

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 13 | ISSUE 12

DECEMBER | 2021

WHAT'S ON TAP

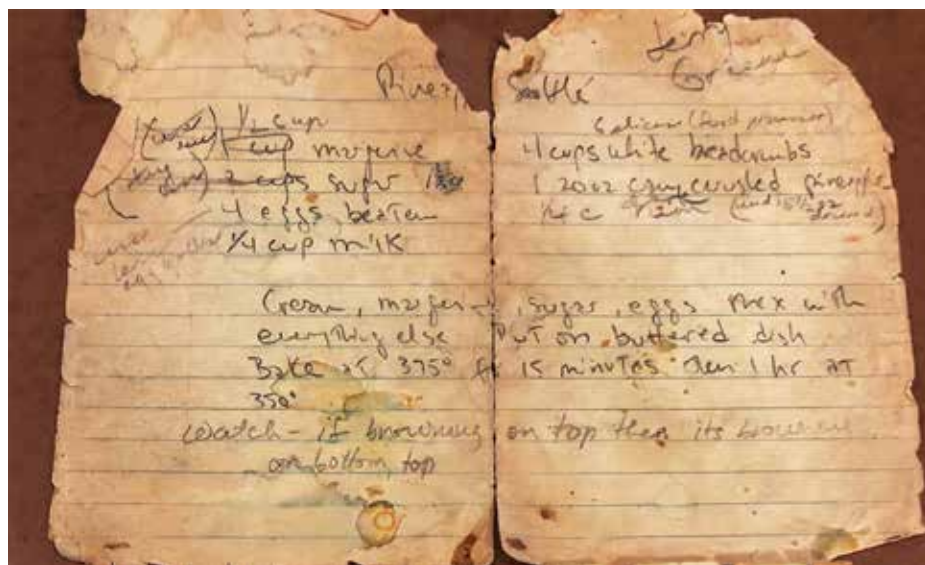
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HOLIDAY TREATS AND TRADITIONS

BY MANDY WERTZ, CHAIR, DINING COMMITTEE

DURING our holiday get-togethers, it is customary to roll out some favorite foods that have become traditions. In preparation for this article, some of our newest residents sat down to chat about their favorite food memories with Dining Committee members Cindy Hallgrimson and Mandy Wertz.

Judy and Mike Waring reminisced about a “Pineapple Rum Souffle” that has become a family favorite. Many years ago, an Air Force friend and Cordon Bleu-trained cook served this at his house, and they asked for the recipe. Since that time, Judy has done a few edits to “lighten” the ingredients for a healthier version. Another taste



Original recipe for Pineapple Rum Souffle, original in ink, pencil notes in a second hand – photo, J. Waring

Judy acquired from midwestern parents of Norwegian/German roots is for pickled herring as a holiday appetizer.

Chocolate chip pie with graham cracker crust is the most loved memory of Jack Cahill. He shared a vivid description of his

EXPLORING THE CITY

mother's dessert, but so far the exact recipe is elusive. Even his sisters were unable to satisfactorily replicate the delicious pie. Perhaps someone at Mirabella might give it a try.

Janet Seery still remembers her first taste of eggnog as a child and found it “not to her liking.” She surmised it was the booze that may have caused her initial reaction to an adult beverage.

If you want to share a special recipe or food tradition that has become part of your holiday celebrations, the Mirabella resident Google group mail list is the perfect place to do it.

THE PERIPATETIC HILLS: FLÂNEURS EXTRAORDINAIRES

BY JARED CURTIS, PHOTOS BY ELSTON HILL

To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom. – Ralph Waldo Emerson

FRENCH POET Charles Baudelaire invented the word “flâneur” (from French “flâner” – to stroll) to indicate a person who walks the streets of Paris, as he did, not to get from A to B or to reach a shop, an appointment, a workplace, but for the sheer pleasure of the trip. His aim was to experience the vast and complex city as a living, breathing landscape, to encounter its surprises, its byways, its people, and its points of interest. This nineteenth-century view of urban walking is shared by Elston and Jackie Hill, residents of Mirabella Seattle since July 2021.

When I paid them a visit early last month, they told me that before moving to the Seattle area, they regularly took to the hills as mountain hikers in the Santa Monica Mountains, which is where they met, and later in the Olympic mountains while living in Port Angeles. As an avid and accomplished

photographer, Elston never went far without at least one of his several cameras to snap highlights of their many hikes—the flora, fauna, geology, whatever was striking on their journey. But the motivation for regular morning walks he traces to the arrival in March 2020 of the COVID-19 pandemic. Having moved from the Olympic Peninsula to the mainland, first to Burien in January and shortly afterward to Des Moines, he and Jackie quickly learned to deal with this new reality by taking daily neighborhood walks through that first scary summer. Driving a car to a remote trailhead no longer seemed safe. “When COVID broke out,” Elston said, “I was concerned about breaking down somewhere, so we started walking our neighborhood every day.” The safest place to be, he added, was outdoors. They got their daily exercise strolling the streets near their home, learning things they “had not previously appreciated, including the amazing variety of plant life in our neighbors’ gardens.”



Three curious otters on and under a log at Union Bay Natural Area – photos for this article by E. Hill

Asked how far they normally walk, he replied, “We usually walk two or three miles a day.” I wondered what motivated them to go that distance on so regular a basis. “We got our Apple watches several years ago,” he explained, “and we faithfully complete all three circles every day—Move (calories), Exercise (thirty minutes of aerobic activity), and Stands

DO IT FOR THE JOURNEY ITSELF

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Dramatic wide-angle shot of the Fairview Avenue Bridge and the old power station

(standing every hour for one minute at least twelve times a day.)” He called it “a friendly competition between the two of us to see who gets all three circles first.” But each day without fail? “The incentive to not take a day off,” he explained, “is that Apple records how many days in a row we complete our Move circle. I have now completed my Move goal for 1,525 days in a row!” That’s four years and two weeks, without missing a day.

