



The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 13 | ISSUE 6 **HEADS UP: COMMITTEE FAIR, JUNE 2, 1:30 PM, EMERALD HALL** JUNE | 2021

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A SPECIAL BOOK

BY SALLY HAYMAN

JANET OHTA sat in The Bistro sipping coffee with the product of a nearly thirty-year project on the table beside her—two books with bright blue images of the Hawaiian Islands on the covers. They are *Da Jesus Book* and *Da Good An Shesho Book*, translations of the *New Testament* and the entire *Bible* into Hawaii Pidgin.

Janet speaks Hawaii Pidgin even more easily than she does English. She was born in Hawaii of Japanese parents. Her mother and father had emigrated to Hawaii in search of a better life and a good place to raise their eight children. Japanese was spoken at home, but not encouraged in public for fear of being mistaken for Japanese spies during World War II. So, when Janet started first grade, she spoke



Janet Ohta holds the Good Books

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THE SHOW MUST GO UP

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Japanese and Pidgin English. Her wonderful first grade teacher spoke both languages and helped Janet to become more fluent in standard English.

Hawaii Pidgin is not a dialect, but a Creole language developed when workers from China, Japan, Korea, the Philippines, and Portugal came together in camps to work under English- and Hawaiian-speaking bosses on pineapple or sugar cane plantations. Pidgin is orally transmitted and cannot be learned from reading English books or from English classes. Today there are still large groups in Hawaii that speak mainly Pidgin, but only a little English. The language is a bit different from place to place.

Though Janet's parents were Buddhists and even dedicated a Buddhist temple in Hawaii, her father decided that the chanting was not meaningful to his children. So, he took them to the Kahului Union Church, founded by American Congregational missionaries, and Hiroko (Janet's Japanese name) and her seven brothers and sisters became Christians. Janet fell in love with the Biblical stories.

Then Janet met Drs. Joseph and Barbara Grimes, both former professors of linguistics at Cornell University and associated with the Wycliffe Bible Translators, a nondenominational, nonprofit group. The couple had retired to the west side of Oahu where mainly Pidgin is spoken. Embedded in a community of native Hawaii Pidgin speakers, the Grimeses worked with the Greek and Hebrew Bibles and countless other translations to ensure that every word in the Hawaii Pidgin Bibles was true to the intent of the text and to find meanings best suited for Hawaii Pidgin. They enlisted a group of twenty-nine people, including Janet, who helped with the translation through the years 1987 to 2020. In Hawaii Pidgin the Old Testament is referred to as "Da Befo Jesus Book" and the New is referred to

as "Da Jesus Book." *Da Jesus Book* was published in 2000, followed by *Da Good An Spesho Book*, comprised of Old and New Testaments, in 2020.

Janet and her husband Jim are members of Kalihi Union Church on Oahu, part of the Evangelical Free Church of America. They divide their time among three children and five grandchildren. Here at Mirabella, she and Jim continue Bible study in a group led by Phil Braden and Darrell Guder.

A sample of a few passages in the book will amaze you with the vitality of the language. When the Angel Gabriel comes to Mary he says, "Aloha! Da One in Charge goin do something spesho for you." Or Song (Psalm) 23: "Da One in Charge, he take kea me, / Jalike da sheep guy / Take kea his sheeps. / Az why I get eryting I need." Every new language brings new insights.

You can get a copy of *Da Good An Spesho Book* at Costco or Walmart in Hawaii. It might be more interesting than a can of macadamia nuts to bring back as a flavor of Hawaii. And for many Hawaiians the book opens a whole new world.

HOW TO HANG A LOT OF PICTURES

BY ANN LEVEQUE

HANGING A PICTURE is one thing, but hanging fifty is, you'll admit, rather different. Yet hanging fifty or more pictures is what the curators in the Art Committee do when organizing an exhibition of resident-owned art like *Aspects of Architecture*, the one on display now.

A big problem is how to position, in a long row, many pictures of varied sizes, colors, and styles so that they are easy to take in. The curators have chosen to ameliorate the problem by hanging all the pictures "on center." That means all centers are the same height from the floor; in our case that is sixty inches. Why choose this way of doing things? Well, because

