

# The Mirabella Monthly

[www.mirabellaliving.com/Seattle](http://www.mirabellaliving.com/Seattle)



VOLUME 14 | ISSUES 7 & 8

JULY–AUGUST | 2022

## WHAT'S ON TAP

## ICELAND

BY JUDY ROURKE

- 1 *Iceland* by Judy Rourke
- 2 *Vietnam Veterans Memorial Tribute Wall* by David Webber
- 3 *Arts Notebook* by Jared Curtis
- 4 *All Shook Up* by Jane Beer
- 5 *Radishes and Technology* by Mary Jossem
- 6 Who Does What at Mirabella
- 7 Mirabella Seattle Foundation
- 7 Active Arts ♦ Art Committee
- 8 Art Reception
- 9 Environment & Facilities Committee
- 10 Green Subcommittee
- 10 Health Clinics
- 11 Health & Wellness Committee
- 12 Library News ♦ Lifelong Learning Committee
- 14 Outside Activities Committee
- 17 Program Committee
- 21 Welcome Committee
- 22 Book Club ♦ Opera Club News
- 22 *Primary Pen Pals* by Louise Lowry
- 23 *Botox Redux* by Louise Lowry
- 24 *How a Poem Happens— Sometimes: Crossing Chara Sands* by Jared Curtis
- 25 Birthdays ♦ Remembering
- 26 *Musings on Movies* by Connie Chaplin, July and August movies
- 28 Guide to Mirabella Publications

LIKE a giant silver eagle, our airplane glided over northernmost Canada and Greenland before it settled down in an utterly alien world. My first view of Iceland was not of ice, but chunks of sooty lava overspread with creeping carpets of moss. Dawn was barely breaking when I arrived in Keflavik; fearsome wind and pelting rain added to the gloom. What is this place?



*Keflavik, Iceland – photo, J. Rourke*

Iceland, a mere 200 million years old, is young in geological terms and still growing. With each volcanic eruption, each flow of molten lava, the country gradually expands. What were once sea cliffs now are far inland, but no one seems to have told the nesting birds. In a short time, however, I was to discover the fullness of this

# MEMORIAL WALL AT MUSEUM OF FLIGHT

2

JULY–AUGUST | 2022

fantastic place. My eyes soon beheld not bleakness, but rather the entrancing, spellbinding nature of the empty, misty otherworldly vistas. What at first appeared to be lonely and gray now exploded with color—from the creamy aquas of soft, sulfurous ponds to the olives and pea greens of mounds of moss. Coppers and magentas glinted in the steep, rocky sides of volcanic glaciers. Black lava chunks were now musky shades of slate, onyx, sable. Once gloomy skies now reflected the colorful splendor below. Waterfalls turned mists into rainbows; deep icy creases glowed crystalline; squally gray seas exploded against azure glaciers.

And oh, the glaciers! Armed with crampons and ice picks, ducking through ice caves and up ash-streaked slopes, I listened in awe to the creaking and cracking of the ice, marveled at the striations of rock that marked earth's time in bands of color and texture.

Iceland, a mass of craggy lava inlets, snowy peaks, and hardy Nordic people. Iceland, a remote masterpiece from God's easel, untouched, raw, renewed by frequent volcanic eruptions.

This trip was a soul-cleansing adventure. I purposefully left a little piece of my heart behind so that someday I shall return to reclaim it.

## VIETNAM VETERANS MEMORIAL TRIBUTE WALL

BY DAVID WEBBER

In the July 2019 issue of *The Mirabella Monthly*, I reported on the dedication ceremony for the Vietnam Veterans Memorial Park adjacent to the Museum of Flight on East Marginal Way. A few weeks ago, my family and I attended another ceremony at the Memorial, this time for the addition of many new commemorative plaques



*Memorial B-52G and Tribute Wall*

– photo, D. Webber

on the Tribute Wall. The accompanying photos show the centerpiece of the Memorial, the B-52G Stratofortress, which shelters the Tribute Wall beneath.

There are several dozen plaques on the wall. One just added is for my squadron mate and USS Coral Sea roommate, Bill Arnold, killed in action on November 18, 1966. As we looked at the many plaques, another caught my eye: “Honoring the Dustoff Crews Who Saved Over 970,000 Patients!” The “Dustoff” plaque immediately reminded me of my post Vietnam law school classmate, Jim. He was



*Plaque on the Tribute Wall – photo, D. Webber*

a Dustoff pilot, flying unarmed Army UH-1 “Hueys” on incredibly hazardous battlefield emergency medical evacuation (MEDEVAC) missions.

Jim flew a grand total of nine Dustoff missions. He

# A BREATH OF LIFE IN ART

JULY–AUGUST | 2022

3

was shot down on three of them! On his ninth flight (third and last shoot-down), he remembered landing in a “hot” landing zone (LZ) under fire. Casualties were quickly loaded into the Huey by the crew chief and medic; and as Jim began to lift off, he saw a wall of muzzle flashes of the VC guns shooting from the jungle around the LZ.

That was the last thing he remembered. Two weeks later he woke up in the burn unit at Brooke Army Medical Center in San Antonio, Texas. He learned that he was the only survivor of his crew and the wounded soldiers aboard. The others had been shot or bayoneted as the LZ was overrun, but he was so obviously dead that the fatal, extra effort hadn’t been wasted on him, although the VC took his watch. Later, US forces had reached the area to recover the casualties and found Jim, barely clinging to life.

Jim and I were two of many recently discharged Vietnam vets who were starting classes at Willamette University College of Law in the fall of 1969. Despite his battlefield wounds, you would never know that Jim had had any more serious injuries than a slightly broken nose. We were sure we’d barely hang on in law school while all the “kids” would out-compete us with their well-honed study skills. Instead, we vets generally excelled. Jim and I were in a near tie for *summa cum laude* laurels three years later in May of 1972.

During the war, the United States lost nearly 10,000 aircraft and many aircrews, among the more than 50,000 total lives lost in combat. The Vietnam Veterans Memorial Park is intended to provide visitors with an understanding of the role aviation played in the war, a setting for veterans to connect, and a place to promote healing, generate discussion, and stimulate learning.

## ARTS NOTEBOOK

BY JARED CURTIS

### Vitruvian Breath

Michael Schultheis (b. October 10, 1967) is an American painter and sculptor trained in mathematics and economics. His piece, *Vitruvian Breath: Bronze and Breath*, stands eight feet tall on the corner of Fairview Avenue North and Denny Way, the southeastern edge of the new, block-filling Onni apartment complex.



Michael Schultheis, “*Vitruvian Breath: Bronze and Breath*” – photo, J. Curtis

# ALARMING ALASKA

4

JULY–AUGUST | 2022

This elegantly balanced bronze stela is one iteration in the artist's series of sculptures called "Vitruvian Breath," each one similar in shape and materials but created in different sizes. The hollow metal cylinder has been bent, its two ends joined, and then pushed together to form a single, upright column. Schultheis, a local artist with a studio in Ballard and represented by Winston Wachtel Gallery on Dexter Avenue North, is widely recognized for both painting and sculpture. His work can be found in the collections of the Tacoma Art Museum; the United States Embassies in Athens, Greece, and Bern, Switzerland; and the Mathematical Association of America in Washington, DC, among many others.

I asked Jessica Shea, partner/director of the Winston Wachtel Gallery in Seattle, about the meaning of the title, and she replied that the artist "is a mathematician (formerly of Microsoft), and all his work consists of expressions of different mathematical formulas and are inspired by his heroes." Among his heroes is Vitruvius, the Roman architect, engineer, and author who laid down the principles of proportion and balance practiced by the great architects of classical Greek and Roman culture. This specific series of sculptures, Jessica explained, "is inspired by the artist's meditational practice" and is "meant to visually represent a sequence of breaths: four-count inhale and four-count exhale," which the artist made part of the forging process. The four-by-four balance of this exercise to aid meditation seems perfectly expressed in the figure's apparently precarious state, balanced on a single point embedded on its concrete base, but in a fully stable posture—like breath itself, the epitome of order and proportion felt in the act of breathing in and breathing out.



## *ALL SHOOK UP*

BY JANE BEER

**I**N 1950 my family traveled from Louisiana to Seward, Alaska, partly via the Alaska/Canada Highway. My father, a thoracic surgeon, had been asked to be Medical Director of the tuberculosis sanatorium there. At that time, tuberculosis was epidemic among Alaskan natives. With the discovery of effective medications, the sanatorium in Seward closed, so we moved to Anchorage. I finished high school there in 1959, the year Alaska became a state. After graduation from the University of Oregon, I returned to Anchorage to work at the Alaska Psychiatric Institute.

