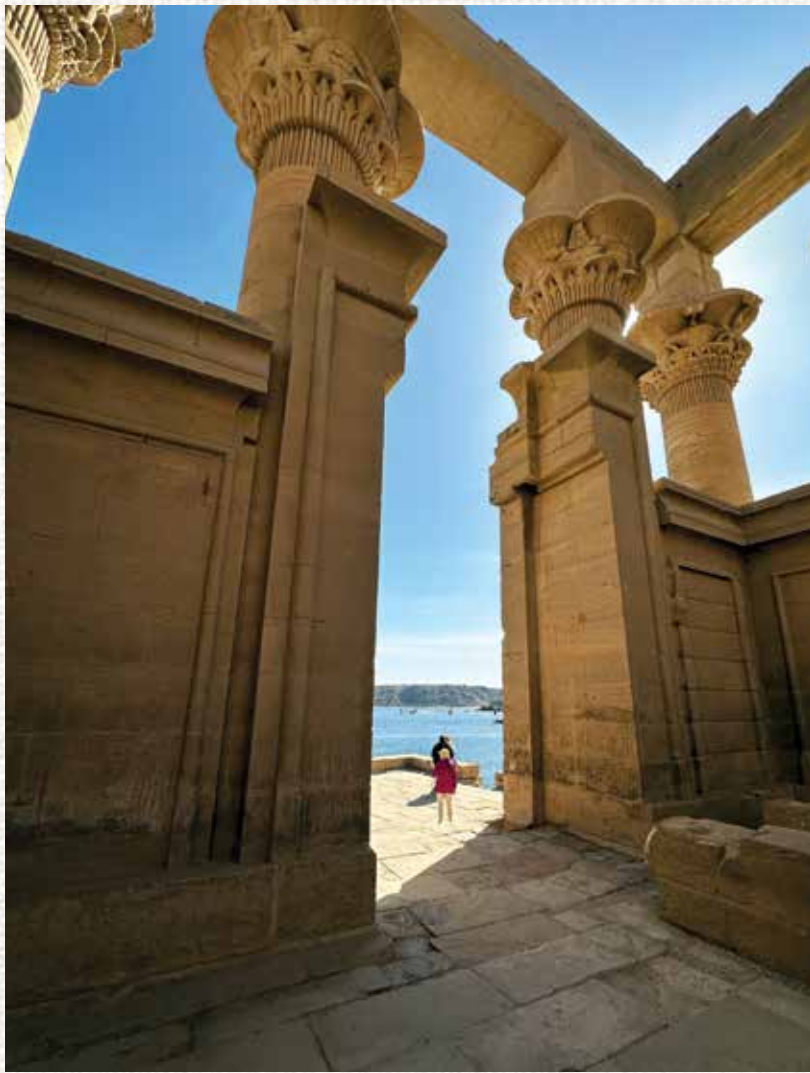
By JOHN BRIGGS

Why Egypt and Jordan? From grade school on, I have been interested in Egypt. The monthly National Geographic magazine was my ticket to these exotic places. From my junior high through college years, the campaign to save the temples of Abu Simbel from the rising water behind the Aswan Dam was in full swing with pictures showing the move through the 1960s. Petra in Jordan became a UNESCO World Heritage Site in 1985 with stunning photos of the site circulating through the media.

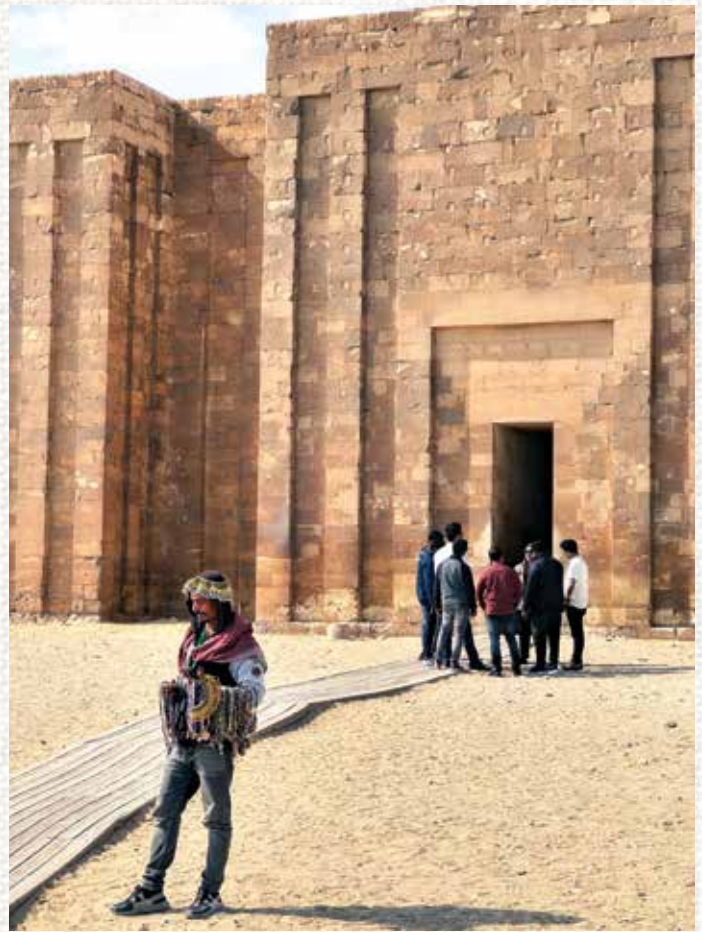
Now was the time to visit while I had the time, energy and good health. ●



