



THERE'S NO PLACE LIKE HOME!

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 14 | ISSUE 6

“DON'T LET THE SAND TIMER RUN OUT!” FUND DRIVE DEADLINE, JUNE 3

JUNE | 2022

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BEING A LIGHTHOUSE KEEPER

BY MARY WORTHINGTON

IN the mid-nineties, my husband Barrett and I bought a small home in the town of Sequim on the Olympic Peninsula. I loved the country life and enjoyed learning about all the activities in the community. The one that drew my attention the most was the opportunity to spend a week at the New Dungeness Lighthouse as a lighthouse keeper. I had just completed ten years of teaching on cruise ships and now was ready to enjoy the sea from the land. Barrett was not keen to go and chose to stay at home, but my lifelong friend and travel companion enthusiastically accepted my invitation. Each of us asked a mutual friend to join us, making a fabulous foursome.

Preparations

We began choosing menus for the week, no easy task, and food for the week was planned, purchased, and much of it prepared in advance. As readers and writers, the four of us gathered our favorite books and projects to keep us entertained during our free time. We reviewed our “keeper” responsibilities and were relieved to know we would not have to tend the light; it is fully automated, and the Coast Guard flies



Barrett & Mary Worthington

WILDLIFE REFUGE

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by every morning and evening to be sure the light is shining.

Getting There

On our assigned start day, we headed out in the pre-dawn light, excited about our adventure as lighthouse keepers. Our transport van, loaded with all our essentials, made the five-and-a-half-mile trek over the Dungeness Spit at low tide. The beach was rocky, the ride bumpy; it thrilled us to arrive at the pristine lighthouse, usually viewed only from a distance. As we unloaded our food and personal belongings, the crew that had just completed their tour of duty loaded up and headed home.

Responsibilities

We spent that first day settling in and reviewing all our responsibilities. There was a lighthouse museum with lots of facts to learn for the tours we led. Among our chores was the raising and lowering of the flag each day, polishing the brass in the lighthouse tower, watering the grass, and mowing the lawn as needed. At the end of the day, we were to clean the public bathroom and sweep the tower and the seventy-four lighthouse stairs. By the end of that first day, the frenzy of late night and early morning packing had caught up with us. We were exhausted. It had been a glorious day and falling asleep at the lighthouse was a welcomed delight.

A Typical Day

A good night's sleep prepared us for morning sunrise and our first official day as keepers. As the week unfolded, our days began with a long beach walk before the visitors arrived. We set up a

schedule that gave us all ample time to be official tour guides and spare moments to enjoy the beach, the wildlife, the ships passing, and the sound of the sea.

Seals were present all week and brought us great joy with their chatter and antics. An occasional deer made the swim from shore, eagles and gulls soared above us, and sea birds abounded. In the evening a family of skunks came out to check on us. We kept our distance and turned our attention to celebrating

our lives together over sumptuous meals.

Visitors of Note

After greeting visitors who had hiked the five-and-a-half miles from the parking lot, I enjoyed giving them tours of the museum and the lighthouse tower and proudly showed them the brass we had polished. One day, our

quiet morning was interrupted when ten of my family arrived in the pouring rain. We greeted them with hot chocolate, fresh chocolate chip cookies, and a dryer for their wet clothing. Once everyone was warm and dry, we gave them an official tour and a few encouraging words for their trek back.

The next day, Albert, age fifteen, arrived on foot, alone. He proudly proclaimed that he was the great, great grandson of William Blake, the first lighthouse keeper of the New Dungeness Lighthouse. Albert was a delightful young man, and we were pleased to hear his personal recollections as we shared the history we were learning.

Our midweek day was all business! A Coast Guard helicopter arrived early and proceeded to unload



New Dungeness Lighthouse, Sequim, Washington

LONG WALK, GREAT VIEW

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Aerial view of Dungeness Spit and Light Station (within the white circle), landfill at top

equipment and personnel. It quickly departed and returned with more supplies and Coast Guardsmen, who were doing maneuvers out in Dungeness Bay, where they practiced oil slick containment. As the sun set, twelve men pitched their tents for the night. Though we warned them of the skunks, they were undeterred.

On our last day, we had visitors on horseback. Having enjoyed horseback riding as a teen, I offered to tie up their horses and watch them while the riders took their tour. They declined my offer. That evening, Barrett called to report that while dining at the well known Three Crabs Restaurant in Sequim, he had overheard a woman telling a story: “Out at the lighthouse today, I met up with two little old ladies. I did not go up into the tower because neither one of them appeared strong enough to hold the horses.” At this point, Barrett turned to her and said, “I beg your pardon. My wife is one of those ladies, and I think you have underestimated their abilities.

Either one of them could have held your horses.”

Heading Home

As the week came to an end, we tallied the numbers: over 200 visitors had made the long journey on foot, numerous submarines and cargo ships had passed in view, and the daily Coast Guard helicopter had made its daily rounds. Then there was all the wildlife, too numerous to count. Most of all, we had memories to last a lifetime. We watched as the transport van arrived with the new lighthouse keepers. They unloaded their supplies as we assembled all our belongings for the trip home.

As a lighthouse keeper with a 360-degree view of the Olympic Mountains and the Straits of Juan De Fuca, I found the experience far exceeded my expectations. To this day, we enjoy reliving our experience with the family and friends who made the long hike to visit us. For me, this place of respite and recharging, solitude and sharing, was a great and memorable gift, with uses far beyond that moment and into the present day. The week on our watch reminded me of a treasured saying, “Let hope be your talisman, lighthouse, and guide.”

Your Turn

Would you like to be a lighthouse keeper? The lighthouse has continued to be upgraded over the years and can now accommodate up to eight people. The biggest change has been the fee. The first year we went for free, and the second year it was \$50 per person. They quickly realized they needed to raise income for the never-ending upkeep of the site. Now the fee is \$450 per person, and there is usually a one-year waitlist.

You can also rent the entire house for \$2700 for a family working vacation. To learn more about being a lighthouse keeper, google New Dungeness Lighthouse, Sequim.



WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2021–2022



Sue Herring,
President, 2021–2022,
Box 709, x 1556,
herringsus@gmail.com



Laura Bailey,
Vice President, 2021–2022,
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Mary Jossem,
Secretary, 2021–2023,
Box 835, x 1584,
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Julie Holland, Treasurer,
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Mort Berman, Member-at-Large,
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Betty Heycke, Member-at-Large,
2021–2023,
Box 414, x 1619,
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Louise Lowry, Member-at-Large,
2021–2022,
Box 607, x 1684,
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 in Emerald Hall. 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



COMMITTEE FAIR



TMM CAVEAT

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RESIDENTS' ASSOCIATION

Sue Herring, President

Committee Fair 2022*Wednesday, June 1; 1:30–3 pm, Emerald Hall*

Mirabella Seattle is an active, vibrant community with a wide range of programs and activities for residents to enjoy. Our residents' curiosity and creativity are enhanced by participating. What a joy to live where these opportunities exist!