Apart from vying for first place, they enjoyed tracking the progress of the carefully tended, colorful front gardens of their neighbors and explored the local trails, beaches, and parks like the Des Moines Creek Trail. “One of the best!” Jackie declared. In their five months at Mirabella, COVID-19 restrictions still in force, they have expanded their roles to become big city flâneurs, finding to their surprise and delight much to discover and experience in Seattle’s streets and parks, for Elston always with camera in hand and for Jackie with her infectious enthusiasm for adventure and delight in discovery.

Starting early, usually by 7:30 am, they’ve explored the city’s main and back streets, finding them safe

and with few pedestrians and drivers to impede their progress as they watch the city slowly come to life. Occasionally, they set out long before sunrise to visit the trails of Discovery Park to the west—a challenge in the dark, Jackie quickly pointed out—the Washington Arboretum’s display of fall color, or the salmon run at Carkeek Park to the north. Amid our current weather system, a “river of rain” pouring in from the Pacific, they happily ignore residents’ strange looks and friendly advice to stay dry at home and head off to the Arboretum or some other equally tempting spot.



Rowers heading west under the Fremont Bridge in the early morning mist

When I asked out of curiosity who decides where to walk, Jackie pointed to Elston, who carries a digital device for map consultation. She then added, “But I get the veto!” Both clearly enjoy the adventure of it, witnessing bird life at UW’s Union Bay Natural Area, where waterbirds are plentiful the year round, coming upon hidden stair climbs dotted around the city, or spotting a cruise ship anchored off the coastline of West Seattle that was so large Elston mistook it for part of the skyline of downtown Seattle. Jackie was not fooled.

This pair daily reembody the axiom of dedicated

WHAT'S HAPPENING AT HOME

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flâneurs everywhere: it isn't the destination that matters, it's the journey itself.

HOUSE MATTERS, 2021–2022

Sally Hahn and Nickie Askov, Cochairs,
Environment and Facilities Committee

Committee Report

The Mirabella Seattle Facilities and Environment Committee monitors and evaluates, suggests changes, and recommends ways to optimize residents' use and conservation of Mirabella resources. The committee oversees transportation and parking. Nickie Askov and Sally Hahn are cochairs with committee members Sue Dillon, Secretary, Carolyn Roe, Paul Keown, Louis Swart, Mike Waring, and Stan Wiklund. The Green Committee (Carolyn Roe) and the Green Thumb Committee (Mary Jo Taylor) are subcommittees. Please contact any committee member if you have questions or concerns. They will collect information from residents and work with Marcus Cullen and his staff to resolve questions and concerns.

As of mid-November, in facility services, house-keeping is hiring two additional employees. If your cleaning date falls on one of the upcoming holidays, you will be notified of your new date and time.

Maintenance is hiring two new technicians. Work orders which are deemed critical (HVAC, plumbing, electrical, safety, appliances, phone, internet, TV) will be given priority (24–48 hours) until staffing can be increased. Renovations for apartment 311 are complete and are ongoing in 347, 706, and 1118.

On the first Tuesday of each month, the power is off for all elevators between 6 and 7 am for servicing. In the future we will remind residents not to use the elevators during this hour.

Transportation is hiring two additional valets. Please remember it is your responsibility to bring your carts

back to the garage or main lobby as soon as possible.

The Pool/Fitness Center and Studio X will be cleaned twice daily and will have a deep cleaning once a week. Locker rooms have new pipes, new paint, and sparkling clean floors. Please report any equipment issues on the Work Order request line found on MIRANET.



Synchronized swim team, dressed for aquacize: Sally Hahn, Penny Bignold, Susan Webber, Charlotte Lindsey, and Flora Mae Bradley – photo, D. Webber

Projects underway include installing corner guards in the elevator areas. Patching and repairs will follow. Chairs for elevator lobbies were shipped on November 11. Final carpet replacement is scheduled for November 29. Wi-Fi smart panel installation in resident apartments is due to begin mid-November. Once the Wi-Fi is activated, we will no longer need WAVE for Wi-Fi service. However, if you want TV cable service, you will need to continue with WAVE for now. Studio X renovation is waiting on a bid from the JTM contractor. A resident task force has proposed several improvements for the area.

The goals for the Green Committee this year include continuing to educate residents on proper use of trash rooms and other means of disposing of items. The committee also wants to focus on energy saving strategies. The Green Thumb Committee oversees outside plantings in the courtyard, where the grass area was thatched, fertilized, and reseeded this fall to make it a “happier” green area next spring.

Sally Hahn

WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2021–2022



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Julie Holland, Treasurer,
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Mort Berman, Member-at-Large,
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Jane Beer, Member-at-Large,
2021–2023,
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Betty Heycke, Member-at-Large,
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Louise Lowry, Member-at-Large,
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lklowry@aol.com



Pat Kushmerick,
Past President, 2021–2022,
Box 402, x 1607,
pakushmerick@gmail.com

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, 2021–2022

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	Linda Berkman	Box 931, x 1861
	Walter Bodle	Box 404, x 1739
Communication	Barbara Porter	Box 902, x 1885
Dining	Mandy Wertz	Box 531, x 1672
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation (01–12/2022)	Helen Roberts	Box 505, x 1548
	Louis Swart	Box 805, x 1754
Environment & Facilities	Nickie Askov	Box 1116, x 1858
	Sally Hahn	Box 1120, x 1755
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Mike Hahn	Box 1120, x 1755
	Gill Thompson	Box 431, x 1544
Library	Martha Oman	Box 501, x 1642
	Toni Myers	Box 1022, x 1827
Lifelong Learning	Julia Wan	Box 1110, x 1852
Mirabella Seattle Foundation	Jim Holland	Box 1000, x 1819
Nominating	Pat Kushmerick	Box 402, x 1607
Outside Activities	Judith Peterick	Box 606, x 1683
Program	Judy Guder	Box 1026, x 1831
	Stafford Miller	Box 348, x 1604
Welcome	Diane Holmes	Box 927, x 1810