On Good Friday, 1964, I returned home from work and was sitting with my mother and sister in our home in the Turnagain Heights neighborhood of Anchorage. About 5:30 pm, we heard a sound like a huge locomotive bearing down on our house. The earth started shaking at an intensifying rate. We were seated by large picture windows, so we knew we had to get across the room to the front door.

We were unable to walk upright and had to crawl. My sister had been drinking a Coke and had been warned never to spill Coke on the carpet. Somehow she managed to carry her glass without a spill while crawling to the front door. When we opened the door, we could see fissures opening and closing in our dirt driveway. We were sure we were goners! The 9.2 earthquake lasted four and a half minutes. It was the strongest ever recorded on the North American continent.

Neighbors gathered outside. Soon news spread that a terrible landslide had occurred down the street toward Cook Inlet. Before the quake, our home was three blocks from the Inlet. After the quake, it was only one block away. The bluff had dropped into the sea, carrying houses with it.

# COUNTING BUNCHES

JULY–AUGUST | 2022

5



*Turnagain Heights, Alaska, 1964*

Our home was damaged very little, but we had no power, water, or telephone service. Thank goodness for Alaskan fireplaces!

Eventually, my father made his way home from the hospital, where he had been helping with the injured. Martial Law was declared, and we were told to evacuate our area out of concern for a threatening tsunami and the instability of the bluff.

We stayed with a friend whose home was on more stable ground. Right after the earthquake, Alaskans could communicate only by ham radio, dubbed the “Mukluk Telegraph.” That night she learned from the Mukluk Telegraph that her grandfather had been killed while trying to help people during the tsunami that hit Seward. Although nine months pregnant, my friend was determined to fly to Seward to check on her grandmother. I accompanied her and saw the terrible devastation done to Seward by the earthquake and tsunami. A boat we owned while living in Seward had been washed through town to the base of Marathon Mountain. The docks on the harbor of one of the deepest bays in the world were badly damaged. I will always have those images in my mind.

I’m sharing my personal experience, so you can

understand why I dive under a table when I feel even a small tremor!

## *RADISHES AND TECHNOLOGY*

BY MARY JOSSEM

It was a routine “pick-up a few items at Metropolitan Market on your way home” day for Julie Holland. Meanwhile, her husband Jim was slaving away at home on his computer when he was notified by his credit card company that a \$320 charge had just been made at Metropolitan Market.

Jim was thinking, “What in the world could Julie have bought at the market for \$320? She’s walking, so surely, she can’t be carrying that much!”

Jim immediately pounced on Julie about her purchases when she arrived home. Julie very emphatically reassured Jim she hadn’t spent \$320 as she bought only one bunch of radishes and a few other inexpensive items at the store. Digging the receipt out of the bag, however, Julie and Jim discovered that ninety-four bunches of radishes had been charged to their credit card.

Then Julie quickly realized what had happened. With the intention of providing faster checkout service for her, the store’s manager had very proudly led her to the newly installed self-checkout registers. He demonstrated to her how easy it was to use the new machines. However, the manager struggled with finding the price of the radishes and must have inadvertently charged her ninety-four times for her one bunch of radishes.



Metropolitan Market has resolved the mistake, but in the future, the Hollands may well find it more economical to wait in a long line for an experienced checker than to use the new self-checkout technology.

# WHO DOES WHAT AT MIRABELLA

**RESIDENT COUNCIL, 2021–2022**



Sue Herring,  
President, 2021–2022,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto:herringsus@gmail.com)



Laura Bailey,  
Vice President, 2021–2022,  
Box 432, x 1813,  
[ljb8@me.com](mailto:ljb8@me.com)



Mary Jossem,  
Secretary, 2021–2023,  
Box 835, x 1584,  
[mfjossem@gmail.com](mailto:mfjossem@gmail.com)



Julie Holland, Treasurer,  
2020–2022,  
Box 1000, x 1819,  
[julie@jholland.com](mailto:julie@jholland.com)



Mort Berman, Member-at-  
Large, 2020–2022,  
Box 929, x 1872,  
[mbb2147@gmail.com](mailto:mbb2147@gmail.com)



Jane Beer, Member-at-  
Large, 2021–2023,  
Box 734, x 1747,  
[lil\\_jane@hotmail.com](mailto:lil_jane@hotmail.com)



Betty Heycke, Member-at-  
Large, 2021–2023,  
Box 414, x 1619,  
[bettyheycke@yahoo.com](mailto:bettyheycke@yahoo.com)



Louise Lowry, Member-at-  
Large, 2021–2022,  
Box 607, x 1684,  
[lklowry@aol.com](mailto:lklowry@aol.com)



Pat Kushmerick,  
Past President, 2021–2022,  
Box 402, x 1607,  
[pakushmerick@gmail.com](mailto: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



# OZ WINS BIG § ACTIVE ART § WALL ART

JULY–AUGUST | 2022

7

## MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

### Clicking our Heels on the Yellow Brick Road



Suddenly there was a noticeable change. The sound of meandering steps became hurried. Then the thrill of a leap to the top. Oh, what was there? Did we make it? Breathless, Toto and Dorothy started counting as they sat at the gates of the Emerald City at the end of the yellow brick road.

Anxiousness changed to gratitude. Mirabella residents had reaffirmed the mission of the Mirabella Seattle Foundation by collectively donating \$145,900 for future resident assistance needs, staff education, and neighborhood support. It is the largest amount ever raised, \$20,900 more than the goal.

This year's success reminds us how fortunate we are to live in a community of active, caring, responsible seniors who are committed to securing our future and making a difference. There really is "no place like home."

Thank you to everyone who helped make this year's success possible: residents, fundraising committee, videographer, photographers, and Mirabella Seattle Foundation Board Members. And of course, a thank you to Dorothy, Toto, Scarecrow, Lion, Tin Man, Glinda, and even the Wicked Witch, who reminded us that it takes a heart and some courage to overcome challenges and fulfill destinies.

Julie Holland, Member  
2022 MSF Fundraising Committee

## ACTIVE ARTS ANYONE?

Have you ever thought about trying something like drawing, painting, singing, playing an instrument, writing poetry, or acting? These are all active arts that can be enjoyed in a series of classes or as a one-time workshop.

The Resident Council has approved the establishment of an Active Arts Committee to explore the possibility of bringing some of these activities to Mirabella Seattle, but we need your help. To provide the type of activity that you might want to try, we are asking you to fill out a simple check-off survey. That survey will arrive in your mail slot after July 1 and can be returned to Carolyn Ferrell's mail slot #430.

With your prompt input, we can begin to plan for activities starting in the fall that will give you an opportunity to learn something new, hone a skill, and spend time with fellow residents.

We are planning to build an Active Arts program, and you can help make it a success.

Carolyn Ferrell

## ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

### Art on the Walls

The summer Art Show 2022 now mounted in Mirabella Seattle's first floor gallery is presented by The Junior League of Seattle. It is part of an ongoing project to educate school children on the art of well-known Northwest Artists, past and present. Dee Dickinson, a longtime Mirabella Seattle resident and active member of the Junior League, founded the project and has been responsible for getting this show up at Mirabella every spring for the last several years. Dee has our utmost respect and gratitude.

The fall Art Show 2022 will feature photography and will include images from our own fine photographers,

# ART IN AND OUT

8

JULY–AUGUST | 2022



*“In the Watch of the Elders,” driftwood, cedar, and paint, by S. Nakamura, 1987 – photo, J. Curtis*

from resident-owned photos, and from those of Youth in Focus. Watch for a call for photos.

After the photography show, the winter Art Show 2022–2023 will offer art produced by Mirabella’s own talented artists. It will remain through the holidays so that visiting family and friends may enjoy it. Artists, get busy producing your fine art.

## New Acquisitions

Stevie and René Bravmann have donated a beautiful tapa cloth tryptic from New Caledonia. We love their willingness to share their art with us. We also have received a joyful print of lively musicians from the Askov’s daughter, Karen Zeribi, and we appreciate her generosity and interest in adding to the art at Mirabella. We still have lots of space. Think about donating or lending some of your own art.

