

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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MARCH | 2022

WHAT'S ON TAP

- 1 *Goodbye, Chandler's Cove – Hello, Lake Union Piers* by Louise Lowry
- 2 *Shh! It's a Secret* by Mary Jossem
- 3 *Exhibit at Seattle Center Armory* by Jared Curtis and Ron King
- 4 Who Does What at Mirabella
- 5 *Reroute!* by Joanne Mearls
- 6 *Equipped to Serve* by Mandy Wertz, on the well-equipped kitchen
- 7 National Employee Appreciation Day, EAF Committee
- 7 Environment & Facilities Committee
- 8 Green Subcommittee: Contest to Save Energy
- 9 *Green Tips* by Mary Rogers
- 9 Health Clinics for All
- 10 Health & Wellness Committee
- 11 Library News ◇ Lifelong Learning Committee
- 14 Outside Activities
- 16 Program Committee
- 17 Welcome, Dean and Gail Temple
- 17 Book Club
- 18 Opera Club News
- 18 *Arts Notebook* by Jared Curtis
- 21 Photo Medley
- 22 Birthdays ◇ Poetry Corner ◇ Remembering
- 23 *Calling All Movie Goers* by Connie Chaplin
- 24 Guide to Mirabella Publications

GOODBYE, CHANDLER'S COVE – HELLO, LAKE UNION PIERS

BY LOUISE LOWRY

THE section of South Lake Union shoreline known as Chandler's Cove is headed for a major makeover, facelift, and name change. At the February 2 meeting of the South Lake Union Community Council, representatives from owner Vulcan Real Estate announced plans for an extensive redesign and renovation of the property. Construction has started; completion is set for late 2023. The property will have a new name: Lake Union Piers.

Vulcan envisions Lake Union Piers supporting and enhancing the attractions already on South Lake Union: Museum of History and Industry (MOHAI), Lake Union Park, and the Center for Wooden Boats. Vulcan's project director, Ada M. Healey, explains the vision: "We have the opportunity to reinvigorate this iconic piece of Lake Union real estate and reimagine it to complement the energy of the surrounding neighborhood."



Lake Union Piers development plans

AGING, HOW IT'S DONE – WITH STYLE!

2

MARCH | 2022



Chandler's Cove in process of becoming Lake Union Piers – photo, J. Curtis

This property on Lake Union's waterfront lies along 809 and 901 Fairview Avenue North. Its land and four buildings lie east of the Center for Wooden Boats and extend past the building that houses Kraken's retail outlet. The property now includes Daniel's Broiler, several yacht brokerages and their display piers, a pier with two shuttered restaurants, a lakefront path, a play area, and extensive parking lots.

The four existing 1980s-era buildings on the site will be renovated to open them up to the outdoors and create what the designers call "a modern maritime look and feel." For example, on refurbished piers, added food, drink, and shopping establishments will have lakeview windows, refreshed decking for outside dining, and moorage tie-ups so boaters may drop in to eat or shop. Designers are also planning to install native landscaping with more green space. Facilities for major corporate and neighborhood events and an inviting plaza for a variety of outdoor activities are also in the redesign. Easier and safer access to the property will include connecting the Cheshiahud Lake Union Loop Trail.

Daniel's Broiler and the yacht brokerages will remain basically unchanged. No completely new buildings are planned.

SHH! IT'S A SECRET

BY MARY JOSSEM

DOESN'T everyone want to know the secret to a long life? Some say eating healthy and getting plenty of rest and exercise is the answer. Others say avoid smoking, alcohol, and fat. But there may be another factor at play as there are two centenarians living at Mirabella who seem to have found the secret. They didn't find the fountain of youth, but you might say they found the "pool of youth."

Lois North and Henry Butler, charter Mirabella Seattle residents, both turned 100 this past year and, in part, credit their longevity to their regular workouts in the Mirabella pools.



Lois and Henry, ready for the plunge – photo, M. Jossem

TRAVELING ART SHOW

MARCH | 2022

3

At least five mornings a week, Henry makes his way to the lap pool where he swims eighteen laps of the breaststroke. He wears a snorkel as he does this, which helps him to maintain smooth, rhythmic



*Henry, in a world of his own
– photo, M. Jossem*

strokes through the water. Henry learned to swim when he was just five years old living in Germany. The swim teacher put a cork around him, much like a lifesaver, and attached it to a line and fishing pole. In this way, he could “bob” Henry up and down. (Was Henry a “tadpole”?) From then on, Henry loved the water and has been a swimmer his entire life.

The Mirabella pools played a big part in Lois North’s decision to move to Mirabella. She



*Lois, scoring points
– photo, Kristen Lemieux*

especially enjoys the therapy pool for the extra warmth it provides while she does her workout. Although Lois no longer participates in organized water exercise classes due to vision and hearing issues, she remembers all the routines and religiously performs them when she works out. Her workout includes water walking, 100 jumping jacks in sets of twenty each, jogging, push-ups, knee bends, and pressing aquatic foam dumbbells with her hands to tone the muscles in her arms. Shooting baskets is the finale of her routine,

and Lois says she sinks at least ten to fifteen before she’s finished.

Returning to her apartment, Lois follows up her workout with a shower, donning mittens and booties warmed in the microwave, and a short nap under the covers. Lois says her workouts help her feel good and sleep better.

Sounds like a perfect day at the spa. Perhaps more of us should take the plunge!

EXHIBIT AT SEATTLE CENTER ARMORY

Food Court, open 10 am–8 pm daily

Amid the busy Food Court in Seattle Center Armory, Ron and Diane King spotted a larger-than-life painting by O’Neil Scott they “initially . . . thought was a photograph, as it appeared so lifelike in its



Ron King standing beside “The Line” by O’Neil Scott, 2018, oil on panel – photo, D. King

details.” See <https://www.oneilscottstudio.com> for more. Other art installations dot the concourse. The piece is part of a traveling art and music exhibition that closes February 28.

A long-standing arts venue, the Armory is host to three theater companies that share its use: Center Theater; Northwest Folklife; Seattle Children’s Museum; and Center School, which is a Seattle public school providing a rigorous academic education in the heart of Seattle’s cultural and arts community.

Jared Curtis and Ron King

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2021–2022



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Box 709, x 1556,
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COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am via Zoom. 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

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
Art	Linda Berkman	Box 513, 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



PATHWAY TO ART

MARCH | 2022

5

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Reroute!

