

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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SEE MIRANET FOR EVENT VENUE CHANGES OR ZOOM LINKS

SEPTEMBER | 2021

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HEROES OF THE HEAT

BY BETTY HEYCKE

BY THURSDAY, June 24, Seattle knew for sure what was coming: a withering heatwave, a heat dome that would begin Friday and might last for three days or more, driving Seattle temperatures over 100 degrees. Very specific heat-action plans are in place for cities that have frequent heat waves. Think Chicago or Phoenix. Seattle had no such plans.

The Mirabella Seattle building, like all high rises, is built to accommodate the average ambient temperature of the region (about 74 degrees for Seattle). When the temperature goes way outside that range for extended periods of time, there is a problem. You can't keep the heat (or the cold) out. Mirabella has 740,000 square feet to heat or cool. We use four cooling towers on the roof of the building that take warm air out of the building by transferring heat to water,



Mirabella cooling experts Juan Hidalgo, Larry Fernandez, Jason Holtz, and Pete Rezendes – photo, M. Cullen

KEEPING HEADS COOL

then putting cooled water into the building. Heat escapes the towers through evaporation which is facilitated by fans on the towers. It is important that there be a continuous supply of water pumped over these towers.

The air-conditioning system in each IL unit has its own heat pump, but it receives water from the community's water loop system that is connected to those roof cooling towers. When the water in the loop system is too hot, the individual unit trips out and must be reset. Fortunately, we had fewer than twenty of these trip outs that our staff rushed to repair.

Marcus Cullen, Mirabella's Facilities Director, assembled his staff to determine exactly what Mirabella's plan would be for the upcoming difficult days. First, Marcus made sure that our head engineer Pete Rezendes and maintenance technicians Juan Hidalgo, Jason Holtz, and Larry Fernandez would be available for the crucial days to work extra time if necessary. Pete was directed to activate the fourth cooling tower, which is not always used. When the heat came, they would have to be sure that the towers had sufficient water.

And so, on Saturday when Seattle's temperature rose to 102, on Sunday when it was 104, and on Monday when it reached 108, Pete and Jason knew what they had to do and that it wouldn't be fun. Using ladders, they climbed the cooling towers and sprayed water over them with hoses. It was hot up there on the roof, reaching 127 degrees Fahrenheit. They did this every three hours in the daytime for three days.

In the meantime, Pete and Marcus decided to work on "load shedding" so the system wouldn't have to work so hard. Over the weekend they shut off the air-conditioning in offices, Emerald Hall, and other unused areas. Larry and Jason were kept busy solving the air-conditioning problems of residents.

Sometimes it was necessary to flush out the freon in individual units. Some units needed portable coolers delivered. Juan was especially adept at figuring out how to solve the problems of each unit. And he was grateful for the patience and understanding of residents who "didn't call every five minutes."

There were other considerations. A large quantity of food is stored in our walk-in refrigerators. It was necessary to monitor the temperature in these hourly. (It is notable that at least one Seattle Safeway lost food worth thousands of dollars because their refrigerated areas became too hot.)

So, for three days our apartments were a bit warmer than usual. Some of us grumbled. There were many bad things that could have happened here at Mirabella, but they didn't. The kitchen continued to operate; no food was lost; the plants in the Courtyard survived, and so did we.

We owe this success to our smart-thinking, hard-working staff and to our heroes on the roof.

HOW NOT TO LOSE A FINGER IN THE WOODSHOP

BY ANN LEVEQUE

OUR WOODSHOP is in a sunny room with big windows looking out on Minor Avenue North. You can get there by using your fob to take the service elevator to the "B" level. The service elevator is located just around the corner from the B elevators. You can look through the window in the door to see a room packed full of machinery, woodworking benches, and walls hung with hand tools. The door will be locked, so you will have to find a resident woodworker to take you in the first time.

I enlisted Jim Holland to show me around the shop, where we found Richard Steppic working on the

WOODSHOP WONDERS

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Richard Steppic and Jim Holland at work in the Woodshop – photo, A. LeVeque

computer-assisted Rose Engine Ornamental Lathe he has brought into the woodshop. Richard, whose beautiful bowls are sold in several Seattle galleries, is a master at the lathe. So it was that Richard taught newbie Jim Holland how to work the lathe, and now Jim is making bowls with walls so thin he can cut out lacy patterns in them, and Jim stands ready to help others get started. To see the shop, you'll need to get hold of Richard or Jim; either will be happy to show you around. To use the shop, you will have to show that you can operate the machinery reasonably well; then you will need to have maintenance update

your key fob.

At your disposal will be an array of equipment, part of it provided by PRS (the room started as the Mirabella Facilities shop) and the rest given by past and present resident woodworkers. There are two table sanders, band saw, drill press, chop saw, joiner, plenty of hand tools, table router, planer, circular saws, and a very advanced table saw. This saw can stop in a nanosecond if it detects something unusual, possibly saving a finger or two. There's more to the workshop than cutting and sanding. You'll also find a paint booth with plenty of ventilation, lockers for personal equipment, cabinets for storing paint and cleaners, bookshelves, and finally a plumbed sink for washing up. Speaking of washing up, everybody contributes to keeping the shop clean and supplied with necessities like, glue, sandpaper, and cleanup materials.

The woodworkers have done a lot for Mirabella and its residents. Don Ries and Richard Steppic built more bookcases, shelves, and a magazine rack for the library, as well as bookshelves for the B elevator lobbies. Currently our craftsmen are helping the Re-Store by repairing broken furniture, polishing old pots and pans, and fixing just about anything that could bring a few extra dollars to the store and the Mirabella Foundation it supports. It is also possible that a resident worried about a shaky chair leg might find help by asking one of our woodworkers. The job done, all that is asked is a small donation in a receptacle by the shop door to cover the cost of materials. Our ten-fingered woodworkers are ever ready to welcome new colleagues and assist residents in Mirabella's fine woodshop.



“KONG” BY KING § LOCAL SCENE

DO YOU PLAY MAHJONG OR MAH-JONGG?

BY MARY JOSSEM

ALTHOUGH there are two spellings for this nineteenth-century Chinese game of prevailing winds, *mahjong* and *mah-jongg*, there are multiple variations of the way the game is played. In the Western world, a form of American or Chinese mahjong is most often played.

Mahjong is played with a set of tiles that encompasses three suits of thirty-six tiles each: bamboos (bams), circles or dots, and Chinese characters (craks). Honor tiles consist of sixteen wind tiles and twelve dragon tiles. There are four flower and four season tiles that are considered bonus tiles. The American version of mahjong also includes eight joker tiles.