Great Temple Of Ramesses II, Abu Simbel, Egypt, relocated in 1968



Philae temple complex, Aswan, Egypt, relocated in 1970



Vendor, funerary complex of Djoser



Nile River, Luxor, Egypt



Grand colonnade, Luxor Temple, Luxor, Egypt



Luxor Temple, Luxor, Egypt



Original colors, Hypostyle, Karnak temple complex, Luxor, Egypt



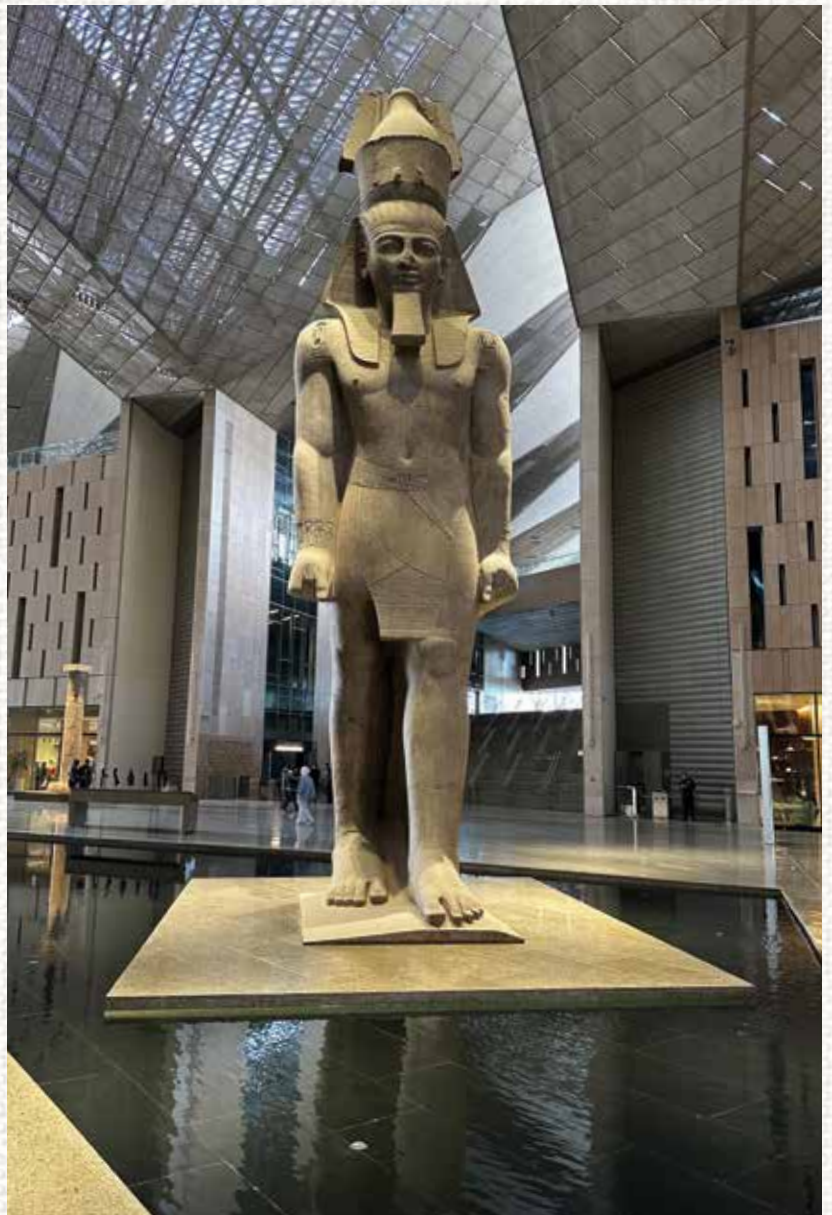
Passing through a lock, Nile River, Esna, Egypt



Pyramids and the original Mensa House Hotel, Gaza, Egypt



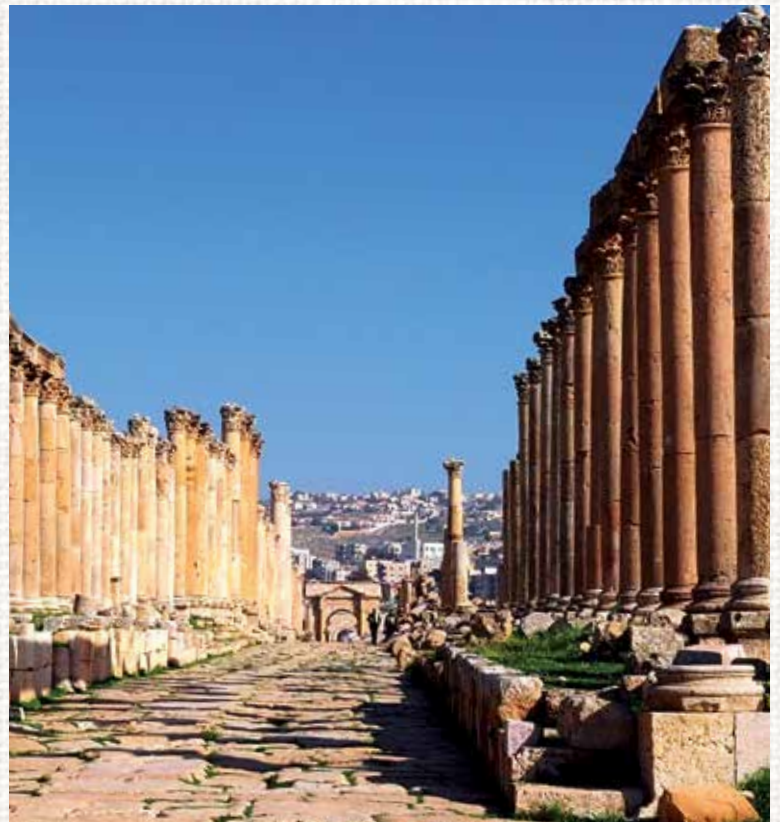
Visitors, Coptic Church of St. Sergius and Bacchus, Cairo, Egypt



