

3550





ED PARKER
Co-editor



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President

It is natural to resist change. But change is inevitable. Change helps old brains keep working well. Learning to adapt to change keeps us alive and mentally healthy. Accepting change and adjusting our mental picture of the world around us helps us thrive better in that changed world.

Covid changed us by enforcing masks and isolation. Now that the pandemic phase has made us forever at risk of recurrence, we should relearn how to socialize at least as much as we did before but with different protections for individuals who are immune-compromised and different courtesies to others when we have any communicable disease, including mild flu and colds.

As we get older and different body parts begin to fail, we should learn how to compensate for our new defects. Adapting our thinking and behavior is necessary to avoid falls, vehicle accidents and other potential medical disasters. We need to use new glasses, new hearing aids, new mobility devices and new medications or otherwise change our attitudes and behavior to stay as healthy and active as possible.

Climate change is bringing riskier weather patterns that require different behavior to protect ourselves from heat and poor air quality.

The technology we depend on to communicate with and learn from others is changing faster than many wish. The rate of change is accelerating. The capabilities of computers, telephones and artificial intelligence devices and programs will continue to create new opportunities and risks. We should learn how to protect ourselves from scams and to use the new tools to improve our quality of life. New technology can help us compensate for our physical defects and teach us to accomplish in new ways things we can no longer do the old way.

In general, keeping our minds and bodies active is key to retaining physical and mental health. Our brains evolved to learn how to adapt to whatever environments we find ourselves in. Let's keep using our brains to keep that adaptation.

In my first column for the December 2022 issue of 3550, I said that I wanted to raise awareness of how our RAMP committees, sub-committees and interest groups are the heart of our community.

But in addition to what all those committees provide, there has been a lot of new community activity by individuals who take the initiative to create very welcome events. The ukulele orchestra is growing in numbers and performances. The Monday morning film discussion group has many participants. Pickleball, pool volleyball and morning bird walks are also popular.

Trips along the Historic Columbia River Highway to Troutdale and Multnomah Falls, to Timberline Lodge and Mount Hood, to the Rose Parade and to "In a Landscape" at the Rose Garden attracted many residents. Tuesday Tunes@Twilight, our dinner music in the Bistro, is a delightful addition.

There are plans to create a choir and more art-related day trips. We applaud the creativity and energy of individual residents who help make Mirabella an enjoyable place to live.

The renovation of the 24th floor dining rooms promises to present challenges. I am writing this column in early July and the project has barely started; but we can anticipate some hiccups that may give us a bit of indigestion. As we look forward to dining in new spaces in the late fall, let's appreciate the hard-working dining staff who are doing their best to provide tasty and nourishing food in our temporary spaces.

I am honored to have served as your president this year. In this, my last column, I ask all of you to join me in thanking the RAMP Council, its committees and interest groups and the Mirabella administration for making Mirabella the kind of place where we want to spend the rest of our lives.



Front Cover

Rita Effros looks over the produce at South Waterfront's farmers' market. Photo: Johanna King



Back Cover

This black and white photograph of Mirabella captures its silhouette perfectly. Photo: Richard Mounts

~ The Inside Scoop ~

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3550 Wins National Awards for Publication Excellence

For the fifth year in a row, 3550 and its volunteer staff won 2023 Apex publication excellence awards for communications professionals.

This year the Apex judging panel reviewed 1,100 applications in various categories from both 2022 for-profit and non-profit publications, both large and small.

Co-editors Nancy Moss and Ed Parker won the award of excellence for the March 2022 issue of 3550 in the category for publications up to 32 pages.

Staff writer Rita Brickman Effros won the grand award in writing for her March 2022 article "Eudemology: The Science of Happiness."

Staff writer Pete Swan won the excellence in writing award in the automotive/transportation category for his article "Getting New Cars from Asia to Portland."

The March 2022 issue and all other issues of 3550 since its first issue in June 2013 may be viewed at www.3550magazine.org.

Healthcare Floor Faces Losses

The financial outlook for the healthcare floor at Mirabella is threatening, with a couple of potential bright spots. The loss reported in the March 2023 financial statement of \$986,776 is not sustainable, according to Executive Director Sharon Van Eaton. Possibilities for cutting that deficit lie in the shift in licensing for memory care from skilled nursing to residential care and the training of Mirabella's own certified nursing assistants.

Although Mirabella's memory care unit now has a license for residential care, rather than more-stringent skilled nursing, the actual transition occurred in late July, according to Health Services administrator Stephanie Cook. The resulting cut in nursing costs will "help decrease our expenses significantly," Stephanie says. The savings will go to both Mirabella and the person paying for a patient's care.

In addition, Mirabella is "doing our own certified nursing assistants' school," says Sharon. It will take a few months to get these people trained, according to Stephanie. Mirabella has recruited a nurse instructor. That instructor will train nursing assistants who may become Mirabella employees. Those applicants will then take a test to become certified.

According to Sharon, staffing is the single largest item in Mirabella's budget, and contract workers are the most expensive. "Lowering agency cost is the number one thing we can do," says Stephanie, adding, "We are doing everything in our power to make that happen." She hopes to replace all contract workers on the healthcare floor.

Mirabella has the protection of its parent company, Pacific Retirement Services, which has the size to absorb short-term losses. Many stand-alone nursing homes have gone out of business following Covid and the reduction in Medicare coverage for skilled nursing.

Asked if she sees any threat to residents' declaring a healthcare deduction on their taxes, Sharon replies that she sees "no change," but that since "tax rules change annually," residents should keep informed on this issue.

Meanwhile, quiet busyness prevails on the healthcare floor. On the day of 3550's interview, an aide greeted a patient who was slowly pushing her walker down the hall. "Where are you going, senorita?" the aide asked. "Tai Chi," was the response.

As a daughter of a patient on the healthcare floor observed, "We're family."

— Nancy Moss

Portland Parks Posters Hung

Posters of Portland parks now hang in the hallway leading from Mirabella's parking garage to the tower elevators. A joint purchase from Portland Parks Foundation by the art committee and Mirabella Portland Foundation's cultural enrichment fund, and approved by Executive Director Sharon Van Eaton, the posters mark the Parks Foundation's 20th anniversary. "This purchase supports local artists; we hope to do more of it," says Dan Hole, RAMP art committee chair.

More Noise Coming to Mirabella Apartments

Mirabella's noise forecast for the fiscal year starting Oct. 1 predicts more construction noise throughout the building.

Facility Services Director Kent Liebelt told 3550 that his department was preparing to manage 21 independent living apartment renovations in the fiscal year, based on the marketing department's forecast of new move-ins.

Kent said that about 25 apartments have been or are being remodeled in the current fiscal year. Because the building is 13 years old, apartments that haven't been remodeled recently will get a major upgrade in addition to custom features requested by new residents.

Two major projects affecting all residents should be completed by the end of the current fiscal year on Sept. 30, Kent said. One is the vigil emergency call system and the other is replacement of all apartment entrance door key locks with electronic fob access.

The vigil emergency call buttons in apartment bathrooms have been upgraded. Portable emergency call devices that some residents call pearl necklaces are being replaced in August with slightly smaller devices. The replacements will increase the range and reliability of the aging original system.

Door key locks will be replaced in September with an electronic system that will use the same fobs residents now use to access elevators and entrance doors. Residents will no longer need to carry both a fob and a key. Kent assured 3550 that people won't be accidentally locked out of their apartment when they leave.

Resident Beverley Healy has been using the new fob lock for about a year. "I have never had a problem with it," she said. "The door does not lock automatically." She said you put your fob near the electronic receptor and pull a lever to lock the door. Locking it from the inside just involves pulling



Photo: Ron Mendonca

The Park Foundation's website says the Peninsula Park poster was "designed by Jodie Beechem." Only 50 prints were issued.

a locking lever. "It is nice not to have to carry a key," she said.