In both versions, the start of each hand includes shuffling the tiles and “building the wall.” It’s not The Great Wall of China, but it does bring it to mind as you build and hear the “clack, clack” of the tiles.

If you happen to pass by the Games Room on Wednesday or Saturday afternoons, you may hear Mirabella residents shouting “Pong,” “Kong,”

“Chow,” or “Mahjong.” Although you don’t have to learn Chinese to play the game, you do quickly learn the words to express three of a kind (Pong), four of a kind (Kong), a numbered run of three suited tiles (Chow), and a winning hand (Mahjong).

When the Games Room comes back on line, both versions of Mahjong will be played there on Wednesday and Saturday afternoons from 1 to 3 pm. Players are always eager to teach this game of strategy, skill, and luck. Give it a try, won’t you?



Ginny Sharp and Jean Hall admiring a spectacular front garden along Alki – photo, M. Campbell



Ron King revealing his winning Mahjong hand to Nancy Lucht, Terry Cochrane, and Jane Beer



Market in SLU again – photo, MJ Taylor

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
President, 2020–2021,
Box 402, x 1607,
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Sue Herring,
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Gill Thompson, Member-at-
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Mort Berman, Member-at-
Large, 2020–2022,
Box 929, x 1872,
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Tim Hill, Member-at-Large,
2020–2022,
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henryhill36@icloud.com



Nickie Askov,
Past President, 2020–2021,
Box 1116, x 1858,
en1@psu.edu

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom. Resident Council meets on the second and fourth Tuesday of the month, 9 am via Zoom. Residents are welcome at all Council meetings. Links to Zoom meetings will be found on MIRANET on the Home Page.

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



NEW ART § DINING NEWS

ART COMMITTEE

Joanne Mearls, Chair

Art Donation

The Art Committee has been installing art on floors where carpeting and painting have been completed. Joining some old favorites will be a new piece donated by Diane Holmes. It is an untitled, large, abstract-expressionist work by the artist James Morgan. The image is full of energy, texture, and color and is sure to brighten the hallway where it will reside. Thanks go to Diane for her generosity. Mirabella Seattle is delighted to accept gifts and loans of art from residents. Contact any member of the Art Committee if you wish to share your art.



James Morgan, Untitled

Carolyn Ferrell



Rebecca Novelli, Untitled

Art Show

Mirabella's Fall 2021 Art Show, scheduled to open on September 20, will feature the paintings of Rebecca Novelli and Bill Broesamle, artists who describe themselves as "serious and committed amateurs." In portraits, still lifes, and landscapes the show reflects their interests in varied subjects and techniques.

Sylvia Fisher



Bill Broesamle, Untitled

DINING COMMITTEE

Mandy Wertz, Chair

Mirabella Dining: The PRS Bonus Factor

A unique aspect of Mirabella Seattle Dining Services is its relationship to and use of the resources of the parent organization Pacific Retirement Services (PRS), a not-for-profit corporation headquartered in Medford, Oregon. The Corporate Director of Culinary Services is Todd Albert, who rose through the ranks of PRS beginning with the role of Executive Chef at Mirabella Portland. He makes quarterly visits to our facility to meet with Director of Dining Services, Stephen VanPelt and Executive Director, Travis Duncan.

REWARDING SERVICE

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During his visits, he inspects the entire food service facility, including areas that supply food for Independent Living as well as Healthcare Services. Numerous state and federal standards for healthcare providers also benefit all of us at Mirabella Seattle. Though the Bistro serves only those residents who can pick up their meals or dine in, its kitchen meets the same high standards as the tenth-floor kitchen.

PRS purchasing power also enhances our program with preferred pricing from food vendors and allows us the flexibility to source from any vendor foods like our custom-roasted coffee from Caffe Ladro or our ice creams and sorbets from local producer Olympic Mountain Ice Cream. The not-for-profit status of PRS makes it possible to offer bottled wines at attractive prices because there is no requirement to make a profit from sales to residents.

A corporate Information Technology (IT) team provides various types of tech support and will be working with Stephen during the initiation of a new PRS Point of Sale system that is scheduled for rollout at Mirabella Seattle in the coming months. Collaboration and cooperation with a network of Dining Services personnel at other PRS properties are features that enhance the knowledge of peers with similar challenges and permit sharing many creative ideas and other resources. A recent example was the “loaner Chefs” from Mirabella ASU, Mirabella Portland, and others who supplemented our in-house staff during a critical time when we were shorthanded.

The PRS Human Resources program provides critical support services for recruiting and screening applicants for leadership positions, and the Media Team provides graphics for signage, menus, and other media.

Most of the time, PRS is a silent partner in our daily activities, and it is good to know that we are also

served by experienced professional management and resources beyond our local community. They make it possible to take advantage of efficiencies resulting from system-based networks and numbers.

(Content based upon interviews with Dining Services Director, Stephen VanPelt)

Mandy Wertz

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Warren Askov, Cochairs

Announcing EAC Informational Meeting

Tuesday, September 14; 2 pm, via Zoom

Please join us for an informational meeting that the Employee Appreciation Committee is presenting on Zoom to discuss the campaign to raise money for employee bonuses. Mirabella Seattle has a “no tipping” policy. Each year residents voluntarily contribute to the



Employee Appreciation Fund to gift all hourly and salaried employees a monetary bonus at the end of the year. Every dollar received by the deadline is distributed to employees on the first payday in December. Directors receive non-monetary recognition. We hope that all Mirabella residents will participate in the campaign.

Over 260 employees clean our apartments, deliver our meals, drive the town car and buses, provide valet service for our cars, clean our common areas, do the laundry, prepare our meals, wash our dishes, ensure our security, and lovingly care for those in the Health Center. They rise to the challenges. They go above and beyond. They keep us safe and lift our spirits. Remember the facilities employees up

EYES FRONT!



HEALTH FRONT

on the roof making sure our cooling system worked properly for us during 100+ degree weather? This is our time to say “Thank you” to Team Mirabella.

Sally Hahn

HEALTH & WELLNESS COMMITTEE

Janice Kaplan-Klein, Chair

Macular Degeneration with Dr. Scott Warden

Wednesday, September 29; 3:30 pm, TBD

This presentation will feature Scott M. Warden, MD, speaking on Macular Degeneration. One of every three



Scott Warden

of us over seventy-five will suffer from macular degeneration. It is a disease of the retina of the eyes leading to blindness. It is also called age-related macular degeneration (AMD or ARMD), which is a vision change that can gradually create blurry vision over time. AMD affects the macula, the small central area of the retina that

maintains our sharpest vision. Research indicates it may be affected by a combination of heredity and environmental factors, including smoking, obesity, and diet. The condition develops as the eye ages. Dr. Warden will discuss what it is along with current and possible future treatments. He is the son of Mirabella residents Max and Thea Warden.