THEME AND VARIATIONS

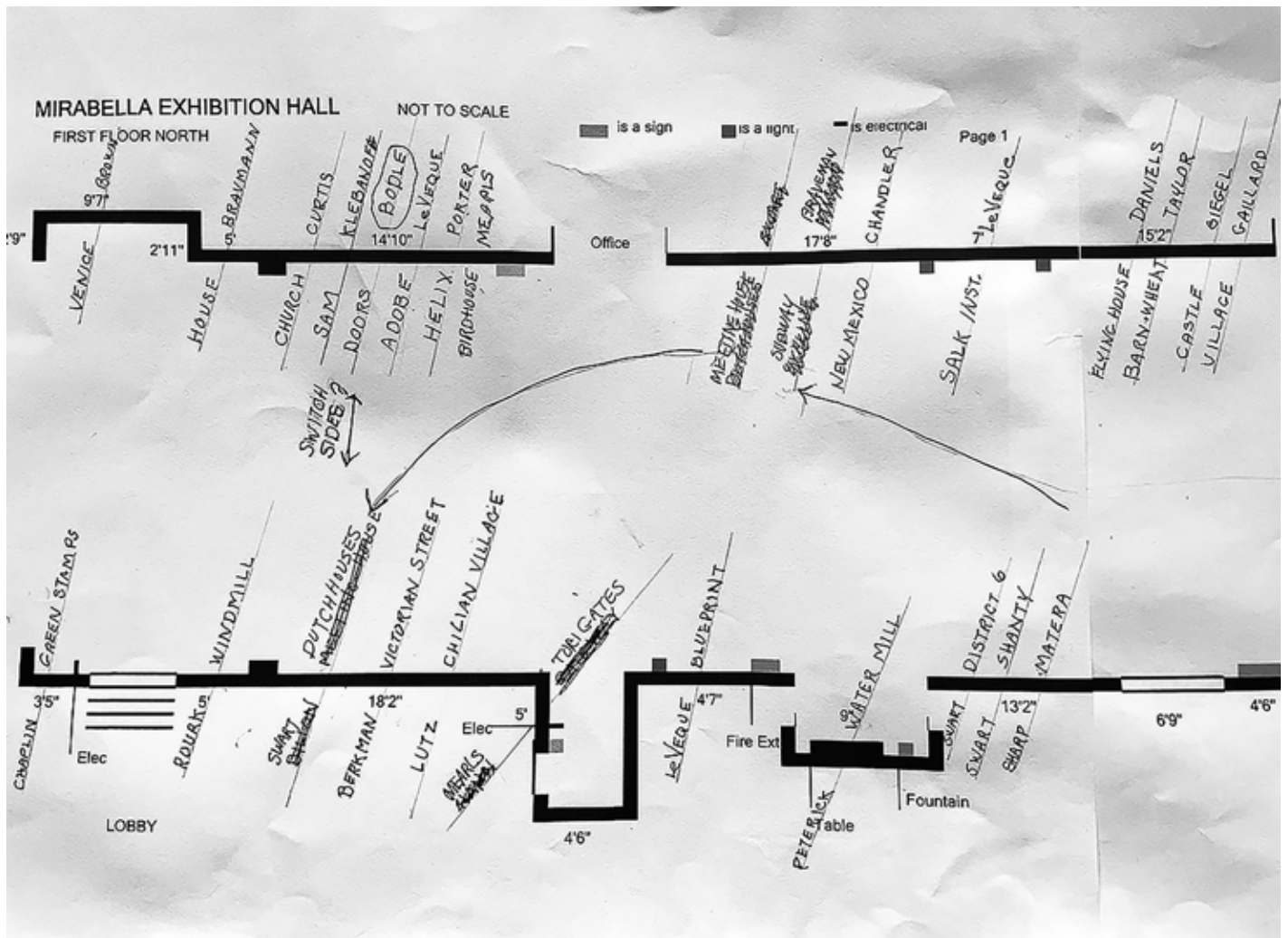
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the Metropolitan Museum of Art does it this way and so do museums generally. And why do they do it? Because it is easier on the viewer. As she walks along, she does not have to move her eyes up and down seeking the next picture but instead can stroll by, her eyes comfortably landing on the center of the next work of art.

But before we consider how to hang a picture, we'd better get this exhibit organized. First, curators choose a theme. Then a call goes out to residents asking them to look at art in their apartments to see

if anything might fit the theme and asking them to lend to the exhibit. That will mean an empty space or two (or more) on the wall for three months. It is a sacrifice, but curators are persuasive (mostly) and residents generous. Curators then visit lenders to take measurements and snapshots of each picture offered. This is the last time curators will see the works until they are delivered the day before hanging. Seventy pictures! Oh, my gosh. Now begins the excruciating task of winnowing down to the fifty to fifty-five pictures that experience has



The western section of the curator's map of Exhibition Hall – photo, A. LeVeque

JASON'S MAGIC § HELPING HANDS

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taught will fit comfortably in the exhibit hall. The aim is to select those that best fit the theme. Sometimes an art object will be considered too fragile for public display and will be eliminated. If a picture is not securely framed and ready for hanging, the owner will be asked if she is willing to have it properly prepared by a framer. After weeks of poring over the photos, now on computer screens or printed out twenty to a page, the final fifty-five or so pictures are selected. The remainder are invited to come back again for a future exhibit.

Then comes the fun part. Curators have created a plan of the exhibit hall with measurements of every section of the walls; all signs, sconces, interior windows, and electrical fixtures are carefully marked. Now the position of each picture or object needs to be noted on the plan. But how can one possibly figure out how to arrange such a large and varied selection of paintings, photos, prints, and drawings into a coherent composition? With pencils and a good eraser at hand, curators begin working. Pictures are not placed in a row down the long hall but placed in meaningful groups that exhibit esthetic and/or intellectual compatibility. Media, style, subject, color all suggest possible groupings while the wall sections determine group size. The placement of every picture is marked on what is now The Plan.

Finally, it is done. Every object in place. Perfect. The erasers worn down to dust, pencils to stubs. Hanging day has arrived. The day before, volunteers have helped residents bring their pictures for storage overnight while curators eagerly watch for the arrival of each now-familiar object. Everything must be on hand early on hanging day since all must be hung in one day. Again, volunteers bring out pictures and place them along the hall according to The Plan. Uh-oh, did I say everything is perfect? Remember, curators have not seen the original pictures since taking the photographs weeks before. Sometimes

something just doesn't look right when placed according to The Plan and must be moved, and that means something else will probably have to be moved too. A little chaos and panic won't hurt because in the long run, of course, every problem will be solved. Who is hanging those fifty-five objects all in one day? It will be Jason Holtz from the Facilities Department, a young man who must do the measuring—adding and subtracting all those fractions of an inch to space and hang each object. When all of that is done, he'll be the one to climb a ladder to mount the vinyl lettering that is the title of the exhibit. Thanks, Jason. The exhibit is complete.

THE KINDNESS OF STRANGERS

BY GISELA BAXTER

SINCE they closed my favorite little QFC on Capitol Hill, I stopped to pick up some groceries at the Rainier Avenue Store. A lady had just loaded her groceries in her car, so I was able to take her cart (avoiding having to take my walker out of the car). When finished shopping, I stood in line for the checker, fishing in my purse for my wallet, but it was not there. I remembered then that I had left it on my desk, so it was not lost, thank goodness. But what to do? When I talked to the checker, she offered to put the cart with the groceries into the cooler until I could come back with my wallet. Meanwhile, she turned away to answer a question from the people behind me in line. The next thing I knew, she was ripping up my sales-slip. I asked what she was doing, and she answered that "it was all taken care of." The young Asian couple in line behind me had paid for my groceries! What a pleasant surprise! This happened in Rainier Valley, which only shows up in the paper when there has been a shooting or some other calamity! Good old Rainier Valley.

