

Rise and Shine 2018



Photo by Anne Lynch

Editor's Notes

We are into a new year already, and the front-page sunrise photo by Anne Lynch gets us off to a good start. As usual you'll find a variety of interesting articles and photos in this issue. There are two articles about historical events – remembering the USA Bicentennial celebration in Boston by Tad Bird and an interview with a new resident who served as a WASP pilot during World War II by Lillian Monson. Virginia Crook wrote a fascinating article about La Posada Counselor and Social Worker, Phyllis Messier and the large variety of services she provides for residents in both group meetings and individually. There are several more interesting articles and poems (two by a new contributor, Linda Bennett), photos by Peg Robb, Boone Owens and his son David, a cartoon by Don Berard, bios of new residents and news from the Resident Council.

The deadline to submit typed articles and photos for the next Resort Report is March 16. We welcome contributions from all residents. Please send them to me via email: apslagter51253@gmail.com or to my cubby: L J 66. We look forward to hearing from you, and we wish all of you a very Happy New Year.

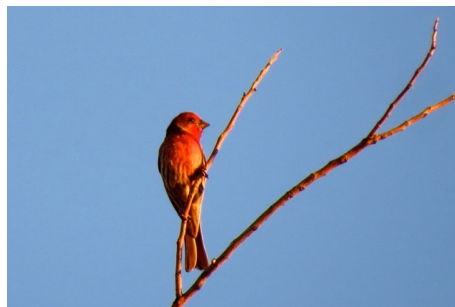
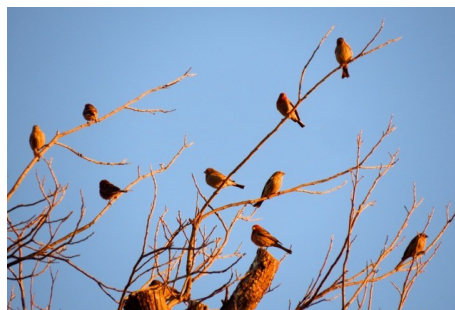
Ann Slagter

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Evening Birds at La Posada



Photos by Boone Owens

Razz-ma-tazz Jazz with Tazman

Nimble fingers raced up and down the piano in the Madera Room on November 24. Pianist Joshua Tazman, grandson of Sue Girardeau of La Posada, entertained us with contemporary tunes -- plus an exciting bit of pure jazz as a surprise. Having played the piano since he was three, at nineteen Joshua is an accomplished tune-maker. His parents are musicians: his mom a violinist, his dad a clarinetist and his grandma, Sue, (our La Posada buddy) a cellist. He obviously grew up in an atmosphere of musicality.

In the sixth grade, his teacher recognized his talent, and because he, the instructor, was a jazz enthusiast, he introduced Joshua to the jazz technique. The interest "stuck", and Joshua - in high school in San Francisco - won the top student music award, the "Downbeat Award", for solo artists in 2016. Since then Joshua, now in his first year of college, has studied, practiced, and improved his jazz improvisations. He has recorded some of his music on CD's, available on his web site, www.joshuatazman.com.

Currently, Joshua is taking classes in music theory and composition, plus vocal lessons at Tufts University, Medford, Massachusetts. In addition, he is taking classes in English literature and philosophy (only the young and ambitious could complete such a schedule!)

He explained that Tufts University has an excellent program in contemporary music improvisation plus an excellent classical and vocal department. This is why he chose Tufts, although his home is in San Francisco. He will study at Tufts for five years and graduate with degrees in Bachelor of Arts and Bachelor of Music -- and will decide then how he will proceed.

When asked what his ambitions might include, he said he would like to compose original music, be a vocalist, and maybe become a bandleader! Whatever, how great for a dedicated young man to share his music with us! He will, without a doubt, make it BIG in the field of music, and spice it up with jazz!

Georgia P. Doubler

Piano Man Joshua Tazman



Photo provided by Sue Girardeau

La Joya's Treasure



Photo by Boone Owens

Something special happens once a month at La Joya. Residents are fortunate to have an outstanding chef serve lunch to seven lucky residents each month in the Activity Kitchen. Chef Alicia doesn't wear a toque to show that she is a chef - she just cooks delicious meals. Each month she and Activity Director Joanne Anthony choose a theme - Italian, French, Asian, etc. She begins with a cooking demonstration, and then residents are served what she has just prepared. This is a three-course meal of soup or salad, main course and dessert. Unfortunately, the Activity Kitchen seats only seven at a time, so residents must make reservations in advance. Joanne Anthony first tries to choose residents who have not attended in the past, and then adds others in order of sign-ups.

January was very special, as Chef Alicia and Joanne chose to present a Royal Tea Party. The venue was changed to the Celebration Room to accommodate more residents. The menu was mouthwatering. First offered was cream of potato soup with herbs, followed by a variety of finger sandwiches, plus scones with clotted cream, raspberry jam and lemon curd and an assortment of sweet desserts. Champagne and a choice of teas accompanied this feast. The room was transformed into a tearoom by Joanne, Jan Lawrence and Maritza Burnham, and they, plus several dining room servers, made sure guests were very well-fed. Thanks to them, and a special thanks to Chef Alicia for such a treat.

Ann Slagter



Photos by Will Dobbs

USA Bicentennial Celebration: Where It Began Boston: 1776-1976

A spectacular celebration was held in Boston on July 11, 1976, to commemorate the 200th anniversary of this country's independence from England. I was there at City Hall Plaza in downtown Boston as a participant with the Stow Minutemen. Several years before the bicentennial, this group of about 60, including women and children, was formed to represent Stow, Massachusetts. On the big day we dressed in our Revolutionary War uniforms and, along with several camp followers, climbed aboard two busses and headed for Boston.