Committee Fair, 2021 – photo, L. Held

The success of this lifestyle lies in many residents sharing in the planning and execution of these activities through the various committees. Volunteers serve as chairs and provide leadership for activities that groups plan. Committee members contribute ideas, skills, and energy to plans for the year. Volunteers keep minutes for each committee meeting. Members help evaluate an activity when it is over, based on feedback from participants.

To learn more about how the committee system works and to celebrate what we collectively do, the Residents' Association will again host a Committee Fair for everyone, especially for new residents. Each committee will have a table, where current members will greet you, answer questions, and offer informational hand-outs to take home. You may sign

up for more information if interested.

In addition to committees, many service groups, interest groups, and clubs will be represented at the Fair with information to share.

As part of the festivities, we will have refreshments (including cookies and popcorn) and a drawing at which four bottles of wine will be won by two lucky attendees! The drawings will be at 2:00 and 2:45 pm. You do not need to be present to win, but if you are absent, save your ticket for the announcement of the winning numbers at the Residents' Association meeting on Tuesday, June 7, 2022.

Plan to come, take part in the fun, and consider how you can help ensure the continuation of our active, engaged community!

Laura Bailey

THE MIRABELLA MONTHLY

BY JARED CURTIS, PUBLISHER

Reporting August Events and Programs in the July Issue

For the third year in a row, we will reward the team of resident volunteers helping to publish our community newsletter each month with a well-deserved break by dropping the August issue. As this may create a problem for committees and planners of other programs and events that will occur in August, we will expand the July issue to include these items.



To give notice of August plans in an issue of *The Mirabella Monthly*, you will need to make your submission to Mary Rogers (mkr3824@gmail.com) in time to appear in the July issue. The normal deadline for submissions to an issue is the fifteenth of the previous month. For events, programs, and all

HOUSE MATTERS

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other submissions for **July 2022**, June 15 remains the deadline. But for submissions announcing events and programs occurring in **August**, the deadline is extended to June 20 to allow extra time for August arrangements to be confirmed, written up, and submitted. For all other rules governing submissions, please see the guidelines for submissions printed on the back page of this issue of *The Mirabella Monthly*.

ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

The Environment and Facilities Committee met on Thursday, May 5.

Summary of Report by Marcus Cullen, Facilities Services Director

Window and deck cleaning will begin on May 30. Total Business Services, hired to do the cleaning, will be giving a presentation at the June 2 Environment and Facilities Committee meeting.

Marcus explained that housekeeping services at Mirabella are based on tasks completed and not on a time schedule. If a cleaner is working alone, it will take longer to finish the tasks. When this happens, the cleaner is given fewer units to clean that day.

Currently, ten apartments are being prepared for new residents. Six move-ins are scheduled in May and June.

Maintenance is making good progress on the backlog of work orders. Two new technicians are now trained and working regular assignments. The company that originally installed the trash chutes has recently cleaned the chutes and made a full assessment of the system.

Transportation is recruiting three new valet team members, while Security staff helps fill in with valet service in the interim. New town car hours are listed on the MIRANET Transportation page.

The hot tub heat exhaust adjustment has been completed, and inside the tub new grout will replace what has worn away. Work in the pool area, when possible, will be scheduled on days when there are no water classes or other activities in progress. Towels are for use in the pool area only. Please do not take them with you when you leave.

Transition to WiFi should be complete by June 1. Remember to cancel your internet service with WAVE/Astound. You must call (866) 928-3123 to cancel, even if your equipment is gone and you have a receipt. Your TiVo box from WAVE will not work with the new system. If



you have your own TiVo, check with Darren for help with setup. You can keep your privately owned routers and modems or recycle them in the small electronics bin in the basement by Elevator B.

Work on the renovation in Studio X is slated to begin May 16 and will take about six weeks. All activities will be moved to other venues. The Art Studio has a new, lockable cabinet for a sewing machine that was donated by a resident. The key for the cabinet can be checked out at the front desk.

Green Committee: Save energy in the trash rooms by turning out the light as you exit. Residents are doing a good job of collecting plastic. Ridwell, the company providing the service, was not expecting the volume that we are collecting. To stop unwanted mail, try the USPS website to get off mailing lists and the City of Seattle website to cancel catalogs.

Green Thumb Committee: The potted plants for memory care outside balcony (facing the circle drive) were installed on May 15. Hanging baskets have been hung in the Courtyard.

Sally Hahn

MEDS DISPOSAL § CLINICS FOR ALL

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ENVIRONMENT AND FACILITIES GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Green Tip: Disposal of expired and unwanted medications. Do not flush medications down the toilet or discard in the trash chute or recycling bins. Local healthcare facilities and pharmacies will take them off your hands. Leave the medication pills, drops, sprays, inhalers, and ointments in the original container. Scratch out your identifying information. Then check out this website to see where you can take them for disposal and learn what's accepted. There are twenty-four locations within a five-mile radius of Mirabella Seattle.



*Kaiser Permanente
Capitol Hill Pharmacy –
photo, M. Rogers*

<https://med-project.org/locations/washington/find-a-location/>.

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

Mary Rogers

HEALTH CLINICS

Katie Harrison, Resident Services Supervisor

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 Katie Harrison at x 1457.

Audiologist: Seattle Hearing Services

Tuesday, June 14; 9:30 am, Suite 134

Dr. Patricia Munson offers hearing assessments. For appointments, contact Sydney, Patient Care Coordinator/Office Manager, Seattle Hearing Services at (206) 937-8700 or at sydney@seattlehearingservices.com.

Foot Care Clinic

Mondays, June 20 and 27; Tuesdays, June 21 and 28; 9:30 am–4:30 pm, Suite 134

Bonnie Ackles, RN, CFCS, is a board-certified, podiatrist-trained Foot Care Nurse Specialist. 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, July 6; 8:30 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.

Counseling Service

Wednesdays, weekly by appointment only

Janelle Jensen, MS, LMF, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety,

WELLNESS NEWS

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and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues residents may be experiencing. She's available Wednesdays for in-person visits and can also be reached via telehealth and email. She offers private-pay therapy or family consultation (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to make an appointment, email Ms. Jensen at janellejensentherapy@gmail.com.

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 & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and their partner/spouse requires care. Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, order to admit, and other clinical documents to be submitted

prior to admission. For more information or to schedule a respite stay please call Health Center Admissions at (206) 254-1455. If a resident prefers to have in-home care provided during a spouse's time away, Mirabella Home Care would be an alternative to the health center. Home care does not require the same documents to be presented prior to establishing care but is not covered under the temporary free stay program and therefore is a private pay cost.

Laura Yusim, Health Services Administrator E-scooter Pedestrian Close Calls and E-scooter Accident Injuries

Tuesday, June 28; 3:30–4:30 pm, Emerald Hall

Two speakers will address safety concerns about the use of e-scooters in Seattle. Mike Hahn will discuss sidewalk e-scooter-pedestrian close call incidents near Mirabella. He offers some accident-avoidance strategies to help pedestrians reduce their e-scooter accident risk.

