

## President's Corner

Peter Lang

I am writing this as we are stopped briefly on the train in Penn Station in New York City. We are headed to Washington, DC from New Haven for a visit with Kathy's sister before we head back to Portland from Boston later in the week. We have family scattered about and try to make the best of these trans-continental trips to visit those who contribute so much meaning to our life. Retirement has turned out to be a very rewarding chapter in our life.

The final weeks of 2009 were a real rush! So important to many of us who are retired, the stock markets succeeded in holding the gains that had been clawed back following the devastating losses in the first quarter of the year. In the final two months, KaPeRs membership numbers swelled with the addition of about 170 new retirees and our December meeting enjoyed record breaking attendance.

In my November newsletter message, I touched on the differences I have observed in how people transition from work to retirement. Some seem to make the change quite easily, while others struggle mightily. A few just seem to wither and, sadly... give up and die soon after retirement. When the latter happens some of us lose a friend, and a family prematurely loses a loved one. It is so tragic when that happens. I cannot help but ask myself if there isn't some way to help those struggling to make the transition more easily? Can those of us who have been retired for a while, presumably successfully, help those who seem to struggle or fail to succeed in retirement?

Recently I read Mitch Albom's latest book, *Have a Little Faith*. Several years ago I read his earlier book, *Tuesday's with Morrie*. Each book tells the story of gallant men who deal with ageing and death with an unsurpassed measure of grace. Both tales leave us with an important message—a gift. Both men were teachers to the end and were supremely happy; and they shared their happiness with others until the very end. Their zest for life and their joy was derived from their love of teaching others what they had discovered of life and happiness. Each book is a delightful read.

It occurs to me that those who thrive in retirement typically share an interest in giving the gift of life's perplexing challenges and discovered joys with others, not with words, but by example and engagement. It

## Dates to Remember

### General Meeting

February 16, 2010  
12 noon – Town Hall

### Program

Marci Clark and Jim Bartroff

### *Discovering Cultures Through Volunteerism:*

*An Inside View of Armenia, Romania and Botswana*

### 2010 Meeting Dates

#### General Meeting

May 18  
September 22  
December 21

#### Executive Meeting

April 1  
August 5  
November 4

### 2010 Outings

July 22 – Astoria sites tour  
September 18 – Indian Style Salmon Bake - Depot Bay

**See page 7 for KaPeRs luncheon invitation**

might be with grandchildren, perhaps the disadvantaged, or some promising individual whose life has intersected with their own somewhere along the line.

I see this playing out with the members who attend KaPeRs functions. This is a vital, fun loving, and caring group. It seems the people who seek out others can be counted among those who appear to be thriving in retirement. I don't see these people as being fanatics about being members of our retiree's organization. Rather, they are people who have a zest for living a full life. They put themselves out there for others and generally get back more than they give.

I am hoping in 2010 and beyond we see more of the newly retired participating in KaPeRs activities. Perhaps they will consider contributing to this newsletter as a way of sharing their experiences with other members. I am also hoping that more of you who have been retired for awhile but have not yet participated will stop in and check it out. Retirement should be an exciting and positive experience, and helping one another can make it so. ♦

## Keeping in Touch



**Al & Diane Wright** - "Just wanted to let you know what Diane and I have been doing since retiring in May 2008 from the Engineering Department and Intake Specialist at SMC Clinic C.

Diane and I have been active for several years going on the Church of the Nazarene Work and Witness trips around the world. Since retiring, we have made two trips to Quito, Ecuador, to work on building churches and repairing problems in the buildings on our seminary campus. In 2008 we spent 4 months there, and in 2009 we were limited to 3 months due to changes in the Ecuadorian VISA rules. I have done some major wiring projects in a large complex in Riobamba, and rebuilt the main breaker panel, plus added another panel in the large facility for concerts, etc. 2009's work was less technical in nature, but heavy on manual labor projects. The exhausting physical labors have paid off though, in that I was able to leave 25 pounds at the 9,600 foot level of the Andes Mountains.