Statue of Ramesses II, Grand Egyptian Museum, Gaza, Egypt



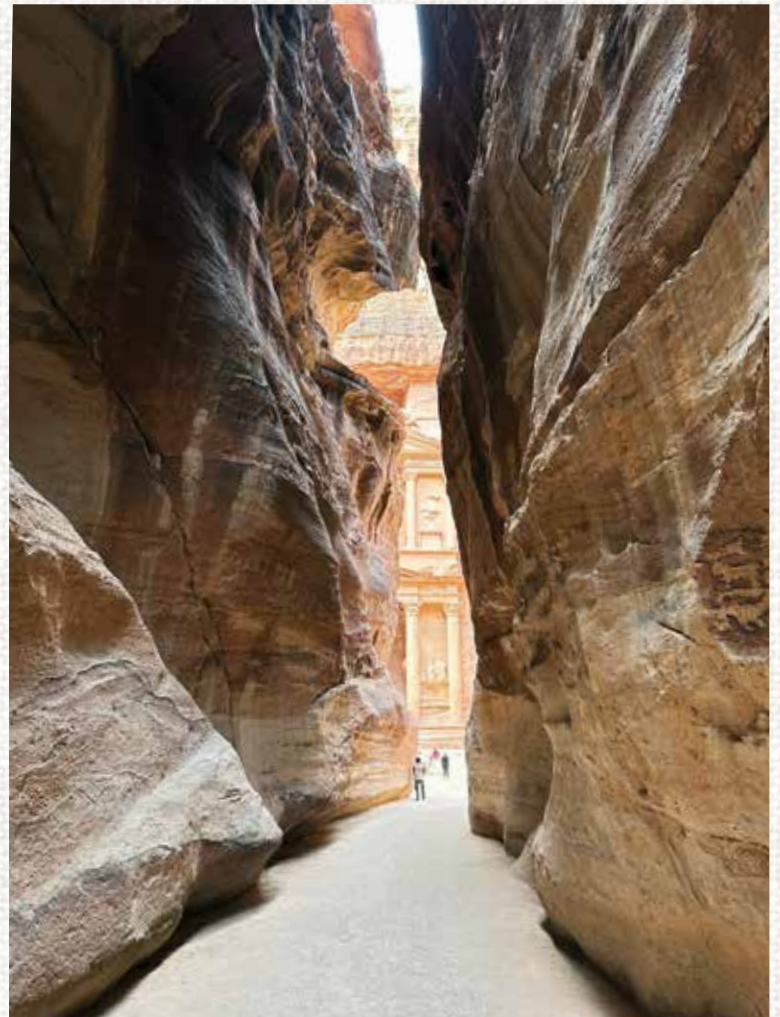
The pyramid of Khafre, Giza, Egypt



North Colonnaded Street, Jerash, Jordan



North Tetrapylon, 2nd century AD, with North Gate in distance, Jerash, Jordan



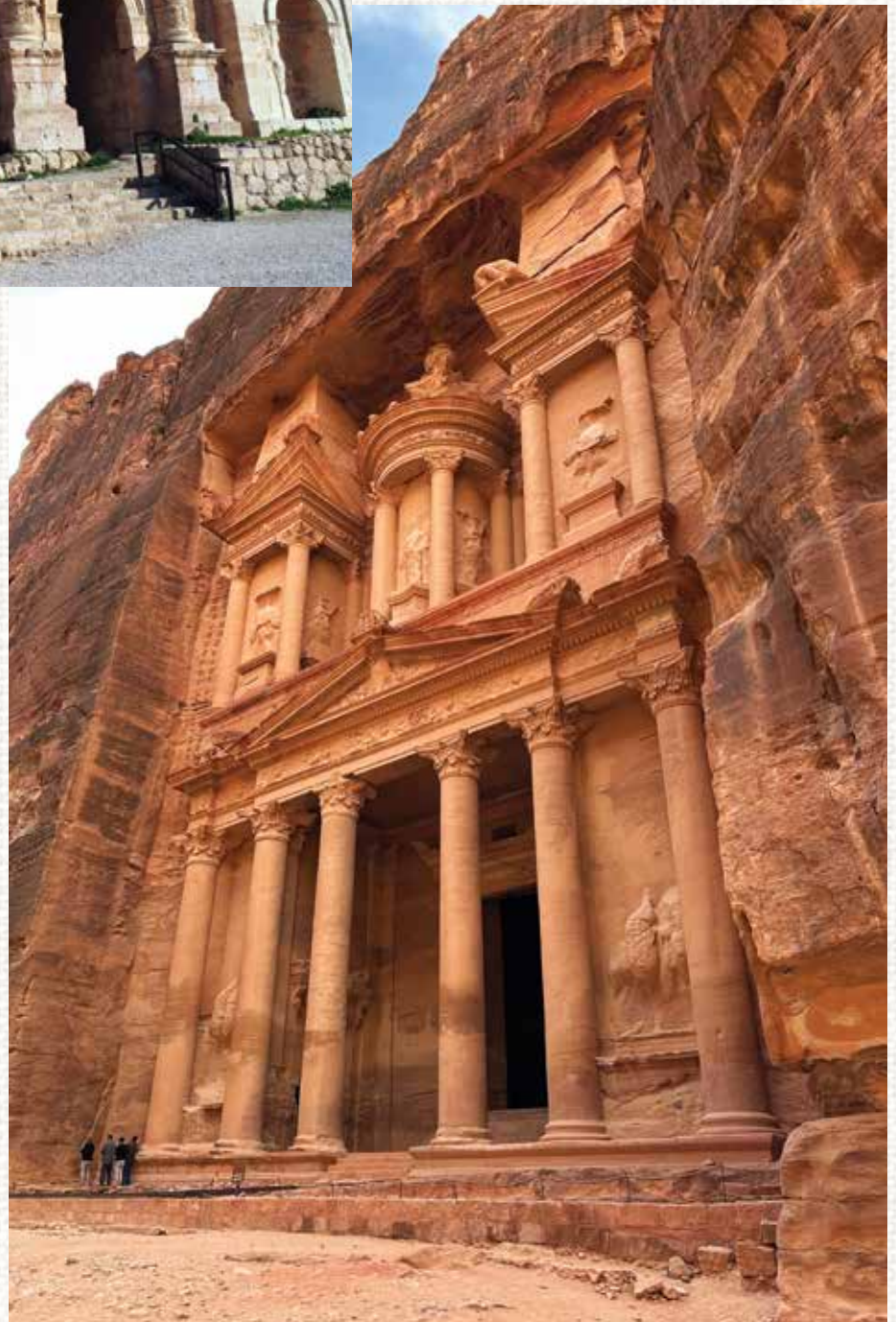
The Khaznah (Treasury), Petra, Jordan



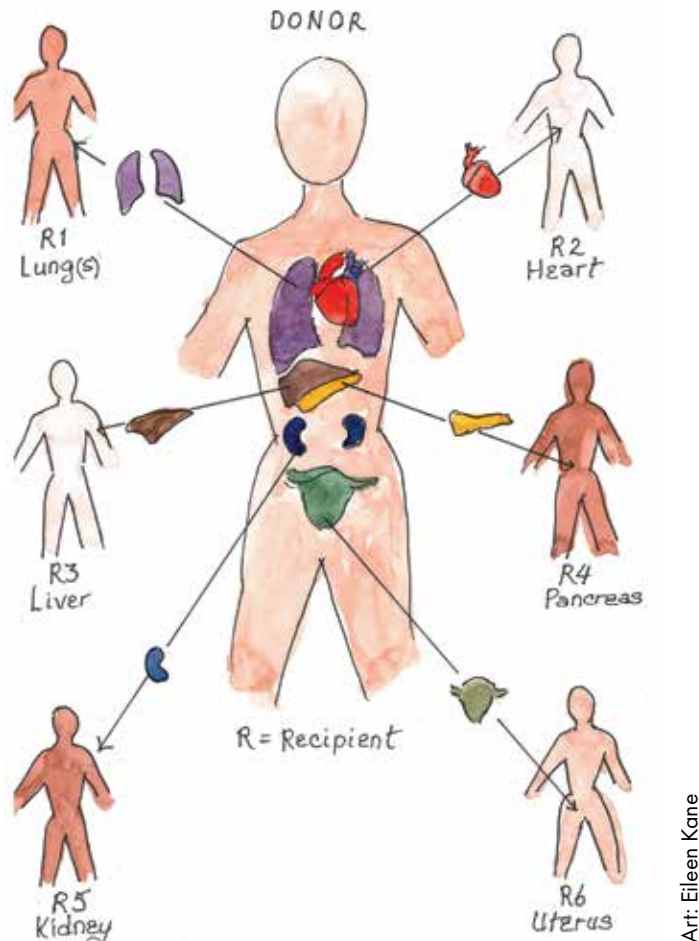
Hadrian's Arch, 129 AD, Jerash, Jordan



Hotel Ishtar, Dead Sea, Jordan



The Khaznah (Treasury), viewed from the Siq, Petra, Jordan



The Gift of Life: Organ Transplantation

By RITA BRICKMAN EFFROS

Mythological tales of amalgamated creatures appear in legends of many ancient civilizations. Roman, Greek, Indian, Chinese and Egyptian stories describe various cures performed by gods and healers involving transfer of body parts from cadavers or animals.

Fortunately, these myths have now become reality. In the United States alone, since 1988 over 800,000 patients have had their lives saved or significantly improved thanks to transplant.

In the past, deceased donors from motor vehicle crashes were the major source of organs. As traffic and vehicle safety have improved, many victims survive these accidents, thereby reducing the number of organs available for transplant. However, the opioid epidemic with its drug overdoses currently constitutes a significant portion of organ donors.

Transplantation of organs, one of the greatest advances in modern medicine, offers a second chance at life to people of

all ages who have certain diseases or injuries to their vital organs. Almost everyone is a potential organ donor; there is no official age limit. Rather than age of the donor, the suitability for transplant is based on the viability and general status of the organ.

Organs that can be donated and transplanted after death include liver, kidney, pancreas, heart, lungs and uterus. Other tissues, such as corneas, heart valves, bone marrow, skin and even face can be donated for transplant. And even while you are still alive, a portion of your liver (since liver can regenerate) and one kidney (since we have two) can be donated.

Despite the many successes, on any given day more than 100,000 people in the U.S. are on waiting lists for an organ transplant. Moreover, 17 people die each day waiting for a transplant. Many people of color and those with low incomes

(Continued on next page)

(Continued from previous page)

never even make it to a waiting list. Indeed, transplants remain out of reach for a large population, due to logistical and medical hurdles and a controversial distribution system.

