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From the Director: Denise Klein

Nancy Hooyman's *Board Retreat Summary* (p.6) is an excellent synopsis of what went on when we gathered early this month at Aegis on Madison. I have just a few thoughts to add after mentally reviewing all the other annual retreats.

The first Board retreat was held at the home of David Okimoto, founding member and first President of the Board of Directors. Here's a shot of that group. You'll see some familiar faces:



From left, David Okimoto, Sue Lerner, Erin Blakeney, Andrea Castro, Sharon Sobers-Outlaw, Nancy Hooyman, Denise Klein, Paul Feldman, and MSW intern Natasha Pietila

All the retreats have been enjoyable and productive. But the one this past May showed a capable and mature organization's Board engaging in a deeper level of dialog than ever before. No small group breakouts were needed. Instead we spoke freely and listened attentively to each other.

Having spent several years identifying and reaching consensus about our purpose and our "secret sauce" (or cultural norms)—as well as the Board's desired norms (how its members work together), and the Board and Executive Director's roles and responsibilities (how they work together alongside members and member-led groups), this Board found it easy to reach agreement about future directions.

One noteworthy development is that, over time, we have all come to understand just how much we are capable of doing for each other and how deep that support can be. We are way more than the sum of our parts and way, way more than we knew we could be back in 2015 when we opened.

Yes, we have built a robust community that is still growing! Congratulations to all of us!

And we could not have reached these heights at Board gatherings were it not for our talented facilitator Debbie Ward.

Lynn Perkins Profile

By Janet Tufts

I first met Lynn Perkins, one of the newer members of *Wider Horizons*, at one of our “Souper Suppers,” where a group of us met to cook, and then eat, a Soup dinner. Later, Lynn and I met at her home to talk further about her life and career.



Lynn with son George and dog Gracie

Near the beginning of our conversation, Lynn commented matter-of-factly, “Vacuums suck.” This, it turns out, explains the zig-zag course of her life.

Lynn grew up in Connecticut, but after earning a BS in zoology, migrated west to LA where, after a 6-year stint with CBS News as assistant publicist for news and public affairs, she decided to take time off to simplify and take stock. For the next two years, Lynn restored her Venice Beach apartment, teaching herself the construction skills along the way while also finding ample time to spend at the beach and to revel in the free-form life of 70’s LA, enmeshing herself in the various cultures, religions, foods, and innovative ideas. She was living life to the full—thinking and growing.

Impressed by her work, a large local construction firm hired her, and during

the next five years, she worked first as an employee and then on her own while also founding a “Women in Construction” group. Hence her comment about a vacuum because when she made room, the rest of her life was born there, sucked into the vacuum she had created: “Unexpected magic flows when life is not too busy or filled with ambition.”

During that period Lynn conceived of a house built according to passive solar design. Believing it way too large, Lynn next designed a much smaller 800 SF passive solar pied-a-terre. And during this fertile time she moved from building her designs with corrugated cardboard and Elmer’s glue to teaching herself sophisticated drafting skills.

Both in her dreams and awake, Lynn knew she wanted to become an architect. Right out of high school she had been actively discouraged from applying because women were rarely admitted to architecture schools in the ’60’s.

Finally, after 11 years in LA, Lynn used her growing portfolio to support her successful application to begin a Masters of Architecture degree at the University of New Mexico. From there she decamped to Seattle, where she completed her Masters of Architecture at the University of Washington. She worked with large Architecture/Design groups, first as an employee and then as consultant. During this time, Lynn designed several research labs for regional universities.

“Camelot!” This is how the restless architect described her next job, eight years working as Project Manager with the Fred Hutchinson Cancer Research Center. The job entailed constructing

three buildings as well as innumerable research labs and Lynn reported that the job was a joy because it combined the challenge of technical complexity with meaning and purpose. Better yet, all the work was completed by productive teamwork.

In 2006, Lynn was recruited to be the Gates Foundation's Senior Project Manager for design and construction of their corporate campus. She told me "this was my dream job," again combining technical challenges with great societal importance: "I worked mostly with women and our collaboration was one of "inclusion, respect, and listening to others." With Lynn's assistance the building met first Silver and then Platinum LEED (Leadership in Energy and Environmental Design") certification. Once the project was complete, Lynn retired.

Looking back, Lynn says, "I was lucky. I made all those flip-flops in my career because in each case someone gave me a chance. I want everyone to be equally fulfilled."

Then she added that among all the satisfying pursuits in her life, the most miraculous was the adoption of her son, George Hong Liu Rowe, from China, 30 years ago. He's now a lawyer in midtown Manhattan and, says Lynn, "the best person I have ever met—intelligent and humorous, honest, ethical and compassionate."