Dr. Warden graduated from Dartmouth College in biochemistry and molecular biology, and from Harvard Medical School, with an internship at Brigham and Women’s Institute and a residency in ophthalmology at Harvard’s Massachusetts Eye and Ear Institute. He

completed his fellowship in vitreoretinal diseases and surgery at Cornell Weill Medical College in NYC. Dr. Warden has been practicing in Seattle for ten years and is a partner in Retinal Consultants of Seattle. Coordinator: Janice Kaplan-Klein.

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



Optometrist: AK Vision Care

Thursday, September 16; 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. Clinics will now be quarterly and will not open unless at least ten 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, September 14; 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@

LIBRARY § LIFELONG LEARNING

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seattlehearingservices.com.

Foot Care Clinic

*Mondays, September 20 and 27 and Tuesdays,
September 21 and 28; 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

Wednesday, September 15; 8 am–3 pm, Suite 134

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. Saturday and
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.

Flu Clinic by Kelley Ross

Wednesday, October 6; 9:30 am–12 pm; 12:30–3 pm

Flu vaccinations will be done by floors. Additional information will be released closer to the date.

Medical Equipment Repair

Access Medical Repair servicing of wheelchairs and walkers is cancelled for the foreseeable future.

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 NEWS

Toni Myers and Martha Oman, Cochairs

Our September and Labor Day theme will be “Workers,” honoring all those who have kept our country running throughout the pandemic. We continue to honor our Mirabella Seattle staff, but we also want to include farm and grocery workers, first responders, and medical workers as well as all service providers in our community.

We have received many new books as well as new DVDs this summer as people collected entertainment materials throughout the pandemic. We are working hard to weed and update the collection with the new materials.

Thank you all! Do come and find new books and DVDs to enjoy.

Martha Oman

LIFELONG LEARNING COMMITTEE

Louise Lowry and Julia Wan, Cochairs

LLC Zoom events: The Lifelong Learning Committee returns to Zoom only presentations and will return to live presentations in Emerald Hall when permitted. To join Zoom events, go to MIRANET’s “Upcoming Events” on the date and

WORKSHOPS AND TALKS

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time of the event. Click on the title to bring up the Zoom link. Click on the Zoom link to join.

Supportive Friends

The September monthly dinner, normally held for Supportive Friends on the first Tuesday of the month at 5:30 pm in the Aria Dining Room, has been cancelled due to staff shortages in Dining Services. When staff levels are adequate, the dinners will resume.

The group welcomes all residents who have experienced loss in their family. Some residents have found the group helpful during the final illness of a partner. Regulars will receive a menu selection form prior to the Tuesday dinner. Choices should be returned to the Dining mailbox in the Mailroom by the Friday before the Tuesday dinner. If you are interested, please call one of the cochairs, Carolyn Blount, x 1644, or Natalie Siegel, x 1698.

Writer's Workshop with Dana Wenig

To be rescheduled as soon as possible

The meeting to meet Dana Wenig, Writing Workshop teacher, originally scheduled for Tuesday, August 31, has been cancelled because of Mirabella's new COVID restrictions. Dana has agreed to reschedule this session and the classes to follow when the restrictions are lifted. Writer's Workshop is for Mirabella residents who write or want to write. She says, "In terms of philosophy of teaching writing, I believe that the personal, if expressed clearly and deeply enough, is the universal. And I believe that every person has a story worth telling. I believe in the power of writing practice and generative writing as opposed to workshopping and harsh critique." There is a quarterly fee for the class. Questions? Contact coordinator, Louise Lowry, x 1684.

Cuba from 1898 to the Present with Dr. Marc McLeod

Mondays, September 13 and 20, and Tuesday, September 28; 3–4 pm, via Zoom

From the end of Spanish colonial rule until the Fidel Castro revolution, relationships between Cuba and the United States have been the subject of sustained and passionate debate. This series examines the historical roots of the Cuban Revolution, its impact on Cuban daily life, and the pressing issues confronting Cuba during the COVID pandemic.



Marc McLeod

Part I: Neo-colonial Cuba and the Road to Revolution, 1898–1958

Monday, September 13; 3–4 pm, via Zoom

An exploration of the history of Cuba from the end of Spanish colonialism to the fall of the Batista regime, with particular attention to the U.S. role and the main causes of the revolution.

Part 2: The Castro Years

Monday, September 20; 3–4 pm, via Zoom

A focus on the impact of the Communist revolution on daily life in Cuba and on the impact of the U.S. embargo.

Part 3: Cuba in Times of COVID, 2020–2021

Tuesday, September 28; 3–4 pm, via Zoom

A consideration of the most important issues facing Cuba today, including the political transition from the Castro generation, the impact of the COVID-19 pandemic, and recent street protests on the island.

Dr. Marc McLeod, Associate Professor of History

ARTS CLASSES § OSHER LECTURES

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at Seattle University, teaches courses on Latin American subjects including Human Rights in Latin America, History of Cuba, and Revolution in Latin America. His research explores the social and cultural history of pre-revolutionary Cuba with a particular focus on Haitian and British West Indian immigrants. He is the director of the International Studies program at SU. Coordinator: Leslie Klein.

LLC Art Classes

The Lifelong Learning Committee is introducing a new series of interactive art classes. Check MIRANET listings for updated times and locations.

Beginning Ukulele with Barbara Porter

Classes to be rescheduled as soon as possible
For more information, contact Barbara Porter, x 1885.

Origami, Japanese Paper Folding Art with Makiko Doi

Classes to be rescheduled as soon as possible
Origami is the art of paper folding passed down for generations from Japanese mothers to their children. Because one needs only a sheet of paper to make an origami piece, this art is an equalizer, transcending class, wealth, or race. Students will learn to fold classic



Origami samples – photo, M. Doi

origami three-dimensional paper forms.

Each class will focus on a particular form: 1) house and piano; 2) apanese helmet and goldfish; 3) catamaran and sailboat; 4) star box and balloon; 5) traditional box and little bird; and 6) crane. Six-inch square, one-sided origami paper can be ordered through Amazon’s “Taro Origami Studio,” for \$12.20. To register for the class, contact Makiko Doi at x 1589. Coordinator: Sylvia Fisher.

OLLI-UW Virtual Lectures in September

The UW’s Osher Lifelong Learning Institute (OLLI-UW) will continue to offer its free lectures via Zoom in September. These lectures require pre-registration, but no fee.

