



The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 13 | ISSUE 5

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The Mirabella Monthly
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BUILDING OUR FOUNDATION TOGETHER

—BRICK BY BRICK

JULIE HOLLAND, COCHAIR
2021 MSF FUNDRAISER COMMITTEE

THE MIRABELLA SEATTLE FOUNDATION'S 2021 fundraiser begins May 4. It will be a tribute to Mirabella Seattle residents who have been collectively building the Foundation since 2010 and a reaffirmation of the Foundation's mission to provide financial support for select causes within the scope of its mission. Ranked by residents in order of importance, the causes are resident assistance, employee benefits, and local nonprofit community support.



Other deserving internal and external projects are considered and awarded as a need arises. For example, last year the Foundation contributed \$5,000 to the newly formed South Lake Union Chamber Small Business & Nonprofit Relief Fund. This fund provided financial assistance to businesses in South Lake Union most vulnerable to COVID-related restrictions. In other words, as a Mirabella resident who has contributed to the Foundation, you can proudly say, "I have helped the small businesses in my community remain viable."

This year the Foundation has approved, on a one-time basis, a \$50,000 matching grant for the "It Takes a Village" public-private investment partnership initiated by Councilmember Andrew Lewis. This partnership is in response to tiny house villages proving to be the most effective means of transitioning the unsheltered homeless from the streets, cars, parks, and tents to permanent housing. The initiative's goal is to build tiny house villages at a faster rate than currently funded by the City of Seattle, more aligned with actual need.

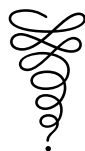
SHAKE, WALK, AND ROLL

This means that when contributing to the Foundation this year, you have the option to direct a portion of your contribution to the “Mirabella It Takes a Village Fund.” For every dollar contributed to this fund, the Foundation will add an additional dollar up to a total of \$50,000. Anticipating questions about tiny house villages, Sharon Lee, the tiny house village innovator and Executive Director of the Low Income Housing Institute, has agreed to make a presentation to Mirabella residents and answer questions via Zoom on Tuesday, May 11 at 11 am. Make a list of questions for an expert, such as what case management services are embedded at every village. The link will be distributed and available in the MIRANET event calendar.

A fundamental key to the continued growth and stability of the Mirabella Seattle Foundation is you. The Mirabella Seattle Foundation exists because of residents’ engagement and relies solely on contributions to remain financially viable. Resident-led initiatives like the Re-Store and Art Exhibits contribute all or a portion of their proceeds to the Mirabella Seattle Foundation throughout the year. Legacy gifts are also received. But it is each resident’s contribution during the annual fundraiser that most ensures continued financial health. The 2020 Fundraiser netted \$140,000.

Much more information on the Foundation and its projects will be available during the drive that runs from May 4 to June 4.

And remember, you may direct your tax-deductible contribution to select causes of your choice. The contribution letter and envelope will be placed in your inhouse mailbox on May 4.



MIRABELLA TEAM PARKINSON’S DISEASE WALKATHON 2021

Saturday, May 8; 11:30 am–12:30 pm, Mirabella Courtyard

Please join us for the annual fundraiser for the Northwest Parkinson’s Disease Foundation (<https://nwpcf.org>). Last year we walked masked and social distanced as residents and partners with Parkinson’s Disease. This year all are invited to walk! We will still need to be masked and social distanced. We will have music. Donation envelopes will be at the Emerald Hall Courtyard entrance for anyone who would like to make a contribution, or you can register on the website as a part of the Mirabella Team.

<https://www.classy.org/event/walk-for-parkinsons/e321251>

Click “Register;” then “Join a Team;” then type “Mirabella” in the search box to go to the Mirabella Seattle Team page. You may make a donation if you wish: click a “1” (or more) to join the team to participate in the courtyard (neighborhood) walk and choose whether or not to make a donation.

Ruth Benfield



*Mirabella Team Parkinson’s Disease Walk, 2020
– Photo, R. Benfield*

RE-STORE § RAP CONSIDERED

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RE-STORE HOURS

What's Not to Like?

Everyone's favorite browsing site, the busy Re-Store is open to shoppers a total of thirty-two hours each week. Hours are 10 am to 4 pm Monday through Friday; Saturday, 10 am–12 noon; closed on Sunday.

Ingrid Steppic

MEDITATION ON RAP

BY JARED CURTIS

Is Rap poetry? Author and writer Dwayne Reed has this to say: "Why can't Queen Latifah and Chance the Rapper be up there with Walt Whitman and William Wordsworth for the rhymes and rhythms they drop? Like Simon [a character in my children's book, *Simon B. Rhyming*] I found my voice through rapping when I was a kid in Chicago trying to express myself. In the same way that poetry helped Emily Dickinson find her voice, rapping helps modern children and teens make sense of their world and how they feel about it." Reed's book features a young hero who "finds his voice through rapping." In an early chapter Simon raps about his best friend Maria, whom he knows to be quick to tell him what she thinks, no holds barred:

Maria, Maria,
That's my amiga,
Every single time
She'll say what's on her mind.
Confident and kind,
A great friend of mine,
Maria, Maria.

Simon's outspoken friend gives him confidence to speak his mind in rhythm and rhyme, stilling his first-day-back-at-school butterflies and helping him find his place in the world.

Here's another example of rap poetry, based on the ancient tradition, found in many languages and cultures, of riddling in rhyme.

RIDDLE RAP

By Michael Shepherd

Didn't seek it; didn't choose it;
didn't want it; can't refuse it;
so it's up to you to use it;
you must suffer if you lose it;
give account if you abuse it...
what is it?

Now...

Wordsworth and Whitman were both immensely popular poets for a time, and for their times. About Queen Latifah and Chance the Rapper one could say the same. Puzzling about all this, I broke into rhyme.