Bet you go to dinner the same way every evening—the fastest and shortest route possible. Get out of that rut. Reroute with an art walk on the tenth floor. Improved lighting and some recent acquisitions will make it a worthwhile stroll. Perhaps you'll do it more than once.

Arrive on the D-elevator. In that lobby, view *Study in Muted Yellows*, loaned by Andy and Susan Callegari. Enjoy the stunning colors and concentric circles in this warm and engaging oil painting.

Step into the hall and spot bright red florals at either end. The poppies to your right are the work of Bobbie Britts, whose art we enjoy throughout Mirabella Seattle.

Next, smile at *Big Band Blues* just because it's fun! This jazz piece is one of many gifts of art from Jerry Roling.

What's more American than George Washington, the Statue of Liberty, and Coca-Cola? *Yankee Flame* is a piece of Pop Art on loan from the Jake Crossley family. Enjoy more Pop Art with two interpretations of ukiyo-e, the Japanese floating world. Antique geisha prints by prominent nineteenth-century ukiyo-e artists are superimposed on the NYC skyline.

Next check out Barbara Daniels' loan of an oil painting of Seattle before the Montlake Cut. Then enter a more watery world of *Off to the Potlatch*, gifted by Arnie and Pat Gaillard. Ponder this work. It was jointly commissioned by the Alaska Steamship Company and the Northern Pacific Railroad in 1933. The potlatch was banned in the U.S. and Canada to stomp out First Nations "heathen practices." One attended the ceremony in secret and at great risk. The ban in Canada ran from 1876–1951; the U.S. ban was somewhat shorter.



Untitled abstract, Jean Freeburg, acrylic on paper

As you turn the corner, look to your right and view the inside of a harpsicord lid from Natalie Delord's estate. On a distant wall you'll see a large abstract acrylic on paper by Jean Freeburg, a gift from the artist. But before you get a closer look at that, there is a very special treat in the C-elevator lobby.

In proper lighting at last, we have one of the jewels of the Mirabella collection, the paper and fabric construction *Wedding* by Diane Katsiaficas, a Northwest artist, graduate of the University of Washington, and currently a faculty member at the University of Minnesota. She enjoys international acclaim. Study *Wedding*. Ever have to mount one? In this wedding, somehow, divergent problems are resolved, and all is nicely tucked together. *Wedding* is the gift of a former resident's son, who shipped it to us all the way from New York.

Heading to the Freeburg, stop to enjoy *City*—another loan from the Crossleys shown now in good

IN THE BACK OF THE HOUSE

6

MARCH | 2022

lighting. Enjoy the bustle, the flags, the brawling, the honking horns!

Around the corner is another Callegari loan, “Mavens Blue,” a colorful acrylic abstract that speaks to us all the way from the dining area hostess desk.

Yikes! A sink faucet cathedral in South Lake Union? What was Claes Oldenberg thinking! You’ve probably seen his giant typewriter eraser here in town. Well, that’s Pop Art for you. And you are at the end of your tenth floor reroute. We hope you enjoyed it and that you noted the many other gifts and loans as you walked by. Do come again; there may be changes.

If you have any artwork languishing in a closet or under a bed, consider loaning or gifting it to Mirabella. Ask any member of the Art Committee how that works.

Joanne Mearls

DINING COMMITTEE

Mandy Wertz, Chair

Equipped to Serve



Commercial range and grill – photo, M. Wertz

than 2500 meals each week.

Commercial equipment used for this purpose is designed for a scale of cooking that is quite different from our experience as home cooks. During the

past year, the tenth-floor kitchen has been rearranged to better facilitate these tasks. I looked behind the scenes with Director of Dining Services, Stephen VanPelt, to share some of the unique equipment with you. The strategic arrangement of the space, along with careful planning, makes it possible to meet our service requirements.

The commercial range and grill are a kitchen staple. The pizza oven that Stephen salvaged from Bistro remodel has a new home in the corner of the tenth-floor kitchen. It heats to 800 degrees and accommodates four large pizzas.

The thirty-gallon Tilt Skillet (one of two) is a versatile appliance for frying or cooking in quantity.

Chef Claus uses one of two high-tech combination ovens

that works as both a convection oven and steamer. He says proudly, “We can control temperature and humidity while cooking, resulting in the ability to



Stephen VanPelt with Pizza Oven – photo, M. Wertz



Tilt skillet – photo, M. Wertz



Chef Claus and combi oven – photo, S. VanPelt

MARCH | 2022

7

perfectly steam, roast, poach, and smoke foods in ways that a conventional convection oven can't!"

Mandy Wertz

**EMPLOYEE APPRECIATION
COMMITTEE**

Helen Roberts and Louis Swart, Cochairs

March 4 is National Employee Appreciation Day



National Employee Appreciation Day is the first Friday in March. It focuses attention on employees in all industries. Employees are one of a company's greatest assets. Recognition and appreciation are key employee motivational factors in the workplace.

The Mirabella Seattle Employee Appreciation Committee will celebrate Employee Appreciation Day with written notes to all employees thanking them for their hard work on our behalf. We will also have a thank you poster in the employee lounges. The Mirabella Seattle administration will serve a special buffet to honor their employees. Please join in these efforts by offering special thanks to employees you interact with on March 4th.

There are other ways Mirabella residents can recognize our employees: On MIRANET's home

page you can click on "Feedback" and fill in your comments about a special employee on the Employee VIP form. Submit the form, and your comments will be sent to the employee's supervisor.

If you prefer pen and paper, there are "Mirabella Feedback & Suggestion" forms in the resident business office outside the mailroom.

The Mirabella Seattle administration recognizes outstanding employees through the VIP (Values in Practice) Program. Over 250 men and women work at Mirabella. Some of these employees may not be visible or known to residents. Each month, Human Resources and department managers award the VIP honor to an exceptional employee or employees who lead by example and exhibit one or more of Mirabella's Core Values. The VIP selections are posted on MIRANET's home page and in the lobby across from the front desk. VIP awardees also receive a \$250 paycheck bonus funded by resident donations to the Employee Appreciation Fund.

