



The Mirabella Monthly

www.mirabellaliving.com/Seattle



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OCTOBER | 2020

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www.mirabellaliving.com/Seattle
jaredcurtis@icloud.com

MAKE YOUR VOTE COUNT

BY JULIE HOLLAND

Deadlines and Actions that Ensure Your Vote Is Counted on November 3

THE MIRABELLA CIVIC ENGAGEMENT PROJECT (MCEP) is committed to making every vote count by ensuring that Mirabella Seattle voters are registered in time and their completed ballots arrive on time. If all goes well, the voting process is straightforward. Knowing that the devil is in the details, key deadlines and actions are being provided for this year's election. Ensure that any online or mailed voter registration changes have been received by October 26. Your ballot will be mailed to the address on file. It is easy to check your registration status, change the address on file, or register in Washington for the first time by using VoteWA.gov. This is the easiest and quickest way. Another option is to print out the voter registration form found at this website https://www.sos.wa.gov/_assets/elections/vrf_print_2020_english.pdf, fill it out by hand, and mail it.

Note: If you need to register to vote or change your voter registration and the October 26 voter registration submission deadline is missed, you will need to go to a voting center in person on November 3, stand in line to register, then stand in line to vote.

Watch for your ballot. It will be mailed to you on October 15 by the Washington Secretary of State.

Ensure that your completed ballot is received by November 3 at 8 pm if you are voting in person at the voting center or depositing your



WALKING OUT AT DUSK

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ballot in a neighborhood ballot box. A ballot mailed through the United States Postal Service (USPS) must be postmarked no later than November 3.

The news in the past several weeks about diminished USPS capacity and its possible impact on timely delivery of completed ballots is worrisome. If you are planning to vote by mail, drop the completed ballot in the Mirabella USPS mailbox as soon as possible after it is received. An option that removes USPS delivery uncertainty is to deposit your ballot in a ballot box. There is a ballot box in South Lake Union, a few blocks from Mirabella at 310 Terry Avenue N.

MCEP is organizing a ballot box drop-off service for residents. Details will be announced mid-October.

If you have a question or would like assistance with registration or ballot delivery, please contact one of the Mirabella Civic Engagement Project members: John Pehrson, Ruth Benfield, Bill Benfield, Julie Holland, or Jim Holland.

EVENING WALKS

BY JARED CURTIS

DAYS are growing shorter and darkness falling sooner, but for a time at least, the air is warm enough to walk out in the evening in comfort. A special delight of walks in darkness is the opportunity to look through windows that in daylight only reflect back one's own image. Lighted interiors are "brave new worlds" to anyone who normally walks only in the daytime. We've all read stories and perhaps have memories of a solitary passerby glimpsing a household scene of a family gathered before a roaring fire or of someone reading quietly alone in a room while music floats through the walls from an unknown source. Think of Charles Dickens, who walked miles at night through the streets of Victorian era London, observing life in

the streets and behind windows as he went along, and then incorporating some of these vignettes in novels like *A Christmas Carol*, *A Tale of Two Cities*, *David Copperfield*, and *Great Expectations*, to name only four. A vicarious pleasure, to be sure, but, short of peeping tom-ism, perfectly harmless, and for Dickens a part of his creative process.



A "through the window" illustration by Phiz for "David Copperfield" (Victoria & Albert Museum)

In our neighborhood, such nostalgic or even romantic sights are not likely. But it is a perfect opportunity to view the many brightly lit interiors of the various business offices and their storefront windows in South Lake Union that host the work of local artists. I highly recommend you take such a walk, as I did, with a companion, both for safety reasons and for shared enjoyment and pleasure.

WINDOW ART

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We set out in the waning daylight to walk to Lake Union. Only in failing light, as we returned through the Troy Block passageway, did we notice the giant map adorning one wall of Houdini One, with each continent represented in three-dimensional relief and each land mass decorated with many concentric rings, perhaps denoting the real or imagined reach of Amazon's international sales machine. Or, in the same lobby space, who has looked in on the serviceable India Raj style furnishings of simply built sofas of solid dark metal and wood and the travel trunks used as end tables for lamps. Or, across the plaza, in the entrance hall of Houdini Two, have you seen the high wall decorated with another three-dimensional mural, this one of varying size wooden pieces depicting hundreds of "Smile" delivery boxes? More challenging, though, and more satisfying to the imagination are the windows devoted to a rotation of art created by a bevy of inventive and talented local artists. We stood for several minutes admiring the brightly lit creation by Sarah Lovett of two larger-than-life dragonflies facing one another, head to head, in the largest window on Harrison Street, between Terry and Boren Avenues. Made of very thin white paper framed with wood and rolled colored plastic to form the cyclopean eyes, these creatures are a joy to behold. The artist describes her work as personal images that "are designed for play," adding, "When children giggle at them

in delight, I have succeeded." Just beyond this display is a smaller window featuring an array of large acrylic paintings that depict vivid open water scenes by artist Debbie Daniels, whose works, she says, "freeze the movement of water to preserve the delicacy of a fleeting moment in time." There are six more such windows within the Amazon campus alone, all lit up for the evening stroller to discover, ponder, and admire. Each carries a decal giving the



Works by Debbie Daniels – photos from Shunpike

artist's name and a statement of artistic purpose. The exhibits change every few months, and the ones we saw, as well as all the others, have now been replaced by new displays of art by different artists. I can't imagine a finer use of these otherwise blank showplaces than giving exposure to the work of rising local artists. The organizer and funder of storefront art in the Seattle Metropolitan area is Shunpike, and the program is called, unsurprisingly, Storefronts Seattle. If you visit <https://shunpike.org/storefronts/>, you will find all of the active Shunpike storefronts described and a map displayed that shows their locations in South Lake Union, Westlake, and Bellevue.

Returning to Mirabella just as darkness was upon us, we enjoyed Jeff Eidsvik's splendid "storefront"



Two Magical Dragonflies by Sarah Lovett

MEDIC ONE FOUNDATION NEWS § ERRATA

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*Night time view of Cascade Mural by Jeff Eidsvik
– photo, J. Curtis*

mural of images of the Cascade neighborhood, commissioned by the Mirabella Seattle Art Committee and displayed on Fairview Avenue North for all who pass by.

THE FIRST “SIP, SAVOR, AND SAVE YOUR LIFE” – A GREAT SUCCESS

BY JEAN ROLFE AND JIM OHTA

MANY THANKS to Mirabella residents for hosting Medic One Foundation’s first ever Zoom event, “Sip, Savor, and Save Your Life: A Coffee Break to Support Medic One Paramedics.” Delicious “coffee break” treats were delivered to participants prior to the event. The informative program featured Lindsey Kelly and Paul Santos, our Mirabella Scholarship graduates; Eric Timm, Program Director, Paramedic Training Program; and an inspirational story from Lauren Adam, whose life was saved by Medic One Paramedics.

Many thanks to program facilitator Paul Keown, Executive Director Travis Duncan and his team for

their wonderful support, the valuable guidance of Erika Campbell, and the great dining services team for the delicious breakfast treats.

One-hundred percent of all gifts made to the Mirabella Paramedic Training Scholarship Fund will support the goal of training two Seattle Medic One paramedics students. We look forward to sharing the students’ progress with you.

If you were not able to join us, you may contact Jim Ohta at jyohtajr@aol.com for a link to view the recorded program.