The previous day the Parade of the Tall Ships, escorted by the USS Constitution, sailed into Boston Harbor and anchored. In addition, Queen Elizabeth arrived in her Royal Yacht Britannia. Queen Elizabeth was there to graciously represent the losers. Also present at City Hall Plaza were about a half-million spectators, and Minutemen from many communities were marching in to take part in the celebration. We headed off to see the queen, but crowds became so thick that we could go no further. We decided to form our group, including our lovely camp followers, into a column of two's and found that marching with fifes and drums loudly playing "Yankee Doodle" was the best way to open up a path to where we wanted to go. Police parted crowds and took down barriers for us as we marched along through otherwise impassible obstacles. After seeing the queen, we were going to disperse because of the milling crowd, but then heard drums beating to announce the arrival of the Cape Cod Militia. The commander agreed to let our group fall in behind his unit to march through the crowd.

We had a couple of hours to kill before doing our formation in the parade for the queen at 2:00 p.m., enough time to pursue our major goal of touring one of the tall ships. We joined up with about fifty others and marched our way to the water front park and on to the end of Commercial Wharf where the Regina Maris, a three-masted barkentine, was docked -- the next best thing to the tall ships, which were off limits until late in the afternoon. A lone sailor popped his head up in answer to my call requesting permission to board, jumped to the wharf and welcomed us aboard. After a few trips around the deck with time to take photos of deck and rigging, our group disembarked and formed up to march back to City Hall Plaza. We picked up even more camp followers as we marched back past the limousines of the queen's party, Boston police, military police and secret service personnel without raising an eyebrow. We arrived just in time to form up to participate as honor guard for the queen, to view the Bicentennial ceremonies and to hear the queen's fine speech to our free nation.

For the members of Stow Minuteman Company, visiting the Regina Maris was the high point of the day and that memory will always have a warm spot in our hearts. She's our ship -- we went aboard her when she was in Boston for the Tall Ships Parade!

Tad Bird

The Bird Family Ready for the Bicentennial



Photo of Tad Bird's picture by Boone Owens

In These Uncertain Times

we can either moan and groan
and despair and wring our hands,
or we can focus
on what is happening
that is encouraging—

kind citizens sending needed items
to people of any color hit by terrific storms,
kind neighbors helping their neighbors
of any color who need a ride to the doctor,
kind children collecting toys
for children of any color who have nothing.
We can pay attention to bits of good news,
short articles or mention on TV—
those that tend to get pushed aside
when we focus on worrying.

As the man said,

"Be the change you want to see in the world."

Mahatma Gandhi (1869-1948) Civil Rights Leader

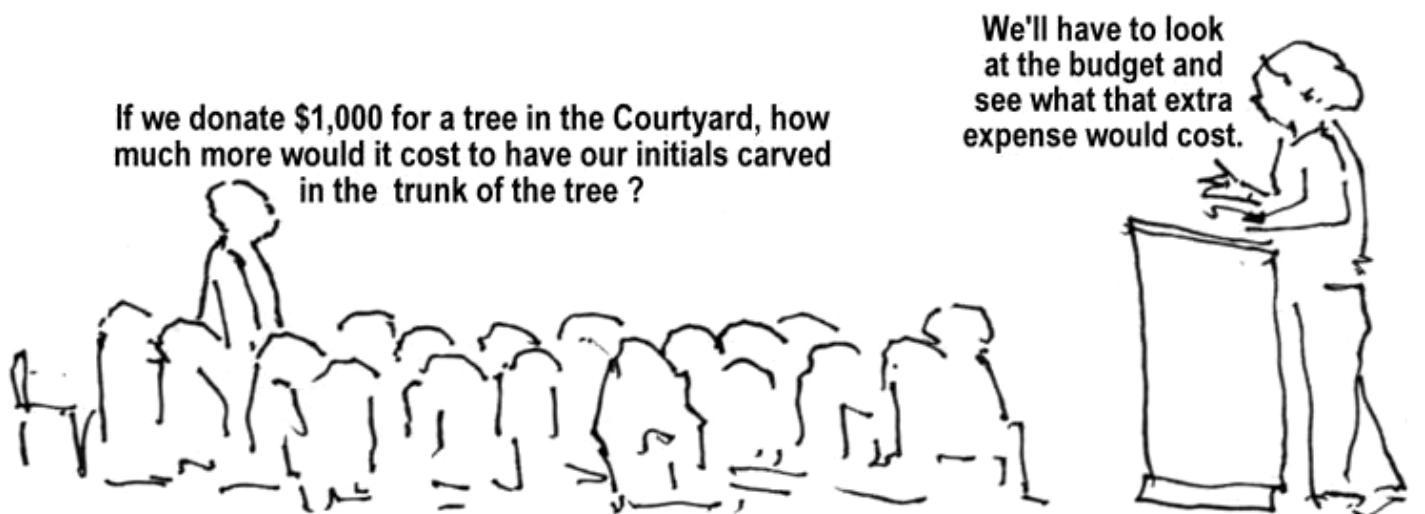
"Practice kindness all day to everybody
and you will realize you're already in heaven now."

Jack Kerouac (1922-1969) Journalist, author, poet

"What is irrational divides us; what is rational unites us."

Bertrand Russell (1872-1970) British philosopher, historian, political activist, Nobel laureate

Margaret Ann Adams ©2017



Drawing by Don Berard

La Vista Library Annual Report: 2017



Circulation: 5,095 total print and non-print items
 Volunteers: 17
 Total hours volunteered: 824
 Purchase of new print and non-print items: 84
 Number of "welcome letters" sent to new La Vista and Garden Home residents: 25
 Location: 3rd floor of La Vista adjacent to the north elevator
 Hours open: 24/7

This sunny and cozy campus amenity currently has a collection of over 7,500 print and non-print items. A full listing is available either by using the author and title catalogs located on the table near the resident-use computer or by accessing the La Posada website: (laposadagvlib.wikispaces.com). This website lists all print and non-print items in all three campus libraries. Residents are welcome to check out items from any of the three libraries.

