

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 13 | ISSUE 10

OCTOBER | 2021

WHAT'S ON TAP

- 1 *Dieter Heycke, Triathlon Man* by Connie Chaplin
- 2 *Sitting in the Catbird Seat* by Mary Jossem
- 3 *A New Art Studio* by Ann LeVeque
- 5 Who Does What at Mirabella
- 6 Art Committee News
- 6 Employee Appreciation Fund News
- 7 Health & Wellness News
- 8 Health Services and Resident Services News
- 9 Library News ♦ Lifelong Learning
- 10 Resident Revelations with Natalie Siegel
- 11 Outside Activities: Shopping and other Trips
- 11 Programs in Emerald Hall
- 13 Welcome, New Residents Tom and Janet Seery
- 13 Book Club ♦ Monday Night Movie
- 14 Opera Club News
- 15 Arts Notebook by Jared Curtis
- 17 *Marvelous Dogs of Mirabella* by Sally Hayman
- 19 *Looking About Us* by Jared Curtis
- 20 *Been There, Done That, and Would Like to Do It Again* by Ken Hopkins
- 21 Birthdays ♦ Remembering
- 22 Poetry Corner
- 23 *What Movie Am I In?* by Connie Chaplin
- 24 Guide to Mirabella Publications

DIETER HEYCKE, TRIATHLON MAN

By CONNIE CHAPLIN

It's not that Dieter Heycke got it all backwards; he didn't just decide one day when he turned sixty that he'd get off the couch and run a triathlon. Or that he'd win an armload of medals while representing the USA thirty times in various countries. Or that he'd come in third in the International World Triathlon Grand Final in Chicago in the eighty-to-eighty-four-year-old age category in 2015. That level of competition, that success, for that long, doesn't just happen. Actually, as a young man he ran cross-country, swam, and bicycled, and even played competitive tennis at one point. Then, after a skiing accident in his fifties, he injured his knee and was told that his running career was over. And it was, for five years.

But the thing is, Dieter really likes to exercise. He enjoyed training. Eventually, at forty-nine, he ran his first triathlon. Now, triathlons are very popular; after reading some of Heycke's press clippings, one could expect to look out a window and see someone running, swimming, or bicycling past every day. Triathlons, organized by age groups, come in different distances: the **Olympic** ("easier," he says) is a 1500-meter swim, forty-kilometer bike ride, ten-kilometer



Dieter Heycke, flag carrier for the US Team, Spain, 2001

A BRONZE AT 84 § CATBIRD SEAT

2

OCTOBER | 2021

run; the **Long Distance** (his favorite) established by the International Triathlon Union (ITU), is a 4000-meter swim, 120-kilometer bike ride, and thirty-kilometer run. Then there's the **Kona Iron Man** ("too commercial"), a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile marathon run.

After that first triathlon and for years afterward, Dieter had a career, and he took care of business, running during vacations. By the time he ran his second triathlon, he was sixty-one and retired from the John Deere company. The third was at age sixty-seven, when he represented the ITU thirty times on the US Triathlon team—both long and middle distance competitions—in various countries over the years. At the World Championships after 9/11, he was the US flag carrier in the opening parade in Rimini, Italy.

There were the bad experiences: races when he was sick, when race organizers didn't provide adequate water or crammed over 2000 runners together, the crashes that took him out of races he was expected to win, the bicycle parts failures. There was the downhill segment when a bee got caught in his jersey, and he pulled a muscle (painful, but he won a bronze). Then there was the time he was diagnosed with exercise-induced asthma and had to quit some races; it was actually a heart problem. Sometimes rules are changed, and participants are not informed, and that can mean disqualification. And that's after paying for transportation and buying a uniform. And there was that time in Cancun when he missed a medal by seven seconds.

But there are good times, too: the fellow team members and competitors from all over the world who become friends ("I enjoy the friendships [with competitors] and like seeing them again"), and the spectators. In Guernica, Spain, organizers provided the best of food and entertainment and

even a museum tour. Spectators in Mexico were very friendly to Americans, and the Ironman is always welcoming. Dieter completed three Iron Man races, finishing fourth in his age group in 2005 when he was seventy-one. He failed to complete an additional three, but came very close in 2010 when he was seventy-five. Nice, France, is a favorite; it's so scenic that the day after the race he'd go back over the route on his bike just to enjoy it. During the race, "You run by the water; it's really hilly—the beer tastes so good afterward." Dieter remembers.

Looking back, he notes changes in his 1995 to 2015 triathlon career. "More women now." Just as there were more women on the podium at this year's Olympics, there are more female triathletes and they're winning. His wife, Betty, also a runner, was the US National Duathlon (run and bike only) champion trophy winner for women aged sixty to sixty-four.

Then there's that armload of trophies. (The Iron Man awards koa wood bowls, not medals.) Heycke won most of his medals when he was older: "Less competition" he grins. In 2000, a silver in Nice and a bronze there in 2002, and the gold in Denmark in 2005, and silver in Beijing in 2011. His last triathlon, for men eighty to eighty-four, earned him a bronze in Chicago in 2015. Amazing. And awesome.

SITTING IN THE CATBIRD SEAT

BY MARY JOSSEM

YOU may remember reading James Thurber's short story, "The Catbird Seat," published in *The New Yorker* in 1942. One of the characters in the story, Joey Hart, explained that the expression must have come from the baseball broadcaster, Red Barber, who thought "sitting in the catbird seat" meant "sitting pretty," like "a batter

SITTING PRETTY § A HOME FOR ART

OCTOBER | 2021

3



Grey Catbird – photo, Wolfgang Wander

with three balls and no strikes on him.”

Like most Mirabella Seattle residents, I was dismayed when COVID restrictions returned and so many of the things we love about Mirabella were suspended. Dwelling on this one day, I found myself heading in a downward spiral that, if not interrupted, could send me to the black hole of depression.

Treating this turn of events as I have tried to do in the past when gloom and doom descended, I made a list of all the pros of living in Mirabella during these

uncertain, frightening, and ever-changing times. Here’s what I came up with:

I am surrounded by kind, caring, generous residents whom I still get to see and visit.

Mirabella management and staff are working hard to make sure I am safe and cared for by providing on-site vaccination clinics, nutritious meals, housekeeping services, valet services, and transportation to medical appointments and grocery stores.

With so many wonderful books in the library, I will never run out of reading material.

The weather this summer has provided daily opportunities to enjoy the beautiful, colorful courtyard.

Thanks to technology and our hardworking committees, there is regular access to a variety of educational, cultural, and entertaining programs.

Water exercise classes are still offered, and the fitness center is open.