We are extremely grateful to live in such a giving community. The residents involved in planning the event are Pat Gaillard, Diana Holland, Paul Keown, Glenda Maledy, Charlotte Merritt, Janet Ohta, Dick Parker, Jerry Roling, John Wertz, and cochairs Jean Rolfe and Jim Ohta.

SEPTEMBER ERRATA

Jared Curtis, Editor and Publisher,
The Mirabella Monthly

Inflation, along with fog, “creeps in on little cat feet.” In the September issue of *The Mirabella Monthly* on page 2, column 2, “Mirabella Monthly Wins APEX 2020 Excellence in Publishing Award,” an incorrect number of APEX Award entries was cited.

P. 2, col. 2:

For “nearly 12,000 entries” read “**nearly 1,200 entries.**”



WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2019–2020



Nickie Askov,
President, 2019–2020,
Box 1116, x 1858,
ena1@psu.edu



Pat Kushmerick,
Vice President, 2020,
Box 402, x 1607,
pakushmerick@gmail.com



Mary Jossem,
Secretary, 2019–2021,
Box 835, x 1584,
mjossem@gmail.com



Julie Holland, Treasurer,
2018–2020,
Box 1000, x 1819,
julie@jholland.com



Louis Swart, Member-at-
Large, 2019–2021,
Box 805, x 1754,
elswart38@gmail.com



Gillian Thompson, Mem-
ber-at-Large, 2019–2021,
Box 431, x 1544,
gillthompson431@gmail.com



Dan Dow, Member-at-
Large, 2018–2020,
Box 517, x 1658,
dan@dowfamily.net



Martha Oman, Member-at-
Large, 2018–2020,
Box 501, x 1642,
marthaoman@gmail.com



Barbara Porter,
Past President, 2019–2020,
Box 902, x 1885,
3316music@gmail.com

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month, 9 am, Emerald Hall. Residents are welcome at all Council meetings.

RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2019–2020

For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE>Groups>Committees

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
Art	Shirley Freeby Joanne Mearls	Box 609, x 1648 Box 931, x 1814
Communication	Susan Dillon	Box 522, x 1663
Dining	Margot Hill	Box 303, x 1569
Emergency Preparedness	Jack Fiore Brendan Coleman	Box 1220, x 1812 Box 729, x 1742
Employee Appreciation	Paul Keown	Box 1119, x 1574
Environment & Facilities	Betty Heycke Dieter Heycke	Box 414, x 1619 Box 414, x 1619
Finance	Tim Hill	Box 303, x 1569
Health and Wellness	Carolyn Roe	Box 1124, x 1886
Library	Chris Jamin Ailie Speer	Box 1028, x 1635 Box 608, x 1685
Lifelong Learning	Louise Lowry	Box 607, x 1684
Mirabella Seattle Foundation	David Webber	Box 1122, x 1864
Nominating	Barbara Porter	Box 902, x 1885
Outside Activities	Charlotte Bushue	Box 530, x 1723
Program	Leslie Klein Kitty Dow	Box 830, x 1779 Box 517, x 1658
Welcoming	Diane Holmes	Box 927, x 1810



KUDOS TO COUNCILORS & CHAIRS § CLINIC NEWS

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MIRABELLA SEATTLE RESIDENTS' ASSOCIATION

Nickie Askov, President, Residents' Association

Annual Recognition Party

Tuesday, October 6; 11 am, via Zoom



In pre-COVID-19 times we would be planning our Annual Recognition Party, usually held in early October. We would celebrate the leadership of our Resident Council and Committees at a big

party in the West Dining Room. We still want to celebrate that leadership, but we won't be able to do so in person. We are working closely with Administration to provide a surprise recognition! Please join the Residents' Association meeting on Tuesday, October 6 (see MIRANET for the Zoom link).

On page 5 of this issue we list the names of Council members and committee chairs. Those are the residents whom we especially recognize at the Annual Recognition Party. But truthfully we also want to thank all the many residents who serve as voting and non-voting committee members. Special thanks also to committee secretaries who take notes at meetings and make sure they are posted on MIRANET. We also appreciate the many Mirabella staff members who support our efforts. See you on October 6 and be prepared to party on Zoom.

NEWS FROM RESIDENT SERVICES

Loni Held, Resident Services Director

October Flu Vaccine Clinic

Thursday, October 15; 9 am–3 pm, Emerald Hall
Kelley-Ross Pharmacy will be conducting a flu vaccine clinic for independent residents in Emerald Hall. Please bring your insurance card with you. The consent form will be done digitally this year. If

you would like to fill it out before your vaccination, please visit: <https://www.kelley-ross.com/polyclinic/flu-shot-consent/>.

Residents who are in assisted living, memory care, or health center will have other arrangements made through Mirabella staff. Due to required COVID-19 precautions, floors will be assigned times. More information will be available in a memo.

HEALTH SERVICES

Brooke Kasten, Director of Social Services

Loni Held, Resident Services Director

Health Services Clinics

Available to All

The following clinics are being held for Independent Living (IL) residents in first-floor Suite 133 by the C elevator. Wear your mask, complete a COVID-19 questionnaire, and do not bring food or drink. For questions, please contact Loni Held at (206) 254-1418, or Brooke Kasten at (206) 254-1452.



Podiatrist

Wednesdays, October 14, November 11, and
December 16; 8:30 am–3:30 pm

Mak Abulhosen, DMD, is available for morning appointments for IL residents in Suite 133. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

Audiologist

Tuesday, October 13; 9–11 am

Dr. Patricia Munson of Seattle Hearing Services will offer hearing assessments. For appointments, call Brooke Kasten (x 1452).

MOBILE LIBRARY SERVICES RETURN

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Foot Care Clinic

Monday, October 19

Bonnie Ackles, RN, CFCS, provides professional foot care for Mirabella residents. Appointments are available 9 am–4 pm and will last 45 minutes plus 15 minutes for paperwork (total one hour). Due to extended time, protocols, and PPE the foot care rates are \$60 for established clients (or those with recent foot care); a one-time fee of \$75 for new clients (or those without recent foot care). Cash or check only. For appointments, call or text (206) 940-0748.

Massage

Wednesdays, Thursdays, Saturdays, and Sundays

Susan Stein, LMT, is available for massage services in Suite 133. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays

Jennifer Lewis, MTCM, LAC, is available for acupuncture services in Suite 133. Call x 1421 to schedule an appointment.

Medical Equipment Repair

TBD

Access Medical Repair will do free simple repairs or diagnostics for wheelchairs and walkers, or with a fee for larger repairs. Currently, Access will not be making visits to Mirabella, but multiple items may be grouped and sent to the repair site. Call Loni Held for details (x 1418).

Did you know... you can recycle your old prescription, sun, and reading glasses (no cases, please), or old hearing aids? Please drop these items in the Lions Recycle box located in the Resident Services office. Unused hearing aid batteries are welcome, as well.

Loni Held, Resident Services Director

SEATTLE PUBLIC LIBRARY

Patricia Wagner, Memory Care Coordinator

Seattle Public Library (SPL) will resume mobile

services on the first Thursday of each month beginning October 1. Changes to operations include a no-contact dropoff and pickup. Mirabella residents will have no contact with library personnel, so please follow all procedures to assure that your materials are returned and new materials delivered.

Permission: SPL mobile services will be contacting those who used the library in the three months prior to COVID-19 to request permission to check out books and answer any questions.

Returns: Drop off your library materials at Mirabella's front desk; they will be returned to library staff on the first Thursday of each month. Returned materials are held in quarantine for at least seventy-two hours after they are received, so it will take a few days for your account to show they have been returned.