MEDITATION ON RAP

By Jared Curtis

Rap can jump it, rap can jut it
Rap can bump it, rap can butt it
Rhyming sometimes doesn't cut it
But its rhythms sure do strut it
It has flow and pace so rapid
You are sweatin' just to catch it.

Riddle that I find in it—
Maybe I don't even get it—
I wonder where to set it.
Is it this or is it that,
Is it pho or is it phat?
Is it song or is it dance,
Is it simply utterance,
Spurred by army ants in pants?
Is it jazz or just the blues,
Bop or hip hop, how to choose?
Let's just call it poetry,
Another way folk can be free.

CASCADE BEAT

NEIGHBORHOOD NEWS

BY PAT THENELL

Seattle Center

Before the ambitious undertaking of the Century 21 Exposition in 1962, what is now Seattle Center was just an area filled with inexpensive houses where folks I knew in high school lived. However, several structures that did exist were Civic Field, rebuilt in 1946 as Seattle's High School Memorial Stadium, and Seattle Civic Auditorium, used by Seattle University for basketball and for graduation. This building has



Exterior view of the Seattle Civic Auditorium, Seattle, 1929; from Dorpat Sherrard Lomont collection, University of Washington Library

been replaced by McCaw Hall, whose principal tenants are now Seattle Opera and Pacific Northwest Ballet.

The Century 21 World's Fair was conceived and financed by civic and business leaders and was certified as Century 21 World's Fair. International Fountain, located in the middle of the campus, operates all year round. Built for the 1962 World's Fair, the modernist water sculpture was renovated extensively in 1995. With over twenty spouts, the fountain goes through programmed cycles of shooting water patterns, accompanied by recorded world music. The music is changed twice a month; it is chosen to coordinate with the water patterns and events

programming at the Center.

The Armory, southeast of the fountain, contains a food court on its ground floor and a place where programs are held. Seattle Shakespeare Company performs in the theater in the lower part of that building. Seattle Center is home to four theaters, Seattle Repertory Theatre, Book-It Repertory Theatre, Children's Theatre, and Center Theatre. Several new venues have been added since the exposition; the most popular of these is the Museum of Pop Culture and the Chihuly Garden and Glass. The Space Needle also stands on the Center property, though it is privately owned.

Through April 2021, many virtual Center events have been available online. When COVID-19 restrictions end, in-person events at the Center will resume, and folks can enjoy all of Seattle Center again. For now, just walking through the area is a great treat.

Across Denny Way from Mirabella Seattle

Graham Construction is building the two towers for the Canadian firm Westbank at 1200 Stewart Street, with towers that face Denny Way as well as Stewart. Vehicle access to the buildings will be on Minor Avenue. A galleria space between the towers is designed for shops; small eight-story building on the Stewart side will house a performance space and a Trader Joe's market.

Behind the nearly completed Bosa building with its glass balconies, is the finished building at 1930 Boren Avenue. It was scheduled to be a multipurpose office building but will now be completely occupied by a life science firm. The building faces both Boren Avenue and Virginia Street. The garage opens on to Minor Avenue. At one time the location was occupied by the Dutch Shisler Sobering Center for those with substance abuse issues. The Sobering Center, operated by Pioneer Human Services for King County, has moved to the Georgetown neighborhood of Seattle.

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
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Nickie Askov,
Past President, 2020–2021,
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COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom Conferencing. Resident Council meets on the second and fourth Tuesday of the month, 9 am via Zoom. Links for both meetings are found on MIRANET on the Home Page under upcoming events. Residents are welcome at all Council meetings.

RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2020–2021

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

Committee or Group	Chair/Cochairs	Contacts
Art	Joanne Mearls	Box 931, x 1814
Communications	Susan Dillon	Box 522, x 1663
Dining	Mandy Wertz	Box 531, x 1672
Emergency Preparedness	Ted Taylor David Webber	Box 814, x 1763 Box 1122, x 1864
Employee Appreciation (01–12/2021)	Warren Askov Helen Roberts	Box 1116, x 1858 Box 505, x 1548
Environment & Facilities	Betty Heycke Dieter Heycke	Box 414, x 1619 Box 414, x 1619
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Janice Kaplan-Klein	Box 830, x 1779
Library	Martha Oman Toni Myers	Box 501, x 1642 Box 1022, x 1827
Lifelong Learning	Louise Lowry Julia Wan	Box 607, x 1684 Box 1110, x 1852
Mirabella Seattle Foundation	David Webber	Box 1122, x 1864
Nominating	Nickie Askov	Box 1116, x 1858
Outside Activities	Leslie Klein Judith Peterick	Box 830, x 1779 Box 606, x 1683
Program	Kitty Dow Judy Guder	Box 517, x 1658 Box 1026, x 1831
Welcoming	Diane Holmes	Box 927, x 1810



GIFTS OF ART § SPRING ART EXHIBIT

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ART COMMITTEE

Joanne Mearls, Chair

March Gift Givers

Move to Mirabella with too much for your walls? Think about sharing with the community. We have approximately two-and-a-half miles of walls, much of it crying out for a picture. Ellie Fife just downsized—we all benefited from her generous gift of five works, including two charming oils of Paris, one a late nineteenth or very early twentieth-century depiction of a boulevard in high summer and another more contemporary scene, noted by the change in clothing, but still Paris.



Ladine Tate, "Untitled"

Resident artist Jean Freeburg is moving north and offered us two gifts: one of her own works that hung in the 4-B elevator lobby and a fascinating semi-abstract wind-swept

seashore by her art teacher, Ladine Tate.

Can't tell you where any of these will be hung as we are in the throes of a much-welcomed hallway redo. But as the floor art is rehung, you can have fun finding our new works as well as your old favorites.