Pre-register early for OLLI-UW lectures by clicking on the event listed in MIRANET’s “Upcoming Events.” Then click on the link that comes up to get your personal link to the lecture.

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

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

Virtual Reality to Treat September 11th Trauma with Hunter Hoffman

Wednesday, September 8; 12–1 pm via Zoom, no fee but pre-registration required

This past year, as Virtual Reality became the new normal, Dr. Hunter Hoffman and his collaborators came out with several new studies. Four of the applications in these studies help illustrate how VR can offer healthcare extensive new possibilities.

Dr. Hunter Hoffman, PhD in Cognitive Psychology, began virtual reality research in 1993 at the UW Human Interface Technology Laboratory (HIT), one of the largest VR research labs in the world. This lab was founded and is directed by Professor Tom Furness, one of the fathers of virtual reality.

GOING PLACES BY BUS

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Changes in Washington Climate with Nick Bond

Friday, September 17; 12–1 pm via Zoom; no fee, but pre-registration required

Nick Bond, climatologist for Washington State, discusses his research on weather and climate and how his studies explain our changing weather patterns.

Nick Bond is a senior research scientist with the Cooperative Institute for Climate, Ocean, and Ecosystem Studies (CICOES) at the University of Washington. He is also an affiliate associate professor with the UW Department of Atmospheric Sciences.

OLLI-UW Remote Courses starting in September

OLLI-UW offers a wide choice of remote courses online via Zoom for a small fee and annual membership. The courses are recorded so you can view a class later if you wish.

To register for courses, visit this webpage:

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

If you have any questions about courses or registration or to register by phone, please contact OLLI-UW, (206) 543-2310.

Among the courses offered:

The Super Migrants with instructor Connie Sidles

The latest science on the phenomenon of billions of birds migrating long distances annually.

Seattle Street Smart Naturalist with instructor David Williams

A virtual walk through Seattle with observations of history and nature.

Jazz Vocalists: Some Like it Cool with instructor Misha Berson

How vocalists like Mel Torme, Nat King Cole, and Rosemary Clooney blended jazz and pop into West Coast Cool.

Other courses feature some of Mirabella's favorite instructors, including Kolya Rice and David Smith.

OUTSIDE ACTIVITIES

Judith Peterick and Leslie Klein, Cochairs

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

Reservations for All Bus Trips

To sign up for any bus trip, please call x 1419.

GROCERY & MALL TRIPS FOR SEPTEMBER



- » **Ballard Market**, Friday: September 3, 17; 10:30 am
- » **Costco**, Wednesdays: September 1, 15, and 29; 10:30 am
- » **Fred Meyer**, Mondays: September 6 and 20; 10:30 am
- » **Metro Market/Bartell**, Fridays: September 10 and 24; 10:30 am
- » **PCC/Trader Joe's**, Wednesdays: September 1, 15, and 29; 1:30 pm
- » **Safeway**, Fridays: September 10 and 24; 1:30 pm
- » **University Village**, Mondays: September 13 and 27; 10:30 am
- » **Uwajimaya**, Monday: September 27; 1:30 pm

SUNDAY CHURCH

Sundays, 8:10 am, pickup at 9:30 am

Bus goes to Christ Our Hope. Other church trips are by reservation only and not recurring weekly.

SPECIAL ACTIVITIES AND EXCURSIONS

All September bus trips except for shopping trips and the Sunday church bus have been cancelled until further notice. This includes walks, golf, and all special events and destinations.

LET THERE BE MUSIC

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PROGRAM COMMITTEE

Kitty Dow and Judy Guder, Cochairs

To join Zoom programs, go to MIRANET's "Upcoming Events" on the date and time of the event. Click on the title to bring up the Zoom link. Click on the Zoom link to join.

Cello and Piano Duo: Erika Pierson and Annie Chang-Center

Thursday, September 2; 3:30–4:30 pm, Emerald Hall, but with limited capacity

Erika Pierson and Annie Chang-Center return to Emerald Hall with works for cello and piano by Beethoven, Cassado, Chopin, and Robert Schumann. Erika grew up in the Seattle area, beginning cello at age seven. She studied at Indiana University (BA) and the University of Michigan (MA) She has given solo recitals in England, Germany, Spain, and the U.S.



Erika Pierson and Annie Chang-Center

Annie Chang-Center began performing in her native Taiwan at age six. She has performed as piano soloist with the San Francisco Symphony, the Hong Kong Philharmonic, and the Cincinnati Symphony Orchestra. She was the assistant principal violist of the Phoenix Symphony and principal violist of the Phoenix Symphony Sinfonietta. Coordinator: Sally Hayman.

Michael Partington, on Guitar

Thursday, September 16; 3:30–4:30 pm, via Zoom, link on MIRANET Home page



Michael Partington

Michael Partington, one of the most engaging concert players of his generation, has been praised by *Classical Guitar Magazine* for his "lyricism, intensity and clear technical command." Partington is currently Artist in Residence and director of the guitar program at the University of Washington in Seattle. He has given classes and workshops at festivals and institutions around the world. His students have won prizes in regional, national and international competitions, and scholarships and awards to study all over the world. Mirabella audiences have enjoyed his playing in earlier appearances in Emerald Hall and on Zoom. Kitty Dow, coordinator.

Market to MOHAI with John Pehrson

Thursday, September 23; 3:30–4:30 pm, via Zoom, link on MIRANET Home page

What exactly is Market to MOHAI? Join Mirabella Seattle resident John Pehrson as he leads us through

WELCOME, JACKLINE & ELSTON

the process that led to a historical walking route through the downtown from Pike Place Market to MOHAI at Lake Union. Learn how the project began, how interest grew, who participated in it, and how it resulted in an important contribution to Seattle culture.

At the presentation you'll see what Market to MOHAI is and a sample of the forty-five History Blades and seventy-five sidewalk tiles along the nineteen-block route.

The History Blades show photos with writeups of historic or cultural events that have occurred along the path. The sidewalk tiles display short poems or quotes from authors who encourage you to "see the City with new eyes." You will also see a video that describes the experience. Coordinator: Judy Guder.



John Pehrson

Tom Collier Duo, Vibraphone and Guitar

Thursday, September 30; 3:30-4:30 pm, TBD

Tom Collier first performed at age five. He has played concerts and recorded with popular artists Natalie Cole, Sammy Davis, Jr., and the Beach Boys. He returns to entertain us at Mirabella Seattle, having retired after thirty years as Director of Percussion Studies at the University of Washington. Coordinator: Jean Hall.