The Re-Store is open on its regular schedule for shopping therapy.

Reduced activity translates into “no guilt” for bingeing on Netflix or reading a juicy book all day.

In the end, I would say it’s pretty good living here at Mirabella. Indeed, some might say we are sitting in the “catbird seat.”

A NEW ART STUDIO

BY ANN LEVEQUE

UNIT 507 is the place, the place where you’ll find the new Art Studio. Wait a minute. Last time I looked we didn’t have a room for arts and crafts. How did this happen? Well, like this. After our old craft room had been remodeled to include a small meeting room, a mailroom, and a resident business office, many residents asked for a

THE (REALLY) LOCAL ART SCENE

4

OCTOBER | 2021



Carolyn Ferrell, Shirley Fike at work in the Art Studio – photo, A. LeVeque

new craft room when they filled out the annual budget requests. These landed in a pile on Travis Duncan's desk, causing him to take note. He directed the Resident Association President, Pat Kushmerick, to create a task force to study the matter. She appointed past president Nickie Askov to head the force, and Nickie rounded up a group of artists and supporters of art to figure out how to make the art studio happen. Then she found a cochair in Barbara Porter, who, right from the start was planning programming. Questions needed answering: Where to find a room? What furniture and supplies would be needed? What about lighting? What classes will be offered? How will the room be organized? Discussions and meetings followed. Lucky that Nickie was chair because she had the idea to use an empty apartment for the studio, a good idea that Travis quickly agreed to. A single bedroom, north-facing apartment on the fifth floor was allocated. Good start. From then on, the Administration fully backed and funded the project. Then Carolyn Ferrell, Art Committee member, former art student and elementary school teacher, became the de facto project director as she took

her ideas and those of the task force to Marcus Cullen and his Facilities team of Richard Panella and Darren Mowry for implementation. First, of course, the carpet had to be taken up, since the work of art can be messy, and more lighting installed. Appliances were removed, and shelving and cabinetry were put in the empty spaces. Andrew Dickerhoof of Facilities built special storage for canvases and remodeled cabinetry obtained from the Re-Store, skillfully making everything fit. A special place was made in the walk-through closet for a package wrapping center. Have a last-minute gift to wrap? Just come here where you will find paper, ribbon, and everything you need to make that package beautiful. Just leave a donation for the Re-Store when you leave, and if you have paper you don't need, please donate it.

So, what will you find when you open the door to 507? A working sink for one thing, an item badly missed in the old crafts room. The main space has a big worktable and room for four easels, three belonging to Mirabella and one privately owned, though all are free for anyone to use. There is plenty of room for a still life setup and cabinets as well. The second room is intended for a classroom and has chairs and a worktable that can be augmented by the table in the painting room. Between classes the room is also available for art projects. It is here that planners hope classes such as origami, drawing, music, and fabric arts will take place. If you have something you would like to learn, let Sylvia Fisher of the Lifelong Learning Committee know. Perhaps you have something you would like to teach?

Now the task force has finished its work. The studio is open every day of the week, twenty-four hours a day. No key needed. Walk in and spread out your paper, glue, and scissors. Go to work. Paint at midnight. Meditate. Just be sure to sign in and follow the posted rules. Go for it.

WHO DOES WHAT AT MIRABELLA

OCTOBER | 2021

5

RESIDENT COUNCIL, 2020–2021



Pat Kushmerick,
President, 2020–2021,
Box 402, x 1607,
pakushmerick@gmail.com



Sue Herring,
Vice President, 2020–2021,
Box 709, x 1556,
herringsus@gmail.com



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



Julie Holland, Treasurer,
2020–2022,
Box 1000, x 1819,
julie@jholland.com



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



Gill Thompson, Member-at-
Large, 2019–2021,
Box 431, x 1544,
gillthompson431@gmail.com



Mort Berman, Member-at-
Large, 2020–2022,
Box 929, x 1872,
mbb2147@gmail.com



Tim Hill, Member-at-Large,
2020–2022,
Box 303, x 1569,
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



ART COMMITTEE

Joanne Mearls, Chair

Gifted and on View

Jerry Roling, one of our steady gift-givers, has stepped up again with a “time-lapse” photograph of Pike Place Market that spans 100 years. Immediately you notice the horse-drawn carriage and the women’s long dresses. Look again and the black and white changes to subtle color, TV antennas, and contemporary cars and clothing. This one is on display near unit 622.



Jules Cavailles, “BlueMask” – photo, J. Curtis

Many of us knew Natalie Delord, who passed away recently. Her one-bedroom unit in AL was jammed with art, floor to ceiling. Natalie and her husband were avid art collectors with wide ranging taste. Her estate donated ten works to Mirabella, and

since you can view one of these works now, I’ll tell you about it. It’s titled *Blue Mask* and was painted in oil in the 1950s by Jules Cavailles. The Delords purchased it in Paris. Impressionistic, cheerful, and bright. Was there a party happening? Did someone just remove the mask and place it on the table? Are there two masks there? Perhaps the black one is not a shadow; after all, there are no other shadows in

the painting. Where could the former occupants be? A reminder of good times. View it just across from Emerald Hall.

Gifted but Viewing on Hold

The artist Bernard Buffet had his first exhibit at age twenty; by age twenty-five he was an art world sensation. We can enjoy his *Ile de St. Louis*, a gift from Karen Smith. Remember your trip to Paris. Photographer Walter Bodle has given us his portrait of Jacob Lawrence. He says getting it wasn’t easy, and now we’ve got it.

Ruth Benfield has given us a fascinating and challenging mixed-media work *Dynamic Growth* by Jeff Hughes. The artist describes a tree, which is transposed to become a stag, the stag that is the herald of Artemis, the Greek goddess of the hunt. Included are the Coptic word for power; Egyptian hieroglyphs symbolizing the sky, rain, and gardens; and the Hebrew word for water plant. The verse is from an Elton John song wishing for joy.

Sorry, as we are a construction zone, these works are not yet placed.

The Art Committee is happy to consider loans and gifts from residents, so check under the bed! Contact any member of the Art Committee for information.

Joanne Mearls

EMPLOYEE APPRECIATION

COMMITTEE

Helen Roberts and Warren Askov, Cochairs

2021 Employee Appreciation Fund Drive

October 5 through November 19

We are especially grateful to Mirabella Seattle’s 260 employees for seeing us through a second year of pandemic: keeping us safe, rising to the challenges, and helping us to stay connected, both personally

REWARDING SERVICE § HEALTH & WELLNESS

OCTOBER | 2021

7

and through technology. Because of Mirabella's no tipping policy, this is our time of year to say "Thank You" to all the staff at Mirabella by way of gifts to the Employee Appreciation Fund. Your donations are confidential and anonymous. We hope you will be as generous as possible, considering the challenges our employees have faced on the job as well as in their home and family lives.