Diane spent most of her time as an assistant to the regional director's wife, who is responsible for many of the social affairs, as well as training the ladies working in the seminary kitchen to plan meals and do the shopping at the local open market. The shopping requires bargaining for better prices on produce and meats. She also did extensive work in the printing shop where they prepared training manuals for new converts. These are people who have made decisions for Christ following showings of *The Jesus Film*, a documentary on the life of Christ.

When at home, we keep busy with our hobbies of sewing for Diane, and woodworking for me. I also volunteer weekly at a food bank that operates out of our church in Oregon City where we provide food and free clothing for an average of 80 family units each week. Additionally, I have recently been appointed as the work and witness coordinator for the Oregon Pacific District, recruiting and organizing groups to serve all around the world. We have no problem finding something to do, just finding time for what we REALLY like to do, which is all of the above, plus our grandchildren."

On Dec. 17th **Stressla and Rain Beavers** "went to Orlando to celebrate our 50th Wedding Anniversary. We were greeted with showers, wind and cold weather; I couldn't believe it, but, we had sun on our day (Dec. 19th). We spent two days at the Holy Land Experience, which features live shows and historical presentations. The Scriptorium has exhibits of bibles - from the first bible conversion in the 1500's to the 19th Century: Luther, Lyndal, Spurgeon, Binyon, Sauer, Elliott, the bible for the blind, as well as some bibles I never heard of such as the Cotton Patch and the Pilgrim Progress. It was interesting to see how they were assembled.

The Shofar Auditorium has a Jerusalem Model Presentation - such detail - a lot of work went into this. The live shows were really good with the characters dressed in biblical costumes: The true story of St. Nick, Behold the Lamb, Forgiven, The Four Women Who Love Jesus, and We Shall Overcome. In all, we saw nine shows, attended concerts and the night Water Show, and we strolled through the Prayer Garden—it was beautiful. Each day we partook of the Last Supper Communion with Jesus and the disciples. This was the highlight of both days. The actor playing Jesus really plays his part well and we also took pictures with him.

If you go to Orlando check out the Holy Land Experience it's like going to THE Holy Land.

We had a great time and we met two more couples celebrating their anniversaries the same day as ours. On our arrival home we received congratulations from the President of the United States for 50 years of marriage—that was special. Our 50th Anniversary will be remembered for a long, long time."

**Richard Meyer** writes, "I was hired by Jim DeLong in August of 1953 as an X-ray tech at the original Kaiser Hospital in Vancouver. I moved to Bess Kaiser when it opened in 1959 where I was chief of X-ray and also in charge of all the clinics. In September 1971 I was put on total disability by the doctors' staff. Lots of fond memories. I receive the KaPeRs newsletter and Kaiser still treats me very well."

**Marylou Schweitzer** "went deer and elk hunting with my two sons in my motor home. I served as camp cook. Really enjoyed the week."

**Terri Munro** worked at Kaiser from 1970 to 1988. She has permanently returned to Portland and has become reacquainted with Pat Townsend, Sheila Caldwell and Marilyn Cloud. She would like to begin attending KaPeRs functions, and her name has been added to the newsletter mailing list. We look forward to seeing Terri at future events.

**Michelle Hathaway** "retired June 1, 2008, at age 65. I am blessed enough to have both of my children here with their families including three adorable grandkids. I am very involved with them."

**Marghree White** says, "I try to walk 10,000 steps per day, swim twice a week, and go to the gym twice a week to control the pain of fibromyalgia and to stay healthy." ♦

## 2010 KaPeRs Outings

Stressla Beavers, our special events chairperson, has planned two outings this year. The first one will be held on Thursday, July 22 and will be a trip to Astoria via motor coach. Stressla is currently working out the details for this trip, but she will have specifics at the February luncheon.