Sally Hahn

**ENVIRONMENT & FACILITIES
COMMITTEE**

Nickie Askov and Sally Hahn, Cochairs

Marcus Cullen, Facilities Services Director, gave his monthly update on Thursday, February 3, at the committee meeting on ZOOM. He began with a photo of Ramon Panella receiving his "Happy Retirement" plaque after eight years of service.

Update: We have new staff members, Rosa Moreno (HC Custodian) and Deandre Collins (Second Shift Custodian). Housekeeping has resumed service to residential apartments, and an additional deep clean can be scheduled if requested. Call Miles, x 1412. Two Maintenance Techs are being recruited. The valet team is recruiting a new member. The Town

HANDS OFF § LIGHTS OUT

8

MARCH | 2022

Car and bus service resumed February 1 for both medical appointments and trips. Bus updates are listed on the MIRANET Transportation tab.

Five apartments are currently being renovated. Corridor picture hanging is ongoing. Corner guard installation should be completed soon. The annual fuel test for the Emergency Generator has been successfully completed. Ceiling hatches for apartments requiring them for Wi-Fi have been installed or will be soon. Damaged ceiling tiles have been replaced. All Wi-Fi speed and connection tests throughout the building should be completed by the end of February, and residents will receive information on how to use the new system in March.

A new heater for the hot tub was installed on February 9, and we await a new pump for the therapy pool. New drain covers have been installed in the lap pool. On January 24 the Studio X committee reviewed a final draft of their request, a site check was completed, and bids are being received for the work.

Marcus requested that furniture and décor in elevator lobbies not be removed or replaced without permission. We were reminded that Quiet Hours at Mirabella Seattle are from 10 pm



to 9 am.

Green Thumb Committee: Green Effects, our garden contractor, will change the seasonal color three times a year (spring, summer, and fall) in the courtyard, the circular planter on the corner of Fairview and Denny, the main south entry, the health center balcony, and the third-floor patio.

Sally Hahn, Cochair

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Contest to Save Energy

I've been watching the construction of the Onni building across the street for years and have marveled at all the techniques and equipment used.



Onni's all night light show – photo, C. Roe

Lately though I have wondered why the interior lights have been on 24/7 for months. It seems to be such a waste of energy. This concern got me thinking about our energy consumption in our own apartment. We no longer receive that monthly bill from the power company telling us how much

UNSCRAMBLING HANGERS

MARCH | 2022

9

energy we are using and comparing each month to previous months and maybe even to our neighbors' usage.

As chair of the Green Committee, I thought we might sponsor an energy-saving contest. The committee and Marcus Cullen, our staff support, thought it was a good idea. We will compare a two-month billing cycle with the same time frame last year as a baseline. It will be by floor and will not include vacant apartments. Apartments will not be singled out individually. Marcus has the numbers and is willing to spend his time on this project. There are many variables that may affect the outcome, and we do not expect residents to reduce energy usage in a way that would affect their safety or comfort. Our main goal is to reawaken awareness of our personal power consumption.

We can do a few things to help reduce energy consumption, such as turning off lights, TVs, computers, and other devices, when not in use, turning down the heat on leaving for an extended time, changing personal lamps to LED bulbs, and closing blinds and drapes to keep out unusual cold or heat. What other ideas can you think of?

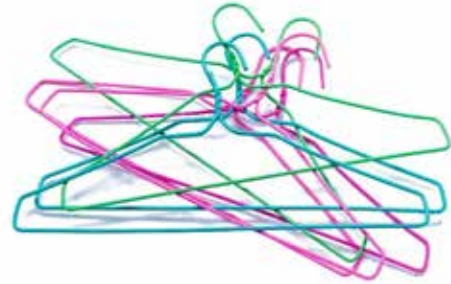
The contest will begin April 1 and run for two months. Then another cycle will begin June 1 for two months. We will be announcing the winning floor for each contest cycle. We are also asking Marketing to help us by turning out the lights in vacant apartments after they have been shown to prospective residents. Let's *Go Green* in our energy consumption!

Carolyn Roe

Green Tips

To increase participation in Mirabella Seattle's recycling program, *The Mirabella Monthly* is providing a monthly recycling tip. March tip: Wire clothes hangers from dry cleaners can be dropped off at the concierge desk, where they are collected

to be picked up by dry cleaners and reused.



- » *Do not* take them to the Re-Store. The management doesn't want them.
- » *Do not* put in the recycle bin. According to the Where Does It Go? Tool: <http://www.seattle.gov/utilities/your-services/collection-and-disposal/where-does-it-go#/a-z> "Wire hangers and frames get tangled in the machinery at the recycling processing facility, which is why they can't be recycled."

To see more Mirabella green tips, go to MIRANET > Groups > Environment and Facilities > Documents and Files > Green Tips.

Mary Rogers

HEALTH CLINICS

Loni Held, Resident Services Director

Health 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.

Audiologist: Seattle Hearing Services
Tuesday, March 8; Suite 134



FALL WELL, IF YOU MUST FALL

10

MARCH | 2022

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, March 21 and 28; Tuesdays, March 22 and 29; 9:30 am–4:30 pm, Suite 134

Bonnie Ackles, RN, CFCS, is a board-certified Foot Care Nurse Specialist trained by a podiatrist. 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 one-time 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, March 23; 8 am–3 pm, Suite 134

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

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm; Suite 133

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

Mondays; 9 am–4 pm; Suite 133

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.

HEALTH AND WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

Followup to the Presentation on Falls

We had a well-attended presentation on January 25, and it seems like a helpful step to make sure everyone knows how to find all the different resources we discussed. Falls happen at the most unexpected times and catch many of us at some point, so think about it and be prepared.

The recorded presentation by Marcus Cullen and Ashley Marino (from Consonus) is on MIRANET under Groups, then Health and Wellness Advisory Committee (H&W). Once you are on the H&W page you will see the section titled Documents and Files on the right-hand side of the page. Click on Resources for Residents, and at the bottom of the list is the recording of the presentation entitled



“Falls at Mirabella.” Ashley provided two handouts associated with the presentation that are listed above the recording among the resources. *Stay Independent Screening Brochure* is a two-page document that will help you assess your potential

LIFELONG LEARNING

MARCH | 2022

11

fall risk and could be useful for a conversation with your doctor. The second handout, *Otago Exercise Program*, is much longer (over forty pages) and contains exercises with pictures that are part of a program developed in New Zealand. Many of the exercises can be done in your apartment without special equipment. Any independent resident wishing to set up an appointment with Ashley Marino at Consonus Mirabella will need to have a doctor's order to do so.