Linda Berkman

## Meet the Artist Reception Celebrates New Window Designs

Mirabella’s windows on the world now brighten our neighborhood, thanks to artist Jeff Eidsvik and fabricator Super Graphics. On May 20, we gathered in the Bistro to Meet the Artist and thank Jeff for

his creation of the panoramas that showcase our main street-side windows. They’ve been six years in the making. “I’ve really enjoyed working with Mirabella over the years and appreciate their faith in a rather long and complicated process,” said Jeff at the reception. The Art Committee first started working with him when he was a Cornish graduate student in 2016. For a few years his 3-D diorama was installed in the Fairview Avenue North windows. But when an update seemed needed, he made a big creative leap to designing full-size translucent scenes that would adhere to the windows. The first panels to be installed, on Fairview, focused on views of the Cascade area, from seaplanes to the P-Patch. They showed we were an integral part of the neighborhood. COVID restrictions intervened, and the John Street windows stayed empty, looking a bit forlorn. But members of the windows committee and Jeff persevered and continued with plans for John Street. Throughout, Travis and the Mirabella Seattle Administration generously endorsed our plan. Jeff, in his kayak on Elliot Bay, took new photos of our skyline, from the Space Needle to Smith Tower. The result was an expanded Seattle panorama. Because they are backlit, our corner is now cheerier and more interesting for



*John Street windows at night, art by Jeff Eidsvik – photo, J. Curtis*



# HOUSE MATTERS

JULY–AUGUST | 2022

9

passersby and for the apartment dwellers across the way.

Jeff explained how it was done: he transferred his digital photos to a computer program that allowed him to create a continuous image, sometimes overlapping or repositioning individual photos. Super Graphics then transferred this “collage” to large films which they adhered to the inside of the windows, a total of 114 feet long and 6½ feet high. They aligned the images exactly within the seventy-two separate panes. Thanks to Jeff’s consideration of all aspects, staff in the offices behind the images are not blocked from light and may view the scenes from the reverse side. Marcus and Facilities Management staff made it easier for Jeff and the installers to get into the narrow spaces behind the windows, the access for which is through small doors high on the wall in the back of the garage. Our Meet the Artist event was a lovely occasion for us to gather, to celebrate our community, and to thank Jeff for his creative work. Thanks must also go to Suzanne Price and the dining staff for organizing our first artist reception in more than two years. So, as you and your visitors stroll around the block, take time to stop and enjoy Mirabella’s windows on the world.

Ginny Sharp

## ENVIRONMENT & FACILITIES COMMITTEE

Nickie Askov and Sally Hahn, Cochairs

### Update

At the June meeting of the Environment & Facilities Committee, we unanimously endorsed the motion of the Green Subcommittee, which we forwarded to the Residents’ Association where it passed almost unanimously on June 7. It was then forwarded to the administration to show residents’ support for the use

of compostable goods. The motion:

Residents of Mirabella Seattle recommend that Mirabella management resume its 2011 policy stating that *all our Mirabella TO GO containers are compostable*, when such containers are obtainable.

**On Garage etiquette and safety:** Cars should not be unloaded on the ramp. (It is too dangerous.) Please pull inside the garage by your elevator of preference. To prevent theft, keys will not be left in the car when your car is staged. A list of local parking lots is provided caregivers.

**On safety using Mirabella transportation:** To prevent falls when getting off the bus using the ramp of the small bus, passengers must wait until the bus driver can leave the driver’s seat and come around to the ramp to assist.



Jon Meza

Jon Meza is a new Security staff member who has moved here from Mirabella Portland. Please welcome him when you see him.

Darren Mowry, Technology Coordinator, and Kinga Nagy, AL Director of Nursing, received annual employee

awards from PRS for their service to Mirabella Seattle. We are lucky to have them! Please congratulate them when you see him.

Nickie Askov



Darren Mowry



Kinga Nagy

# GREEN TIPS § CLINICS FOR ALL

10

JULY–AUGUST | 2022

## ENVIRONMENT AND FACILITIES GREEN SUBCOMMITTEE

Carolyn Roe, Chair

### Green Tip: Recycling Mantras

Mirabella Seattle residents, staff, caregivers, and visitors are having difficulty recycling in our complex world. Even the subcommittee members have trouble knowing what goes where. So, read the recycling materials you receive, read all informational posters on the trash room and threadcycle walls, and memorize the mantras: **Reduce, Re-use, Recycle and When in Doubt, Throw It Out.** (Put it in to your garbage can and then, double-bagged, down the trash room chute.) Please don't ruin the hard work of recycling done by others by tossing garbage into the recycling or composting bins. Mirabella Seattle is fined by Seattle Public Utilities for contaminated recycled material. Those fines increase Mirabella's operating costs, which in turn increase resident fees.

The same goes for **composting** your kitchen and yard waste. If you don't have a composting bin and composting bags, contact Facilities at x 1413 or [1413@retirement.org](mailto:1413@retirement.org) to ask for them. Dispose of full bags in the green composting bin in each trash room.

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, July 12; 9:30 am; Monday, August 8; 9:30, Suite 134*

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

### Foot Care Clinic

*Mondays, July 18 and 25; Tuesdays, July 19 and 26; 9:30 am–4:30 pm, Suite 134*

*Mondays, August 15 and 22; Tuesdays, August 16 and 23; 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

*Wednesdays, July 6; August 3; 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

# RESPIRE § HOW TO WALK TALL

JULY–AUGUST | 2022

11

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, 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 is 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](mailto: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 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

## HEALTH & WELLNESS COMMITTEE

Mike Hahn and Gill Thompson, Cochairs  
*Tuesday, July 26; 3:30–4:30 pm, Emerald Hall*  
**Better Posture + Better Balance = Fewer Falls  
and a Walker and Cane Practicum**

Donna Lovell, Mirabella's new Aquatic Fitness Instructor, will discuss age-related postural changes in sitting, standing, and walking that contribute to fall risk. Her father's ability to successfully compensate after his World War II devastating leg injury and her own recovery after a serious accident reinforced for her the importance of good posture for mobility. She will review specific exercises and postural checks to improve range of motion, alignment, and strength. Donna will also demonstrate proper posture and technique for the safe and efficient use of walkers and canes.



*Donna Lovell  
– photo, M. Hahn*

Donna Lovell shares her knowledge of balance and

# PLAY § READ § LEARN

12

JULY–AUGUST | 2022

fitness in her classes. She has a BA in Recreational Rehabilitation and teaches with enthusiastic clarity.

Mike Hahn

## Mirabella Game Convention

*Friday, July 15; 2–3:30 pm, NW Dining Room*

The Health and Wellness committee is sponsoring a Game Convention for all independent residents. It's an opportunity to showcase the games that are played here and to see who is playing them. Many new residents have moved in since COVID overtook us, and there have been few opportunities to see or hear about ways we have of socializing with each other.

Regular participants in one or more games are invited to come to the Northwest Dining Room to play a round or two of their games. Anyone interested may come to walk around, watch, interact with players, and ask questions. You will be able to sign up for more information or to express interest.

Possible games are Bridge, two types of Mah-jongg (National League and Hawaiian or Chinese), Mexican Train, Poker, Hand and Foot, and Rummy Cube (or Rummy Tile).

If you have an idea about another game that we should add to the convention, contact Gill Thompson, x 1544, internal mailbox 431, or email [gillthompson431@gmail.com](mailto:gillthompson431@gmail.com).

Gill Thompson

## LIBRARY COMMITTEE

Toni Myers and Martha Oman, Cochairs

### Library News

After the fascinating talk about Seattle history by David B. Williams, his books, *Seattle Walks: Discovering History and Nature in the City* and *Homewaters: A Human and Natural History of Puget Sound*, have been added to the library collection. They will be displayed on the round table, and you are welcome to borrow and read them.

Books on Seattle history are found in the 979 section of nonfiction. Also remember that travel books about the Pacific Northwest are found in 917.97. Since we expect lovely summer weather, we will keep a supply of books on the round table about places to explore here in Seattle and the Pacific Northwest.

An intriguing new fiction book has been donated titled *The Prince of the Skies*, based on the true story of Antoine de Saint-Exupéry. It was written by the famous Spanish author Antonio Iturbe.

Explore our fiction and nonfiction collections as you relax and enjoy a beautiful Seattle summer!

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 the Zoom link, 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.

### Mirabella Writing Class

*Tuesdays, July 5, 19; August 2, 16; 3 pm,  
Conference Room A*

The summer series of the Mirabella Writing Class continues through July, August, and September on the first and third Tuesdays. This class supports and encourages both beginning and experienced writers. The teacher, Dana Wenig, is a writer and editor. She says, "I believe that every person has a story worth telling. I believe in the power of writing practice and generative writing as opposed to workshopping and harsh critique."

Drop in on July 5 for the first session of the summer series to check it out with no obligation. Participate or observe.

# TALKS ON ART, WORK, AND LIFE

JULY–AUGUST | 2022

13

There is a fee of \$180 for the series. Coordinator: Louise Lowry (x 1684).