New Materials: Log onto your SPL account and request materials via the "holds" icon, selecting mobile service. Materials can also be requested by calling (206) 386-4636.

Peak Picks/Popular Books: At this time, SPL is unable to offer Peak Picks for mobile service pickup. If you would like to request a new release, please put it on hold and it will be delivered when available.

Delivery: Upon delivery to Mirabella, your materials will already be checked out to you. All materials delivered by SPL will be bagged with your name on the outside and delivered by staff.

Getting Connected: If you are new to the Seattle Public Library or need to reactivate your account, sign up for a library card or reactivate your account by calling (206) 386-4636 and request Mirabella mobile services.

For all other questions, inquiries, or for more information, please call (206) 386-4636.

USING DIRECTORIES § EAF DRIVE

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COMMUNICATION COMMITTEE

Susan Dillon, Chair

MIRANET Tidbit: Directories



You can easily locate another resident via the Directory on MIRANET, and multiple ways to sort are available with a few clicks of your fingers. Log into MIRANET > Directories (gray) > Residents > (green). The default will list all your fellow residents by last name. However, you can also search by apartment number or first name. In the Search box enter the first name or apartment number and the list will sort accordingly. Or you can search by floor. Enter the floor number in the Search box, followed by “th,” such as 6th. Again, it will sort.

Would you like a printable copy? Go to MIRANET > Documents (green) > Recurring Publications > choice of Phone List by Last Name or Phone List by Suite.

The list is updated monthly and copies are placed in the rack in the Mailroom. Don't have a computer? Check the rack; there should be a copy there for you.

Susan Dillon

EMPLOYEE APPRECIATION

COMMITTEE

Paul Keown, Chair

EAF Drive Kickoff

Do you remember your first days at Mirabella?

It is overwhelming to realize how spoiled we are by our staff: from valets who take care of our cars and those of our visitors to security staff who deliver vital packages to our doors; from restaurant staff who respond to all our culinary demands to

housekeepers who keep our surroundings clean and even disinfected. And consider those we never see who work behind the scenes to keep everything humming at Mirabella. This year, we were pampered in the extreme during the COVID restrictions.

Staff showed up faithfully for us while coping with their own concerns about the pandemic. They put us first! It's time for us to put them first. The Employee Appreciation Fund (EAF) Drive is Mirabella residents' chance to open our hearts and pockets by funding a year-end employee bonus that is distributed to all salaried (other than directors) and hourly employees in December.

Please join us for the kickoff of this year's annual EAF Drive on Tuesday, October 6th, at the Residents' Association Meeting. The virtual program will be hosted on Zoom and will feature a video presentation that will be recorded for later viewing by those who miss it. The Committee intends to entertain and inform you with this multimedia program, but our real objectives are to reflect on the incredible care we have received over this challenging year, and to showcase our amazing, dedicated Mirabella employees.

We hope all residents are inspired to participate in this tangible expression of gratitude and appreciation to our staff. If you are going to be away from Mirabella during the EAF Drive (October 6 through November 17), please contact any member of the EAF Committee and you'll be provided with contribution materials.



Toni Myers

Toni Myers

THREADCYCLE § LIFELONG LEARNING

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ENVIRONMENT & FACILITIES

Betty & Dieter Heycke, Cochairs

Threadcycle Bin: Where Is It, What Is It For?

We have a great resource for disposing of clothes, linens, and shoes that we no longer want. It is the Threadcycle bin on the parking garage level in the freight elevator lobby, next to the “B” elevators. Fabric items and shoes may go in there in any condition EXCEPT anything wet or mildewed.

We have recently had a problem with other items being placed in that bin. It is not a general disposal bin! Please, ONLY clothing, linens, or shoes that are NOT wet and NOT mildewed. Trash goes in the Trash Room next door to the Threadcycle bin.

Laura Bailey, Green Sub-Committee

LIFELONG LEARNING COMMITTEE

Louise Lowry, Chair

Zoom events: To join LLC Zoom events, go to MIRANET’s “Upcoming Events” on the date and time of the event. Click on the title of the event to bring up the Zoom link. Click on the Zoom link to join.

OLLI-UW free lectures via Zoom require pre-registration, but no fee. Pre-register early on MIRANET’s “Upcoming Events” to receive your personal link to the event.

Character Development with David Smith

Fridays, October 2, 9, and 16; 10 am, via Zoom

Philosopher David Smith presents a timely series on Character Development in anticipation of this year’s contentious election season.

VIRTUE THEORY

Friday, October 2

Character development is an approach to ethics focusing on the characteristics of noble people. In the opening lecture, Dr. Smith looks at the virtues, their

value, their connection to behavior, what ancient and contemporary sources say about them, and the processes by which we humans can develop them.

THE VIRTUE OF HONESTY

Friday, October 9

An analysis of honesty is both philosophical and practical. What is truth? Is it what corresponds to reality or what coheres with one’s own worldview? And what is reality? Is it objective or subjective? This lecture addresses those questions, looks at the need for honesty in every area of life, and asks whether lying is ever noble.

THE VIRTUE OF COMPASSION

Friday, October 16

In our extremely polarized society, we seem to have lost our ability to show compassion to people who disagree with us. What is compassion and why does it matter? Dr. Smith looks at what experts say about compassion and its relationship to pity, sympathy, empathy, and forbearance.

Dr. Smith holds a PhD in Comparative Religions from Temple University. He is a featured speaker with Humanities Washington and has been a popular lecturer at Mirabella Seattle. Coordinator: Louise Lowry.

Supportive Friends, Zoom Resident Café

Tuesday, October 6; 3 pm, via Zoom

Mirabella’s Supportive Friends for bereaved Mirabella residents will meet again in the Residents’ Café via Zoom. All residents are welcome to attend this virtual meeting for shared conversation. To join, click on “Residents’ Café” on *Upcoming Events* on MIRANET’s Home page. Then click on the Zoom link that comes up.

Residents who do not own a computer may join with a phone connection. Please call one of the cochairs for assistance: Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

TALKS AND WORKSHOPS

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History of Broadway's Greatest Musicals with Glen Rosenblum

Wednesday, October 7; 10:30 am, via Zoom

In this concluding presentation, Glen Rosenblum features Broadway musical show-stoppers from *The Impossible Dream* to *Send in the Clowns*. He uses rare clips, photos, and his critic's insight to help you remember and appreciate these favorite shows.

Glen Rosenblum is a critic, historian, performer, and fan of Broadway Musicals. Coordinator: Stevie Bravmann.

Resident Revelations: Stevie Bravmann—Ghana: Verbal Snapshots

Tuesday, October 13; 3:30–4:30 pm, via Zoom



*Stevie & René Bravmann
—photo, C. Blount*

Stevie and René Bravmann, like Carolyn Blount, lived for a time in Ghana, but Stevie has a different perspective from that described by Carolyn in last month's Resident Revelations. Ten years earlier, for two-plus years, she and René were in central Ghana, Weachi,

Brong Ahafo, rather than the coastal region where Carolyn taught in Winneba. The country was the same, but the location, time, socio-political scene, and individual circumstances were exceptionally different. Coordinator: Carolyn Blount.