Douglas MacDonald will comment on the results of the one-year October 2020 to September 2021 Seattle Department of Transportation E-scooter Pilot Study.

Douglas MacDonald grew up on Mercer Island. He earned undergraduate and law degrees from Harvard University. In 2001 he was appointed to a six-year term as the Washington State Secretary of Transportation. He lives in Seattle and is a published pedestrian activist.



*Douglas MacDonald
– photo, M. Hahn*

LIBRARY § LIFELONG LEARNING

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Mike Hahn is a Health and Wellness Committee member. Coordinator: Mike Hahn.

LIBRARY NEWS

Martha Oman and Toni Myers, Cochairs

Exploring Mirabella Library

When you feel like browsing, or after you've selected your books, wander down the right side of the library to the southeast corner and find hidden treasures! Under the magazine shelves—custom-made by Dick Steppic—you will find two notebooks: “Who’s Who at Mirabella,” biographies of current residents; and “In Memoriam,” photos and obituaries of deceased residents. Both will help you get acquainted with residents present and past. On the same shelf there are: a notebook of “Movies to be shown at Mirabella” (changed monthly), a listing of Mirabella art on display in our hallways, the Finance Committee notebook, the CCRC Bill of Rights, *Robert’s Rules of Order*, copies of the 2011–2020 *Mirabella Monthly* (a full archive of electronic copies, past and current, may be found on MIRANET), and a well-thumbed copy of *Preserve the Seattle Times Park* (2013, produced and published by Friends of the Seattle Times Park—a Mirabella residents’ group; a second copy resides on the Mirabella author shelf nearby),.

On each side of the central fireplace, highlighted above by Charles Sleicher’s photo, *Autumn Leaves*, are several sets of classic books, DVDs of operas (from the Herb Curl and the Opera Club collections), grief support books, several UC Berkeley and Johns Hopkins pamphlets on wellness and medical issues, an annotated catalog of a calligraphy exhibit featuring works by resident calligrapher Makiko Doi, and books by current and former Mirabella authors. In a mood for the classics? To the left of the fireplace are thirty-seven volumes of the *Yale Shakespeare Library* and fifty-two volumes of *The*

Great Books of the Western World. Other classics titles from other sources spill over to the right side. Any of these items may be taken to your apartment, but please return what you borrow to the library. Two unabridged dictionaries are also available on their own book stand (built by Don Reis) near the center of the room.

Marilyn Campbell

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 the Zoom link, location, or hybrid mode. To join Zoom events, click on the title to bring up the Zoom link. Click on Zoom link to join.

Writers’ Workshop with Dana Wenig

Tuesdays, June 7 and 21; 3–4:30 pm, Conference Room A

Coordinator: Louise Lowry, x 1684.

Supportive Friends

Tuesday, June 7; 5:30 pm, Vineyard Room

Mirabella’s Supportive Friends for bereaved Mirabella residents will meet for dinner at 5:30 pm in the Vineyard Room on the first Tuesday of the month through August: on June 7, July 5, and August 2. Coordinators: Carolyn Blount, x 1644, and Natalie Siegel, x 1698.

Robert Ericksen on Holocaust Issues After Seventy-seven Years

Wednesdays, June 8 and June 15; 3:30–4:30 pm, Emerald Hall and Zoom

Dr. Robert Ericksen is the current Chair of the Committee on Ethics, Religion, and the Holocaust at the U.S. Holocaust Memorial Museum and the Kurt Mayer Professor of Holocaust Studies, Emeritus,

MODERN HISTORY § THE ANCIENTS

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Dr. Robert Ericksen

at Pacific Lutheran University. He has authored and co-authored multiple publications about the Holocaust and Nazi Germany.

Lecture 1: The U.S. Holocaust Museum and the History of Holocaust Awareness

This talk will mention the opening of the U.S. Holocaust Memorial Museum in 1983 and emphasize its important role in maintaining “Holocaust Awareness.” Professor Ericksen will describe “Holocaust Awareness,” which began during WWII, and will relate his own experiences in the 1970s when there was widespread postwar denial among Germans regarding support of Hitler and the Nazi regime. Since the 1980s, Holocaust scholarship, education, movies, and museums proliferated, and the nature of the Holocaust became more well-known.

Lecture 2: The Hitler/Nazi Taboo

This lecture will begin with the Hitler/Nazi taboo response after 1945. Parents quit naming their children Adolf. Any support of neo-Nazi ideas received strong pushback. Germany made it illegal for any political movement to use any version of “Nazi” in its name or to display a swastika. Any group considering itself “neo-Nazi” in Western Europe or in North America was largely scorned. Since 2017, however, the “Alternative

für Deutschland” party (AfD) has won seats in the German Bundestag, a first success for a Nazi-like political movement. Neo-Nazis in the United States have also raised their profile within the past decade. Has the Hitler/Nazi taboo lost its impact? Coordinator: Leslie Klein, x 1779.

Ancient Art and Architecture from Prehistory through the Roman Empire with Kolya Rice

Wednesdays, June 22 and 29, July 6 and 13;

3:30–5 pm, via Zoom

It’s with delight that we welcome back art historian Kolya Rice with his unique and enjoyable way of presenting art history.

On June 22 we will explore prehistoric European cave paintings, figurines, and architecture such as Stonehenge. In addition, some examples of the sculpture and architecture of the Ancient Near East, also known as Mesopotamia, will be included.

On June 29, Ancient Egyptian art and architecture will be explored connecting the art to religious beliefs and the use of monumental arts to ensure political power. Pyramids, sculptures, the *Book of the Dead*, and jewelry will be included.

The two July lectures will cover ancient Greece and ancient Rome. Details will be included in the July/August *Mirabella Monthly*. Coordinator: Sylvia Fisher, x 1859.

OLLI-UW JUNE VIRTUAL LECTURES—PRE-REGISTRATION REQUIRED

Perpetual Computing: Technologies for Banishing Batteries with Joshua R. Smith

Wednesday, June 8; 12–1 pm

Pre-registration link:

https://washington.zoom.us/meeting/register/tJcldu2qqkjHNTToJ_xJhfa38xfUJ-9iIsZ7

The energy efficiency of computing has improved by a factor of more than a trillion since the electronic computer was invented. This astounding energy

OUTSIDE ACTIVITIES

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efficiency scaling is creating the opportunity for battery-free sensing and computing systems that are powered by radio waves and other ambient energy sources. Such devices can be implanted inside the body, permanently built into structures, or deployed at scales where batteries and wires are not feasible.

Joshua R. Smith is the Milton and Delia Zeuschel Professor in the Allen School of Computer Science and Engineering and the Department of Electrical and Computer Engineering at the University of Washington.