The facility services capital equipment budget for the next fiscal year includes a \$30,000 upgrade to the audio-visual (AV) system in Willamette Hall. In addition to control-system improvements, the current audio system and microphones will be replaced, Kent said. Replacement of the camera in Willamette Hall with a higher quality high-definition camera is deferred to the following fiscal year.

The capital budget also includes funds to upgrade Wi-Fi internet access for mobile devices in the public spaces of the building to a quality and data capacity comparable to the wireless access now available in resident apartments.

— Ed Parker



Photo: Richard Mounts

A musical duo, *The Bylines*, with Reece Marshburn on keyboard and Marianna Thielen, vocalist and snare drummer, entertain more than 100 residents on June 13 at the inaugural TUESDAY TUNES @ TWILIGHT performance. Future performances are planned for the Bistro at 5 p.m. on the second and fourth Tuesday of each month.

Holladay Park Plaza Beats Mirabella at Pool Volleyball

The **Holladay Park Plaza** pool volleyball team used its home pool advantage to beat Mirabella's pool volleyball team in a June match. The Mirabella team had heard the Holiday Park players were serious athletes who practiced daily to hone their skills. In contrast, Mirabella's team practices only on Mondays at 3:00 p.m.

Once there, the Mirabella team learned that Holladay Park plays by different rules and with a different ball. Despite losing two of three games, the visitors had a great time. The host team served wine and snacks after the match.

The Mirabella team included Bob Hopkins, Terri Hopkins, Jim Fitzsimmons, Ron Stein, Tom Schmitt, Janet Schmitt, John Foreman and Sandy Foreman.



Photo: Richard Mounts

Mirabella's new wellness coordinator, Sherry Bonekat, is pictured above leading an exercise class.

24th Floor Renovation Moves Along

Aria is in the Bistro. Adagio is in Willamette Hall. We have a buffet again, but not like the one that many Mirabella residents recall fondly.

We are taking all this in stride because at the end of this period of adjustment the real Aria and the real Adagio will have a new look. Fresh looks and updates are important to keep Mirabella Portland the premier retirement community in the city, not only for potential new residents but for those of us who already live here.

Who knew that temporary-Adagio would become not Living Room Theater but Dining Room Theater, with 8 p.m. Thursday movies running while residents sit at tables enjoying drinks and snacks. And during dinner hours, notice what a good upper body workout the servers get, opening and closing the chaffers, from which hot food is served at the buffet.

The renovation plan was completed before Christopher Handford, director of dining, or Kent Liebelt, director of facilities services, was employed at Mirabella but both were good to go with it, although Christopher tweaked a few things unrelated to actual construction.

The same architectural firm that designed Mirabella and prior remodels, Ankrom Moisan, planned the renovation. Turner Construction Company is the contractor implementing the plans and managing the subcontractors, tile installers, cabinet makers and a host of other specialists. A Turner superintendent and engineer are on site daily.

Self-service dining is gone forever.

Kent acts as the coordinator between Mirabella and the contractor with the goal of minimizing disruption to either party. Demolition of the buffet area in Adagio came early. Plastic sheets and tape contained the dust and debris behind them and kept it out of our food being prepared in the 24th floor kitchen. That kitchen's changes include only a new floor and an office within the kitchen space.

Residents are being patient and factoring the availability of only three elevators into their time schedules during working hours. For the various contractor needs, time is blocked out for delivery of materials and removal of demolition debris, with elevator number four doing the heavy lifting. Later in the day it carries dinner to the first floor before dining staff wheel off the food destined for Willamette Hall's Adagio.

Because the Bistro kitchen has the capacity, Aria dinners are being cooked and prepared there.

All the demolition debris is being collected in dumpsters along South Curry Street, with noise abatement a priority.

What will residents and staff see when the new Aria and Adagio open? First, right off the elevators the 24th floor entry area will be larger, featuring a smaller reception desk and more places to sit while waiting to be called into the dining rooms.

Self-service buffet dining is gone forever. Mirabella's parent company, Pacific Retirement Services (PRS), considers buffets a potential source of communicable disease. This style of dining was not included in the Mirabella at ASU or any other new property. Here at Mirabella Portland, the buffet serving area and its equipment are gone and so are the banquettes and the walls and blue glass panels behind them. That space will be given over to added dining tables. White tablecloths will be discontinued in favor of place mats on new tables. The water glasses will be replaced as will the chairs.

Aria diners will find new chairs with wheels for ease of movement. The banquettes will have been removed from the boxy structure just inside the dining room. The tiny tiles there and in other places such as the bar area will be removed and replaced with another interior wall feature. There will be new fabric hangings behind the metal sculptures as well as new lighting to enhance that art.

In both dining rooms the fireplaces will have a slightly different look and all carpet will be new, including that in the elevator lobby and the Aqua Vita lounge. The bar in the lounge is being reconfigured a bit, and Christopher envisions the rest of that area being open to more daytime activities. The wall-hung television sets will be somewhat camouflaged. The restrooms will be refreshed.

Residents have been more than flexible and understanding, knowing that at the end of this major overhaul dining promises to be more fun, colorful and enjoyable than ever.

— Pamela Lindholm-Levy

Moss Monologue Accepted

Miniplays magazine will publish Nancy Moss' monologue "Elizabeth Bangs Bryant, Spiderwoman" in its first anthology, based on the theme of love. The anthology will be published both in pdf form and in paperback.

Naomi Matusow performed as Bryant in the Mirabella Players spring show.

Foundation Merger Happening

The long-delayed merger of the Mirabella Portland Foundation into Mirabella Portland is finally happening and may be completed by the time you read this. The successful refinancing of Mirabella's \$85 million mortgage debt has cleared the way.

Mirabella residents approved in September 2022 the plan to dissolve the corporation managing the foundation funds and transfer those funds to its parent company, Mirabella Portland. The Internal Revenue Service had approved both corporations to receive tax-deductible donations. The merger plan reduced administrative costs. It also increased the role of Mirabella residents in the management of the funds. Instead of three residents on the prior nine-member foundation board, five residents will serve on the Mirabella Portland board's seven-member committee that will review all foundation matters requiring a board decision and make recommendations for board action.

None of the delays were caused by problems with the merger plan. Mirabella's parent company, Pacific Retirement Services (PRS), was in the process of refinancing the debt of four properties: Mirabella Portland and Holladay Park Plaza in Portland, Mirabella Seattle and Cascade Manor in Eugene. Implementing the merger prior to refinancing the

mortgage debt would have required more financial and legal analysis that could have delayed the refinancing. Lowering Mirabella's costs by getting better interest rates sooner had higher priority than the merger.

Mirabella Portland's tax-exempt financing agreements require a legal opinion letter from bond counsel prior to any merger. That analysis is taking longer than expected because one condition of the refinancing agreement is that all four PRS properties are collectively responsible for the mortgage debts of the four-property group. Analysis of the legal and financial implications of that new commitment is taking time.

Mirabella Executive Director Sharon Van Eaton assured 3550 that "there are no financial issues with any of the four properties that will put the merger at risk." She said, "The delay is caused by the time it is taking the outside bond counsel firm to complete the necessary analysis and opinion letter."

Sharon also said she didn't know how long it would take the state to approve once the merger application is complete. She said in late July that she had been told to expect completion within a month. However, she emphasized that she has no control over the time the process will take.

— Ed Parker



"I closed the window, but still nothing. Should I try closing the drapes?"

Mirabella Fees Going Up 5.9%

Monthly fees for independent living residents will go up 5.9% in October, Executive Director Sharon Van Eaton announced in early August.