ARTS AT HOME § EAF WINDS UP

MIRABELLA SEATTLE ARTS

Barbara Porter, Cochair, Arts Task Force

When the residents asked for more arts activities, Travis responded by creating an Arts Task Force. The task force gathered several times and quickly developed a plan that would utilize apartment 507 as an art space. Thanks to the Facilities Services team, who took our suggestions, the art space was renovated and designed to meet the needs of those who paint, sketch, gift wrap, or sew. The room is open twenty-four hours a day; residents are asked to sign in with a date and to leave the space as they found it. Some have chosen on a fine day to come and use the balcony for contemplation and writing. The task force started to schedule other activities that would meet a variety of needs. Ukulele and Origami classes soon began; both have been well attended. The Origami class led by Makiko Doi had a wait list, so she will offer it again in January. The ukulele class has begun working on music to be included in a Holiday Singalong program in Emerald Hall on December 23 at 3:30 pm.



Residents are currently enjoying line dancing in Studio X on Fridays at 11 am. Six people have shown interest in Walter Bodle’s proposal to teach a class on matting for framing art. Carolyn Burton is looking for a teacher willing to offer a class in ways to embellish fabrics. She calls this “surface design on fabric.” She suggests that it could lead to making

small art quilts from the fabrics created.

A wonderful writing opportunity was cancelled earlier because of the return to COVID restrictions. Residents asked for a writing workshop; teacher Dana Wenig was recommended by one of our resident writers, Andrea Lewis. Dana is coming to introduce her process and teaching philosophy to anybody interested in taking the class. She will be here Tuesday, December 14 at 2 pm, in Conference Room A. The writing workshop itself will consist of six sessions on the first and third Tuesdays of the month from 3 pm to 4:30 pm, beginning on January 4. The class will cost \$180 for the six sessions. Dana will handle the registrations. Louise Lowry is the coordinator.

Other suggestions for practicing the arts include photography, drawing, theater arts, still life, quilting, gift wrapping, greeting card design, and Haiku. Residents with art skills are encouraged to share them. Suggestions are currently being supported by the Lifelong Learning Committee. The contact is Sylvia Fisher, who will assist in organizing and making a presentation to the committee.

There are many neurological studies that emphasize the value of creative arts in improving cognitive function for seniors. The arts also tend to increase self-esteem, social interaction, and memory. Mirabella Seattle has begun to rebuild its arts program. Your contributions to this process will keep ideas flowing and the program growing.

EMPLOYEE APPRECIATION COMMITTEE

Warren Askov and Helen Roberts, Cochairs

Employee Appreciation Drive Lands Its Kites
On behalf of the 250 Mirabella Seattle Employees, we want to thank the residents who contributed to the 2021 Employee Appreciation Fund (EAF) Drive.

GREEN TIPS § WELLNESS TALK

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They represent eighty-three percent of our Mirabella households. The kites are coming down, and our 2021 campaign has ended. Contributions received by November 17 totaled \$398,000. That amount will be distributed on December 10 among the 250 full and part-time employees on a pro-rata basis calculated on the number of hours worked during the past year. Distribution is independent of position or title. Each employee will receive an envelope with a check or deposit stub and a message expressing gratitude from Mirabella residents. Managing directors do not receive awards from the EAF.

Residents can still contribute. Contributions after November 17 will be added to next year's fund. Consider this as "paying it forward." A growing number of residents have elected the monthly contribution method to have their EAF donations added to their monthly Mirabella bill. This spreads their payments throughout the year and keeps the reminder of gratitude present each month.

A monthly contribution form was put in your mailbox recently. It allows you to begin or discontinue monthly contributions or change the

amount paid or withdrawn. If you would like to sign up for this easy contribution method, please fill out and put your form in the EAF donation box in the mailroom or deliver to Julie Holland, Residents' Association Treasurer, by December 15.

Thank you for your contributions to the 2021 EAF Drive and for your expressions of gratitude to our many employees!

ENVIRONMENT AND FACILITIES

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Green Tips

To increase participation in Mirabella Seattle's recycling program, *The Mirabella Monthly* will provide one or more monthly recycling tips.



- » *December tip:* If you don't know where an item goes for disposal, put it into the garbage/trash/landfill.
- » *Special holiday tips:* Foil or plastic gift wrap goes in the garbage/trash. Ribbons and bows that aren't reusable go in the garbage. Tissue paper is recyclable.

To see more green tips, go to

MIRANET > Groups > Environment and Facilities > Documents and Files > Green Tips.

Mary Rogers

HEALTH & WELLNESS COMMITTEE

Gill Thompson and Mike Hahn, Cochairs

Rheumatology in Japan

Thursday, December 9; 1:30–2:30 pm, Zoom

This presentation will feature Keishi Fujio, MD, PhD, speaking on "Rheumatology in Japan." Dr. Fujio is Professor and Director at the

WELLNESS CLINICS



Dr. Keishi Fujio

Department of Allergy and Rheumatology at the University of Tokyo. He is editor of several journals, author of over 150 publications, and has made significant contributions to many areas of rheumatology. Most recently he has written about studies on gene expression in Systemic Lupus Erythematosus.

