

3550

Inside...rollin' on the river

Aug/Sept 2013

a publication by and for the residents of Mirabella Portland



Jim Rudolph
President

My Last Hurrah

The current year Council has been very successful in setting new milestones and I as President was proud to be there. Many accomplishments have been made including:

- Establishing two new Committees – Communications and Creativity on Display
- Setting a new record for securing Employee Appreciation Funds from the residents - \$245,000 with a maximum individual award of \$2,056 for employees
- The Communications Committee published the first resident-produced magazine “3550” in June under Councilman Steve Casey
- In April, at a special meeting, the Council recommended that the Mirabella Board select the President of the Council to become a voting member and the Vice President to become a non-voting member – this was finalized by the Board in July.
- Setting a new Policy allowing Committees to budget for payments to performers starting in 2013 – 2014 fiscal year

As I look forward to September, and the end of my tenure, I want to thank the great Council that I had, the close relationship with our Executive Director, Anthony Sabatini, and also with the Board Chairman Todd Martin. I will then turn over the reins to Rolf Glerum, your next President.

.....

My duties as Past President are limited next year, so I anticipate a new venture on my own. I have been and will continue to be judging entrepreneurial candidates for awards at both OHSU and at PSU. In addition, I will get more involved in counseling them.

COVER: Mirabella residents Anne Clark, left, and Barbara Short are members of the all-senior, all-fun Golden Dragons dragon boat racing team. Photo by resident photographer Bob French at this year’s Dragon Boat Races.



Anthony Sabatini
Executive Director

One of Mirabella Portland’s goals within its first few years was to establish a Foundation to support the community.

The challenge came in getting a Board established, submitting the IRS application, and soliciting resident involvement. This was a tall order during a time everyone’s focus was on getting Mirabella’s operations established, filling the building and establishing a Resident Association.

As the Board developed the Foundation bylaws and created the application (with a lot of legal help,) it was clear we needed a resident voice on the Board. Check. The Board has three resident voting members. The other key, that I personally championed, was to have a Resident Association Foundation Committee.

Why? Three reasons: First, it creates a link between the Board and the community; second, it gives the Board perspective from a larger percentage of residents, thus taking some pressure off of Resident Board Members and, third, the committee is “boots on the ground,” getting the Foundation’s work accomplished.

As we awaited tax-exempt status, the Foundation Board worked to create its initial programs. These programs are the Resident Assistance Program, General Program, Employee Scholarship and Assistance Program and the Health Center Program. A synopsis of each is found in the Foundation’s pamphlets and donation envelopes located at the concierge desk, in the administration offices and in the lobby of the Health Center.

To celebrate IRS approval, the Foundation held a Valentine’s Day gala in February, raising \$22,000 for the General Program fund.

Very recently, at the Foundation Committee’s request, RAMP named me temporary – I emphasize temporary – chair of that committee. We all hope to move things along so residents can see the Foundation working for them.

(continued on p.11)



Steve Casey

Editor

With all the digging this summer, and the depth of the trenches the earthmovers scraped out, you'd have thought the city was looking for Jimmy Hoffa in Caruthers Park.

Instead, Portland Parks & Recreation (PP&R) was looking to atone for impressively bad management when the park was built scarcely three years ago.

To be sure, Elizabeth Caruthers Park, directly opposite our front door, is beautifully designed, visually stunning, and provides a dazzling diversity of recreational opportunities. Its flowers, plants and trees create an urban oasis that is a neighborhood magnet.

In that sense, PP&R scored a home run. Yet . . .

Park construction was budgeted at \$4 million, but came in \$500,000 below that. Yes, below. Good job? Well, not so much. Plants and trees, improperly installed in substandard soil, not surprisingly failed to flourish. Other defects in irrigation and construction surfaced.

It seems PP&R forgot about doing thorough, regular inspections as the park was being built. So now there's a quarter-million dollar re-do, and a months-long construction project sprawling over much of the park.

Ever built a house?

There's the grading inspection, foundation inspection, framing, plumbing. . . Today's work can't start – and contractors can't get paid – until yesterday's work passes inspection.

It's standard stuff. Unless you're the city.

PP&R says there just wasn't enough money to do proper inspections, which means they mostly left it to the contractors to approve their own work.

Not enough money in a \$4 million project? A basic management responsibility is to make sure the work is done right before you make the next payment.

Instead, we got the "trust me" school of contract supervision, which demonstrates disappointing naiveté on the part of a city department entrusted with \$100 million of public money.

In This Issue

The Willamette River, a favorite playground today for a number of Mirabella residents, has a rich history as a major highway for goods and people, as Gil Meigs tells us in part of our "Rollin' on the River" package in this issue.

Dragon boats, kayaks, powerboats – all are used by Mirabella folks who get out on the river. Others walk through Tom McCall Waterfront Park and hope they will be able to meander along the Greenway by our home. A story on that project and photos of our people on the river are also part of that package.



Dining is, without question, the hot topic around Mirabella.

This issue, we bring you a peek into the dining operation, the front of the house and the back.

Providing "fine dining" to rival any restaurant in food quality, menu and service would be a chore no matter what the venue. Add in more than 300 residents, from different backgrounds and given to different preferences, different dietary needs, different expectations, and you have a challenge with a capital "C."

The overwhelming consensus: It is certainly not perfect here, but overall the dining experience is amazing and we are enormously well served.

Er, so to speak.

Who We Are

3550 is a publication of the Residents' Association of Mirabella Portland. Its mission is to inform, enlighten, question, explore, amuse and occasionally irritate, thus enhancing the communication within and about Mirabella.

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photo by Ron Mendonca

What's Up with 'Our' Park?

by Nancy Moss and Steve Casey

We've all noticed something different about our neighborhood park.

Elizabeth Caruthers Park, barely three years old, this summer had a big chunk closed to the public behind chain link fencing as a crew tore out and replaced trees, plants, walkways, planted areas, irrigation systems, and then repaired wooden walkways.

The park, while instantly attractive, had been poorly built.

The do-over cost about a quarter million dollars; some say it all could have been avoided if only the city had bothered to do proper inspections as the \$4 million project was being built.

Mirabella residents watched from May on, as excavators dug up the ground and the mounds of dirt got trucked out.

That was the "bad dirt," said Sandra Burtzos, a landscape ar-

chitect and project manager both for the initial construction of the park and for its massive repair.

The city's Park and Recreation Bureau (PP&R) contracted with Nutter Corporation to build Caruthers Park; Nutter hired sub-contractors including Teufel Nursery, Inc. and Wolf Industries, Inc.

The park was budgeted at \$4-million and, when it opened in June 2010, Burtzos told the Oregonian that the city brought it in for \$500,000 less.

"Some of the installation had to be redone," she told the newspaper back then, "and we had some issues with the contractors, but it still came in under budget."

But apparently not right.

Burtzos said contractors covered substandard dirt with a thin topping of good soil, in which plants failed to thrive.

"To the eye, it looked okay,"

she said, "but problems became apparent immediately."

For one thing, she said, Nutter speeded up the process at the end, completing its planting in a few hectic days to avoid late penalties.

As plants began to droop and die, problems became clear.

This March, after mediation with Nutter, Teufel and Wolf, and approval by the Portland City Council, the three contractors agreed to pay the city a total of \$150,000 to resolve the dispute over the quality of their work. As is standard in settlements, no one admitted liability.

The settlement money partially paid for redoing the park at an estimated cost of \$263,581, although Burtzos said the total may wind up being less, as some unknowns existed at the time of the bid.

Green Earth Landscape, Inc., was selected to do the park right.

Asked if having a vigilant inspection at the site of a \$4-million job wouldn't have avoided problems in the first place, Burtzos said that despite the project coming in a half million dollars under budget, there just wasn't enough money to pay a full-time inspector.