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



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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
Communication	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



FOUNDATION FUND DRIVE § RA NEWS

SURVEY HAS SURPRISING RESULTS

BY JULIE HOLLAND

IT IS THE COMMENT out of left field that gets our attention. Like, what is the difference between the employee benefits offered through the Mirabella Seattle Foundation and the Employee Appreciation Fund (EAF)?



A two-question survey was distributed to residents through the Mirabella Google Group email list to determine if others are unclear. The results indicate there is confusion. Only five of the thirty-three residents who answered the survey had perfect scores. Most residents are unaware of the occasional gift card and

financial assistance benefits.

The following summary identifies benefits that each organization distributes throughout the year.

EAF

- » Year-end bonus
- » Monetary gifts to VIP of the Month awardee
- » An occasional gift card for special contributions

Mirabella Seattle Foundation

- » Employee scholarships
- » Financial assistance for an employee with a dire need

To the thirty-three brave residents who submitted a reply to the survey, thank you. You made a difference. Both the Foundation and EAF fundraising committees now know that there is a need to better communicate the benefits each provides to our Mirabella Seattle employees.

RESIDENTS' ASSOCIATION

Pat Kushmerick, President

Meet Us at the Committee Fair!

Wednesday, June 2; 1:30–3:30 pm, Emerald Hall

Here at Mirabella Seattle our year runs October to the end of September the following year. It has been an unusual year with all our resident meetings on Zoom. In October we will kick off a new year with a new Council and a set of new committee members. New residents have joined our community and all of us have been living sheltered lives. So, we thought it would be good to preface our new year with a **Committee Fair**, where everyone, old and new, could come and see which committees we have and what they do and meet a few residents along the way.

At the Committee Fair, we will have a table for each committee with a member to answer questions and talk about what they do. Committees fall under the auspices of the Resident Council and are the primary vehicle for working with management at Mirabella on issues of interest to our resident population. All of our committees are listed on MIRANET along with their meeting minutes so that residents can access them. Any resident can attend a committee meeting as a guest, and they are encouraged to do so. Residents who elect to serve on committees usually serve for two years and can be on two Committees each year. Most committees have seven voting members and can have additional non-voting members. Committee members serve for a couple of years and then are encouraged to take a break or join another committee to keep membership fresh. Members of *The Mirabella Monthly* staff will also be there and invite residents to learn how they may help put out this award-winning publication that has proven so vital to our community.

NaCCRA-WaCCRA § AUGUST BREAK

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There are also specific volunteer resident services like the Re-Store, whose leaders ask for volunteers periodically. We also have a number of clubs and interest groups that meet regularly. We will aim to provide information about each one, with a contact name and information at the Fair. There is no formal governance of interest groups so they can come and go. Interest groups have no fees but may have a charge for materials needed for participation.

Mirabella Floor Captains

This volunteer responsibility falls under the Emergency Preparedness Committee, and our community relies on these volunteers to help in the event of an emergency in the building. There is no set time period for serving and there are a few expectations and requirements of the volunteers who serve. Ideally, we have several Floor Captains and a Lead Floor Captain for each floor. There are one or two openings, so come and visit with the committee member who works with them.

Come along on June 2 and see what's going on in the world of committees and other resident services and meet residents in person. The number of people in Emerald Hall at one time is restricted to sixty, so there will be some monitoring to keep attendance within that limit.

Sue Herring and Gill Thompson
on behalf of Resident Council

Residents' Association Council Announces New Initiative

During the 2021–2022 budgeting process, the Mirabella Seattle Residents' Association Council evaluated the merits of organizational membership in the national and state continuing care residents' associations. The approved budget continues to support the National Continuing Care Residents Association (NaCCRA) and adds support for the Washington Continuing Care Residents Association

(WaCCRA). Collectively, the two organizations work to protect CCRC residents' rights, advocate for legislation, and monitor regulations at state and federal levels.

It became apparent during the Council discussion that more can be done at Mirabella Seattle to ensure that residents are informed about the state of the industry and the role they can play in protecting residents' rights. Having Mirabella Seattle residents Nickie Askov and Natalie Siegel serve on the WaCCRA Board is a good start.

Going forward, Susan Dillon, the current chair of the WaCCRA Membership Committee, and Dick Fike, a lifetime member of NaCCRA, will be working collaboratively to build awareness of and membership in these two valuable organizations. This is important to all of us now that we call a CCRC home.

Julie Holland, Treasurer, Resident Council

THE MIRABELLA MONTHLY

JARED CURTIS, PUBLISHER

Reporting August Events and Programs in the July Issue

For the second year running we will not publish an August issue. We will reward the team of resident volunteers helping to publish our community newsletter each month with a second well-deserved break. We understand, though, that it will also create a problem for committees and planners of other programs and events that will occur in August. To compensate, we will expand the July issue to include these items. In order to give notice of these **August** plans in an issue of *The Mirabella Monthly*, you will need to make your submission to Mary Rogers (mkr3824@gmail.com) in time to appear in the **July** issue. The normal deadline for submissions to an issue is the 15th of the previous month. And for events and programs and all other submissions for July 2021,

NEW ART § DINING & H&W TALKS

June 15 remains the deadline. But for submissions announcing events and programs in **August**, the deadline is extended to **June 20** to allow extra time for August arrangements to be confirmed, written up, and submitted. For all other rules governing submissions, please see the guidelines for submissions printed on the back page of any issue of *The Mirabella Monthly*.

Members of the team will take part in the June 2 **Committee Fair** organized by the Resident Council. Stop by our table to chat with us about how you might contribute to this outstanding newsletter. We are looking for writers, copy editors, and production helpers. See you there!

ART COMMITTEE

Joanne Mearls, Chair

For the Birds

You won't be seeing any toucans in the courtyard, but soon you will be enjoying them in gorgeous, exotic-colored lithographs gifted to our community. World renowned ornithologist John Gould (1804–1881) was famous for his monographs on birds. What wasn't generally recognized during his time



Toucans, H. C. Richter

was the role of the illustrators who created the folios to accompany the monographs. Gould even employed his wife as an illustrator—imagine getting away with that today! In our case the artist is Henry Constantine Richter, a Gould employee who created the colored lithographs but

remained virtually unknown until the 1970s. We can enjoy his work in five of the folio lithographs gifted to us by Dieter and Betty Heycke.