Dr. Fujio is this year’s Lane Lecturer. The yearly Lane Lecture Series honors Dr. James Lane, a Mirabella resident. Dr. Lane was the first Rheumatology Fellow at the University of Washington School of Medicine. After completing his training, he practiced rheumatology in Seattle for forty years. In 2000, a group of his grateful former patients created an endowed lecture series in his honor.

Please note the scheduled time is not the usual Health and Wellness Committee’s fourth Tuesday of the month time slot. Coordinator: Mike Hahn.

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.

Audiologist: Seattle Hearing Services

Tuesday, December 14; 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, December 20 and 27; Tuesdays, December 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.

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, December 22; 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

Service is cancelled for the foreseeable future.

AK Vision Care

No visit in December

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.

LIBRARY § LIFELONG LEARNING

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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 after December 18. 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.

LIBRARY COMMITTEE

Martha Oman and Toni Myers, Cochairs



*Lois North working on the daily Sudoku puzzle on the Low-Vision Reader in the Library
– photo, M. Oman*

Low-Vision Reader in the Library

The Low-Vision Reader (LVR) is available in the Mirabella Seattle library for anyone to use. Newspapers, books, maps, medical instructions, prescription bottles—anything that is too small or too light for you to read—can be placed on the tray and magnified in the LVR. If you need magnification or different background color or higher light intensity, it is easy to adjust. There are printed instructions on the table beside the Reader. If you need additional assistance, call Martha Oman at x 1642.

Lois North is the LVR champ! She has figured out how to do her Sudoku and crossword puzzles on it and comes into the library every afternoon to use it. She is now in Palm Springs visiting her son for three months, so the LVR will be lonely. On November 23 Lois celebrated her 100th birthday with her family!

Martha Oman

LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live Events: The Lifelong Learning Committee continues its transition from Zoom presentations to live presentations in Emerald Hall. The format may include simultaneous Zoom and in-person presentation. We are still trying out the technology to reach residents on the second floor and have Zoom recordings for those who missed presentations. **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 Return to Dining Room

Tuesday, December 7; 5:30 pm, Aria Dining Room
Sixteen Mirabella Supportive Friends were welcomed back to the dining room in November

DECADES OF DUNG

for their regular first Tuesday meeting after a year and a half of Zoom meetings. Regular members should return the menu selection form. To join this group of bereaved Mirabella residents who gather monthly for friendship, support, and confidential conversation, please call Carolyn Blount (x 1644) or Natalie Siegel (x 1698).

Writers' Workshop: Introductory Session with Dana Wenig

Tuesday, December 14; 2 pm, Conference Room A
Dana will discuss her philosophy and style in her writing classes that start on Tuesday, January 4, 2022. Coordinator: Louise Lowry (x 1684).

Resident Revelations: Linda Berkman on Decades of Dung

Tuesday, December 14; 3:30 pm, Emerald Hall, Zoom



Resident of Woodland Park Zoo

Twenty-three years of working as a docent at the Woodland Park Zoo offered Linda Berkman the opportunity to continue educating young people and further her own love of animals and wildlife. Along the way, she encountered many who shared her interest and some outspoken naysayers. Come to

hear her engaging Zoo tales. Coordinator: Carolyn Blount (x 1644).

OLLI-UW Virtual Lectures in December 2021— Pre-registration Required. No Fee. Misinformation In and About Science with Jevin West

Wednesday, December 1; 12–1 pm, Zoom

Pre-registration link:

<https://washington.zoom.us/meeting/register/tJEtcOmhrjkeE9aG-5xyLMe2gUDq41W7dKGt>

One of science's new challenges is the well-being of science itself. Turning the microscope on science, this talk will focus on how we can train the future generation of scientific leaders to mitigate the spread of misinformation in and about science.

Jevin West is an associate professor at the University of Washington Information School and served as the inaugural director of the Center for an Informed Public. He is a cofounder of the DataLab, the nexus for research on Data Science and Analytics. Currently, his research focuses on misinformation, specifically in and about science.

Resilience in a Time of Pandemic Uncertainty with Denise Malm and Judy Pigott

Wednesday, December 8; 12–1 pm, Zoom

Pre-registration link:

https://washington.zoom.us/meeting/register/tJ0vcemurj8tGtatuw6S74JBcsu9qDh99Y_z

At any age, resilience is helpful whether starting something new or looking at an ending. The recent past, marked by the COVID-19 pandemic, has brought this uncertainty to the fore. Discussion will focus on how to draw on strengths, balance individual self-care with care for others, and ask for and receive assistance.

Denise Malm is the Wallingford Community Senior Center Social Worker and principal of Denise

OUT AND ABOUT

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Malm Therapy and Consulting. Her twenty-five-year experience ranges from nonprofit management to program development for organizations and individuals.

Judy Pigott co-authored a book and workbook titled *Personal Safety Nets*. She is an educator, speaker, and consultant, always working to help bring forth a more equitable and resilient world.

LOOKING AHEAD

Bridging Across Cultures: Building Community at Mirabella

Fridays, January 7, 21, and February 4; 2–3:15 pm, via Zoom only

This is a discussion group facilitated by Tilman C. Smith to explore culture and cultural values.



Tilman C. Smith

Participants will discuss and practice communication among those who may hold different values. Individuals can share personal stories about times when they feel different from others.

Resource: *Courageous Conversations About Race: A Field Guide for Achieving Equity in Schools and*

Beyond (3rd Edition, August, 2021). Coordinator: Barbara Daniels (x 1840).

OUTSIDE ACTIVITIES

Judith Peterick, Chair

Loni Held, Resident Services Director

Marcus Cullen, Facilities Services Director

GROCERY TRIPS

Note changes: Costco trips will now leave at 9:45 am, and December grocery trips have been adjusted for the holidays. Please check listings below before you make your bus transportation request at x 1419

or on the MIRANET Transportation tab. A new feature on the tab is a listing of space available on trips that is refreshed at least twice a week.