Gill Thompson

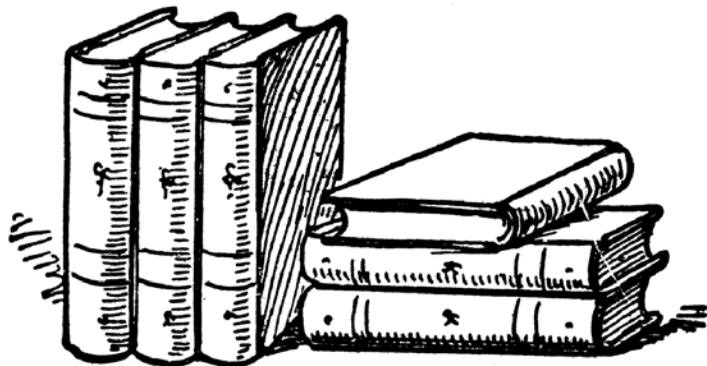
LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs

March brings spring flowers, March Madness basketball games, nesting hummingbirds, and Women's History Month.

You can find books on many nonfiction subjects using the Library Catalog found on MIRANET. A search of the word "women" produced a list of fourteen nonfiction titles. You will find this list and some of the books it includes on the center table in the library. Some are poetry, some are biography, and some are historical events, but the word "women" is in the title. The catalog includes only title and author so the list may not be comprehensive.

Note: Please do not remove newspapers from the



library. They are there for all to share. You are welcome to photocopy the puzzles or important information in the mailroom on the copy machine and then return the paper to the library. Thank you.

Martha Oman

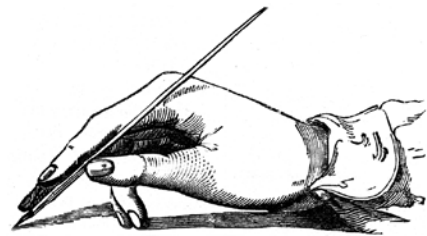
LIFELONG LEARNING COMMITTEE

Julia Wan, Chair

LLC Zoom/Live events: The Lifelong Learning Committee continues its transition from Zoom to live presentations in Emerald Hall. Some events will be hybrid. Please go to MIRANET to check on Zoom, location, or hybrid mode. To join Zoom events: click on the title to bring up the Zoom link. Click on the Zoom link to join.

Writers' Workshop with Dana Wenig

Tuesdays, March 1 and 15; 3–4:30 pm, Conference Room A



Coordinator: Louise Lowry, x 1684.

Supportive Friends

Tuesday, March 1; 5:30 pm, Vineyard Room

The Supportive Friends, Mirabella's group for bereaved Mirabella residents, will be back in the Vineyard Room for their March meeting. Dining Room Manager Melody Elia-Clancy has arranged for participants to be seated at small tables to facilitate conversation. Menu selection forms will be out at the end of February, so all those wishing to attend should submit their reservations promptly. All bereaved residents are invited. Please call one of the cochairs, Carolyn Blount, x 1644, or Natalie Siegel, x 1698, with any questions.

FLY WITH ORIGAMI AIR § LOOK INTO THE FUTURE

Origami Class with Makiko Doi

Fridays, March 4, 11, and 18; 1:30–2:30 pm,

Conference Room A

Coordinator: Makiko Doi, x 1589.



Flight of mobile cranes in the Art Room (#507)

Resident Revelations: Paul Hill on Reinventing Public Education

Tuesday, March 8; 3:30–4:30 pm, Emerald Hall and Zoom

Paul T. Hill’s research for the Rand Corporation



Paul Hill

revealed that “new programs, curricula, accountability schemes, site-based management, and more money have had little effect on improving schools.” The research found that school governance—school supervision, the discretion

practiced by teachers and principals, and how decisions were made—determined the ability to improve. Charter schools, voucher systems, merit pay alone, contracting, and other schemes have all been tried without consistent success. Paul takes a

fresh look at new ways to improve public schools. Coordinator: Carolyn Blount, x 1644.

David Fenner, Diplomatic Gordian Knots: The Persian Gulf, Russia, and China

Mondays, March 14, 21, and 28; 10–11:15 am,

Emerald Hall and Zoom

With his crystal ball, David Fenner offers three lectures and conversations about three very different geopolitical regions that are the current hotspots in the world. David Fenner is an affiliate faculty member at the University of Washington’s Middle East



David Fenner

Center and Jackson School of International Studies.

Part 1: Strategic Realignment in The Persian Gulf?

The Persian Gulf seems to be falling off America’s view screen. Topics: diversifying security relationships throughout the Middle East, ongoing hot-spots, implications for the future, the Iran Nuclear Deal, and the civil war and humanitarian disaster in Yemen.

Part 2: Biden and Putin: Who Will Blink First?

NATO’s eastward expansion after the collapse of the Soviet Union in 1991 has clearly gotten Vladimir Putin’s attention. What diplomatic avenues can countries in the region pursue, or is war on the horizon? Will Ukraine be invaded or not? What is Biden’s policy?

Part 3: Xi Jinping and the Return of Great

Power Rivalry. Will President Xi go after Taiwan before or after his “reelection,” or not at all? How does Chinese policy toward Hong Kong, the Uighurs in Xinjiang Province, and its moves in the South China Sea impact U.S. policies in the region?

Coordinator: Leslie Klein, x 1778.

PUBLIC ART § OLLI TALKS

MARCH | 2022

13

John T. Young, The Magnuson Park Fin Art Project, and Public Art in Seattle

Thursday, March 24 and 31; 10:30–11:45 am,
Emerald Hall and Zoom

John T. Young is a sculptor and professor of art at the University of Washington in Seattle. Coordinator for the program: Chris Simonson, x 1688.

Part 1: Magnuson Park

In *The Fin Project: From Swords into Plowshares*



John T. Young uses parts from decommissioned nuclear attack submarines to create a work of public art that forms an environmentally scaled sculptural installation in Magnuson Park. He recounts that a friend of his had heard that the Navy was trying to get rid of some nuclear attack submarine diving planes as they are filled with a material that makes them hard to melt down for scrap, so salvage dealers don't want them. John Young immediately saw the potential, and now this family of orcas swim the lush fields of Seattle's Warren G. Magnuson Park.