## Supportive Friends

*Tuesdays, July 5, August 2, and September 6;*

*5:30 pm, Vineyard Room*

Mirabella's Supportive Friends, a safe gathering place to share dinner and conversation among other bereaved Mirabella residents, will continue to meet in the Vineyard Room the first Tuesday of each month through the summer and into the fall. See you there. Coordinators: Carolyn Blount, x 1644, and Natalie Siegel, x 1698.

## Ancient Art and Architecture with Kolya Rice:

### Focus on Ancient Greece and Ancient Rome

*Wednesdays, July 6 and 13; 3:30–5 pm, via Zoom*

**July 6:** Ancient Greece, from around 600–1000 BCE, will be explored with representative samples of its abundance of great art and architecture, including the Parthenon, ancient sculpture, and arts in relation to classical aesthetics and philosophy.

**July 13:** Cultural objects to be explored are key Roman sculptures and architecture from 300 BCE to 400 CE, including Roman Forums, triumphal arches, portrait sculptures, and the Colosseum. Coordinator: Sylvia Fisher.

## Greg Wolf: My Job is Running Kasala Furniture!

*Fridays, July 8 and 15; 3–4 pm, Live in Emerald Hall and on Zoom.*

**Part 1, July 8:** How I Became a Seattle Furniture CEO at Age 33.

**Part 2, July 15:** Challenges of Running a Small Independent Furniture Business in Seattle.

In less than ten years, Greg Wolf went from graduating with an MBA to becoming the CEO of a multimillion-dollar small Seattle furniture business, Kasala Furniture. This will be a chance to ask a CEO about all types of problems with running a

small business in Seattle during riots, COVID, and times of supply chain problems. Coordinator: Leslie Klein, x 1779.

## The Importance of Old-Growth Forests

### Part 1, Jerry Franklin

*Friday, July 29; 3:30–4:30 pm, via Zoom*

Professor Emeritus Jerry Franklin vowed as a young boy to protect Washington's old-growth forests. He became a Research Forester, chief plant ecologist for the U.S. Forest Service, director of the H. J. Andrew Experimental Forest in Blue River, Oregon, and a longtime professor at the University of Washington. In his recent book *Ecological Forest Management*, he said "old trees function not as individuals, but as a network."

### Part 2, Stephen Kropp

*Friday, August 5; 3:30–4:30 pm, Emerald Hall*

Stephen Kropp has been a project coordinator, water resources engineer, forest hydrologist, and private consultant in the Pacific Northwest for more than twenty years. He will speak about The Center for Responsible Forestry, which focuses on drawing attention to the clearcut logging of some of the oldest and most biodiverse lowland forests in Western Washington. He will discuss the need to conserve these forests and why they represent an important part of our natural heritage.

Coordinator: Marcy Golde

## Latin America and the United States: Mexico, Central America, Cuba, and Venezuela with Marc McLeod

*Wednesdays, August 3 and 10; Tuesday, August 16; 3:30–4:30 pm, Live in Emerald Hall and on Zoom.*

Dr. Marc McLeod, Associate Professor of History at Seattle University, will talk about Latin America in a three-part lecture series. He will examine the history of modern Latin America while paying particular

# THE AMERICAS § BUS TRIPS

14

JULY–AUGUST | 2022

attention to U.S. relations with the region.

## Part 1: Mexico and the United States: Distant



Mark McLeod

**Neighbors?** This presentation includes the history of Mexico from the Mexican Revolution (1910–20) to the present day. Dr. McLeod will also discuss the role of the United States in Mexico since the inception of the North American Free Trade Agreement in 1994.

## Part 2: Central America: Inevitable Revolution?

Dr. McLeod will explore the history of Central America from the export boom based on bananas and coffee in the late nineteenth and early twentieth centuries to the present day. He will discuss U.S. intervention in the region during the Cold War, especially in Guatemala and Nicaragua.

**Part 3: Cuba and Venezuela: Engagement or Isolation?** This session concerns critical issues affecting both Cuba and Venezuela today, including economic crisis, authoritarian rule, public protest, and the impact of the COVID-19 pandemic.

Coordinator: Leslie Klein, x 1779.

## Art Currently in Seattle's Museums with Rebecca Albani

*Mondays, August 8 and 15; 10:45 am–12 pm, via Zoom*

On August 8, Rebecca will introduce us to the Frye Museum's Special Exhibit of the work of Romare Bearden (1911–1988). Informed by his early cartooning and social work, Bearden's art explores ordinary African Americans in New York, Pittsburgh, and the rural South. He is best known for his dense figurative collages. These help us understand the artist's lesser known abstractions, which are the focus of this exhibit, "Romare Bearden: Abstraction."

On August 15, Rebecca will show us the Seattle Art Museum's exhibit of the work of Alberto Giacometti (1901–1966). This Special Exhibit, "Alberto Giacometti: Toward the Ultimate Figure," shows how this Swiss artist worked through naturalistic, abstract, and surrealist styles before developing his instantly recognizable, rough, and attenuated figures, which have become icons of modern art. Coordinator: Sylvia Fisher.

## OUTSIDE ACTIVITIES COMMITTEE

Judith Peterick, Chair

Katie Harrison, Resident Services Supervisor

Marcus Cullen, Facilities Services Director

**One-time Changes to Bus Trips:** The scheduled 10 am trip to Fred Meyer on Monday, July 4, may be cancelled if too few people sign up. The afternoon trip to Uwajimaya is moved to July 11 at 1:30 pm. To avoid conflict with Residents' Association meeting, the Luncheonaires trip has been rescheduled to the last Tuesday of July.

**Bus Schedule Notes:** *The Mirabella Monthly* lists both departure time from Mirabella and estimated pickup time from the destination. A grocery visit is one-and-a-half hours; times for other activities depend on the activity. For bus trips, please meet in the lobby fifteen minutes before departure to allow the bus to load and leave on time.

**To Make or Cancel a Reservation:** Call x 1419 to leave a message for bus reservations or cancellations or submit a Request for Town Car and Bus Transportation on the Transportation tab on MIRANET. A call or email from Transportation confirms your seat. The site also lists seats available for each trip. 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. Call the Front Desk to cancel at the last minute.

# ABOUT TOWN AND BEYOND

JULY–AUGUST | 2022

15

**COVID Restrictions:** Many venues still require visitors to be masked and show both a COVID vaccination certificate and a current ID. Have these items *before* getting on the bus.

## GROCERY TRIPS

**Ballard Market**, Fridays, July 1, 15, 29, August 12, 26; 10–11:45 am  
**Costco**, Wednesdays, July 13, 27, August 10, 24; 9:45–11:30 am  
**Fred Meyer**, Mondays, July 4, 18, August 1, 15, 29; 10–11:45 am  
**Metro Market**, Fridays, July 8, 22, August 5, 19, 26; 10–11:45 am  
**Safeway**, Fridays, July 8, 22, August 5, 19; 1:30–3:15 pm  
**Trader Joe's/PCC**, Wednesdays, July 13, 27, August 10, 24; 1:30–3:15 pm  
**University Village**, Mondays, July 11; 10–11:45 am; 25; extended stay, 10 am–1 pm; August 8, 22; 10–11:45 am  
**Uwajimaya**, Mondays, July 11, August 1; 1:30–3:15 pm

## WALKS

*Saturdays, 9:30–11:15 am pickup*  
 » July 2 Myrtle Edwards Waterfront Park  
 » July 9 Magnuson Park  
 » July 16 Alki Waterfront  
 » July 23 Seward Park  
 » July 30 Discovery Park  
 » August 6 Golden Gardens  
 » August 13 Bellevue Botanical Gardens  
 » August 20 Edmonds Waterfront  
 » August 27 Myrtle Edwards Waterfront Park  
 Coordinator: Charlotte Bushue, x 1723.

## GOLF

*Thursdays, July 7, 14, 21, and 28, August 4, 11, 18, 25; 9:30–11:30 am*  
 Golf courses will be announced in the Weekly or on MIRANET. Coordinator: Charlotte Bushue, x 1723.

## SUNDAY CHURCH

*Sundays, July 3, 10, 17, 24, 31, August 7, 14, 21, 28; 8:30–9:45 am*

The 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 send out a listing of events for which we usually provide Mirabella bus transportation.

## SPECIAL ACTIVITIES AND EVENTS

### Northwest Trek Wildlife Park

*Wednesday, July 6; 10:30 am–3 pm*  
 Try a trip to Northwest Trek, departing Mirabella at 10:30 am and leaving NWT at 3 pm. See North American wildlife up close and personal, where animals run free and visitors ride in a safe vehicle from which they may observe moose, elk, deer, bear, fox, wolves, and a variety of small animals. There is a food concession at the NWT Park and other restaurants in small, nearby towns. It's a trip well worth taking. Admission fee and animal life tour by vehicle is \$22, \$14 for seniors, and \$10 for tots. Coordinator: Ken Hopkins, x 1662.