Ballard Market, Friday, December 10; 10:30 am
Ballard Market, Thursday, December 23; 10:30 am
Costco, Wednesday, December 8, 22; 9:45 am
Fred Meyer, Monday, December 13, 27; 10:30 am
Metro Market, Friday, December 3, 17; 10:30 am
Metro Market, Thursday, December 23; 1:30 pm
Metro Market, Thursday, December 30; 10:30 am
Safeway, Friday, December 3, 17; 1:30 pm
Safeway, Thursday, December 30; 1:30 pm
Trader Joe's/PCC, Wednesday, December 8, 22; 1:30 pm
University Village, Monday, December 6, 20; 10:30 am
Uwajimaya, Monday, December 6, 20; 1:30 pm

WALKS

Saturdays, 9:30 am; no walk December 25

December 4	Magnuson Park
December 11	Pioneer Park, Mercer Island
December 18	Alki Beach Park
January 1	Myrtle Edwards Park

SUNDAY CHURCH

Sunday, 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

WildLanterns, Woodland Park Zoo

Tuesday, December 7; 6 to 8:30 pm pickup

This spectacular illuminated lantern sculpture show was a big hit when it debuted last year. All the lantern displays are new, and many represent resident zoo

BUS EXCURSIONS § PROGRAMS

animals including some from the past: dinosaurs and wooly mammoths. This year highlights Chinese culture and will include shows of twenty minutes each with folk and lion dancing and more. **Cost:** \$30.95 for adults; mask and proof of vaccination required. Coordinator: Judith Peterick (x 1683 or mailbox 606).

Interbay Stores

Thursday, December 9; 10:30 am
Whole Foods, Total Wine, Michaels

Bellevue Square Mall

Tuesday, December 14; 10:30 am to 2:30 pm pickup
Several department and specialty stores; plenty of extended time to shop.

National Nordic Museum including Tour and Lunch

Wednesday, December 15; 10 am to 2 pm pickup
Outside Activities Committee has arranged for a trip to complement the program in Emerald Hall on December 2 on the history and exhibitions of the



National Nordic Museum

National Nordic Museum in Ballard. The visit to the museum will include a free docent-led tour, time for further exploration of the museum, lunch, and a visit to the gift shop. Since the bus passenger limit is twenty-four, we ask residents who have previously visited the museum to delay signing up to give priority to those who have yet to go there. Sign up by using the Transportation tab on MIRANET or

by calling x 1419. If you have questions about the trip, contact Nickie Askov (ena1@psu.edu, x 1858). Coordinator: Nickie Askov.

CULTURAL EVENTS

Seattle Symphony Series 7C

Thursday, December 2; 6:45 pm

Emerald City Music

Friday, December 3; 7:15 pm

Met Live in HD Opera, Eurydice, Northgate

Saturday, December 4; 9 am

Seattle Symphony Pops

Sunday, December 12; 1:15 pm

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Nordic Journeys: The Making of a National Museum

Thursday, December 2; 3:30–4:30 pm, Emerald Hall, Zoom

Come to hear Erik Pihl, Nordic Museum’s Director of Development, talk about the Museum’s journey from a grassroots regional organization to today’s internationally recognized institution with a global reach extending to sixty-four nations. Founded in 1979 and designated a National Museum by an Act of Congress in 2019, the National Nordic Museum moved into its new iconic building on Seattle’s working waterfront in Ballard in 2018. You will hear about its progress in transforming its core exhibition into one that not only tells the story of Nordic immigration to the Pacific Northwest but also provides context for the Nordic region’s 12,000 years of history, culture, and values. Unique in the United States in presenting



Erik Pihl

GOOD MUSIC § WELCOME, CAHILLS

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the art, history, and culture of all five Nordic nations (Denmark, Finland, Iceland, Norway, and Sweden), the museum is a gathering place that connects US audiences to the Nordic region today. Coordinator: Judy Guder.

Gail Neil, Mezzo-Soprano: Songs of Christmas
Thursday, December 16; 3:30–4:30 pm, Emerald Hall

Gail Neil is familiar to audiences throughout the Pacific Northwest, performing with the Tacoma Opera, the Rogue Opera in Ashland, the Portland



Gail Neil

Opera Players, and the Everett Symphony.

Her program at Mirabella Seattle will include Christmas music from around the world from *Gesu Bambino* from Italy to *The Virgin's Slumber Song* from Germany. Secular songs like *Winter*

Wonderland and *White Christmas* will put us in the holiday mood. Coordinator: Sally Hayman.

Ladies Musical Club

Saturday, December 18; 2 pm, Emerald Hall
Ladies Musical Club will present a concert of woodwind trio music. Eric Shankland, bassoon, Julie Shankland, clarinet, and Gail Perstein, oboe, will be playing two trios by twentieth-century composers, Eugene Bozza and Cecilia McDowall. These are beautiful, accessible works and will make a welcome change from the holiday music that has been regaling our ears of late.

This will be live streamed to a wider audience but will only be accessible to us in person. Please come

to Emerald Hall and enjoy these splendid musicians. Coordinator: Carolyn Burton.

♪ Mirabella Seattle Holiday Singalong ♪

Thursday, December 23; 3:30–4:30 pm, Emerald Hall
Join Barbara Porter and Mirabella musicians as we celebrate the holiday season with an old-fashioned singalong. Lyrics will be provided, and several residents will add to the fun with piano, ukulele, and whatever instrument you choose to bring to play. Come for a relaxed and merry way to celebrate the season! Coordinator: Judy Guder.