Understanding Land Acknowledgements with Gabe Minthorn

Wednesday, June 22; 12–1 pm

Pre-registration link:

<https://washington.zoom.us/meeting/register/tJARfuCpqD0rGdBGbJVAQQPJEaIDGdC77Dha>

You may have heard the phrase “Land Acknowledgement” at the beginning of a talk or gathering. What is it? Why do we do this? How do we offer a sincere statement that recognizes and respects Indigenous Peoples as traditional stewards? Join us as we learn about this new practice and what significance it may hold to those who are related to the people who occupied land before us.

Gabe Minthorn (Yakama, Umatilla, and Nez Perce) works for the Center of Equity and Inclusion at the University of Washington/Tacoma as the Tribal Liaison, serving students and the communities they represent.

OUTSIDE ACTIVITIES

Judith Peterick, Chair

Katie Harrison, Resident Services Supervisor

Marcus Cullen, Facilities Services Director

Bus Schedule Revisions: As of May 1, departure time for all morning grocery trips is 10 am, except for Costco at 9:45 am. *The Mirabella Monthly* lists both

departure time from Mirabella and estimated pickup time from the destination. The normal time for a grocery visit is one-and-a-half hours, while times for other activities depend on the activity. For each bus trip, please meet in the lobby fifteen minutes before the bus is scheduled to depart Mirabella so we can load the bus and leave on time.

To Make a Reservation: Call x 1419 for bus reservations and leave a message or go to the Transportation tab on MIRANET and submit a Request for Town Car and Bus Transportation form. You will receive a call or email confirming your seat. The tab also lists seats available for each trip, depending on bus size (small bus with twelve seats on Thursday through Sunday and large bus with twenty-seven seats Monday through Wednesday). The list is refreshed at least twice a week. Non-grocery trips may be canceled if buses are not available or fewer than four people sign up for the event.

Many venues still require visitors to be masked and show both a COVID vaccination certificate and a current ID. Be sure to have these items BEFORE getting on the bus.

GROCERY TRIPS



Ballard Market, Fridays, June 3 and 17;
10–11:45 am

Costco, Wednesdays, June 1, 15 and 29;
9:45–11:30 am

Fred Meyer, Mondays, June 6 and 20;
10–11:45 am

Metro Market, Fridays, June 10 and 24;
10–11:45 am

BOARD THE BUS OF MANY DESTINATIONS

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Safeway, Fridays, June 10 and 24; 1:30–3:15 pm
Trader Joe's/PCC, Wednesdays, June 1, 15, and 29; 1:30–3:15 pm

University Village, Mondays, June 13 and 27; 10–11:45 am

Uwajimaya, Monday, June 6; 1:30–3:15 pm

WALKS

Saturdays, 9:30–11:15 am pickup

June 4 Des Moines Creek Trail and Farmers' Market

June 11 Arboretum

June 18 Lincoln Park

June 25 Edmonds Waterfront

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursdays, June 2, 9, 16, 23, and 30; 9:30 am–TBD

Courses will be announced in the Weekly or on MIRANET. Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, June 5, 12, 19, and 26; 8:30–9:45 am.

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

CULTURAL EVENTS

Theaters and other cultural events are starting their annual subscription sales. The committee will be sending out a listing of events for which we usually provide Mirabella bus transportation.

Met Live, Northgate Thornton Place Theatre, *Hamlet*

Saturday, June 4; 9 am–1:30 pm

Pacific Northwest Ballet, *All Sharp*

Saturday, June 4; 1:15–TBD

Fifth Avenue Theatre at ACT, *And So That Happened . . .*

Saturday, June 11; 12:45–TBD

Fifth Avenue Theatre, *The Prom*

Thursday, June 16; 12:45–TBD

Seattle Symphony: Series 7A

Thursdays, June 2 and 16; 6:45–9:30 pm

Seattle Symphony: Series 8G

Sunday, June 12; 1:15–4:15 pm

Sunday, June 19; 3:15–6:15 pm

Seattle Symphony: Pops

Saturday, June 25; 1:15–4:15 pm

SPECIAL ACTIVITIES AND EVENTS

Swedish Pancake Breakfast

Sunday, June 5; 10:30 am–12:15 pm; Swedish Club, 1920 Dexter Avenue North

Enjoy great Swedish pancakes, plus seconds, with lingonberries and whipped cream, ham, orange juice, coffee, or milk. Hear live music by Six Feet Back, Folk Voice Band, and Skandia Kapell. Donate an item to the Ballard Food Bank and receive \$1 in Viking bucks to be spent for future meals, or drinks. Meet new people at large vintage tables. Cost is \$11 for nonmembers and \$9 for members. Coordinator: Judith Peterick.

Burke Museum

Wednesday, June 8; 1–3:15 pm

Burke Museum is located on the University of Washington campus with primary emphasis on fossils and Pacific Northwest native art. The sixteen-foot-tall Tiffany stained glass window, "Peacocks with Hollyhocks and Morning Glory," is on display in the Cascade Room. The ticket price is \$20 for seniors but free to reciprocal museum members and UW retirees. There is a \$4 discount if you show your Senior ORCA or AAA card. Coordinator: Jade Simonson, x 1688.

Art Walk: Gage Academy of Art

Saturday, June 11; 12:45–3:15 pm

We will meet with the director and some faculty members. Then we will visit some of the accessible studios in the academy. Coordinator: Rene Bravmann, x 1625.

LUNCH OUT, TALKS IN, AND CHORO

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Luncheonaires: Goldfinch Tavern

Tuesday, June 14; 11 am–1:30 pm

The Goldfinch Tavern restaurant located in the Four Seasons Hotel has a sweeping view of Puget Sound. It offers local seafood and top-notch hamburgers. Fran's Chocolates is located on the street side of the hotel, a great place to stop after lunch. The Seattle Art Museum is just across the street. Coordinator: Judith Peterick, x 1683.

Edmonds, Washington: You Are on Your Own!

Wednesday, June 22; 11 am–2:30 pm

Explore one of Washington state's loveliest small towns. You can find lunch at restaurants located on the waterfront with views of the Olympic Mountains or at any of the eateries in the main shopping area. Edmonds has the Cascadia Art Museum, Rick Steve's Travel Agency, and many interesting small shops. Coordinator: Judith Peterick, x 1683.

Tulalip Casino and Outlet Mall

Tuesday, June 28; 11 am–3:30 pm

What could be a better destination? There is an outlet mall, casino, and several good restaurants nearby. Be prepared to enjoy yourself. There are good bus connections between the mall and casino. Coordinator: Ken Hopkins, x 1662.

PROGRAM COMMITTEE

Judy Guder and Stafford Miller, Cochairs

David B. Williams, Natural Historian

Thursday, June 2; 3:30 pm, Emerald Hall

Many of us enjoyed hearing David Williams share his enthusiasm for the stone structures of Seattle and "Secrets of Seattle's Seven Hills." Now he will be back to talk about his latest book, *A Human and Natural History of Puget Sound*. Come to Emerald Hall to hear a very engaging storyteller, naturalist, and tour guide, who specializes in the geological history of the Puget Sound area. Coordinator: Judy Guder.