### Queen Anne Farmers Market

*Thursday, July 14; 2:30–5 pm*  
 Queen Anne Farmers Market is Seattle's only independent farmers' market. QAFM is located at West Crockett Street and Queen Anne Avenue North and features an all-food roster of farmers and other local food producers. It offers a dynamic variety of live music, chef demos, and other activities unlike any market you've visited! If you tire of the market, there is a Trader Joe's nearby where you can also pick up your favorite items. Coordinator: Jade Simonson, x 1688.

### Day at La Conner

*Wednesday, July 20; 10:30 am–3:30 pm*

# TRIPS TO TREASURE

16

JULY–AUGUST | 2022

The bus will arrive in La Conner at 11:15, and depart at 3:30, leaving ample time to have lunch at a favorite restaurant or bakery, look at the unique items in the many small shops, or walk along the scenic waterfront on the busy Swinomish Channel. The two museums in town are The Museum of Northwest Art at 121 First Street and the Pacific Northwest Quilt and Fiber Arts Museum at 703 South Second Street. There is more than enough to make it an interesting day. Coordinator: Judith Peterick, x 1683.

## Concerts at Ballard Locks

*Bus will depart Mirabella at 1:15 pm and pick up at 3:30 pm*

- » Sunday, July 24: Seattle Youth Symphony Chamber
- » Sunday, August 14: Emerald City Sax Quartet
- » Sunday, August 28: Ballard Sedentary Sousa Band

The concert series is returning to the Ballard Locks this summer after pausing for two years because of the pandemic. Three concerts have been scheduled for our enjoyment. Bring your own fold-up chair, walker, or blanket to sit on. Coordinator: Charlotte Bushue, x 1723.

## Fifth Avenue Theatre, *Come from Away*

*Thursday, July 21; 12:45–4:15 pm*

This longest-running Canadian musical in Broadway history is based on the September 11 attack on the U.S. that grounded all planes worldwide and how residents of a small town, Gander, Newfoundland, dealt with about 7,000 travelers from thirty-eight planes caught in mid-flight with nowhere to land for almost a week. Its theme is generosity of spirit in time of trauma. Coordinator: Judith Peterick, x 1683.

## Luncheonaires: Ivar's Salmon House

*Tuesday, July 26; 11 am–1 pm*

The Salmon House is a beautiful cedar replica of a historic Northwest Native American Longhouse used by the local Salish Indians of Puget Sound. Favorite daily entrees and fresh-sheet selections

include alder-smoked salmon, prawns, alder-smoked chicken, and seasonal seafood specials. The outdoor Fish Bar offers casual lakeside dining or quick take-out food. Coordinator: Judith Peterick, x 1683.

## Seattle Asian Art Museum

*Friday, July 29; 1–4 pm*

Seattle Asian Art Museum, a 1933 Art Deco building at the heart of Volunteer Park, was recently renovated to include new galleries and common spaces. Besides the exhibits in the Museum, visitors may also enjoy the surrounding gardens. Admission is free for all visitors that day. Please sign up soon because only the small bus with seating for twelve is available. You may request a seat through MIRANET under the Transportation tab or by calling x 1419. Coordinator: Nickie Askov, x 1858.

## Highline SeaTac Botanical Gardens

*Wednesday, August 3; 10:30 am–1:30 pm*

These gardens were created to preserve some of the area's most treasured gardens. Two of the gardens were physically moved to prevent their destruction during SeaTac Airport's third runway project. A Japanese memorial garden from a nearby nursery was moved on to the site. Various garden and flower societies have contributed flora to these gardens including irises, fuchsias, and roses. We are suggesting that you bring a Mirabella box lunch to enjoy during our visit. Coordinators: Jade Simonson, x 1688, and Judith Peterick, x 1683.

## Swedish Pancake Brunch

*Sunday, August 7; 10:30 am–12 pm; Swedish Club*

The meal comes with juice, ham, three or more pancakes, whipped cream, lingonberries or strawberries, and coffee, tea, or milk. Music and dancing will accompany brunch. Cost is \$11.00 per person. Coordinator: Judith Peterick, x1683.



# MORE TRIPS



# PROGRAMS

JULY–AUGUST | 2022

17

## **Seattle Storm Women’s Basketball Game**

*Sunday, August 7; 11 am–2:30 pm*

Join us for a trip to Climate Pledge Arena for the final regular season game of the Seattle Storm. This game could decide the Storm’s playoff standing and is a great chance to see the new arena. Tickets are \$50 for second level seating. We recommend that you order your tickets and sign up for the bus as soon as possible as only the small bus is available. The bus will pick you up after the game, approximately at 2:30 pm. Coordinator: Ken Hopkins, x 1662.

## **MOHAI: Ansel Adams: Masterworks**

*Wednesday, August 17; 10 am–1 pm*

MOHAI’s special exhibit, *Ansel Adams: Masterworks*, is a traveling exhibit featuring forty-eight photographs by Adams. Many are familiar with his iconic images, and this is one of the few chances to see them in one place. This collection has been called the “Museum Set” and was considered by Adams himself to represent the best work of his career. Coordinator: Jade Simonson, x 1688.

## **Mariners’ Baseball Game**

*Thursday, August 25; 12 pm–TBD*

The Mariners play the Cleveland Guardians (formerly the Cleveland Indians). Tickets are \$30 each for good seats. The Mariners are a young team and some days a great team. So let’s enjoy the game. Coordinator: Ken Hopkins, x 1662.

## **Garfield High School Centennial**

*Saturday, August 27; 10 am–TBD*

The Mirabella bus will take the Saturday morning walkers to Myrtle Edwards Park first and return to Mirabella to make a trip to Garfield before returning to pick up the walkers and return them to Mirabella. There may be a second trip to Garfield later. Coordinator: Charlotte Bushue, x 1723.

## **Day at Tacoma Museums**

*Wednesday, August 31; 9:30 am–3 pm*

Tacoma Art Museum, Museum of Glass, and the Washington State History Museum: choose one or more. They are within a block of each other. The bus can drop you off; pickup at 2:45 pm at the Tacoma Art Museum and at 3 pm at the History Museum. All the museums except the History Museum have a café where you can lunch. Restaurants dot the area (ask at museum desk). The museums have multiple pricing packages and tours. Admission is free or at a discount for active military and veterans, and there are discounts for AAA, UWAA, NARM, and others. You will need to go online to research these. The Tacoma Art Museum admissions fee is \$15 for a senior. The Museum of Glass costs \$14 for a senior. A special docent-led group tour of ten or more in the afternoon is \$8 a person. Note the Hot Shop is closed 1–2 pm. The Washington State History Museum costs \$11 for a senior; the exhibit is *Remembrance: The Legacy of Executive Order 9066 in Washington State* (The legacy of the incarceration of people of Japanese descent during WWII). A \$5 fee for the bus will be charged to your Mirabella account. If you are interested in a docent-led tour, let the coordinator know the museums in which you want a guided tour by August 10 to allow time to make any necessary arrangements with the museums. Coordinator: Judith Peterick, x 1683.

## **PROGRAM COMMITTEE**

Judy Guder and Stafford Miller, Cochairs

### **Pianist Karin McCullough: *Il sont tous vécu à Paris (They all lived in Paris)***

*Thursday, July 7; 3:30–4:30 pm, Emerald Hall*

Pianist Karin McCullough returns to Mirabella in a piano recital with selections from seven composers who all lived in Paris. Composers include Chopin, Fauré, and Debussy. To go along with her theme, Karin shares a photo of herself wearing a beret on

MUSIC'S ON § ON WAR



*Karin McCullough*

her visit to Paris. Karin is a Nationally Certified Teacher of Music. She performs frequently in the Seattle area, often under the auspices of the Ladies Musical Club and on KING FM's show, *Northwest Focus Live*. She is the Puget Sound principal organizer for the international movement, "Bach in the Subways," which occurs each March 21. Coordinator: Judy Waring.

**David Muerdter, Geologist: Tsunami: What, When, Where in Seattle**

*Thursday, July 14; 3:30 pm, Emerald Hall*

If you live in the Seattle area, you have likely heard that a tsunami (formerly called a tidal wave) and a big earthquake are both expected to hit the Pacific Northwest. Why are we vulnerable? What will happen? When will it happen? In this talk, Dave Muerdter shares recent research about how tsunamis form and discusses recent tsunami disasters in Indonesia and Japan. He reviews the historical record of earthquakes and tsunamis in this region and the probability and possible effects of one here in the Pacific Northwest.