WELCOME COMMITTEE

Diane Holmes, Chair

Jack and Kathy Cahill

When I met Jack and Kathy Cahill at the end of October, they had been residents in apartment 904 since June 15. They have been spending most of the summer and fall at their lovely home north of Wenatchee on the Columbia River. Kathy, a native Seattleite, taught in one of the first gifted education programs in the State of Washington. Born in Spokane, Jack and his family moved to Minneapolis where he graduated from high school. In his work



Kathy and Jack Cahill – photo, A. Arrington

life, Jack has worn many hats: Smokejumping for the US Forest Service in Missoula, Montana, and Silver City, New Mexico; working in Asia from 1961 until 1966; and flying for a commercial operation out of Arizona from 1966.

In the fall of 1973, he went back to school, obtaining a degree in business, and worked for a local building materials business. He and Kathy started their own building materials export business selling to clients in Hawaii, Alaska, and Asia. They raised their family of two sons and two daughters, mainly on Queen Anne Hill. They sold their business in 2014 to their son John, and it has continued to grow. They expect to continue enjoying the great views from their river home, tending to forty rose bushes, and watching the grandchildren grow. They are also looking forward to engaging in the activities here at Mirabella Seattle, renewing old friendships, and making new ones in the building. A warm welcome to Jack and Kathy.

Alice Arrington

BOOK CLUB

Fourth Monday of the month; 4 pm in Conference Room A

Because of the holidays, the book group will not meet in December.

On January 24 we will discuss *The Dutch House* by Ann Patchett. This is a family saga set in the latter half of the twentieth century. The novel is centered on the suburban Philadelphia estate where the narrator and his older sister were raised and from which they were later banned by their stepmother.

Everyone is welcome to join us.

Tina Moss



CREATIVE AGING CONFERENCE, 2021

Friday, December 10; 9 am–3 pm, online

Conference Fee: \$50 for Frye members and \$65 for nonmembers



Conference speakers, top row: Sara Dickerman, food writer; Jay Julius, Lummi leader; James R. Doty, MD, neurosurgeon; Hannah Reyes Morales, Filipina photojournalist; second row: Lynda V. Mapes, reporter at The Seattle Times; Michelle Zauner, musician; Dr. Kristoffer Rhoads, PhD, neuropsychologist

The Frye Art Museum and Centrum present the 2021 Creative Aging Conference, a virtual program designed for lifelong learners and professionals from diverse disciplines. Rooted in a discussion of compassion and empathy, the conference will focus on how we care for ourselves, each other, and the natural world. Speakers from multiple disciplines and life experiences will offer perspectives on the many ways we seek and build connections across time, culture, and language.

The program includes discussion on four topics. *Cultivating Compassion in the 21st Century* features two neurosurgeons as presenters and discussion leaders. *Living Lullabies* is presented by a photojournalist to illustrate through photographs and audio clips of lullabies how parents from around the world prepare their children for sleep

OPERA



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amid surrounding turmoil. *Love, Loss, and Kimchi* asks how food and memory are linked, presented by a food writer and a musician. *The Grandmother Effect* will focus on the matriarchies of Puget Sound, both animal (Orcas) and human (indigenous peoples of the Northwest) and the wisdom they pass on to the following generations, presented by an eco-journalist and a leader of the Lummi Nation.

Questions? Email education@fryemuseum.org. For details and registration go to

<https://fryemuseum.org/calendar/event/7592/>.

Jared Curtis

OPERA CLUB NEWS

***Un Ballo in Maschera* by Giuseppe Verdi**

Monday, December 13; 3:30 pm, Resuming at 7:30 pm, Emerald Hall

Un Ballo in Maschera is “one of Verdi’s finest operas of his middle period,” loosely based on an 1853 play about the assassination of Sweden’s King Gustav III of Sweden, shot during a masked ball.

Ballo underwent a significant series of transformations and title changes, caused by a combination of censorship regulations in both Naples and Rome, as well as by the political situation in France in January 1858.

During its run in New York in 1861 at the Academy of Music in Manhattan, one of the seven performances was attended by the future president Abraham Lincoln.

World famous tenor Luciano Pavarotti plays Gustavo, with soprano Aprilo Millo as Amelia, the woman he loves. Amelia’s husband Renato is played by baritone Leo Nucci. The



Luciano Pavarotti

Metropolitan Opera and Chorus are conducted by James Levine in this 1991 production.

January’s Mirabella Opera presentation will be Cilea’s *Adriana Lecouvreur*, a La Scala production. The next Live in HD from the Met will be Aucoïn’s *Eurydice* on Saturday, December 4, at the Thornton Place Theater in Northgate.

Nancy Lucht

DINING REVIEW

BY JOHN PEHRSON

THREE of us enjoyed dinner at the Virginia Inn at

First Avenue and Virginia Street on a recent Friday night. This historic restaurant and bar has been serving Seattle since 1903. The Inn was authentically expanded about fifteen years ago. The changing local art on the wall is interesting and for sale. As I lived on the same corner for twelve years before moving to Mirabella, it’s a great place for me.



Virginia Inn – photo, J. Pehrson

We took the Mirabella town car both ways. Getting there went well, taking about six to eight minutes; but the wait for the return trip turned out to be about an hour because of an unplanned trip for the town car to or from UW Medical Center. Just bad luck for us, but I’d do it again.

We each had a cocktail to start with. I had a black and orange Manhattan, with bourbon, amaro, chocolate, and orange bitters with an orange slice. It was great, as were the other drinks. Charlotte Lindsey had her standard, a Tanqueray gin martini up with a twist. Sandy Rensvold had a raspberry lemon twist instead of her usual lemon drop. For dinner I had a special,

HOLIDAY SHIPPING § TRAVELS NEAR AND FAR

the beef bourguignon and it was truly delicious. Charlotte had another special, a grilled king salmon topped with real lobster, not the canned kind. Again delicious. Sandy had a Reuben that was large and okay. The Virginia Inn also has conventional bar food. I'd recommend it for dinner or lunch.