OLLI-UW Virtual Lecture

Norse Cosmology: The World According to Snorri with Lauren Poyer

Wednesday, October 14; 12–1 pm, via Zoom, no fee, but pre-registration required

Lauren Poyer gives an overview of the medieval sources for understanding Norse cosmology, with a focus on creative myths. She examines the

intersection of Norse poetic traditions and natural imagery that gives such a “violent” creation story: the earth and heavens being formed from the body of the giant Ymir. She also considers the possible moral lessons to be drawn from Norse myths of creation and destruction.

Lauren Poyer, a medievalist, lectures in the Department of Scandinavian Studies at the University of Washington, teaching Old Norse language, Scandinavian Mythology, and Vikings in Pop Culture.

Death and Aging Café with Ann Burns, facilitator

Wednesday, October 14; 3:30 pm, via Zoom

All are welcome to participate or just listen to the conversation about death and aging—two taboo subjects that are discussed frankly in this setting. Ann Burns, a retired attorney and currently a chaplain at Providence Hospice, suggests pertinent topics and keeps discussion focused. Coordinator: Barbara Standal.

OLLI-UW Virtual Lecture: Monsters and Monstrosities in the Middle Ages

Friday, October 30; 1–2 pm, via Zoom, no fee, but pre-registration required

Dr. Charity Urbanski, University of Washington History Department, explores ancient, medieval, and modern monster theory: how the concept of monstrosity was used to define “humanity,” how the rhetoric of monstrosity was used to dehumanize out-groups in the Middle Ages, and how fantastic monsters, such as dragons, revenants, and werewolves had distinct social functions.

More Lifelong Learning Opportunities from OLLI-UW

OLLI-UW Virtual Lecture recordings

Free recordings of the OLLI-UW virtual lectures are available by entering in your browser:

<https://www.campusce.net/uwolli/course/course.aspx?catId=7>.

OUTSIDE ACTIVITIES MAKES A NEW START

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OLLI-UW Zoom remote courses

Remote courses are being offered online via Zoom. The courses below are being recorded so you can view a class later if you miss it.

OLLI-UW has a new registration system. To sign up for a course, visit <https://www.campusce.net/uwolli/course/course.aspx?catId=11>.

If you have any questions about the new system, please contact Trisha Koizumi at 206-685-6549.

You may also register through Erika Campbell to pay by credit card or have the fee billed to your Mirabella Seattle account.

Comparative Religion with David Smith

Fridays, October 23–November 20; five sessions, 9:30–11:30 am; Cost \$50

Are religions a mass of confusion or a world of opportunity? We will survey, analyze, and compare the central teachings of the major world religions with attention paid to both similarities and differences. Traditions covered may include Judaism, Christianity, Islam, Hinduism, Buddhism, and Chinese religions, as well as a discussion of alternative religions and cults.

Germs Make Me Sick! with Winston Brill

Mondays, October 26–November 16; four sessions, 1–3 pm, Cost \$50

After introducing the concepts of bacteria and viruses, Winston Brill will show how some of these germs cause disease and how we naturally, and through medical intervention, protect ourselves from potentially dangerous bacteria and viruses. He will focus on pandemics; what they are, where they came from and their impact on society. Students will follow the current COVID-19 and flu situations along with medical breakthroughs (some are certain to occur during the course). Through demonstrations and cartoons, concepts will be easy to understand for those with no science background.

OUTSIDE ACTIVITIES

Charlotte Bushue, Chair

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

Transportation will offer shopping and sightseeing bus trips each week in October.

Bus Service: Residents may reserve space on the bus for desired shopping or sightseeing trips by calling the Town Car reservation request line (x 1419) and leaving a voicemail (we ask residents to leave only one message). Signup sheets in the lobby will not be used.

Seating: Proper social distancing will be practiced at all times. Individuals as well as couples will be asked to space themselves accordingly. Capacity has been reduced due to spacing protocols. Residents must wear masks at all times.

Shopping Destinations: When arriving at the destination, residents will shop while the bus waits on site. As residents complete their shopping, they may re-board the bus and wait to return to Mirabella.

Sightseeing Destinations: There will be no stops on sightseeing trips.

No Show and Late Passengers: We encourage residents who change their plans to please call the Town Car reservation line as early as possible in order to make space available for other residents.

SHOPPING TRIPS:

Mondays, October 5, 12, 19, 26, and November 2, 9; **Safeway,** 10:30 am; **Metropolitan Market,** 1:30 pm.

Tuesdays, October 6, 13, 20, 27, and November 3, 10; **Fred Meyer,** 10:30 am; **PCC,** 1:30 pm.

Wednesdays, October 7, 14, 21, 28, and November 4; **Costco,** 10:30 am; **U Village/QFC,** 1:30 pm.

Thursdays, October 1, 8, 15, 22, 29, and November 5; **Fred Meyer,** 10:30 am; **PCC,** 1:30 pm.

Zoomed Programs

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Fridays, October 2, 9, 16, 23, 30, and November 6;
Safeway, 10:30 am; **Metropolitan Market**,
 1:30 pm.

SIGHTSEEING SCHEDULE:

Tuesdays, October 6, 13, 20, 27, and November 3;
Varies—TBD, 3:30 pm.

Thursdays, October 1, 8, 15, 22, 29, and November
 5; **Varies—TBD**, 3:30 pm.

Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Leslie Klein, Cochairs

Emerald City Music

Emerald City Music is a new chamber music series in Seattle and Olympia that has been performing at 415 Westlake Avenue North for the past four years. Many Mirabella residents have subscribed and attended its concerts during this time. The performers come from all over the country and present an astonishing array of old and new music in many different combinations of instruments. Of course, COVID-19 has caused the series' directors to reassess how they will present this coming season. They have approached Mirabella about hosting the first three concerts of the 2020–2021 season. We have responded very positively to Kristin Lee, Artistic Director of Emerald City Music, and plans are well underway for Emerald City Music to come to Mirabella this fall via Zoom. The first concert will be on Thursday afternoon, October 22, as announced in the Program Committee's offerings below. Watch the November and December issues of *The Mirabella Monthly* for the next two concerts.

For an enthusiastic article about Emerald City Music's reinvented performance schedule, read the September 18 issue of online magazine *Discover South Lake Union* (<https://www.discover slu.com/story/performance-reinvented/>). Photographs of

performers and details of the two free and several subscriber concerts make for interesting reading for music lovers. A button at the bottom right of the web page allows you to subscribe to this lively magazine.

Kitty Dow

Kate Starbird: Understanding Online Misinformation as COVID-19 Meets Election 2020

Thursday, October 1; 3:30 pm, on Zoom

Professor Starbird is Associate Professor at the Department of Human Centered Design and Engineering at the

University of Washington. She is cofounder of the UW Center for an Informed Public. Her research is situated within human-computer interaction and the emerging field of crisis informatics—the study of how social media and other information-communication technologies are used during crisis events.



Kate Starbird

Her work focuses on the production and spread of online rumors, misinformation, and disinformation. In her presentation, she will examine some of the dynamics that make us especially vulnerable to misinformation right now. We will hear about a few case studies of online misinformation related to COVID-19 and the 2020 election. She will suggest ways we can help to slow the spread of such misinformation. Coordinator: Judy Guder.

Jovino Santos Neto, Jazz Pianist

Thursday, October 8; 3:30 pm via Zoom

Jovino Santos Neto worked as a pianist, flutist, and producer with the legendary Hermeto Pascoal in his native Brazil for fifteen years. Since moving to Seattle in 1993, he has released several recordings

CONCERTS AND COMMERCE

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*Jovino Santos –
photo, Luzia Grob dos Santos*

as a composer and leader of his *Quinteto* and other recordings in collaboration with musicians such as Bill Frisell, Gretchen

Parlato, Paquito d’Rivera, and many more.