Labor cost is a major factor contributing to the increase, Sharon reported. The Portland minimum wage will increase to \$15.45 per hour and Mirabella staffing will increase by 7.5 full time equivalent (FTE) positions to about 183 FTEs. The average wage increase will be 3%.

The budget estimates are based on a projected 94.1% occupancy rate, including 26 apartment turnovers.

The budget for the residents' association (RAMP) will increase by \$5,000 to \$40,000, Sharon told 3550.

The capital budget will increase to keep the aging building attractive for new and current residents. Major capital expenditures will include the remodel of the 24th floor dining venues and an upgrade to Willamette Hall audiovisual equipment.

Entrance fees will increase by 4%. Assisted living fees will increase by 9.4% and health center and memory care fees by 10.8%.



Photo: Stanley Berman

The bicycle and walking paths connecting the South Waterfront Park to the Spaghetti Factory and the greenway path to Willamette Park are expected to be open to the public early this fall.

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Opinion: Can Blue and Red Political Tribes Find Common Ground?

By ED PARKER

Whether we call ourselves red, blue or some other hue, we feel comfortable in the supportive embrace of like-minded companions, including our news sources and social organizations.

Bonding solely with like-minded people may work in a homogenous society, but the U.S. is multicultural. Urban culture is different from rural culture. People belong to different religious, language, racial, ethnic, age and socioeconomic groups. People think differently, vote differently, love differently, worship (or not) differently and have different values. All these factors contribute to our cultural identity and sense of belonging.

But in our confidence that we see the world in the “correct” way, we often disparage people who live in other cultural contexts. Unless we can find a way to have a civil dialogue with members of other cultures, we will continue to drift apart, to the detriment of our shared society.

Can we instead find common ground where we can build a better society together based on mutual trust? The dying protagonist in last year’s documentary film “Last Flight Home” answered this question well when he advised his daughter, “Love the people you know; respect the people you don’t.”

Harvard professor Danielle Allen, in her 2023 book “Justice by Means of Democracy,” argues that our goal should be a society in which differences are accepted without any

group attempting to dominate any other group. Achieving the goal of difference without domination will require more than dominant groups respecting minorities. She suggests that groups resisting domination should organize politically to get the support of other people who also resist or disagree with domination. In other words, don’t turn it into a fight about who dominates. Instead, practice coalition building and passive resistance to deter any group from attempting to dominate any other group.

We need the connectivity of non-dominating communication among our multitude of cultures. Building and maintaining equal relationships with people of quite different beliefs are hard.

Groups feeling dominated or dismissed by others are less likely to participate cooperatively in structuring our greater society. They are more likely to attempt to destroy current institutions than work with others to mend them.

It is human nature: If you don’t feel welcome as part of the solution, you may well opt to become part of the problem. Similarly, attempted conversion of belief by domination invariably fails, just as we would not be persuaded by an opponent trying to dominate us.

Rational arguments seldom change deep-seated beliefs. Those beliefs generally stem not from facts but from emotions and from how individuals view the world. We should all have learned by now that telling people of another political group that they are wrong and trying to “educate” them doesn’t work.

Active listening and trying to understand another person’s or group’s views and needs don’t imply agreement. It just shows respect and invites them to regard us in the same way. Our goal should not be to win agreement; our goal should be to open dialogue and promote mutual understanding, whether we wind up agreeing or not.

Change won’t happen overnight.

Culture changes slowly over generations. We have come a long way from our roots in a society that once thought slavery, misogyny and xenophobia were socially acceptable. As Martin Luther King Jr. said, “the arc of the moral universe is long, but it bends toward justice.”

Meanwhile, we will do better by loving the people we know and respecting the people we don’t. We can’t create mutual trust with people holding different cultural beliefs if we don’t listen to them and treat them as equals. ●



“Most of all I love your vulnerability.”

RAMP Bylaws Election Scheduled

By JOHN FOREMAN

The long journey on the road to revise the bylaws of RAMP (Residents' Association of Mirabella Portland) is nearing the end. At or before the Sept. 20 annual meeting, residents will cast a written ballot to decide to approve or disapprove the proposed revision. A supermajority, at least two-thirds of the those voting, is required for approval.

Two years ago, then-RAMP president Barbara Gaines began the discussion about revising the bylaws because of the problems in operating RAMP using the current bylaws during the Covid pandemic. Incoming president Jim McGill appointed an ad hoc bylaws committee and gave it the charge of reviewing all the bylaws to determine what should change to fix the known problems and meet RAMP needs for the foreseeable future.

The original ad hoc committee of Judy Seubert, Ed Parker and John Foreman began meeting with President McGill and Vice President Reese Berman, who was appointed as the RAMP council liaison to the committee. The original target date for approval was the annual meeting in September 2022. That target was not met because of a separate project, the reorganization of the Mirabella Portland Foundation.

The Foundation was a nonprofit subsidiary corporation of Mirabella Portland that included three resident members on its nine-member board of directors. It was responsible for soliciting, administering and distributing funds donated to support residents and staff. The reorganization merges the two organizations by dissolving the separate foundation corporation and replacing it with a committee of the Mirabella Portland board of directors. It increases resident representation in the decision-making process and reduces overhead costs. Unfortunately, it also requires changes to the RAMP bylaws.

Last year, incoming RAMP president Reese Berman decided to integrate the changes in the bylaws needed to support the foundation reorganization into the comprehensive changes already drafted, defer consideration of the combined revisions until this year and begin drafting a comprehensive set of rules to implement the revised bylaws.

She appointed an ad hoc rules/bylaws committee to continue the process. Pete Swan replaced Judy Seubert on the committee. President Reese Berman continued her active participation and new vice president, Bob Hopkins, recently joined as the new liaison. Joint public work sessions with the council led to a further, revised draft of the bylaws that were again circulated to residents for additional feedback.

The process has been time-consuming and detail-oriented.

Helpful resident comments were incorporated. Especially helpful suggestions came from past presidents Barbara Gaines and Linda Wood. Dozens of drafts and hundreds of individual revisions were made. A final draft was submitted to the RAMP Council and approved for submission to the full membership for action at the Sept. 20, 2023 annual meeting.

At the last minute another hiccup occurred when Mirabella Portland advised RAMP that the State of Oregon official approval of the documents needed to merge the separate foundation corporation into Mirabella Portland might not be completed prior to the RAMP annual meeting. After considering the options, RAMP president Reese Berman decided to proceed with the submission of the proposed bylaws revisions. The changes that relate to the dissolution of the foundation should not have any impact on RAMP until after the merger is finalized. If any problems arise that require further changes to the limited areas relating to the foundation reorganization, they can be addressed at a regular or special meeting of the association. In the meantime, all the other changes to the bylaws can take place and the council can begin the process of enacting rules to implement the changes to the bylaws.

Here are a few of the major changes that will take place with the adoption of the new bylaws:

- The RAMP Council is authorized to make rules consistent with the bylaws to address the details of the operation of RAMP. Rules made by the council can be modified by the council without requiring amendment of the bylaws. Rules are authorized, for example, to allow for attendance electronically at meetings and absentee voting. Emergency meetings of the association (all residents) and the RAMP Council are authorized for the first time.
- Although RAMP is not a public body controlled by Oregon's open meetings and public records laws, the bylaws that address meetings and record keeping have been revised to emphasize openness and transparency.
- RAMP's advocacy for its members has been expanded from the Mirabella Portland administration and its board to include Pacific Retirement Services, Inc., and any public or private person or entity that may affect the operation of Mirabella Portland. Advocacy for all who live at the Mirabella Portland is one of the most important functions that RAMP can perform. The changes will broaden the opportunities for advocacy on behalf of residents.

(Continued on page 31)



Photo: Robert French

Joe & Eileen Kane

Eileen and Joe Kane didn't have far to go to move to Mirabella Portland: only the three or so blocks from the Atwater, where they had lived for 13 years. They decided Mirabella would better fit their future.

