

Inside

From the Director: Denise Klein

From the Director: What the Future Holds

The Musicale: Another Wider Horizons Greatest Hit

Member Profiles:
Sharon Sobers-Outlaw
Ray Mayfield

Warm for Winter

Charles & Sandra On the Road

Two Weeks in S Africa
by Patti Gorman

The Principal & The Witch
by Bruce Davis

"The Flotilla"
by Kathleen O'Connor

Michael Kischner
Newsletter Editor
206 329-7730

Denise Klein
Layout
206 650-3586
denise@widerhorizons
village.org

It's hard not to have at least some aging-related anxiety. The future is uncertain—as it has always been—but we grow ever more familiar with the direction. We know we'll take our final curtain call sooner rather than later. We're not entirely confident we'll have the resources to sustain us if we become disabled or lose mobility due to frailty. Perhaps we're facing the future without a partner or without children to whom we might expect to turn for support.

There are so many things we can do to reduce anxiety and we've taken one important step by joining Wider Horizons. We hope that step will allow us the time to build a supportive community in which we can give back before we need assistance ourselves. But, it's likely that isn't enough (and, remember, "hope is not a strategy").

There is more to be done to make sure that we as individuals, and our village as a whole, are strong enough to hold up as our founding members (and our Director) age. Our Board of Directors is working at present on fleshing out a vision, with action steps, for our future in five years. Things to be considered include:

- Making our village attractive to younger people
- Recruiting younger volunteers
- Continuing to offer good information about community resources and strategies (like the "When is it time to move?" workshop with Penny Bolton and our home care pamphlet)
- Ways to encourage our members to seek help when they need it (overcoming our natural reluctance to "take" rather than "give")?
- Succession planning—or, what do we do when Denise is no longer able to be our Director?



This year, we expect the conversation to move from one involving the Board to one involving all of you. So be gathering your thoughts (and even your fears). Sharing these will be the best way to assure our organization's capacity to support us and our own capabilities to meet what lies ahead with grace and resilience

Another Wider Horizons Greatest Hit!

“It was lovely, fun, and especially so for me to see how much energy, enthusiasm and just plain enjoyment members and guests shared. The food was outstanding and I know a lot of hard work went into it. I hope you will pass along my thanks and appreciation to the people responsible. And the singing was great.”

In these words, one of the early planners of Wider Horizons summarized feelings evidently shared by most of those at our All-Member Musicale at the Central Area Senior Center on March 9. The approximately 40 WH members present were delighted to be joined by approximately 30 members of the Center, who contributed many voices to the spirited sing-along that ended the evening.

The evening had everything—Swedish fiddle tunes sweetly played by MC **Liz Ohlson**, Gershwin's "Summertime" elegantly sung by **Valerie Yockey**, **Bob Anderson** with a touching performance of the Muppets' "Rainbow Connection," followed by **Julie Anderson's** moving "Amazing Grace," both of them joined by their son Noah and Valerie Yockey for an ensemble setting of e.e. cummings' "i thank you god for this amazing day." **Dave Darragh** brought his professional mastery to the stage for three solos, after which he provided accompaniment for many sing-along favorites.

The musical artistry onstage was matched by artistic creations on the food table—marvelous sandwiches handmade by the Activities Affinity Group (**Liz Ohlson**, **Julie Anderson**, **Ellen Berg**, **Eleanor Dills**, and **Donna Sunkel**), supplemented by drinks and desserts brought by other volunteers, who also greeted people, kept the tables stocked, and stayed to clean up.

In thanking everybody, Denise said it well: “You all went above and beyond the call to make this magical night work!”





MC Liz Ohlson & her fiddle lead off the evening with "Gärdebylåten," a Swedish walking tune



"Someday we'll find it." Bob Anderson makes a "Rainbow Connection" with the audience

"Move over, Trapp Family": the Andersons, plus Valerie, sing a musical setting of an e.e.cummings poem



Dave Darragh swings gently into "Autumn Leaves," beautiful in any season

Valerie Yockey before going on to deliver a lovely "Summertime" by Gershwin



Denise with Rolf Gruen, guest of Scott and Eleanor Dills



Bob & Julie Anderson with guests Ann Brand and Susan Austin

Member Profile:

Sharon Sobers-Outlaw



When police surrounded her Central Area home one day in 2001, Sharon Sobers-Outlaw was at work. Her daughter, Sasha-Ife', then aged 15, was there alone, sitting at the kitchen table doing homework. Mindful of her mother's instructions,

Sasha-Ife' did not open the door when police knocked and identified themselves as police. They were on the trail of a suspect who had falsely used Sharon's address.