We welcome loans and gifts! If you are interested in sharing, please contact me or any member of the Art Committee.

Joanne Mearls

NEW ART EXHIBIT

Reviewed by Sally Hayman

Aspects of Architecture: Resident Collections

Mirabella residents have again opened their collections to the community, this time in an exhibit built around the theme of architecture.

If this sounds a bit starchy, an array of precise renderings of important buildings, it is not. Instead, we

are treated to a collection of places and buildings, each having a special meaning for the owner. We also have a wonderful armchair voyage around the world from Paris to Greenland, from Pike Place Market to Japan, from Venice to Chile.

Not surprisingly there are many churches: from

a gothic cathedral to a storefront mission, from Hagia Sophia to a Quaker meeting house in Pennsylvania. A large, juicy oil painting of the famous Duomo by Brunelleschi towering above the rooftops of Florence glows under the lights at the east end of the hallway.

And houses. Not just humble huts, but even a tiny birdhouse. There is one old photograph of a Victorian mansion in an elaborate gilded frame, in keeping with the faded grandeur of the house. And Japanese houses, neatly portrayed in a series of etchings.

Painters have always been attracted to studies of street scenes which feature ordinary, almost banal houses grouped together. The streets in this exhibition include a white sunlit corner of a Greek island, a row of houses and trees reflected in a wet street in South Africa, a bright collage of Post Alley, a collection of shanty houses in Cape Town, a cluster of houses in New Mexico, and a canal in Venice.

Some works are pure fantasy like a flying house untethered to the earth. Or Claes Oldenburg's design for a Seattle-specific monument, a giant water faucet. A photo of the Gateway Arch in St. Louis shows that fantastic architecture can be realized.

A special commendation is due to the imagination of the Art Committee, whose members found and displayed so many different examples of the way architecture influences our hearts and minds. Even without human figures, this show is deeply human.



Salk Institute, La Jolla, CA

– Stephen L. Rosen

STAYING IN THE LOOP § CLINICS FOR ALL

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COMMUNICATIONS COMMITTEE

Susan Dillon, Chair

Tech Help at Your Fingertips

Some residents choose to put computing behind them when they move to Mirabella Seattle. Others simply find keeping up with their computers or phones an unpleasant and complicated experience. Still, there may be times when you wish you had saved that last memo from Administration or Dining. Rather than search through the pile of papers in your apartment or the ones you just put into the recycle bin, you can easily find recent memos and current dining menus online. In fact, almost anything related to Mirabella can be found on MIRANET and can really help keep you informed and in touch. And, of course, work orders and town car reservations are especially easy to make on MIRANET.

Several members of the Communications Committee are more than willing to help you find the kind of help you need to access and use MIRANET. Don't hesitate to contact any committee member listed below by name, phone extension, and email address, followed by areas of expertise.

- » Susan Dillon, x 1633, susan@chezdillon.com;
PC computer
- » Betty Heycke, x 1619, bettyheycke@yahoo.com;
iPod and iPhone
- » Barbara Porter, x 1885, 3315music@gmail.com;
PC, iPhone, and Android
- » Nanette Welton, x 1735, Nanettew@mac.com;
Mac and iPhone

Barbara Porter

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 Suites 133 or 134 by the C elevator. Note the room assigned to each.

Wear your mask and complete a COVID-19 questionnaire. Do not bring food or drink. For questions, please contact Loni Held at x 1418 or Brooke Kasten at x 1452.



Optometrist: AK Vision Care

Monday, May 3; 10 am, Suite 134

Dr. Aditi Kakade, OD, an optometrist who specializes in the vision of older adults, provides eye examinations and treatments and will also be holding a drop-in, no-cost eyeglass clinic to repair glasses. Clinic will not open unless at least five residents request visits. Please call Katie Harrison at x 1457 for an eye exam appointment or an eyeglass repair visit.

Audiologist: Seattle Hearing Services

Tuesday, May 11; 9:30 am, Suite 134

Dr. Patricia Munson will offer hearing assessments. For appointments, contact Mary Jo Guajardo, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at maryjo@seattlehearingsservices.com.

Foot Care Clinic

Monday, May 17 and 24, and Tuesday,

May 18 and 25; 9:30 am–4:30 pm, Suite 134

Bonnie Ackles, RN, CFCS is a board-certified Foot Care Nurse Specialist who is podiatrist trained. She welcomes clients with all levels of foot care needs and with high-risk medical issues. She has been providing foot care services for Mirabella residents for over five years. Appointments are available from 9:30 am–4:30 pm several days a month. Rates are \$75 for new clients (a onetime fee). Subsequent sessions are \$60 for established clients. Cash or check only. By appointment. Call or text Bonnie directly at (206) 940-0748.

ORAL HEALTH

Podiatrist

*Wednesdays, June 2, 30; 8 am–3 pm, Suite 134;
no clinic in July*

Dr. Mak Abulhosen, DMD, is available for morning appointments for IL residents in Suite 134. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117.

Massage Appointments in Suite 133

*Wednesday and Thursday, 8 am–5 pm and Saturday–
Sunday; 10:30 am–4 pm*

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

Mondays; 9 am–4 pm

Lawrie Williams is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 133

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

Medical Equipment Repair Returns in June

*Friday, June 4; 10–11 am; starting in July, first
Wednesday of every month in guest suite 134*

Access Medical Repair will do free simple repairs or diagnostics on wheelchairs and walkers or with a fee on larger repairs. Call Loni Held for details (x 1418).

Did you know . . . you can recycle your old prescription, sun, reading glasses (no cases, please), or old hearing aids? Please drop these items in the Lions Recycle box located in the Resident Business Center. Unused batteries for hearing aids are also welcome.