Mirabella Seattle is happy to accept gifts and loans of art from residents, so if you find yourself pressed for space, consider sharing your art with all of us. Contact any member of the Art Committee to get the process started.

Joanne Mearls

DINING COMMITTEE

Mandy Wertz, Chair

Dr. Steven Masley: Healthy Eating for Your Heart

Tuesday, June 15; 1 pm, via Zoom

The Dining Committee is pleased to sponsor a talk by Dr. Steven Masley of Florida on Healthy Eating for Your Heart. Dr. Masley, who is the son of resident Evelyn Odegaard, has spoken before at Mirabella Seattle and was well received. The presentation will be on Zoom with details to follow.



Dr. Steven Masley

Matt Jamin

HEALTH & WELLNESS COMMITTEE

Janice Kaplan-Klein, Chair

Dr. Karin L. Madwed: The Patient and Physician Partnership and Why it Matters

Wednesday, June 23; 3:30 pm, via Zoom

How can you enhance the patient and physician partnership? Why is it important? Dr. Karin Madwed, MD, will discuss what the patient/doctor

HEALTH CENTER VISITS § CLINICS FOR ALL

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partnership means and how to get the most out of your visits with your health care providers. The lecture focuses on communication. Your physician needs to know what your most important health concerns involve. You want someone who listens carefully to you. With a good partnership, your doctor can direct you toward the type of care you need. While technology has improved many aspects of communication—getting results faster, asking questions via email after a visit—we still need to be partners in our health and medical care.

Dr. Madwed graduated from Medical School at the University of California at San Diego. She began her residency at Group Health in 1986 and has continued as a family practice physician through its transition to Kaiser Permanente. She enjoys talking with seniors about their health and tries to provide advice that is practical and focuses on quality of life. Note: she cannot provide personal medical advice during her presentation, but she will offer general information on how to talk to your doctor. Coordinator: Janice Kaplan-Klein.

Visiting Friends in Our Health Center

How can we visit a friend on the second or third floors? How can we even know if a friend or neighbor is in the Health Center? With the response to COVID-19 moving in and out of different phases of restrictions, it can be confusing. The regulations for our three levels of health care are set by both the Center for Medicare and Medicaid Services (CMS) and by the Governor, with the stricter regulations coming from the Governor's office.

First, by calling the Mirabella Seattle concierge you can always ask to speak to a resident in the Skilled Nursing Unit, Assisted Living, or Memory Care, and you will be connected. If the person is not assigned to that unit, you will be told so, but you will not be told where that resident might be. Then, if you have

located your friend, you may call **206-218-8039** to schedule a visit. This is a new phone number for all levels of care. Either Amy Heider or Patricia Wagner will schedule a visit.

At this time, visits to all levels of care are limited: a) eight visitors on the floor at one time, b) two visitors per patient at a time, and c) visits of one hour duration. When it is time for your visit, you check in with the concierge in the main entrance lobby for the COVID screening, receive a card fob, and you will be directed to the elevator closest to the room you will be visiting. While visiting, the door to the room should remain closed, and both you and the resident need to wear masks. Upon completion of the visit, return directly to the lobby to check in your card fob.

Residents in all three of our Health Center units have been in very restricted isolation for more than a year. A visit from a friend or a caring Mirabella neighbor can have a significant impact on their sense of well-being.

Alice Arrington

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



LIBRARY NEWS

with you. For questions, please contact Loni Held at x 1418 or Brooke Kasten at x 1452.

Optometrist: AK Vision Care

Monday, June 7; 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, June 15; 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@seattlehearing.com.

Foot Care Clinic

Monday, June 21 and 28, and Tuesday, June 22 and 29; 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.

Podiatrist

Wednesdays, June 2 and 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 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 at 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.

LIBRARY COMMITTEE

Toni Myers and Martha Oman, Cochairs

Library News

We are celebrating HOME, SWEET HOME for the month of June by highlighting the diverse collection of books we have in the Library about our wonderful Seattle and Puget Sound region. There are books on the history and geography of the area

LIFELONG LEARNING § THE BIG REVEAL

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as well as some of our major industries, favorite landmarks, ferry boats, and personalities. We hope new residents to the area will find these books interesting and informative and long-time residents will enjoy reminiscing about places and events familiar to them.

Martha Oman

LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

LLC Zoom Events

The Lifelong Learning Committee intends to continue presenting its programs via Zoom in June. Any changes will be announced through MIRANET. 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.

The University of Washington's Osher Lifelong Learning Institute (OLLI-UW) offers free lectures via Zoom. They require preregistration 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 in your browser: <https://www.campusce.net/uwolli/course/course.aspx?catId=7>.

Supportive Friends

Tuesday, June 1; 5:30 pm, Aria Dining Room
Mirabella's Supportive Friends for bereaved residents has returned to the dining room for monthly meetings. After more than a year with Zoom, the group resumed dinner meetings in May. Only eight to ten people attended the Zoom meetings, but eighteen people were at the May dinner at tables of four. The enthusiasm was evident. One person remarked, "This is the first time I've been out in almost a year and a half. I've been eating alone in

my room." Menu forms for the June 1 meeting will be distributed to regular attendees. To reserve a spot, menu choices should be returned to the Dining mailbox in the mailroom by Monday, May 31, or as soon as possible. First time attendees are welcome. Contact one of the cochairs, Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

Resident Revelations: Leslie Klein, Mystery Shopper

Tuesday, June 8; 3:30–4:30 pm, via Zoom

Leslie Klein graduated from the Case Institute of Technology in Cleveland, the first engineering school to offer a degree in computer engineering. Leslie described his military career in his first talk, "My Life as a Spy." He spoke last year on developing psychic abilities. In this talk, he will share his experiences as a mystery shopper.



Leslie Klein masked for Halloween

At Mirabella Seattle, Leslie has cochaired the Program Committee and is secretary of the Lifelong Learning Committee. He has engineered and recorded LLC Zoom presentations. Coordinator: Carolyn Blount.

