

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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JANUARY | 2023

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ARTWORKS BY RESIDENTS LIGHT UP OUR WORLD

BY LOUISE LOWRY

MIRABELLA Seattle artists are the stars of the Art Committee's latest show in Mirabella's main hall art gallery. The Residents Art Show, on now through February 17, includes works by twenty-four Mirabella residents and, for the first time, two entries by staff members. The show features sixty-two hanging pieces in a wide variety of media: oil, acrylic, pen and ink, collage, watercolor, tapestry, needlepoint, and quilting. Also on display are three-dimensional pieces in wood, ceramics, and stone. Residents, relatives, and friends are invited to visit.

The show opens at the top of the lobby stairway with Makiko Doi's hand-painted calligraphy panels *Gem*, *Clear Water*, and *Reiwa*. The adjacent translation of the poetry is meticulously explained in English to capture the essence of the pieces. The Japanese Consul just might drop by.

After Makiko's work, each piece along the walls invites thoughtful viewing, contemplation, and appreciation. You will discover your own favorites. This reviewer was taken by the movement and energy in Judy Owens's bright acrylic triptych,



"Scottish Fling," Judy Owens

FREELY CREATE



“Pot des Fleures,” Jean Ross – photo, J. Curtis

Scottish Fling. An example of how art begets art is Carolyn Burton’s quilt, *MoPop Roof*. Her design was taken from Charles Sleicher’s photo of Frank Gehry’s MoPop structure at the Seattle Center. Another surprising fact is that Linda Berkman herself created some of those teeny, tiny flowers and plants in her model *Flower Shop*.

Jim Holland, who was taught his craft by thirteen-year Mirabella resident Dick Steppic, enjoys creating his hand-turned wood pieces. He says the success of the finished piece lies in the inherent beauty of the wood itself and in the craftsman’s respect for the material. These satiny objects invite

touching. Yes. It’s OK to pick them up. Jim also made the hanging display shelves for his work. The shelves will be donated to the Art Committee for future shows.

Much of the work on display was created in the artists’ apartments here at Mirabella in make-shift studios or on kitchen counters. Some pieces were done in the Mirabella 507 art room or in the woodshop. Others originated in outside studios or through art classes.

Even though not labeled so, some of the pieces are for sale. Check with the artist if you or friends are interested in buying.

Ginny Sharp, with help from Linda Berkman, is the show’s curator. Michael Brunberg designed and installed the vinyl headline lettering. Jim Holland printed the labels.

Jamaal Hopkins from Mirabella Facilities hung the art, including two of his own paintings. The other staff paintings are by

Sofia Angeles from Mirabella Dining Services.

Rhonda Plawner’s recent email to Mirabella residents sums up what many viewers have experienced at the show:

“I just came back from a tour of the Mirabella first floor hallway. I feel like I’ve been to a world class museum. I am blown away by the talented residents of Mirabella and the diversity of work



“Free Form,” Linda Berkman – photo, J. Curtis

HONORING COAST SALISH PEOPLE

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displayed. Thank you to the artists and those who spent time and energy to provide us with such visual enjoyment.”