A worldwide performer and lecturer, he has received many commissions and awards for his work for orchestras, soloists, chamber ensembles, and for his *Quinteto*. Jovino’s music blends contemporary harmonies and improvisations with a rich variety of Brazilian rhythmic languages.

In his Mirabella concert, Jovino will explore all the possibilities of the piano spanning the distance from the lyrical to the effervescent within a few measures. His enlightening commentaries make for a unique musical experience.

Zoom link will be provided via MIRANET on the day of the concert. Coordinator: Paul Hill.

Greg Wolf: Small Business Challenges in Seattle During 2020

Thursday, October 15; 3:30 pm, live via Zoom

Small businesses in Seattle have faced unprecedented survival challenges during the past year: increases in the minimum wage to \$15, rent increases, tariffs on Chinese products, COVID-19 lockdown, riots, and looting. Discover how Chief Operating Officer (COO) Greg Wolf, of locally owned Kasala Furniture, a chain of modern furniture retail stores in Seattle, Bellevue, and Tukwila, has handled each of these challenges to stay in business and thrive during these turbulent

times. As if these tests were not enough, his business survived a car crashing into his most profitable Bellevue store, closing it for several months. Greg will explain the pivots he made on the fly to stay afloat through fast changing circumstances

in Seattle. A mix of good fortune, government support, smart strategy, and strong leadership allowed the company to weather the storm during the shutdown and come out stronger on the other end. The company was able to surpass sales totals in July and August over the levels of 2019.

Greg Wolf, CPA, was born and raised in the Seattle area and is a graduate of Newport High School in Bellevue. He graduated from Drake University in Des Moines, Iowa, with a Bachelor of Science in Accounting and holds a Master of Accountancy degree from Washington State University. He is also a member of the Rainier Club Finance Committee. If you are curious about how Seattle’s small businesses are coping, here is a unique perspective from a leader of a great local company. Coordinator: Leslie Klein.

Ladies Musical Club Concert

Saturday, October 17; 2 pm, via Zoom. Please note the new day and time.

LMC is opening its fall season with a concert performed by Diane Althaus, soprano, Mike Dodaro, baritone, and Joan Lundquist, piano.

Here is the charming invitation in their own words: “Musical Soiree at our house. Zoom in on Saturday, October 17 at 2 pm. Art songs by Quilter, Rodrigo, Ginastera, Turina, Richard Strauss; Opera by



Greg Wolf

MUSIC ZOOMED LIVE . . § . . A FAIR START

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Rossini and Verdi. Soprano Diane Althaus, baritone Mike Dodaro, and pianist Joan Lundquist are plunging into the new world of Zoom concerts. We hope you will enjoy our selection of duets and solos, art songs, and opera—Italian, Spanish, English, and German. There will be discussion afterward to make it a bit more personal.”



Mike Dodaro & Diane Althaus

Diane and Mike, her husband, have sung extensively in opera, oratorio, and recitals in the Seattle region. They have performed the Art Song literature

frequently together in recital.

Joan Lundquist has been a collaborative pianist for Seattle area musicians and organizations for thirty-five years. She has taught at Seattle University and Northwest University. She is the organist/pianist at Immanuel Lutheran Church and rehearsal accompanist for the Seattle Choral Company. Coordinator: Carolyn Burton.

Demarre McGill Recital

Thursday, October 22; 3:30 pm, via Zoom

The first performer of the Emerald City Music series at Mirabella, Demarre McGill, has gained international recognition as a soloist, recitalist, chamber musician, and orchestral musician. Winner of an Avery Fisher Career Grant and the Sphinx



Demarre McGill

Medal of Excellence, he has appeared as soloist with the Philadelphia Orchestra, the Seattle, Pittsburgh, San Diego, and

Baltimore symphony orchestras, and at age fifteen, the Chicago Symphony. Now principal flute of the Seattle Symphony, he previously served as principal flute of the Dallas Symphony, San Diego Symphony, and Santa Fe Opera Orchestra. He recently served as acting principal flute of the Metropolitan Opera Orchestra.

As an educator, Demarre has coached and presented master classes in South Africa, Korea, Japan, and throughout the United States. In August 2019, he was named Associate Professor of Flute at Cincinnati College-Conservatory of Music. He is an artist-faculty member of the Aspen Music Festival and School.

Media credits include appearances on PBS's *Live from Lincoln Center*, A&E Network's *The Gifted Ones*, and, with his brother Anthony when they were teenagers, on *Mr. Rogers' Neighborhood*.

A native of Chicago, Demarre McGill began studying the flute at age seven and attended the Merit School of Music. Demarre received his Bachelor's degree from The Curtis Institute of Music and a Master's degree at The Juilliard School. Coordinator: Kitty Dow.

FareStart

Thursday, October 29; 3:30 pm, via Zoom

FareStart is a culinary job training and placement program for homeless and disadvantaged individuals. Started as a project to feed the homeless, it has evolved into a training program for the food service industry.

Erika Van Merr will bring us up to date on the progress of FareStart and how it is surviving in the era of COVID. Coordinator: Nancy Lucht.

LOOKING AHEAD

Michael Partington Concert

Thursday, November 5; 3:30 pm, via Zoom

Michael Partington will perform a program of

WELCOME – LIZ, BETTY, BOB . . .

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classical guitar music at Mirabella via Zoom. He currently is Artist in Residence at the University of Washington, where he directs the guitar program. We've been delighted to have Mr. Partington here several times, once when he brought his students along. A British award-winner who has played concert programs throughout North America, Europe, and Russia, he will share classics from the repertoire and new works composed for him. We look forward to his performing pieces by Diabelli and Sor on an original French instrument from 1840. Coordinator: Jean Hall.

WELCOMING COMMITTEE

Diane Holmes, Chair

Liz Anderson

Please welcome our new resident, Liz Anderson, who has moved into unit 1032, along with her dog, Max. They come to Seattle from Corona del Mar, California, where she lived from 2001 until coming to Mirabella. Liz is a graduate of the University of Southern California (USC), where she earned her BA in Education and belonged to the Alpha Phi sorority. She taught kindergarten for one year before becoming a Pan Am stewardess (as flight attendants were known then) for a short time before marrying



Liz Anderson – photo, D. Holmes

Gordon Anderson, who passed away in 2019. She has three sons: Mike, who lives in Boston and Greg and Jeff, who both live in Seattle, as well as nine grandchildren and three great grandchildren, with another on the way. She has lived in Chile, Libya, Nigeria, and Malta, and has traveled extensively. Liz used to be an avid scuba

diver and snow skier, but now she enjoys playing dominos, doing crossword puzzles, and drinking good red wine. She looks forward to getting to know other residents here.

Marilyn Campbell

Betty Edwards and Bob Hunt

Betty Edwards received her BA from St. Martin's College in Lacey, Washington, her MBA from Southern Illinois University at Edwardsville through an off-campus program at McChord AFB, and then received her Law degree from University of Puget Sound in Tacoma. She was a trial attorney for Washington State's Office of the Attorney General. Betty loves playing bridge and is a life master. Interests include walking, golf, and the theater.