HEALTH AND WELLNESS

Janice Kaplin-Klein, Chair

Good Oral Health and Aging Well with Cheryl Townsend Winter, DDS

Tuesday, May 25; 3:30 pm, live via Zoom

Did you know there is a link between gum disease and an increased risk of heart disease, stroke, and complications of diabetes and other conditions? Infection and inflammation are two contributing factors. In fact, many joint replacement surgeries require taking preventative antibiotics for two years after surgery before having dental checkups and procedures.



Cheryl Townsend Winter

Dr. Winter plans to explain the benefits of good oral health in preventing gum disease and heart and other diseases. She will share tips and quotes on aging well, and most of all, she wants her presentation to help you have fun! Dr. Cheryl Townsend Winter, BS, DDS, MSD, MBA, is the author of *The Aging Gracefully Pathway: A Toolkit for the Journey*.

She is a Diplomate and Fellow, American Academy and Board of Periodontology; Former Governor-Appointed Member Washington State Council on Aging; Chair, Public Awareness and Community Readiness Subcommittee, Dementia Collaborative of Washington. She is also past president of the Seattle King County Dental Society. Coordinator: Janice Kaplan-Klein.



LIFELONG LEARNING

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LIBRARY NEWS

Toni Myers and Martha Oman, Cochairs

In the month of May, we will observe the celebration of Asian American and Pacific Islander Month with displays of information, artifacts, and books from our library collection. After many Presidential declarations and public laws beginning in 1977, Congress passed Public Law 102-450 in 1992, which annually designated May as Asian/Pacific American Heritage Month.

Martha Oman

LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

Zoom events: To join Lifelong Learning Committee (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.

The UW's Osher Lifelong Learning Institute (OLLI-UW) offers free lectures via Zoom. They require pre-registration, but no fee. Preregister early on MIRANET'S "Upcoming Events" to receive your personal Zoom link to the event.

Free recordings of the OLLI-UW virtual lectures are available by entering the following string in your browser: <https://www.campusce.net/uwolli/course/course.aspx?catId=7>.

Supportive Friends

Tuesday, May 4; Aria Dining Room, Time to be announced

Mirabella's Supportive Friends for bereaved Mirabella residents meets on the first Tuesday in May. Supportive Friends will meet again for dinner in the dining room after a year of meeting via Zoom. (The group will resume Zoom meetings if COVID restrictions are reinstated.) This group of about a

dozen residents has been meeting monthly for nearly eight years. The issues discussed remain private within the group. All Mirabella residents are welcome to join this group of friends who support one another through difficult transitions of illness and loss.

If you would like to attend the May dinner, please contact one of the cochairs, Natalie Siegel (x 1688) or Carolyn Blount (x 1644) to receive a menu selection form.

Fourth Annual Helen Marcy Golde Memorial Lecture on Breast Cancer

Thursday, May 6; 5–6 pm, via Zoom

Sponsored by the University of Washington School of Medicine, Seattle Cancer Care Alliance, and Fred Hutchinson Cancer Research Center, this lecture pays tribute to Helen Marcy Golde, MS. The keynote speaker is Suzanne Fuqua, PhD, internationally recognized for her research on breast cancer.

Art Museums of Amsterdam: More Armchair Travels to the Great Museums of the World with Rebecca Albiani

Monday, May 10; 10:45 am–12 pm, The Rijksmuseum, via Zoom



Vincent Van Gogh, "Wheatfield with Crows"

The Rijksmuseum is the world's greatest repository of Dutch Golden Age art. The seventeenth-century Dutch Republic produced Rembrandt, Hals,

TALKS AND COURSES

and Vermeer. The museum's Gallery of Honor showcases *The Milkmaid*, *The Merry Toper*, and *The Night Watch* along with many other famous works.

Monday, May 17; 10:45 am–12 pm, the Van Gogh Museum, via Zoom

The Van Gogh Museum is an easy stroll from the Rijksmuseum. It houses the world's largest collection of works by Vincent Van Gogh, works originally owned by his brother, Theo. It includes pieces from every stage of Van Gogh's career from *The Potato Eaters* to *The Wheatfield with Crows*. Coordinator: Sylvia Fisher.

Resident Revelations: A Veteran Feminist with Julia Wan

Tuesday, May 11; 3:30–4:30 pm, via Zoom



Julia Wan

After graduating from college with a degree in physics, Julia Wan worked as a research assistant in biochemistry for five years. Tired of being in a lab, she decided to become a high school teacher. She went back to college for an MA in chemistry and earned her teaching credentials.

Her life as a feminist began on August 26, 1970, when she joined the Women's March for Equality to celebrate the Fiftieth Anniversary of Women's Suffrage. She joined Boston's NOW (National Organization for Women) in 1970 and was elected president of Boston NOW in 1972. Her many feminist activities included testifying at the Massachusetts State House to

end sex discrimination in education and leafleting at Wellesley College Commencement, 1971. Coordinator: Carolyn Blount.

A Brief History of Genetics with Dr. Richard B. Presland

More than 160 years ago, the Salesian monk, Gregor Mendel, considered to be the father of genetics, published his findings on the inheritance of identifiable traits in pea plants. Dr. Presland will bring the subject of genetics up to date with history and key discoveries that have led to our current understanding of human biology, health, and disease.



Richard Presland

Part I, Wednesday, May 12; 11 am–12:15 pm
Mendel's experiments in the 1850s; the structure of DNA: Watson and Crick, 1953; and Penicillin: Alexander Fleming.

Part II, Wednesday, May 19; 11 am–12:15 pm
Discoveries from the early 1960s to the 2000s concerning DNA, RNA, proteins, the decoding of plant and animal genomes, and the human genetic blueprint.

Part III, Wednesday, May 26; 11 am–12:15 pm
Genetics and health research leading to life-saving and life-extending drugs; genetics and crime solving; genetics and the SARS COVID 2 vaccines; precision (P4) medicine; and health care and healthy aging.