Jim Luke, chair of the South Waterfront Nature and Green Spaces Committee, maintains the problem was lax supervision. The inspector "did not hold the contractor's feet to the fire," said Luke, adding he told Burtzos there was a problem while the construction in progress.

This time, Burtzos said, PP&R staff was inspecting, every day.



"Oddball Elizabeth Caruthers"

by Sybilla Cook

Dear old oddball Elizabeth Caruthers at last gets some richly deserved recognition," reported John Terry in a 2010 Oregonian article about Portland's newest park, directly opposite Mirabella's front door.

A Portland park named for an oddball?

Fifty-five year old Elizabeth Caruthers of Tennessee, reportedly the widow of one Joe Thomas, came West with her 29-year-old son, Finice (FYE-ness) on the Oregon Trail in 1849. They settled on land where a former British sailor, William Johnson, had earlier built a log cabin.

Elizabeth and Finice both used her maiden name, Caruthers, rather than her married name, Thomas. Itself rather odd – in the 1840s.

In 1850 the Oregon Donation Land Claim Act was established, entitling each eligible male to 320 acres, and his wife to 320 acres in her own name.

Finice Caruthers took up 320 acres, from Gibbs north to Lincoln Street, and his mother took up her own adjoining 320 acres south to Bancroft. She was the first single woman in Oregon to own a parcel of land.

Their claim was bounded on the west side by 4th street (now Barbur Boulevard) and ran east to the Willamette River. They built a cabin on a small rise above the river, straddling the dividing line, and each lived in the half on their own property.

The 1850 census listed them as farmers. Finice became involved in civic affairs, donating generously to the first Portland schoolhouse, and joining neighbor Stephen Coffin to create Portland's first water supply, The Pioneer Water Works. He did some land speculation, and laid out the Caruthers Addition on the north part of his property after Elizabeth's death. Not much seems known about Elizabeth except her neighbors considered her pleasant and "peculiar."

Elizabeth died in 1857 and Finice in 1860. Both died without wills. It is unknown where Elizabeth is buried, but Finice has a rather large headstone in Lone Fir Cemetery. Since the estate was valued at \$100,000 (two million in today's money,) there was no lack of lawsuits. One suit was filed by a "Wrestling Joe" Thomas, a "wharf rat" from St. Louis, who was brought here to testify he was her lawful husband. His sponsors must have had a clever attorney because they won the case, though he afterwards recanted. "Jo. Thomas Street" is still on the old Portland maps, between Abernathy and Lowell.

Another suit, saying Elizabeth's claim was unlawful because a single woman could not hold land, eventually went to the U.S. Supreme Court.

The court ruled that a woman could indeed hold land in her own right, a ruling benefitting women ever since. This court case is apparently why she is still remembered, and probably is the reason her name graces our neighborhood park.

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Afternoon Book Group

The Afternoon Book Club announced selection of its reading list for the rest of the year.

The club meets in the Sky View Room at 4 p.m. the first Wednesday of each month.

Reading selections are:

Aug. 7: Always Outnumbered, Always Outgunned, by Walter Mosley
Sept. 4: South of Broad, by Pat Conroy.
Oct. 2: The Tiger's Wife, by Tea Obreht.
Nov. 6: Lying Awake, by Mark Salzman.
Dec. 4: The Coroner's Lunch, by Colin Cotterill.

Building the Fine Dining Experience

Is Aria a fine restaurant, a place for a casual, home-style meal or simply a chow hall for seniors?

Are servers professionals, or kids trying to make it through their first job?

Are cooks and servers happy in their jobs, or is there a lot of drama?

These and dozens of other questions are common among residents, where dining is easily the subject of more comments – pro and con – than any other aspect of life at Mirabella.

This issue begins 3550's continuing look at dining, and welcomes comments and questions from residents and staff as we continue to cover this important topic.

To start off:

What is the dining experience supposed to be?

"Our goal is to make it a restaurant experience, modified for a retirement community," said dining services director Mark Dagostino.

"In a restaurant, the menu doesn't have to change very often. Here it does. In the Bistro, we couldn't change it often enough – there are people here who want it to change every day."

And there is a minority of residents who view the dining venues not as restaurants, he said, but as their own dining rooms.

"We hear this a lot," he said.

"This is my home.' Introducing a

host at Aria has been key to managing the flow and improving the experience, but there are people who say 'this is my home, why do I have to wait? Why can't I just go in and get a table and order my dinner?'"

But the overwhelming sentiment seems toward fine dining, not family-style dining.

Sebastien Ellis is a newly promoted to assistant dining manager who devotes a lot of his time to training.

"When I first heard there was



Pauline and John Deaver enjoy sumptuous dinner in Aria kitchen, served by Victoria Michalchuk. -photo by Todd Albert

a fine dining restaurant here, I thought 'great.' Then I went up and saw it, and said 'swell, but where's the fine dining part? I just see a dimly lit restaurant with a lot of stuff in it.' Fine dining isn't just the room or the food – it's the staff, it's the whole experience."

Who are the servers and what skills do they bring when hired?

"For some of the staff, it's a first or second job situation," Dagostino said, "where you have to teach them about being in the

workforce, with such basics as being on time."

A former server said staffers were either young people seeking steady, part-time work while they attended school or pursued other career goals, or people who wanted a career in food service and hoped to get experience at Mirabella that would land them a better-paying job. A few, the server said, were just desperate for a job.

"I'll be honest," the former server said. "Mirabella was my

last choice.

Nine bucks an hour – benefits, yes, but living on that makes them cost-prohibitive if you aren't a two-income family. In a state where servers make nine an hour plus tips, it's not very appealing."

Agreed, said Dagostino. But

changes would drastically drive up the cost to residents.

"I hate to say it, but the tipping thing is an issue," he said.

"I've seen communities like this work great when there are no tips. I think the difference here is the expectation of a quality restaurant experience."

Are the workers happy?

Under Chef Todd, the kitchen seems to hum -- expectations are clear and rewards are frequent.

"Watching the pride on a line

cook's face when they sell out of a plate he designed is amazing, and something that helps morale in the kitchen," one staff member said.

In the front of the house, morale seemed to tumble when 10 servers recently left around the same time.

Most left for other jobs, but some said they would not have taken those other jobs had they not been discontent.

"Aria orders not checked before serving" (Comment Card)

In part, say managers and some other servers, that stems from more supervision and higher expectations, said to be part of a drive to improve service.

Is management happy?

"Over the past two and a half years," Dagostino said, "we've had a lot of struggles in the front of the house. The food has always been good. It's a matter of getting it out to the people in a timely manner."

"Raves to Catherine Clifford for excellent service"

And the improvement he wants most immediately?

I'd like to take the service to the next level. We have some great servers. I'd like them all to be great."

Are residents happy?

You tell us.

"I think they are really trying," said one resident. "Service still is bumpy, but has improved a lot."

And the food?

At a recent coffee social, a complaint that food quality had lessened got some nods of agreement. A comment that meal quality is generally superb got a round of enthusiastic applause. ❀

Executive chef Todd Albert's greatest reward and frustration is the same: the challenge and satisfaction of pleasing Mirabella residents.

"I enjoy making people happy," Todd says, realizing that he can

A Visit with Chef Todd

by Nancy Moss

never reach 100% of that goal.

Mirabella's menus –the broiled steelhead with Healthy Living seasoning in Aria East, the peppercorn roasted pork loin with basil gnocchi in the Bistro—emerge after Todd's consultation with his chefs de cuisine, Sean Eveland in the Bistro and Anthony Schroeder in Aria.

"We put our creativity together as much as possible," Todd says. "Talented cooks in our kitchen create our specials and take great ownership of what they do."