*Betty Edwards & Bob Hunt
–photo, D. Holmes*

Bob Hunt graduated from the U.S. Naval Academy in Annapolis, Maryland, and served in the Army as an artillery officer, paratrooper, and counterintelligence/Chinese specialist. He had tours in Germany, Vietnam, Japan, Taiwan, Washington, DC, the Defense Language Institute, and Hawaii. Music, art, writing, and sports have been lifelong passions.

Quoting Bob: "Bob was born in Boise, Idaho. His father was a career Army officer in the Medical Service Corps, so Bob grew up in California, Japan, San Antonio, and Washington, DC. He has a Master's Degree in Asian Studies. His brother is a West Point graduate and currently lives in Olympia. Bob has self-published seven illustrated humor books and is currently writing newsletters

AND LYNNE AND WALTER § BOOK CLUB

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about fictitious people and events at Mirabella (“Mirabellaland”). He was a famous (in his own eyes) bluegrass musician, singing and playing the banjo and guitar as a street musician at Pike Place Market and outside the old Kingdome during sporting events in the old days. As a retired military officer, Bob asks that all Mirabella residents and staff stand at attention when he passes by even though many are probably unable to get up because of arthritis and other maladies.”

Betty and Bob are proud owners of canine partner Ollie, a ten-year-old rescue Shih Tzu mix.

Diane Holmes

Lynne Iglitzin and Walter Bodle

Lynne and Walter braved the pandemic to move from Madrona into Apartment 726 on August 13, but while summer holds, they will be mostly at their Hood Canal cabin. Walter grew up near Detroit,



Walter Bodle & Lynne Iglitzin

moving to Southern California in the 1940s, where he graduated from USC in political science. He taught high school government/economics in Compton, California, a job he loved, for thirty years. Only once did he take a sabbatical, spending 1984

in Washington, DC, teaching social studies to Congressional pages. That was how he met Lynne, who headed the National Council on Social Studies. They were married in 1987. Walter retired in 1990,

allowing the couple to return to Seattle, where Lynne had a job at the University of Washington. Here, Walter, a skilled photographer, originated the wonderful “Youth in Focus” program that trains 200 inner-city teenagers a year, producing widely shown exhibits. He remains an active Board member.

Lynne is from New York City, where she graduated from Barnard in political science. As her first husband, violist Alan Iglitzin, progressed through orchestras, she obtained her MA from the University of Minnesota and PhD from Bryn Mawr. In the late 1960s the Iglitzins came to Seattle, where Lynne taught at UW, becoming an early influential voice in women’s studies. After divorcing, she moved to DC for various governmental positions. On retiring from UW (again), she became active in Seattle civic life, serving on the Civil Rights Commission among many others. Lynne’s children are local: Karen is a violinist; Lara was Director of the UW Henry Jackson Foundation; and Dmitri is a labor lawyer. Lynne was a thirteen-year docent for Frye Art Museum and is an avid pianist. Lynne and Walter are looking forward to this new chapter in their lives.

Sue Herring

BOOK CLUB

Fourth Monday of the Month; 4 pm, via Zoom

On October 26 we will discuss *The Girl Who Smiled Beads* by Clemantine Wamariya. Subtitled “A Story of War and What Comes After,” this book chronicles the journey of the author and her older sister, who fled the 1994 Rwandan genocide, traveling through seven African countries and eventually being granted refugee status in the United States. It is a story of resilience and the power of the human spirit.

At our gathering on November 23 we will discuss *Mrs. Bridge* by Evan Connell. This novel portrays a mid-twentieth-century suburban housewife filling the

GREAT DECISIONS § POSTCARDS FOR VOTERS

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roles of wife, mother, and member of her community but never emerging as a person in her own right.

After Michael Chabon's Zoom visit in July, we scheduled *The Amazing Adventures of Kavalier & Clay* for our January selection. As this is a lengthy book it may be a good idea to get a head start on reading it. Chabon's Zoom talk was recorded, and a link to it is available on MIRANET under Groups > Program Committee > Documents and Files > Zoom Links. Everyone is welcome to join us.

Tina Moss

GREAT DECISIONS 2021

Third Monday of the Month, January through August, 2021; 3:30 pm via Zoom

Come and discuss global and foreign policy issues with a group of Mirabella residents, starting in January 2021. We meet monthly and collectively discuss foreign policy topics aided by DVDs and a booklet supplied by the Foreign Policy Association.

Small groups meet throughout the United States for similar discussions. Cost for the educational materials is approximately \$25.00 per person or couple. Topics for 2021 include the following:

(1) The role of International Organizations in a Global Pandemic; (2) Global Supply Chains and National Security; (3) China and Africa; (4) Korean Peninsula; (5) Persian Gulf Security; (6) Brexit and the European Union; (7) The Fight over the Melting Arctic; and (8) The End of Globalization. Discussions are led by volunteer group members.

Refresh and upgrade your interest in foreign affairs and join our friendly discussion group.

Notify Dick Parker (x 1712) if you are interested in enrolling in Great Decisions so that all materials can be ordered in time for the new year.

Dick Parker, Coordinator for Great Decisions

WRITER'S CRAMP AT MIRABELLA

BY WARREN ASKOV

VERY FEW of us do much handwritten correspondence these days. However, many of our residents have received a lot of practice and exercise in the last three months. It would be hard for any of us to escape that this is an election year, and since June many residents of Mirabella have been busy writing postcards to urge voters to check their registration status and encourage early voting. These postcards have been sent to voters in four southern states: North Carolina, Georgia, Mississippi, and Texas. The four chosen are among the eight states identified by Reclaim Our Vote as those that have been the most vigorous in suppressing minority voting by a variety of means: purging voter rolls; redistricting; closing or moving voting locations to more remote locations; limiting voting hours; and requiring a photo ID, which poor and minority voters are less likely to have. (The other four states are Alabama, Florida, South Carolina, and Arizona.)

The postcards are one of the non-partisan projects of Reclaim Our Vote, the action network of a 501(c)3 charitable organization, Center for Common Ground. The postcards we sent are non-partisan. They encourage early voting to avoid long lines on election day and provide information where and how to check registration status and voting



Two rounds in August, less than half the total of cards mailed, held for later mailing when the list of polling places was published – photo, W. Askov

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locations. Some of the cards to Texas were bilingual in English and Spanish.

In June, Warren and Nickie Askov volunteered for Reclaim Our Vote by each of us agreeing to write a packet of twenty cards. Told of our project, other residents agreed to join us in the effort. Word spread and the number of volunteers grew as more residents joined the effort. Postcard packets have arrived almost every two weeks until we completed about eight rounds in mid-September of distributing packets of twenty postcards, labels, addresses, and stamps to between thirty-five to forty residents per round. Volunteers not only wrote twenty cards per round but also paid a supply cost of \$10 per packet just for the privilege of doing so, and then addressed, stamped, and mailed the cards.

In all, forty-six residents wrote at least one round of twenty postcards, and many of those took on several rounds. Ten residents each wrote two sets of twenty cards several times. The costs of these extra packets were underwritten by other residents who offered the \$10 cost of the packets in lieu of writing. They wanted to offer support, but begged off writing because of arthritis, bad handwriting, or competition of other activities.

The last cards were distributed on September 29. With that last round, Mirabella will have written 5,780 postcards. We are now urging residents to do phone banking, joining several residents who have already volunteered. Phone banking is also a non-partisan project. We are advising potential voters where and when to vote, but not how to vote. Contact Nickie or Warren if you want training to do phone calls.