We appreciate "Lifestyles" for paying for 5 newspaper subscriptions: Arizona Star, Green Valley News, Wall Street Journal, New York Times, and USA Today. NEWSPAPERS ARE NOT TO BE REMOVED FROM THE CAMPUS LIBRARIES. With the exception of the newspapers, the campus libraries are supported by donations. At La Vista, magazines, hardcover and paperback books, audio books and DVDs may be donated by dropping the items through the slot in the desk marked "contributions". Monetary donations, which are used for the purchase of newly released books and library supplies, should be made to the Posada Life Foundation with a notation, "La Vista Library". We truly appreciate and sincerely thank La Posada residents who have made donations during the past year.

As with any other lending library, print and non-print items taken from the library **MUST BE SIGNED OUT**. The sign-out system is quite easy.

Each item has a circulation card on which to write today's date (month, date, year), your name, and your unit number. Leave the card in the designated box on the desk. Date due slips are available to serve as a reminder. All items are due back in one month. **PLEASE DO NOT TAKE ITEMS FROM THE RETURN CART BECAUSE THEY WILL NOT HAVE A CIRCULATION CARD.** If you see an item you want, just put a note inside the cover and our circulation staff will make certain that you receive it.

We are happy to fill requests to reserve an item that is in circulation or to review an item you would like to have purchased for the library. Request slips for both are on the desk. We will call you when the item you have requested is available. Service to all La Posada residents is important to us, and your comments and suggestions are always welcome.

Connie Conklin

Full Moon over the Flower Pot



Coyote overlooking the Santa Cruz



Photos by Boone Owens

The Story of An Endangered Species



Did you know an endangered species of the WASP has settled into the South wing of LaVista? There are 69 left in the world. They are the **WOMEN'S AIRFORCE SERVICE PILOTS** of WWII. (Not to be confused with the Women's Army Corp, WACs).

This WASP, Edith Smith, born and raised in San Bernardino, California, lived close to an airport and enjoyed watching planes fly over. Did that influence you, Ede? In school she was in the Civilian Pilot Training Class...14 fellows...one gal, Ede. In Ground School at College she met and married Bruce Upson who entered the US Army Air Corps in January 1942. Sadly he and his crew died in a crash in February 1943 leaving Ede a widow at age 21. Entering Stanford University, her interest in Spherical Trigonometry led to her being the only woman in a class of thirty-one.

After one term she tried out for the WASP program, was accepted, and started training at Sweetwater, Texas. When she was assigned to Training Command, she was sent to Frederick,

Oklahoma. There she worked with Cadets and with Engineering crews until the end of the program in 1944. In 1946 she married Leslie Smith who had served as a Combat Engineer. They parented three wonderful children. In 1985 retirement began in Green Valley, Arizona. After sixty-three happy years Leslie died in April 2009.

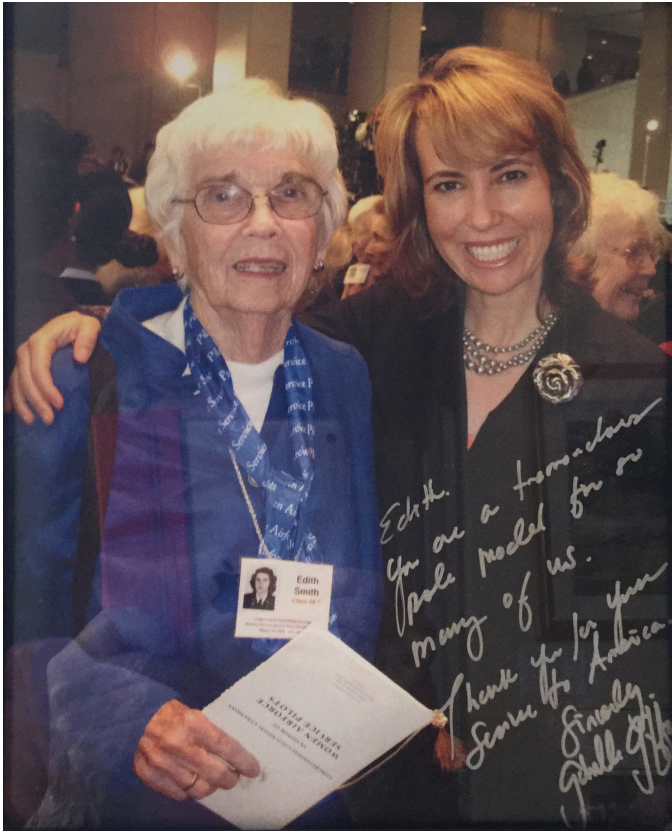
Little was known about the WASP program because all the records were sealed and classified for thirty-three years. The WASP were not given their Commissions as Second Lieutenants and Veteran's status until thirty-three years after they were earned.

Out of 25,000 applicants, 1,800 were accepted into the program. Nearly 1,100 completed training which was the same as for men except women had no combat training. The purpose of the program was to free as many male pilots as possible for combat duty. Jobs done by the WASP included Training Command and Towing Targets for Anti-Aircraft practice (using live ammunition!). WASP flew over 60,000,000 miles to ferry planes from factories to Airbases or Embarkation points. They flew 78 different types of aircraft...every type the Army had, even the largest B29. The Training Command worked with Cadets and Engineering Crews. Walt Disney designed their Logo, the Gremlin Fifinella.