Part 2: Public Art in Seattle.

Young is an internationally renowned sculptor who creates large-scale outdoor public artworks. His work is in the collection of twenty-five cities across the nation with forty works of art to his credit. John is an enthusiastic proponent of art in public spaces and when asked why, he says, "Artists have a responsibility to contribute to the community. For me, the best way to do that is to put art where people can

interact with it. I want to create experiences that bring people together around a common idea or theme."

OLLI-UW MARCH VIRTUAL LECTURES – PRE-REGISTRATION REQUIRED

Anti-vaxxing Movements in the United States: A Philosophical Analysis with David E. Smith

Wednesday, March 16; 12–1 pm, via Zoom

Pre-Registration Link: <https://washington.zoom.us/meeting/register/tJcqcO2grDsoHdyHKg-MFTxEEwFSBcANVxm0>

Many people in the United States refuse to get a COVID-19 vaccine. Why? What are the reasons given, and are the reasons valid? Why do people believe unfounded conspiracy theories? Why do intelligent people sometimes believe nonsense? When should we trust mainstream institutions and experts, and when should we question them? David will address these issues and more and will invite discussion.

Dr. Smith earned an MA in philosophy of religion, and a second MA and a PhD in religious studies from Temple University.

Update on Alzheimer's Disease with Dr. Thomas Grabowski

Friday, March 25; 12–1 pm

Pre-registration Link https://washington.zoom.us/meeting/register/tJUvcu6hqT0iEtWU0Z_Ud5A9E4-kYgR8KM4B

Join us as University of Washington Professor and Director of the UW Alzheimer's Disease Research Center (ADRC), Dr. Thomas Grabowski, describes recent research on diagnosis and treatment of Alzheimer's disease, including recent clinical trials, especially with anti-amyloid antibodies like aducanumab. He will also



Thomas Grabowski

OUT AND ABOUT BY BUS

14

MARCH | 2022

describe research going on at UW Medicine Memory and Brain Wellness Center and Alzheimer's Disease Research Center specifically.

OUTSIDE ACTIVITIES

Judith Peterick, Chair
Loni Held, Resident Services Director
Marcus Cullen, Facilities Services Director

All events listed below except grocery trips are subject to cancellation if the Mirabella buses are not available. Make a bus transportation request at x 1419 or on the MIRANET Transportation tab. The tab also has a listing of seats available for each trip. The list is refreshed at least twice a week.

Most of the venues listed require visitors to wear a mask and show both a COVID vaccination certificate and a current ID. Be sure to have these items BEFORE getting on the bus.

Change in Committee Meeting Date: First Tuesday of each month at 9:30 am. Your input is welcome; please attend if you can.

GROCERY TRIPS



Ballard Market, Fridays, March 11 and 25; 10:30 am

Costco, Wednesdays, March 2 and 16; 9:45 am

Fred Meyer, Mondays, March 14 and 28; 10:30 am

Metro Market, Fridays, March 4 and 18; 10:30 am

Safeway, Fridays, March 4 and 18; 1:30 pm

Trader Joe's/PCC, Wednesdays, March 2 and 16; 1:30 pm

University Village, Mondays, March 7 and 21; 10:30 am

Uwajimaya, Mondays, March 7 and 21; 1:30 pm

WALKS

Saturdays, 9:30 am

March 5 Edmonds Waterfront

March 12 Bellevue Botanical Garden

March 19 Luther Burbank Park

March 26 Arboretum

Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, leaving 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.

CULTURAL EVENTS

Metropolitan Opera Live in HD, Thornton Place
Ariadne auf Naxos, Saturday, March 12; leaving 9 am

Don Carlos, Saturday, March 26; leaving 8:30 am

Pacific Northwest Ballet, Plot Points

Saturday, March 19; leaving 1:15 pm

Seattle Symphony Series 7A, Tchaikovsky, Symphony No. 5

Thursday, March 17; leaving 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Museum of History and Industry (MOHAI)

Thursday, March 3; small bus leaving 10:30 am, returning 1:30 pm; second bus leaving 1 pm, returning Mirabella at 3:30 pm

Admission: First Thursday admission is FREE.

Special Exhibit

Leonardo Da Vinci-Inventions brings to life his genius as an inventor, artist, scientist, anatomist, engineer, and architect. This exhibit features a room full of carefully crafted, interactive, and life-size machine inventions by Leonardo da Vinci that laid the groundwork for the helicopter, airplane, automobile, submarine, parachute, and bicycle by showing the fundamental scientific and artistic principles that underlie them.

TRAVEL FOR ART, QUILTS, OR FLOWERS

MARCH | 2022

15

Permanent Exhibits

Bezos Center for Innovation: Discover the creativity and ingenuity of Puget Sound's residents.

True Northwest, The Seattle Journey: Puget Sound's history from the 1790s to today including artifacts, images, and hands-on activities.

Maritime Seattle: Shows life on a working waterfront in the past and how that has changed through the years.

Bellevue Arts Museum (BAM)

Wednesday, March 9; leaving 10:45 am; returning 1:30 pm; seniors \$12, members free

The Last Supper by Julie Green is a set of 1,000 memorial plates remembering the last supper served to prisoners as their last meal prior to execution.

Another exhibit is *Emerging Radiance: Honoring the Nikkei Farmers of Bellevue*. Before WW II, Nikkei



*"Emerging Radiance"
by Michelle Kumata*

farmers cultivated the lands on which the BAM now sits. A third exhibit is the *2021 Biennial Exhibit of Architecture and Urban Design*.

Free time until departure at 1:30 can be used for lunch at Maggiano's Little Italy Restaurant, another

favorite restaurant, or shopping at Bellevue Square. Coordinator: Judith Peterick, x 1683.

Art Walk—Georgetown

Saturday, March 12; leaving 12:45 pm with two returns: 2:30 pm and 3:30 pm.

Georgetown has become Seattle's new art community. See artists' galleries and studios.

Coordinator: Rene Bravmann, x 1625.

Interbay Urban Center Shops

Tuesday, March 15; leaving 1 pm; returning time TBD

The Interbay Urban Center has three clusters of shops. On the south end is a Whole Foods Market and a Petco store nearby. North of Whole Foods is a Total Wine store including liquors and beers. At the north end of the urban center there is Michaels (craft materials) and Home Goods (décor and supplies). For walking between stores that are spread over a wide area, bring your walker or cane if you need it.