Look for the EAF envelope in your mailbox. Everything you need for making your contribution is there, including the answers to many frequently asked questions. If you are away from Mirabella during the drive, please contact Helen Roberts or Warren Askov, and an envelope will be mailed to you. If you are planning to make your gift from an IRA, a Charitable Trust, a Donor Advised Fund, or other third-party source, please initiate that immediately to allow for necessary lead time, and let Julie Holland, Residents' Association Treasurer, know of your plans so she can track your gift.

Up and Away
Reach for the Sky
Gratitude Every Day
Our Spirits High



A kickoff video featuring many of our superstar Mirabella employees will be shown at the October 5 Residents' Association Meeting. We hope you will be there.

Let's fly as high as we can for Mirabella employees, who serve us so well.

Helen Roberts

HEALTH & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

We're excited to be starting a new year with a committee made up of some continuing members from last year: Margot Hill, who will become secretary; Paul Keown; Gennie Thompson; and Gill Thompson (former Council Liaison), who will become cochair with new member Mike Hahn. Other new members joining the committee are Lynne Kase and Linda Morrison. Alice Arrington has agreed to continue as a non-voting member to provide her expertise and years of experience helping residents who transition to the second floor (Healthcare).

Please join us for the first committee meeting for this group on Wednesday, October 27, at 2 pm. We are considering focusing on resources close to home and other topics that the committee will discuss and agree upon. But before the committee's first meeting, we are using the Health and Wellness "lecture slot" for a review of the many health services available to us at Mirabella (outlined below).

Health and Wellness Services at Mirabella

Tuesday, October 26; 3:30 pm, via Zoom

Cochairs Gill Thompson and Mike Hahn will host an informative session on health and wellness services that will include presentations from Loni Held, Resident Services Director, and others from the Mirabella Management Team. As we start a

HEALTH FRONT

new year for Mirabella’s Resident Association, we thought it would be timely to make sure that all residents, both old and new, are aware of all the health services available to them.

Loni Held and other Mirabella managers will take us through a review of on-site services (everything from the Wellness Check Program to hearing assistance in Emerald Hall). In-home Care services, what they are and how to get them, will also be included in the presentation.

Join us on Zoom to learn more and ask questions.

Gill Thompson

HEALTH SERVICES RESIDENT SERVICES

Brooke Kasten, Director of Social Services
Loni Held, Resident Services Director

October Flu Vaccine Clinic

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



Kelley-Ross Pharmacy will be conducting a flu vaccine clinic in Emerald Hall for Independent Living residents. Please bring your insurance card with you. You will be asked to fill out a consent form before

receiving the vaccine. Help with the form will be available if needed. Residents who are in Assisted Living, Memory Care, or Health Center will have other arrangements made through Mirabella staff. Due to required COVID-19 precautions, floors will be assigned times. Check MIRANET for a list of assigned times for each floor.

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.

Audiologist: Seattle Hearing Services

Tuesday, October 12; 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@seattlehearingservices.com.

Foot Care Clinic

Mondays, October 18 and 25; Tuesdays, October 19 and 26; 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. 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, October 20; 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.

Access Medical

Cancelled for the foreseeable future.

LIBRARY § LIFELONG LEARNING

OCTOBER | 2021

9

AK Vision Care

Quarterly; next visit in December 2021

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.

Resident Directory

The resident directory is now available on MIRANET. You can print it from the Directories page as a PDF or as a spreadsheet (.csv) giving full resident information. This list can be updated regularly and will replace the annual updates.



If you need assistance printing a directory, please contact administration.

Loni Held

LIBRARY COMMITTEE

Toni Myers and Martha Oman, Cochairs

Library News

Here are some books we've read and loved this year, thanks to those who responded to the question posed on a sign on the library's round table.

Poetry: *A Way Forward: Poems*, written by resident Jared Curtis, a Wordsworth and Yeats scholar.

Nonfiction: *Gold Mountain*, a memoir by favorite author Lisa See; *The Book Woman of Troublesome Creek* by Kim Richardson about a packhorse librarian; and former United Nations Ambassador Samantha Power's memoir, *The Education of an Idealist*.

Fiction: *Anxious People* by Fredrik Backman; *The Overstory* by Richard Powers; and *All the Light We Cannot See* by Anthony Doerr.

Look for the complete list on Google Group email, or let me know if you would like a printed copy.

Toni Myers

LIFELONG LEARNING COMMITTEE

Chris Simonson and Julia Wan, Cochairs

LLC Zoom/live events: The Lifelong Learning Committee continues its transition from Zoom presentations to live presentations in Emerald Hall when permitted. To join Zoom events, on the date and time of the event, go to MIRANET's "Upcoming Events." Click on the title to bring up the Zoom link. Click on the Zoom link to join.

Supportive Friends

Tuesday, October 5; 3 pm, via Zoom

The Supportive Friends will meet on the 3 pm Zoom time slot until the group can again return to their regular first Tuesday dinner in the dining room. The group of bereaved Mirabella residents is open to all, but we must follow COVID-19 restrictions along with the rest of Mirabella and King County. Link into the MIRANET Café under upcoming events and you will find your friends ready to welcome you. If you are interested, please call one of the cochairs, Carolyn Blount, x 1644, or Natalie Siegel, x 1698.

VIRTUAL LECTURES AND TALKS

10

OCTOBER | 2021

Frisson: The Richard E. Lang and Jane Lang Davis Collection with Rebecca Albani

Monday, October 11; 10:45 am–12 pm, via Zoom

Frisson means excitement, and that's what the Seattle Art Museum (SAM) feels about this gift of sixteen Abstract Expressionist paintings, two sculptures, one drawing, and funds to care for them from the Friday Foundation, whose founder is the daughter of Jane Lang Davis.

Significantly, the Langs were acquiring works from what became one of the most important movements in American art, Abstract Expressionism, which developed in New York in the 1940s and 1950s. The movement is distinguished by abstract, highly gestural paintings that convey deeply felt emotion, expression, and a sense of spontaneity. Amada Cruz, SAM's director and CEO, said, "In one gift, in one fell swoop, SAM will have one of the best public collections of New York school paintings in the country. Every single work is showing the artist at his or her apex of quality and production."