Asked about adjusting menus to residents' health needs, Chef Todd points out that Mirabella has lowered the sodium content of its food 30% in the past year, and that the Healthy Living seasoning is half of the low-sodium FDA measurement. Residents can order Healthy Living seasoning with any a la carte item.

For diners limiting their sugar intake, many Mirabella desserts feature natural sugars from fruit. Todd believes portioning — slivers of pie rather than pizza-sized slices — are the best way to limit sugar. He can always consult with the registered dietician on his staff, Sarah Koniarski.

For most of the year, wild salmon is a luxury too steep for Mirabella's purse.

Since the farmed salmon on Mirabella's menus is Atlantic salmon, high in mercury, Todd recommends that Mirabella diners eat it only once a week.

The chef hopes to offer wild salmon this fall. Except for shrimp, all seafood served at Mirabella is fresh.

Chef Todd says people with allergies or diet related issues should see him.

"Never be afraid to ask," he states. "My primary responsibility is being available and offering as much variety as possible."

Like households, the Mirabella chefs face budget constraints. Todd says Mirabella uses "good suppliers with high-quality standards," but residents looking for the more fatty prime, rather than choice grade beef, need to find it at their favorite restaurants.

Looking forward to the high-altitude huckleberries that ripen at the end of summer, Todd says he uses local produce whenever possible. This year, Mirabella tomatoes will grace its menus. ❀

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I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.

The Mirabella Portland Foundation is building a sound philanthropic organization to benefit Mirabella and its residents for decades to come.

The delay in getting up and running, and the relationship among the Foundation Board, the Residents Association of Mirabella Portland (RAMP) Foundation Committee, Mirabella administration and Mirabella residents, has caused confusion.

3550 has spoken with Foundation board members, Mirabella administration, and RAMP Foundation committee members to get answers.

Q. What is the Mirabella Portland Foundation?

A. It is a charitable foundation, granted tax-exempt status by the Internal Revenue Service as a 501(c)(3) corporation. The Mirabella Portland Foundation is an asset of this community and its residents and employees. It does not benefit the administration--it benefits those of us who live and work here.

Q: Are cash and property donations to the Mirabella Foundation deductible on my federal taxes?

A. Yes.

Q: OK, the Foundation is a charity. But what, specifically, does it do?

A. The Foundation's purpose was stated in the IRS application for 501(c)(3) tax status as well as in the brochure from the Foundation benefit dinner held on February 14, 2013. That purpose

is "to enrich the quality of life for the residents of Mirabella Portland."

Q. That's very general. How will the Foundation carry out its purpose?

A. The Foundation has a portfolio of four separate funds that may be spent for distinct purposes. These funds were included in the IRS application. They were described in the brochure as:

Mirabella Portland General Program: "An unrestricted fund to further the Foundation's mission to enrich the quality of life for the resident of Mirabella Portland." (The General Fund.)

beyond their control outside of the workplace." (The Employee Scholarship and Crisis Fund.)

Health Center Program: "This program provides funding to improve the quality of life for the residents of the Health Center through programs, facilities and equipment. Gifts may be designated, in consultation with the Foundation, for a specific purpose within the facility." (The Health Center Fund.)

Q. How much money does the Foundation have and how much has it spent?

A. The Foundation has \$23,638.50, all in the General

A Foundation Primer

by Claire Weber

Resident Assistance Program: "Established to provide financial support to ensure that no one will ever have to leave Mirabella Portland due to having outlived his or her financial resources. This program also ensures that other residents do not have to subsidize those who require support." (The Resident Assistance Fund.)

Employee Scholarship and Assistance Program: "Established to assist Mirabella Portland employees who desire professional growth and wish to pursue a formal licensing or degree program. Priority is given to front-line staff seeking professional development that leads to greater job capacity and career progression within Mirabella Portland.

"Also provides support to employees experiencing hardships

Fund. The Foundation has spent no money and will not spend anything until the Foundation Board has approved written policies and procedures for donations and expenditures.

Q. Some residents are concerned that if they give money to the Foundation intending it to help others who have exhausted their funds, it may be diverted to programs or minor expenditures or something they didn't intend to support. Can that really happen?

A. No. Like all charitable foundations, the Mirabella Portland Foundation has a legal and fiduciary duty to abide by its purpose as submitted to the IRS. That means that the Foundation cannot legally divert donations designated for one fund for any

other purpose. For example: money that is donated to the Resident Assistance Fund cannot be rerouted to the General Fund. Any donor may specify that a donation to the Foundation is specifically for one of the four Foundation funds.

Q: Who runs the Foundation? Is it RAMP? Mirabella administration?

A: No. The Mirabella Foundation is an independent entity, governed by an eight-member board of directors. Currently serving on the board are:

Todd Martin – Board chair of both Mirabella Portland and the Foundation

Anthony Sabatini – Administration

Megan Huston – Administration

Lynn Johnson – Portland community leader

Nancy Hales – Portland community leader

Curtis Guthrie – Resident

Ron Mendonca – Resident

Kathryn Boe-Duncan – Resident

Q. What does the Board actually do and why is it taking so long?

A. The Foundation Board runs the Foundation, accepts donations and expends funds to achieve the Foundation's purpose. Before any funds can be spent, the Board needs to create written policies and procedures to provide for what kind of projects may be approved, the criteria for approving applications for each of the four funds and to establish application forms and

procedures. The Board is currently drafting those, which has already taken several months.

Q. Several different groups have "Foundation" in their name. What are these "Foundation" groups and what do they do?

A. There are three different "Foundation" entities.

The first is the Mirabella Port-



Mirabella Portland
Foundation

land Foundation, the name for the charity itself.

The second is the Mirabella Portland Foundation Board, the eight-member board that runs the Foundation and thus is responsible for the 501(c)3 charity.

The third is the RAMP Foundation Committee, a RAMP association committee. This committee was created by RAMP, reports to RAMP and can be dissolved by RAMP—all without any involvement by the Foundation itself.

At the July 3, 2013, Foundation Committee meeting, the committee voted unanimously to ask the RAMP Council to make Anthony Sabatini the temporary Foundation Committee chair until written policies and procedures for the Foundation Board are in place. This is expected to speed things up.

He will step down as chair when the Foundation Board adopts basic written policies and

can get underway.

Q. What is the general fund for — the purpose seems pretty vague. Is it a slush fund? What about the rumors that the general fund is going to buy a ping pong table?

A. It is not, and cannot be, a slush fund. No expenditures will be made until there are written policies and procedures adopted by the Foundation Board and disseminated to RAMP and residents.

The general fund is not for purchase of minor items that would more reasonably come out of regular budget expenditures. In June, the Foundation Committee recommended the purchase of a ping pong table before the Committee was aware a purchase of anything was premature, and that it has no authority to approve expenditures anyway.

Q. The most important fund should be the Resident Assistance Fund and then the Employee Scholarship and Crisis Fund. What about those?

A. Todd Martin anticipates the funds will be administered at Mirabella much like those at other PRS Foundations. The most important fund is always the Resident Assistance Fund. Using Holladay Park as an example, he noted that in 30 years, about 35 residents have needed some assistance from this fund.

Martin suggested the scholarship fund could be administered like those at other PRS facilities,

(continued on p. 25)

Volunteer Opportunities Abound for Mirabella Portland Residents

by Beverly Healy

Portland is a vibrant city, brimming with places to go and things to do. Many long-time residents who now call Mirabella home volunteer with arts and non-profit agencies around town. All are welcome to join in.

We cite but a few examples here. Future editions of 3550 will take a closer look at the Mirabella people giving to the community, and the places they do it.