Art Museums of Washington, D.C.: More Armchair Travels to the Great Museums of the World with Rebecca Albani

Tuesday, June 8; 10:45 am–12 pm, The National Gallery of Art, via Zoom

The National Gallery of Art includes a superb collection of excellent works from every major art historical period. The National Gallery holds the only Leonardo da Vinci painting in the Western Hemisphere and Degas's original beeswax sculpture

COURSES AND LECTURES

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of the *Little Dancer Aged Fourteen*. Early pieces are in the gracious classical West Building; the later pieces are in I.M. Pei's dramatic East Building.

Tuesday, June 22; 10:45 am–12 pm, The Phillips Collection, via Zoom



Pierre-Auguste Renoir – “Luncheon of the Boating Party,” Google Art Project

The Phillips Collection opened in 1921 as a memorial to Duncan Phillips's father and brother. It showcases Phillips's adventurous collecting of American and European modernists. Highlights include Renoir's *Luncheon of the Boating Party*, the Rothko Room, and half of Jacob Lawrence's *Migration Series*.

Tuesday, June 29; 10:45–12 pm, The Smithsonian National Museum of Asian Art, via Zoom

This branch of the Smithsonian also houses the world's largest Whistler collection, including his famous Peacock Room. The Freer Gallery of Art and Arthur M. Sackler Gallery feature paintings from the Aesthetic movement of the late nineteenth century, as well as the arts of China, Egypt, the Indian subcontinent, Japan, Korea, and the Islamic world, ranging from the Neolithic period to the present.

OLLI-UW Virtual Lecture

The Science of Giant Earthquakes and Tsunamis: What We Know and What We Don't Know with Dr. Harold Tobin

Wednesday, June 9; 12–1 pm via Zoom, no fee but preregistration required

Tsunamis and the giant undersea earthquakes that cause them are perhaps the greatest of natural hazards. They are also manifestations of the plate tectonic forces that shape our region and the entire Pacific Rim. The 2011 tsunami in Japan and the 2004 tsunami in the Indian Ocean were the first magnitude 9 scale earthquakes in the modern digital recording era. These have taught us much about the parallels to the fault that lies off our own shore, the Cascadia Subduction Zone, which last moved 321 years ago, but will move again someday. Professor Tobin discusses the nature of these faults and events, how we study them, and how new knowledge and new technology are coming together to help us understand the hazard and prepare for it. He will highlight new early-warning systems and new ways science can help reduce the dangers of such events.

Professor Harold Tobin is the director of the Pacific Northwest Seismic Network and professor in the University of Washington Department of Earth and Space Sciences. His research involves interdisciplinary and integrative studies of tectonic plate boundaries with a focus on how faults work. He is especially interested in subduction zones, where the planet's largest earthquakes and tsunamis take place, and how these dynamic places develop over time.

OLLI-UW Remote Courses in June

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/uwolli/course/course.aspx?catId=18>.

OUTSIDE ACTIVITIES

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

Women Who Changed Literature, Literature That Changed Women, with Instructor Joan Perkins

(Live stream only. It will not be recorded.)

Thursdays, June 3, 10, 17, and 24; 10 am–12 pm.

Cost: \$50

Although women in England began publishing their writing as early as the sixteenth century, they did so at the risk of becoming social outcasts. Overcoming the barriers was a long and arduous process.

Eventually, literature by both sexes helped change perceptions of women and open new doors for them. Through lectures and discussions of passages in the works of Shakespeare, the Bronte sisters, Thomas Hardy, Toni Morrison, and others the class will explore the ways in which literature re-envisioned women and in doing so, changed their lives.

Go Fish with Instructor Connie Sidles

Tuesdays, June 8, 15, 22, and 29; 10–11:30 am.

Cost: \$50

Fish, a rich source of food for humans, have also provided abundant food for birds for millions of years—certainly long enough for avians to have

evolved many styles of fishing. In this series of four classes, master birder Connie Sidles will show the strategies different species of birds use to go fishing. They are by turns ingenious, persistent, patient, aggressive, cooperative, and altogether wondrous. Connie Sidles tells of the plungers, the pickers, the snatchers, the chasers, and the scoopers in the seas, rivers, ponds, and lakes.

Another OLLI-UW Remote Course: Museums of New York with Instructor Rebecca Albani

Mondays, June 7, 14, 21, and 28; 10 am–12 pm.

Cost: \$50

A similar course developed by Rebecca Albani has been presented at Mirabella by the Mirabella Lifelong Learning Committee.

OUTSIDE ACTIVITIES

Judith Peterick and Leslie Klein, Cochairs

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

Grocery and Mall Trips for June

- » Ballard Market, Friday June 11 at 10:30 am
- » Costco, Wednesday, June 9 and 23 at 10:30 am
- » Fred Meyer, Monday June 14 and 28 at 10:30 am
- » Metro Market, Wednesday June 2, 16 and 30 at 10:30 am
- » PCC/Trader Joe's, Wednesday June 9 and 23 at 1:30 pm
- » Pike Street Market, Friday June 25 at 10:30 am
- » Safeway, Wednesday, June 2, 16, and 30 at 1:30 pm
- » University Village, Monday, June 7 and 21 at 10:30 am
- » Uwajimaya, Friday, June 18 at 10:30 am

Outside Activities has not scheduled any special activities or excursions for June at this time. Consult the Weekly or MIRANET for additional details or activities. The Monday walks have been changed to Saturday at 9:30 am. The Sunday church bus goes to Christ Our



Diving Kingfisher

PROGRAMS

Hope, departure at 8:10 am, pickup at 9:30 am. Other church trips are by reservation only and not recurring weekly. To sign up for any bus trip, please call x 1419 or use the MIRANET Transportation Request form.

Mary Rogers

PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

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 Quigley

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.