Joe grew up in Chicago and its suburbs. He says that in Chicago you are either a Cubs fan or a White Sox fan, and that the definition of a mixed marriage in Chicago is when a Cubs fan and a White Sox fan get married and must decide how to raise the children.

Joe didn't marry someone from Chicago, so didn't have

Resident Profile:

Joe and Eileen Kane Around the Block to Mirabella

By **PAMELA LINDHOLM-LEVY**

that dilemma. Joe married Eileen after meeting her while he was in medical school at Harvard, and she was finishing up a doctorate in neuroanatomy. As Eileen says, "Wisely, Joe waited until I had submitted my thesis before he proposed."

Eileen came to neuroanatomy through the biology she studied at Smith College. She was torn between biology and art, but when she learned that all the art professors were men, and not particularly supportive ones at that, she concentrated on biology, where there were some women professors. Eileen connects with the world visually. Anatomy is a visual science and it clicked with her.

Throughout her public-school years in the Boston area, where she grew up, Eileen took art classes among others at the Boston Museum of Fine Arts. During all the years in science she never lost sight of art.

At Oberlin, where Joe did his undergraduate studies, he knew both Bob Hopkins, and later Terri Hopkins. In college Joe was undecided about a career path. Teaching appealed to him, as did veterinary medicine, but human medicine won out and he majored in chemistry before going to medical school.

The couple lived in the Boston area while Joe worked toward a specialty in internal medicine and another in infectious disease. Away from work and school Eileen took life drawing and watercolor classes, Joe photography.

Eileen and Joe met a couple who were doing an overseas

adoption. That led the Kanes, in 1980, to adopt a baby boy in Colombia. The country was going through the rise and fall of various paramilitary rebel groups. One of them had taken over the Dominican Republic embassy in Bogota just before the Kanes arrived, and tensions were high.

Bogota "safely guarded," as the Kanes say, its tourists, but even so, much of the city had roaming kids' street gangs. "Don't wear jewelry," visitors were cautioned.

Baby Ben was 4 months old when the Kanes first held him. They knew immediately he was their baby. While Eileen stayed at the hotel with Ben, Joe had to get to the American embassy to complete paperwork for the baby. It was scary, but all was well in the end.

Five months later, Eileen and Joe were offered positions at the University of Oregon Health Sciences Center (now OHSU), she as an associate professor of anatomy and otolaryngology and he as an assistant professor in the division of general medicine. From their home in Westborough, Massachusetts, they prepared to move to Portland. Mount St. Helens had just erupted. Someone they knew wondered why they were moving to a place where the fallout from the volcano was, the person warned, radioactive.

After 12 years of academic science, teaching anatomy and researching the central auditory system, Eileen realized that her love of art could not take second place any longer. Joe had already moved to the Kaiser medical network in general internal medicine and primary care. Subsequently he established the infectious disease department, which included overseeing hospital infection control.

The next major change was the Kanes' adoption of daughter Rebecca through the Boys' and Girls' Aid Society, now Boys' and Girls' Aid, an adoption and fostering agency in Portland. Eileen says that Ben, who had been an only child for four years, wondered when Rebecca was going to go back. Rebecca stayed. She's now the mother of three and lives in Gresham. Ben and his wife are in Milton, Washington, near Tacoma.

Still teaching histology and neuroanatomy, Eileen began a degree program as a second-year student in painting at the Museum Art School, associated with the Portland Art Museum. The School left the museum and became the Pacific Northwest College of Art, which is now a college within Willamette University. Eileen graduated from PNCA in 1987, after which she began a career as a professional artist and teacher. She has a studio space in Southeast Portland and exhibits locally at the Portland Art Museum Rental Sales Gallery. See her work at her website, <https://eskart.net/#/>.

Both the website and the rental gallery have variations on Eileen's particular interest in figures caught in motion. The medium is concentrated watercolor ink on white paper. One of

(Continued on next page)

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these sensational pieces hangs in the entryway of the Kanés' apartment.

Joe retired from practicing medicine in 2016, but volunteers with the title "informed patient," or patient representative, on the Kaiser Regional Ethics Council and the Ambulatory Safety Council. Joe put his knowledge of infectious diseases back to work in implementing the Atwater's Covid-19 program to keep residents, staff and visitors safe.

A belated honeymoon trip, backpacking in Europe, fired the Kanés' love of travel. That six-week adventure led to trips to Scandinavia, Hawaii, and the U.K. before the children arrived. They've added China, Alaska, South Africa and Peru since then. The China trip was a cruise on the Yangtze River that, ironically, departed from Wuhan, the original site of Covid-19. In 2022 the Kanés celebrated their 50th wedding anniversary with a trip to Ireland and this October will head back across the Pacific to visit Japan.

In Portland, Eileen and Joe reconnected with Terri and



Kanés in Italy (near Florence), 1972

Bob Hopkins. The Kanés had already planned to move to Mirabella, but the Hopkins' positive experience here convinced the Kanés that they had made a good decision. At Mirabella, Eileen has joined the art committee and Joe is a member of the resident health advisory committee. They look forward to getting to know and to contribute to the Mirabella community.



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.

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Books! Books! Books!

By DOROTHY DWORKIN

Reading lovers love Portland as evidenced by the crowds at Powell's Books on Burnside Street and advance sales for Literary Arts authors' visits at the Arlene Schnitzer Concert Hall. Nowhere is this truer than at the library in Mirabella.

It was a little more than six months after Mirabella opened in September 2010 that a group of "first arrivals" made plans for an on-site library. By January 2011, 3,600 library items had been donated by residents, employees and family members. Plans for book clubs were underway and a month later two groups began. Satellite libraries on the second and third floors were established, and the library collection grew to 4,500 items. It now contains approximately 7,000 books.

The original plans for Mirabella Portland included library space with permanent shelves. Early volunteers remember the arrival of 14 donated cartons of books from a resident. The books needed to be labeled and shelved quickly and the team got the work done in record time. Some of these early acquisitions were recently culled from the shelves to make room for newer additions.



As the collections grew, the need for more sophisticated cataloguing became necessary and more modern technology was needed. An employee stepped up as a volunteer to help resident volunteers research and develop the much-needed "Tiny Cat" system of electronic book searches.

Today, the library is led by two former professional librarians, Sylvia McGill and Gail Van Gorder. Donations are still welcome under certain stipulations. RAMP provides a budget for the purchase of new material. Large-print and mystery books are the most in-demand. Textbooks are not accepted much to the chagrin of the many academics in residence who would love to have their collections housed in the library.

During the height of the pandemic, the library staff continued to offer residents limited-time appointments to visit and choose books. Once returned, books were disinfected and wiped down before being returned to the stacks.

In the past, Mirabella enjoyed outreach interaction with the Multnomah County Library system. Public library employees brought rolling wagons containing fiction and non-fiction books to Willamette Hall. Books could be checked out for as long as needed. With the passage of the Library Capital Bond in November 2020, Central Library community services has limited and suspended much of its community outreach. The Central Library and its branches are in the process of major transformations that are slated to continue through 2023. Outreach is not expected to resume until these are completed.

The Mirabella library offers a unique feature: shelves devoted to resident authors. Other shelves contain books related to Oregon, past and present. In October 2022, under the umbrella of the programs committee, Oregon authors came to discuss their works. The program and follow-up discussions have been well-attended. The visiting author's books are subsequently found on the new book cart in the library. After a summer hiatus, the published authors' program will continue. Suggestions for outreach to local writers who wish to participate are always welcome. The only stipend the writers receive is dinner at Aria.

Potential new residents who visit the library will often see readers in the rear of the room sitting in comfy chairs in front of the fireplace perusing one of the daily newspapers or weekly or monthly periodicals found on the carousel in the area. Contributions of current magazines are appreciated. Duplicates and magazines past their prime find a new home in the employees break room.