The Highlight of the WASP experience was being awarded the highest award that Congress can bestow on civilians. The remaining members received the Congressional Gold Medal on March 10, 2010. It was the largest event ever held in the Capitol Building. The four-day celebration was by invitation only. Attendees spilled over into two large adjacent rooms where recognizable Congressional leaders crowded into every inch of space.

Edith with former Congresswoman Gabrielle Giffords



It was a celebration filled with glorious memories for everyone there!

Lillian Monson

Edith's Congressional Gold Medal



Photos of Edith Smith's pictures by Lillian Monson

The Piquant Pecan

Now here is the scoop.
It's not a nut but a drupe.
Drupe means a fruit with one stone
But a pecan tree can't stand alone.

In order to pollinate
A tree needs at least one mate.
And, one of these giants, it appears
Can produce seeds for 300 years.

The seed is what we call a nut
Which is within a husk, but
The husk splits to spill the seed
Which for us fulfills a need.

For iron, fiber and vitamin B
Plus flavor that's rich and buttery.
You don't need to wonder why
Pecans make such a succulent pie.

Pecans are a native species of hickory
Which Indian tribes ate and traded widely.
The Spanish took them to Europe and Africa,
Calling them wrinkle nuts (nuez de la arruga).

In the year of nineteen sixty five
Santa Cruz Valley became alive
As the Walden family began to drop
Cotton in favor of pecans as a crop.

Now, beyond their wildest dream,
Their orchard is the world's largest, it would seem.
And all these majestic trees we've seen
Are, indeed, what keep Green Valley green.

Carol Richardson

Seeking Guidance and Counseling Can Be a Good Thing. Just Ask Phyllis!

Sometimes the questions are complicated and the answers are simple. Dr. Suess

**Phyllis Messier
Counselor**



Photo by Virginia Crook

Some people fear seeking help from a counselor because society attached a stigma to it in our youth. Our generation unfortunately still feels fear at admitting that we could benefit from help. We grew up settling our own problems and struggling through everything life threw at us by solving problems ourselves. However, a counselor at some point in life could help almost every person. One goes to the doctor when not feeling well, so if suffering emotionally or mentally, we should seek support from a counselor. What better person to seek help from than one who confronted her fear of heights by skydiving, hang gliding, zip lining and flying in a hot air balloon?

Phyllis Messier was born and raised in New Hampshire. While obtaining a Bachelor of Business Administration degree at New

Hampshire College (now Southern New Hampshire University), she worked for a major machine tool builder and spent over 25 years earning her way to become the only female Production Control and Traffic Manager for her company. Due to the downturn in the economy, the company closed and through the Fair-Trade Act, which provided some financial support for re-education, she was able to return to college to obtain a Master in Community Mental Health Counseling from New England College. Change!! Having separated from her husband, she became the support for her teenage daughter, Becka. And the challenging never-ending job of counseling began.

Her varied therapies included Family Counseling, Child Protective Services, Women's Domestic Violence (groups), and Men's Survival of Domestic Violence (group). She also worked with the New Hampshire Department of Employment Security, dealing with mental health issues of adults who needed help in maintaining employment. She then relocated to South Carolina, where her fiancé and lifetime friend since first grade lived with his two children, Danny and Katie. Her career resumed as an employee of the South Carolina Department of Mental Health as a counselor. Located at a Child Advocacy Center, she provided therapy and forensic assessments to victims of abuse and neglect. This frequently required testifying in court.

In 2015 Phyllis moved to Arizona with her husband and was hired by the Arizona Children's Association to work in the special division of Las Familias which specialized in sexual abuse and neglect. She worked with groups, individuals and family therapy, and with drug cases concerning adults, again testifying in court. Finally, realizing that the 40-hour week was in reality closer to seventy, Phyllis answered an ad at La Posada. We are fortunate, indeed.

Through Phyllis's monthly newsletter and correspondence on campus, all are aware of the three groups that meet with her guidance:

Primary Care Provider Group meets on the 2nd and 4th Friday at 10:30 a.m. in the Pavilion Enlightenment Room. The target is any person who is providing caregiving to a spouse or significant other. Anyone is welcome to join at any time whether a long-term or short-term caregiver.

Transitioning Through Loss has been reformulated to include the loss of a loved one, loss of health, a chronic illness or disability, or even the loss of a dear pet. How it develops depends on the participants in the group. It meets on the 2nd and 4th Friday at 2:00 p.m. in the Pavilion Enlightenment Room.

Spiritual Exploration covers the wisdom lineage by Richard Rohr, which starts with Nature and Creation and includes nondualistic thinkers, Buddhism, Hinduism and more. It evolves into metaphysical theories. The amazing group participants have about two months left of this study program. Anyone may attend. The future plan will be determined with group input. It meets on the 1st and 3rd Friday at 1:30 p.m. in Pavilion Synergy.

In addition to the groups, Phyllis welcomes anyone who feels the need for counseling to call her for an appointment. All sessions are confidential and free to La Posada residents. She is willing to meet with you in her office, located on the 2nd floor of the Pavilion, or at your residence. If you have a critical need to see her immediately, your need takes precedence.

For Medicare questions, Phyllis is the person to see. She emphasizes the following advice: Don't give your Medicare number, social security number or financial information (credit card numbers, bank numbers, etc.) to anyone over the phone unless you know for sure that it is a legitimate call. Let Phyllis know and she will research and try to determine if it is a scam. If it is determined to be a scam, she will notify Hope, so Lisa can post it in her weekly reminder.