Key figures of the movement, including Willem de Kooning, Jackson Pollock, Mark Rothko, Lee Krasner, and Helen Frankenthaler, are represented in the Lang collection, which opens on October 15. Who better than Rebecca Albani, art historian, to explore it with us! Coordinator: Sylvia Fisher, x 1859.

Resident Revelations: Natalie Siegel, The Greatest Generation

Tuesday, October 12; 3:30–4:30 pm, via Zoom

Tom Brokaw in 1998 described people the age of our elder Mirabella residents as "The Greatest Generation." Studs Terkel, a well-known radio commentator, told stories collected in a book of American citizen heroes, typically men, called "The Good War." But women also grew up during the Great Depression and World War II, creating the needed productivity on the home front. The country

had positive feelings about government and what it could do for its populace. People were all together in a "good war" with a sense of purpose that Natalie Siegel says led her to become a social worker, to "do good things and help people." The times had a profound influence, and social work exemplified her ethics and social justice beliefs with a sense of social responsibility for the welfare of all.

Natalie will describe, from the perspective of a female social worker, how living through the depression and WW II shaped her generation and how we may have drifted from these bedrock values. Coordinator: Carolyn Blount, x 1644.

OLLI-UW Virtual Lectures in October

The UW's Osher Lifelong Learning Institute (OLLI-UW) will continue to offer its free lectures via Zoom in October. These lectures require pre-registration, but no fee. Free recordings of the OLLI-UW virtual lectures are available by entering in your browser: <https://www.campusce.net/uw/olli/course/course.aspx?catId=7>.

Concussions: Immediate and Long-Term Consequences with Dr. Kristoffer Rhoads

Thursday, October 7; 12–1 pm, via Zoom, no fee but pre-registration required

Dr. Kristoffer Rhoads is a clinical neuropsychologist at the University of Washington Memory and Brain Wellness Center at Harborview and an Associate Professor of Neurology at the UW School of Medicine. His presentation will review



*Natalie Siegel –
photo, C. Blount*

SHOPPING BY BUS § PROGRAMS

OCTOBER | 2021

11

the mechanisms of injury for sport and non-sport concussions as well as the literature regarding symptoms, recovery, and risks for repeat injuries. Dr. Rhoads will also discuss the relationships between concussions and later-life cognitive impairment, including chronic traumatic encephalopathy (CTE), Alzheimer's disease, and related disorders. Coordinator: Julia Wan.

Welcome to the World of Spiders with Rod Crawford

Friday, October 29; 12–1 pm, via Zoom; please note this lecture will NOT be recorded

October is a time when we notice spiders around us. Did you know Washington is home to 960 different species? Rod Crawford is an Arachnology & Entomology Curatorial Associate for the Burke Museum and will present the science about these fascinating creatures. Coordinator: Julia Wan.

OUTSIDE ACTIVITIES

Judith Peterick, Chair
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. If you have purchased an entire performance series, please note that when calling or signing the Town Car Request form in Transportation Section of the MIRANET. Doing so will get you registered for all events in the series.

SPECIAL ACTIVITIES AND EXCURSIONS

Met Live Opera: Saturdays, October 9 and 23; 9 am
Seattle Opera, *La Boheme*: Sunday, October 17;
1:15 pm

Luncheonaires: Wednesday; Purple Dot (Chinese)
October 20, 11:15 am to 1:30 pm

Seattle Symphony-Series C: Thursday, October 14;
6:45 pm

Bellevue Square: Tuesday, October 26; 12:30–3:30 pm

SHOPPING TRIPS

Ballard Market, Friday; October 1, 15 and 29;
10:30 am

Costco, Wednesday: October 13 and 27; 9:30 am

Fred Meyer-Ballard, Monday: October 4 and 18;
10:30 am

Metro Market/Bartell Drugs, Friday: October 8
and 22; 10:30 am

Safeway, Friday: October 8 and 22; 1:30 pm

Trader Joe's/PCC, Wednesday: October 13 and 27;
1:30 pm

University Village/QFC/Bartell Drugs Monday:
October 11 and 25; 1:30 pm

Uwajimaya, Monday: October 11 and 25; 1:30 pm

SUNDAY CHURCH

Sunday, 8:10 am, pickup at 9:30 am.

Bus goes to Christ Our Hope Catholic Church.

Other church trips are by reservation only and are not recurring weekly.

GOLF

Thursdays, Weekly: October 7, 14, 21, 28; 9:30 am

WALKS

*Saturday, 9:30 am: Coordinator: Charlotte Bushue;
call extension 1723 with questions.*

October 2, Seward Park

October 9, Edmonds Waterfront

October 16, Alki

October 23, Lake Union

October 30, Golden Gardens

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Junius Rochester, Local historian

Thursday, October 7; 3:30 pm, via Zoom

Tune in to hear local historian Junius Rochester as he presents a program entitled *President Jefferson and Captain Lewis Send the Enlightenment Westward*.

HISTORY AND MUSIC

12

OCTOBER | 2021

Euro-American settlement in the Pacific Northwest largely occurred as a result of Jefferson's dreams



Junius Rochester

and Meriwether Lewis's determination. Borrowing from the energy and excitement of the expanding European Enlightenment, the new Americans saw unlimited opportunities in the Far West. Hear how the personalities and backgrounds of these two very different men led to

the burgeoning fur trade, the Oregon Trail, and the subjugation and defeat of Native groups across North America.

Rochester is an award-winning author of books and essays, has published ten books, and served as a columnist for *Seattle Weekly* and as a presenter of historical vignettes for KUOW-FM Public Radio. Coordinator: Judy Guder.

Louis Armstrong on Zoom

Thursday, October 14; 3:30 pm, on Zoom

The Program Committee will present, via DVD, one of America's jazz icons. This presentation is one of the only known complete Armstrong concerts from the 1950s to be captured on film. This fifty-five-minute set, filmed in Belgium in 1959, features many of Satchmo's greatest songs, including *Mack the Knife*, *When It's Sleepy Time Down South*, and *Stompin' at the Savoy*, backed by the All-Stars, featuring Trummy Young, Peanuts Hucko, Billy Kyle, Danny Barcelona, and Mort Herbert. Many of you have seen this great entertainer in person, and now you will see this DVD from a series called *Jazz Icons*. Coordinator: Stafford Miller.

Ladies Musical Club Concert

Saturday, October 16; 2 pm, TBD

Ladies Musical Club will present a concert on October 16. COVID restrictions preclude in-person attendance. However, Facilities Services Coordinator Darren Mowry and a video expert from the Ladies Musical Club are hoping to set up live streaming of the concerts from Emerald Hall. Alternative to this are specially made videos or performances live on Zoom. Neither solution is ideal for musical events. As soon as it is feasible, we will go back to live performances. Broadcast details will be published on MIRANET and in the weekly bulletins when they are known.