Richard B. Presland, PhD, is Associate Professor of Oral Health Sciences, University of Washington. Coordinator: Betty Heycke.



OLLI-UW COURSES § COVID Q&A

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OLLI-UW Virtual Lecture Stories of STEM in the Ancient World with Professor Sarah Stroup

*Friday, May 21; 12–1 pm, via Zoom, no fee but
preregistration required*

The ancient Mediterranean world developed highly advanced STEM technology. Early physicists theorized on the nature of the universe in the seventh century BCE. Greeks developed robotics and analogue computers in the Hellenistic period. The early Roman Empire saw brain surgery, prosthetics, and Roman nanotechnology. Much of this was lost in the Dark Ages, but now, using ancient sources and modern technology, scholars can reconstruct the breadth and depth of these sophisticated civilizations.

Professor Sarah Stroup, University of Washington Classics Department, researches the intellectual and textual history of the late Roman Republic; advanced technologies of the Greeks and Romans; and sport and violent spectacle in the ancient world. Coordinators: Louise Lowry and Julia Wan.

Ask your COVID-19 Questions! With Nandita Mani, MD

*Tuesday, May 25; 12–1 pm, via Zoom, no fee but
pre-registration required*

Dr. Nandita Mani will answer participants' questions such as: Can I feel safe after I am vaccinated? Do I have to wear a mask when I go out? Can I have friends over for dinner if they are also vaccinated? Will my family (who are not vaccinated) be at risk to see me?

Dr. Nandita Mani is a physician and UW Fellow of Allergy and Infectious Diseases. She provides medical care for hospitalized and acutely ill patients. Her clinical and research interests include healthcare-associated infections, antibiotic stewardship, and global health. Coordinators: Louise Lowry and Julia Wan.

OLLI-UW Remote Courses in May

Remote courses are being offered online via Zoom for a small fee and annual membership. The courses are recorded so you can view a class later if you miss it.

To register for courses, visit this webpage:

<https://www.campusce.net/uwollli/course/course.aspx?catId=18>.

If you have any questions about courses or registering, please contact Trisha at (206) 685-6549.

How Life Began and Evolved with Instructor Winston Brill

Mondays, May 3, 10, 17, 24; 1–3 pm. Cost: \$50

This course is specifically directed to those with little background in science. The course covers new views of how life could have arisen billions of years ago from non-life. Some of the questions the course considers: Why do all living things share the same genetic code? What drove organisms to increased complexities? How did brains, bones, and teeth evolve? What are the arguments supporting theories of evolution, creationism, and intelligent design?

The Fight to Vote in America with Instructor David Domke

Thursdays, May 13, 20, and 27; 1:30–3 pm. Cost \$40

The titles of the lectures are: The Big Election Lie, The Rise of Voter Suppression and the Response, and The Fight to Vote in 2021: A Defining Moment for America.

Other OLLI-UW Remote Courses:

Wagner: The Man, His Music, and His Influence with Instructor Speight Jenkins

*Mondays, May 24, June 7, 14, 21, and 28; 6:00–
8:30 pm*

The 1960s: Fracturing U.S. Historical Narratives with Instructor Nathan Roberts

*Wednesdays, May 26, June 2, 9, and 16;
1:30–3:30 pm*

OUTSIDE ACTIVITIES § PROGRAMS

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OUTSIDE ACTIVITIES COMMITTEE

Judith Peterick and Leslie Klein, Cochairs

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

Swanson's Nursery Trip

Thursday, May 13; 10:30 am–12:30 pm

We're going to Swanson's Nursery. Need some flowers, a tomato plant, some greenery to spruce up your deck or maybe a house plant to brighten your unit? Join us for our trip to Swanson's. In addition to flowers, pots, and plants, get the gardening supplies needed for your deck. When tired, you can stop for a cup of coffee at their little café. Sign up by calling the town car at x 1419 or completing the town car request form on MIRANET. Coordinator: Ken Hopkins.

More Trips: Possible trips being planned are a lunch and a couple of happy hours. Notice of these events will be posted on MIRANET, and in the Weekly and Elevator Calendars. If you have ideas or concerns, please contact Leslie Klein or Judith Peterick.

Bus Service: Reserve space on the bus for shopping trips and activities 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: For now, residents must wear masks at all times. Social distancing is no longer required.

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

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, May 3, 17; 10:30 am, Fred Meyer

Mondays, May 10, 24; 10:30 am, University Village/QFC

Tuesdays, No bus service for IL residents

Wednesdays, May 5, 19; 10:30 am, Metropolitan Market/Bartell's

Wednesdays, May 5, 19; 1:30 pm, Safeway

Wednesdays, May 12, 26; 10:30 am, Costco

Thursday, May 13; 10:30 am, Swanson's Nursery

Fridays, May 7, 21; 10:30 am, PCC/Trader Joe's

Friday, May 14; 10:30 am, Ballard Market

Friday, May 21; 1:30 pm, Uwajimaya

Friday, May 28; 10:30 am, Fred Meyer

WALKS

Mondays, 1:30 pm: May 3, Myrtle Edwards Park; May 10, Arboretum; May 17, Golden Gardens; May 24, Green Lake; no walk on Memorial Day

GOLF

Thursdays, May 6, 13, 20, 27; 9:30 am, course TBD
Judith Peterick, Leslie Klein, and Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Judith Guder, Cochairs

Violin Duo: Maria Sampen and Timothy Christie

Thursday, May 6; 3:30 pm, Emerald Hall

Dr. Maria Sampen, Professor of Violin and Chair of Department of Strings at the University of Puget Sound, and her husband, Timothy Christie, Founder and Artistic Director of the Walla Walla Chamber Music Festival, will perform a program of mostly Mozart with some less familiar composers. A mixture of solos and duos, the program will also include works by Jessie Montgomery, Jonathon Mei, and Lucciano Berio. Coordinator: Sally Hayman.