You often see Phyllis visiting homes to help with the annual assessment, insurance questions, or to comfort and support those who are ill or have been injured. She helps residents with advance directives, including Powers of Attorney, DNRs (Do Not Resuscitate), and gives advice on obtaining a Living Will and how to get it notarized. Along with the nurses, she also helps with transitioning to assisted living. She is available upon the death of a loved one for support and information on what to expect with notifications, paperwork, etc.

This past year she has coordinated with Kim Murphy, the Living Well Team, and the nurses to set up guest speakers at various campus events.

One of her favorite projects was working with Susan Coder to assist the Visually Impaired group with setting up bridge, which Susan now facilitates. This group meets on the 2nd and 4th Friday of the month in the Mogollon Room at La Perla. Anyone interested can call Susan for more information.

Not only is Phyllis our counselor, she is our neighbor who is married to Dan Messier, Pastor of St. Francis in the Valley Episcopal Church in Green Valley. They have been the proud foster parents of medically needy and traumatized dogs. For dog lovers, she has many interesting stories to share. Phyllis and Dan celebrated their eleventh wedding anniversary in November. They are proud of their children who are grown, young hard-working adults. After you spend time with Phyllis, you will discover that she has a love for life and adventure. Being around her just makes a person happy.

You've gotta dance like there's nobody watching.

Love like you'll never be hurt,

Sing like there's nobody listening,

And live like it's heaven on earth.

William W. Purkey

Virginia Crook

Fly me to the moon



Photo taken and edited by Peg Robb



Photo by Boone Owens

Desert Life

All day it looked like rain.
 Small chance!
 The goddess teases without intent
 in a land where rabbits sip dew
 from blades of grass,
 and the riverbed crumbles underfoot.
 Wanting purpose, I wait, like the river,
 for more than the promise of rain.

Linda Bennett

Golden Autumn



Photo by Peg Robb

Seasons

“You’ve outgrown it,” he said, and he had but I hadn’t —
 The need for black dirt in my hands, the need to own some.
 I’m not ready for spring, but I fear winter more.
 Weeds lush from winter snows are smothering the roses.
 I can’t stop it. Spring comes, then fall, more snow, more weeds,
 But my young lover won’t wait. Winterspring, summerfall.

If we move to an easier place, if we ward off a chill, if we eat right,
 Can I bargain with time?
 If we buy a house in the country requiring hard work,
 Can I make you young again?
 If we move to a tower with no cares, how long can I keep you there — forever?

Linda Bennett

Hike of the Month

La Posada's December "Hike of the Month" was a moderate hike on the historic grounds of Arizona's own Fort Bowie. Fort Bowie, A National Historic Site, was a military outpost established in 1862 and was crucial in opening Arizona and the west to expansion. A highlight of our hike was a personally guided tour by the resident park ranger who shared the historical significance of the fort and the everyday living standards.

The December hike selection speaks to the diversity of hikes that the La Posada hiking activity pursues.

J. Mac Issac



Photos by Ralph Prince

Cathedral of Santa Maria del Fiore Florence, Italy

The Cathedral of Santa Maria del Fiore was completed in 1454 and is the most important landmark in Florence. It is the fourth largest church in the world. A typical Italian Gothic building, the Cathedral del Florence is dedicated to "Santa Maria del Fiore." The church was designed by Arnolfo di Cambio (1245-1302) who considerably enlarged the existing religious structure.

Finished around 1367, the Cathedral was completely covered by colored marbles like the earlier Baptistry, except for the facade that remained unfinished and was finally completed in the 19th century.

This photo is a replica of a 3D Jigsaw puzzle donated by Drew and Jan Mason.

Completed by Helen Hanselman, La Posada, October 2017.