The first written documentation of a transplant was in 1550 B.C. by Ebers Papyrus, describing skin grafting for the treatment of burns. Since then, many stories — some “miraculous” — describe various transplants.

The first verifiably documented case was a skin transplant done in 1869 by the Swiss surgeon Jean-Louis Reverdin. Fast forward to World War II, when Charles Woods, a pilot, suffered burns over 70% of his body due to a massive explosion. Unexpectedly, several skin grafts were totally successful, despite the patient’s extremely debilitated condition. In fact, he survived to live a long and normal life, dying at age 84.

One of the physicians in Woods’ medical team surmised that something — possibly his extreme trauma — had ‘tamed’ the patient’s immune system, thereby allowing the skin grafts to “take”. Until then, there had been no thought of the immune system being involved in transplantation.

The next phase of transplant medicine that provided greater insight into the role of the immune system focused on kidneys, since live donors could survive with just one kidney. Scientists were puzzled by the fact that transplanting a kidney from one identical twin to another was totally successful, whereas the same procedure done on fraternal twins required pre-treatment of the recipient with total body x-ray.

This and similar observations clearly confirmed the intimate role of the immune system in organ transplantation. Basically, the transplanted organ is perceived by the recipient’s immune system as foreign, analogous to an invading virus or bacteria.

To prevent an immune response to the transplant, medications must be taken for the rest of the patient’s life. Although they are called “anti-rejection” drugs, they actually function by suppressing the immune system.

Prevention of rejection has the side effect of requiring the recipient to be careful in avoiding crowds and exposure to pathogens. Interestingly, older recipients may benefit from the fact that many aspects of the immune system decline with age. In fact, there is anecdotal evidence that the anti-rejection drug dosage can be reduced (or even eliminated) in some older transplant recipients.

One of the ethical issues involved in the progress of organ transplantation relates to the definition of death. Until the 1960s, organs for transplant were obtained from patients who had experienced cardiac death. However, when the heart stops beating, organs lose oxygen and become less suitable for transplantation.

At about that time, a Belgian surgeon, Dr. Guy Alexandre, challenged conventional assumptions of death. He noted that

machines can keep a heart beating for a long time with no hope of reviving the patient.