Eventually, things were cleared up, but on that day, Sharon decided something: "I am going to make sure people know who I am." Thus began years of community activism in Seattle that have won Sharon numerous awards, including one from Community and Family Advocates in 2017 for all her years of service to the community. Sharon, who also has two sons, says that being known in the community was important as they grew up and had the encounters with police that are almost inevitable for African-American young men.



Sharon and Zinny at Central Pizza, a favorite hangout near Sharon's Central Area home

The roots of Sharon's community involvement go back to her childhood growing up in Brooklyn, New York. Her mother, Zinny, was from South Carolina, her father from the Barbados. Living in the household were Sharon's paternal grandfather, two aunts, an uncle, and a cousin. Other relatives lived nearby. People in the community knew and helped each other.

Sharon left that community behind when her mother moved to the Seattle area to be near family. She attended college in this state, eventually earning her M.S.W. from the UW. Still, when she settled in Seattle's Central Area with her family, she felt like a newbie. Her community awards testify to how she overcame that. In addition to working fulltime and being the caregiver for her mother, Sharon participates in such organizations as Pacific Northwest African American Quilters, the Leschi Community Council (two terms as the elected president), the Central Area District Council (Vice President) and in many activities of the AME Church that is an important part of her life.

A founding board member of Wider Horizons, Sharon has served for four years. The fit is a natural one for somebody who so values home and community. "Villages are about helping people stay in their homes and their communities," Sharon says. For many people today, staying in one's home in Seattle's Central Area is beginning to involve special financial and social challenges. Sharon hopes Wider Horizons will consider ways of addressing these challenges as it grows and expands.

Member Profile: Ray Mayfield



Villages serve people who want to remain in homes and neighborhoods they have lived in for a long time. They also serve people looking for community and connection in areas to which they are new. Ray and Jane

Mayfield were in the second group. They moved to Seattle last June from an island home and many good friends on Tilghman Island on Maryland's Chesapeake Bay to be near family and medical attention.

For six years, Jane had been in treatment for multiple myeloma at The Johns Hopkins University in Baltimore, a 100-mile drive each way. Ray, who grew up in University Place, has three siblings in the Seattle area, and Johns Hopkins was able to set the Mayfields up with doctors at Swedish Hospital. A friend in Virginia who belongs to a Village found Wider Horizons for them on the Village to Village Network, and they joined in October.



Jane died on December 24th, 2017. Though the Wider Horizons membership did not get to know Jane, her death was a loss to us. Ray's remarks at her Seattle memorial were titled "Why Can't We?" This was a favorite phrase of Jane's,

expressing what Ray calls a "restlessness that led to our full and interesting life together." It lasted 51 years. Jane would have brought a great deal to our Village.

Ray has not had time to join in many Wider Horizons activities, but he did attend the October event featuring Gerald Hankerson. It impressed him and gave him a sense that he will find like-minded friends in our village. A regular reader of the New York Times, the Washington Post, and the Atlantic, among other publications, his taste in books runs to history, government, and public policy issues

Ray and Jane traveled much of the world together as well as regularly spending weeks at a time in Ljubljana, the capital of Slovenia, where their son lives with his Italian wife and their twin boys. Their daughter lives in British Columbia.

During his years in government work and private consulting, Ray did a lot of report writing. Now he is interested in branching out and has taken a Seattle Central College class in memoir writing. One of his earlier pieces, a profile of a memorable bartender he knew in the Alaska bush, earned him an instructive review from his son, an engineer: "Dad, this reads like an accident report." Ray has gone right back to the drawing boards and written more memoir, some of it also set in Alaska. Look for a piece in our next issue. The editor welcomes a future newsletter contributor!