WHAT? FREE SHIPPING?

BY MARY JOSSEM

CASUALLY surfing the internet one day, I discovered National Free Shipping Day. This year it is on Tuesday, December 14, from 12 am EST until 12 am December 15. According to *nationalday.com*, in 2008, Luke and Maisie Knowles, founders of Coupon Sherpa and FreeShipping.org, noticed online shipping took a serious dip starting around December 10. Shoppers seemed reluctant to shop online after that date due to shipping costs and fear that packages would not arrive in time for the holidays.

Almost overnight, these internet entrepreneurs were able to put together a promotional event featuring 250 retailers offering free shipping and guaranteeing on-time delivery. Participants included Target, JCPenney, and Pottery Barn. The event was one of the top ten highest earning e-commerce days that year.

Today, hundreds more retailers participate in this annual event. Go to *freeshippingday.com* to take advantage of this free shipping opportunity that guarantees on-time holiday delivery and doesn't require minimum purchases.

THOMAS STREET:

A STRAIGHT LINE TO ELLIOTT BAY

BY JARED CURTIS

ONE block north of Mirabella Seattle, Thomas Street's western reach provides an "as-the-

crow-flies route" for a walk to Seattle Center or to Elliott Bay. Not just an efficient trajectory, it passes by some classic attractions: Seattle Center and its Monorail, MoPop (the Monorail slips through the latter's shiny metal skin), Space Needle, Climate Pledge Arena, Thomas Street Pedestrian and Bicycle Bridge (affording great views of Elliott Bay and the Olympics), Myrtle Edwards Park, Elliott Bay Centennial Park, and the Olympic Sculpture Park, which begins

at Western Avenue and extends across the trail to include the beach.

Continuing south along Alaskan Way, you'll find many more sights to see

and sites to visit, including the Seattle Aquarium, the Great Wheel, and Seattle Waterfront Park now under restoration.

If you're ready for it, the walk is a visual delight. Apart from the steep descent between Boren and Terry Avenues, Thomas Street travels along level terrain until 1st Avenue West, where the ground slopes down to Elliott Bay Avenue at sea level. On the eastern edge of South Lake Union, the intersection of Thomas Street and 6th Avenue North—long closed to pedestrians while the Route 99 tunnel was being built and surface streets reconfigured—now has a crosswalk but no walk light to cross 6th Avenue North. Proceed with caution.

If you turn around at Seattle Center and walk back to Mirabella—take Harrison Street for variety and a



Elliott Bay, Seattle Fire Boat testing its pumps – photo, J. Curtis

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walk light to help you across 6th Avenue North—you will have traveled about two miles. If you carry on to Elliott Bay, a return journey on foot (via Pier 66 and Bell Street, where there is an elevator to take you to the footbridge to Western Avenue) will come to about four-and-a-half miles, round trip. Either return journey can be made by bus, via Metro #8 from Queen Anne Avenue North at Harrison or John Streets, or from Denny Way at 5th Avenue North.

MEETING MARK TWAIN

BY JANICE KAPLAN-KLEIN

HAVE you ever wished to meet a deceased author whose writing you've read and enjoyed since childhood? Have you wanted to ask that writer questions?

Leslie, Seeley Chandler, and I had that opportunity in October on a Mississippi Riverboat cruise from St. Paul, Minnesota, to Alton, Illinois. The American Cruise Line's American Melody Riverboat docked in Hannibal, Missouri. Richard Garey, an actor who has been playing Mark Twain for over twenty years, came aboard the ship, dressed in a white three-piece suit. (Twain was said to have enjoyed traveling to



Janice on stage with Mark Twain reenactor Richard Garey – photo, L. Klein

After the historical reenactor introduced himself and explained the shore excursion's route, about thirty

passengers followed him up the gangway, carefully crossed the busy railroad tracks and trotted up the short hill to the small tourist town of Hannibal.

Born Samuel Langhorne Clemens, Twain told us that his family moved to Hannibal when he was four years old. His father was a Justice of the Peace. He pointed out the narrow building where his father worked and nearby white house where the Clemens family lived. It's the actual house that Twain grew up in and is still standing. There is a fence representing Tom Sawyer's whitewashing story.

He walked us to "Planters Barn," a small auditorium where we enjoyed an hour of Mark Twain's stories. His accent, gestures, and tales were as close to the real thing as possible. We had watched the Ken Burns PBS documentary and had seen other biographies over the years and were familiar with the tales we heard that morning.

Afterward, he took questions from the audience and replied with answers that those of us who have read just about everything Twain wrote (novels and some newspaper articles) knew were accurate. This historical reenactor obviously knows his material. Finally, we had a brief photo op and a handshake. Then we wandered over to the Hannibal General Store on our way back to the riverboat. I really felt as if I had met one of my favorite authors.



Janice sitting beside a statue by Gary Price of Mark Twain on a bench outside the National Mississippi Museum and Aquarium – photo, L. Klein

Bermuda—just to be able to wear a white suit.) He had bushy white hair and thick eyebrows and a wide, semi-drooping mustache. It was quite a good likeness; so much so that I began to imagine that he was really Mark Twain.