David Muerdter holds a PhD in Geological Oceanography from the University of Rhode Island. He worked for Amoco Petroleum Company and for Sierra Geophysics. As he concludes his talk, he asks: "Why are we so lucky to live in such a lively place?" Lively place indeed! Come to this talk prepared to enjoy, shiver, shake with fear, chuckle with pleasure, and leave knowing more than you did before. Coordinator: Lynne Iglitzin.

**Greenwood Concert Band**

*Sunday, July 17; 2 pm, Courtyard*

The Greenwood Concert Band, conducted by William Blayney, will once again play a program of "Sunday in the Park" favorites. As many here remember, this band has played at Mirabella several times in the courtyard. You can sit in the performance area or on your balcony. Either way you will be in for a musical treat on a summer afternoon. Residents are encouraged to invite outside family or friends. Coordinator: Stafford Miller.



*William Blayney*

**Resat Kasaba: Sleepwalking into a Global War: The Dangers of an Endless Conflict in Ukraine**

*Thursday, July 28; 3:30 pm, Emerald Hall*

As the war in Ukraine continues with no end in sight, the parallels between the 1900s and today are particularly apparent. University of Washington Professor Resat Kasaba helps us turn to history to see what lessons can be learned from the mistakes that past world leaders made. As we look at the Ukraine conflict, a glance back at the first decade of the twentieth century, the so-called "Gilded Age," is particularly useful. Racism and xenophobia were rampant. Many historians argue that the major European powers "sleepwalked" into World War I. Is it possible that the war in Ukraine will end up drawing NATO and Russia into a war that nobody wants?

Resat Kasaba, Anne H. H. and Kenneth B. Pyle Professor in American Foreign Policy, is an expert



*Resat Kasaba*

# MORE MUSIC

JULY–AUGUST | 2022

19

in the history and politics of the Middle East. He has taught at the Henry M. Jackson School of International Affairs for over thirty years and served as its director for ten years. He is a recipient of a UW Distinguished Teaching Award and author of numerous scholarly books and articles. Professor Kasaba is well positioned to share his insights and predictions as we face new crises in the twenty-first century. Coordinator: Lynne Iglitzin.

## Amabile Piano Duo

*Sunday, July 31; 2 pm, Emerald Hall*



*John Fisher*



*Domi Oh*

Domi Oh and John Fisher, visiting Seattle from Texas, will present a program of piano duets. The featured work will be the *Liebeslieder Waltzes*, Op. 52, of Johannes Brahms.

John Fisher, Professor of Music, now in his thirty-fourth and final year as a full-time music faculty member at Texas Wesleyan University in Fort Worth, has also served as Wesleyan's Music Department Chairman from 2004 to 2014.

Dr. Fisher has played many solo and chamber piano recitals on his home campuses during his career and has made guest appearances throughout the United States. He is also an active and much sought-after contest and festival adjudicator. An avid world traveler, he has organized and led university student and alumni tours to more than twenty-five countries.

Domi Oh, collaborative pianist, dedicated educator, and performer, is currently Lecturer in Piano at the University of Texas at Dallas. Dr. Oh has an extensive performance schedule for 2022 and often travels to give guest lectures and demonstrations. Her publications appear in both the U.S. and South Korea. Coordinator: Kitty Dow.

## The Ruthie Dornfeld Trio

*Thursday, August 4; 3:30 pm, Courtyard*

Ruthie, WB Reid, and Bonnie will entertain us with fiddle tunes and folk songs from the U.S. and other countries. Each member of the trio plays multiple instruments and sings. The trio presented a program at Mirabella in March, and we are pleased to have them back for more lively music, including a bit of banjo picking. Coordinator: Rosa Lea Taylor.



*Dornfeld Trio: Ruthie, WB Reid, and Bonnie*

## From Mountain Men to Railroads: The Opening of the American West

*Thursday, August 11; 3:30–4:45 pm, via Zoom only*

Ed Gordon returns to talk about the American expansion to the West from 1804 to 1890. America's interior was incredibly altered between Lewis and Clark's expedition to the Pacific in 1804 and President Benjamin Harrison's declaration

# HISTORY AND SONG

20

JULY–AUGUST | 2022

of the official closing of the western frontier in 1890, eighty-six years later. Lots of history happened in this dramatic period, but Gordon's depictions will focus on these topics: Lewis and Clark Expedition; the Mountain Men, including Jim Bridger, Jedediah Smith, Tom Fitzpatrick, and Kit Carson; the Government Explorers, including Zebulon Pike, John C. Fremont, and John Wesley Powell; the Santa Fe and Oregon Trails; the 1849 Gold Rush and California Trail; Territorial Disputes between Native Americans and Settlers; and the Transcontinental Railroad and Near Extinction of the Buffalo.

Edward E. Gordon is an internationally known historian, speaker, researcher, and author. He was a distinguished lecturer for the Organization of American Historians. He is the author of many books and articles on history, business, and education. He has appeared often on national media, including CBS, NPR, and *PBS NewsHour*. Coordinator: Leslie Klein.

## **Cavort**

*Thursday, August 18; 3 pm, Courtyard*



*Cavort*

Tami Curtis and her music group, Cavort, will play Irish instrumentals and upbeat songs from Ireland and Scotland on fiddle, flute, guitar, and drum. The group is fun and entertaining, with good musicians who are enthusiastic about the opportunity to play at Mirabella Seattle. Come and feel like you are in an Irish pub! Coordinator: Rosa Lea Taylor.

## **SeaChordsmen**

*Thursday, August 25; 3:30 pm, Courtyard*

The SeaChordsmen, Seattle's oldest barbershop chorus, chartered in 1949, returns to Mirabella. Their Traveling Roadshow will combine favorite older songs with some newer tunes to provide an hour of fun and storytelling through harmony. This will be a wonderful way to enjoy a sunny afternoon in the courtyard. Coordinator: Carolyn Burton.

## **Cello and Piano Concert**

*Thursday, September 1; 3:30–4:30 pm, Emerald Hall*

Erika Pierson, cellist, with David Tan, pianist, returns to Mirabella Seattle. Erika Pierson has performed

solo recitals in many European countries. She has also been featured soloist with orchestras in Berlin and the U.S. She performs regularly with

the North Corner Chamber Orchestra (NOCCO). The concert will include Brahms's *Sonata in F Major for Cello and Piano*. Coordinator: Jean Hall.



*Erika Pierson*

# WELCOME, ANN, JOHN, DAVID, & DOROTHY

JULY–AUGUST | 2022

21

## WELCOME COMMITTEE

Diane Holmes, Chair

### Ann Kuder and John Russell

Ann Kuder and John Russell are two of our new neighbors. They moved into unit 802 at the end of May from their home of forty-seven years in



*Ann Kuder*

– photo, J. Curtis

Madrona. Ann grew up in Spokane. She spent two years at Gonzaga and transferred to the University of Washington, where she earned a BS in Math and an MBA in Finance. As well as her expected career in banking (Seafirst, Washington Mutual, Bank of America), she worked as a barmaid in the U District and as a sales forecaster for Eddie Bauer. She finished the last seven years of her career at Bank of America serving as a Financial Analyst. Ann enjoys walking and hiking, volunteering at St. Therese's parish, and especially, taking care of her eight

grandchildren, three of whom are younger than four months.

John grew up outside Elgin, in northern Illinois. He graduated from Grinnell College in Iowa and received an MA in Economics at UW. He and Ann met when they both worked at Seafirst Bank. During the era of interstate banking consolidations,



*John Russell*

– photo, J. Curtis

John turned to the nonprofit sector. He worked eleven years as the business manager for Sacred Heart Church in Bellevue, several years for the New Horizon School in Renton, and then for nine years at Holy Rosary Church in Edmonds. He enjoys genealogy, church work, birding, and addressing the impact of invasive plant species on the environment. We give them a warm welcome as they experience the joys of downsizing and as they look forward to a busy life here at Mirabella.

Alice Arrington

### David and Dorothy Rowlett

David and Dorothy Rowlett lived in Laurelhurst for many years. They might even have been charter Mirabella residents because they had selected a unit in Mirabella in the early days. At the time, they were living in Phoenix, Arizona, where their daughter lives, and planned to move back to Seattle when they retired. However, when Mirabella opened, they decided they were not yet ready to retire, and the move was delayed. Now, however, they have returned to Seattle and Mirabella and have moved into unit 521. They will be near a son in Edmonds who followed in his father's footsteps to become a psychiatrist.



*Dorothy and David Rowlett – photo, B. Porter*

# CLUB NEWS § WRITING JOY

22

JULY–AUGUST | 2022

David was raised in California, graduated from UC Berkeley, went to medical school at the University of Kansas, and did his residency at the University of Washington. He established his practice in Seattle as a psychoanalyst, a professional role he particularly enjoyed. He continued to work with students as a clinical professor at the UW.