Today, Lynn is working on the garden of the only house she ever designed, hers, located on Whidbey Island. It too is very "green," and she rents it out to people when she is not using it. Despite its location on a steep hillside, she made one level wheelchair-accessible.

My take-away from our conversations is that Lynn stayed open to numerous opportunities, many of which she grabbed with zest. At the same time, she always remained grateful: "I had a life of privilege. I was able to follow my bliss."

My Last Road Trip

by Denise Klein



Denise on the deck at Nepenthe (an expensive hamburger joint near Big Sur)

I bought a car last October after at least six carless years. Maybe it was having the use of **Jane Cotler's** car for several months, or the raise I got, that made me do it. In any event, after I'd been driving the car for a month or so, I got the bug. Take several weeks and go visit friends in Arizona. Oh, and see some national parks in Utah on the way.

I called my younger sister Adaire who lives in Dallas. She would fly to Seattle and, together, we'd drive through WA, OR, UT, and end up in AZ (where I would eventually take her to the Phoenix airport). Not only that, but she made all of the motel arrangements after we agreed we didn't want to drive more than 6 hours a day. My friends were happy they were going to see me.

Then the last piece fell in place. I was telling **Liz Ohlson** about the trip and she said, "I've

always wanted to drive up the coast of CA.” She’d fly down to meet me in Palm Springs. And, wondrously, she made the motel arrangements for CA and OR. My 23-day, effortlessly-planned, road trip was locked and loaded for April 14 – May 6.

On the itinerary were stops in Baker City, OR; Ogden, UT; Bryce Canyon and Zion; Williams, AZ (Grand Canyon); Clarkdale and Tucson, AZ; Palm Springs, San Luis Obispo, Monterey, Tiburon, and Eureka CA; and Florence and Astoria, OR.



Hearst Castle in San Simeon CA

It was not a terribly adventurous trip, but it was diverse in geography and climate, towns and country, and we saw many beautiful natural and manmade scenes. Hands down, our best motel was the 10-star home of Aviva (daughter of **Naomi Shiff**) and Karl Boedecker, where I had a guest suite and a gourmet meal cooked by Karl.



Denise and Liz with Karl and Aviva Boedecker

Profile of Rick Grossman

By Marge Lepley



Rick arrived in Seattle about 10 years ago, with several stops along the way—Philadelphia, Houston, Los Angeles, and New Jersey. Last month we talked about his experiences during each of these “chapters.”

F. Scott Fitzgerald once mused, "There are no second acts in American lives." Maybe so....but after our conversation, I counted at least five roles reappearing in a life full of varied interests and commitments.

TEACHER—Teaching high school biology—Teaching computer skills to adults in a job-training program—Training new salespeople at AT&T.

ENTREPRENEUR—starting a mail-order travel supply company—Opening a toy store in suburban New Jersey and turning it into a local icon. (See below for more about this venture!)

COMMUNITY VOLUNTEER—Creating a public hotline for the pre-AIDS gay community in Houston—Leading “Square Pegs,” a support group for adults with autism—Supporting a local P-Patch community garden.

ACTIVIST—Advocating for consumer protection—Advocating for appropriate health and and public services for autistic adults.

HOBBYIST—Cultivating rare mushrooms, pickling foods, foraging for wild foods, and raising vegetables—Creating and curating thematic collections of animate and inanimate objects.

In our conversation, Rick zeroed in on his years with the toy store. That venture brought special joys while he learned about store layout, customer service, product selection, and what he calls “retail anthropology.” He loved creating “guerilla” marketing events that entertained and engaged the whole town. His sense of whimsy, giving back to the community, and loyalty to customers led to multiple awards and community recognition. Ask Rick about this era, and you’ll get some entertaining vignettes.

Rick was drawn to Seattle by its level of education, liberal tone, moderate climate, and eclectic cuisines. Now retired, his life continues to revolve around volunteerism, social justice advocacy, and a broad range of interests.

For the P-Patch community garden, he manages composting, led the effort to rebuild the storage shed, supports new gardeners, and grows seedlings to give to others. Since September, however, much of Rick’s life has focused on treatment for metastatic prostate cancer.

Looking ahead, he wants to seek ways for *Wider Horizons* members to learn more about each other. He feels that will increase opportunities for mutual support within the Village.

He’s also exploring options for his future housing. Ideally it will be a senior community with opportunity for social interaction that still provides autonomy and space to continue pursuing his many interests and activities.