Thanks to an active and dedicated committee, the library is one of the incentives that invite newcomers to choose to live at Mirabella. ●



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Photo: Ron Mendonca

Derek Smith

Derek Smith's love of technology emerged at an early age: His mother has photographs of Derek as a toddler seated at a computer. Derek's kindergarten computer teacher said, "Derek knows more than most of the teachers" about computers.

The attraction persisted. As his family, which included two stepbrothers, moved from Beaverton to Tigard, staying in the Portland area, Derek quickly moved from games to more substantial activities. In middle school he loved flight simulators and had a joystick plugged into his computer. "Anything that has a circuit board" attracted him, he said.

Staff Profile:

Derek Smith

Mind on the Move

By **NANCY MOSS**

After high school, Derek briefly attended Portland Community College but felt it was not for him: "I had to learn a lot of extra things that weren't relevant." He sees himself as a "self-taught person" in a field that changes so rapidly that even young, motivated specialists can be challenged to keep up with it.

After high school, Derek worked as operations manager for the Portland Winterhawks Hockey Club, which plays in the Western Hockey League, the highest level of non-professional hockey. He had ground-level seats and enjoyed this exciting, sometimes violent game. Derek managed the Winterhawks' raffle for them.

For eight years Derek was caretaker for his grandmother; she gave him a place to stay and he was able to help her with mobility issues.

After five years with the Winterhawks, Derek felt it was "time to part ways" and came across a job posting at Mirabella. Director of Facility Services Kent Liebelt says, "Derek is willing to stop and do what he can" to help residents, who should ask for that help through a work order. Cornering him in the elevator is not a good idea.

Derek enjoys working with HVAC, Mirabella's heating, ventilation and air conditioning system, which he calls "very complex and advanced." Residents who recall the smoky air during past forest fire seasons can appreciate someone knowledgeable working with this critical system.

Derek has also helped Mirabella committees. When its

emergency preparedness subcommittee used Mirabella's original phones during a drill to create a party line and hit a snag, it turned to Derek for help. He "was helpful, identified the problem and showed how the system worked," said Paul Knoll, the committee chair. Derek says the telecom company behind the system is looking into expanding the number of phones the line can take. Being able to communicate with fellow residents could be crucial following an emergency.

The Mirabella Players' spring show was successful in large part due to Derek, who picked up the rented mics and worked with actors on the night of the show. Anyone who has sat through a performance punctuated by loud squawks from the mics or the loud hum of interference can appreciate what that meant.

In other words, Derek's territory extends from complex systems, like the new fob door openers and vigil system, to helping individual residents, who have a wide range of experience with technology, with their computer problems. Residents have commented on his openness to their concerns.

For recreation, Derek enjoys snowboarding, either at Mount Hood Meadows or, if he has more time, Telluride, Colorado. He also enjoys traveling and looks forward to a trip to upstate New York, where he will visit Niagara Falls. In the future, with more time, he hopes to tour New York City.

Closer to home, Derek helps out at Southlake Church, where he is its technical director.

During his time off, Derek says he "thinks of ways to improve systems," often involving "random research online." He says that change in the field of technology is "exponential," its elements fluid and "never the same." He can make discoveries and pursue research not covered in academic courses.

At Mirabella, Derek says, "both residents and employees have been helpful," and he was "taken in on day one." He has found other workplaces to be impersonal; here, it's "in person." Everyone is thankful, he says; he enjoys talking to people here.

Einstein famously called imagination "more important than technology." In its technology coordinator, Mirabella has a person responsive to residents' concerns and open to the exponentially changing world of high tech. ●



Young Derek at his computer.

Holi — Festival of Colors

By ROBERT FRENCH

Earlier this year I traveled to Nandgaon in northern India to photograph the Hindu celebration of Holi — or Festival of Colors. This event in India was on my photography bucket list. I finally went, and I was not disappointed.

Hindus all over the world celebrate Holi, but the festival in Nandgaon is the crown jewel of them all. The Festival of Colors marks the beginning of spring, the celebration of love and the triumph of good over evil.

Festival goers playfully throw colored powder and water on each other — and lots of it. Strangers and friends alike are fair game.

Visually, Holi is a photographer's dream come true. It's an overload of color vibrancy and carefree enthusiastic dancing, singing, and — did I mention lots of colored powder?

On this one auspicious day, thousands of revelers packed into the confines of the Nandgaon temple courtyard. Never have I witnessed such carefree jubilation and happy rejoicing. I was only an observer, but the sheer volume of colored powder wafting in the air turned my clothing, skin and hair a pinkish hue.

Now, one more item is crossed off my bucket list.













At the end of the day; I was covered in colored powder floating in the air. My clothing was ruined, but what fun it was!

The Frailty of Human Memories: Are Memories True?

By RITA BRICKMAN EFFROS

Have you ever told a story, with all the details that you recall perfectly and have a listener who was there tell you that you are wrong? “It didn’t happen like that” and their memory of the event is totally different. Whose memory is correct? What is the “true” version of what happened?

It turns out that there is no absolute truth in our memories. Our minds are not hard drives or file cabinets or cameras for memories. We remember what we want to remember.

Our minds create the past that suits us to remember, which may not necessarily be what really happened. In other words, memory is not history.

The mutability of memories is clearly illustrated in so-called “flashbulb event” studies of Dr. William Hirst and Dr. Elizabeth Phelps. Analyses of big dramatic events (for example, fall of the Berlin wall, the O. J. Simpson verdict announcement, the Challenger disaster) that sear themselves into our memory provide unexpected insights into the unreliability of memory.

In studying memories of the 9/11 World Trade Center disaster, researchers interviewed more than 3,000 individuals from all over the U.S. at four different times: immediately, then one, two and 10 years after the event. It turns out that there were tremendous discrepancies in the memories described at the different times. In fact, 60% of the answers changed over time.

The unanticipated aspect of the study was that despite these inaccuracies, the confidence in the precision of these memories was sky high. In some cases, individuals would read what they had hand-written years before and admit it was their handwriting, nonetheless saying, “I don’t know why I wrote it because it’s totally wrong.”

The 9/11 and other similar studies show that we honestly believe that our 10-year memory is exactly what happened. It is not a sin of character, but a feature of normal memory. Most of us assume that memory is like a time-stamped video of what happened. So, if people change their original story, we assume they must be lying.

This was clearly illustrated in the unfortunate case of the long-time highly respected CBS reporter Brian Williams. In the podcast “Revisionist History,” Malcolm Gladwell describes how Williams had been in one of four Chinook helicopters flying over Iraq in 2003. It had been reported that one of the copters had been hit by ground fire. Williams had told his story hundreds of times over a period of years.



illustration: Eileen Kane

Identical twin sisters have divergent memories of their childhood home.

With each telling, his experience got increasingly dangerous, including his recollection of being hit by ground fire.

Brian Williams was accused of lying once other people came forward. According to the pilot of the helicopter that got hit, Williams was not one of his passengers. And the pilot of the helicopter that Williams was on reported that his helicopter was miles away from the event. Did Williams lie, or had he done what most of us do over time: Our brains change the story with each telling.

Studies by neuroscientist James McGaugh show that a memory is not just an idea. Rather, it is a physical trace made from a protein in our brain. Moreover, memories are not stored immediately. The slow consolidation of memory allows physiological processes activated by a particular experience to regulate the strength of the memory of that experience.

Emotionally arousing experiences induce the release of stress hormones, which act on the brain to influence the consolidation of our memories of recent experience. These findings have important implications for the controversial issues of post-traumatic stress disorder and repressed memory syndrome.