Dorothy grew up in British Columbia and graduated from the University of Victoria. She was a physical education teacher in Surrey, BC, and loved traveling. After moving to Seattle, she had a variety of paid and volunteer positions. She met David when she was temporarily a secretary in his office. In Phoenix, she particularly enjoyed being a docent at the Musical Instrument Museum.

David and Dorothy also lived and worked in Sydney, Australia for five years. Both have enjoyed tennis, skiing, and other sports. One may find David in the gym working out each morning.

Tina Moss

## BOOK CLUB

*Fourth Monday of the month; 3:30 pm, Conference Room A*

**July 25:** We recently discussed Joan Didion's book *The Year of Magical Thinking*, which was 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.

**August 22:** *The Last Green Valley*, a novel by Mark Sullivan, is a timely choice for our discussion. It tells the story of a family fleeing Ukraine when Stalin's forces invaded in 1944. It is based on the experiences of a family living near the author in Montana.

**September 26:** We will discuss *The River of Doubt* by Candice Millard. After Theodore Roosevelt was

defeated in the 1912 presidential election, he and his son Kermit undertook the challenge of descending an unmapped, treacherous tributary of the Amazon. This book relates the many hardships they faced in this undertaking.

Everyone is welcome to join us.

Tina Moss

## OPERA CLUB NEWS

*Monday, August 29; 2 pm, Zoom meeting*

**New Season:** Our selection of operas for October 2022 through February 2023 will take place at the Opera Club Zoom meeting on Monday, August 29. If you would like to have input on upcoming operas, please join us for the meeting. Contact Donna McCampbell beforehand at x 1628 (or [dmccamp2001@yahoo.com](mailto:dmccamp2001@yahoo.com)) to learn the Zoom meeting ID.

**Summer Break:** From July 1 through the end of September, the Mirabella Opera Club will be on summer break. Our next opera showing will be in Emerald Hall at 1:30 pm on Monday, October 10. Please mark your calendars.

**Met HD Live:** The Metropolitan Opera Live in HD broadcasts will also take a break from July through September. Our column in *The Mirabella Monthly* will continue to provide upcoming titles and dates for the Live in HD schedule.

Donna McCampbell, Opera Club Chair

## PRIMARY PEN PALS

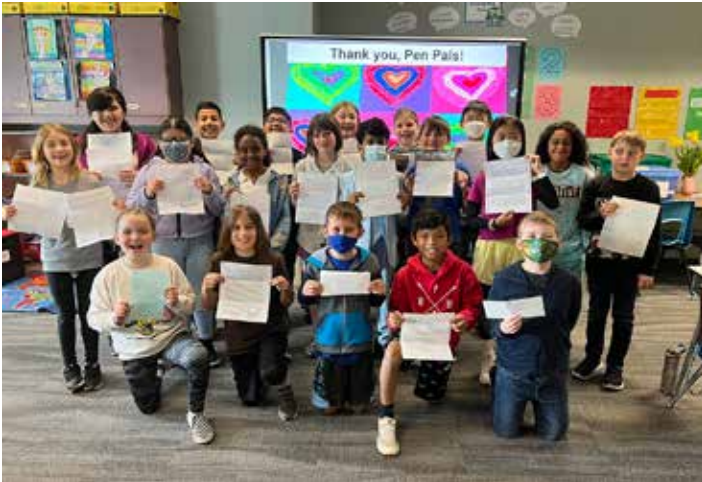
BY LOUISE LOWRY

Twenty Mirabella Seattle residents exchanged letters with third graders from Cedarwood Elementary School in Mill Creek. Resident Artis Leabo and her niece, Jane Sparks, a third-grade teacher at the school, came up with this pen pal project to serve the needs of both groups.

# SEEKING ANSWERS

JULY–AUGUST | 2022

23



*Third grade Pen Pals, Cedarwood Elementary School – photo, J. Sparks*

Teacher Jane Sparks puts it this way, “My objective in exchanging pen pal letters this year is that different generations will gain insight from each other. Like Mirabella residents, my eight and nine-year-old students face challenges they cannot control. If we take time to listen and learn from each other, we have hope of becoming better at any age.” Mirabella residents have received their first batch of letters from the third graders and are at work writing back. So far, the reactions to the third graders’ letters from their Mirabella pen pals have been very positive. For example, Nancy Eliason wrote to Artis, “Thanks so much for including me in this project. It was great fun to get Noah’s letter and think about what to say in return.” Mary Worthington said, “Thank you for this joyful opportunity. I loved it.” Third graders and their Mirabella correspondents met via Zoom on June 15. Pen Pals recognized one another, waved, smiled, and some volunteers chatted with their pen pals face-to-face. Teacher Sparks reported that the students were really touched. Next step: the students will be writing their letters in cursive.

## *BOTOX REDUX*

BY LOUISE LOWRY

**D**R. Sue Herring’s multiyear research on the medical use of Botox in jaw muscles has produced results that may significantly influence current medical practices. Her most recent paper on the subject was published in May in the science journal *Anatomical Record*.



*Sue Herring*

At Mirabella Seattle, Sue is the current president of the Residents’ Association and a violinist with Mirabella Miramusical (currently a trio, but other musical residents are welcome to join). In other circles, she is Dr. Susan Herring, Professor Emerita, University of Washington Department of Orthodontics, where she currently conducts research focused on the effects of Botox on muscles of the jaw. One might find her in the lab injecting Botox into rabbit jaws.

Botox, or botulinum neurotoxin, a deadly paralytic poison, is widely used in cosmetic dermatology to “relax” facial muscles, smoothing out frowns and wrinkles. It also has therapeutic applications in medical practice to treat a variety of disorders, especially painful conditions of the jaw’s TMJ or temporomandibular joint.

When one of Sue’s friends was treated with Botox for severe TMJ pain, Sue searched the literature for the science behind the treatment. She found little scientific research and no animal studies backing this use of Botox. To address this lack, she and her research team designed a project that would inject the masseter muscle in rabbits—anatomically similar to human masseter jaw muscle—with Botox

# POETRY CORNER

24

JULY–AUGUST | 2022

and then measure progress of the muscle’s recovery. The team found that repeated injections of Botox could significantly or even permanently delay recovery of muscle tissue even though the masseter regained part of its strength. Repeated injections worsened the damage. The prevailing view had been that muscles injected with Botox would recover completely with time.

Sue and her team’s research results will likely influence changes in future clinical protocols involving Botox, including protocols for administering Botox to relieve TMJ pain.

## HOW A POEM HAPPENS

### — SOMETIMES

BY JARED CURTIS

In the April issue of *The Mirabella Monthly*, I reported on Seattle Storefronts exhibits in South Lake Union. I hope some of you saw them, because the three-month exhibition is over and the windows no longer contain those wonderful installations. More will replace them, but one of them, by felt artist Mimi Sturman, fascinated me. Sturman wrote about her *Birds In A Boneyard – An Aviary Of Abundance* in terms both touching and wise:

This installation is a ghost story. In the midst of an oasis in the Chara Sands, a widower has traveled many miles to hear his dead wife speak to him. Telling him to move on, but never forget her.

– *Shunpike Web Page for South Lake Union Storefronts*

My repeated encounters with the forms and shapes of Sturman’s display led me to do a bit of searching for “Chara Sands”—was it real, I wondered? It is indeed a real place. After viewing some pictures of this remote spot online, I then composed *Crossing Chara Sands*.



“Birds In A Boneyard – An Aviary Of Abundance”

## CROSSING CHARA SANDS

BY JARED CURTIS

*On viewing a felted wool, three-dimensional installation by Mimi Sturman, “Birds in a Boneyard – An Aviary of Abundance,” Seattle Storefront, South Lake Union*

Amid snow covered peaks and tundra, lakes and forests, roll the dunes of Chara Sands that melting glaciers left behind in deep Siberia thousands of years ago.

Oases form within these shifting sands, shady groves of mystery where ghosts, spirits of place, so legend holds, will offer solace to those bowed by grief.

By one account, a widower asked,  
I lost the one I deeply loved to Death—  
What shall I do? A spirit answered him,  
You must move on, but don’t forget your love.

The green oasis held at bay the sands  
that crept in waves across the expanse,  
ringed round by larches towering over bogs.  
This circle, rimmed by distant ice-capped alps,

made evident that seeds of hope for life  
and love lay buried in the mess of loss  
to linger till the time is right to find  
a healing love within the living world.