In conversation, Rick acknowledges that people can sometimes find it exhausting to be with him as he jumps into so many things. I enjoyed his dry sense of humor,

sprinkled with self-deprecating asides and “bad puns.” He calls his humor a survival skill.

Two Other Seattle Area Villages

By Audrey Hansen

As many of you know, our village is only one of four in King County and, as has been said before, if you’ve seen one village, you’ve seen one village! Each is a little different and here’s some information on two of them, the Eastside Neighbors Network (ENN) and the Northwest Neighbors Network (NWN).

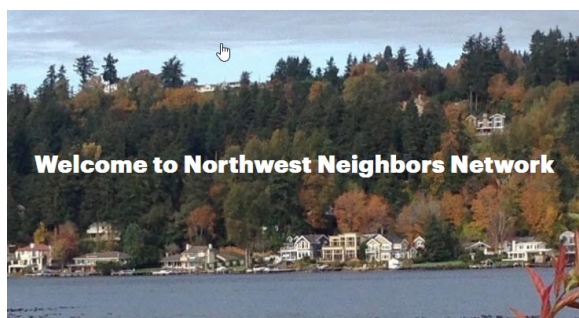


<https://www.eastsideneighborsnetwork.org/>

The ENN started in 2018 as a pilot program by six students of (our) Ellen Berg’s “Being Mortal: What Matters in the End” class. ENN went live in January 2019 and now consists of 30+ members and volunteers. Members engage in weekly coffee and conversations, walks, gardening, movies, lunch, and happy hour social events.

In addition, ENN has held programs on estate planning, emergency preparedness, mindfulness, fall prevention, and more. They provide many services to its individual members: help doing errands, phone checkups, visitors, light house and yard work, tech support, pet care, organizing, and transportation.

ENN's members live primarily in Bellevue and they have a pretty healthy number of volunteers. Volunteers are considered members and are often recruited through the local Y and churches and synagogues. One volunteer is an RN. Dues-paying members pay \$120 per year. Jean Garber is the current Executive Director (ED) of ENN; Joanne Gainen was one of the founders who performed most tasks as the organization was building. Thanks to Jean for taking the time to fill us in.



<https://www.northwestneighborsnetwork.org/>

NWNN was started in February 2019 and has more than 260 people involved; half are dues-paying members and half are volunteer members. They seem to be doubling every year. Their members live in North King and South Snohomish Counties (Edmonds, Lake Forest Park, Shoreline, Montlake Terrace, Lynnwood, Woodway, Brier, and NE Seattle).

Their motto is, *"We can't do it all, but we enjoy a challenge and if we can't do it, we will try to help you find someone who can!"* To keep track of members, volunteers, and volunteer vendors, they use a computer system (also used by other villages) for which they pay a monthly fee. Members submit their request for a service and the system finds a volunteer match based on the data (service, times available, etc.) in the computer.

This system also tracks dues, often paid monthly for a total of \$120 per year. A full-time Program Manager, Dani Belfield-Vigh, uses primarily social media to attract volunteers. Since volunteers are also considered members, the NWNN age range is 18 to 105 years old. NWNN is also very proud of their racial, political, and religious diversity. Volunteers are vetted via references, criminal and driving background checks. They go through both orientation and training. Thanks to Sandy Moy, NWNN founder, for increasing our understanding of NWNN.

Summary of the WH Board Retreat, May 8, 2023

By Nancy Hooyman



The *Wider Horizons* Board held a very productive retreat on Monday, May 8, to look toward the future of our organization. Our long-term goal as a Board was to ensure that *Wider Horizons* is a highly functioning organization that fulfills our mission and purpose, builds upon our cultural norms, and is effectively positioned for the future.

The retreat's short-term goal was to reach consensus about critical strategic issues that will help us shape the future of *Wider Horizons* to meet our members' changing needs. It was a gift to have five hours to delve more deeply and creatively into three

broad strategic topics identified by the retreat planning task force:

1. How well positioned are we to meet our members' increasing needs as we age?

Strategic Recommendations:

The Board of Directors concluded that we want to meet the needs of all members who have a serious illness to the extent that we can do so.

In line with our value of open-hearted giving, we will provide whatever we can to our members, within the limits of our staff, volunteers, and financial resources.

When a member's needs outpace our capacity to meet them, we will help that member find appropriate community resources.

2. What is healthy growth for our organization?

Strategic Recommendation:

If we bring in people who are jazzed to join, we will have healthy growth. We will grow by upholding our current cultural norms, which is what members enjoy about *Wider Horizons*.

3. Should we aspire to be an organization that is more intergenerational?

Strategic Recommendation:

We want to create opportunities for older members to be supported by/contribute to the lives of younger people. Except for recruiting more younger members and volunteers, the ways this will happen are programmatic rather than policy-driven.