Dr. Raymond Tymas-Jones, President, Cornish College of the Arts

Thursday, May 13; 3:30 pm, via Zoom

CORNISH § CONCERT § COVID UPDATE

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Raymond Tymas-Jones

For over 100 years, Cornish College of the Arts has been the heart and soul of Seattle's artistic community. Dr. Raymond Tymas-Jones, President, will offer a presentation about the post-pandemic future for this vibrant arts college.

The main campus, situated in the heart of South Lake Union, is experiencing exciting expansion. Tymas-Jones will share news and images of a new state-of-the-art fabrication studio and performance and gallery space to be located on the ground floor of the new forty-four story mixed-use Ivey On Boren tower, named for expressionist painter William Ivey, graduate of Cornish College, and part of the Northwest School of Artists. It is scheduled for completion in the spring of 2022. Coordinator: Nancy Lucht.

Michael Brown in Concert

Thursday, May 20; 3:30 pm, via Zoom



Michael Brown

The second concert of the spring Emerald Music series at Mirabella will feature Michael Brown, pianist, in works by Mendelssohn, Ravel, Scriabin, Chopin, and Beethoven.

Michael Brown has been hailed by *The New York Times* as "one of the leading figures in

the current renaissance of performer-composers." Winner of the 2018 Emerging Artist Award from Lincoln Center and a 2015 Avery Fisher Career Grant, Brown has recently performed as soloist with

the Seattle Symphony, the National Philharmonic, and the Grand Rapids, North Carolina, New Haven, and Albany Symphonies. Brown is an artist of the Chamber Music Society of Lincoln Center, performing frequently at Alice Tully Hall and on tour. He was selected by András Schiff to perform on an international tour, making solo debuts in Berlin, Milan, Florence, and Zurich's Tonhalle.

Brown was First Prize winner of the Concert Artists Guild Competition, a winner of the Bowers Residency from the Chamber Music Society of Lincoln Center, and is a Steinway Artist. He earned dual bachelor's and master's degrees in piano and composition from The Juilliard School. He is a native New Yorker. Coordinator: Kitty Dow.

COVID-19 Vaccine Research at Fred Hutch

Thursday, May 27; 3:30 pm, live via Zoom

With the first three vaccines approved, almost all residents at Mirabella have been vaccinated. However, fear continues, and there is considerable, often conflicting, information about how safe people with two shots are. The time has come for an update of COVID-19 from Dr. Amitabha "Guppy" Gupta,



Dr. Guppy Gupta

our informal inhouse COVID expert. He will tell us about the COVID-19 vaccines and therapeutic treatments in light of new variants. Guppy will share the latest scientific information about what having vaccines means for our safety, how close we are to reaching herd immunity, and how new variants may affect that. We will also discuss what we have learned from this pandemic that may be helpful in treating not just future pandemics, but cancer and

WELCOME, NEWBIES

other diseases as well. I have asked Guppy to allow plenty of time for Q&A.

Amitabha Gupta got his PhD in Cellular, Molecular, and Biophysical Sciences from Columbia University before moving to the Hutch to do his post-doctoral research. While he was doing his American Cancer Society-funded research and applying to be a teacher at a small liberal arts school, the Hutch convinced him to stay and talk about their research. He currently serves as the Scientific Content Strategist for the Philanthropy Department, where he interprets ongoing research at the Hutch for the general public. Coordinator: Leslie Klein.

Ladies Musical Club Concert: *The Art of the Piano*

Saturday, May 15; 2 pm, via Zoom

For the last concert of this unusual COVID season, we will have another Zoom concert in which four of LMC's outstanding pianists will play music by Couperin, Chopin, Brahms, Schumann, Debussy,



Molly Knight-Forde

and Ernesto Nazareth. One of your favorite artists, Valentina Rodov will be featured, and you will be introduced to Molly Knight-Forde, who was the recipient of the Diplome de Virtuosite at the Schola Cantorum in Paris. Karen McCullough is the District organizer of Bach in the Subways and performs in countless venues in

the area. Barbara Gulbran, a fifty-year member of LMC, studied at the Royal College of Music in London, Oberlin, and the Mozarteum in Austria. An illustrious group indeed!

Although we have enjoyed these video

performances very much, nothing can take the place of a live performance. After a summer break, we fully intend to continue with our live performances in Emerald Hall on the third Saturday of the month, starting on October 16. I can't wait! Coordinator: Carolyn Burton.

LOOKING AHEAD

Eileen Quigley: Lowering the Northwest's Carbon Footprint: Implications for Washington State and the City of Seattle

Thursday, June 3; 3:30 pm, via Zoom

Eileen V. Quigley is the Founder and Director of the Clean Energy Transition Institute which

is a nonprofit, independent, non-partisan organization whose goal is the transition to a clean energy economy in the Northwest. She built and led the New Energy Cities program, which partnered with twenty-two Northwest cities and counties to reduce carbon emissions and develop advanced low-carbon fuels for aviation and marine fleets. Coordinator: Lynne Iglitzen.



Eileen Quigley

WELCOMING COMMITTEE

Diane Holmes, Chair

Barbara Marsh

Barbara Marsh is a Seattle native. She grew up in the Montlake neighborhood and attended Garfield High School, though she graduated from Ballard. Soon after graduation she married Don Marsh, a kind and gentle man. His death at the end of 2016

HELLO, BARBARA & LINDA § BOOKS

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Barbara Marsh
– Photo, L. Held

was deeply mourned by Barbara and all of those who knew him. Barbara is a baby boomer and was a travel agent at AAA. She has traveled to all but one continent, though she came very close to Antarctica when the cruise ship rounded Cape Horn. Some Mirabella residents have already benefited from Barbara's extensive travel knowledge.