# BIRTHDAYS § REMEMBERING

JULY–AUGUST | 2022

25

## HAPPY BIRTHDAY! JULY–AUGUST 2022

### JULY

- 1 – Lynne Kase
- 2 – Charlotte Merritt
- 2 – Dick Parker
- 2 – Fred Short
- 3 – Robert Boyd
- 5 – Karen Wong
- 5 – Greg Rueger
- 6 – Alice Arrington
- 8 – Nancy Heymann
- 8 – Ted Taylor
- 8 – Gail Temple
- 8 – Michael Brunberg
- 9 – Jean Hall
- 9 – Linda Morrison
- 10 – Lois Braden
- 10 – Jo Ann Scott
- 10 – Elston Hill
- 12 – David Rowlett
- 12 – Mary Jo Taylor
- 14 – Bonnie Weintraub
- 15 – Bud Erickson
- 15 – Richard Steppic
- 16 – Jan Grant
- 18 – Rhonda Plawner
- 20 – Dore Gormezano
- 20 – David Wong
- 23 – Martha Oman
- 24 – Andrea Lewis
- 26 – Larry Grant
- 28 – Janet Ohta
- 31 – Phil Braden

### *Level of Care*

- 8 – Ruthe Norton
- 21 – Chun-Wah Hui
- 24 – Charlene Marchant
- 25 – Stan Wiklund

### AUGUST

- 1 – Dorothy Rowlett
- 4 – Bill Ellis
- 5 – Maria Fiore
- 6 – Sandy Bialos
- 7 – Verla Kwiram
- 7 – Jo-Anne Shanahan
- 8 – Stafford Miller
- 8 – Gisela Baxter
- 8 – Fred Herb
- 9 – Henry Butler (age 101)
- 9 – Susan Callegari
- 10 – Al Taylor
- 11 – Mort Berman
- 12 – Nanette Welton
- 14 – Anne Morellato
- 15 – Charles Sleicher
- 19 – Bill Barrere
- 22 – Norita Robbins
- 23 – Tim Hill
- 23 – Dixie Jo Porter
- 24 – Darlene Halverson
- 26 – Max Warden
- 28 – Jack Cahill
- 31 – Sandra Gorohoff

### *Level of Care:*

- 3 – Ellen Ward
- 23 – Jake Crossley =====

## *Remembering . . .*

*Georgina Sumner . . . . 5/01/2022*

*Evelyn Rogoff . . . . 5/05/2022*

*Margie Stanton . . . . 6/15/2022*

*Madeleine Mennella . . . . 6/27/2022*

# MOVIE MUSINGS, PART I

26

JULY–AUGUST | 2022

## DIVERSE JULY MOVIES

BY CONNIE CHAPLIN

We start out with two films dealing with redemption. Then one crazy, wild comedy and after that a true story from the Middle Ages. How's that for diversity?

In the drama/thriller *The Card Counter*, Oscar Isaac



William Tell in “*The Card Counter*”

plays William Tell, an ex-military interrogator in Iraq who has put tormenting experiences in Abu Ghraib prison behind him; he is now a professional gambler. He just wants to play cards. He goes from casino to casino, and he pretty much just plays cards. But then, a former acquaintance shows up, bringing with him unwelcome ghosts of the past. But he also provides Tell with an opportunity for redemption, and that's the real game here. Tiffany Haddish, Willem Dafoe, and Tye Sheridan also star.

Jessica Chastain plays Tammy Faye Bakker who, with husband Jim, presided over a lucrative religious broadcasting network and theme park empire. In the film *Eyes of Tammy Faye* her incredible, indelible eyelashes resulted in an Oscar for Makeup and Hairstyling, as well as providing the film's title, but there's more to this movie. Redemption. Chastain won a Best Actress in a Leading Role Oscar for portraying a woman who grew beyond the scandals

and restrictions of her earlier life. An intimate biographical drama.

Wes Anderson's *French Dispatch* has been called a “love letter to journalists.” It's about an American newspaper in a twentieth century French city and focuses on four of the stories published for one final issue. The paper, associated with the Kansas Evening Sun, is being dissolved. Kansas? This being Wes Anderson, the cast includes Bill Murray, Owen Wilson, Benicio Del Toro, Tilda Swinton, Adrian Brody, Frances McDormand, Timothée Chalamet, Willem Dafoe, Saoirse Ronan, and many, many more. Some of them are on the staff of the newspaper, others are town residents. Fifteen members of the cast are bootblacks. Fifteen. How does that even happen?

How many movies about life in The Middle Ages have you seen recently? Say no more. Here's *The Last Duel* with Matt Damon as Jean de Carrouges, a brave and respected Knight, and Adam Driver as Jacques Le Gris, an admired noble Squire of the Court. They are, or were, best friends. But then there's Jodie Comer as Marguerite de Carrouges, the Knight's wife and the reason for the duel. She accuses Le Gris of rape. Not everyone shares her viewpoint, however.

(The film is told in differing-points-of-view, Rashomon-style). But this is a true story, after all this time, of France's last trial by combat. Who knew?



Poster for “*The Last Duel*”

# MOVIE MUSINGS, PART II

JULY–AUGUST | 2022

27

## LOOKING AHEAD TO AUGUST MOVIES IN EMERALD HALL

BY CONNIE CHAPLIN

*Licorice Pizza* just sounds like a summer movie. It takes place in 1973 in the San Fernando Valley, a



“*Licorice Pizza*”

comedy-romance between an unlikely couple; she’s twenty-five, he’s fifteen, and they go out for a drink. They’re platonic soulmates...until they fall in love. The 2021 film was nominated for three Oscars: Best Motion Picture, Best Directing, and Best Original Screenplay. The latter two categories involve director Paul Thomas Anderson, who also directed *Boogie Nights* and *There Will Be Blood*. Do these three movies seem wildly different to you, too?

Gene Hackman plays a wealthy attorney in San Juan, Puerto Rico, on his way to deliver a speech at a charity event in *Under Suspicion* when he is asked to stop by the police station for ten minutes to answer a few questions about that dead girl he had found. Just to clean up some details. Just a cordial discussion. The police captain is Morgan Freeman and although I saw this film when it opened in 2000, I still remember Freeman cordially, quietly, and professionally turn those “ten minutes” into a dramatic interrogation.

*The Best Exotic Marigold Hotel* (for the Elderly

and Beautiful) is run by a young Dev Patel (in 2011), and it sounds like the perfect affordable vacation spot for a bunch of Brits including Judi Dench, Tom Wilkinson, Maggie Smith, Bill Nighy, and Celia Imrie. Turns out, it’s not quite as advertised, but with a cast like this, the 2011 audience was happy, and a *Second Best Exotic Marigold Hotel* film was released in 2015. This is the original.



“*The Best Exotic Marigold Hotel*”

A 2022 film, *The Outfit*, is a drama-mystery that takes place in Chicago in the 1950s. It stars Mark Rylance, a British bespoke tailor, a “cutter,” who now caters to the only clients who can afford his superior workmanship: Windy City gangsters. Zoey Deutch is his shop assistant. What could go wrong? Well, rival crime families don’t always get along, and the cutter and his workshop are ground zero. A “mazelike puzzle of a film.”

Did you somehow miss the whole Bernie Madoff fiasco? Not to worry. Robert DeNiro is cast in this 2017 film that takes you through the Ponzi scheme of your lifetime in *The Wizard of Lies*. He robbed \$65 billion (That’s a B), from unsuspecting folks, the biggest fraud in U.S. history. Did he get adequate recognition for being good at his job? What he got was 150 years.



# *The Mirabella Monthly*

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

VOLUME 14 | ISSUES 7 & 8

JULY–AUGUST | 2022

## *Guide to Mirabella Publications*

### ***The Mirabella Monthly***

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editor, July–August:* Louise Lowry

*Editors, Writers, and Proofreaders:*

Connie Chaplin, Maria Fiore, Sally Hayman, Mary Jossem, Louise Lowry, Mary Rogers

*Proofreaders:* Nickie Askov,

Tricia Brink, Marilyn Campbell, Jean Hall, Betty Heycke, Lynne Iglitzin, Chris Jamin, Tina Moss, Betty O'Donnell, Judy Rourke, Charles Sleicher, Louis Swart

*Production:* Led by Diane King, assisted by Laura Bailey, Jane Beer, Marilyn Campbell, Nancy Eliason, Chris Jamin, Paul Keown, Dick Maider, Tina Moss, Janet and Jim Ohta, Judy Owens, Rhonda Plawner, 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](mailto: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](mailto: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](mailto:jaredcurtis@icloud.com).

Put any paper illustrations and sketches in mailbox #801.

**The Mirabella Monthly**  
*Mirabella Seattle*