SEATTLE WATERFRONT NEWS

BY JARED CURTIS

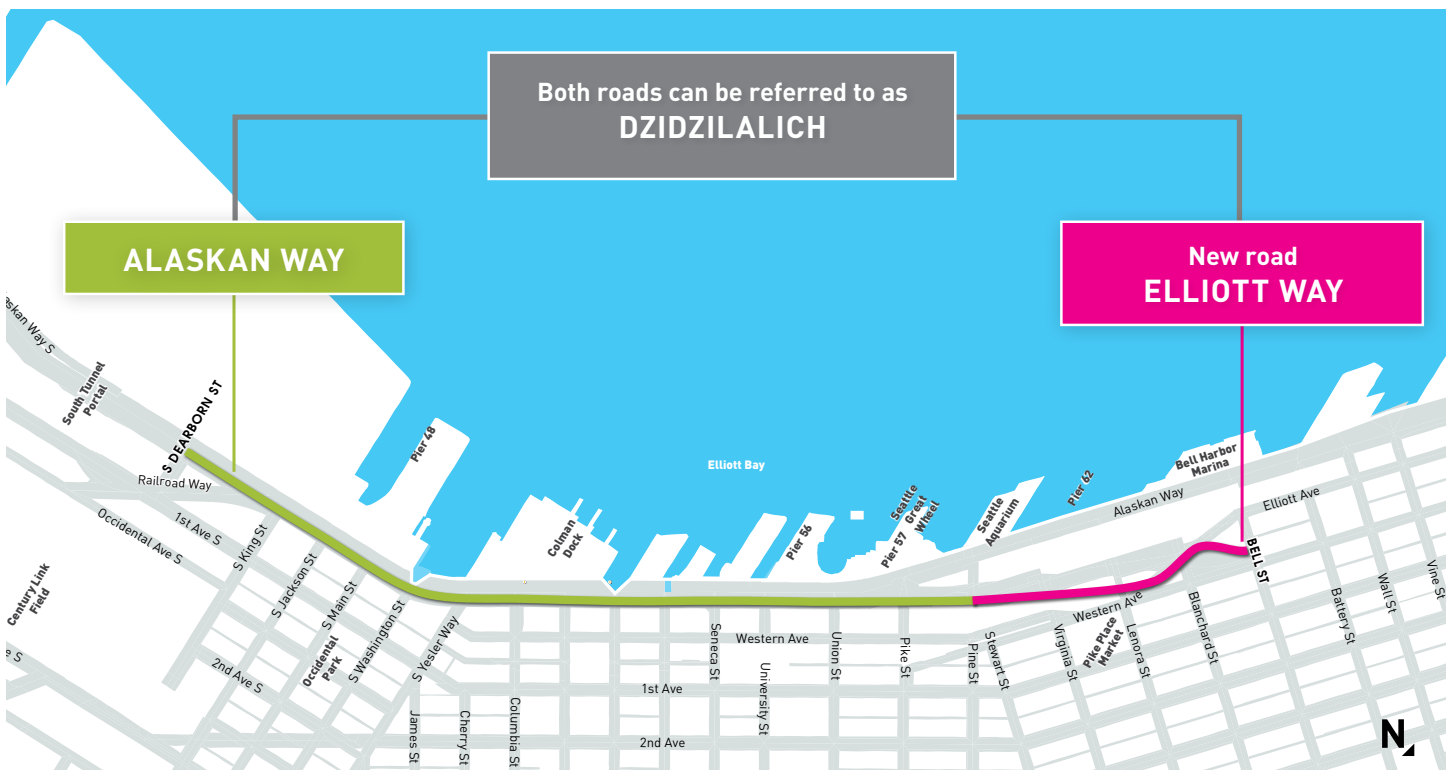
Seattle's Waterfront (Dzidzilalich) stands on the lands and shared waters of the Puget Sound Coast Salish People, whose ancestors resided here since time immemorial. With gratitude, we honor the land, the water and its peoples.

Statement posted on WaterfrontSeattle.org

DRAMATIC changes along Elliott Way and Alaskan Way have inspired a dramatic new name for the stretch of the city's waterfront between South Dearborn Street and Bell Street.

Mayor Bruce Harrell and Council President Debora Juarez have proposed “Dzidzilalich” as the honorary name for Alaskan Way and Elliott Way. The new name is a tribal placename, in Lushootseed, the original language of the tribes. If approved, it will honor the lands and shared waters of the Puget Sound Coast Salish People. A challenge to spell and to pronounce, Dzidzilalich means “Little Crossing-Over Place” in Lushootseed (“Luh-shÛt-see”) and is pronounced “dzee-dzuh-lÁh-leech” with emphasis on the third syllable.

The proposed name change is part of the City's discussion with tribal partners aimed at honoring centuries of tribal history in this place and will lead to city legislation in early 2023 that will establish the street name. According to Waterfront Seattle's notice, “If the street name is approved, honorary



Waterfront Seattle's map of Alaskan Way and the newly created extension of Elliott Way that together make up the proposed portion to be renamed Dzidzilalich – WaterfrontSeattle.org

DZIDZILALICH § MIGHTY MEATS

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Steps and elevator (on right) leading from Alaskan Way to the pedestrian bridge that connects to Western Avenue – photo, J. Curtis

street signs would be posted as part of the opening of the new elevated roadway.” Not to worry if you own property on the waterfront, for the DZIDZILALICH street name designation would be an honorary one. The legal street names, Alaskan Way and Elliott Way, would not change “nor would the official addresses on the street.” Like the Chesiahud Trail, pieced together for pedestrians and cyclists, that encircles Lake Union, the honorary naming of the waterfront is a significant gesture—much too late, some will say—that recognizes the preexisting occupation of the region by native peoples and their

rich culture.