Quilters Anonymous Fortieth Anniversary Annual Quilt Show

Sunday, March 20; leaving 12 noon; returning time TBD; Evergreen State Fairgrounds in Monroe; admission: \$10

The show's theme, *Looking Back, Moving Forward*, celebrates forty years of the Quilters Anonymous show, reexamining the many masterpieces of the past and moving forward to new styles taking hold among its talented members. The exhibit combines traditionally designed quilts and individual artistic quilts. The featured artist is Ruth Van Dyke.

Gently used books, quilts, and quilt-related items are available at the guild's To Go booths. There are several vendors with patterns, cloth scraps for quilting work, and many other items. Quilts, fabrics, and other quilt-related goods like jackets and blouses will be available for purchase. Food and beverages are available, or you might like to take a box lunch from Mirabella. The quilt show

EMERALD HALL IN ACTION AGAIN

16

MARCH | 2022

has always been an interesting event and provides a nice ride out in the countryside. Coordinator: Judith Peterick, x 1683.

Rhododendron Species Botanical Garden and Pacific Bonsai Museum

Wednesday, March 23; leaving 10:30 am, returning time TBD

On a warm sunny day in late March what could be nicer than a garden of blooming rhododendrons? And then a visit to the nearby Pacific Bonsai Museum for a different experience. Both sites are accessible for walker, cane, or wheelchair users and have indoor displays to explore if it rains. Experts can offer advice on your own plants. When you're ready, collectively decide if you want to find a place for lunch or return home. Enjoy the day. Coordinator: Ken Hopkins.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

Dow Constantine and King County Governance

Thursday, March 10; 3:30 pm, Emerald Hall and Zoom



Dow Constantine

King County Executive Dow Constantine will discuss issues in King County, the twelfth largest county in the United States. Bring your questions and learn more about what it's like to manage this area, one that includes thirty-five cities and many unincorporated communities. Coordinator: Judy Guder.

The Ritchie Boys: Henry Butler

Thursday, March 17; 3:30 pm, Emerald Hall

The Ritchie Boys is the name given to a U.S. special German-Austrian unit of Military Intelligence Service officers and enlisted men of World War II who were

trained at Camp Ritchie in Washington County, Maryland.

Many were German-speaking immigrants to the United States, often Jews who fled Nazi persecution. They were used primarily for interrogation of prisoners on the front lines and behind enemy lines for counterintelligence in Europe because of their knowledge of the German



Henry Butler – photo, K. Harrison

language and culture. They were also involved in the Nuremberg trials as prosecutors and translators.

The existence and activities of this "special force" were kept secret for more than fifty years, until the first decades of this century, when articles, books, documentaries, and television programs about this group began to appear. On its program *60 Minutes*, CBS produced the story of the Ritchie Boys in May of 2021 and again in an expanded version in January of 2022. One of those Ritchie Boys is charter Mirabella Seattle resident Henry Butler. The Program Committee will present the recent episode of *60 Minutes* with Henry, in person, to answer your questions. What an honor to have Henry at Mirabella. Coordinator: Stafford Miller.

The Northwest Firelight Chorale

Thursday, March 24; 7:30 pm, Emerald Hall

Do you remember the outstanding performance the Northwest Firelight Chorale gave us last Christmas? Their program this time is entitled "Where the Heart Is." The program features songs from all the various ways people think of home, from a literal home, to the idea of a home in the great beyond, to the idea of being at home alone or with loved ones. It's a beautiful and rousing program, stirring and soulful.

WELCOME, DEAN AND GAIL

MARCH | 2022

17

This fine vocal group always leaves the audience wanting more. Please note this program will be at 7:30 in the evening. Coordinator: Stafford Miller.

The Ruthie Dornfeld Trio

Thursday, March 31; 3:30 pm, Emerald Hall

Ruthie Dornfeld, WB Reid, and Bonnie Zahnow will play a lively mix of fiddle tunes from all over the United States, Mexico, and Europe, seasoned with Western swing, Cajun songs, and Blues. All three musicians are vocalists.



Ruthie Dornfeld



WB Reid & Bonnie Zahnow

WB and Bonnie have performed as a duo for many years, while Ruthie has played locally with guitarist John Miller, and with the French cabaret band, Rouge. Having recently come together as a trio, they're

excited to bring Mirabella Seattle residents their treasury of roots music. Coordinator: Rosa Lea Taylor.

WELCOME COMMITTEE

Diane Holmes, Chair

Dean and Gail Temple

The Temples are the newest members of our community. Both are Washington natives; he from Centralia/Onalaska and she from Langley/Oak Harbor.

After graduating from Washington State University, Dean was a career employee with Lockheed, first in Sunnyvale, California, then at the Navy Submarine Base Bangor in Silverdale in multiple leadership positions there and in Georgia and Florida. He

retired in 2002, when he and Gail began travelling the world and playing golf.



*Dean and Gail Temple
-photo, B. Porter*

Gail graduated in Home Economics

from the University of Washington and taught in Shoreline, Palo Alto, California, and a brief period in North Kitsap Schools. Along the way she became enchanted by tapestry weaving. She and her loom are still active. She is also a docent at the Seattle Art Museum.

The Temples have two married children, a daughter in Magnolia and a son in Olympia. They have five grandchildren. One of the reasons they moved to Mirabella was to stop riding ferries to see their children.

Conversation goes in all directions because of their varied interests. Sense of humor? Oh yes. Gail said, "When Dean was single, he lived on Easy Street and drove a Porsche. They married and lived on Rock Street and drove a pickup."

Barbara Porter

BOOK CLUB

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

The book scheduled for our gathering on March 28



MUSIC TO HEAR, ART TO SEE

18

MARCH | 2022

is Louise Erdrich's Pulitzer Prize-winning novel, *The Night Watchman*. Drawing on family letters, the author recreates a period in which an attempt was made to terminate the Treaty rights of Native tribes. On April 25 the group will discuss Joan Didion's memoir *The Year of Magical Thinking*. The author's husband suffered a fatal heart attack while their daughter was critically ill. Didion's book tells of her personal journey dealing with grief and what she learned as she researched studies of experiences of grief.

Everyone is welcome to join us.