For the past eight years **Bob Cramer and Allen Simons** have brought a monthly dinner to the 24 residents of **Our House**. They buy the ingredients and prep the meal at Mirabella, then finish off and serve on site in the south-east Portland facility.

They also work on committees and fundraising, working 15 to 20 hours a month.

Our House has been in business 25 years, providing specialized residential care for people living with HIV/AIDS. It works with professionals in nursing, social work and occupational therapy. Bob and Allen cite relationships with their compassionate colleagues as the greatest benefit of their commitment.



Anne Clark has found two very different venues as outlets for her considerable energies.

She rises early to head for the Willamette River where she joins a crew to paddle a long boat, recently competing in Dragon boat

races as part of the **Rose Festival** activities.

Then she spends two or three hours a week in maintaining a data base for **Compassion & Choices**, a non-profit established in 1997 to steward Oregon's Death with Dignity Act and to counsel the terminally ill on patient-centered end of life care.



Most Tuesday mornings will



Charmaine Jensen, right, one of Mirabella's many volunteers

find **Cornie Stevens** at **Trinity Episcopal Cathedral** in a sunny room at the back of the church, joining a group of women from around the community who form Martha's Guild.

Thirty years ago, this same devoted group spent months creating in needlepoint the altar kneeling cushions and vestments seen today. The design was taken from wildflowers of the Cascades and painstakingly rendered by

Cornie into sections stitched by different people.

The group today makes a variety of handwork pieces to be sold at a Christmas bazaar, raising money to support women and children in need through the broad community. They also make and fill Christmas stockings for **New Avenues for Youth**, an agency providing occupational training to street kids.



Susan Berg's great-grandfather, John Wilson, collected books, thousands of them, and

created a subscription library in 1900. This was later to become the backbone of **Multnomah Public Library's** rare books and special collections. Today, Susan leads groups to meet the curator for a presentation of the library's history.



The Portland Center for the Performing Arts, known to us as PCPA, was founded 25 years ago. **Gwen Luhta** is in her 11th year as a volunteer, acting as greeter or usher for performances at the Schnitzer, Keller, and Antoinette Hatfield Auditoriums.

The required training is provided annually in late summer. Volunteers commit to working two four-hour shifts monthly.



Another long time volunteer is **Dot Lukins** with 17 years to her credit in **Portland Art Museum's** guest services department. She acts as greeter, coat checker, roving gallery guide, and offers any special service required by a visiting exhibit. Dot works every Wednesday morning.

Across the street in the **Museum's** Rental Sales Gallery, **Bev Healy** (the editor made me put this in) spends each Friday assisting members with the selection of work to be taken to home or office as a rental for three to six months, or purchased. Mirabella has three resident artists whose work is part of the inventory.



For 13 years, **Charmaine Jensen** has volunteered at Albertina Kerr consignments, one of four stores at **Albertina's Restaurant and Shops**.

Albertina Kerr also enjoys patronage of a significant number of Mirabella residents, as buyers or sellers at the shops and as patrons of the excellent restaurant.

The charity helps adults and children with physical and mental issues, and was voted second most-admired Oregon non-profit charity by 1,800 business leaders.

You will see more about Albertina Kerr, and Charmaine, in a future 3550.



Closer to home, in fact in our own skilled nursing and memory care units on **Mirabella's second floor**, the irrepressible **Barry Shapiro** and his "lovely assistant **Maggi Travis**" have created a weekly Saturday afternoon program. They deliver books, hugs, and compassionate listening to patients staying briefly in rehab or longer in life care.

On offer are dogs to stroke, and people to read to the visually impaired. Many volunteer opportunities exist and will be expanded by the imaginative and entertaining Barry.



Raindrops (and dust) Keep Fallin' on my Head

by Larry Braverman

On a recent Sunday morning in Portland, the sky was Carolina blue, the breeze Hawaiian light, and the temperature Oregon mild.

So the Mosses (Nancy and Art) and the Bravermans (Adrienne and Larry,) who are all very particular about their venues, decided to sit on the Mirabella Bistro patio to eat a leisurely breakfast.

Halfway through the delicious and healthful egg-beaters omlet of the day (shrimp, spinach and tomato,) Larry noted that it was sprinkling.

"How is that possible?" he exclaimed in wonder.

"It must be a very rapid passing shower," Art wisely noted. "There is not a cloud to be seen."

"Well, if there is a cloud, it certainly has to be a miniscule one," Adrienne observed, "because ours is the only table getting wet."

Nancy, who is the smartest of the group, looked up.

"My gosh!" she screamed. "Someone on one of the balconies above us is watering their

plants. We need to get out of here."

We were too late. What water was left in the bucket was now being unloaded.

Someone either (1) did not know the location of his or her apartment, (2) did not figure out that it was directly above the

Bistro patio, (3) did not realize people eat on the Bistro patio, or (4) did not understand the law of gravity.

For our part, we learned that when one is eating on the patio, one (1) should put up the

umbrella, (2) put on a hat, or (3) go inside.

While Larry is able to chuckle, this isn't the first time Bistro patio diners have been showered from balconies above.

It's not just a Bistro thing. Balconies below have been drenched with plant water from balconies above. And folks who sweep potting soil and detritus off their balcony sometimes send it flying out to coat balconies – and people – below in dust and dirt.

Thoughtfulness and courtesy will solve the problem for all of us. –Ed.



Anthony (continued from p. 2)

Our next fundraiser, at the end of August or beginning of September, will be a "Community Street Sale," with proceeds benefiting the Foundation's Employee Scholarship Program.

We look forward to the Foundation's brief history leading into a future that greatly benefits Mirabella's community of residents and staff. ✿ **Megan Huston contributed greatly to this column.**

Rollin' on the River...



Mirabella resident Barbara Short, center, is an avid Dragon boat racer

Summertime, and the livin' was easy, mostly.

As the rains backed off and 90 degree days came in, a lot of folks took to walking, biking or riding along the Willamette, or went out upon her waters in kayaks, Dragon boats, power boats and maybe even water wings.

The summer brought picnics, barbeques, boat races, a blues festival and a spectacular Fourth of July fireworks show launched from mid-river. This is called the South Waterfront for a reason – we're oriented toward the river here, whether we are out on it or enjoying it from the shore.

Mirabella residents Anne Clark and Barbara Short, seen on our cover, are avid Dragon boat racers. So are food serv-

ers Jen Hanks and Riely Austin, part of the underdog Fusion team that romped to victory at June's Dragon Boat Race. Anne and Barbara race for Golden Dragons, a fun-loving team of seniors.

Thanks to Anne, we now know the eight Dragon boats are made of fiberglass and are gifts from our sister city, Kaohsiung, Taiwan.

Dragons have been a symbol of Chinese culture for eons, and the boat races emerged as a way to keep the normally friendly beasts happy, for an angry dragon is a fearsome dragon.

Doug Gordenier, Gil and Bernice Johnston and Bill and Cornie Stevens are among the Mirabella residents who keep boats nearby. Question: what's better in the summer than having a boat? Answer: Having a friend

with a boat.

Along the river bank in front of the Meriwether and Atwater condos, the seemingly endless reconstruction project ate up its second summer. TriMet worked through the summer on yet another Portland bridge. Trivia question: What's Portland's oldest bridge? A: The Burlington Northern Railroad bridge, built in 1908.

The river, now heavily used for recreation, was once Oregon's major highway. The portion of the river east of Mirabella figured prominently in that history, as recounted by resident Gil Meigs in this issue.

And through the years the river has inspired stories and rhyme. The most recent poem was penned by our own Walter Greizerstein, and is offered in this section.



**Golden Dragons' motto:
Old age & treachery will
overcome youth
& ambition**

...South Waterfront Style



Mirabella's Bill Stevens on his boat, above, while Gil and Bernice Johnston enjoy Blues Festival on theirs, right. Below right, dragon boat races hard.