Kristin Lee, Violinist

Thursday, June 10; 3:30 pm, via Zoom

Kristin Lee, violinist and artistic director of Emerald City Music series, will present the last concert of the series. She is familiar to Mirabella audiences from past performances here. She is a member of the Chamber Music Society of Lincoln Center and most recently performed with that group in Taiwan in December 2020. She is a cofounder of Emerald

City Music, now in its fifth year in Seattle. Kristin is a graduate of Juilliard School of Music in New York City and currently resides in that city. She has performed extensively with chamber music groups around the country, as well as playing solo recitals and appearances with orchestras. The program she is playing here in June will be performed in Los Angeles later this month. Coordinator: Kitty Dow.



Kristin Lee

David B. Williams, Natural Historian

Thursday, June 17; 3:30 pm, via Zoom

Many of us enjoyed hearing David Williams share his enthusiasm for the stone structures of Seattle. He'll be back with more Seattle history to look at "Secrets of Seattle's Seven Hills."



Profanity Hill, City of Seattle archives

Early Seattleites often liked to boast that their city was built on seven hills, just like ancient Rome. Of the original seven, two have been replaced and one has been removed via re-grading. What hills remain and how did they get their names? What is their human and natural history?

WINNING CONCERT § WINNING TEAM

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Zoom in for answers from a very engaging storyteller, naturalist, and tour guide who specializes in the geological history of the Puget Sound area. Coordinator: Judy Guder.

Julian Catford, Guitarist

Thursday, June 24; 3:30 pm, Courtyard



Julian Catford

Julian Catford is from Edinburgh, Scotland, and has studied jazz and improvisation at Oakland University, and classical guitar with Carlos Barbosa-Lima and Guillermo Fierens (a student of Andres Segovia)

at Grand Valley State University in Michigan. He has more than thirty-five years of performance and teaching experience in jazz, Latin, classical, swing, and Brazilian music.

In the Seattle area he performs mostly solo and with his group Dos Guitarras, his Jazz Trio, and Hot Club Seattle. He has performed at most of the area's best event venues. He has taught Jazz and Classical guitar at Seattle Pacific University since 2000 and previously for over twenty-five years at North Seattle College.

His program at Mirabella will include music from classical, jazz, and Latin genres. Coordinator: Stafford Miller.

The Inside Story of the “Race to the Center of the Earth” TV Show

Thursday, July 1; 3:30–4:30 pm, via Zoom or in person in Emerald Hall

The May 13 headline read: “3 Seattle teachers win \$1 million in National Geographic’s ‘Race to the Center of the Earth’.” Four teams of adventurers embarked on a quest to sprint around the world on a



SE Asia Team from left to right in picture: Jay Wyatt, Marilina Kim, and James Batey, teachers at The Bush School in Seattle, winners of the \$1 million grand prize in National Geographic Channel’s “Race to the Center of the Earth” (Mario Perez / National Geographic; picture was taken in Hawaii off the Hilo coast at the buoy where the bag of \$1 Million dollars sat)

challenging course in the hopes of beating the others to earn a \$1 million prize. Mirabella is fortunate to have snagged one of the racers on the winning team, Marilina Kim, the lone female on Team Southeast Asia, to come and speak to us about her challenges on the “Race to the Center of the Earth.” She will tell us about the behind-the-scenes action and intrigue and discuss post-production, the scenes that didn’t make it at all, the race process, the before and after of racing, the lack of communication, the sequestering, some of the things in the non-disclosure contract, and the team camaraderie. Marilina is active in the outdoors and loves climbing and skiing and other sports. She was introduced to athletics in college, which was the beginning of a lifelong love of an active life. Marilina teaches Spanish and French to high schoolers, and she takes them on climbing trips for weeks at a time at the end of each semester. Marilina is the daughter-in-law of residents Don and Sandy Bialos. Coordinator: Leslie Klein.

WELCOME NEWBIES § INTEREST GROUP NOTICES

WELCOMING COMMITTEE

Diane Holmes, Chair

Jade and Chris Simonson

Meet new residents Jade and Chris Simonson who have moved into unit 417. They met at Ohio State University, where Jade was earning her Math degree and Chris his PhD in Astronomy. His previous degree from MIT was in physics. After their marriage they traveled to Leiden, Netherlands, where Chris completed a post doc in astrophysics with Hendrik C. van de Hulst at the University of Leiden. After two years, Chris began teaching at the University of Maryland. When Chris accepted a research job, the couple moved to Los Altos, California, where he continued his work in multiple sciences. With her background in mathematics, Jade developed an interest in computer science and then in computer hardware, which led to a career at Hewlett Packard.

Both Simonsons love music. Their first love is the Baroque, but a charming string duet of mother and son at the Redmond farmers market attracted them. They also enjoyed the violin duet sponsored by our Program Committee.



Jade and Chris Simonson

Both have contributed their time and energy to minimize the climate threats to our planet. They also read a lot and are delighted to find the wealth of books in the Mirabella Library.

All of us will be enriched by the addition of Jade and Chris Simonson to our community.

Barbara Porter

POKER NIGHT IS BACK

Every Tuesday night at 7:30 pm we play “dealer’s choice” poker in the Northwest Dining Room. All are welcome. Buy in is three dollars, bets are a nickel, dime, or quarter with a three-bet limit. We play for fun and we have plenty.

Mort Berman

MEDITATION RESUMES

Meditation is back at Mirabella Seattle on Mondays, Wednesdays, and Fridays from 8:30 to 9 am. The group meets in the northwest corner of the tenth floor in what is temporarily called the “game room.” A combination of transcendental meditation led by Dee Dickinson and mindfulness meditation led by Matt Jamin is offered. Come check us out!

Matt Jamin

EPISCOPAL EUCHARIST RETURNS

Second Thursdays of the month; 11 am, Conference Room A

A welcome back to our monthly Episcopal Eucharist services. The Rt. Rev. Greg Rickel, Bishop of Olympia, will celebrate at the first service in over a year, Thursday, June 10.

Going forward through the year, priests from other Episcopal parishes will celebrate, coordinated by St. Mark’s Cathedral. Dean Steven L. Thomason of St. Mark’s Cathedral will take the service on July 8. All are welcome. Coordinator: Terry Cochrane.