See also the story by Alexandra Yoon-Hendricks in the December 16, 2022 issue of *The Seattle Times*. A now completed means of reaching—or leaving—DZIDZILALICH is the elevated walkway, stairs, and elevator between Union Street and Pike Street. The pedestrian bridge connects Western Avenue, above the waterfront, to the sidewalk of Alaskan Way, roughly twenty feet below. The elevator makes Alaskan Way—or DZIDZILALICH—accessible to those using wheelchairs or walkers. The frond sculpture, a thirty-seven foot construction by local artist Norie Sato, is an arching metal shape hovering over the steps and elevator, which evokes the rich living environment of the shoreline before it was reshaped by settlers in the nineteenth century. The artist’s inspiration, she said, after visiting the site before construction began, was a small fern growing out of a crack in a nearby building. She expanded on this theme in the screen along the south side of the bridge by depicting fern fronds and seagull wings.

A MEATY QUESTION BY DIANE HOLMES

Two blocks from Mirabella, on the corner of Minor Avenue and Howell Street, stands “Market House Meats, since 1948.” At this favorite of area residents and local restaurants, I’ve bought corned beef since it was recommended to me in the 1960s. I would walk in, tell the guy behind the counter I wanted corned beef. He would grab a large “V” shaped hook off the wall, reach deep into a waist high wooden barrel, stab and hold up a hunk of meat, dripping with brine. “Want this one?” he would ask. “Ummmm...looks like it has a lot of fat on it,” I would say. And he would try again. Always, by the third showing, I’d say, “That’s fine” and off I would go with my corned beef.

HEARTY FARE

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Pastrami sandwich, pickle, & potato salad

decided to visit the shop to take a photo of one. I didn't want to buy a sandwich, since I can't eat it (I need gluten free). I just wanted a photograph.

So, at about eleven one morning last week, I asked the man at the counter if I could take a photo of a corned beef sandwich. He said he would be happy to make me a sandwich. I said I can't eat



Breakfast Sandwich – both photos from the Market House Meats website

Fast forward to today.... Market House Meats has been reconfigured, and, in addition to a limited meat market, it now has a lunch counter. (Any *décor* died long ago.) Known for its huge corned beef and pastrami sandwiches, it is frequented by construction workers and neighbors eager for take-out. Thinking some Mirabella residents would like its sandwiches, I

a sandwich and started to explain that I lived in a nearby retirement community and thought the residents would like to see what he had to offer.... He stared at me, then walked to the back. Another man came out from the back and asked if he could help me.

Again: "I want to take a photo of a sandwich."

"We can make you a sandwich and you can take as many pictures as you want."

"I don't want to buy a sandwich because I can't eat a sandwich." He, too, walked away. I bought a half pound of pastrami and left.

So, if you go to Market House Meats for a sandwich, be sure to go before 11 am or after 1 pm to avoid the lunch crowd. And don't mention you live in the retirement community down the street. They may think you, too, are loony and head for the back of the store.



The menu includes ten different whole sandwiches at \$17.95 and three half sandwiches each with a side of split pea soup at \$13.95. All sandwiches are served hot or cold and include potato salad and a cookie. Desserts and a variety of sides are extra. If breakfast is your preferred meal, there are six different offerings served on English muffins between 8 am and 11 am. You can find the menus at

<http://www.markthousemeats.co/menu/>.