Knitting Hats and Community

Again this year, the Wider Horizons members of **Warm for Winter** are donating cozy, colorful comfort to Wellspring Family Services, a nonprofit, multi-service agency whose mission for over 120 years has been "to build emotionally healthy, self-sufficient families and a nonviolent community in which they can thrive."



Joan Bergman writes, "For our 2018 gift we were asked to provide hats for newborns/infants and so we are happily answering this community need. **Donna Sunkel** opens her Montlake home and we arrive at 10:00 the first Monday of each month. Knitters/crocheters also **include Sandra Wheeler, Julie Anderson, and Jane Cotler**. All our welcome to join!" Joan Bergman's number is 360 204 6780.

Charles and Sandra on the Road

by Charles Wheeler



Sandra and I have traveled east-west many times. As it was our 50th anniversary in 2017, we opted to do a north-south trek. So in September we set out to drive south on Historic Rte 89 from Glacier National Park at the Canadian border. Fires in Washington and Montana forced us to reverse our trip, however, and we drove south on Rte 101 and I-5 then east on Rte 10 to Nogales, Arizona, where we picked up the southern end of Rte 89. On the way there we toured Joshua Tree National Park, Nixon's Presidential Library, and Disneyland.

Rte 89 goes through five parks and comes close to many more. We should have sent Secretary of the Interior Zinke a postcard from each. We stopped in as many as we could on our way north: Zion, Grand Canyon, Grand Teton and Yellowstone. One reason for going to Nogales was to see The Wall. The accompanying picture



(left) shows one the problems. Another is that the border goes down the middle of the Rio Grande, and still another is getting cattle from one side to another. Just details. I used to design guns for helicopters. We took very great lengths in **detail** to be sure the gun, with an 18 years

old Marine at the controls, didn't and couldn't shoot into the helicopter structure.

More on The Wall can be found at www.cnbc.com/2017/10/24/prototypes-for-us-mexico-border-wall-unveiled.html

Our trip covered 4600 miles in 21 days. Jackson, Wyoming, was a 2-day stay. It snowed and we were glad to go to Yellowstone the next day. The Senior National Parks pass was a great purchase

and continues to give. Stinky Zinke hasn't found a way to cancel it, only to increase the costs.



Here is a little story you might not have heard before. In Florence, AZ, there is a memorial to Tom Mix, a cowboy actor in early Western movies. We came across this memorial where he died, as you might guess in the middle of nowhere.

Glacier National Park was to be the last stop on our trip but the fires were still raging so that is left for 2018.

Charles and Sandra Wheeler are both on the Wider Horizons Board of Directors; Charles is Secretary-Treasurer. During their working years, Sandra "worked on defending Social Security in Washington D.C." and Charles "worked on defending the U.S. at Patuxent River Navy Base in Maryland."



Two Weeks in South Africa (Are Not Enough): Interview with Patti Gorman



One useful hint Patti Gorman has for travelers is this: Have friends in interesting places. Of her recent trip to South Africa, she says, "My friend lives there and planned the whole trip. All I had to do was buy a plane ticket and fly there." If the destination is South Africa, she has another hint: "Get an aisle seat on the planes so you can get up, walk around, stretch. It is a very, very long trip."



It sounds worth it. Asked to name a couple of things not to be missed in the country, Patti lists six:

- Kruger National Park, where there are various kinds of overnight accommodations. I saw 4 of the Big 5, up close!
- Blyde River Canyon, the third largest canyon in the world.
- The Apartheid Museum in Johannesburg.
- Lebo's Soweto Backpackers, a funky, comfortable, fascinating place to stay for all travelers, not just backpackers. Lebo, who grew up there, is the consummate host. He does not lead backpacking trips. It is a real S. African experience. From there you can take a guided tour of Soweto.
- Market on Main in Johannesburg, a weekend market teeming with energy, food and crafts. Not a place for tourist trinkets.

- Cape of Good Hope, where the beaches are gorgeous. Whether you want to swim or not, it is worth the view. Besides, it's the most southwestern point of S. Africa.