Karen Iglitzin—Brazil meets Seattle, A Concert of Brazilian Vintage Jazz "Choro"

Sunday, June 12; 7:30 pm, Emerald Hall

"Choro" is a Portuguese word that loosely means "Lament." Despite its name, it often has a fast and happy rhythm. It is an instrumental genre started in Brazil in the late 1800s in Rio de Janeiro. It is characterized by virtuosity, improvisation, counterpoint, and syncopation. Choro resulted from the style of playing in several musical genres (polka, schottische, waltz, mazurka, and habanera) by musicians in Rio, who were already strongly influenced by African rhythms.

Karen Iglitzin, former first violinist with the Philadelphia String Quartet (and daughter of resident Lynne Iglitzin), has been playing Brazilian vintage jazz, or Choro, since 2014.



Stuart Zobel, Karen Iglitzin, Roberta Downey

Her career is dedicated to the training of young musicians in the art of classical chamber music. Karen has enjoyed bridging the gap between the classical music world and popular and folk styles, playing by ear, and improvising. Since falling in love with Choro through world-class musicians who have come from Brazil to Seattle, she has been avidly playing, teaching, and hosting house-concerts. She has gathered two of her favorite colleagues, Stuart Zobel, seven-string guitar, and Roberta Downey, string bass, to share this music with us. We are fortunate to have three world class artists coming to play for us. Please put it on your calendar. Coordinator: Carolyn Burton.

WELCOME RICHARD, CATHY, AND FRED

Alice Paul, Suffragette: Presenter, Debbie Dimitre
Thursday, June 16; 3:30 pm, Emerald Hall

Talented storyteller/actress Debbie Dimitre presents the character of Alice Paul, active in the suffragette movement between 1913 and 1920. Alice Paul wrote and introduced the Equal Rights Amendment in 1923 and spent the rest of her life fighting for it. Come and enjoy this carefully researched and dramatically presented slice of American history. Coordinator: Sally Hayman.

Seward Park Birdlife

Thursday, June 30; 3:30 pm, Emerald Hall
 There are two bald eagle nests, a Cooper’s hawk nest, and a barred owl nest currently in Seward Park. Ed Domingues, lead naturalist at Seward Park Audubon Center, will show us how our local parks and greenbelts are vital to birds. Coordinator: Jean Hall.

WELCOME COMMITTEE

Diane Holmes, Chair

Richard Cahall



Richard Cahall
 – photo, D. Holmes

Mirabella welcomes one of its newest residents, Richard Cahall, who lives in Apartment 1219. Richard began life and was raised in Los Angeles, from where he wended his way to Florida. There he practiced as a CPA based in Palm Beach. From Palm Beach, Richard crossed the country to come

to Seattle, most recently living on Capitol Hill. Here he was involved in the telecommunications business. Part of the pull to Seattle was a son and two grandchildren living here. Just down the road in Portland is another son with a new baby. And, said Richard, he is blessed with two wonderful daughters-in-law.

Moving, as we all know, is no picnic, but Richard has celebrated his move here by the installation of a “giant TV screen!” When asked for a quote for the *Monthly*, Richard volunteered, “I feel very welcomed by Mirabella.”

Bob Hayman

Cathy and Fred Short

Cathy Short was born in Orange, New Jersey, and raised mostly in New England. She spent five years living in Laos, working for the United States Agency for International Development (USAID), then attended the University of Alaska where she met her husband, Fred. They moved to New Hampshire, where she earned her MA from the University of New Hampshire. Cathy lived and worked in Alaska, then New Hampshire, for most of her adult life as a science writer and editor of books and professional journal articles. After many visits to Seattle over the years to see their children and grandchildren, she and Fred moved to the region permanently in 2020. They lived in Olympia and Leschi for two years before moving into Mirabella. They have three children, two of whom live in Seattle, and two grandchildren, also living here. Cathy’s hobbies include friendship and communication, walking, reading, writing, and quilting.



Fred & Cathy Short
 – photo, S. Callegari

Fred Short was born and raised in New Hampshire and attended New Hampshire State College, where he became interested in mathematical modeling for ecological systems. He earned a master’s degree in marine science at the University of Rhode Island and a PhD in oceanography at the University of Alaska. After a post-doctoral fellowship in Florida,

WELCOME, JERRY AND LINDA

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he settled at the University of New Hampshire as a grant-funded research oceanographer specializing in seagrasses. Fred started an international research program, traveling widely throughout the world's coastal oceans to set up monitoring systems for seagrasses. Both he and Cathy are avid cross-country skiers. Together they built three houses from scratch. Fred's hobbies include birding, collecting (everything), board games, and puzzles.

Susan Callegari

Jerry and Linda Smedes



Linda & Jerry Smedes
– photo, B. Porter

Jerry and Linda Smedes are settling into suite 1021. They told me that their arrival at Mirabella was triggered by meeting Fred and Cathy Short at a Parkinson's support session. The positive report they received turned them in this direction, and their swift transition to life at Mirabella Seattle began on February 12.

Linda hails from Rochester, Minnesota, where her father served as a physician at the Mayo Clinic. Jerry began in Washington state but took several turns before he met Linda at Colorado State University, where she earned her Sociology degree and he his MA degree. They married and moved east where Jerry attended the University of Delaware where he earned his PHD in Ecology and Marine Biology. Jerry's initial path was in Marine Science but gradually the Environmental aspects of his education became more important. Jerry's initial path was in Marine Science, but gradually the environmental aspects of his education took him in that direction. His focus was working within various projects to see that permits and

rules satisfied the needs of the environment. This work was largely done in Bothell, where the couple moved after several stops along the way. Before he began working independently, Jerry advised Cedar Grove, which we know to be one of the most successful composting forces we can depend upon. The process he described turned compost material into black gold.

The Smedes raised two daughters and a son. Linda was a homemaker and a very active volunteer. A gifted seamstress, she made wedding dresses for each of her daughters and their son's bride. She was also involved with The Village Theater in Issaquah, where she worked as the emergency stitcher. After the children grew up, Linda worked for twenty years in three different mental health agencies.

Jerry and Linda love the theater, travel, and gardening. Jerry loves fishing and speaks fluent Spanish. Their children, now married with children of their own, live currently in Silverdale, Forks, and Maple Valley.

Barbara Porter

BOOK CLUB

Fourth Monday of the month; 3:30 pm in

Conference Room A; note the new time

June 27: *Journey from the Land of No* by Roya Hakakian relates the author's childhood and adolescence growing up in a Jewish family in Iran at the time of the overthrow of the Shah and the rise of the Islamic fundamentalists.

July 25: We recently talked about Joan Didion's *The Year of Magical Thinking*, written after her husband's death. Her daughter died before that book was published. In her memoir, *Blue Nights*, our book for July, she writes about this loss and explores her feelings of motherhood and her own aging process.

Everyone is welcome to join us.

Tina Moss

DRAMA § DREAMER

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OPERA CLUB NEWS

Il Trovatore by Giuseppe Verdi

Monday, June 13; 1:30 pm, Emerald Hall

Il Trovatore, or *The Troubadour*, will be presented in Emerald Hall, the final showing of the Opera Club's current season. Our next season begins in October.