By championing the notion that brain death is death, Alexandre went against centuries of assumptions about the fine line between life and death. His arguments finally persuaded the medical community that an irreversible coma should be equivalent to death, whether or not the heart continues to beat.

In 1968, a committee at Harvard Medical School defined irreversible coma as a criterion for death. This lessened the burden of permanently comatose patients on families and hospitals, clearing up controversies involved in obtaining organs for transplantations. Currently, the most common form of organ donation is after brain death of the patient.

The tragic situation of people dying while on long waiting lists has motivated research into the use of non-humans as

Although the history of organ transplantation is short in years, it is full of medical successes.

organ donors, especially due to advances in immunosuppressive drugs.

Genetic modification of pigs to prevent immune-mediated rejection is currently an active area of transplant research. One of the proponents of this strategy, Harvard’s Dr. Robert Montgomery, views these transplants as “renewable energy” to the transplant field.

A major breakthrough occurred in March when physicians at the Massachusetts General Hospital in Boston transplanted a kidney from a genetically modified pig into a severely ill man. The new kidney began functioning immediately. If the patient continues to improve, this milestone offers hope to the hundreds of thousands of Americans with failed kidneys.

If kidney transplants from genetically modified animals prove to be successful on a large scale, dialysis may become obsolete, according to Dr. Leonardo Riella, who directs kidney transplantation at Mass General.

At the same time, the expansion of transplantation to include non-human organ donors has led to animal rights groups questioning the ethics of killing an animal to save a human. Ironically, animals raised and killed to feed humans greatly outnumber those that would be killed for transplant purposes.

The first successful human transplant occurred less than 80 years ago. Although the history of organ transplantation is short in terms of years, it is full of medical successes. The rapid progress in this field is due to collaboration among experts in numerous fields, including basic science, immunology, surgery, biology and transplantation.

One of the recent advances in transplantation is the so-called "surgical daisy chain" used for kidney transplants. To increase the supply of organs from living donors, multiple donors and recipients are signed up to be part of the chain. The domino effect works like this: an organ that is not the right match for a donor's intended recipient could match with someone else in the chain, and a different donor in the chain might have an organ that matches with the original recipient.

Transplant has now become widely accepted to the public due to increased regulation. The National Organ Transplant Act, passed in 1984, created a national network for allocation of organs and collection of data on patient outcomes. In 2013, donor criteria were greatly expanded, now including donations from persons with certain viral infections

such as human immunodeficiency virus.

The physical success of transplant surgery is exemplified by the international sporting events staged for the past 40 years by the World Transplant Games Federation. The organization promotes various initiatives to highlight the importance of physical activity and healthy lifestyle in the long-term management and well-being of transplant recipients.

In the U.S, the Transplant Games of America bring together thousands of transplant recipients, living donors, donor families, caregivers and those awaiting transplants. The event is produced by the Transplant Life Foundation, a nonprofit organization that raises funds to support organ, eye and tissue donation and transplantation.

This July, Birmingham, Alabama, will be the site of the Transplant Games. Twenty different athletic and recreational competitions will be included, and more than 3,000 athletes will showcase their post-transplant well-being.

In less than a century, the field of transplantation transformed from myths and miracles into reality. Hopefully, other areas of medicine will experience similar marvels. ●



Dr. Mila Ioussifova is a residency-trained optometrist with a diverse background and widespread training in comprehensive eye care. A graduate with honors from New England College of Optometry, Dr. Mila maintains and practices the highest standards in optometric practice. Her approach to patient care is systemic with an emphasis on ocular nutrition and disease prevention. She is passionate about eye care and health, and she takes the time to educate her patients on how to maintain healthy eyes.

Dr. Mila and her team at South Waterfront Eye Care take pride in providing outstanding services, focusing on individualized attention and offering the highest quality of products in eye care.

- Comprehensive Eye Exams
- Contact Lens Fitting and Evaluation
- Rigid Gas Permeable, Specialty and Custom Contact Lenses
- Ocular Disease Diagnosis and Management
- LASIK co-management
- Top Quality Eyewear, Digital Lens Technology and Custom Fitting
- Dry Eye Specialist

10% Discount for Mirabella Residents



3615 S River Pkwy | Portland, OR
971-229-0820
www.SouthWaterfrontEyeCare.com



Photo: Johanna King

Crows are successful because they are smart, can adapt to a wide range of habitats and take advantage of sustenance wherever they can find it.

Birdbrain: Not Always an Insult

By PAMELA LINDHOLM-LEVY

Alfred Hitchcock's 1963 film "The Birds" has nothing on the South Waterfront as fall and winter sunsets near. Wave after wave of large black birds, *Corvus brachyrhynchos* by scientific name, passes near Mirabella, stopping in the trees, lighting on the vacant lot next to The Olivia, or at South Curry and South River Parkway to look for whatever might possibly be edible where close to 200 cars park five days a week, or hanging out on the roof of the Zidell barge building exchanging the crow news of the day. They are sometimes so bold as to snoop around in the children's play area of the Ronald McDonald facility just north of Mirabella.

All afternoon some of them fuss up and down the South Waterfront walkway, sitting in trees, then taking off for Ross Island to see whether they need to harass the bald eagles

that nest there. As smart as birds come, crows have been subject to study after study of their brains and their behavior. Let's look at some of it before we follow our flock downtown.

Crows are members of the Corvid family of birds, in which we find ravens, nutcrackers, jays and magpies. They are the most intelligent avians, though some researchers prefer to use the term cognition instead of intelligence. While some birds have relatively large brains for their body size, size doesn't seem to matter. The number and location of neurons and how they are connected are the deciding factors. Some have neuron densities much like those in primates.

Hummingbird brains weigh about 0.13 grams and emperor penguin brains 46 grams. A crow brain weighs on average seven grams. This gives them cognition to make tools, bring gifts, mourn their dead. They can also recognize

people. Long-term studies showed that they can recognize someone who captured and banded them years prior, even when that person is wearing a mask, different clothes and walks differently. The crows will still harass this person. Crows have tossed pine cones at researchers climbing up to observe their nest. In another instance, crows picked rocks out of the ground and lobbed them toward researchers approaching their nest.