*Left a good job in the city
Workin' for the man ev'ry night and day
And I never lost one minute of sleepin'
Worryin' 'bout the way things might have been
Big wheel keep on turnin'
Proud Mary keep on burnin'
Rollin', rollin', rollin' on the river*

by John C. Fogerty, © Concord Music, used by permission



The Willamette , Oregon's Historical Highway

by Gilbert Meigs

Imagine, for a moment, our Willamette rife with trappers in canoes, hunting for beaver pelts, and settlers poling their rafts while looking for free land. You may see them on the river between Mirabella and Ross Island, for the Willamette was the highway into the valley during the first three quarters of the

1800s.

From the edges of the foothills to the river, settlers found a valley mostly covered by grasslands and oak savannas. The Kalapooyan tribe occupied the valley. Many believe evergreen forests had to be cleared everywhere to make way for farms and ranches, but forests intruded after grassland burning by the Indians came to an end.

When you look at the Willamette today, say from Aria, you see a river that drains about 12% of Oregon at an average rate during June of something like 8-million gallons a minute. The headwaters are above Eugene and the length is about 187 miles.

The river mouth is 10 miles from us at the Columbia River, whose level affects our river clear to the falls 15 miles to our south.

(continued on p. 15)



River walkway (left) prior to work on SouthWaterfront Greenway project and (right) during shore restoration. By Spring area should look as it did before project started. Photos courtesy of Jim Luke.

South Waterfront’s Greenway project, ambitiously planned as part of a vast, riverside urban playground for people and fish, has become instead a neighborhood source of frustration and resentment. Its progress seems glacial, its promise faded.

But that promise lured residents here.

Jim Luke, a land surveyor by profession and chair of the South Waterfront Nature and Green Spaces Committee, said “people were really excited about the connection to the river,” and many moved into condos fronting the Willamette with plans to go kayaking, walk along the river in the evening, or enjoy the park’s beauty from their lanai.

Ten million dollars later, they are still waiting.

Instead of a park, they see rubble, construction equipment, fences. They have endured noise and dust. Residents question Portland Park & Recreation’s (PP&R) financial stewardship, the time the project is taking, even whether it all helps the fish.

Roland Rousseau, a fish and

wildlife biologist who spent half a century in state and federal service, generally is a fan of the work PP&R has done throughout the city. The bureau “has done a good job in Portland,” he said, but he is concerned about the Greenway

last 15 months. One worker told a Mirabella resident people would not be allowed back in until sometime in Spring 2014. Park department documents cite wrap-up variously as April 2014 or Summer 2014.

Greenway Project: Dream or Nightmare?

by Nancy Moss and Steve Casey

project.

Its “manner of treating the river bank was unnecessary,” he said. The type of seawall being built, he said, provides “very little natural habitat.”

The Greenway promised to be a real South Waterfront enhancement.

It is bordered to the north by the south end of the Zidell property at Gibbs Street, and runs south along the river to Lane Street. It is bounded by the Willamette to the east and just a few yards to the west by condos and vacant lots known by block number.

The public is banned from the construction site, fenced off these

Understanding the project – its promise and its frustration – takes us back to the 2010 park plan which envisioned a host of amenities along the river.

And in part it involves the celebrated Gov. Tom McCall Waterfront Park, described in its 2004 master plan as comprising “36.59 acres that stretch from Riverplace on the south to the Steel Bridge on the north,” bounded by Naito Parkway and the Willamette River.

That plan, drafted when times were good and governments flush, envisioned our neighborhood linking up with the Waterfront Park at Riverplace.

Then the economy tanked in
(continued on p. 22)

(Willamette History

continued from p. 13)

There are daily tides that can cause fluctuations of about two or three feet right out in front of us. Seventy percent of Oregon's population lives in the "Valley."

The name "Willamette" comes from an Indian word whose meaning scholars can't or won't agree on. We do know that Ross Island across from us is named for a Mr. Sherry Ross, who owned and lived on it in early days; his connection to the whisky stills that made "Blue Ruin" there on the island isn't certain.

Lt. William Broughton of the Royal Navy found the river in 1792 while exploring the Columbia from the mouth to the Sandy River, 18 miles east of us. We believe the first white American to see our river was William Clark, while on his way home on the Columbia with Meriwether Lewis in 1806.

The Hudson's Bay Company established a trading fort at Vancouver in 1824 and in 1829 established a location next to Willamette Falls, at what is now Oregon City. French-Canadians who had quit fur trapping for Hudson's Bay began settling nearby. Some of us still use the name "French Prairie" for the land around Canby, Woodburn, Gervais, and Champoeg.

Missionaries came in 1834, beginning with Jason Lee, a Methodist who travelled upriver by boat to settle at the future site of Salem. He founded the forerunner of Willamette University, our state's oldest college. The great flood of migration into the valley began on the Oregon Trail in 1843.

The river became the highway for shipments of grain, wool and timber.

Commercial traffic continued until 10 or 15 years ago when the last barge carrying paper from the mill in West Linn and the last log raft moored against Ross Island or right out in front of us, where wood pilings still remain for mooring.

I could watch the tugs go by from my office half a mile south of Mirabella. Railroads were built down the Valley beginning at Portland in 1868, but they didn't reach Eugene, 100 miles south, until 1871. Farm products and passenger travel left the river for the rails.

What does the river provide for us today? Think of hydroelectric power, drainage of our copious precipitation, a home for fish and birds, a place for us to play, a setting on which to rest our eyes, and a reminder of times past.

In writing this essay, I have relied on publications from the US Geological Survey, the Oregon Historical Society, "Oregon

Geographic Names," "Oregon, End of the Trail" and the American Geographic Association to supplement my memory.



I use the Willamette

by Walter Greizerstein

I look at you out of my window
And I see you, the river,
Reflecting the sun, peaceful and calm
Carrying ages of history within you.

At other times I see you, the river,
Upset by winds and storms
Beating the shore of the island
across
Carrying anger within you.

Regardless of whether calm or angry,
Full of Dragon boats above
And salmon below,
I see within you the stream of
perpetual life,

You make me feel immortal.



**Mirabella residents are not alone
in their love of the river**



photo by Bob French

Muriel and Ron Mendonca

I love people, and I think that makes a difference,” Muriel Mendonca says, when asked why she contributes so much time and energy to Mirabella activities.

“We’re both giving people,” her husband Ron adds. “Being a priest or sister, you give of yourself. You don’t lose that, just because you leave the religious life.”

People work with her because they know she wants things done, and done right, Muriel adds.

Muriel’s path to Mirabella is perhaps unique. At the age of 18, she joined a nunnery, the Sisters of Charity, BVM.

“I admired and appreciated the sisters who taught me, the

of them was a slow process, followed by a sudden realization. “God put us together,” Muriel explains.

Employed by a church that forbids its clergy to marry, they took the obvious step: “We left.”

For Ron, acquiring the bishop’s signature meant leaving the diocese to obtain laicization. What does that mean? It means that for Muriel, leaving was tough; for Ron, infinitely tougher.

In the years since leaving the clergy, Muriel and Ron held a number of jobs -- teacher, principal, and director of volunteer services at Tuality Healthcare in Hillsboro (Muriel), state operations auditor, University Medical Associates CFO (Ron), and co-owners of an alpaca farm that boasted 75 alpacas, 35 goats, and

community and her regular “reminders,” many here might miss out, not knowing what in the rich assortment of programs was next on offer.

“She is simply the spirit of this place,” said one awed resident. “To call her a dynamo is to short-change her energy, and the value she brings to Mirabella.”

Asked about their extraordinary commitment to Mirabella programs, Muriel says simply, “I am a doer,” and, “I hit the ground running.”