Il Trovatore is a story of hate, love, witchcraft, and death. It was composed in 1851–1853. The libretto is by Salvatore Cammarano and Leone Emanuele Bardare. It was first performed on January 19, 1853. It is one of the most famous operas from the middle of Verdi's career as a composer.

The main point of this opera isn't the music or the drama but the singing! You will probably recognize the very familiar Anvil Chorus. There are four leading roles: Leonora is sung by Eva Marton; Luciano Pavarotti sings the role of Manrico; Dolora Zajick is the gypsy, Azucena; and Sherrill Milnes sings Count di Luna. The Metropolitan Opera staged this production in 1990. It was conducted by James Levine.



Luciano Pavarotti

The next showing of Live in HD from the Met will be composer Brett Dean's *Hamlet*, based on the Shakespeare play. The showing will be on Saturday, June 4, at Thornton Place Cinema at Northgate. Sign up by calling x 1419 for transportation to the broadcast, the last Live in HD Met Broadcast for the current season.

Ginnie Chappelle

ARTS NOTEBOOK

BY JARED CURTIS

Dreamer by Patti Warashima

As office buildings under construction in Seattle near completion, public art, which the city building code

requires developers to commission and install in publicly accessible areas of their properties, begins to emerge. The latest to be unveiled in South Lake Union is now on view in the south plaza of the new building at 500 Westlake Avenue North at Republican Street. Called *Dreamer*, the supine figure with chin in hands gazes dreamily into the distance as one fish pokes its head up in front of her and another cavorts on the soles of her upraised feet. Sculptor Patti Warashima describes her figure as striking "a contemplative pose surrounded by lush plantings and leaping fish" and creating "an oasis in its urban setting." It was a delightful surprise, after wending my way through the Amazon campus on my path to Lake Union, to catch sight of this playful piece.



"Dreamer" by Patti Warashima
— photo, J. Curtis

The calming and quieting effect of *Dreamer* is reminiscent of *Young Woman, Girl, Mother and Child* (2006) by Akio Takamori, a group of outsized figures standing in poised comfort in front of the entrance to Whole Foods at the foot of the stairs to Pan Pacific Court. Warashima explains in the legend affixed to the base of the planter where her figure lies, that she has found "monumental figurative female figures" to convey "a sense of protection when you stand within their proximity." She adds, "The geometric patterning on the figure reflects the forms of the surrounding buildings, suggesting both swatches of clothing and color, yet are also powerful and beautiful" in themselves. In the ruminative dreamer and the "frolicking fish," which are said to be "symbolic of the purification and environmental

SERVING THE SOIL AND THE SPIRIT

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concerns for the Northwest” water environment, the artist has indeed given us “a place to reflect on our relationship with nature.” There are several benches built into the site that provide comfortable seating and differing points of view. Access without stairs is via a south-north ramp on Republican and a level approach from the Westlake sidewalk beside the plaza.

If you go: Walking from Mirabella, proceed north on Fairview Avenue North to Thomas Street, cross Fairview and pass through the old laundry building via the ramped passage to Terry Avenue South, carry on to Republican Street, and walk west to Westlake Avenue North. Distance eight blocks.

Metro #70 will take you to Republican Street and Fairview Avenue North, where you can cross Fairview and proceed west on Republican to Westlake Avenue. Distance four blocks.

The town car driver can drop you off on Republican at Westlake Avenue, and you’re there.

DIGGING IN THE DIRT: A PATCH FOR THE SOUL

BY CAROLYN BLOUNT

It took us three years after signing up for a P-Patch in the Cascade Garden, just north of Mirabella, before we finally got ours in February 2009, the year we moved in. My husband Dick was thrilled with the perfect timing and enjoyed three summers tending the plot before his death, when I took over the garden. A friend asked me if I was keeping it for myself or in honor of him, and I had to confess that I really did not know.

But I have come to enjoy my time digging alone in the dirt there and watching things grow. Several other Mirabella residents, Marcy Golde, Julie and Jim Holland, Julia Wan, and Diana Holland also

have plots nearby. Each plot is approximately ten by ten feet, rented annually from the Parks and Recreation Department, this year for \$50, up from \$35 when we began. Tools, water, and fertilizer are provided for gardeners. Often, I am the only person in the entire garden, though unhoused city residents gather in a seating area just beyond my corner by the compost bin. Just once, a person was sleeping in my garden. One time I was offered some “very good weed” but declined.

Other memorable visitors include the birds’ nest begun in my row of raspberries, ultimately deserted, probably because of excess human activity, though I was careful to leave it alone. One day a peregrine falcon watched from the top of the grape arbor, about twenty feet from my plot, for half an hour before flying to the taller light post in the corner of the garden. A few days later I saw him in the Cedrus deodara in the ONNI grove in the park across Fairview from my fifth-floor unit.

This year the bluebells, daffodils, and narcissus have already faded, while the tulips brighten many gardens. I harvested the final bunch of last year’s kale and arugula when I eagerly planted my first seeds in March. The radishes are bravely up, the lettuce and spinach seedlings just showing two fragile leaves, and I’m afraid the pole beans were planted too early to germinate. My own early blueberries are blooming, the raspberries are growing beyond their supports, and the rhubarb stalks have reached about



*Carolyn Blount
— photo, E. Hill*

A QUILT THAT SINGS!

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eight inches, not quite tall enough to produce a pie. A fellow Mirabella resident, Paul Keown, has helped me weed and even plant sweet peas. A garden, even as small as a P-Patch, is a great boost to optimism.

WHAT IS AN ART QUILT?

BY CAROLYN BURTON

Although it has been a long time coming, the term “art quilt” is finally being accepted, and more and more museums are showing quilts and referring to them as “fine art.” While bed quilts generally followed traditional designs, the modern quilt artist uses the skills of a painter, applying principles of design, color, and form together with a talent for imagination and creativity. He or she will have had several years developing sewing skills and uses a palette of fabric rather than paint.

Working on my quilt, “Continuum,” which the Art Committee chose to be purchased by Mirabella Seattle, helped me through some dark times during the last two and a half years. Being locked down gave many of us quilters the chance to lose ourselves in the meditative process of sewing. We all agree that it was an absolute boon. The quilt was shown at the International Quilt Museum, The New England Art Museum, and is included in the book, *Quarantine Quilts: Creativity in the Midst of Chaos* by Sandra Sider. It is wonderful to have one’s work respected. I owe the Art Committee much gratitude!

As many of you know, I had a career as an opera and concert singer in Europe and later in the USA and Canada. I was very fortunate to have had the opportunity to follow my passion, but alongside it, another love was always present, and that was working with my hands.