Wonderful music will be coming your way, I promise! Coordinator: Carolyn Burton.

Mossback Speaks

Thursday, October 21; 3:30–4:30 pm, via Zoom

Knute "Skip" Berger (aka Mossback) will be making a special presentation entitled "Troubles in Yeslerville: A Short History of Seattle and Puget Sound in Crisis and Recovery."

He will be looking at six crises in Seattle's past and



Knute Berger

how the community overcame them and rebuilt anew. This is a special occasion for the Mirabella community, as it is Berger's first appearance here. Berger is Crosscut's Editor-at-Large and host of the Mossback's Northwest TV series on KCTS 9. A regular commentator on KUOW-FM, Berger is a specialist in politics and Seattle's regional heritage. Coordinator: Lynne Iglitzin.

WELCOME § BOOKS § A MOVIE § OPERA NEWS

OCTOBER | 2021

13

WELCOME COMMITTEE

Diane Holmes, Chair

Tom and Janet Seery



Tom and Janet Seery – photo, S. Hahn

Tom was born in Brooklyn and attended Columbia University; Janet grew up on Long Island and attended Barnard College. They met at a college dance. Joining the army after college, Tom was sent to Europe where Janet later joined him. They married in Germany where Janet taught English. Following Tom's assignment in Germany, they moved to Monterey, California, where Tom studied Russian at the Defense Language Institute.

The young couple returned to New York, where Tom pursued a career in banking and Janet in publishing. What they thought would be temporary jobs until they could move back to California resulted in careers keeping them for twenty-nine years in Schenectady, New York. While in New York, Janet and Tom also raised their two children, Jennifer and Tom.

Ready to retire, Janet and Tom began visiting other areas of the country. While visiting Seattle and walking through Pioneer Square, they chanced upon a Spam sculpture carving contest. And that tipped them over the edge in deciding Seattle was the place for them.

In retirement, Tom volunteers as an advisor in successful business practices for small companies. He is also very active in The Friends of the Library in Seattle. Janet, once an avid gardener at their home in Magnolia, volunteers as a docent at the Seattle Art Museum.

Tom and Janet have settled into unit 818. Please help welcome this interesting, charming couple to our Mirabella community.

Sally Hahn

BOOK CLUB

Fourth Monday of the month; 4 pm in Conference Room A or on Zoom if necessary

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

We will discuss *The Sympathizer*, a Pulitzer Prize-winning novel by Viet Thanh Nguyen, on November 22. The narrator is a double agent, a communist sympathizer who continues feeding information to the north even after settling in Southern California following the fall of Saigon. This is a thought-provoking narration of identity and America.

Everyone is welcome to join us.

Tina Moss

MONDAY NIGHT MOVIE

The Man Who Would Be King

Here's an alternative to Monday Night Football. It's the Monday Night Movie, shown October 18 at 7 pm in Emerald Hall. *The Man Who Would Be King* (1975) stars Sean Connery, Michael Caine, and Christopher Plummer. The story is based on a

A DUDE AND TWO DAMES

14

OCTOBER | 2021

work by Rudyard Kipling, which in turn was drawn from the life of a real man, the first European to reach Afghanistan in modern times. This is the first Monday Night Movie, with other old favorites to follow.

Ginny Sharp

OPERA CLUB NEWS

Gianni Schicchi by Giacomo Puccini

Monday, October 11; 3:30–4:30 pm, Emerald Hall
(or via Zoom)

Gianni Schicchi (JA-NEE SKI-KEE) is part of a collection of three one-act operas by Puccini, *Il Trittico*, often performed together. *Gianni Schicchi* is based on an incident mentioned in Dante's *Inferno*, in which Schicchi (a real person) impersonates the late aristocrat Donati (a real person) and dictates a new will in his own favor. For this he is condemned to Hell.



Domingo as Schicchi

This 30th season opener of the LA Opera in 2015 was Woody Allen's first attempt

at directing opera. Allen took Puccini's hilarious dark comedy set in medieval Florence and moved it forward for a spoof of mid-20th century Italian cinema. Internationally famous tenor, Plácido Domingo, in a baritone role, plays Schicchi as a Neapolitan mobster in pinstripes.

The beautiful soprano aria, *O Mio Babbino Caro* (Oh my darling daddy), known by virtually

everyone, is sung by Schicchi's daughter, Lauretta, who wants her father's permission to marry a son of the Donati family. (She swears she'll throw herself off the Ponte Vecchio into the Arno if she can't marry him.) This beloved aria inextricably links *Gianni Schicchi* to the 1985 British drama, *A Room with a View*, which stars British actress, Maggie Smith. Background music of this movie is *O Mio Babbino Caro* sung by super-star soprano Kiri Te Kanawa.

Taking this connection even further, in 2013 Dame Kiri appeared in an episode of the popular British series, *Downton Abbey*, in which Dame Maggie Smith played the matriarch of the family. Dame



Dames Maggie and Kiri

Kiri appeared as the famous Australian soprano, Dame Nellie Melba (a real person), whose career spanned the late 19th and early 20th centuries. And what did the famous diva perform for the Downton Abbey Crawley family and guests? *O Mio Babbino Caro* and *Songs My Mother Taught me* (a Melba favorite). The two Dames were reunited in this episode.

Finally, one of the encores sung by Dame Kiri Te Kanawa at the end of most of her many concerts all over the world was this same song from *Gianni Schicchi*. These encores and her stunning recordings of this aria did much to launch it into orbit.

Looking ahead, the Mirabella Opera Club plans to present *Topsy Turvy*, a documentary on the making of Gilbert and Sullivan's *The Mikado*.

Nancy Lucht

FINDING SPACE FOR IMAGINATION

OCTOBER | 2021

15

ARTS NOTEBOOK

BY JARED CURTIS

Local Art Shows You Can Visit

Two local exhibitions offer takes by four different artists on finding room for their imaginations to roam in a time of confinement and isolation.