Muriel and Ron attended the four years of Mirabella planning and were the second residents to move in following the first one, Guy Woods.

Coming in early as she did, Muriel committed herself to giving Mirabella a rich, varied program of activities. At present, Muriel chairs the Programs and Social Activities Committee, where each member participates in the planning and execution of programs.

Determined to cut back, Muriel no longer e-mails daily reminders of activities to residents, but anyone who has run a Willamette Hall program knows how invaluable and competent their help with a fractious sound system can be. Muriel praises her co-chairman of the Programs and Social Activities committee, Nancy Glerum, saying the two of them work well together.

Especially proud of the two Mirabella nonagenarian parties, her brainchild, Muriel says that a couple of residents in their upper eighties are looking forward to theirs.

(continued on p. 21)

Resident Profile: Muriel Mendonca Faith the Cornerstone of An Involved Life

by Nancy Moss

work they did, and their commitment to people,” she said. Muriel’s mother was Roman Catholic, her father a Nova Scotia Presbyterian. For years, the parents took their four children to churches of different denominations; when Muriel was in seventh grade, the family committed to the Roman Catholic Church.

For 25 years, during which Muriel received a Bachelors’ degree and two Masters, she remained a nun. She ended this period as associate superintendent of parochial schools in the diocese of San Diego, where Ron was superintendent.

Ron and Muriel agree that what happened between the two

many dogs and cats.

“I worked with our animals all the time,” Muriel says, describing alpacas as calm, gentle, and easy-to-train – although this optimistic woman might well describe pit-bulls as loyal, strong, and full of energy. They also built a 5,000 square foot geodesic dome home on top of Mount Chehalem in Newberg.

The Mondoncas are known for their nonstop service to the Mirabella community. Ron is a two-year veteran of the residents’ council and a tireless contributor of audio/visual and photographic skills. Without Muriel’s relentless tracking down of every activity taking place in the com-

We can neither tell about a book by its title nor a staff person by her position.

Suzanne Chiles -- who shepherds us to medical appointments, shopping and concerts -- is equally adept behind the wheel of a town car or large bus. She has become a key member of the valet staff, which now is run by Jodee Wheeler, and reports to resident services director Megan Huston.

One would never imagine from casually knowing Suzanne that she has lived a life of extraordinary contrasts.

She's been involved in relation-

Staff Profile: Suzanne Chiles Tenacity, Spirit, Overcome Life's Bumpy Road

by Sivia Kaye

ships that would take a serious toll on someone with less inner strength, and financial highs and lows that would challenge veteran speculators. But with drive and an irrepressible personality, Suzanne has evolved into the responsible, friendly, capable woman we see at Mirabella.

Her love affair with vehicles large and small, and the men who drive them, had their roots in her childhood as she learned to drive and fly at the side of the father she adored.

She and her dad, Fred Bordeaux, were inseparable.

"He just loved to be with me," Suzanne said. "I was his baby girl. He took me to work with him, I was with him all the time."

Dad built a dry cleaning business into a chain of several stores, and drove from one to another.

Although only four, Suzanne would sit on her dad's lap and maneuver the steering wheel. Eventually, her dad owned his own plane, and Suzanne took to the air, mastering straight-and-level flight.

But by eight, she forsook flying for every girl's passion -- a horse she learned to ride on her family's property at Sandy, Ore.

"My dad bought a farm and bought me a horse," she recalled. "So I spent a lot of time by myself out riding my horse. After school I'd come home, take care of my chores and go out on my horse."

As these things will happen, girlhood gave way to adolescence

and by 14 her attention shifted to guys. Seriously.

Steve moved into her life and marriage was the young lovers' objective. Her parents forbade it until both kids completed high school. Graduation brought diplomas and a marriage license.

Together, Suzanne and Steve started a business hauling hay from Eastern Oregon to west of the Cascades, Suzanne learning how to drive a semi. They expanded their business, delivering wallboard and building materials to five western states.

The business thrived, but when the family started growing, Suzanne stayed home. She dived into singing with the choir at Good Shepherd church in Sandy and enjoyed freedom to care for her two growing boys.

The family moved to a trailer

on a 20-acre farm, where they raised 16 head of cattle, two horses, chickens, ducks, and a flock of pigeons. Suzanne helped maintain the property, feed the animals, and assist in birthing calves.

Once, with Steve out of town, a cow made it known she was about to deliver.

For several days, Suzanne tried in vain to help the calf pass through the birth canal. Finally, Steve arrived back home and immediately attached one end of a chain to the calf's feet, which had barely emerged from its mom, and the other end to his tractor. Driving slowly, he managed to remove the calf from its mother's uterus.

Sadly, it had been dead three days, but at least Mother Cow survived.

At 27, she and Steve divorced and two years later she met Ric, another truck driver whose special appeal was promising Suzanne he would father a daughter for her.

That succeeded, and Jennifer soon was born.

Then, though, someone suggested Suzanne might want to see Ric's divorce papers. Her investigation showed he was a bigamist and she threw him out.

She got a job in the housewares dept of Cub Foods in Northeast Portland, and there, on Aisle One of the store, she met David.

Each of them had three children; they blended their families and tied the marital knot at an appropriate place -- Aisle One of Cub Foods.

David worked as a hotel bell-



photo by Bob French

Suzanne Chiles

Put a Little Indian Spice in Your Life

by John Banchflower

Welcome to my Food Cart reviews, version 2.0.

Each issue of 3550 will introduce you to at least one new cart, and perhaps an occasional hole-in-the-wall café.

Introductory information on food carts was in 3550's premier issue ("Yummy For Your Tummy," page 17.) I have a correction to that article about days and hours of service: During late spring and continuing through the warmer months (tourist season) several carts are open on Saturday, also.

Review #2 is of Tandoor's Saffron Indian Kitchen, located just west of SW Washington St. and SW 9th Ave. Take the streetcar to 10th and Alder.

Their menu looks simple, giving you a choice of any two of the four items for \$6. Substitute the biriyani (rice-based dish with spices) of the day in place of the plain basmati rice for an extra \$1 and you have a total of 12 combinations available.

Additional variety is offered through vegan, gluten free, seafood and meat options. Each combination comes with two slices of naan (baked or deep fried bread.)

They offer, but I have not tried,

fresh mint lemon juice, and fresh mango lassi (a popular yogurt-based drink.) Daily specials are written on paper plates and attached to the menu wall.

The four items are palak paneer (spinach and cottage cheese), channa masala (chickpeas, onions, tomatoes), chicken

tikka masala (baked chicken, creamy tomato sauce) and chicken curry.

Add to the end of each description: *spices*. If you are not fond of Indian spices then stay with plain rice and naan (or visit another

cart.) To my taste, this food is HOT.

There is no seating, so I recommend going across the street to O'Bryant Square. (Tip for trivia fans: It is named for Hugh Donaldson O'Bryant, founder of Portland's first public library in 1850, and elected as Portland's first mayor in 1851.)

You can see this park from Tandoor's.

If you want to eat at home, I suggest you bring your own refrigerator containers (several as Tandoor's plastic box leaks if tilted. The streetcar stop to return to Mirabella (NS Line) is at 11th and Alder. ❀

Did You Know?

(I didn't know *that...*)

by Sheri Winkelman

Some of us who have lived at Mirabella a long time like to think we know everything about how our community works. New people often express a concern that they'll never learn more than the basics. The truth is that there is more to know than we could ever remember.

The purpose of this ongoing column is to share some tips and clear up possible confusion about other information. If you have questions or suggestions for inclusion in this column please e-mail sheriwink@msn.com or put a note in mailbox 606.