Saturday, September 18 will be a trip to Depoe Bay to attend the Indian Style Salmon Bake held at the City Park. Enjoy a succulent salmon meal slow roasted on alder stakes just as the Native Americans did 2,000 years ago.

Traditional dances and songs will be performed.

Sign-up sheets indicating your interest in these events will be available at the February 16 luncheon or e-mail: [programs@kpnwretirees.org](mailto:programs@kpnwretirees.org)

## A Trip to Turkey

---

Dottie Quinn

In March, my husband, Jim, and I set off for Turkey. This is a land where you can easily see the changes over the centuries; it is a crossroads of cultures since it straddles both Europe and Asia. While many of the museums we toured had ancient artifacts, the most extensive presentation was Ankara's Museum of Anatolian Civilizations with its collection ranging from pre-historic to classical.

In Istanbul, you see the Sultan's 15th century Topkapi Palace with its pavilions and treasured collections, then you go to the opulent Dolmabahce Palace built in 1856 and marvel at the Crystal staircase and more modern conveniences. The current Hagia Sophia mosque is built over the ruins of two earlier Christian churches and the interior mosaics are stunning. We also visited the fading frescos in the Church of St Savior in Chora. Mosques are everywhere; you can visit as many as you want. Of course, the Grand Bazaar was a must see, shopping in the maze is easy but overpowering. The weather is mostly rain and cold!!! We get accustomed to the broadcasted schedule of daily prayer calls.

We bus across to the European side of Turkey and ferry back through the Dardanelles into Canakkale. The walk among the excavated ruins of Troy where many of the mounds are still uncovered, seems sort of secretive. A Trojan horse replica is there.

On to Pergamom, and I'm standing high on the mountain and trying to envision the Greek palaces and temples as they looked in their day. Here stood the famous Altar of Zeus which was taken away to Germany in 1871. When I was in Berlin, I sat on the reconstructed steps of the Zeus Altar now housed in the Berlin Museum, so this was the end of a journey of sorts for me.

In Kusadasi, we finally get some warmth and bright sun. From this base, we go to the obligatory leather factory and experience 'the Turkish Bath'. We walk through the ruins of Basilica of St John and discover the final home of the Virgin Mary, which is now a shrine visited by both Christians and Muslims.

Ephesus is the treat though!! It is a marvel of architecture and sculpture. We are there for hours; the area is huge and takes awhile to walk through the city streets. I try to envision the Romans hanging out at the Library of Celsus.

Going inland, we are back into cold weather; in fact it snows in Konya and I had to shop for a wool hat!!! We go to a Whirling Dervishes program - their Mevlana museum was interesting. We stop at empty Caravanserais along one of the Silk Road routes.

Over the snow-capped high mountains, we come to the

Cappadocia area. It is worth your time to find some photos on the Internet as this landscape is unique. We see the strange rock formations of mushrooms, fairy chimneys and cities built into the rock. One city is now the Goreme Open-Air Museum. We walk up the rock steps to go into the teeny churches with their ancient frescos drawn on the ceilings and walls. We opt for the balloon ride. In the cold early morning (glad I had my warm hat!) we climb into the baskets and take off for an hour's ride over the landscape. We are the first group in the air and soon there are 30+ balloons in the vista - what an amazing sight.

We travel to Ankara where we see the extensive and wonderful Ataturk Mausoleum. Back in Istanbul, we take the boat ride on the Bosphorus; one more trip to the Grand Bazaar and then it is time to fly home from a remarkable country. ♦



*Jim and Dottie Quinn enjoy a champagne toast after a magnificent balloon ride.*

## Holiday Greetings from Botswana! Dec. 2009

---

Peggy McClure

Being in the southern hemisphere, we just celebrated the longest day and are experiencing 90-100 degree days. When it rains, it cools off dramatically, and it is so dry here, that within hours of the rains, it often doesn't appear to have rained at all. Bill read a weather forecast recently for our city of Gaborone: rain, with 30% humidity!!