MadArt

Niche Audience by Claire Cowie and Leo Berk,
MadArt Studio, 325 Westlake Avenue North,
206-623-1180

Open Studio, August 16 to October 13, Monday–
Friday (12–5 pm) by appointment
Show opening, October 14, time to be
announced

Exhibit, October 15 to November 20, Tuesday–
Saturday (12–5 pm) by appointment

The etymology of the English word “niche” is French, from Middle French, from *nicher* to nest, from Vulgar Latin *nidicare*, from Latin *nidus* nest. It entered the English language early in the seventeenth century in the sense of a recess in a wall especially for a statue. The simplicity and broad use of such modifications to a straightforward wall of a building or enclosing wall invited technical and metaphorical uses that have enriched the word’s meaning. The term’s modern ecological usage, for example, reaches back to its French and Latin origins: According to the National Geographic website, “the term ‘niche’ describes the role an organism plays in a community. A species’ niche encompasses both the physical and environmental conditions it requires (like temperature or terrain) and the interactions it has with other species (like predation or competition).” The example given is the Kirtland’s Warbler (*Setophaga kirtlandii*), which will nest only in young jack pine trees (*Pinus banksiana*), thus defining its range and location

for reproduction and species survival. Finally, it is common in the world of human resources and employee recruitment to use “niche” to indicate a job for which a job candidate is perfectly suited, an ideal environment for making good use of that candidate’s specific skills and talents.

Ecological, architectural, and social applications of the word come together in *Niche Audience* by Claire Cowie and Leo Berk opening in October at MadArt Studio.

Claire Cowie & Leo Berk

In the press release for their joint work, the Seattle-based artists are said to “expand on the boundaries of their domestic partnership through *Niche Audience*” in a three-dimensional “exploration of public versus private space as it relates to maintaining both community connections and personal distance during the COVID-19 pandemic.” From mid-August to opening day, the artists have been engaged in “fully integrat[ing] their creative practices to produce an entirely new presentation of their work.” Using castoff and recycled materials from construction sites in the area, the artist team has built a set of free-standing alcoves or niches. A step up (or out) from “found art,” their practice references both “ecological issues and material waste” and the “collective human experiences of adaptation and happenstance.” When I visited



*MadArt figure in niche –
photo, J. Curtis*

NICHE ART



Figure at rest in a recycled construction from a previous MadArt exhibition – photo, J. Curtis

the studio, Leo Berk illustrated that last reference in two ways. First, he mentioned how he and his collaborator, and a third occupant of their small house, struggled to find spaces within their four walls for creative work; second, he gestured to one of the completed works (illustrated above), which clearly evokes the efforts most of us have noticed made by the homeless to find their own niches.

Choosing to do more than simply “present” their work—a collection of niches occupied by “imaginative figurative objects”—the artists have left some of the niches empty, hoping to engage visitors by inviting them to step into an unoccupied alcove and “temporarily become part of the installation.” Cowie and Berk shine a light on the cultural significance of niches and how they have been used over time and in different cultures and circumstances (remember the 50s home improvement fad of installing “telephone niches” for at least the illusion of privacy?), exploring “how these intentioned spaces have been utilized . . . as

places of isolation and shelter.” Their experiment arises from and speaks to the “pandemic shells” we’ve all retreated to and now begin emerging from to reengage with the community, “reimagining these nooks as places for contemplation and individual retreat.”

Looking for examples of beautiful art would be the wrong way to approach this exhibit. The English poet John Keats, contemplating a classical Greek vase on display in the British Museum, wrote, “Beauty is truth, truth beauty,—that is all / Ye know on earth, and all ye need to know.” To him, the exquisite ancient utilitarian object depicting scenes of everyday life spoke the truth about the human condition for all time. For Cowie and Berk, the found materials that make up their art are not meant to be conventionally beautiful, but in their humble way they speak the truth about the human condition in our time.

To reach MadArt Studio by bus, take Metro 8 west on Denny Way at Fairview Avenue North to Westlake Avenue North; walk north on Westlake three-and-a-half blocks to 325. The Studio is fully accessible. Masks and vaccination cards are required.

Hawo Ali and Abdi Ibrahim: Two Different Somali Perspectives

Seattle Office of Arts & Culture, Arts at King Street Station, open now through October 23

Tuesday–Saturday, 10 am–5 pm, open until 8 pm on Thursdays

<http://www.seattle.gov/arts/programs/arts-at-king-street-station>

One a painter/activist, the other a photographer, Ali and Ibrahim are two Somali American artists with Seattle connections. Their distinctive art forms display each artist’s individual search for a “niche” within which to work out their creative imaginings in a place and a culture so different from Somalia on the East African coast. The exhibition is dominated

FLOWERAMA § DOG LOVE

OCTOBER | 2021

17



Hawo Ali, "Flowers" – photo, J. Curtis

by the work of Hawo Ali and by displays of objects and dress she has collected from her native Somalia. In response to finding herself in a new and alien environment, in her acrylic paintings on various



Hawo Ali, "Purple Rose" – photo J. Curtis

surfaces she calls up the vivid colors and shapes of the world she left behind. Paintings of flowers, singly and in groups, and bright landscapes are arrayed side by side with abstract

paintings that take up and accentuate patterns found in handmade fabrics and household objects that are arranged in the dozen or so display cases. Her art is an impressive display of both longing and pride in her troubled native land.

Abdi Ibrahim, who shares the gallery space,

attempts to create photographic images that are "imaginative but rooted in reality," as he describes them. They are carefully posed with wit and humor, yet often appear spontaneous and, yes, "rooted in reality."

The gallery is accessible by stairs and by elevator from the street level entrance on South Jackson Street and 2nd Avenue Extension South. To reach Arts at King Street Station by bus, take Metro 545 from Stewart Street and Yale Avenue North to 4th Avenue South and South Jackson Street. Masks and vaccination cards are required.

MARVELOUS DOGS OF MIRABELLA

BY SALLY HAYMAN

"Dog people" do not need to be reminded of the irrational but satisfactory contract that exists between dogs and their people. We provide food, shelter, affection, and exercise. They get us out of bed in the morning (sometimes way too early), keep us walking, and help us to meet other dog people.



Abdi Ibrahim "Happy Sad" – news release photo

LUCKY DOGS

18

OCTOBER | 2021

Mirabella Seattle is a dog friendly place. The management provides a fenced patch of turf complete with fire hydrant. This piece of turf is scrupulously watered and disinfected daily. And dogs are invited to use the designated D elevator as they go out for their walks. They are not invited into public rooms, but they do traverse corridors on their way to and from their daily errands.

Mirabella dogs come in all ages, shapes, and sizes, but all of them are above average.

A new member of the dog community is Candy, a shar-pei/Labrador/golden retriever mix belonging to Lynn Iglitzin and Walter Bodle, who moved here in August 2020. She joined her family on Valentine's Day in 2009. Four years ago, Lynne and Walter went to New York, leaving Candy with her favorite dog-sitter. Candy thought she could find Lynne and Walter at the YMCA, so she escaped and made the two-mile trip to the Y, crossing several busy roads. At the Y, a fitness trainer took Candy to a vet who was able to find her ID chip, making it possible for her to return home. Now Candy is adjusting well to a more urban life.