BIRTHDAYS § POETRY CORNER § REMEMBERING

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HAPPY BIRTHDAY! DECEMBER 2021

2 – Judith Peterick	10 – Rene Bravmann	18 – Pat Kushmerick
3 – Beatrice Tung	10 – Audrey Vankinsbergen	18 – Chris Sievers
4 – Lynda Prindle	11 – Bob Hayman	19 – Vernon Slippy
5 – Lisa Putney	11 – Janet Matson	20 – Linda Kabakjian
6 – Evelyn Klebanoff	11 – Russ Sorensen	20 – Chris Simonson
6 – Christy Timberlake	13 – Rose Berman	22 – Patty Berg
6 – Pete Toomey	13 – Ingrid Steppic	22 – Susan Coleman
7 – Jerry Johnson	13 – Louis Swart	22 – Dee Groth
8 – Margaret Price	17 – Carolee Danz	26 – Jackie Erickson
9 – Jane Beer	17 – Charlotte Lindsey	27 – Barbara Rueger
9 – Rosa Lea Taylor		28 – Louise Miller

SEATTLE SNOWSTORM—12/21/2008

BY LYNNE IGLITZIN

Our Madrona neighborhood has aged these past days.
 Brave souls out walking—there are not a lot of us—
 Heads down, peering at ice-covered sidewalks.
 Young and old, short, shuffling steps.
 Snowy, icy streets.
Are there no flat streets in this city?
 We knew hills were there—
 now they loom steep and slippery.
 We cling to the snowy edges of icy sidewalks.
 We wear clunky hiking boots to holiday parties.
 Just a companionable walk in the sunny cold air
 but not together.
 Holding hands is not romantic but precarious.
 Her foot slips on a hidden patch of ice—
 Will she pull him down with her?
 Will he grab her as he teeters unsteadily?
 Ahead a young woman falls. We want to run and help
 her up.
 But there is no running today.
 At last we reach her. My husband asks,
 “Are you ok? Sorry I couldn’t get here to help you.”
 “Not a problem,” she says. “Just go slowly—be
 careful.”

We all tell each other the same thing. Over and over.
 Go slow. Be careful.
 We trudge single file
 Like an old Japanese couple,
 woman following ten paces behind her man.
 With each shuffling step we seem to age.
 Like everyone else.
 Winter changes the tempo for us all.

ABOUT THIS POEM

Living in Madrona on the day Mirabella Seattle opened, Lynne Iglitzin and Walter Bodle took a walk in the snow. Safely home again, Lynne composed this poem.

Remembering . . .

Alex Popoff 10/30/2021
Joan Sobottka 11/08/2021
Bob Philip 11/15/2021
Ben Kirkendall 11/16/2021
Olga Butler 11/25/2021

MOVIE CLUB MUSINGS

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GOOD MOVIE? DEPENDS ON WHOM YOU ASK

BY CONNIE CHAPLIN

THIS month we can't look at Oscar winners because there aren't any, so we'll look at those reviewed by a couple of popular websites that review movies, Metacritic and Rotten Tomato. Metacritic provides aggregated movie reviews from top critics. Rotten Tomato is "the most trusted" measurement of quality for movies and TV; it uses critics' opinions similar to those on IMDB, another popular resource. Both sites report a percentage of critical approval. Find a site that agrees with your opinions.

Our Friend is a 2019 drama based on real events (Metacritic 57% / Rotten Tomato 85%). This 2019 drama-comedy may set a new standard in what it means to be a good friend. Nicole and Matthew (Dakota Johnson and Casey Affleck) have just received life-changing news. They have each other and they have their friend Dane (Jason Segel), who puts his own life on hold and moves in with them. Because that's what friends do. And it was based on a true story. This is a "hidden gem" of a movie, according to one reviewer. You'll have to watch it to see just how much of an impact Dane makes.

Not a military engagement, but an intense war about whose vision of electrical current will win out in nineteenth century America is the subject of *The Current War* (Meta 55% / RT 32%). Drama-history from 2017 about the technology battle between Thomas Edison (Benedict Cumberbatch) and George Westinghouse (Michael Shannon) with Nikola Tesla (Nicholas Hoult) over which camp will determine whose electrical system will power the modern world. Big stakes. Cutthroat competition. J.P. Morgan and the U.S. president are here, too. Well, he was a mime, so no surprise that we never

heard much about Marcel Marceau's personal life. He had one. Part of it is explored in *Resistance* (Meta 53% / RT 57%), a 2020 film that looks at his life during World War II. Jesse Eisenberg played Marceau (and preferred it to playing Mark Zuckerberg in *The Social Network*). Turns out Marceau worked with French boy scouts (and girls) to help the French Resistance, which he joined before he became world famous. Apparently, he saved the lives of 10,000 orphans, kids whose parents died in the Holocaust and for whom Nazi Klaus Barbie had vastly different plans. Ed Harris plays General George S. Patton and Clémence Poésy is Marceau's love interest here; he was married three times and had four children.



Fisherman's Friends

Now for something entirely different: that would be *Fisherman's Friends*, about ten guys from Cornwall whose album of sea shanties hit the top ten in the UK (Meta 45% / RT 68%). This one is based on a true story about this very group. Turns out a London music executive on a stag weekend is pranked by his boss into trying to sign a group of shanty-singing fisherman to a contract. The fishermen are not impressed. The critics called it a "feel-good film" that is "well-paced, well-filmed . . . and the sea shanties are also great."

And if you find those ratings in parentheses helpful, hooray for you. Or take a walk on the wild side.



The Mirabella Monthly

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

VOLUME 13 | ISSUE 12

DECEMBER | 2021

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor, December: Mary

Rogers

Copy Editors, Writers, and

Proofreaders: Connie Chaplin,

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Louise Lowry, Mary Rogers

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Sleicher, Louis Swart

Production: Led by Diane King,

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Nancy Eliason, Chris Jamin, Paul

Keown, Ron King, Tina Moss,

Janet & Jim Ohta, Judy Owens,

Carolyn Roe, Judy Rourke, Mary

Jo Taylor, Jade & Chris Simonson,

Louis Swart

How to Submit Events to

MIRANET Upcoming Events

and to *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