Barbara is also a knitter and may be cajoled into joining other knitters in the library when the group is able to reconvene. She is also looking forward to playing Mexican Train. She's an avid reader, particularly mysteries, and named Louise Penny as one of her favorite authors.

Barbara is a bright and lively woman whose infectious laugh will captivate you. She moved from Mount Baker to Beacon Hill, and on March 24, to Mirabella apartment 810. If you think your move was hard, imagine getting the vaccine shot the day after moving and suffering a very high fever, followed by an injection in the eye a few days later that caused swelling and pain. Barbara is a trouper though and looks forward to being a solid part of the Mirabella community.

Barbara Porter

Linda Morrison

Please give Linda Morrison a warm welcome to her Mirabella home in unit 1114. Linda moved here from Bellevue in early March and has lived primarily in

Seattle since 1967. Originally from Oklahoma, she moved here after her graduation from the University of Oklahoma, where she earned degrees in Finance and Business as well as Librarianship. At Seattle Public Library Linda served as a Business and Economics Librarian and then worked at the Seattle First National Bank.

During the 1970s, Linda and her husband spent six years in Anchorage, Alaska. She was a Financial Accountant for the Alyeska Pipeline Service Company and traveled to many places in Alaska with her job. Linda returned to Seattle after the loss of her husband. After retirement, she became a tournament level bridge player and knows a number of fellow bridge players living at Mirabella. Linda loves to travel and has been to many places around the world. She plans to go to Morocco in the fall. She is an avid reader and enjoys walking and gardening. Linda looks forward to trying out new meals, exercising in the gym, and meeting new friends. She is a great addition to our Mirabella family.

Jane Beer

BOOK CLUB

Fourth Monday of the month; 4 pm, via Zoom
On Monday, May 24, we will gather to talk about *Mr. Penumbra's 24-Hour Bookstore*, a novel by Robin Sloan. This is a tale knitting together the analog past and the digital future. The night clerk finds that the eccentric patrons and others in an international cult are trying to solve a mystery



Linda Morrison
– Photo, L. Held

GOLFING AGAIN § MOVIES RETURN

hundreds of years old.

On June 28 we will discuss *The Spy and the Traitor* by Ben Macintyre. This is the thrilling story of Oleg Gordievsky, a KGB agent turned British spy, whose work hastened the end of the Cold War. His work hampered Soviet operations and exposed agents in both Great Britain and the United States. The author interviewed Gordievsky and others in the intelligence community at that time to present this account.

Everyone is welcome to join us.

Tina Moss

GOLF: PLAY IT YOUR WAY

BY MARY JOSSEM

JUST like bears, the Mirabella golf lovers have come out of hibernation and hit the links once again. Dressed in colorful layers to be gradually peeled off as the sun shines brighter and hotter, our duffers show no fear as they approach the first tee. Whoosh! (That was just a practice swing, not a whiff!)



Mirabella Golfers, John Wertz, Charlotte Bushue, Louise Lowry, and Paul Hill – Photo, M. Jossem

Every Thursday morning between April and October, weather permitting, our resident golfers board the Mirabella bus and head to a local golf course previously agreed upon by the group. Although the golfers who go on the 9:30 am Mirabella bus play nine holes, the golfers who can endure more suffering sometimes opt to play eighteen holes and provide their own transportation. A few of the courses the golfers play are Jefferson Park, Jackson Park, Interbay, Nile Shrine, and Foster Links.

There are no hard and fast rules, making this group unique, and each golfer plays his or her own game. Some keep score, and some do not. Some pick up the ball if they feel they have had too many swings. Some move a ball if it appears to be unplayable or has a particularly bad lie. Some just pitch and putt, and some compete with putts. Golfers who want a more serious “by the rules” game are like homing pigeons and play with the same players each week. There is never any shame in taking an occasional mulligan.

Players at all levels are encouraged to join the group. So, if you haven’t yet, clean up those clubs sitting in your storage room, gather your “lake balls,” and come and enjoy a friendly game of golf your way.

MOVIE CLUB

Playing Catch-up

Wednesdays and Saturdays, 7:30 pm, Emerald Hall

This is the first time in a year that we have movies on Wednesdays and Saturdays in Emerald Hall, but all is not quite back to “normal” with new films on Wednesdays and old favorites on Saturdays. For the time being, distinctions between “old” and “new” are distinctly blurred. When COVID shoved us aside, we had scheduled a number of Oscar winners (our usual criteria) that we are now attempting to resuscitate. They are “old” for those of you who saw them via streaming, Netflix, etc. For those who didn’t, they are “new” and too good to miss. So,

SOARING THE SKIES



OPENING DOORS

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we're doing a bit of scrambling here, attempting to be fair to our loyal viewers. We expect to go back to the old format, so please have patience; we're dancing as fast as we can. It's all going to be OK.

Connie Chaplin

FLYBOYS

BY JEAN HALL



Charles Fitzgerald and Dick Campbell, ready to board Charles's Cessna 182

A BLUE, sunny Seattle sky—it's a perfect flying day for two Mirabella Seattle pilots, Charles Fitzgerald and Dick Campbell. Dick trained in the Air Force and Charles as an aeronautical engineer and flight instructor at Boeing Field. They have flown together in Charles's red and white Cessna 182 for over seven years. Dick has counted 174 flights with Charles, who very meticulously watches the weather and plans the flights to Puyallup, Shelton, or Everett's Paine Field. Dick is partial to landing at Port Townsend, where the Spruce Goose Café at the airport serves the best marionberry pie in the state. Before each flight, Charles carefully announces each item on the checklist, and the two buddies who love to fly are off on their next adventure.