A newcomer to Mirabella old timers is Teddy, a Havanese puppy, recently adopted by Tim and Margot Hill. Teddy is four months old, a bespoke dog from a breeder in Snohomish County.

He hasn't had enough shots yet to play with other dogs, but he likes exploring the dishwasher, especially with dirty dishes. He will soon outgrow his nickname "Puddles."

Another Teddy is a mature shih tzu owned by David Dail. He was adopted from a sidewalk adoption

PAWS express in San Bernardino some six years ago. David's wife had lost two similar dogs to old age and fell in love with him. She paid the fees, did the paperwork, and held him in her lap all the way home. To her chagrin, he became David's dog. Since his wife's death just a year ago, David has become the sole caregiver of this gentle, caramel colored creature with white paws.

Lulu, a border terrier mix, lives with Richard Atwood.

He picked her from a photo in a dog rescue shelter in Santa Fe, New Mexico. She was two and a half years old at the time and well trained. Now she's twelve years old and has adjusted to Mirabella very well. Before she moved from Santa Fe, she had never seen much water outside of a bowl. After her first encounter with the lake at Magnuson Park, Lulu has become a water frolicker.

Beaugard, a little dog with a big name, belongs to Norman and Barbara Brown. He's a toy poodle, about eight years

old. The Browns call him Beau for short. He is small enough to carry around easily.

It was once said that a sure-fire title for a best seller would be "Lincoln's Doctor's Dog." And there are several doctors' dogs at Mirabella: Dr. Norm Brown has Beau and Dr. David Dail has Teddy. Another doctor, Dr. Seeley Chandler, has a dog that glories in the literary name of Beckett. The name was picked by Jim Kelly, Seeley's late partner who loved reading the Irish author Samuel Beckett. This black poodle of mature years lends a literary tone to the courtyard dog area, where he can be seen early in the morning or just before bedtime.



Lucky Hayman at ease – photo, S. Hayman

LOCAL SCENE

OCTOBER | 2021

19

After losing Millie, our Australian cattle dog, age eighteen, Bob and I took the plunge and searched for a new dog. It was not easy during the pandemic, when dogs, like used cars, were very hard to find. We finally found one we liked on a website of a group that shipped dogs from shelters in Texas to people in Washington who would pay for shots, transportation, and neutering. Lucky dog! He turned out to be younger than expected and nothing like the corgi mix that was advertised. He was very frightened of loud noises and urban traffic but has since developed a more macho personality and loves to play and run in the dog park.

Lola is a Jack Russell terrier mix about eleven years old. Teo and Anne Morellato picked her out from a group of adoptees at an event organized by Saving Great Animals. Noticing she did not have the required adoption bandana around her neck, Teo said, “How about that one?” She was rescued from a kill shelter in San Jacinto, California, and had to recover from an abscessed tooth and subsequent infection before she could come to her new home. Anne is grateful to Teo for picking her out, and says, “She’s gotten me through some tough times.”

Don Drury’s lovely pair of Shelties were an important legacy from his wife, Elizabeth. They still spend a good part of their time in a rural setting on the Kitsap Peninsula. And, finally, Chico, a shih tzu mix, perhaps the most senior of the Mirabella dogs, walks out with Marcy Golde, who moved here with her husband Hellmut in March 2009. The Goldes adopted Chico from a rescue center in the summer of 2009. Sedate and well-mannered, he could instruct all the other dogs in the rules of the house.

Our dogs truly have gotten us all through these tough times. Their loyalty and affection and sheer physicality are an enormous comfort. Some of them have been rescued from unknown miseries and even death, and they repay us fully.

LOOKING ABOUT US

BY JARED CURTIS

Like many Mirabella residents, perhaps as many as thirty, I attended the press conference held on September 16 to advocate for a tiny house village at 145 Yale, a city-owned vacant lot two blocks east of us on John Street and Yale Avenue North. Mirabella Seattle Foundation raised almost \$155,000 through the It Takes a Village Fund to support such a project. Altogether, including the half-dozen speakers, eighty or so people attended. City Light has proposed to use the property abutting the Cascade Substation to build a facility for bending metal conduits for use in the city’s underground power grid.

The main thrust of the arguments made by all the speakers was neatly summed up by Julie Holland in her question, “What’s more important, people or pipe?” Joining Julia at the podium were two City Council members, Andrew Lewis and Teresa Mosqueda, along with representative neighborhood stakeholders, Onni (developer of the property west of Mirabella), Immanuel Community Services, and not-for-profit organizations that build and manage temporary and permanent housing for the homeless in



Julie Holland speaking at The Tiny Houses Press Conference – photo, E. Hill

RECALLING PAST MIRABELLA TRIPS

20

OCTOBER | 2021

Seattle. All spoke enthusiastically on behalf of a Tiny House Village on the site. Two former Tiny House tenants who have moved on to permanent housing and jobs stood up to praise the effectiveness of shelter and services the program provides.

BEEN THERE, DONE THAT, AND WOULD LIKE TO DO IT AGAIN

BY KEN HOPKINS

Oh, to have a hot dog, a chocolate chip cookie, perhaps a brew with friends at a Mariners game! That's what Mirabella residents were looking forward to doing on September 1; but due to COVID, our day at the ballpark was cancelled as well as most other outside activities. While we wait for Mirabella life to return to a new normal, I would like to share some memories of past resident adventures, hoping to stir your interest and give you a lot to look forward to once outside activities resume.

Earlier this year we went to the Tulalip Casino and adjacent shopping outlets. Some used the trip to shop, but most went to gamble and enjoy lunch in a casino restaurant. Shortly after arriving, one of us hit the jackpot, won \$400, and promptly took the winnings and "ran." We go to casinos often. Snoqualmie Casino is a favorite. One trip started at the Salish Lodge for lunch overlooking Snoqualmie Falls followed by an afternoon of trying our luck at the casino. The next time we went to the casino

first and then to a nearby farm advertising lunch. Although lunch was forgettable, the ice cream cones were especially good, and you could buy syrups and jam. We have also gone to Muckleshoot Casino. In addition to the usual games, this casino has televised horse racing you can bet on.

But if you want to bet on the horses, there's nothing like our trips to the racetrack. Betting on a horse, getting to the rail, cheering on your horse—whether you win or lose, it's exciting and fun. And if you pick a winner, you'll be back for sure.

Warm weather finds us visiting gardens and festivals.