We weren't sure we'd be here now, as my first contract ended in July. I was asked to take a position in a post in West Africa, but that didn't pan out for a variety of reasons. We are delighted that we will most likely be here for another two years.

Work for me is great - we now have 113 Peace Corps Volunteers in Botswana, all working in HIV and AIDS

programs. There is modest progress in reduction of the HIV prevalence rate in younger age groups - hooray. While overall HIV prevalence is still high, the large numbers on treatment (who are staying alive) contribute to that. The Volunteers need reminding often:

*We ourselves feel that what we are doing is just a drop in the ocean. But if that drop were not in the ocean I think the ocean would be less because of that missing drop. I do not agree with the big way of doing things. To us, what matters is the individual.*

**- Mother Theresa**

In February, I flew to San Francisco to celebrate daughter Lissa's 30th birthday with her. Beaming, she and Luke met me at the airport and announced their engagement (the night before) - even more to celebrate. They planned their wedding in record time and Bill and I flew to SF in September for the event. The ceremony was at the chapel at Fort Mason, and reception followed nearby in a hall with a view of the Golden Gate Bridge.

Bill and I headed home to Botswana by way of Morocco. We traveled for 2.5 weeks all over that amazing country. Highlights: discussing Berber pride with Abdullah, riding camels into the desert to camp in a camels' hair tent, bargaining in the souks, wandering in the medinas, staying in riads or dars in the old city centers and in the gorges.

Making the most of our time here, we had a chance to visit the new Peace Corps Country Director in Malawi. The Volunteer experience there is more like mine so many years ago in Togo - lack of running water and electricity is common, for example. We stayed along Lake Malawi a couple of nights - wonderful sunrises and sunsets. Bill traveled with an old Army buddy all over Botswana in April. Then he and I went to Mauritius for 10 days in August. We enjoyed the blend of cultures and the diving on the island.

We continue to head out in the surrounding area whenever we have a free night to camp in this amazing place. We'll bring in the New Year in the Kgalagadi Desert. The lack of lights means incredible stars.

We recommend the film *Invictus* - helps one appreciate Nelson Mandela. The story is from a fascinating book called *Playing the Enemy*, by John Carlin.

We look forward to more visitors in 2010!! Would love to hear updates from you!

Peace, love and joy to all of you,

Peggy

## Volunteers Caring & Sharing

---

Suzanne Brown

Suzanne Brown (retired nurse anesthetist for 28 years) recently returned from Bhutan, where she was a volunteer with Health Volunteers Overseas, a nonprofit charitable organization based in Washington, D.C. (The Kingdom of Bhutan is nestled in the foothills of the Himalaya Mountains.)

The goal of Health Volunteers Overseas is to improve the educational level of health care providers around the world. Volunteers go to teach, not just to do-with a goal of enabling local people to provide their own health care.

"It has been the most rewarding part of my career. The ability to have a significant impact, to share what we know-even basic information that we here take for granted, is what is so rewarding. So many in other countries can benefit when we share this knowledge; the types of things that can be made to work without our technical devices."

Suzanne says she values the wonderful opportunities she has had to go outside the U.S. and share her knowledge, and to make wonderful friends who can do lots that she can't. "I have had the opportunity to go back to some of the countries I volunteered in, to see what we had previously taught, being used with a beneficial effect.

Suzanne has previously done volunteer work with Northwest Medical Teams in Belize, Ghana (South America), Cambodia, Bhutan and Viet Nam. Asked if communication is a problem, Suzanne says that usually enough people speak English and can act as interpreters. In Belize and Ghana, formerly British Colonies, most people speak English. ♦

## December Holiday Luncheon

---

Traditionally our retirees enjoy a turkey dinner and holiday music in December, and this year was no exception; Town Hall Ballroom was set for a record number of 147 people and there were very few empty chairs. The attendees enjoyed their pumpkin pie and whipped cream while being entertained by the West Side Singers. This group of 21 singers performed with lots of spirit, beautiful harmonies and whimsy in their musical selections. Everyone left in a festive holiday mood! ♦