WELCOME COMMITTEE

Diane Holmes, Chair

Jackline and Elston Hill

Jackline and Elston Hill are an interesting and delightful couple. Jackie grew up in Pennsylvania, where she received her BSN from the University of Pennsylvania, was invited into the Honor Society

of Nursing. She received her MS in nursing at the University of Maryland and was a practitioner, administrator, and RN educator and served on the faculty of the School of Nursing at UCLA. She led nursing study tours to the USSR and China in the 1980s, when travel to those countries was uncommon.

Elston was born in Wuchou, China, where his parents were missionaries, and grew up in China, Japan, and Brazil. He pursued degrees in history, including an MA from UCLA and a doctorate in history at the University of North Carolina. He taught history at Southwest Texas State University for eight years. With the dramatic declines in History enrollment, he changed directions and earned an MBA in Tax at the University of Texas and his CPA in 1982.

He met Jackie and married her in 1988 in Santa Monica. They retired to the Olympic Peninsula in 2001 and moved to Burien in 2013.

Jackie and Elston enjoy hiking, photography, and travel; their claim to fame is having seen all seventeen species of penguins in the wild without planning for this accomplishment. They also like birds, nature, and being in quiet places where there



Elston Hill



Jackline Hill

SOME BOOKS, A MOVIE NIGHT, A HOLY DAY

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are no crowds and few tourists.

They have experienced some very unusual adventures traveling to the far corners of the earth in amazing circumstances.

When asked what impresses them the most about Mirabella, they praise our residents, staff, the wonderful services available here and the quality of the food. They are happy to be here and would brighten your evening were you to invite them to dinner!

Maria Fiore

BOOK CLUB

Fourth Monday of the month; 4 pm; link on MIRANET for Zoom meeting

Our September 27 selection is *The Bluest Eye* by Toni Morrison, a story of a black girl with the seemingly impossible dream of having blue eyes. It is her search for beauty and love amid poverty and misery.

On October 25, we will review David McCullough's *The Johnstown Flood*, a graphic account of the collapse on May 31, 1889, of a poorly constructed dam and the resulting flood that killed 2,000 people and caused a nationwide scandal. The author also presents a portrait of life in nineteenth-century America.

Everyone is welcome to join us.

Tina Moss

MONDAY NIGHT MOVIE

The Man Who Would Be King

To be rescheduled as soon as possible

Here's an alternative to Monday Night Football—the Monday Night Movie. One movie each month on the second Monday at 7 pm in Emerald Hall. The first showing will be *The Man Who Would Be*

King (1975), which stars Sean Connery, Michael Caine, and Christopher Plummer. Connery and Caine are rogue British soldiers seeking adventure in India in the 1880s. Their search for riches and power takes them to a remote Himalayan country where they discover treasure and for Connery, love of a princess. Alas, power and love don't quite deliver as expected.

Directed by John Huston, the story is taken from a work by Rudyard Kipling, which in turn was based on a real man who was the first European to reach Afghanistan in modern times.

When meeting restrictions are lifted, look for this first Monday Night Movie with other old favorites to follow.

Ginny Sharp

ROSH HASHANAH

Wednesday, September 8; 4 pm, via Zoom

Rosh Hashanah is the first of the High Holy Days for those of the Jewish faith. Join this gathering when we wish our Mirabella neighbors a Happy New Year. A good, sweet year is symbolized by dipping apples in honey, offered to all as the candles are kindled and a prayer is said to welcome year 5782.

Check MIRANET under Upcoming Events on the day of the event for the Zoom link.

Linda Berkman

TWO NEW PARAMEDICS

BY JIM OHTA

Thanks to your generous community, two paramedics, whose training was funded by Mirabella Seattle Foundation and Mirabella residents, just graduated from the Michael K. Copass Paramedic Training Program. Over the past eight years, you

MEDIC ONE § MEETING MAGNUSON

have funded sixteen scholarships totaling \$400,000. The Medic One Foundation commends you for such an outstanding accomplishment.

Amanda Righi and Jacob Wilkins will now begin



Jacob Wilkins and Amanda Righi, PMT Class 47 Graduation 2021

working in the field saving lives in Seattle as Medic One paramedics. Our region’s paramedics are among the best in the world. Medic One Foundation’s exclusive support of the intensive ten-month training for paramedic students make this possible.

Because of COVID-19 concerns, all plans to welcome and congratulate Amanda and Jacob at a live face-to-face luncheon at Mirabella Seattle on September 9 have been cancelled. Please be on the look-out for news of its reinstatement when the health situation improves. For more information, please contact Jim Ohta at (808) 393-9082.

FINDING FINS IN MAGNUSON PARK

BY CHRIS SIMONSON

MY WIFE, JADE, and I moved into Mirabella in April 2021, and we have been enjoying the outside activities. On the walk in Magnuson Park on Saturday, June 20, we came upon something unexpected from my

past in the Navy in 1960–63. We went past “Fin Art,” a sculpture consisting of twenty-two nuclear submarine diving planes arranged in a 500-foot-long area by John T. Young, Professor of Sculpture at the University of Washington. One of the fins was from a boat I had worked on and knew very well, the USS Plunger (SSN 595).

The Plunger was a sister ship of the USS Thresher (SSN 593), which sank during sea trials in April of 1963, killing all 159 people on board. The Plunger had come into Mare Island Naval Shipyard in early 1963 after her shakedown cruise. I was assigned to her as Ship Superintendent. We were getting ready for sea trials and were following the progress of the Thresher, which was undergoing a similar overhaul at the Portsmouth Naval Shipyard in New Hampshire. She was a week ahead of us.

We didn’t know the cause of the sinking, but the result was our movements on the Plunger were



Chris and Jade beside the fin from the USS Plunger, Magnuson Park

GARDEN GLADNESS

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severely restricted. We weren't allowed to dive to test depth, but just submerge enough in shallow water to check for leaks. Also, we had to have a submarine rescue ship accompany us and keep in voice contact on the underwater telephone.

After the Thresher disaster, the Plunger and her sister ships were redesigned to eliminate several serious flaws. After more than thirty years at sea, the Plunger entered the Navy's Nuclear-Powered Ship and Submarine Recycling Program at Bremerton and "ceased to exist in 1996." One of the fins was saved for Professor Young's project.

The Thresher accident was again in the news this year, 2021. A retired Navy captain, Jim Bryant, succeeded in bringing a Freedom of Information Act suit against the Navy, making new documents available for analysis. He concluded that the Navy failed to recognize the hazards involved in bringing cooling water at full submergence pressure inside the hull. In addition, crew preparation was rushed and did not address training the crew to bring the boat to the surface under accident conditions.