The act of remembering is an act of creating. In other words, each time we remember something, it's a brand-new memory. The irony is that the more times we remember something, the less accurate it becomes. Therefore, the safest memory, one that cannot be contaminated, is one in a person with amnesia.

As with a computer hard drive, memories can also be corrupted. Dr. Elizabeth Loftus' studies show that an entirely false memory can be implanted. In one experiment, she told adult subjects, "We've been talking to your mother, and she told us some things that happened to you when you were about 5 years old. So, I just want to ask you about these experiences."

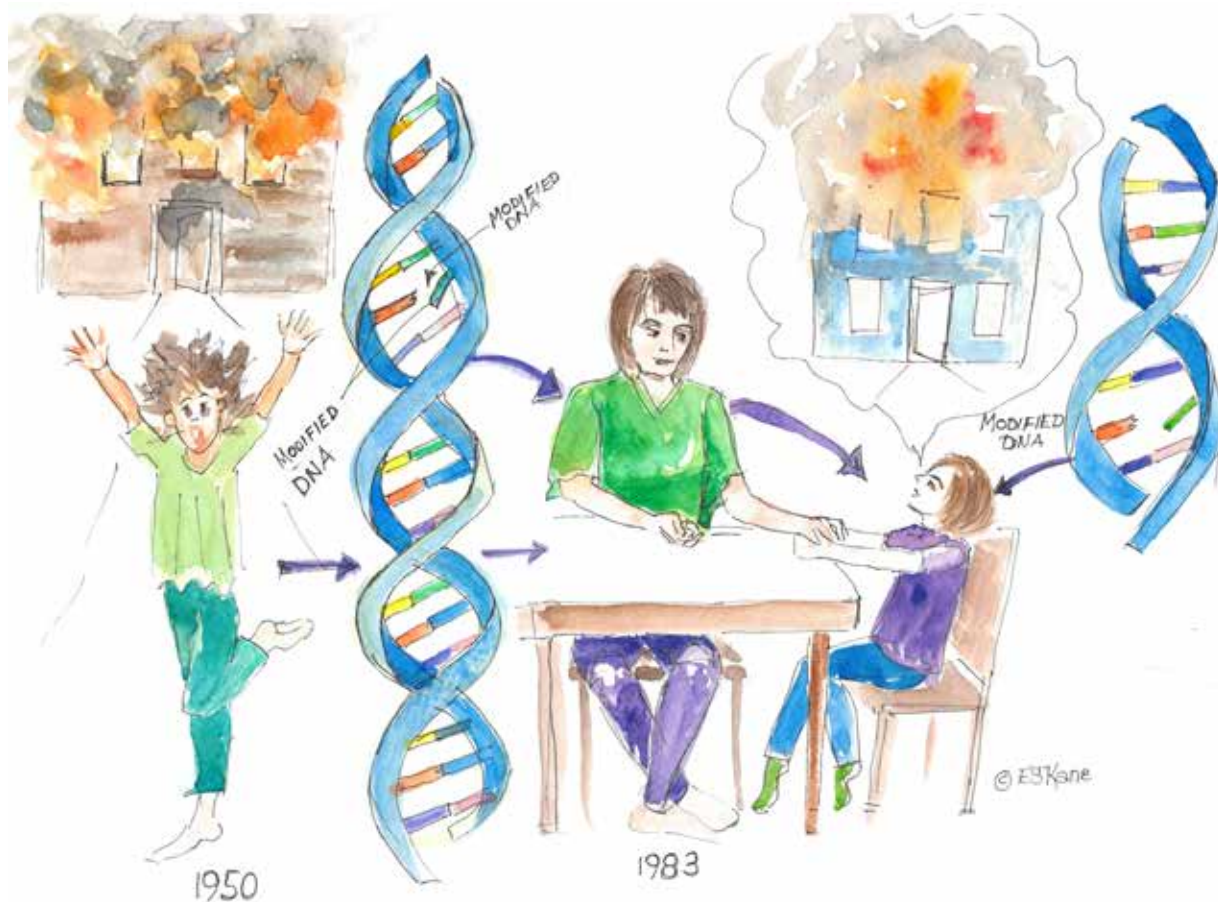
Dr. Loftus would then present the subject with three true memories that the mother reported had really happened and then a made-up scenario about the subject being lost in a mall — frightened, crying, rescued and brought back together with the family. About a quarter of these ordinary men and women fell sway to the suggestion and began to remember all or part of this made-up experience about being lost in the mall.

Legal proceedings are often based on accuracy of memory. And although cannabis is often connected with positive effects (for example, pain reduction), it also increases susceptibility to false memories. While drug-testing is routinely done on suspects in court cases, this is not the case for witnesses or victims.

In contrast to false memories, one highly reliable type of memory is initiated by smell. According to Harvard neuroscientists, smell and memory seem to be closely linked because of the brain's anatomy. Smells are handled by the olfactory bulb, the structure in the front of the brain that sends information to the other areas of the body's central command for further processing. Odors take a direct route to the regions related to emotion and memory.

Interestingly, smell is the only fully developed sense that a fetus has in the womb. It's the one that is the most developed in a child through the age of around 10 when sight takes over. And since smell and emotion are stored as one memory, it has been proposed that childhood tends to be the period in which you create the basis for smells you will like and hate for the rest of your life.

(Continued on next page)



A mother's modified DNA caused by trauma from a fire was passed on to a daughter born after the fire.

illustration: Eileen Kane

(Continued from previous page)

A fascinating exception to what we know about normal memory is the phenomenon of highly superior autobiographical memory (HSAM). Dr. James McGaugh was the first neuroscientist to document this rare ability. There are now 60 individuals in the world who can remember in some detail most days of their lives.

The ability seems to start as early as age 5, and those with HSAM can also accurately recall events outside of their own lives. Given a random date, these individuals can immediately tell you what happened on that date, such as who won the Oscars on that day, or the date Google was incorporated.

Research by McGaugh and colleagues has shown that a certain brain area — the caudate nucleus — is seven times larger than normal in HSAM individuals. The phenomenon is also associated with being highly organized, even to the extent of obsessive-compulsive disorder. Interestingly, having HSAM does not extend to other abilities or learning in school.

An unexpected type of memory is beginning to emerge in studies of epigenetics, chemical tweaks to DNA that affect the way genes are expressed. It turns out that certain modifications to our DNA are “remembered” by our descendants. The DNA itself does not change, but the modifications are inherited.

A study by Dr. Rachel Yehuda and colleagues in 2016 found that Holocaust survivors and their children both had evidence of an epigenetic signature on a region of a gene associated with stress, suggesting that the survivors’ trauma was passed onto their offspring.

A recent comprehensive study on more than one thousand subjects provides even more convincing evidence of transgenerational epigenetic memory. It turns out that sons of Union Army civil war veterans who endured grueling conditions as prisoners were more likely to die young than the sons of soldiers who were not prisoners. This is despite the fact that the sons were born after the war, so they couldn’t have personally experienced its horrors. In other words, it seemed like the stresses of war were getting passed down to the next generation.

The authors controlled for a variety of factors that might have influenced the sons’ longevity, such as socioeconomic status and the quality of the parents’ marriage. Thus, the effect of mortality seems to be working through epigenetics.