## New Retirees

---

James Allen	Nancy Hackwith	Linda Onheiber
Charles Anderson	Betty Hammack	Joan Palmroth
Ida Angelo	Lynda Hardesty	Carol Parker
Arlene Baughman	Karen Harmon	Peggy Parsons
Ratree Bernrose	Pamela Hedges	Kathleen Partlow
Deanna Betcher	Phyllis Heims	Suzanne Peace
Anthony Bjerke	Karen Hollingsworth	Wanda Pilakowski
Patricia Bladen	Jack Hollis	Kathlene Pliska
Starla Bowdon	Christina Holman	Tracy Plotner
Jonathan Brown	Cathy Hosmer	Peter Primiano
Lawrence Brown	Christine Hutchison	Sharon Probst
Cheryl Carrier	Yvonne Jordan	Noreen Riddle
Susan Caulfield	Lawrence Kralman	Margaret Roberts
Kathy Chastain-Gospodnetich	Kathy Langeliers	Carla Robertson
Sarah Chung	Elizabeth Larsen	Fay Russell
Marilyn Cloud	Anna Larson	Mary Sanders
Dolores Coats	Carolyn Laviolette	Doris Senn
Richard Cochelle	Carol Layden	Sharon Shockley
Joy Congdon	Barbara Lazarus	Carolyn Shonk
Adella Cox	John Ledosquet	Leslie Sizemore
Gloria Craig	Michael Lemon	Joanne South
Karleen Daley	Claudio Lima	Drennon Stepp
Judy Dawson	Thomas Lloyd	Nancy Stevens
Kathy Demulling	Carol Long	Donna Strain, MD
Judy Dodds	Kay Mader-Slawson	Roger Swick
Charles Durst	Leo Maelfeyt	Joyce Turner
Joseph Dwan	Frank Mason	Connie Van Metre
Virginia Ellis	Diana Matsuda	Niki Vogt
Steven Fenwick	Bonnie Matteson	Bonnie Weight
Rose Ferguson	Sonja McCauley	Al Weiland, MD
Donald Ford	Diane Mclver	Karen Weiland
Margaret Fortsch	Dawn Heather	John Wiest
Russell France	McLean	Ellen Williams
Patricia Gates	Sharon Mehrabi	Charles Willis
Judith Gorsuch	Linda Messer	Nancy Wood
Mary Gourneau	Gary Miller	
Laverna Green	Lura Morrow	
Christine Greene	Irene Kazuko Mustain	
Dianne Gullino	Annette O'Bar	
	Maryann Olt	

## February Program

---

### **Discovering Cultures Through Volunteerism: An Inside View of Armenia, Romania and Botswana**

Have you ever considered volunteering your time and skills in a region of the U.S. or abroad, where you are unfamiliar with the customs, cultures or people of the area? Join Marci Clark and her husband, Jim Bartroff, as they share their experiences building houses in two former USSR countries and in Africa. We hope to see you at the February 16th KaPeRs luncheon. ♦

## E-MAIL COMMUNICATIONS

### KaPeRs EXECUTIVE BOARD

#### President

[president@kpnwretirees.org](mailto:president@kpnwretirees.org)

#### Vice President

[vicepresident@kpnwretirees.org](mailto:vicepresident@kpnwretirees.org)

#### Secretary

[secretary@kpnwretirees.org](mailto:secretary@kpnwretirees.org)

#### Treasurer

[treasurer@kpnwretirees.org](mailto:treasurer@kpnwretirees.org)

### COMMITTEES

#### KaPeRs KARE

[kare@kpnwretirees.org](mailto:kare@kpnwretirees.org)

#### Medical Group

[medicalgroup@kpnwretirees.org](mailto:medicalgroup@kpnwretirees.org)

#### Programs

[programs@kpnwretirees.org](mailto:programs@kpnwretirees.org)