Feed a crow — they especially like unsalted peanuts in the shell — and it may leave you gifts. A 4-year-old Seattle girl fed some in her backyard. They brought her an earring, screws and bolts, hinges, buttons, a tiny white plastic tube, a rotting crab claw and an opalescent white heart. Other feeders have reported receiving a little wooden bead, a marble, a bottle cap, colored berries, a foam arrow from a toy gun, a Donald Duck Pez dispenser and a candy heart with Love written on it. A researcher suggested they understand reciprocity.

Certain studies suggest they grasp cause and effect, especially where food is concerned. Crows in Japan have been observed placing walnuts in front of the tires of cars stopped at red lights. When the light turns green, the tire smashes the nut and when the cars are gone, the crows salvage the nut meats.

A birder recounted seeing a dead crow. Twelve crows surrounded the body, then one by one flew off and came back carrying twigs and dried grass and dropped them on the body. This ritual lasted four or five minutes. A scientist suggested this may also be a gathering to work out the new hierarchy in the group.

So crows are smart. In the South Waterfront they are numerous and noisy. During the day the crows forage, probably 20–30 miles from the city. We don't pay attention because they are dispersed. But toward day's end they gather to "exchange information," as one birding authority suggests, about food or predators. Their calls have different meanings: rallying, scolding, assembling, begging, announcing. This flocking is called a pre-roost. It's what we experience in the South Waterfront.

As dusk comes on, the crows know where to go for warmth and relative safety: downtown. Joe Liebezeit, assistant director of statewide conservation at Bird Alliance of Oregon (formerly Portland Audubon), says that the Corvid populations have been trending upward in the west for decades. Humans have provided, unwittingly, food subsidies for them: bins, dumpsters, landfills, though the crows that roost

(Continued on next page)



Photo: Johanna King

During the winter, crows mass together in large groups, or murders, before they fly off to roost for the night.



Photo: Pamela Lindholm-Levy



Photo: Johanna King

Hawks were brought in to control Portland's crows; they didn't.

We may not consider a rat a food item, but to the crow, an omnivore, it is a high-calorie treat.

(Continued from previous page)

downtown do not appear to forage when they arrive in the evening or before they leave in the morning. The presence of these food sources is thought to be the reason why more crows have appeared in our area.

Fall and winter the birds do what is called the winter roost in the core city, where there are fewer predators. They can flock together for warmth, but so many crows together create fecal matter on bus stops, awnings, outdoor furniture and the Transit Mall. Crow poop degrades the MAX tracks. Crows have pulled insulation out of downtown building roofs. They wake early and disturb hotel guests.

Downtown businesses have tried power washing every morning, purchasing a cleaning machine something like a Zamboni. This was still messy, used a lot of water and was only a cosmetic fix. The Bird Alliance of Oregon encouraged tolerance and discouraged a lethal approach. Enter falconry.

In 2019 a city agency, Portland Clean and Safe, tasked with keeping the core city clean and safe, hired falconers from Integrated Avian Solutions to patrol downtown with birds of prey. In fact, these are hawks that don't kill; they intimidate the crows merely by their presence. The goal is to herd the winter-roosting crows into Tom McCall Waterfront Park, out of the way of city streets, sidewalks and tracks. The best deterrent is a Harris' hawk. These magnificent birds are large, fierce looking and handsomely feathered. Unlike peregrine falcons, they do not aim to kill their target. They are known to work cooperatively in the wild. In the city the handler lets the bird fly free but walks near it along the streets. The hawk knows the handler has food, the incentive not to escape captivity.

The hazing failed to keep down the numbers coming to the winter roost. Crows may be flying 1,000 miles to join a winter roost. Some of the Portland birds may be urban crows that don't migrate out of town in the daytime but still join the nighttime roost. Crows roost in the Pearl district as well as downtown. Portland Clean and Safe claims the hazing project shows there is less conflict with the crows but has not

provided supporting data. The group plans to continue using the hawks.

Gary Granger and Rebecca Provorse have been monitoring winter roost densities since 2017. They walk downtown and Pearl district streets estimating and recording crow numbers block by block. They say their data is probably 10% below the actual numbers. Their first year, 2017–18, they counted 7,510 downtown. The second year the number doubled. It fluctuated for several years, trended upward for a couple of years and saw an increase to 22,350 this past winter.

Come April, the huge flocks break up into family units to begin looking for nesting spots and do not gather downtown. Most go back to the areas outside the city where they foraged during the fall and winter days. They return to these areas year after year.

Nests can be in trees and on structures. Crows' size, plus the presence of yearling siblings, should make crows' nests obvious. And yet they are not. The family stays together to raise the nestlings. The yearlings as well as the parents bring food.

The yearlings may watch out for their fledgling brothers and sisters as they leave the nest. As soon as the youngsters can fledge successfully, the yearlings go off to live independently, leaving the new generation to replace them in the family structure. Come fall, the roosting cycle begins again and lasts through winter.

The South Waterfront afternoon visitors will be back in September or October. In a large flock, watch for a rare leucistic one — all white, or one with a white patch somewhere on its body or wings. Keep watching. Don't watch Hitchcock. ●

Thank you to Joe Leibzeit of Bird Alliance of Oregon and Gary Granger and Rebecca Provorse, whose website pdxcrowroost.com is a wealth of knowledge about our avian neighbors and who provided information about them for this article.

Just Keeps on Trucking

By PETE SWAN

Oak Harbor Freight Lines (OHFL), an 88-year-old family trucking company, has grown to be a major player in seven West Coast states. Its double and triple trailers pass our windows multiple times each day, part of the phenomenal volume of north/south cargo carried by trucks.

Named after a small town on Whidbey Island, Oak Harbor has its corporate headquarters in Auburn, Washington.

The business was founded by brothers John, Gus and Henry Vander Pol who purchased an on-island haulage business for \$600,000 in 1936. In 1942 they bought another local hauler, Oak Harbor Freight Lines. Today, OHFL's executive management includes third-generation descendants Eric and Dan Vander Pol as co-presidents.

The company asserts that it currently "serves more points direct in the Northwest than any other single carrier." It further states that, via "strategic partners" it can offer "services throughout the United States and Canada allowing many ... customers to single source their transportation needs."