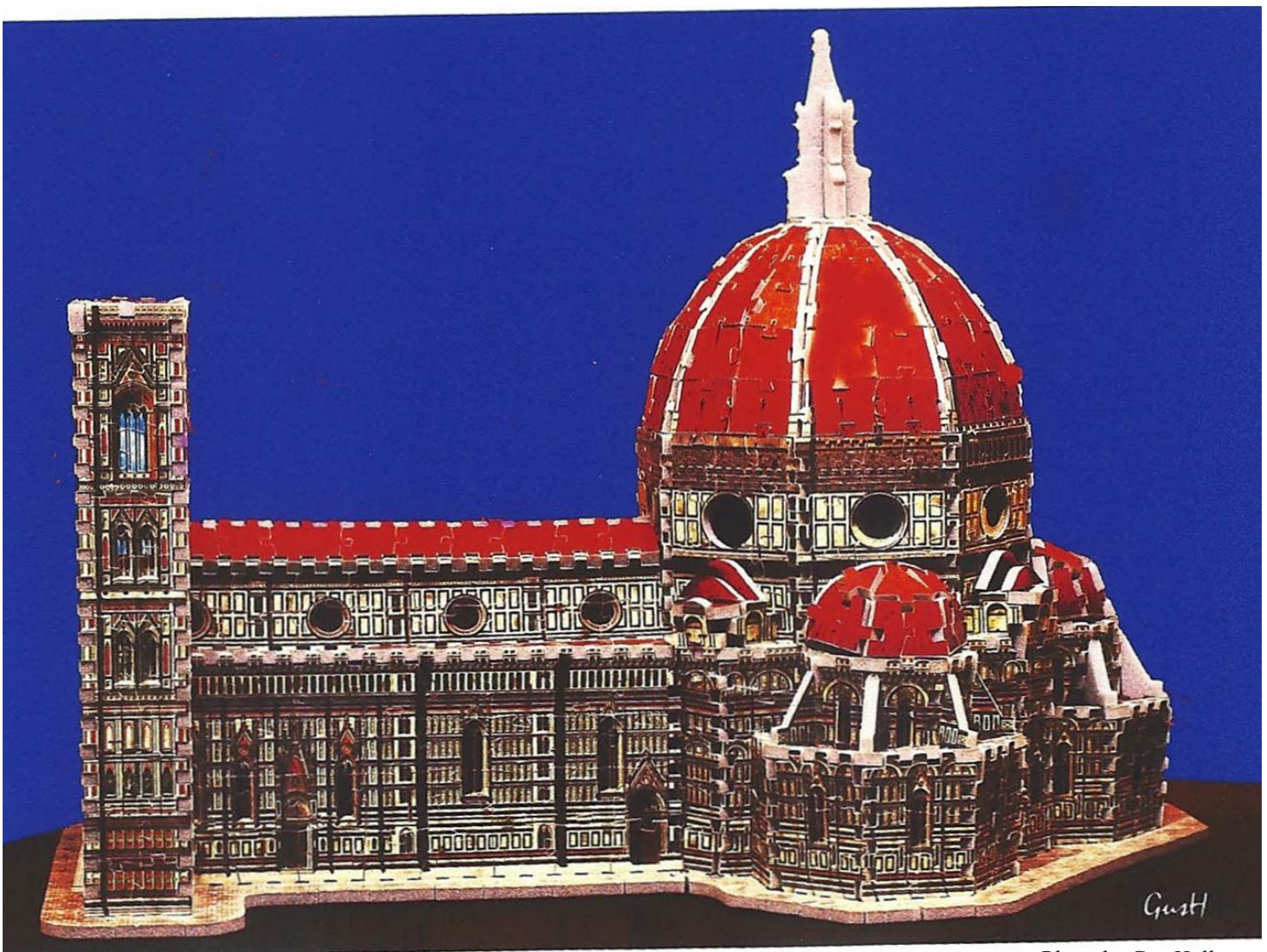


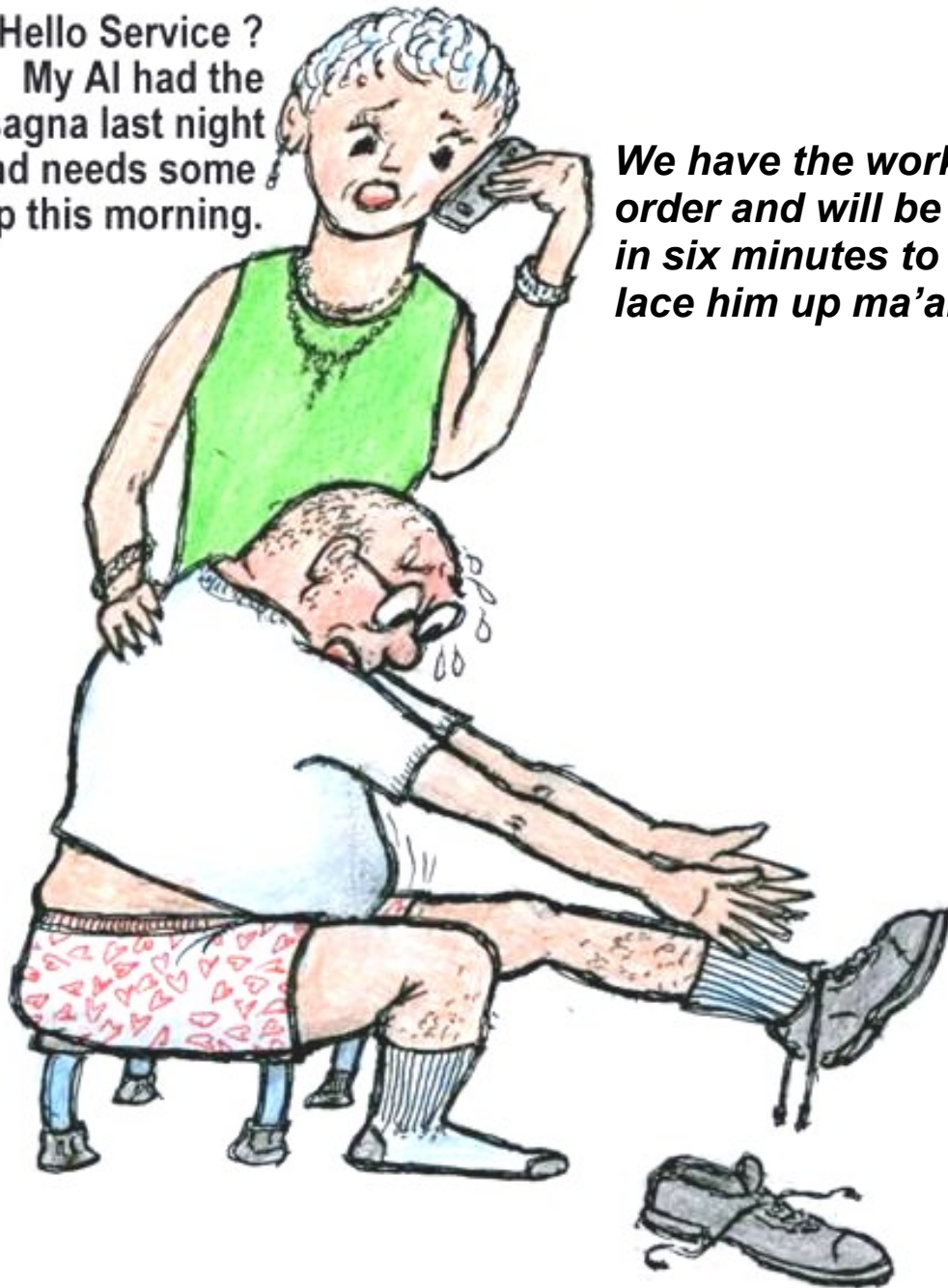
Photo by Gus Hallgren

Berard Cartoon

RODNEY'S SPECIAL...SPECIAL SERVICE

Hello Service ?
My Al had the
lasagna last night
and needs some
help this morning.