This gets us started:

Over 300. Mirabella now has over 330 residents. As of June 24 there were 112 couples, and 94 women and 18 men living alone. The age range is 62 – 99, while the average age is 79.

Do grocery carts have a home? You bet they do, and it isn't in the lobby. A sign on the handle asks you to return the carts to the valet. That means to take the cart to the office in the garage where the valets get your cars. That way our six carts are available to other residents, and the lobby looks neater.

Save money in the Bistro by signing for your food if you're not using a meal credit. A lot of people still don't seem to know they can save 30% by signing rather than paying.

Also, if you have guests you save the same amount if you sign



for them rather than having them pay the server. If they choose to use a credit card and want to leave a tip they must do so in cash as the system does not allow a tip to be added.

Got a burned out light bulb?

Take it to the concierge, not the trash room.

What if you need to call 911?

If you use your Mirabella phone line, don't forget to punch "8" for an outside line first – so the call is 8-9-1-1. While you are on the line with the emergency dispatcher, the concierge is automatically notified and will send someone to your apartment ASAP. A maintenance worker will also be assigned to facilitate the arrival of an ambulance if one is needed.

It's good to know how many employees here at Mirabella care about our welfare. ❀

Muriel (continued from p. 17)

Stack parties – progressive parties where residents of same-floorplan units on different floors, like all 08 apartments, for example, go floor to floor to check out one another's homes – were another of her ideas.

Beyond activities, Muriel's steadfast faith that is at her core has helped her fellow residents in trying times.

Her promise, "I'll pray for you" has comforted at least one resident.

Muriel says her empathy with people in pain comes from her mother, adding, "that comes so naturally to me that I don't even

think about it." Her faith gives her a serenity that blesses others.

Outside of Mirabella, Muriel and Ron belong to Resurrection Parish in West Linn, where Ron sings in the choir. Muriel is Eucharistic minister, one who distributes Holy Communion; they are both lectors, who read the epistles.

Muriel makes many of her clothes. On their comfortable leather couch rests a small wine-colored throw pillow, its patterned side woven by Ron, the solid side done by Muriel.

The two sides, stitched together, beautiful products of hard work, form a harmonious whole.



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-Gilbert & Bernice Johnston
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Greenway (continued from pg.14)

2008 and reality set in. Technically, the plan to link the South Waterfront Greenway to the McCall Waterfront Park is still alive, but it's circling the drain.

Local residents say condo developers who built the twin Meriwether towers and the Atwater in 2006 put in a paved walkway, grassy slope and benches, temporary amenities to dress up the area in front of their developments.

The city's 2010 Greenway plan set two paths, one for bikes and one for pedestrians, with landscaping, terraced lawns, benches, and river overlooks. That is referred to as the "upland" part of the project. A second but concurrent effort was restabilizing the riverbank, known as the "restoration" portion. For discussion purposes, the extensive effort to establish a favorable fish habitat can be considered part of the "restoration" phase.

The restoration portion of the Greenway project is what residents have seen. The upland portion, with its paths and recreational amenities, is what residents have been hoping to see.

Now, with funds all but exhausted, the upland work has been shelved -- temporarily, according to PP&R, which is in charge of the project.

Other than perhaps a walkway from which to launch kayaks, after two years residents will get back essentially what they had to start with -- the grass, walkway and benches installed by the developer.

PP&R said in a June news release "we are continuing to work to identify the funds necessary to implement the upland and restoration work."

Translation: \$10 million in, and we are looking for more money.

So what did happen to the money allocated to the project?

Allison Rouse, project manager for PP&R said "reinterpretation of disposal rules" of contaminated soil added to the cost, and disposal of the soil took money and time. The river was too high last year to do all the planned work, Rouse said.

Construction costs for the first portion of the project came to seven million, while administrative "soft" costs accounted for three million more, according to Rouse.

Luke of the neighborhood committee said, "The parks department ate up the budget through redesign and internal meetings." He faulted a "bloated

government bureaucracy."

Not so, said Rouse. She responded that PP&R has been pretty tight with an administrative dollar.

"Soft costs are project costs," she wrote 3550 in an email. "Soft costs include design, permitting and management expenses. For this project, this portion is just under 30% of total funding. For perspective, please consider that industry standards for soft costs range up to as high as 40% or 50%. Given the technical complexity of the project, the array of permit agencies with purview and the high profile, PPR is satisfied that we have managed our soft costs responsibly."

South Waterfront natives are restless.

One local resident at a PP&R meeting said "We're really nice people, but there's a lot of grumbling."

Sometime next year-- absent some sudden infusion of money -- the fences will come down and people will be able to walk on the same grass and sit on the same benches they could before all this started two years earlier.

The promised beautiful park will have gone missing. ☼



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Mirabella concierges are greeters, organizers, information operators, problem solvers...friends.

When the building first opened in September 2010 we had one concierge on duty. Now that we have over 330 residents, we still have only one concierge except during shift changes.

While management and the concierges want to stress that they are here to help us in any way they can, there are ways we can make all of our lives less stressful and frustrating.

Ever spend minutes waiting for the concierge to answer the phone? If so, you know how busy they can be, often helping us do things we can do ourselves.

Following are ideas from several concierges, and from Caryn Moore, administrative assistant and formerly a wizard as head concierge.

Meal Credits – ask the servers how many you have left, not the concierge.

Getting your car – dial 6523. Calling the valet office for your car, even if you have to leave a message, is actually faster than calling the concierge - who will just have to call valet and leave a message. Valets check for messages as soon as they return to their office.

What's for dinner? -- Do you really need the concierge to read you the menu over the phone? That takes a lot of time. Instead, unless you are limited in mobility

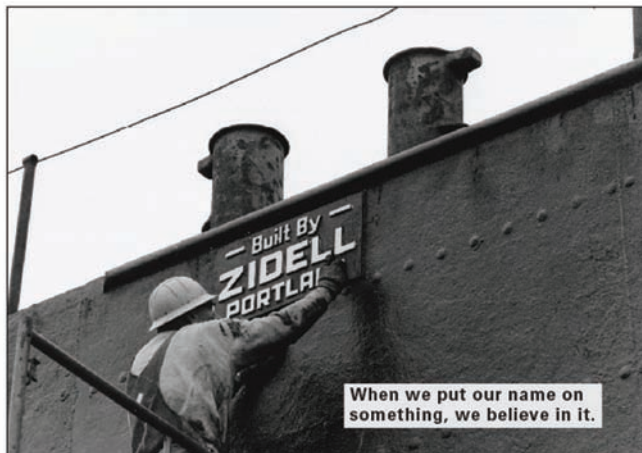
or sight, please check the MiraNet or take a trip up to the 24th floor to see the menu, which is posted by 3 p.m.

"I have a package for you" – Packages, prescriptions and laundry are all logged in and saved for residents. Prescriptions clutter the desk, packages and cleaning crowd the workroom and that creates safety issues.

Use your phone list to call other residents if you do not have impaired vision. The concierge is happy to print an updated list for you to keep in your apartment.

Secretary, usher, problem-solver, friend. The concierge is all of those. They are here for us every day; let's be here for them.

--Sheri Winkelman



We are proud to sponsor Summer Concerts at Elizabeth Caruthers Park. Join us at 3:00pm on

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Sheri's Rumor Mill

by Sheri Winkelman

Mirabella Portland is awhirl with rumors, often only of the naturally inquisitive kind.

“Is so-and-so still on the 2nd floor?”

“Is it true that we're getting another town car?”

“What about an urgent care center? Can we get one here at Mirabella?”

The purpose of this ongoing column is to answer what seem to be some of the more pressing questions. For openers, speculation has been swirling about the possibility of getting a neighborhood market, which would specialize in fresh food every day with only a few non-food items.