OHFL, like most larger trucking companies, has terminals in major cities where smaller loads can be aggregated. Its terminals are in 40 locations, with seven of those in Oregon.

Oak Harbor's cargo trailers are 27 feet long. This modest length allows more flexibility in loading/unloading and permits occasional triple-hitching for even more efficient logistics. Because it does not carry perishables, none of its trailers needs to be refrigerated.

OHFL states that it can deliver cargo within its service area one to three days faster than transcontinental carriers. It also maintains that it can bring a shipment from San Diego to Everett, Washington, in two business days.

OHFL currently has 1,700 employees, and it owns 850 tractors and 2,400 trailers. Annual revenue exceeds \$300 million.

In addition to government-required licensing, the company naturally looks for persons with experience driving over-the-road trucks. But any employee — after at least six months with OHFL — can take the in-house training course to master all aspects of truck driving.

Other than the occasional route-familiarization trip for a new driver, OHFL uses only one driver in the cab. By law, the maximum number of behind-the-wheel hours is 11 in a 14-hour workday and, even then, that period must follow

10 consecutive hours off-duty. Additionally, a driver cannot drive if she/he has already been on duty 60 hours in a seven-day period.

A typical day for many drivers could involve delivery to a terminal to start the morning and then loading outgoing cargo.

Pricing for shippers is typically per pound-mile within general categories. For instance, hazardous

cargo would command higher rates and pallets of sacked flour would have a lower rate.

A result of these economics is that full truckloads (TLs) would be cheaper to transport and load/unload than break-bulk cargos (less than truckloads or LTLs). Loads of 20,000 pounds or more are considered TLs. The company also offers "guaranteed-hour" rates — at premium rates — for weekday deliveries that must hit a one-hour time window.

OHFL could be said to "specialize" in LTLs.

Trucking charges have always been competitive in the industry, but speed of transit, terminal location and minimization of damage are also important factors.

OHFL has a profit-sharing plan under which employees can receive up to \$1,300 a year, and offers every person employed for more than 90 days life insurance with a \$15,000 death benefit.

Oak Harbor Freight Lines' motto is "Bringing Peace of Mind." With its contented customers, this independent carrier will likely be passing the Mirabella for many years to come. ●



Streetcar Risks

By MARLENA FIOL

Streetcars can lurch, make sudden stops, occasionally careen around corners.

Helen Johnson's tragic accident reminded residents of the risks of this everyday transport.

A few years earlier, Sybilla Cook ended up using a walker after a streetcar fall. Our elderly population, sometimes unsteady on its legs, needs to be vigilant when riding streetcars.

According to the CDC, one out of every four older adults in the U.S. experiences a fall each year. The consequences are often serious — and even deadly. Around three million seniors go to the emergency room each year for fall-related injuries. In 2020, falls were responsible for more than 36,000 deaths among older adults, making it the leading cause of injury death among our age group.

Mirabella resident Jill Seager has written Portland Streetcar asking them to start more smoothly and to leave more time after people board before starting, to avoid future accidents. ●



Photo: Bert Van Gorder

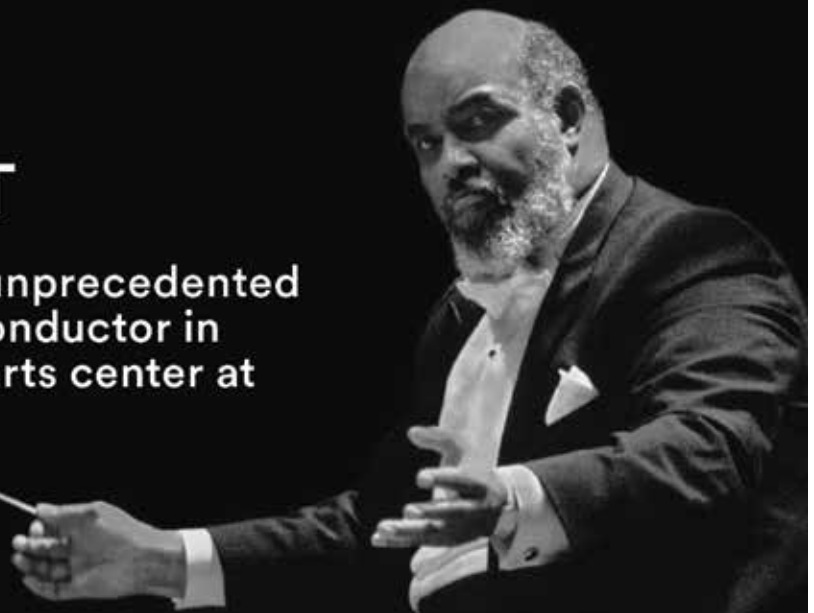
People using canes or walkers need to stay alert on Portland Streetcar.



HONORING JAMES DEPREIST

Join in the creation of an unprecedented tribute to the legendary conductor in All Classical's new media arts center at KOIN Tower.

CALL 503-802-9412
VISIT allclassical.org/depreiststudio



Library Committee News

By PAMELA LINDHOLM-LEVY

Mirabella's large and active library committee reflects its love of reading and books. More than 20 members keep the Mirabella Portland library functioning.

Committee members volunteer for morning or afternoon shifts at the library desk; they read the shelves, checking row by row of library shelves to see that the books are in proper alphabetical order by author; they manage the magazines, donated by residents; they make sure each day's New York Times and Oregonian are put out in the reading area and the puzzles copied for enthusiasts; they keep the Tiny Cat catalog, new book list, and new book cart up to date; they stamp each new book with "Mirabella Library" on the top and on the title page, label the spine with author and Dewey number if appropriate, and stick a date due (not really) slip on the end page before folding protective covering on hard back books. Old but still-loved books can be mended by committee members. The library committee supports the Oregon Authors program that has brought local writers to Mirabella.

The library cooperates with the Oregon State Library to bring books to people with low vision. Applications for the program are available from Megan Huston. The service lets people receive up to five books at once on tape, plus a player to borrow.

The committee has bought a number of new books this fiscal year, and has accepted some donations under the policy publicized last fall.