The success of this retreat was due in large part to the Chair of the Retreat Planning Task Force, Board member **Jeanne Marie Thomas**, and the facilitator, member **Debbie Ward**.

Further details on the retreat's lively and engaging discussion may be found in the notes from the retreat that were attached to the listserv email message sent to all members on 5/20/2023. If you need a copy, or if you have any questions or concerns about the issues discussed and clarified at the retreat, please let me know.

Life Planning: A New Program at the Heart of Wider Horizons' Mission

By Bob Anderson



What matters most is a constant question we are learning to ask ourselves as we age. And one of the ideas that emerged over a year ago when we received many generous donations to the Planned Giving Fund was to develop ways to help members sort through questions like this so they could create a life plan for this chapter of their lives. Voila! Enter the *Wider Horizons Life Plan Program* which has been piloted with eight of our members and is ready to roll out for the entire membership after the summer. This Program is tied directly to one of the primary goals of *Wider Horizons*: to support our members to age successfully and safely with as much independence, choice, and sense of well-being as possible.

The *Wider Horizons* Life Plan Program is intended to provide you with questions that can help you think about your future in a positive and proactive way. It consists of a

four-session process during which you explore with peers a number of options for addressing that future.

During the group sessions, which are led by a professional facilitator, you will share your thoughts about yourself and even help each other brainstorm practical solutions to problems. Our materials will encourage you to explore and address issues and creative solutions that you may not have imagined on your own. Although you will end up with your own plan, this group effort is intended to encourage you to dig a bit deeper and think more broadly (perhaps even more open-mindedly). The Life Plan process will utilize as resources the wonderful handbooks on *Planning for a Serious Health Event* and *Housing Options* already developed by *Wider Horizons* members.

To give you a feel for the Program, here are a few comments from participants in the pilot group:

- *This group has added something new to my life and been a rewarding experience.*
- *The questions posed by our materials were exciting and stirred up so much thinking.*
- *It has helped me carve out more time for thinking and action.*

A life plan serves as a road map for accomplishing what really matters. While the expectation is that you'll develop your "plan" (or at least a portion of it) by the end of the four sessions, what you'll discover about yourself along the way is even more important. Just when you think you've figured out "Your Plan," you'll come across a new thought that shakes things up. That's okay. **It's the process as much as the plan** that gives you that comforting feeling of

control and helps you realize you're more resilient than you imagined.

If you are interested in participating in a future Life Plan Group and are willing to commit to the four 2-hour sessions and homework in between, please contact Denise Klein who is coordinating the scheduling and group composition. A session for couples is next on the schedule for the fall and is almost full at this time. Let's have fun with this as we help each other get to the ***Heart of What Matters Most for Us!***

Eating Out Again—But Where?

By Charles Heaney

That's what we want you to tell us. This column is the first of what we hope will become a series of periodic reviews of eateries that our members consider memorable for the food, the ambience or for any number of other reasons. With the onset of good weather, the pandemic emergency largely over, and with *Wider Horizons* actively encouraging groups of us to eat together, many of us will have experiences to share.

From time to time, the Monday Memo will include an invitation to submit a brief (about 250 words) summary of a dining experience that you considered particularly enjoyable. Since it fell to me to ensure the first invitation was published in time for this issue to include a member's review, and since I absolutely neglected to make that happen, it seemed a suitable penance was that I write the first review.

Star Fusion & Bar: 538 Broadway E., starbroadway.com



My wife Gay and I had our first meal at Star when it opened in the early weeks of 2020, a month or so before the COVID lockdown. Luckily, they were able to survive. We believe it to be one of the best places to eat on Capitol Hill.

It is run by a delightful, young Japanese family who are meticulous in the attention given to food that is of high quality, beautiful in appearance, and served with uncommon grace and attentiveness.

As with many Asian themed restaurants, you'll find an assortment of common dishes, sushi, sashimi, tempura, teriyaki and the like. And while I'm no authority on Asian cooking, or on local Asian restaurants for that matter, I can't help thinking that the people at Star have added a few dashes of creativity and artistry to the creation of their dishes.

Among the appetizers, two that stand out are the grilled garlic edamame and the steak-wrapped asparagus, both great indicators of what is to follow. The Ramen soup bowls are uniformly delicious; the Chashu Bowl is a favorite of mine.

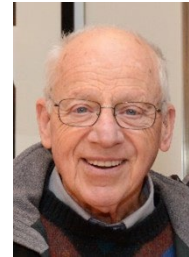
Among the main courses, the Beef Stew, Tsuvian Pan Fried Noodles and the Unagi Donburi (eel) are great. And those dashes of creativity and artistry mentioned earlier really show themselves in the specialty roll selection, the Baked Scallop Roll and the Lion King Roll being two great examples.