Sources at Fred Meyer, which is owned by Kroger, tell us such a store may indeed go into the Atwater's 9,000 square foot ground floor space.

Fred Meyer executives are excited about the possibility but the plan has to pass muster with the Kroger capital committee, which is accustomed to putting their stores in large spaces (176,000 square feet being average.)

The proposal was scheduled to be addressed by Kroger in June but has been moved to September. Let's all hope for the best!

Have a rumor you want our team of crack(ed) investigators to track down? Please e-mail sheriwink@msn.com or put a note in mailbox 606.



Mah Jongg Sessions Grow

Increasing interest in mah jongg has resulted in a boost to three scheduled sessions a week.

Mah jongg mavens meet Mondays at 10 in the Park View room, Wednesdays at 12:30 in Sky View and Saturdays at 4 in either Park View or the Bistro.

Susan Berg, the mah jongg chair, continues to teach new players and work on brush-up and strategy either in the group or in private sessions.

Jill Seager and Adrienne Casey also coach players in those group meetings. ❀

Be Careful Out There

Mirabella resident Bev Healy, a 3550 contributor, sent this story out on our Google group message board. We found it compelling and are republishing it as a reminder to those who saw it and a service to those who have not. -Ed.

by Beverly Healy

A little after 2 p.m., I approached the streetcar stop at SW 11th and Jefferson just as an old, two-toned car slowed to let a teen-ager out.

The skinny, poorly dressed kid stepped into the shelter briefly, then snatched the cell phone from the hand of a young Muslim woman seated there. He ran south on 11th while she screamed, “stop him” and we on-lookers gaped.



At the end of the next block the kid jumped back into the waiting car and sped off. (Caution #1 – don't sit near the street with your cell phone on display.)

I asked if I could call 9-1-1 for her as she sobbed and asked that I call her husband – but she didn't know his number; it was (no surprise) in her cell phone. (Caution #2 – have vital phone numbers written down in a wallet or tattooed on your forearm or someplace.)

The police took information about the young woman from me as well as my name and phone number. My streetcar came and I left her there, still shaken and sobbing. (Caution #3 – if you want to sleep at night, stay with a crime victim until help arrives. I could have but didn't, and my remorse level is still high.)

After I got home to Mirabella, picked up an iced tea in the Bistro and returned to my apartment, the police called on my cell phone to ask if I was the person whose cell phone had been stolen. They had not gone to 11th and Jefferson but were en route. (See Caution #3.)

We are vulnerable to this escalating crime known as Apple Picking. We can't outrun or outslug a wiry kid, nor can many other fellow streetcar riders on this end of town. Cell phone use in a public place puts us in jeopardy, so be aware, be cautious and be smart.

Suzanne (continued from p. 18)

man, and together they started a housecleaning business, which lost no time becoming successful.

“I put my ad in to start on Monday; Tuesday I was up and running,” she said. “It was the start of six years of cleaning houses.”

But six years in, and with six kids in the home, when David wanted to take on yet more cleaning jobs and Suzanne balked, the marriage – and the business – crashed.

An animal lover since childhood, Suzanne found new personal horizons in exotic birds. She bred them, designed unique cages, built distinctive lighting, compounded special food, and traveled all over the West Coast to bird shows.

One day in a pet shop, she met a man called Brian. He was destined to become a business – but not romantic – partner.

“I frequent pet stores,” Suzanne said. “Animals just interest me.”

“He didn’t have any birds in his stores, so I brought in a few of mine to put on consignment. I learned about the reptiles he had and worked my way in to being an important part of helping him. He told me about a pet store for sale in Aloha. I took a loan against my house and on May 25, 1999, I signed a contract.

Her joy at being a new business owner was short lived. “On

June 7, my dad passed away.”

She was devastated. And the shocks weren’t over.

Six months into their business partnership, Brian was convicted of a sexual offense on a minor and sentenced to seven years in prison.

Ultimately, \$160,000 in debt, she lost the store.

With no store, no partner, no husband, no money, Suzanne dusted herself off, went through a bankruptcy, entered a training program and tried different jobs, never looking back but constantly moving forward.

The collapse of the pet store business was the tail end of a 10-year run of sour relationships, business and personal. She has been told – and told herself – “Boy, you sure know how to pick ‘em.”

Happily, that’s over. “I don’t do that anymore,” she said.

Her personal life is now steady and tranquil, living on country property with Robert, her business life secure and happy at Mirabella, where she loves her job and basks in the friendship of colleagues and residents.

She is the picture of contentment.

“I actually enjoy coming to work,” Suzanne beams.

“Jodee is a great supervisor, Megan is an amazing supervisor, and I just love the people here.”

Are there more careers ahead for her? She smiles and shakes her head.

“This is it.” ❀

Foundation (continued from p. 9)

which treat them as an “in and out fund.” This means almost all the money in the fund would be given in scholarships each year. New donations then replenish the fund for the next year.

Q. So what happens next?

A. Draft policies and procedures of the Foundation Board will be reviewed by the Foundation Committee and publicized to residents. Once they are in place, the Foundation can conduct additional fund-raising events and can accept applications for grants.

Q. I have some more questions—where can I get more information about the Mirabella Portland Foundation?

A. There are several good ways to keep informed about the Foundation. The three residents who are Foundation Board members are a great starting place to learn about current Foundation activity — just ask them. Residents can hear Foundation Committee reports at monthly RAMP meetings. Interested residents can also attend Foundation Committee meetings, which are posted in the elevators and on the MiraNet.

The worst place to get informed is on the elevator, where misinformation bounces off the walls every time the door opens.

As Helen Johnson said at the July Foundation Committee meeting, “rumor abounds where information is lacking.” ❀



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Long Time Golfers and Newbies Love Life on the Links

by Ron Weber

Nice drive! Oh, in the rough. Mulligan? You'll hear those words, and maybe a couple of unprintable ones, when Mirabella residents hit the links around Portland.

Some 40 or so residents, many of them avid golfers for years, keep up the sport in retirement. Some have country club memberships and still play there regularly. Others play public courses, sometimes because they may be less challenging, or play exclusively on par three courses because these are shorter to walk as the player matures.

Our folks report that golfers can play year round here, depending on one's taste for cool or wet weather. A few also winter away, taking their clubs to the desert or other more arid climates.

An informal sub-community within the larger community has grown up around the love of the game, forging new friendships.

Who plays? Who is our poster child for golf-after-retirement? The near-unanimous opinion of our golfing contingent is that the person is Lew Seager, pictured at right.

Lew has golfed since his teens. He took time off in medical school, a few years in busy Los Angeles, and most recently after an accident to his right arm and rehab derailed playing.

He found golf a relaxing way to forget the cares of his busy practice and to compete with others in an entirely different arena. He now plays about twice a week most of the year, and after



Lew Seager in action

dozens of hours of driving range and putting practice he has fashioned a game that closely matches the single-digit handicap of his earlier days.



Not bad for a guy who drives, chips and putts with only his left arm.

Other residents compete to play with him either on a close-by par-three course or at places like Sah-Hah-Lee in Clackamas County. Charlie and Peggy Hickman say it is always a hoot to play with Lew and look forward to playing with him and others here at Mirabella Portland for many years to come.

Soon after Mirabella Portland gained its first residents in 2010, a small group of golfers were commiserating at the 19th hole about the problem of storing golf gear either in small storage units or in apartment closets. Two — Peter Fenner and Paul Johnson— found a solution.

They built locking bag racks in a corner of the parking garage, which became an instant hit. The racks are now mostly taken, so newcomers should contact Paul to check on availability.



And before I call it a day, let me share with you from among the gazillion golf quotes, this keeper...

“The ardent golfer would play Mount Everest if somebody put a flagstick on top.” -Peter Dye

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