FAMILY, FRIENDS, AND FRESH AIR

BY MARY JOSSEM

A long time ago, in a galaxy far, far away... and before COVID-19, Mirabella residents could

have visitors. In March, those welcoming doors to family and friends closed in the interest of keeping Mirabella residents safe during the pandemic.

Due to the diligence of both staff and residents in practicing social distancing, wearing masks, and refraining from group activities, the Mirabella community has been relatively free of the virus.

On September 1, Mirabella entered Phase 2 of its reopening plan. Although many restrictions are still in place, Phase 2 has opened Mirabella's welcoming doors once again to family and friends. Opportunities for safe family and friend visits in the outdoor courtyard are now available to residents, and credit must be given to the creativity of Mirabella staff for making this happen.

Two visitation areas are available: an outdoor, unsheltered area for residents in Independent Living, and for residents in Assisted Living, Healthcare, and Memory Care; a tent provides shelter from the elements as well as privacy. Maximizing efforts to provide a safe environment for residents and visitors, the Mirabella maintenance staff designed and built "virtual walls" of plastic that are placed between residents and visitors. Thanks to Executive Assistant Marianna Williams, a few colorful potted plants were added to the cozy visitor settings.



Visiting Area for residents in care – photo, L. Held

CASCADE BEAT

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Our Health Services residents especially have appreciated this new visitation venue. Having been totally isolated for almost six months, they now have the opportunity to enjoy the company of one or two visitors for thirty minutes, once a week, on a regular schedule. The schedule allows fifteen minutes between visits to give staff time to clean and sanitize the visitor areas.

Visitors, residents, and staff must observe social distancing and wear masks at all times. Amy Heider, Health Services Activity Director, and Patricia Wagner, Memory Care Coordinator, work together facilitating visits for Health Services residents. Amy said that the virtual walls and outdoor environment provide a few communication challenges, but families and friends are very resourceful. Some are using cell phones during the visits, and one family is going to explore using a white board to add some fun and variety.

In the two weeks of visits so far, Amy has witnessed tears of joy as families and residents reunite.

Especially heartwarming was a resident who was able to have visits from children and grandchildren before they moved out of the country for a year.

Amy says residents look forward to visiting days, get excited, and even plan what they will wear. One resident has a special sun hat she makes sure to don before going outside for her visit.

Thank you, Mirabella staff, for opening those welcoming Mirabella doors again for family, friends and fresh air. Perhaps the pre-COVID-19 galaxy we inhabit these days isn't so far away after all.

NEIGHBORHOOD NEWS

BY PAT THENELL

Mirabella Seattle is in a relatively new neighborhood whose growth began with the arrival

of REI (Recreational Equipment Inc.) located just northeast of Mirabella on John Street. REI moved to the Cascade Neighborhood of South Lake Union in 1993 by purchasing the Overall Laundry site. Its first building was at 10th Avenue and East Pine Street in the building now occupied by Elliott Bay Books. REI specializes in outdoor clothing, as well as every kind of recreational equipment. They also rent equipment. There was nothing else of note around it then, and many Seattleites, including me, wondered why the move took place.

There was a time when Elliott Bay Books was at 1st Avenue and Main Street in Pioneer Square and going there to browse the books and eat in their cafe downstairs was a regular activity of mine, and that activity continues to this day at their site on lower Capitol Hill just south of Cal Anderson Park. Now it is clear that REI anchors the shopping and small cafes in this neighborhood. A short walk will also take you to great coffee shops like Vivace.

Construction

Construction continues just south of Denny Way at all three sites. However, the construction site that will have the greatest impact on this area is the expansion of Washington State Convention Center. When finished, this addition will have shops on side streets.

Museums

New state COVID-19 regulations now allow museums to open on a limited and timed schedule. This means that the many interesting museums in our area and in downtown Seattle are open for limited access. It is necessary in each case to be a member; log in online, pick an available time slot, and sign up. The Seattle Art Museum on 1st Avenue, a block west of Benaroya Hall, controls the sign-up for that site as well as for the museum in Volunteer Park. and the Olympic Sculpture Park. At this writing, the very interesting Frye Art Museum

CASCADE, THEN AND NOW

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at 704 Terry Avenue, the Museum of Flight, the Gates Foundation Discovery Center, Pacific Science Center, and the Museum of History and Industry (MOHAI) located on Lake Union are not yet open. However, Museum of Pop Culture at Seattle Center and Chihuly Glass, both at Seattle Center, and the Burke Museum on the University of Washington campus are open.

Shopping Downtown

Most stores in the downtown corridor are open for instore shopping and drive-by pickup. It is a short walk or bus ride to the downtown area and Pike Place Market.

A PHOTO ESSAY: WALKING CASCADE NEIGHBORHOOD TODAY

BY JARED CURTIS AND LIZ BRET

WHEN I wrote the original essay called “Walking Cascade Neighborhood” (*The Mirabella Monthly*, July 2013) and when I republished the piece in *Out from the Center: Seattle Neighborhood Walks* (Lulu.com, 2014), the neighborhood surrounding Mirabella Seattle had its share of treacherous terrain for older walkers. In the article I answered questions like “What is the best route to my destination? Is it a safe place to walk? Are there streetlights? Will cracks in the sidewalk or other obstacles make it dangerous to use my cane or walker?” Cascade neighborhood did not score well on this assessment scale in 2013, just a few short years ago. Lighting was iffy in places, especially near the remaining warehouses and derelict buildings. Cascade has a storied history: it once housed a carriage service establishment, later the famous “Toe Truck” establishment, a Bill Boeing workshop, and many laundries that served the entire city before home washing machines

became the standard. In 1918 came the Great Laundry Strike organized and carried out by the hundreds of Chinese immigrant women who worked in the brick buildings dotting the area (three remnants remain, their street-facing walls preserved as exteriors for apartment buildings and an office building). As these older buildings fell into disuse, the roots of wonderful old trees lifted sidewalks in some blocks; over the last fifteen years many new construction projects created the familiar hazards of dug-up pavement, and heavy machinery rumbling through the streets and over sidewalks. The clearing of the land of the old bus depot, reclaiming the contaminated soil, installing Seattle City Light’s electrical distribution network of underground cables, and constructing City Light’s Cascade Substation seemed to take forever.

Recent photographs by resident and intrepid city walker Liz Bret tell a different story. The redevelopment of Cascade is not yet complete, with a few open spaces offering opportunities for new construction and some sites currently in the throes of development. But in the main, all of the hazards for walkers have been cleared: lighting has improved, sidewalks repaired or



*The north side of John Street from
Minor Avenue North*

STROLLING THE STREETS

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*Benches on Pontius Avenue N,
bridging the swale*

replaced and made wider, and attractive pedestrian-friendly features installed like public art pieces, a dog park, benches, plantings, and swales designed to capture and clean groundwater flowing toward Lake Union.

walk. She then headed south on Yale past Caffè Torino to Thomas Street, where she passed Café Hagen, went south on Pontius, and returned to Mirabella along John Street, past the new City Light Substation, Shine at SCCA, and

the double row of Katsura trees on John to Fairview. Liz reports that “from the front door of Mirabella, up John to Yale, and all the way to Mercer is exactly a half mile.” If you begin as Liz did and walk a rectangular loop by turning west on Mercer Street and south on any other avenue, the walk doubles to about one mile. Adding east-west streets in between will lengthen your journey to your target distance.