The committee chair, Sylvia McGill, and vice-chairs Mary Gray and Gail Van Gorder weed the shelves to make room for new books and to take less popular books out of circulation. Weeded books are donated to Street Books, a program to provide the houseless with books, and also to the Union Gospel Mission book service.

When you choose a book in the Mirabella library, be sure to complete a check-out card at the desk. Then bring the book back in good time so other residents can enjoy it. Request a book for purchase or ask to be the next in line to read a book. The library is for residents' well-being and enjoyment. ●

Trinidad Morning

By TERRI HOPKINS

They wake to the call of the bread seller in the lane, eat a breakfast of guava, pineapple, eggs, strong coffee, toast and cheese, then start their walk. Two-hundred-year-old cobblestones harden the streets to carts, hoofs, bicycles and shoes. Houses stand tight to the street. Their stucco walls of pink, ochre and blue soften the light, and rust red roof tiles mottled with black thwart the rain. Tall windows are shuttered and covered in wooden bars to keep out those who needed or still need keeping out, although people are warm and welcoming. The town is old, 500 years. A UNESCO world heritage plaque in the square vouches for its antiquity And that of two cast metal greyhounds who lie poised in the midday sun, one with a ragged hole above his heart.



ORIGINAL PRACTICE SHAKESPEARE
BECAUSE SHAKESPEARE SHOULD BE A LITTLE DANGEROUS

OPS Fest brings FREE Shakespeare to parks all over the Portland Metro area.

Join Us!

2024 Summer Season

Visit www.opsfest.org for more information
Follow us on social media!



Portland Diary

By NANCY MOSS

I

The Greenway extension opened with two small pine trees, their needles entirely bright red, on its lefthand side. Two healthy, green-needled trees have since replaced them.

Past those on the right, two small cedars, their needles a mixture of green and red, struggle to survive.

Ringside seat for one of nature's small battles.

As I walk the Greenway, I hear "On your left!"

A woman rides past me, followed by a helmeted girl, a bit wobbly, on a small bike.

Why don't the speedsters, with their skinny-tired bikes and well-defined calf muscles, give the same warning?

II

Skourtes Tower dentists' office, February

As I walk into the waiting room, a woman with long, fair hair is bent over her phone, rapt. A few minutes later a stocky, dark-haired man walks out of the inside dental office. He is wearing shorts with high black socks and tan suede shoes. He begins telling the woman, in a loud voice, about the appointment he has just had. As they wait for the elevator, he is still talking.

I see the woman in a new and different light.

III

A couple with a 5-month-old golden retriever puppy enters the park trail, tall pines towering above them. "We are not eating anything," the woman tells her dog. The puppy lowers his head and eats enthusiastically. He swallows.

"Was that a rock he just ate?"

"No, a wood chip."

"Good."



In-Home Partners™ Are Here to Help you Find the Joy in Aging!

We are a family-owned company committed to helping Portland seniors find the joy in aging. We can help you with your computer, phone, and TV; accompany you to medical appointments or help you navigate health care systems; explain your insurance benefits; discuss end-of-life options; serve as your emergency contact, provide regular check-ins to ensure that you are safe and healthy, and so much more. Every plan is customized just for you, starting with a free initial consultation. There are so many opportunities for joy and happiness as you age, and we can help relieve the burden of everyday frustrations. Our team with 30+ years of experience is excited to partner with you.

"Responsible, honest, professional, and always ready to assist others. They are people you can feel comfortable with."

"I don't know how anyone does this without help. I'm so glad you were with me."

"Amazing service and amazing people – highly organized and detail-oriented."

Call or text us at **503-500-9150**, or find us at **www.i-hps.org**

Pool Volleyball: 3 p.m. Monday

By NANCY MOSS



First comes warm-up, involving two balls and more laughter than is heard in Aria or Adagio in a week. Someone asks, "Are we ready to rock and roll?" The players divide into teams.

Today, it's teams of five on each side; they will play to 21.

There are well-aimed serves, towering serves, lusty whacks and accidental side-spins that lead to remarkable saves.

Lots of grunts; one player says "Ooh! Oh!" and "Oof" as he makes one shot. Points go back and forth, the game basically even.

My notes have Tom and Priscilla, who are on the same team, serving the most aces. On the other side, Jim, falling backward, executes an over-the-head shot, the kind of emergency rescue that happens again and again, especially with those sideways accidental spin shots.

During one point John tries a header, as in soccer, and Sandy, his wife, who is on the other team, calls foul.

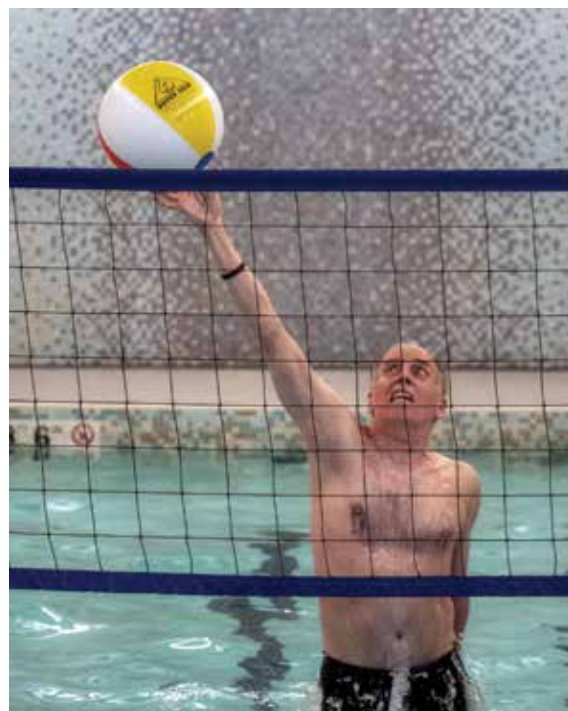
"That is so out!" Marlena exults as her opponent's serve goes past the orange cone marking the court's limits.

Finally they reach game point. Priscilla serves another ace and her team wins. Amiably grumbling or exulting, members of the two teams shift sides for the next game. ●

Awed expressions as Jim Lee punches the ball



Priscilla Cowell attacks the ball



John Foreman's fighting form

Photos: Robert French