*We have the work
order and will be over
in six minutes to
lace him up ma'am.*



Cartoon by Don Berard

Resident Council Highlights

Please note: Complete minutes of all Resident Council meetings are posted in the libraries. Video recordings of the meetings are shown on LP Channel 77.

DECEMBER

- \$290,000 was distributed to employees from the Holiday Gift Fund.
- Hospitality hosted 24 new residents in November and December. Tables were hosted at the socials. The committee has mentored more than 20 new residents. Eleven “get well” cards were sent.
- The Living Well Committee reported on wellness classes, visits to new residents by the fitness team, and plans to purchase new trikes. Residents are asked to tell guests to return the trikes to the stalls when finished with them.
- Employee forums were held on topics of financial wellness and sexual harassment. Employee lunches were also held.
- A Nakoma Sky groundbreaking is planned.
- Paula Donley has been appointed as a new board member.
- The Posada Life Board will be over both La Posada and Nakoma Sky.
- 2018 elected Resident Council members were announced: Sally Ayres, Marlene McNiece, Pete Davis, Bob Coder, Stan Riddle, and Jim Lynch.
- 2018 Officers for the Resident Council were elected and announced: Jim Lynch, president; Dave Hartwell, Vice President; Dave McCracken, Secretary; and Pat Graffweg, Treasurer.

JANUARY

Committees summarized accomplishments during 2017:

- Environment/Traffic/Public Safety Committee worked on water conservation, recycling, fire alarms/drills, a second dog park, tree removal, unsafe walking conditions, safe exit paths, mosquito control, safe garage exiting, and dust control.
- Food and Dining Services Committee successfully established a “no blue jeans” rule

for dining, organized help for visually-impaired diners, ordered new dishes for The View, and helped create a successful quarterly meal plan.

- Hospitality Committee hosted over 60 new residents at meals, organized monthly socials, and sent more than 90 “get well cards” to ill residents.
- Legislation/Social Action Committee worked with YoTo in Tucson in various ways, and encouraged residents to write legislators requesting the continuation of tax deductions for medical expenses.
- Lifestyles Committee organized 6 game events, 10 mystery dinners, 10 movies, 12 hikes, 19 shopping trips, 46 musical or educational presentations, 104 bus trips, staffed the bars at the monthly socials, and planned and conducted the New Year’s Eve party.
- Wellness, Fitness and Trike Safety subcommittees sponsored programs on women’s health, requested bolder print on menus, organized a bridge-playing group, addressed food allergies, gave welcome packets to new residents, held a putting contest, and maintained trikes.
- Scholarship Committee distributed \$130,000 to 50 employees in the spring, 20 in the summer, and 60 in the fall. The monies are provided directly to the educational institutions.
- Newly elected Resident Council members were installed: Jim Lynch, Stan Riddle, Marlene McNiece, Pete Davis, Sally Ayres, and Bob Coder.

Pat Cramer

Resident Council Chairs - 2018

Environment/Traffic/Public Safety – Stan Riddle
 Food/Dining – Marlene McNiece, Pete Davis
 Living Well – Marty Morris
 Legislative/Social Actions – Babs Phillips
 Lifestyles – Sally Ruschmeier
 Hospitality – Sally Ayres
 Technology – Bob Coder

Wera Clough

La Perla 2207

*Photo provided by Wera Clough*

Wera Clough was born in Sweden, but grew up in Paris, France where her father was an executive with a Swedish company. She graduated with the French Baccalaureate, followed by education in Home Economics and Advertising. In 1960, Wera ventured across the Atlantic to New York, sailing on the Queen Elizabeth to spend a year in Princeton, New Jersey and two years at Stanford University. Wera then returned to New York to pursue a career with Pan American World Airways as a stewardess.

After a year flying to Europe, the Middle East and Africa, she transferred to San Francisco to experience the Orient, Far East and South Pacific routes, ultimately, having a 30-plus year flying career. In San Francisco she met and married her husband, Jim, a Vice President and broker with Bear Stearns. In 1994, the golf-loving couple moved to Green Valley together with Wera's mother who became a 15-year resident of La Posada. (Some current residents may still remember Wera Holmgren.)

Wera and Jim enjoyed the Country Club of Green Valley until Wera lost Jim to Alzheimer's in 2008. Her mother died nine months later. With no children or family responsibilities, Wera returned to traveling the world! In 2017, having seen all she cared to see, Wera followed her Mom to La Posada, becoming a second-generation resident! Wera plays golf and mahjong, is active in Desert Hills Lutheran Church and loves life at La Posada.

*Pat Cramer***Donita Gross**

La Vista 392

*Photo provided by Donita Gross*

Donita and her older brother were born and educated in Indiana. A scholarship to Ball State Univ. led her to major in music and social studies. She worked in the Music Department, studied piano, was a primary accompanist for vocal students, and sang in the college choir. Donita became a vocal music teacher for grades 1-12 in Griffith, IN, where her chorus earned a "superior" rating in competition.

Career opportunities took her back to Ball State and then Purdue Univ. (Asst. Dean of Women) where she obtained a masters in Counseling/Guidance. Kimberly Clark next offered a job requiring a move to Wisconsin where Donita worked in Recruiting, Personnel and as Director of Consumer Services.