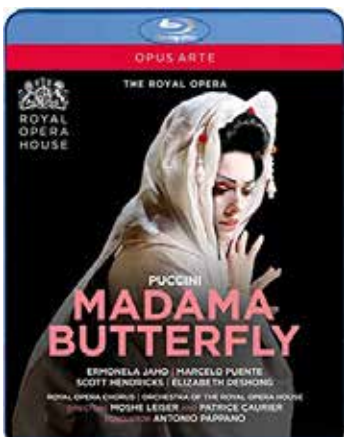
Tina Moss

OPERA CLUB NEWS

Madama Butterfly by Giacomo Puccini

Monday, March 28; 1:30 pm, thirty-minute

intermission, resumes 3:30 pm, Emerald Hall



Please note: There is a time/date change for opera showings: starting in March, operas will be shown on the fourth Monday of each month in the afternoon, starting at 1:30 pm.

Albanian soprano Ermonela Jaho sprang to fame in 2008 when she stepped in for an

ailing Anna Netrebko in *La Traviata*. Since then, she has triumphed in tragic soprano roles worldwide. She "becomes" Butterfly in this ravishing 2017 production by The Royal Opera of the mortal culture clash of East and West in one of the most popular operas of all time.

With the opening of Japan in 1853 by the American Navy (Commodore Perry), the world's interest in

the mysterious, exotic East blossomed. The turn of the nineteenth century saw Giacomo Puccini in the audience for David Belasco's London premiere of *Madame Butterfly: A Tragedy of Japan*. This became source material for his new opera.

The handsome American naval officer who stole Butterfly's heart is sung by tenor Marcelo Puente. Mezzo soprano Elizabeth Deshong portrays the faithful Suzuki. Antonio Pappano, Music Director of The Royal Opera and renowned for his interpretations of Puccini, conducts this exceptionally fine cast with the Royal Opera Chorus and the Orchestra of The Royal Opera House.

Madama Butterfly was one of the operas suggested in our resident poll of a few months ago. As the lights will remain dimmed during curtain calls at the end, please remain in your seats until the lights go up.

The next showings of Live in HD from the Met will be Richard Strauss's *Ariadne auf Naxos* on Saturday, March 12, and Giuseppe Verdi's *Don Carlos* on Saturday, March 26, at Thornton Place Theater at Northgate. Transportation to these events is listed under Outside Activities in this issue. Sign up by calling x 1419.

Nancy Lucht and Donna McCampbell

ARTS NOTEBOOK

BY JARED CURTIS

ARTS at King Street Station

303 South Jackson Street, Top Floor

February 3–April 7, Tuesday–Saturday, 10 am–6 pm
(and until 8 pm on First Thursdays). Closed on City-observed holidays

ARTS at King Street Station occupies the top floor of the iconic King Street Station with its beautifully restored interior and handsome clock tower. Seattle Office of Arts and Culture sponsors this spacious

FIGURING LIFE IN FABRIC

MARCH | 2022

19

gallery, whose curators arrange for shows of work by local artists that relates to Seattle people and places, to the Northwest region, and to national and international issues relevant to the arts. Multiple works currently on display in the gallery address themes and issues that may be of interest to residents of Mirabella Seattle.

The 1 Million – Multiple Species Eradication

A large scale monoprint installation is designed by artist Carol Rashawna Williams, who writes, the work “explores bio-/multi-species extinctions and species affected by humanity’s mass resource extraction.” She was joined by seven contributing



The 1 Million – Multiple Species Eradication by Carol Rashawna Williams, et al, monoprint

local/national visual artists who worked with her for two years to create this work. Williams has said, “We are NO longer talking about animal extinction but entire species eradication, in which the tipping point of resource extraction symptoms, causes and old-world paradigms will either make or break human civilization.”

Also on View at Arts at King Street Station

Three additional installations can also be seen in the gallery: *A Clearer View: The Last Days of the Alaskan Way Viaduct*, photographs by Roxann



Home of Good: A Black Seattle Storyquilt by Storme Webber, Cotton, silk, and various fabrics, 2017

Murray and Eirik Johnson, a work commissioned by Seattle Arts and Culture to document the final days and demolition of the Alaskan Way Viaduct; *Home of Good: A Black Seattle Storyquilt* by Storme Webber; and *Diversity by Design*, an exhibit of the works of underrepresented architects by the Diversity Roundtable of American Institute of Architects Seattle (AIAS).

All the exhibits are free. To discover more about all four exhibits, visit the website for the gallery:

https://www.seattle.gov/arts/experience/galleries/arts-at-king-street-station-gallery/2022-the-1-million_art

Revisiting MadArt Studio

P.L.U.A. (Proposed Land Use Action) by Jite Agbro

325 Westlake Avenue North, #101

(206) 623-1180 info@madartseattle.com

Open Studio: February 1–March 11; Tuesday–Friday, 12–5 pm

Exhibition Opening: March 13 (details TBA)

Exhibition Period: March 15–April 30; Tuesday–Saturday, 12–5 pm

Having written about *P.L.U.A.* by Jite Agbro, in the February issue of *The Mirabella Monthly*

HOW MIGHTY IS YOUTH – HOW FRAIL IS MEMORY

20

MARCH | 2022



Jite Agbro at MadArt Studio with her sewing machine and fabric used for the hanging cloth panels – photo, J. Curtis

(pages 17–18), I invited Mary Rogers to join me in a visit to the MadArt Studio to meet and chat with the artist during Open Studio hours. Some of the massive sheets of fabric that will render both the design and the “feel” of the public housing complex where Agbro grew up were in the

and textural effects, applying the graphics of the design, sewing the large sheets of partly transparent fabric, and finally hanging and arranging these materials from the rafters of the high-ceilinged studio space.

When we arrived at the studio, the artist was standing atop a mechanical lift, like those used by the construction workers busy at the apartment buildings rising around Mirabella. She interrupted her task—hanging a second layer of gauze-like fabric over the layer bearing the blue and white design features—and lowered herself to the floor to give us a brief tour of the piece in progress. Although working alone for about a week, she said volunteers will be giving her much needed help in the weeks to come before the opening on March 13. She showed us the garment she designed and created for a dancer to wear while

process of installation. The buildings and spaces of her former home, now slated for demolition and replacement, still carry strong personal associations of both emotional and intellectual significance for her. Thinking in larger terms about the relationships between people, their activities, and the built environment they inhabit, Agbro is shaping a fabric “village” that both memorializes and mourns the one where she and the wider community of her neighbors lived and led active lives.