#### Membership

[membership-newsletter@kpnwretirees.org](mailto:membership-newsletter@kpnwretirees.org)

#### Newsletter

[newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org)

#### Historian

[historian@kpnwretirees.org](mailto:historian@kpnwretirees.org)

## Executive Board Actions

January 7, 2010

- Treasury - \$2,440.00. Reimbursement from KPNW for Sept 2009 luncheon is outstanding
- 2010 KaPeRs outings were announced by Stressla Beavers. Details elsewhere in newsletter

## In Memorium

McCague Copeland, MD

Johnnie Gallegos Gray

Carol Patey

Ruth Robertson



## December raffle winners

KaPeRs donated gift cards to local restaurants which were won by Margarie Braun, Reka Gabor, Ralph Myers, Pat Wold and Carol Fox. KaiPerm NW FCU donated two gift cards - \$25 Barnes & Noble card won by Kadavil Satyan, MD and \$25 Safeway card won by Merle Andrews. ♦

## Human Resource Business

All Human Resource business is conducted through Program Office in Oakland. The HR Service Center's toll free phone number is 877-457-4772. They are open 7am to 6 pm, Monday thru Friday. Press option 4 for Retiree Information. If you call the Human Resources Department at KPNW Region in Portland, you will be referred to Program Office. ♦

KaPeRs Newsletter is published four times a year for retirees of Kaiser Permanente NW Region. Your news and comments are welcome. Please include them with your luncheon reservation. Or send items for the newsletter to:

[newsletter@kpnwretirees.org](mailto:newsletter@kpnwretirees.org)

## KaiPerm FCU news

### Credit card merchants hiking your interest rates?

We can help! If you have been a victim of rising interest rates on your existing credit cards (we won't name names!) let KaiPerm Northwest Credit Union lend you a hand. Transfer your existing balances to a KaiPerm VISA credit card. We offer a fixed rate card at 10.95% for Direct Advantage Members (11.95% for Non-DA members) with no annual fee. Interested? Contact our Loan Department for more assistance: Peggy at 503.813.3249 or Tina at 503.813.3248 or submit an application online at [www.kaipermnw.org](http://www.kaipermnw.org). They will be happy to help.

P.S. Get an even better rate. If you have a paid car title, then you can get a rate as low as 5% for Direct Advantage members (7% for Non-DA).

### Suggestions to help manage your credit card Account

When it comes to using credit you need to be careful. VISA credit cards give you the convenience of making day-to-day purchases without having to carry cash. You have the flexibility to pay your balance in full each month or use the card to make large purchases and spread the payments over time. You can also shop safely online or by phone with the knowledge that you are fully protected against fraudulent charges just by having the VISA logo on your card.

How you choose to use your Credit Card Account determines what finance charges and/or fees (if any) you will pay. Here are some ways to minimize or eliminate the cost of using your card.

#### Control the cost of credit:

If you make purchases on your credit card and pay your balance in full each month by the due date, you will never pay any interest on your KaiPerm Northwest Credit Union VISA Credit Card. If you pay the minimum each month then you will pay interest on the remaining balance each month. In many cases, paying the minimum will result in 3/4 of the payment going towards interest and 1/4 paying towards the principle balance. It will be very difficult paying this debt off unless you pay more than the minimum so that more dollars go toward that principle balance. If you would like assistance, we can help you figure out how long it will take to pay off your credit card.

#### Use the tools available:

We recommend using online access if you can. This allows you to review your transactions, see if you are getting close to your credit limit, and make sure you know when the payment is due.

Set up automatic transfer from your checking account. You can do this via bill pay service or contact your credit union for assistance.



**KAIPERM**<sup>TM</sup>  
NORTHWEST CREDIT UNION

KaPeRs wishes to thank KaiPerm FCU for their continuous support of our retiree group. Since January 2003, they have underwritten the paper and printing costs of the newsletters, as well as special mailings. In addition, they contribute items to our luncheon raffles. We are grateful for their support.