In WI she met Roy Gross through church, and after he was widowed, Roy and Donita married. Roy was VP of a local bank, but still found time to do Volunteer Mission trips with Donita. The couple found GV through friends and wintered here before buying a home in 2001. Donita volunteered at the Tubac Arts Center, sang and soloed with the GVC Chorus, Tubac Singers and the Methodist Church choir.

She and Roy traveled to Europe, Kenya, China, Egypt, Australia, New Zealand, the Holy Land, and all U.S. states except Hawaii. Today Donita enjoys crossword puzzles, reading, and her season tickets to AZ Theatre, AZ Opera and True Concord. Donita's brother and family reside in PA and NJ.

Pat Cramer

Don and Susan Kjerland

La Perla 2324



Photo by Nicole Raymond

Don is a native of Ames, Iowa and graduated from Iowa State with a B.S. degree in Chemical Engineering. Susan was born in Middletown, Ohio and obtained her B.S. degree in Nursing from Wittenberg University in Springfield. The couple met in Dayton, Ohio when Don was stationed at Wright-Patterson Air Force Base and Susan was working in Nursing, teaching Obstetrics. They have two living children and one grandchild.

Don worked for UOP (a company providing technology to the petroleum refinery and petrochemical industry) for 37 years and traveled widely in the U.S. and overseas. While with UOP, Don had a four-year assignment in the UOP London office, during which time their youngest daughter was born. He worked in Iran during the time of the Shah and made many trips to Saudi Arabia.

Don and Susan were acquainted with Green Valley because Susan's parents had come here for winters, and with kids located in the west, it seemed the right place to retire. So summers were spent in the Chicago area and then Estes Park, Colorado and Green Valley was home during the winter. The couple has been active in Desert Hills Lutheran church and the Desert Hills Golf Club. They enjoy bridge, love taking trips, and Susan has volunteered at the GV hospital since it first opened.

Pat Cramer

Howard and Barbara Lilley

La Perla 2113



Photo provided by Howard and Barbara Lilley

Howard and Barbara were both born in Dearborn, MI and grew up just three blocks apart, although they never discovered that until much later when they met after college! Barbara's education as an R.N. started at Henry Ford Community College, then Madonna College. She graduated from Wayne State University. Howard attended the University of Detroit and later Eastern Michigan University. Barbara's career took her to several hospitals in the Detroit area. Howard first worked in accounting and then built a successful company providing temporary workers to corporate organizations, such as Lear Siegler. Their three children and eight grandchildren now live in different parts of the country.

The couple came to Green Valley in 1998, loved the area and bought a house within a few weeks. For a while, they moved between that home and their lake house on Strawberry Lake, Michigan, but eventually they sold the Michigan house and resided full-time in Green Valley. The travel bug took them throughout most of the United States and Canada in their RV, although they also have enjoyed a number of river cruises in Europe. The Rhine cruise has always been a favorite!

Hobbies and interests today find Barbara playing bridge, reading, and volunteering at the Pima County Library store in Green Valley. Howard participates in activities at the Tucson Historical Society, enjoys walking, and stays busy with their dog, Rudy, who is always happy to walk as well.

Pat Cramer

Jackie Smith

Park Centre Home 120

*Photo provided by Jackie Smith*

Jackie is a native Minnesotan, born in St. Louis Park, although she lived in several places around the Twin Cities area over the years. She attended Macalester College and earned a B.S. in Psychology from the University of Minnesota, where she was a Pi Beta Phi sorority member. Jackie met her husband, Dean, at Macalester and they raised one daughter and have one granddaughter. Jackie's Minnesota-based daughter spends winters in the Virgin Islands, so she has a ready-made vacation destination!

Jackie worked in the Counseling Center at the University of Minnesota and Dean worked in Banking and Finance. When Dean was alive, the couple spent winters living on the South Island of New Zealand for more than a decade, but Jackie came to Green Valley after he was gone since she knew friends from Minnesota here. Green Valley then became her winter haven for the next seven years.

One of Jackie's fascinating opportunities was taking cooking classes in Tuscany, Italy and the Loire Valley in France. Jackie has found that La Posada is a great place to stay active. This busy woman has been President of The Woman's Club of Minnesota, and has been a Stephen Minister and bell ringer for her church. She now attends Desert Hills Lutheran Church, volunteers for the University of Arizona Book Festival, plays golf and bridge, needlepoints, and volunteers at the Arts Center in Tubac!

*Pat Cramer***Mark and Carol Stellhorn**

La Perla 2301

*Photo by Nicole Raymond*

Mark is a Missouri native who was a Journalism major at the University of Missouri when his studies were interrupted for service during the Vietnam war. When that was completed, he headed to California for a management-training program that led to a store management career in the supermarket industry. He and Carol met through work, married and created a blended family of five children and now, nine grandchildren.

When Mark took early retirement in 1997, the Stellhorns considered places like Palm Springs and northern California as they looked for a busy and active retirement community. Tucson eventually captured them when they found Saddlebrooke in 2000. They both loved the golf, tennis and square dancing available there.

When not enjoying those activities, Mark and Carol pursued a passion for travel and have visited 46 countries. Their pleasant apartment has many lovely artifacts from visits to Africa (Tanzania), South America, Panama, the Galapagos, Machu Pichu, Egypt, Malaysia, Indonesia, India and most recently, the Holy Land.

Here at La Posada, the couple participates in many classes, lectures, nature walks and day trips when not focusing on hobbies like reading. Mark follows the stock market and Carol enjoys her sewing. Mark declares, "Once we retired, we never looked back!" And Carol adds, "Remember Yogi Berra's advice: If you come to a fork in the road, take it!"

Pat Cramer

Eagle walks on frozen river



Photo by Dave Owens

Feeding Time



Photos by Lillian Monson

LA POSADA AT PARK CENTRE, GREEN VALLEY, AZ

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