I hadn't thought about the Plunger until we saw her fin in Magnuson Park.

THE JEWEL OF MIRABELLA

BY MARY JO TAYLOR

Mirabella residents are very protective of their courtyard and surrounding grounds, and many are horticulturally well informed. The courtyard is the site of alfresco lunches, siestas, seasonal barbecues, musical performances, visits, and fresh air refreshment.

The mature trees include *Stewartia* (the Rolls Royce of trees), Japanese maples, mature hydrangea shrubs and a veritable hedge of heavenly smelling winter daphne odora. Many of these were originally planted by Arturo Vitente, a long-time Facilities



*Barbara Porter, Green Thumb subcommittee member, with Ann Inderbitzin, manager of Green Effects; Betty Heycke, current cochair of Facilities Committee; Sally Hahn, future cochair
– photo by MJ Taylor*

Services employee, who remains on the Facilities staff. There are gorgeous flower baskets in the summer, and the current planting of impatiens can also be enjoyed from our inner hallways.

When we moved to Mirabella in 2016, there was a full-time groundskeeper, Doug Mallott, and everything was lush. In the summer of 2017, I asked if he could use a little help, and I became a "designated dead header." In my home I had enjoyed a large garden and almost 100 pots of annuals . . . I was aching to fondle some plants.

With the departure of Doug and the increasing loss of sunshine due to the growing towers across Fairview, the plantings diminished. A Green Thumb subcommittee was formed to "provide oversight for the upkeep and care of indoor, outside, and periphery areas and report concerns." Malone and then Teufel landscaping were contracted and delivered unsuccessful results. "Green Effects" had been providing excellent care of our indoor flora and became caretakers of our grounds in

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2021. Results have been outstanding. Their sales manager, Ann Inderbitzin, meets regularly with the Facilities Committee chairs and members of the Green Thumb subcommittee. An advertisement for Mirabella Seattle in an August 8 issue of the *Seattle Times* featured an aerial view of our courtyard and fountains, and they sparkle.

RECOGNITION FOR *THE MIRABELLA MONTHLY*

BY JARED CURTIS

The Mirabella Monthly has received its fifth consecutive APEX Award for Excellence in Publishing. The plaque now hangs with the others on the honor wall to the east of the entrance to Emerald Hall. At the August Residents' Association meeting, President Pat Kushmerick—and residents attending the meeting—congratulated the team that produces *The Monthly* and all its many contributors. A list of all those contributing content to the eleven issues of 2020, the year on which the award was based, would be too lengthy for this space, though it is clear to our editors that



residents have been sending in good stuff for publication. When this point was made in a recent meeting of our editorial meeting, someone piped up, “We must be teaching them well!”

I will list the resident volunteers who served as editors, feature and column writers, proofreaders, and production leaders and assistants. If you get a chance, congratulate them personally!

Editorial

» Jared Curtis, Publisher, Editor-in-Chief, and Designer; Mary Rogers, Associate Editor; Connie Chaplin, Copy Editor, Writer, and Proofreader; Sally Hayman, Writer and Proofreader; Mary Jossem, Copy Editor, Writer, and Proofreader; Pat Thenell, Copy Editor, Writer, and Proofreader

Proofreaders

» Nickie Askov, Marilyn Campbell, Jean Hall, Betty Heycke, Chris Jamin, Tina Moss, Betty O’Donnell, Judy Rourke, Charles Sleicher, Louis Swart

Production

» Led by Laura Bailey and Diane King; assisted by Jane Beer, Marilyn Campbell, Nancy Eliason, Charles Fitzgerald, Chris Jamin, Paul Keown, Ron King, Tina Moss, Janet and Jim Ohta, Judy Rourke, Louis Swart, Susan Webber

The thirty-third APEX Awards for Publication Excellence are sponsored by Communications Concepts, Inc., and the editors of its online services *Writer’s Web Watch* and *Writing That Works Archives*. The APEX Awards are based on “excellence in graphic design, editorial content, and the ability to achieve overall communications excellence.” Within thirteen main categories and 100 subcategories, a total of 571 awards were made by a panel of judges that included experienced professional editors from Communications Concepts, Inc. The judges evaluated 1,172 entries from all categories. These entries came from all manner of sources all over the world that included publishers of medical journals, school newsletters, care service publications (National Healthcare Group Polyclinics, Singapore, among others), the Society of Women Engineers, the Army Corps of Engineers (Mississippi region), Chess Collectors International, real estate associations, our sister CCRCs, and many more.

BRIDGE OF FAIR VIEWS

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OUR NEW BRIDGE ON LAKE UNION

BY GINNY SHARP

IT WAS A BEAUTIFUL DAY to cross a bridge, and several Mirabella residents did just that. The new Fairview Avenue bridge opened Saturday, July 24, with two hours set aside just for walkers, bikers, skaters, and ice cream eaters. After two years of closure, we once again have a direct road link with sidewalks and a bicycle lane rejoining Fairview to Eastlake. The completed project includes a new floating walkway at lake level separate from and next to the bridge itself. The walkway and upper sidewalks showcase beautiful views of Lake Union and its varied waterfront, from restaurants and docks to a seaplane excursion center.

Residents Judy and Mike Waring commented “Being new, we had only walked as far as Lake Union once, so the bridge opening was the perfect occasion for more neighborhood exploration. The free ice cream, offered in six flavors, was a treat, plus we discovered the floating pedestrian walkway with close-up views of sea planes taking off.”

The old bridge’s southbound lane, built in 1948, was Seattle’s last timber-based bridge for auto traffic and was deteriorating on rotting pillars. The northbound lane was on more solid ground (built in 1963) but SDOT has replaced both lanes. Workers excavating in the muddy inlet of the lake found a motorcycle and a submerged boat, among other artifacts.



Fairview Ave N Bridge
– photo, E. Hill

Funds for the \$52 million project came from the Move Seattle property tax and state bridge funds. About 8,900 vehicles per day



Betty Heycke and Nickie Askov with a mask table volunteer at the new bridge opening
– photo, G. Sharp

crossed the old bridge before demolition, according to the *Seattle Times* and SDOT’s annual report.



Footbridge at water level
– photo by E. Hill

Like me, you may wonder “What is Move Seattle?” In 2015, voters approved a nine-year, \$930 million Levy to Move Seattle with the goal to improve safety

for travelers, maintain streets and bridges, and invest in travel options for the future of a growing city. The levy provides about thirty percent of our transportation budget. Other bridges needing help, including replacement of the old Magnolia bridge and retrofits to the Ballard bridge, are on hold for budget reasons.