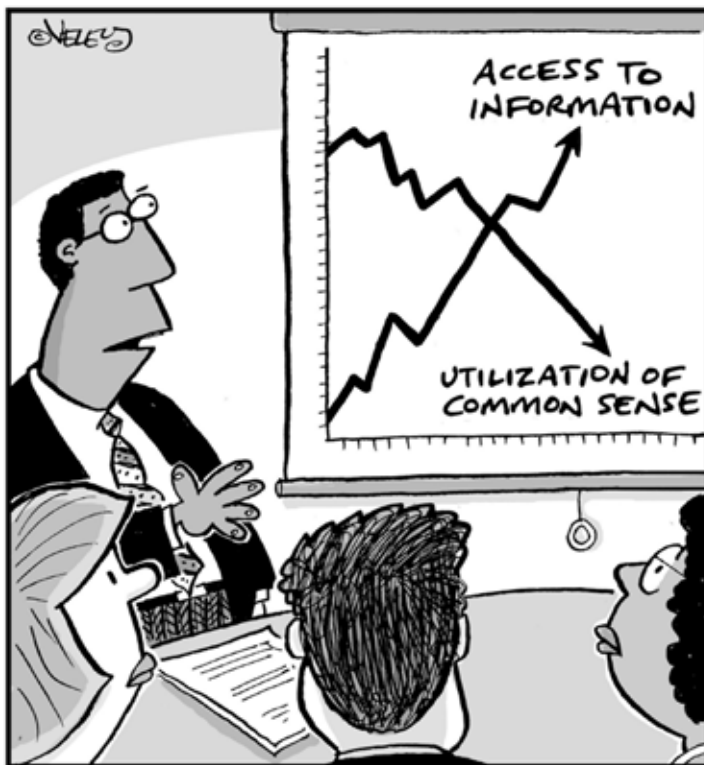
These observations in humans are reminiscent of earlier animal studies. One report showed that both the children and grandchildren of mice that had been taught to fear the smell of cherries when it was paired with an electric shock showed signs of anxiety when exposed to the odor. These descendants had never “learned” the painful association.

A striking new finding in mice shows that epigenetic changes can be passed on for four generations. Studies published in a high-profile scientific journal in 2023 involved epigenetic modification of a gene that affects metabolism, causing obesity and high cholesterol. The effect was seen in the great-great grandchildren of the original mouse with the modified gene.

Memories are not restricted to the brain. Even immunological processes may be considered memory. Information regarding an allergen or a viral or bacterial aggressor is stored with certain immune cells. If and when that aggressor reappears, a cascade of inflammatory events either helps protect us or causes an allergic reaction.

In sum, memory is the basis for our identity and tells us who we are. But part of memory may tell us who we want to be. There is scientific evidence that we distort our own memories in a positive or prestige-enhancing direction without anybody else intervening.

Although memory relates to so many different aspects of our lives, we still may ponder its essence — is it a hard disc, is it up in the cloud, is it in our muscles, or maybe in the scent of Proust’s madeleine? Because our memories tell us who we are, we know who we are because of what we believe we have been. ●



“Assuming present trends continue, the odds are quite good that we’ll become the best-informed extinct species on the planet!”

Quilts for Kids

By DOROTHY DWORKIN

“When you sleep under a quilt, you sleep under a blanket of love,” says Constantine Quilts, an Australian quilting supplier.

Quilts and quilting have a long history in America. Pilgrims heading to the New World were only able to bring essential items on limited ship space. Food, some clothing and quilts took priority. Fabrics were scarce in the New World and replacement quilts were eventually pieced together with scraps of material. That’s where patchwork quilts may have gotten their start.

Quilting at Mirabella, however, got its start in 2011 shortly



Photo: Stanley Berman

Mary Zehring holds one of the quilts from the quilts for kids project.

after Mary Zehring arrived. Mary learned about CARES NW, a non-profit children’s advocacy agency located on the campus of Legacy Emanuel Hospital. It is dedicated to the treatment and prevention of child abuse and neglect by responding to the needs of abused children and their families through medical evaluation, mental health services, therapy and support services. The acronym, CARES, stands for Child Abuse Response and Evaluation. The group has served more than 42,000 children since it opened in 1987.

When the Mirabella group began, two or three residents joined but soon seven more became regular participants. As Mary says, “quilters are giving people and want to give back to the community, especially to children in need.” The group operates under the umbrella of the art committee. Their budget comes from that committee and is used to purchase fabric and batting but much of the material is donated by residents. Even the four sewing machines in the art room, where twice-monthly meetings take place, are donations.

Some of the quilters are experienced sewers but others are novices. No experience is necessary as fellow quilters are happy to help beginners and lead the way. All that is needed is a desire to help a child in crisis.

Completed quilts at Mirabella (212 at last count) are picked up and delivered to the CARES center. After a thorough evaluation by medical and mental health professionals at the center, a child can choose a quilt to keep forever. Baby quilts are not available but 45 by 60 inch “cuddle quilts” are a new addition to the supply.

Quilting, in addition to providing a security “blankie” for a child, has an added benefit. The quilter, while sewing with the group, socializes with like-minded people, talking, listening and sharing but still doing something of value for the community. The quilters meet in the art room on the first and third Thursday of the month from 10 a.m. until “whenever.” A bookcase of books and periodicals devoted to the art of quilting, as well as a scrapbook with photographs of the work created by Mirabella residents, is also on the shelves.

Mary says it best. “Gathering with neighbors and doing something worthwhile provides good fellowship and bonding.” New members are always welcome to come and try it out. They will be responding to CARES’ mantra: “Protecting children heals lives.”

Mary, who has been facilitating the group since its inception, is ready to turn the reins over to the next volunteer leader but will remain as a participant and a source of guidance.

Weekend Warriors Protect Us

By PETE SWAN



Photo: Samuel King Jr.

The F-15EX, the Air Force's newest fighter, touched down at Eglin Air Force Base.

People who repair ranchers' backhoes, coach football at local colleges or work as engineers may have a surprising second occupation that requires significant expertise. They may be weekend warriors serving in Oregon's Air National Guard (OANG).

The Portland-based squadron, informally known as The Redhawks and officially called the 142nd Operations Group, is one of two OANG units. The other is the 173rd Fighter Wing, based in Klamath Falls.

Portland's Air Guard unit was created by an amalgamation of two earlier units. One was the 55th Pursuit Group of the 123rd National Guard Observation Squadron, later renamed as the 35th Photo Reconnaissance Squadron. This unit flew many photo sorties in Europe and the western Pacific during World War II. The second was the 142nd Fighter Group which also had a proud history during World War II. It was deployed to Europe where its pilots flew P-47 Thunderbolts and participated in D-Day operations in Normandy and the Battle of the Bulge.

Soon after World War II, the pilots flew (and its ground crews serviced) P-51 Mustangs. F-102A Delta Daggers became the squadron's aircraft during the Vietnam War. The fleet was upgraded to F-101s in 1976, to F-4C Phantoms in 1979 and, in 1999, to the F-15 Eagles they now fly.

During the Covid epidemic, up to 1,500 airmen from the 142nd were activated to serve in non-clinical positions to help us through that difficult time.

We have all heard the term "National Guard," but what exactly does that mean? It signifies a military unit that could be "federalized" — activated for national defense, security or national health purposes — but exists to serve and protect state interests until that happens.

The Oregon Air National Guard is formally commanded by Gov. Tina Kotek. By state statute, she is its commander in chief. Effective oversight of the two OANG units is in the hands of adjutant generals appointed by the governor.

When there is a need for a reserve unit to be called out for national duty, an Oregon statute stipulates that an adjutant general shall activate the guard for whatever services are necessary. The statute uses the historic words "the organized militia." The governor must also appoint — subject to the approval of the secretary of the Air Force — an OANG officer to be the "U.S. Property and Fiscal Officer for Oregon".

These functions and responsibilities are administered in the Oregon Military Department (OMD), based in Salem. OMD's biennial budget is approximately \$400 million of which \$195 million is state funding. OMD also oversees the considerably larger Army National Guard operation, two

armories, the Anderson Readiness Center and the Major General George White Headquarters.

Pay for drills and annual training (the two-weeks' service that reservists sometimes call "summer camp") is from federal funds. If OANG personnel were activated by the governor for state purposes, their pay would come from state funds.