She told us that when her piece is complete, the cloth structure will emulate closely her memories of both the exterior and the original courtyard within the complex where community life “happened” and will include renderings of human figures to accompany the walls and trees that were part of the space and her memory of it.

Agbro spoke of how huge an undertaking it is: first, finding and securing the fabric, choosing suitable color



Jite Agbro beside the dance costume she is creating – photo, J. Curtis

SCENES, LOCAL AND FROM AFAR

MARCH | 2022

21

performing a dance at the studio. The installation, when it is completed, will resemble a dance with the viewer as the “dancer” on its stage, or, as I imagine it, a three-dimensional “story quilt” that one can enter, stroll around in, and muse upon its meanings.

During the Open Studio period, all are invited to visit for a sneak preview of the work as it is being created. You can make an appointment from the webpage given above, call the studio, or send your request via email. Open studio visits and the completed exhibit are free.



Susan Webber and Mary Jossem at the Northwest Flower & Garden Festival – photo, Jodi Keyes



Volleyball restarts, again – photo, D. Webber



Reunion of Emily's A Team in January



Valentines from Spruce Street School



Brixton (See page 22)

BIRTHDAYS § POETRY CORNER § REMEMBERING

22

MARCH | 2022

HAPPY BIRTHDAY! MARCH 2022

2 – Jackie Prentice	17 – Judy Feigin	20 – Glenda Maledy
2 – Frank Krentz	17 – Mike Hahn	21 – Carolyn Gossard
3 – Connie Jones	17 – Barbara Marsh	21 – Jon Noll
4 – Louise Lowry	17 – Paul McTaggart	23 – Dick Campbell
4 – Chris Young	17 – Pat Thenell	23 – Corky Williams
5 – Marilyn Dennehy	18 – Elizabeth Kerr	25 – Jared Curtis
7 – Jack Blume	19 – Diane Holmes	25 – Sue Herring
7 – Leslie Klein	19 – Ron King	25 – Don Smith
8 – Judy Rourke	19 – Natalie Siegel	26 – Ellie Fife
10 – Ruth King	20 – Pat Aitken	27 – Don Drury
11 – Nancy Eliason	20 – Jayne Barrere	27 – Anne Cahn
12 – Mary Jossem	20 – Don Kraft	28 – Jayne Krentz
15 – Don Ferrell		30 – Ellen Gamrath

BRIXTON

BY BETTY HEYCKE

I want to send him a present,
but I have forgotten his name.
His is not a common name,
a bit grandiose even,
but I know it well.
I have written it many times.

He is the two-year-old grandson
of my dear Hawaii friend.
His thunder thighs splashing
in clear Hawaiian waters
fill my iPad screen.
What is it? Briscoe?
Bournemouth, Basquiat?
Sorting, Sorting . . .

Normal and temporary, they say.
this forgetting.
I hope so.

Yesterday it was the painter
—of the Mona Lisa—

Voltaire, Verdi, Vox Populi?

Sorting, Sorting . . .

The day before that—
an area of France,
home of Nice, Cannes,
a sobriquet attached to gourmet dishes—
Ponce de Leon, provocateur, Perpignan
Sorting, Sorting . . .

I suppose, tomorrow,
it could be that nice German guy
who's lived with me these sixty-two years—
Drummond, Detlev, Dietrich
Sorting, Sorting . . .

Remembering . . .

Jean Hedrick . . . 01/30/2022

MOVIE CLUB MUSINGS

MARCH | 2022

23

CALLING ALL MOVIEGOERS

BY CONNIE CHAPLIN

Okay, all together now, let's hear it for the Grand Re-Re-Re-opening Opening! And right here you'll find all the exciting movie choices selected just for you by your Movie Club for all Wednesdays and Saturdays in the month of March. Step right up.

Attention all librarians and book lovers: *The Booksellers* is for you. It's a 2019 film about the very exclusive New York rare book world, meaning antiquarian and very, very expensive books. It's a documentary with high critical reviews, lively interviews with the fascinating people who go to these things: prominent collectors, auctioneers, writers, and people like narrator Parker Posey, Fran Lebowitz, and Gay Talese. People who can seriously discuss the very future of books. And do.

Special for environmentalists: Once upon a time, the DuPont Company had a big problem with their Teflon product. The 2019 film *Dark Waters* is about that. In the movie, Mark Ruffalo plays a corporate defense attorney who gets wind of serious problems associated with Teflon and becomes DuPont's worst nightmare as he spends years fighting to get the truth out. Anne Hathaway plays his wife. Tim Robbins is his boss. A frustrating example of just how complicated threats to the environment and attempts to alleviate them can be.

A 2020 movie, *The Mole Agent*, is a documentary about a private investigator in Chile who advertises for an eighty to ninety-year-old who is savvy about technology to work as a mole in a retirement home where a client of his suspects the caretakers of elder abuse. Sergio, a charming eighty-three-year-old, takes the job and goes undercover in the nursing home. Warm and funny, but compassionate and humane, it's a moving story that was nominated for an Oscar.

Sabrina won an Oscar in 1954. It's a comedy/drama/romance about an ugly-duckling girl (Audrey Hepburn) who grows up as the chauffeur's daughter on the estate

of a family with two sons her age. She has a crush on one (William Holden). Years later, after spending time working in Paris, she returns a beautiful, sophisticated woman. She still has feelings for the crush, but that's before his older brother (Humphrey Bogart) gets involved.

A 2021 adventure/comedy/crime prequel movie, *Cruella* is about a young Cruella de Vil

(of the black and white hair and the Dalmatian dogs). As a young Cruella, Estella (Emma Stone) is a street kid in 1970's London who wants to become a fashion designer, but she's orphaned and penniless. Nevertheless, the Baroness (Emma Thompson) eventually becomes aware of Estella's flair for fashion. However, their relationship ends up causing Estella to embrace her wicked side and become the raucous, revenge-bent (but fashionable) Cruella de Vil. You knew she would.



Emma Stone as Cruella



The Mirabella Monthly

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

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MARCH | 2022

Guide to Mirabella Publications

The Mirabella Monthly

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Jim Ohta, Judy Owens, Carolyn

Roe, Judy Rourke, Mary Jo

Taylor, Jade and 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