So, while the weather is nice, consider a stroll along our Fairview corner of Lake Union—the wait has been worth it.

EASY TRAVELING

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BAINBRIDGE ISLAND BOUND

BY JARED CURTIS AND MARY ROGERS

USING only public transit and foot power, you can travel with relative ease from Mirabella Seattle to Colman Dock and board the Washington State Bainbridge ferry without having to deal with stairs or steeply descending streets. And that's true for the return trip, too.

"Fabulous!" you say, "But what if I'm just keen to reach Alaskan Way to explore the new Elliott Bay waterfront?" The same holds true. All you need is patience, determination, and a copy of the King County Metro and Sound Transit "Downtown Seattle Accessible Map and Transit Guide." A reduced image of this map is reproduced here; you can print the full-size map by clicking on this

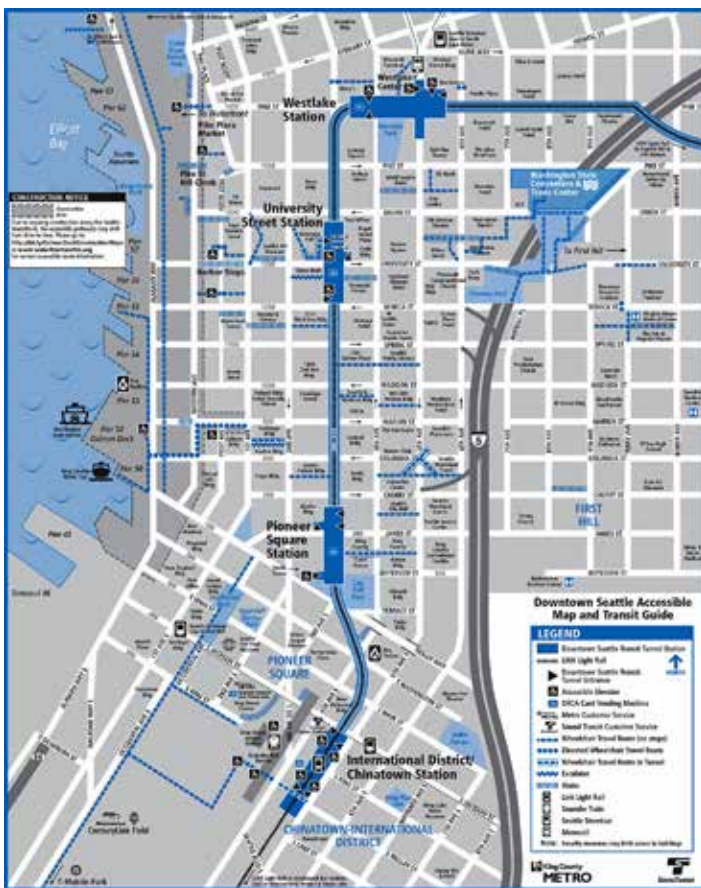
link or pasting it into your browser's search bar: <https://kingcounty.gov/~media/depts/metro/maps/seattle/09192020/pdf/seattle-accessible-map.pdf>. You can also find it by searching for the map's title quoted above.

The map reveals safe routes for those using a wheelchair, walker, or cane by indicating the locations of accessible elevators, the position of stairways, and the stairless routes around them. It serves also for accessing other areas of Downtown Seattle like Washington State Convention Center, Freeway Park, Pike Place Market, Pioneer Square, King Street Station, Union Station, the Chinatown-International District, and the sports stadiums. All these are doable excursions without encountering any stairs.

Mary Rogers and I wanted to visit the town of Bainbridge for a stroll around town and lunch at the famed Madison Diner (yes, a real old-fashioned diner, built in 1948). Mary (I call her "The Planner") worked out the following route for us: Walk to the Metro bus stop at Thomas Street and Fairview Avenue, catch the #70 to Third Avenue and Marion Street, enter the Wells Fargo Building, take the elevator down to Second Avenue (or the outside escalator if working), walk kitty corner south to the Norton Building and down the escalator to First Avenue. Turn right to Marion Street and walk west to access the walkway to the ferry.

It was a pleasant sailing. At the Bainbridge Ferry Landing we walked the short distance to the Bainbridge Island Museum of Art (BIMA) and toured the bright and art-filled galleries. We enjoyed both the architectural surprises of BIMA's attractive building, which is sited in the Island Gateway Plaza Gardens, and the plantations ("living art") that surround it.

We stopped for tea and a pastry at Lucy's Tea Shop, explored Eagle Harbor Book Company, and walked



OUT ON A LIMB

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on up Madison Avenue North to the Madison Diner for a hearty lunch. We returned to the ferry landing by a different route through the grounds of the Bainbridge Performing Arts Center. After a relaxing return ferry sailing, we retraced our route using the Dexter Horton building elevator this time up to Third Avenue, and the #70 back home.

POP'S SQUIRREL BRIDGE

BY JARED CURTIS

*In a small Connecticut town, 1956
From the kitchen—*

“Ralph, can you do something about that awful racket?”

“If I could think like a squirrel, I might.”

Later, from the kitchen—

“Again, the squirrels, Ralph! Please?”

“I’m thinking.”

Grey squirrels leap from an oak tree in the backyard to the corrugated polycarbonate roof panels above the screened-in porch at the kitchen door. From there they climb onto the roof, scamper across it to step onto the overhanging branches of a large maple tree in the front yard—every day from late summer until the first snow—to gather cones from a pine tree and seeds from the maple. “Crash! Scrabble-scrabble . . . Crash! Scrabble-scrabble,” as they make their way single file up to the roof of the house and over it. This all began after my father finished building the screened-in porch in the 1970s. Pop thought about it for a week or two then disappeared into his basement workshop.

Never one to throw away any scrap of lumber or other building material left over from the last home project, he searched all his hiding places—in the rafters, under the stairs, beneath the ping pong table—till he found what he needed. Armed with these treasures and the necessary tools he set up

shop at the base of the oak tree nearest the back porch. Tying one end of a long piece



of two-by-four to the rain gutter that ran along the edge of the roof of the house above the porch roof, he moved the ladder to the oak tree and climbed up to fasten the other end to the lowest branch. Back on the ground, he tested the bridge’s stability, found it satisfactory, and put his gear away in the basement. He then returned to the porch to sit in his lounge chair and wait.

The squirrels, having watched the operation from oak trees further back in the yard, made their way forward, tree to tree, to investigate this new low risk route to the front yard maple tree. The head squirrel tentatively gave it a trial run, and, one by one, the rest crossed the bridge and headed up the roof, passing quietly over my father’s head.