EDGING TOWARD "OPEN"

BY JARED CURTIS

THE WARM weather in late April saw Mirabella Seattle's courtyard fill with residents walking the pathway or reading or just chatting in the new and comfortable wicker seating. The Library is now fully open for readers to browse for books, magazines, and newspapers and for jigsaw fans to make use of the puzzle table. Movies are back on the screen in Emerald Hall twice weekly for no more than sixty people at each showing. The informal dining venue Adagio is now open for business, with the east dining room dressed up in forest green tablecloths and serving from the new Adagio menu; the lounge will soon rejoin Mirabella's dining venues as part of Adagio. Ping Pong players can be heard battling away in high spirits on Saturday mornings in the temporary Games Room (Northwest Dining Room), where bridge and other games have also resumed. Golfers regularly gather to ride the bus to local golf courses for a round of nine or eighteen holes. Exuberant water volleyball players, careful to stand six feet apart, have returned to thrice-weekly play in the lap pool.

It's like waking from a bad dream and feeling wildly grateful for the ordinary, familiar objects around you.



Martha Oman, Cochair of the Library Committee, directing the shelving of books – Photo, L. Held

BIRTHDAYS § A POEM § REMEMBERING

HAPPY BIRTHDAY! MAY 2021

4 – Shirley Freeby	14 – Bill Wall	19 – Barbara Anthony
8 – Margot Hill	14 – Mary Ann Knowles	21 – Paul Hurn
9 – Mandy Wertz	14 – Jean Rolfe	21 – Joan Potter
13 – Allen Suver	15 – Pat Gwinn	24 – Janet Stanton
13 – Janice Kaplan-Klein	18 – Linda Berkman	28 – Pauline Saxon

LE TEMPS PERDU

BY JARED CURTIS

“ . . . grief has no clock or calendar. It has no expiration date—we only learn how to live with it. Like memory, it is not locked in the past, rather an ongoing fluid phenomenon.” – Carol Muske-Dukes

Nostalgia is a form of grief displaced from what is truly lost to what might be recoverable if “they” would only bring it back. It’s easy just to find a thief who’s stolen from us what we feel is ours by right and loudly mourn.

The deepest grief does not recede—it shifts its shape and calls itself by other names. Nostalgia’s one, malaise, indifference, and rage—those swirling dreams that haunt me still and drop on me a hail of guilt, a flood of tears, a surge of grief. And yet the gentian on my deck shows signs of life, of baby leaves now sprouting underneath the brown, promising a trumpet blue and bright to signal spring.



Blue Gentian, June 2020 – J. Curtis

Remembering . . .

Dee Little 03/29/2021
Jeanne Sweeney 03/30/2021
Gretchen Elizabeth Drury 04/03/2021
Maralyn Blume 04/15/2021

MOVIES MOVE BACK TO MIRABELLA

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YES! A REAL MOVIE PAGE FOR MAY!

BY CONNIE CHAPLIN

HERE'S a preview of some of the movies we'll be showing in May. For descriptions of the rest, see the Movie List section on the rack in the Mailroom. We're beginning to clear the decks of the best of 2019–2020 back-log films, so we're not clearly into old movie-new movie territory yet.



Marina de Tavira in "Roma" (2018)

Roma, from 2018, was based on the middle-class upbringing of writer-director Alfonso Cuarón in the Colonia Roma neighborhood of Mexico City. It is a semi-biographical look at the life of the live-in housekeeper of a family and was nominated for ten Academy Awards, winning Best Picture, Best Director, and Best Cinematography. Indigenous housekeeper Cleo (Yalitza Aparicio), was nominated for Best Actress. The film focuses on a 1970 vacation Cleo takes with the family as both she and the mother are in the midst of personal crises.

What begins as a simple online meeting date of two consenting adults (Helen Mirren and Ian McKellen) becomes ever more complicated in **The Good Liar**. Surely that title doesn't apply to either of these two upstanding citizens! Goodness! It's London, in 2009.

Strong acting, of course.

Moving on to Poland, another tale of deception, the story of a young man's will to change that involves **Corpus Christi**, the body of Christ in Catholic Mass. Based on real events, the twenty-year-old is a violent criminal just out of juvenile detention and is about to start a job in a new village. He visits the church there, where he is mistaken for the new temporary priest. Oh, oh. Things start to unravel, sometimes funny, sometimes tragic. He becomes beloved by the parishioners because he clearly relates to their lives, and he does some genuine good. We learn that his is not the only deception in the village. This film was nominated for Best International Film, but lost to **Parasite**. You judge.

We're back in the U.S. now, with an inspirational movie, **Just Mercy**, based on a book by the same name by Bryan Stevenson. Stevenson, a Harvard Law School lawyer played by Michael B. Jordan, is defending a Black man (Jamie Foxx) who was driving home from work when he was stopped by police, arrested, and charged with a murder he did not commit. He ends up on death row. The film is based on fact. Really? Could that actually happen in the U.S.?



Jamie Foxx and Michael B. Jordan in "Just Mercy" (2019)





The Mirabella Monthly



VOLUME 13 | ISSUE 5

MAY | 2021

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and Designer: Jared Curtis

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Lead Editor, May: Mary Jossem

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Jossem, Mary Rogers, Pat Thenell

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How to Submit Events to MIRANET Upcoming Events and *Mirabella Weekly*

If you want information added to MIRANET and the printed *Mirabella Weekly*, please email details to Katie Harrison at kharrison@retirement.org or Loni Held at lheld@retirement.org by 5 pm Wednesday of the prior week. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

How to Submit Your Article, Story, News, or Event 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. While some Mirabella staff members contribute articles, *The Monthly* is intended to showcase writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing.

The deadline for all submissions is the fifteenth 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. MS 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 mailbox #801.

The Mirabella Monthly
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