An operations group can have, in addition to pilots, an operations planning team, medical personnel, maintenance specialists and a support team including logistics, communications, security and human resources.

The 173rd is proud that it has been chosen to train pilots to fly F-35A Lightning IIs (a plane that is still in early production). These aircraft are said to become the cornerstone of the future fighter fleet. It's anticipated that 20 F-35As will be based at Kingsley Field in Klamath Falls.

The 142nd Operations Group will continue to fly F-15Cs. The F-15C is a newer variant of the first F-15 built in 1987 by McDonnell-Douglas (now owned by Boeing). Its longevity in service is testimony to its versatility, durability, all-weather capability and high-performance characteristics.

F-15Cs can fly at Mach 2.5 (2 ½ times the speed of sound or 1,575 mph) and have an absolute-vertical climb-rate of 570 mph. The planes can accelerate while climbing vertically. They are powered by twin Pratt & Whitney jet engines (manufactured in Canada) or by twin General Electric engines.

In 2021, F-15Cs cost \$10.26 million each (a bargain due to economies of scale).

The plane's combat range is 790 miles; cruising range, with external fuel tanks, can be as much as 2,400 miles.

These fighters carry an impressive array of radar and electronic systems, called avionics, that provide everything from display screens for vital functional data regarding engine performance, fuel status and navigation information. The avionics also permit radar-jamming counter-measures, infra-red targeting information, friend-or-foe identification, multi-threat recognition and real-time calculation of hostile aircraft proximity and converging courses.

F-15Cs can carry air-to-air missiles, two types of air-to-ground missiles, a GE 500-round six-barrel Gatling cannon and have the overall capacity to deliver 23,000 pounds of ordnance. Israeli pilots flying F-15s shot down more than 50 Syrian fighters with no losses of their own. Boeing asserts that, in worldwide aerial combat, F-15s have had 101 "victories" and no defeats.

The squadron expects to receive the first few replacement aircraft, F-15EXs late this summer when it will become the first operational unit to fly those planes. The EXs will have a second, tandem seat for a weapons systems officer who can also fly the plane if necessary, and an upgraded avionics package.

(Continued on next page)

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Photo: Robert French

An F-15 fighter jet accelerating with afterburners generating more heat to increase the thrust.

The newer avionics will include a LANTIRN (low-altitude navigation and targeting, infra-red for night-flying) system that allows the plane to stay close to the ground to avoid land-based radars.

The 142nd Group commander, Col. Todd Hoffard, is currently away from Portland on a temporary assignment. In his absence, Col. Christopher Lantagne, the vice wing commander, is in charge. Col. Lantagne enlisted in the Air Force in 1990, graduated from the Air Force Academy as a commissioned officer in 1996 and trained as a pilot at Laughlin Air Force Base in Texas. He primarily flew the multi-engine KC-135R Stratotankers (Boeing-made planes used to refuel fighters in mid-air).

When asked if he worked weekdays, Col. Lantagne replied, "being a commander requires potential work 24/7 365 days a year." He added that he gets most weekends

off but said "there is always the potential for mission requirements ... to pop up."

Typical operations for 142nd pilots would be at least four flights per month. These flights could range from northern California to the Canadian border and might involve mid-air refueling.

The OANG pilots, in addition to their local flight schedule, train in simulators and in exercises with other pilots flying other types of U.S. Air Force planes. OANG people are devoted to their assignments and to serving the people of our state.

The 142nd's Statement of Purpose reads "To provide unequalled mission-ready units to sustain combat aerospace superiority and peacetime taskings any time, any place in service to our nation, state and community." Its motto is, "When we are needed, we are there." ●

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RAMP Bylaws Election Scheduled

- RAMP will be authorized to have five members on a new seven-person foundation committee of the Mirabella Portland board instead of three members on the nine-person board of the previous Mirabella Portland Foundation. The change will also reduce costs to administer the funds.
- RAMP will be authorized to hire independent legal counsel. Mirabella Portland has been unwilling to provide legal advice to RAMP. Authorizing the hiring of independent legal counsel will ensure that RAMP will be able to represent the interests of members in whatever forum it is needed and

will help protect residents from frivolous legal threats or litigation.

- RAMP Council will have the power to interpret the bylaws and any rules made by it subject to disapproval by the members.
- The term “member” will now be consistently used to define anyone who has a legal right to live in Mirabella Portland. “Member” and “resident” are both used in the current bylaws, which creates some confusion and potential liability for those who live part of the year in Mirabella Portland but live elsewhere the rest of the year and have legal residence in another place.
- Membership in RAMP continues to be free.

Big Pink and Me

By ARLETHA RYAN

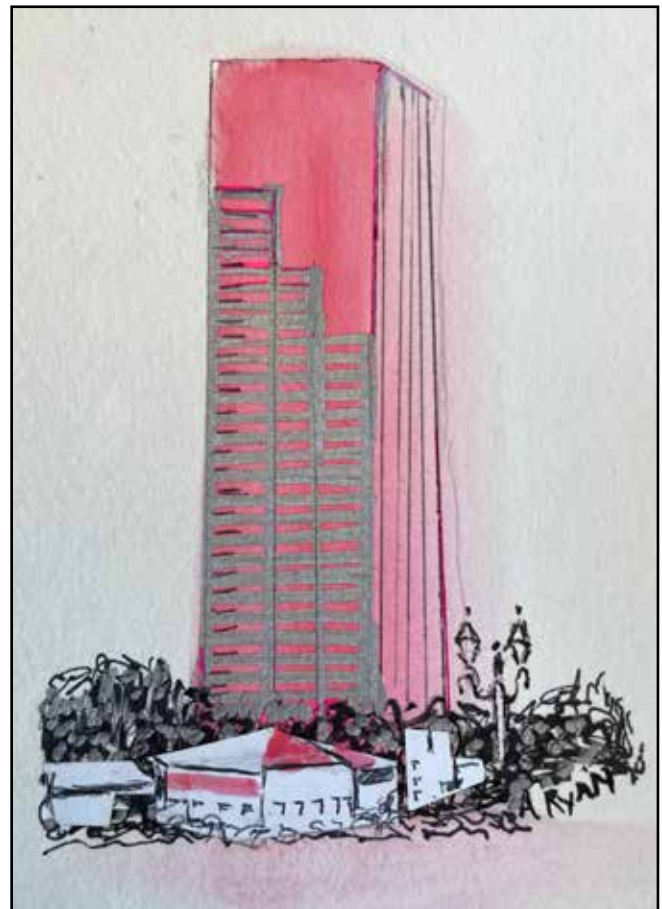
My apartment has a commanding view north — the Willamette River and six of Portland’s bridges as well as part of the city skyline. The U.S. Bancorp Tower, with its pink granite facing, is prominent.

That building, my Mount Everest, has both intimidated and challenged me. From May 1981, when construction began and I was in southwest Portland, I watched it grow skyward. I shook my head and declared “Not me, never.”

I have an altitude disorder and would not be comfortable on the 42nd floor. Fate intervened. I was invited to attend a graphic arts trade show on the top floor of Big Pink. There would be new materials, samples and a chance to network. I resolved to attend. I made the elevator ride easier by riding part way up and changing to a second bank of elevators, breaking the long ride up 42 floors.

Once I reached the top, I entered a totally unpartitioned space. I could stand in the center and do a 360 degree turn to see in all directions. Thereafter, when I viewed the building, I had a sense of pride and confidence: I had been up there.

Not knowing about my altitude problem, my husband, Pat, arranged a celebration dinner for us. Guess where? The Portland City Grill located in Big Pink. An extra gratuity got us seated at a window table. ●



Art: Arletha Ryan

Big Pink: The pink granite is from Spain and its glass is glazed with a transparent coating of copper and silver. There are no 90-degree angles in its irregular shape.