Peace was restored in the kitchen.



Native Washingtonians may remember the “Nutty Narrows Bridge” in Longview, Washington. Built in 1963 by Amos Peters to provide a safe route for squirrels, this stressed ribbon suspension bridge, sixty feet long and the width of the repurposed firehose used as a bridge floor, spans a busy thoroughfare near the center of town from a park with large trees to a source of nuts on the other side of the road (https://en.wikipedia.org/wiki/Nutty_Narrows_Bridge).

BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! SEPTEMBER 2021

1 – Bettiann Anderson	10 – Diana Holland	23 – Mary Ann Napravnik
2 – Barbara Porter	10 – Joanne Mearls	23 – Olga Butler
3 – Irene Hunter	11 – Jack Fiore	23 – Neal Porter
3 – Estelle Budne	18 – Chuck Pope	24 – Mary Toomey
3 – Ginnie Chappelle	18 – Barbara Frame-Brown	24 – Donna McCampbell
4 – Karen Olds	19 – Ed Perrin	26 – Artis Leabo
4 – Chris Jamin	20 – Carole Ann Fine	26 – Don Bialos
6 – Alice Park	20 – Bill Hoppin	26 – Seeley Chandler
6 – Jade Simonson	21 – Thea Warden	26 – Stevie Bravmann
8 – Ann LeVeque	22 – Midge Kraft	28 – Helen Roberts
8 – Larry Hallgrimson	22 – Tina Hooko	29 – Phyllis Allen
9 – Tom Hankins		30 – Hugh Sobottka.

FRENCH TOAST

BY CAMMY THOMAS

ah my mother used to make it
with eggs and milk
and stale white bread
slid onto a plate with
Log Cabin fake maple syrup
and I always wanted more
to disappear what troubled me
the man under the moon
the man in our living room
make enough spitting bacon
to forget the broken gameboards
splintered bat
missing family car
his vanishings and sudden returns
smelling of other rooms
my mother's tears
over the stove
her catchy milky breath

Credit

Copyright © 2021 by Cammy Thomas.
Originally published in Poem-a-Day
on August 6, 2021, by the Academy of
American Poets.

Cammy Thomas is the author of *Inscriptions* (Four Way Books, 2014) and *Cathedral of Wish* (Four Way Books, 2005), winner of the Norma Farber First Book Award from the Poetry Society of America.

Published on Academy of American Poets. Listen to the author read her poem at <https://poets.org>

Remembering . . .

Evelyn Odegaard 07/19/2021

Nel Oaks 07/25/2021

Natalie DeLord 08/14/2021

MOVIE CLUB

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MOVIES COMING SOON

BY CONNIE CHAPLIN

This page has long concentrated on discussing movies that were released one or two years ago, that won or were nominated for Oscars, and were shown on Wednesdays, and you could count on that. That's not the case this month.

When we can enjoy them on the big screen in Emerald Hall again, you'll find just two films dated in the 2000s, and only one lives anywhere in the Oscar neighborhood. That would be *Minari*. *Minari* (2020) won for Best Actress in a Supporting Role and was nominated for Best Picture, Best Actor, Best Director, Best Original Screenplay, and Best Original Score.

This PG drama tells the story of a Korean-American family's move from California to rural Arkansas in



Soon-ja and her family in "Minari"

the 1980s with the hope of finding their version of the American Dream.

They have fifty acres where they

want to grow and sell Korean fruits and vegetables. In that hotbed of exotica, Arkansas. In the 1980s. And what are Korean fruits? Well, the usual, plus maybe dragon fruit, yuzu, rambutan, and kyoho. Vegetables? Oh, possibly Korean radish, bean sprouts, seaweed, lotus root (plus the usual). And minari, or water celery. In the Ozarks in the 1980s. Probably a better business plan than starting a restaurant.

Grandma Soon-ja's choice of growing resilient

minari is important to the plot and so is Oscar winner Youn Yuh-jung (Grandma's) charm, which was so visibly displayed during the 2020 Oscar ceremony. The resilience of family is central here too.

Miss Juneteenth is the other 2020 picture. It's about a former beauty queen and single mom who is working to prepare her daughter for this annual pageant. First feature for the writer-director, it's unrated.

Now for old movies in what has been new-movie night: *Bull Durham* was released in 1988, starring Susan Sarandon, Tim Robbins, and Kevin Costner. Nominated for an Oscar for Best Screenplay written directly for the screen, it's about a baseball fan (or perhaps a good-looking-baseball-player fan) who selects one minor-league player in Durham every season with whom to have an affair. Guess who that was.

The Russia House (1990) is a John Le Carré thriller-spy-romance film with Sean Connery and Michelle Pfeiffer. During a Russian book conference, three notebooks supposedly containing Russian military secrets are given to a British publisher. Are they genuine? Is the Soviet Union really in a weakened state? Who wants the West to think so? Why?

Sense and Sensibility (1995) won an Oscar for Best Screenplay and was nominated for Best Picture, Best Actresses in Leading and Supporting Roles, Best Cinematography, Costume Design, and Music Score. Emma Thompson, Hugh Grant, Alan Rickman, and Kate Winslet star in this Jane Austen romance-drama about an early nineteenth-century English family hit with financial problems after the father dies. One heartbreak after another in this one, but it's very pretty.

When Emerald Hall comes back on line, you can find brief reviews of all the month's movies on the *Movies in Emerald Hall* list, available in the rack in our mailroom.



The Mirabella Monthly

WINNER OF APEX AWARDS IN 2017, 2018, 2019, 2020, AND 2021

VOLUME 13 | ISSUE 9

SEPTEMBER | 2021

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor, September: Jared Curtis

Copy Editors, Writers, & and

Proofreaders: Connie Chaplin,

Sally Hayman, Mary Jossem,

Louise Lowry, Mary Rogers

Proofreaders: Nickie Askov,

Marilyn Campbell, Nancy Finley,

Jean Hall, Betty Heycke, Lynne

Iglitzin, Chris Jamin, Tina Moss,

Betty O'Donnell, Judy Rourke,

Charles Sleicher, Louis Swart

Production: Led by Laura Bailey

& Diane King, assisted by Jane

Beer, Andy Callegari, Marilyn

Campbell, Nancy Eliason, Chris

Jamin, Paul Keown, Ron King,

Tina Moss, Janet & Jim Ohta,

Judy Owens, Judy Rourke, Mary

Jo Taylor, Jade & Chris Simonson

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.

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Mirabella Seattle