My earliest memory is learning to sew on an old treadle Singer sewing machine. I also made intricate paper architectural models, replicated theaters and scenery in cardboard, and knitted toy animals. I



“Continuum” by Carolyn Burton
– photo, Fred Higgins

spent many hours in our cellar, where my dad taught me how to use tools, and I remember the most exciting Christmas present I ever had was a treadle jig saw. I think I was ten years old. These skills were useful when I became the mother of two boys who needed model planes and rolling stock for their electric railways. Knitting was always on the go, and I used to knit under the desk and study at the same time in the school library. Unfortunately, I dropped a needle and the clatter on the wooden floor landed me a detention. I remember when I was traveling on the train to and from Glyndebourne to rehearsals that I used to knit while studying scores. One fellow traveler asked if I was knitting an opera. I got into sewing in earnest when I started making clothes for myself and my boys. I enjoyed it and made most of my clothes for many years. It wasn’t until I was a grandmother that I started making bed coverings for the four babies who

DANCING FOLKS

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came along. These were mostly knitted or made from polar fleece, but I enjoyed making them very much. Tattered though they may be, many are still on my grandchildren's beds. My first attempt at a quilt was in 2007, the year before my husband Martin and I moved into Mirabella. Of course, as I have always liked a challenge, it was king-sized! What was I thinking? However, as I chose fabrics, experimented with placement, and watched the quilt come together, I was completely hooked. Altogether, it took me eighteen months, but I enjoyed every minute. It's hard to explain, but there is something tactile and rewarding about handling the quilt sandwich when sewing. Quilt sandwich? Yes, the definition of a quilt is a top piece of fabric placed over batting or flannel, backed with a second piece of fabric. The term quilting refers to stitching these three layers—the sandwich—together.

My introduction into the world of art quilts was during a class with Patricia Belyea, where she taught us how to sew curves. She liked my sample and suggested I enter it into a show at the Pacific Northwest Quilt and Fiber Arts Museum. To my amazement and delight, it was accepted. This was in 2014. Our resident quilter extraordinaire, Ellin Larimer, then suggested that I should join the Contemporary Quilt Art Association of Seattle. I have found this connection to be inspiring, and my fellow quilters are a warm, encouraging group, providing me with critiques, close friendships, and wonderful traveling companions. I consider myself to be extremely fortunate to have such a rewarding passion. My quilts have been shown at various venues, including: the National Quilt Museum, Kentucky (twice); the Northwest Quilt show, Oregon; Expositao Internacional de Arte Textil, Brazil; the Pacific Northwest Quilt and Fiber Art Museum, Washington; the Washington State Convention Center; and the New England Quilt Museum, Maine.

FILIPINAS PERFORMING ARTS OF WASHINGTON STATE

BY JARED CURTIS

Beautifully costumed and graceful dancers took the stage in Emerald Hall and captured the hearts of a small but enthusiastic and appreciative audience on Sunday, April 24. Juliet Omli-Cheatle, director/choreographer of the group, explained each of the tribal dances from different regions of the Philippines. The dances celebrated workers in the field, planting, tending, and harvesting crops. After each dance, Juliet invited audience members to join in, demonstrating for them the steps and arm movements integral to each. Popular with



Filipina Dancers leading residents in one of their tribal dances – photo, E. Hill

the audience were the basket dance, in which the dancers balanced large harvesting baskets on their heads while performing the intricate steps, and the celebratory wine glass dance for any happy occasion, performed while holding a glass in each hand and balancing one on the head.

Filipinas Performing Arts of Washington State (FPAWS) was founded in 1993 with the aim of teaching and “promoting . . . the Philippines’ culture and tradition to Filipinos and non-Filipinos alike through dance and music.” Performing often at

SEDER CELEBRATION § PALAVER PALS

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Filipina Dancers in full costume – photo, E. Hill

the Seattle Center Armory and at other venues around the state and region, FPAW’s repertoire includes traditional choreographies and “contemporary interpretations that remain true to the spirit of dancing as well as the cultural heritage

they represent.” Juliet gave an example of the latter: while still in college she performed this dance using rum and Coca Cola instead of wine. For our performance, flowers were substituted for wine, “to avoid spills.” FPAWS aims to “give its members the opportunity to express themselves artistically and explore their passion for dance as a visual form.” Other members of the troupe were Manager/Choreographer Marie Dela Cruz and dancers Julieta Dacut, Maya Manzano, and Simonette Ramos.

MODEL SEDER

BY NATALIE SIEGEL

A Model Seder was held on April 21, 2022, in the West Dining Room of Mirabella. It occurred on the last night of the eight-day holiday of Passover. The traditional meal that usually follows the service was unavailable because of COVID issues and a dining staff shortage. Instead, the event was called a Model Seder. Sixty-five residents attended the service, based on the Haggadah, the book that tells the story of Passover. Several residents and staff did the planning, and attendees took part in the service.

Because it is so joyful, Passover is a popular Jewish family holiday. The celebration is based on the biblical story of the Jews’ escape from slavery in Egypt and their travel to the “promised land.”

Freedom and justice for the whole world are the major themes of the Passover story. The Seder celebration was a positive experience of community and togetherness for Mirabella residents.

Many thanks to the dining staff and Stephen VanPelt for their support and helpfulness in setting up tables and Seder plates. The room looked lovely. Many thanks also to the residents, who worked with me to plan and produce the event. They are: Linda Berkman, Stevie Bravmann, Barbara Daniels, and Janice Kaplan-Klein. And thanks to Lynne Iglitzin and her daughter Karen for providing the music.

FACE TO FACE

BY JARED CURTIS

Despite the precautions we still take during the pandemic and setting aside our fascination with Google Groups, the preferred method of communication at Mirabella Seattle remains talk. We talk in the halls, schmooze in the mailroom, chat in the dining rooms, and we begin to sit in the courtyard when it’s dry and warm and swap stories.

A group of pictures by Elston Hill, taken to be included in the posters and video created so brilliantly by the Mirabella Foundation Fundraising Committee, suggested to me that the underlying and preferred “social media” at Mirabella is not headline-stealing apps like Twitter, Facebook, or WhatsApp, but rather our day-to-day lively conversations. Activities, mostly informal, carried out by residents in small groups or pairs, and even sometimes solo performances, feed this propensity to savor the moment and to talk. The posters are located in lobbies on the first and tenth floors. You can watch the video on MIRANET.

Among those photographed by Hill, Warren Askov, dressed for the occasion in a splendidly decorated blue jacket from Guatemala, complementary gray-

BREAKFAST CLUB §

VOICES FROM AFAR

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*Warren Askov,
Master Bag Recycler*

blue trousers, blue trainers, and a sly grin, continues his personal mission to collect and redistribute the used dinner bags we've all been saving to pass on to food charities in the neighborhood and nearby city food-sharing sites. Artis Leabo and her bridge playing companions Rich Atwood, Mary Kirkendall, and Barbara Porter, obviously enjoy the banter

and competitive spirit that comes with playing a snappy game of bridge in the Games Room. About the scene photographed, Barbara said, "We were kibitzing before beginning play, when Artis reached across to snag the favored blue pencil, before someone else did," a kind of contest within a contest, or perhaps an opening act for the main show. With



Bridge Kibitzers

predictable regularity, five mornings a week at 7 am the same five men, residents Jerry Roling, Bob Capeloto, Jon Noll, Don Ferrell, and David Dail, gather in the Bistro around a window table to have an amiable breakfast together. Both recent arrivals and long-timers, each unknown to the others before moving to Mirabella, the five have settled into this



Bistro Breakfasters – photos this page, E. Hill

morning routine over hot coffee, good food, good stories ("Never gossip, though some stories are oft told tales," Jerry reveals, "But we don't mind"), and advice from Jon on the best drinking establishments within walking distance. Don, the only married man in the group and the first to arrive, comes alone but never fails to return home with a breakfast for her in hand.