Charles Fitzgerald leading Mirabella residents on a tour at the Museum of Flight, Boeing Field, August 2016

One trip to the Lavender Festival in Sequim was delightful. Another time we went to Portland for the Rose Parade. The transportation, hotel, meals, and seating made for a very enjoyable trip, although the second time we went we were a bit disappointed. For sheer beauty, the almost annual day trip to the Tulip Festival is a must. Walk around the

tulip fields, then lunch at La Conner with its quilt museum, wood carvings, art galleries, and quaint cafes.

Seattle's nearby mountains provide majestic vistas. On a visit to Crystal Mountain, we went to the top of the ski slope for lunch to enjoy the extraordinary views. If you like mountains, join us on our next trip to Lake Diablo, to lunch, cruise the lake, and enjoy the North Cascades. It's a bit of a bus ride but well worth it.

BIRTHDAYS § REMEMBERING

OCTOBER | 2021

21

HAPPY BIRTHDAY! OCTOBER 2021

3 – Toni Kennedy	11 – Kathy Cahill	20 – Bill Bailey
4 – Betty Heycke	12 – John McGinnis	21 – David Webber
4 – Mary Worthington	13 – Julia Wan	22 – Kathleen Gill
4 – Toni Myers	14 – Jim Halverson	24 – Harriet Goodman
6 – Bob Capeloto	17 – Barbara Standal	24 – Walter Bodle
7 – Ailie Speer	18 – Marilyn Campbell	25 – Norman Winn
7 – Anne Magruder	18 – Liz Anderson	27 – Helene Metzberg
8 – John Weaver	18 – Judy Owens	27 – Sue Lane
9 – Jo Pope	18 – Julie Holland	28 – Betty O’Donnell
10 – Brendan Coleman	19 – Eileen Swart	29 – Joanne Suver
11 – Flora Rabinovitch	20 – Gloria Hennings	29 – Ardie Johnson
	20 – Nancy Lucht	

Another way to enjoy nature’s beauty is by visiting Northwest Trek Wildlife Park just southeast of Tacoma. A moose up close is a big animal. Deer, elk, bear, fox, and smaller animals all running wild can be as interesting as it gets. Of course, the humans are caged for their safety.

To me, our best trip began on a train to Tacoma. From there we went to the Museum of Glass and its foundry. Sitting and watching a glob of stuff turn into glass seemed like alchemy. After lunch we were off to the Tacoma Historical Museum. We hit the highlights as there is way too much to see and do in just a few hours, but there was just enough time for a brew before we boarded the Sounder to head home. Quite a day.

By land and by sea. Our destination was Friday Harbor. We were whale watching and we saw many. Then it was to Bremerton and a repeat visit to the Naval Museum. Early on at Mirabella, a resident group calling itself Transit Transients introduced residents to our regional transit system and took ferry trips to the Bremerton Naval Museum and bus trips to the Everett Boeing plant, downtown Issaquah,

the Aquarium, Swanson’s Nursery, and other local destinations. Of all our museum trips, those to the Seattle Art Museum and the Museum of Flight held a personal attraction for us as we were treated with tours by docents who are our Mirabella neighbors.

Visits to art shows, restaurants, plays, operas, concerts, gardens, ballets, malls, grocery stores, downtown, local neighborhoods, casinos, mountains, and other unique locations all help us to enjoy the world we live in and enrich our lives. And sometimes we just need to “get away” and enjoy a change of scenery.

Our trips are the results of good ideas. If you have an idea of what you’d like to do or a place you’d like to see, you may not be alone. Bring your idea to the Outside Activities Committee and be a part of planning our next adventure.

Remembering . . .

Bob Hayward 09/03/2021



MOVIE CLUB MUSINGS

OCTOBER | 2021

23

WHAT MOVIE AM I IN?

BY CONNIE CHAPLIN

THIS IS NOT FAIR. I know it and so do you. Taking away our few days of delirious maskless-ness when we were just getting used to it? We did everything right. Sure, we suspected that the restrictions might be imposed again. But. We did everything that we thought would keep us safe. And apparently it did. So? What am I not seeing here? Well, for starters, “fair” to me is not necessarily accepted in any situation. Have I ever felt that what clearly was “fair” and “sensible” and “practical” to me was simply not relevant? That there was absolutely no recourse at hand? Yup.

I flashed back to a scene from long ago when I felt totally at a loss to even begin to try to explain why what was happening was so unfair, so unexpected, and so unacceptable to me. I don’t recall the details. What I remember was that my bank was recommending signing up for some program of which I might want to take advantage in the future: a loan, a homeowner program of some sort, whatever. Whatever the offer was, I figured I qualified. I had bought a new three-bedroom house on the beach some time before. The builder was having cash flow problems at the time, true, and thought (so he said) that my recent master’s degree would guarantee me a brilliant career. Hah! The degree was in English (like too many others that year) and I was teaching.

I was working, of course...but part-time, at four different junior colleges. It paid the bills, but with

less security than I wanted. So, I talked to the local real estate office, which handled vacation rentals, about renting out my beach house. Bingo. He found three young local professionals who fancied living (and entertaining) at their own beach pad; I found us an apartment off the beach. The guys divvied up the rent, which covered my house payment. They didn’t burn the place down, and they paid on time every month.

This worked well for quite a while. But I was looking ahead; these three guys would be getting married, changing jobs, moving, and I needed to solidify my job situation. Hence my visit to my bank. The first person I talked to said I needed to fill out a form about my financial situation. OK. I figured that the beach house, with nothing between the kids and me and Catalina, would cover that. Naïve maybe, but there is only so much property on the edge of the continent. So, I confidently filled out the form, listing my

three tenants. And it was refused. I asked to speak to the manager.

He smiled and very carefully explained that my money coming in from three different men didn’t look too...secure. I smiled and very carefully explained that our *business* relationship had worked well for some time, plus all the above about their sterling qualities. What was going on here? What was he thinking? Did this have anything to do with my being a single woman? He looked at me; I looked at him.

I realized that there was nothing more I could say. I had absolutely no recourse. I walked out.





The Mirabella Monthly

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

VOLUME 13 | ISSUE 10

OCTOBER | 2021

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor, October: Mary Jossem

Copy Editors, Writers, and

Proofreaders: Connie Chaplin,

Sally Hayman, Mary Jossem,

Louise Lowry, Mary Rogers

Proofreaders: Nickie Askov,

Marilyn Campbell, Jean Hall,

Betty Heycke, Lynne Iglitzin,

Chris Jamin, Tina Moss, Betty

O'Donnell, Judy Rourke, Charles

Sleicher, Louis Swart

Production: Led by Diane King,

assisted by Laura Bailey, 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,

Louis Swart

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
Mirabella Seattle