Hydrangeas on Yale Avenue N

This is gentrification of the kinder variety. In her “Neighborhood News” column in the September 2020 issue of *The Monthly*, Pat Thenell wrote about the good mix of market rate and supported housing in Cascade and the surrounding area. Getting out on the sidewalks is not only less hazardous and more enjoyable for residents of Mirabella than it was seven years ago (provided we wear masks and maintain a safe distance between ourselves and others), it is also an encounter with both diversity and delight. And it is good for our bodies and spirits.

The Walk

Let’s suppose Liz Bret started her loop through the neighborhood by stepping out of Mirabella’s front door and turning right on Fairview Avenue North, crossing John Street, and turning right on John for one block to head north on Minor Avenue North. She continued to Harrison Street, walked east to Pontius Avenue North, and then north along Pontius to Mercer Street. From there, she walked east to Yale Avenue North, the farthest reach of her



*Café Hagen on Thomas Street
at Pontius Avenue North
– all story photos by L. Bret*



BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! OCTOBER 2020

3 – Toni Kennedy	11 – Flora Rabinovitch	20 – Nancy Lucht
4 – Betty Heycke	12 – John McGinnis	21 – David Webber
4 – Toni Myers	13 – Julia Wan	22 – Kathleen Gill
4 – Mary Worthington	14 – Jim Halverson	24 – Harriet Goodman
5 – Jerry Finrow	15 – Lynn Davidson	25 – Norm Winn
6 – Bob Capeloto	17 – Barbara Standal	27 – Sue Lane
7 – Anne Magruder	18 – Marilyn Campbell	27 – Helene Metzenberg
7 – Ailie Speer	18 – Julie Holland	27 – Jeanne Sweeney
8 – Johnny Weaver	18 – Judy Owens	28 – Betty O'Donnell
9 – Jo Pope	19 – Eileen Swart	29 – Ardie Johnson
10 – Brendan Coleman	20 – Bill Bailey	29 – Joanne Suver
	20 – Gloria Hennings	

ELEGY ON A GIANT SUNFLOWER

BY TONI MYERS

Pure sunshine reflects
 from the sky and in our garden
 as we walk to the P-Patch.
 The sunflower looms in the distance,
 guarding the blooming beds.
 A sentinel keeping watch.
 Nothing bad can happen.
 Fourteen feet high, I say. Skip, ever the realist,
 counters with ten.
 It will last forever
 until it's gone.
 A limp snake in the weeds,
 its magnificent flower looks ravaged
 by critters who munched it to death.
 So little space in the compost.
 I'm not prepared for its demise,
 for any creature's demise.
 In my mind's eye, I keep the sunflower,
 along with Granny and my father and I'm
 the cat and all those who are sweet and

precious. I am bursting with everyone
 I love.
 Tonight, I will dream of a twenty-foot sunflower,
 so recently here and living still in my heart and mind.

Remembering . . .

Dorothy Byers 09/06/2020
Evelyn Litwin 09/08/2020
Gene Thompson 09/09/2020
Nancy Cleveland 09/15/2020
Kipper Dail 09/16/2020
Marie Borgatta 09/18/2020
John Peterson 09/19/2020
Laverna McClean 09/22/2020

MISSING EVENTS

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BUILD YOUR OWN BRAVE NEW WORLD: HOW TO SPEND THE PANDEMIC

BY CONNIE CHAPLIN

If you're beginning to lose patience with the plot of the story you've devised to fill your time until the vaccine arrives, you might want to try this approach: "This pandemic is going to change everything; after COVID-19, our world will never be the same." In this coping method, you as screenwriter accept that some things will never be done the same way again and weave your story into that reality. It's the brave new world spinoff; you have an opportunity to change everything. For the better, of course. Motto: Now's our chance to do it better/cheaper/accessible to all/safer and more beautiful. Don't snicker; it can be done—think roll call of the states at the Dem's national convention. More fun, too. Not sure about the cheaper part.

If you're used to buying season tickets for the Mariners/Hawks/Dawgs, this year is surely a trial for you. Is there a season? Where? How? When? Will you attend? Will you arrange to have your likeness propped up on a stadium seat to show team support while you sit in your jersey in front of your own TV? Will enough fans pay for this privilege? Those picture cutouts don't buy hot dogs and beer or bus rides to the venue or babysitter fees or jerseys. And nothing can make as much noise as Seahawks 12s (or affect the outcome of home games). And do we really know that thousands of fans will feel pandemic-proof next year, unafraid of crowds (or of a 2022-23 virus)? What about the teams? Players have shown recently that they have strong opinions about their options.

And what does no-football do for universities

besides delay a new coach's (read Jimmy Lake's) debut? Football brings in the bucks at a lot of places. And that brings in the students and siphons money to other departments. And builds the careers of the pros we continue to support for years and whose jerseys we buy. English majors don't suffer concussions on Saturdays, but they don't monetize their school at the same level, either. If you were tasked with building back a COVID-era sports program, where would you start? Tennis, maybe, or fencing—they already have masks.



Speaking of schools, will they always be considered a threat to children? Teachers? The lunch ladies? Will we try to steer kids into careers where they can work from home? In solitary cubicles? With animals, maybe, but not everyone can be

a veterinarian. Or as a gardener. Or just revert to an agrarian society.

What about all the venues that present the symphony, the ballet, the opera, the Town Halls, the showplaces of a city. Long-standing up-scale emporiums are closing, not just for the year, but forever. Those empty, expensive showplaces for the arts must be maintained, protected, and insured. Forever? Who pays for that? And for musicians, singers, dancers, actors, technicians?

Can a personal drone be brought into this picture? Think: how to change attendance at and participating in sports, putting on the Olympics, funding the arts, teaching, running universities, collaborating on research, making movies, planning construction, building better/safer/cheaper, more beautiful/functional/ecofriendly buildings, working in publishing, agriculture, travel, space exploration, commerce, and oh yeah, finding a way out of poverty.



The Mirabella Monthly



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Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor for October: Connie Chaplin

Copy Editors and Writers: Connie

Chaplin, Sally Hayman, Mary

Jossem, Mary Rogers, Pat Thenell

Reopening Plan Phase 2

Under Phase 2, we now produce a printed edition as well as an online edition (PDF) of each issue. A core group of team members will do the printing and distributing while observing social distancing and wearing masks and gloves. Printed copies will also be available in the Mailroom slot labeled *Mirabella Monthly*. We rely on proofreaders who are able to receive and make corrections to an e-proof.

How to Submit Your Article, Story, or News Report to *The Mirabella Monthly*

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted. Occasionally members of Mirabella staff contribute articles, but *The Monthly* is intended to showcase

writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing.

Please note: Deadline for all submissions is the 15th of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request. All written submissions will be edited, formatted, and proofed by Mirabella Monthly staff. Please email your submission to Mary Rogers at mkr3824@gmail.com.

Word or RTF documents work best. Pages documents should be "exported" to Word format before submission. Submit paper copy to mailbox #824 as a last resort.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Use only one font in one size for the entire article.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for "original" or "full size." Send digital images to

jaredcurtis@icloud.com

Put all illustrations and sketches on paper in box #801.

How to Submit Events for

Mirabella This Week

If you want information added to *Mirabella This Week*, please email details to Marianna Williams at mkwilliams@retirement.org by 5 pm Wednesday of the prior week. Room bookings must be made in writing (on forms available on MIRANET SEATTLE or in the Mailroom document rack). Turn in completed forms at the Front Desk.

The Mirabella Monthly
Mirabella Seattle

www.mirabellaliving.com/Seattle
jaredcurtis@icloud.com