Might it be the Mirabella Seattle ambiance? Is it the food? Something in the air? No, it turns out to be just the company we keep for the fun of it.

POETIC TIME TRAVEL

BY JARED CURTIS

With limited mobility of late and at the moment unable to walk out at will to enjoy my usual freedom to roam in body and mind, I've taken to reading translations of writings, mostly poems and fragments, from faraway places and distant times. "A Hymn to Ra" (the Sun God) is translated from the Old Egyptian by Samson Allal, from an inscription on a four-thousand-year-old tomb stela of King Wahankh Intef II, pharaoh of the Eleventh Dynasty of Egypt. It begins, in humble pride . . . and proud humility,

Accept me, Ra, before you go,
Before I go,
I pray . . .

Or this verse from a "Prayer to Artemis" (the Moon Goddess) by Diotimus, a Stoic philosopher who lived c. 100 BCE, translated by Stephanie Burt from the Greek Anthology:

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! JUNE 2022

- | | | |
|------------------------|-------------------------|----------------------|
| 2 – Penny Bignold | 8 – Patty Hall | 22 – Ellin Larimer |
| 3 – Jean Ross | 8 – Walter Kerr | 22 – Andy Callegari |
| 4 – Rosemary Cahill | 9 – Cynthia Hallgrimson | 23 – Marie Popoff |
| 4 – Clairann Schickler | 11 – Carl Luttinen | 23 – Michael Leigh |
| 4 – Richard Atwood | 11 – David Dail | 26 – Ben Wood |
| 5 – Peggy Lewis | 13 – Kit Tate | 26 – Diane King |
| 5 – Elaine Paul | 15 – Rita Wiklund | 27 – Evelyn Rogoff |
| 5 – Betty Ferguson | 16 – Alice Hingston | 27 – Paul Hill |
| 6 – Anne Heymann | 18 – Bill Higgins | 27 – Gill Thompson |
| 6 – Jeanne Smith | 19 – Mary Wood | 28 – Sue Draper |
| 8 – Carolyn Blount | 20 – Will Welton | 29 – Barbara Daniels |
| 8 – Neil Oldenburg | | 29 – Sandy Rensvold |

CONTINUED FROM PAGE 21

Goddess of culverts and lighthouses, goddess
of burrows and coves and safety in narrow
escapes,
stand where you stand and shine
like kindness on our children.

The poem ends in an appreciation and recognition
of the goddess' burden of light that reflects also on
humankind's urge to creativity:

It's hard work, I know, to shine all the time,
but it's never pointless.
Sometimes it's divine.

And my favorite so far, a "Song of a Girl Going
to Bathe," by Estevam Coelho, a Portuguese
troubadour who lived in the early decades of
the fourteenth century. It is translated from the
Galician Portuguese by Richard Zenith.

"IF MY FRIEND ONLY KNEW"

If my friend only knew,
today he'd go too:
I'm off to the river to bathe,
by the sea.

If he only knew where,
he'd go with me there:
I'm off to the river to bathe,
by the sea.

My cape's on my shoulders;
if only they'd told him:
I'm off to the river to bathe,
by the sea.

Poems excerpted from *Poetry* (May 2022) "Make it
Old," a publication of the Poetry Foundation.

Remembering . . .

Julie Haynes Lutz5/3/2022



MOVIE CLUB MUSINGS

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MORE NEW MOVIES THAN EVER THIS MONTH!

BY CONNIE CHAPLIN

The Movie Club will be showing more recent movies than ever this month! Of the nine films scheduled, five were released in 2021, one in 2020, and three in the 20-teens.



“Dune”

Dune won six Oscars this year and is based on Frank Herbert’s epic science-fiction novel with Timothée Chalamet’s young hero traveling in the year 10191 to the most dangerous planet in the universe to save everybody and everything else, as he was born to do. (Somebody had to.)



Children “at war” in “Belfast”

Back on Earth, *Belfast* tells the story of the Troubles in Northern Ireland from the viewpoint of a nine-year-old Kenneth Branagh, writer and director. It’s a bit of a comedy, but only because he’s nine years old. With Judi Dench, Jamie Dornan, Caitriona Balfe, Ciarán Hinds. Won an Oscar this year.

Even closer to home, *Pig* tells the saga of a truffle hunter in Oregon (Nicolas Cage), a former chef whose beloved pig is kidnapped. The pig, after all, is the truffle finder! Revenge is in order here. This is also a 2021 movie.

Encanto, a family musical, won the 2021 Oscar for Best Animated Feature. It’s about a family in Colombia who have magical powers . . . except for



“Encanto”

teenage Mirabel. Can she ever find her unique gift? How does Disney fix this?

The last of the 2021 shows is *Summer of Soul*, about the 1969 Harlem Cultural Festival, which has never been seen until now. It showcased just about every well-known, popular, Black artist at the time, but it just didn’t attract attention. In 2021, it’s the winner of Best Documentary. Go figure.

All the rest of the movies, from 2014 to 2019, are well worth checking out. Look for more details about them on the June Movie List, available in the rack in the mailroom.



The Mirabella Monthly

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

VOLUME 14 | ISSUE 6

JUNE | 2022

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

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Proofreaders: Connie Chaplin,

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Eliason, Chris Jamin, Paul

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Janet and 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) no

later than noon on Friday of the

prior week. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

How to Submit Your Article, Story, News, or Event Report to *The Mirabella Monthly*

Before submitting copy, please proof it carefully for typos, spelling errors, accuracy of dates and times, and possible cuts or changes. Only original writing will be accepted.

While some Mirabella staff members contribute articles, *The Monthly* is intended to showcase writing and images from residents. We do not reprint internet captures, widely distributed emails, or previously published writing.

The deadline for all submissions is the fifteenth of each month prior to the month of publication. Any piece submitted after this date will risk being held over. The length of your submission is negotiable, but the editorial team must work within the *MM* format and style. Guidelines are available on request.

All written submissions will be edited, formatted, and proofed by *Mirabella Monthly* staff.

Please email your submission to Mary Rogers at mkr3824@gmail.com.

MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. Submit paper copy to mailbox #824 as a last resort.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Use only one font in one size for the entire article.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for “original” or “full size.” Send digital images to

jaredcurtis@icloud.com.

Put all illustrations and sketches on paper in mailbox #801.

The Mirabella Monthly
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