High points of Patti's visit? "Two that are connected: A bicycle tour of Soweto, led by a 30-year old who grew up there and whose parents were part of the June 16, 1976 student protest that was the turning point in dismantling apartheid. This guide not only filled in the picture I had of apartheid but also showed me what a vibrant and proud community it is today. The other experience was my visit to the apartheid museum in Johannesburg. Although there was horrible discrimination prior to apartheid's being written into law, apartheid was not the official state policy until 1948. What the Afrikaners learned from the horrors of the Holocaust, was how to inflict a horrific existence on people."



Patti Gorman turns her passions into activities — traveling, tent camping, bike riding, playing tennis, and spending time with friends. Another passion is working with students at Seattle Central College.

The Principal and the Witch by Bruce Davis



In 1989, in keeping with the zigzag trajectory of my life, I found myself ordering lunch at a lakeside restaurant in Catemaco, Mexico and asking my waiter where I might

find a bruja blanca, or white witch. (Black witches do evil.) Catemaco is Witch Central for the world, with over 5,000 attending the annual March event dedicated to sorcery.

He suggested Apolinar Ceba and called me a cab. At break neck speed I was off to Salto De Tigre or Leap of the Tiger, Ceba's home.

Ceba greeted me warmly. Framed photographs of important Mexican politicians along with foreign and domestic movie stars covered the walls. Satisfied clients?

I told Ceba my secretary was mean. I wished her no harm but could he insulate me from her meanness? No problem.

Included in the procedure was the blowing of a mist of water in my face straight out of his mouth and waving pine boughs about my body. Ceba gave me his business card as I left.

Back at work, Ms. Nasty cranked up her mean to no effect. Years passed.

Each year at the school where I was the principal we had a Read-In where we celebrated reading. I asked Tony Plana, a Cuban-American award-winning film and television actor, director, and producer of 54 films, including "The Three Amigos," "Nixon," "An Officer and A Gentleman," to read to the students.

He agreed, and in my office before he read we discussed famed Mexican actor and director, Alfonso Arau. He had worked with Arau on

"Three Amigos" and they had bought property together near Tepoztlan, a lesser known witch enclave. I told him I had spent time with friends at their jungle compound outside Tepoztlan and we'd discussed witches and the flying saucers often seen in the area.

I told him about my "procedure" with Ceba. He got excited. He would soon be in Catamaco to make a film with director John Frankenheimer. Could I provide contact information for Ceba?

I kept "miscellaneous stuff" in my right-hand desk drawer. Several times a day I'd open the drawer. I knew what was in that drawer; I had seen it for years. Even though I knew the business card wasn't in the drawer I opened it. Ceba's business card was right on top of my appointment book.

I don't know if Tony had a "procedure" with Ceba but his career is in good shape.



La bruja blanca

The "zigzag trajectory" of Bruce Davis's life included a major zig as a school principal in California and a zag as a writer for several periodicals. He has published articles on many subjects, including sorcery, and two books on education: How to Involve Parents in a Multicultural School (two editions) and Stacking the Deck for You: Navigating the Treacherous Waters of School District Politics

The Flotilla
by Kathleen O'Connor

It was a large, dark log.
But on this lake?
And floating?
With what current?
It's a windless day.

I watch the lake
and its ebb and flows.
Summer children's first steps and giggles.
Dogs breathlessly fetching sticks or balls
tossed by loving owners.
Teens testing
the water and themselves.
Miners with metal detectors seeking
wristwatches, rings or bracelets
of silver or gold scanning
the morning beach for yesterday's losses.
Swimmers each sunrise at five
sure as clock work
like staring jaguars the Incans believed
brought up the sun.

No surprise then
on this dank winter day
that a lone log could float
on an unseen current.

Then in one burst
It flew.
An explosion of wings, alarmed
until it landed
as a feathered colony.
Safe from a marauding eagle
who could have picked them
One by one if
They had been alone.

—February 5, 2018

Kathleen O'Connor keeps a close eye on health care issues in this country, which she reports on in "The O'Connor Report" (www.oconnorreport.com). She has published poems in the UW Daily, The Seattle Times, and Puget Soundings.

She also keeps a close eye on Lake Washington from her Madison Park condo. In a note, she remarks on the connection between Wider Horizons and what the poem describes: "Not that Wider Horizons migrates, but we are stronger as a community, which is the case with these ducks!"



Ducks on Lake Washington from Kathleen's Window
(photo by Kathleen)