The setting is spacious, as well as calm and quiet, attributes that will only add to the

pleasure to be had from the wonderful food and service waiting for you at Star. Enjoy!

Tomorrow and Tomorrow and Tomorrow: Zooming Through Macbeth

By Michael Kischner



Time does not “creep in [its] petty pace” when fourteen readers perform *Macbeth* in its entirety while pausing to discuss it, all in three 90-minute sessions. That's what members of *Somesuch* (temporarily re-named *Somehow*) managed in February under the direction of a sometime newsletter journalist who did not know the first thing about directing.

The first thing about directing is to know how many speaking parts there are in a play. The director neglected to nail this down, and there were panicky late-night emails to actors, such as one to **Audrey Hansen**, who played Ross, asking if she'd also be Gentlewoman, oh, and Angus, too. **Lynn Perkins**, who was new and asked for a small part, was Macduff's little son, but immediately after calling First Murderer a “shag-eared villain” and being dispatched, was conscripted as Macbeth's soldier Menteth. **Deirdre Cochran** had to miss the last session and so played gentle King Duncan, whom Macbeth conveniently murders in the second act.

Denise Klein, a habitual savior in emergencies, played three roles, as did

Susan Adler. Victoria Bestock and Denise Lishner, who shared the role of Lady Macbeth, appropriately doubled as witches; Denise later filled in as two other characters. **Michael Kischner** was the director's surprise choice to share Macbeth with **Tom Heller**, who was needed in the beginning as Banquo and at the end as Siward.



Liz Ohlson as the Sergeant breathlessly described Macbeth's savage prowess on the battlefield as he "unseams" an enemy "from the navel to the chops" and then returned as Macduff (above) to unseam Macbeth's own head from his shoulders. **Marion Malkin** was the only cast member with a single assignment, holding down the role of young

Malcolm from beginning to end, when he assumes his dead father's throne to restore order to Scotland.

Like its protagonist, *Macbeth* moves at a furious pace. The cast still found time to stop and discuss the play, something *Somesuch* director Victoria Bestock (who did *not* direct this *Macbeth*!) wishes we could do with each play we read. Cast members contributed not only excellent performances but also fine insights into Shakespeare's problem-rich tragedy.

They also proved themselves a charitable bunch. After the performance, they presented the director with a marvelous book called *The Masks of Macbeth*. It is about *Macbeth* performances over the centuries and lists many instances of dual and triple casting. Sometimes this was because of low budgets, sometimes for theatrical reasons. And at least once it was because fourteen versatile persons were willing, on short notice, to fill thirty-two roles and do it well.

Wider Horizons Member Adventures



At The Panama Hotel & Teahouse in February enjoying Christian Roehr's Piano Recital (from left, Audrey Hansen, Ann Lawrence, Tom Heller, Gil Glinsmann, Conne Glinsmann)



Christian at the piano



Denise Lishner and Janet Tufts at Women's Coffee Group



Nora Langan and Eleanor Dills at Women's Coffee Group



Ann Lawrence and Carol Mirman at Women's Coffee Group



Kathleen O'Connor and Barbara Schwartz at Women's Coffee Group



Diane Zerbe on her trip to NYC with Nora Langan - Central Park art



More art in NYC: Diane Zerbe outside the Met Museum of Art



Soup Night at Susan Adler's (from left: Connie Glinemann, Nora Langan, Victoria Bestock, Audrey Hansen, Susan Adler, Denise Lishner)



April SAM Ikat Exhibit Tour (from left, Carol Mirman, Diane, Zerbe, Emily Martinez, friend of Cheryl Keepers, Kay Beisse, Cheryl Keepers, Gray Wilson, Susan Adler, Yvonne Bonnette, Sue Lerner)



Charles Heaney at Coney Island



May Whidbey Island Vacation: Denise K at Ebey's Landing



Gardening at the Dills in May (from left, Sue Lerner, Pat Siggs, Rick Grossman)



May Whidbey vacation (from left, Ann Lawrence, Denise Lishner, Susan Jamison, Liz Ohlson, Barbara Oswald)



May Housewarming for Thang and Daisy (from left, Denise K.'s arms, Margaret Fisher, Eileen Schiller, Thang Nguyen, Sara Patton)



Left, the view from Lynn Perkins Whidbey home (available as an airbnb). Right, Barbara Oswald and Lynn outside the home.



Jeanne Marie and Bob Thomas at Third Beach, WA