Sally Hayman

PARKINSON'S WALKATHON

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Team Mirabella residents giving a double high five at the 2021 Parkinson's Walkathon – photo, L. Held

SHAKE, WALK, AND ROLL—AND WE DID!

The annual fundraiser for the Northwest Parkinson's Foundation was a Walkathon success. Nearly fifty residents, family, friends, and a few dogs repeatedly circled our Courtyard on May 8. Paul Keown provided music, and walkers showed enthusiasm and generosity, raising almost \$8,000.00 under the name Team Mirabella. It was a particularly poignant year in that we have lost four members to the challenge of this disease since our last Walkathon. We have also gained new members, who bring energy and eagerness to share ways to continue to enhance the quality of life for both those with Parkinson's Disease and their partners. Thank you to all participants and contributors, and thanks to the Mirabella Seattle staff who helped us set up and assure a fantastic event. If you would like more information about the Parkinson's Support Group or wish to add a donation for Northwest Parkinson's Disease Foundation, feel free to contact Laura Bailey, phone x 1813. Besides the one above, two more of Loni Held's photographs (three are on the next page) appeared in Northwest Parkinson's Foundation newsletter of May 12, 2021.

Ruth Benfield

MORE WALKATHON PHOTOS



Bill & Laura Bailey – photo, L. Held



Estelle Budne – photo, L. Held



Ellie Fife & Charlotte Bushue lead the walkers around the Mirabella Courtyard – photo, L. Held



Paul Keown doing the Hokey Pokey – photo, B. Porter

RE-STORE § BOOKS § CASCADE BEAT

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RE-STORE HOURS

Shopping Therapy

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

Ingrid Steppic

BOOK CLUB

Fourth Monday of the month; 4 pm, via Zoom

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.

On July 26, the book group will be reviewing *The Immortalists* by Chloe Benjamin. This is a sweeping family saga set in New York's Lower East Side. Four siblings visit a psychic who tells each one the date of his or her death. The impact on their lives is significant, and the book tells their stories as they attempt to control fate.

Everyone is welcome to join us.

Tina Moss

NEIGHBORHOOD NEWS

BY PAT THENELL

Lake Union

The neighborhood is known as South Lake Union, a name that focuses on Lake Union, a body of water located to the north of us. That lake, visible from our dining room, is a freshwater body located between

the Ship Canal Bridge that carries Interstate 5 to the northend of Seattle and then connects (by use of the Hiram M. Chittenden Locks) the fresh water to the salt water in Shilshole Bay, which is part of Puget Sound. The importance of this lake can be understood by realizing that the streets surrounding it are called Westlake, Eastlake, and Northlake Avenues. Surrounding neighborhoods, including our Cascade neighborhood, incorporate these "lake" names. On the south side of Lake Union, there is a children's play park, the Museum of History and Industry (MOHAI), the Center for Wooden Boats, and several interesting places to eat.



Lake Union Park, MOHAI, and the Sailboat Pond with race in progress (2013) –photo J. Curtis

On this part of the lake seaplanes land and take off, many local rowing teams practice, and sailboats race. Much of the street along the south shore of the lake is being repaired because it was originally built on pilings and needed to be more secure. On the north side of the lake there is a very large park called Gas Works Park. Before COVID times, the annual Solstice Parade ended in the park, and folks gathered there to watch the Fourth of July fireworks.

The Queen Anne Counterbalance

Many who move to Seattle from places less hilly are in awe over how easily native Seattleites drive on steep city streets. History tells us that there were many more hills in what is now referred to as the

Denny Regrade neighborhood, which is directly south and west of Mirabella. Once the early settlers had earth moving equipment, these hills were taken down and the soil used to fill in other areas such as Foster Island located in Montlake and now divided by the 520 Bridge. The goal of these settlers at the beginning of the twentieth century was to make the city easier for cars and people to move in and out of downtown. Fortunately, though they tried, they did

beat it to the bottom were able to minimize damage. Gradually, the hill was referred to as the Queen Anne Counterbalance, and the term is still in use today to describe the hill that one now easily drives up and down.

HOW WE LIVE NOW

Photos Shared by Residents



From 1898 until August 10, 1940, streetcars (here seen in 1910) made their way between upper and lower Queen Anne Hill, assisted by a weighting system called a “counterbalance.” Courtesy of Counterbalance Barbershop



Catching the moon amid the cranes and rising towers – B. Porter

not succeed in taking down Queen Anne Hill. It did, however, lead to the creation of streetcar service that had a series of underground cables and tracks to get the trolley cars up and down much like the counterbalance system in San Francisco. Because it turned out to be a very difficult process, there was a move to build a tunnel under the hill instead. Local residents opposed this, and the trolleys stayed. So, a system of tracks on the hill was laid and the trolleys went up, were turned around, and went down again. Then came the disaster of the trolley car that raced down the hill, where luckily the attendants who



Following Seattle Public Utilities’ water main installation on Denny Way – L. Klein

ALTRUISM HAS A FACE

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FUND DRIVE INTERVIEWS



Sandy Rensvold interviewing scholarship recipient Britney Means from Dining Services for the Fund Drive opening event on Zoom



Julie Holland interviewing Jerry Roling about his early interest in and support for Tiny House Villages that provide safe housing for Seattle's homeless and unsheltered population, a special fund category for the 2021 drive



Britney Means, in need of help with one of her courses, was tutored in mathematics by resident volunteer Matt Jamin



Stephanie Sirisithi, Head Nurse in Skilled Nursing on the second floor, being interviewed by Sandy Rensvold about Stephanie's advanced training in nursing that is supported by Mirabella Seattle Foundation scholarships

– Photos on this page captured from the video of the Foundation fund drive opening event created by the 2021 MSF Fundraiser Committee (video © Jim Holland)

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! JUNE 2021

- 2 - Penny Bignold
4 - Rosemary Cahill
4 - Clairann Schickler
4 - Richard Atwood
5 - Elaine Paul
5 - Peggy Lewis
5 - Betty Ferguson
6 - Jeanne Smith
6 - Anne Heymann
8 - Walter Kerr
8 - Patty Hall
8 - Carolyn Blount
8 - Neil Oldenburg
9 - Cindy Hallgrimson
10 - Brendan O'Donnell
11 - Carl Luttinen
11 - David Dail
13 - Kit Tate
15 - Rita Wiklund
16 - Alice Hingston
18 - Bill Higgins
19 - Mary Wood
20 - Jean Hedrick
20 - Will Welton
22 - Ellin Larimer
22 - Andy Callegari
23 - Marie Popoff
26 - Ben Wood
26 - Diane King
27 - Evelyn Rogoff
27 - Paul Hill
27 - Gill Thompson
28 - Sue Draper
29 - Barbara Daniels
29 - Sandy Rensvold

MIRABELLA SEATTLE FOUNDATION BRICK BY BRICK

BY JARED CURTIS

THREE WAYS TO BUILD

A house made out of straw
Will not withstand the storm,
And one built out of sticks
Will not survive storm's blast.
But if we build with bricks
Our gift will make it last.

THIS IS THE FOUNDATION THAT WE BUILT

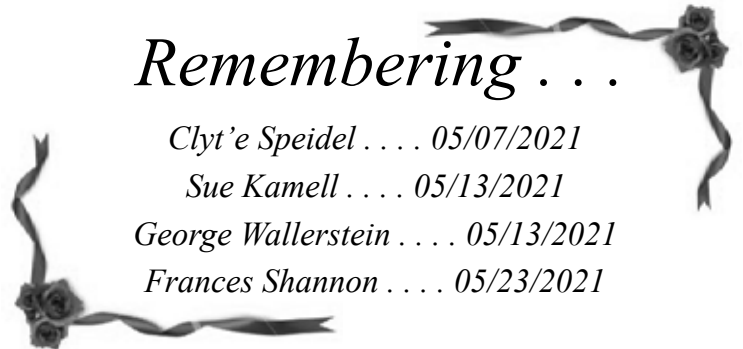
This is the foundation that we built.
This is the brick
That lay in each hand
That formed the foundation that we built.
These are the bricks
That we placed in the hod
That we carried to the Board to form the foundation
that we built.
This is the wall that we formed with the bricks
That we added to the hod to build the wall
That supports our residents who are in need,

And who in the past have helped to erect the
foundation that we built.

These are the windows of opportunity
For staff to grow their knowledge, to get help in
crisis,
That we placed in the walls to open the vistas
That reach out from the foundation that we built.
This is the pavement that forms the walk that we
built;
This is the path that links us to our neighborhood—
The youth, the homeless, the children who live and
learn and play nearby,
These are the ones who make use of the gifts from
the generous foundation that we built.
So, be a Brick and help us continue to Build.

Remembering . . .

- Clyt'e Speidel 05/07/2021
Sue Kamell 05/13/2021
George Wallerstein 05/13/2021
Frances Shannon 05/23/2021



MOVIES IN EMERALD HALL

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WHO KILLED JIMMY HOFFA AND OTHER BURNING QUESTIONS

BY CONNIE CHAPLIN



The Irishman (2019)

THE TITLE *Ash is Purest White* refers to a dormant volcano, not purity of the characters, Bin and Qiao. They rule a gangster community in Datong, a coal-mining town bordering Inner Mongolia, and this is their story. Three stories, actually. The first, in 2001, focuses mostly on Qiao, the woman, and plays like a 1940's classic Hollywood crime flick with violence just around the corner; it sets in place what happens next. Next happens, in 2006, at the Three Gorges area on the Yangtze, with Qiao and Bin dealing with China's industrial boom and the effect on society and class relationships. The third part, around 2018, moves back to Datong, ending this tale about "life on the fringes, the passage of time, the chips in the bamboo curtain" during the country's modernization and globalization.

Another country, another relationship in *Marriage Story*, with Adam Driver and Scarlett Johansson in perhaps the finest performances of their careers and Laura Dern, who won an Oscar for her turn as a relentless celebrity divorce lawyer. Sort of tells you where this duo is headed, right? Fact is, not

everybody has the same idea of what it means to be married. And not everybody with a bad marriage can manage a good divorce. Or a reasonable separation. Or even mediation. Driver plays a Broadway director, Johansson a TV and stage actress from Los Angeles; these people should know how to communicate. But....

The relationship in *Woman at War* is between an eco-activist Icelandic woman and those who would endanger the environment and its inhabitants. Not a superwoman, she nevertheless is on a crusade against a local industry. A highly rated adventure/comedy/drama, it's called "a contemporary environmental fable."

Now for a drama with three memorable performances: *The Irishman* with Robert De Niro, Joe Pesci, and Al Pacino. Who's Irish in this relationship? Doesn't matter; if you liked *The Godfather* and *The Sopranos*, you'll want to see this possibly final organized crime film by Martin Scorsese, and he's having fun with it. Memorable too in that De Niro, as Frank, is in a nursing home remembering his life as a Mafia hit man, working with Pesci as mob-boss Russell Bufalino and later, for Jimmy Hoffa (Pacino). Based on the book *I Heard You Paint Houses*, mob-slang when inquiring for a hit man (as in "paint with blood"), not an interior decorator. But wait; these guys are in their 70s. You have an old De Niro reminiscing about a young De Niro? Believe it. That's where the facial-recognition technology comes in: their faces are de-aged. So, who killed Hoffa? And that Bay of Pigs/Jack Kennedy/Mafia connection? And why are we *showing it for two nights*, Saturday, June 26 and Wednesday, June 30? Because it's a really long film, 210 minutes. (That's three hours and thirty minutes for us English majors.) We will show the first half on Saturday, the rest on Wednesday. In the interest of full disclosure, you know.



The Mirabella Monthly



VOLUME 13 | ISSUE 6

JUNE | 2021

Guide to Mirabella Publications

The Mirabella Monthly

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Nancy Eliason, Chris Jamin, Paul

Keown, Ron King, Tina Moss,

Janet and Jim Ohta, Judy Rourke,

Louis Swart, and Susan Webber

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

(kharrison@retirement.org) or

Loni Held (lheld@retirement.org)

no later than noon on Friday 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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