Market House Meats on Howell Street, specializing in corned beef since 1948 – photo, Lori Briscoe

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



Laura Bailey,
President, 2022–2023,
Box 432, x 1813,
ljb8@me.com



Mike Waring,
Vice President, 2022–2023,
Box 527, x 1585,
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Mary Jossem,
Secretary, 2022–2023,
Box 835, x 1584,
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Alice Arrington,
Treasurer, 2022–2024,
Box 800, x 1749,
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Nancy Eliason, Member-at-Large, 2022-2024,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-Large, 2021–2023,
Box 734, x 1747,
lil_jane@hotmail.com



Betty Heycke, Member-at-Large, 2021–2023,
Box 414, x 1619,
bettyheycke@yahoo.com



Louise Lowry, Member-at-Large, 2022–2024,
Box 607, x 1684,
lklowry@aol.com



Sue Herring,
Past President, 2022–2023,
Box 709, x 1556,
herringsus@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 at 9 am in Conference Room A. Residents are welcome at all Council meetings.

**RESIDENTS' ASSOCIATION
COMMITTEES & CHAIRS, 2022–2023**

For a committee meeting time & place, consult the calendar, contact the chair, or go to MIRANET SEATTLE>Groups>Committees

| Committee or Group | Chair/Cochairs | Contacts |
|---|---------------------------------|--------------------------------------|
| Active Arts | Barbara Porter Tricia Brink | Box 902, x 1885 Box 600, x 1677 |
| Art | Linda Berkman Walter Bodle | Box 513, x 1861 Box 404, x 1739 |
| Communication (inactive) | | |
| Dining | Elston Hill | Box 604, x 1686 |
| Emergency Preparedness | Matt Jamin | Box 1028, x 1635 |
| Employee Appreciation (Until 12/31/2022) | Helen Roberts Louis Swart | Box 505, x 1548 Box 805, x 1754 |
| Environment & Facilities | Nickie Askov Sally Hahn | Box 1116, x 1858 Box 1120, x 1755 |
| Finance | David Webber | Box 1122, x 1864 |
| Health and Wellness | Ken Hopkins | Box 511, x 1662 |
| Library | Linda Morrison Martha Oman | Box 1114, x 1856 Box 501, x 1642 |
| Lifelong Learning | Leslie Klein | Box 830, x 1779 |
| Mirabella Seattle Foundation | Jim Holland | Box 1000, x 1819 |
| Nominating | Sue Herring | Box 709, x 1556 |
| Outside Activities | Jade Simonson | Box 417, x 1688 |
| Program | Sally Hayman Stafford Miller | Box 828, x 1640 Box 348, x 1604 |
| Welcome | Carolyn Blount | Box 503, x 1644 |



SLU CLEANUP § CLINICS FOR ALL

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MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

Mission Accomplished

BY CHARLOTTE LINDSEY AND JULIE HOLLAND

Mirabella Seattle Foundation, acting on behalf of Mirabella residents, has recently made an \$18,000 grant to the South Lake Union Chamber (SLU Chamber). In doing so, it is accomplishing a part of its three-way mission to offer support to our residents, our staff, and our local community. The grant will provide four months of gap funding to turn a successful six-month trial Clean and Safe initiative into a permanent program. The grant will also provide the time needed by the SLU Chamber to work out funding arrangements that were identified in a post-trial survey of SLU businesses who showed interest in the trial's potential.



Jim Holland, Foundation Chair, presenting the big check to Danah Abar, SLU Chamber Executive – photo, Julie Holland

Mirabella residents already experienced the positive impact on the SLU community without noticing it. From April through September 2022, the six-month trial Clean and Safe initiative removed 257 sharps,

184 incidences of human waste, 375 twenty-pound bags of garbage, 30 heavy items of recycling, and 177 pole posters. Professionals spent 12.5 hours removing graffiti and 30.5 hours pressure-washing surfaces.

The trial Clean and Safe initiative was funded by Seattle's Office of Economic Development for the purpose of helping businesses recover from the COVID-19 pandemic. However, the trial proved that the impact of the new Clean and Safe Program is not limited to businesses. It extends to the entire SLU community. For example, an important feature of the now permanent Clean and Safe Program is its responsiveness to SLU businesses and community members. Requests can be made to have graffiti removed or sidewalks pressure-washed in SLU as needed. Anyone requesting a service should email info@sluchamber.org and reference the Clean and Safe Program.

When you next see a person wearing an "SLU Chamber Ambassador" vest, you will know the significant role they are playing. The vest confirms to the public that the wearer is part of the authorized team that provides Clean and Safe services for the SLU community. Since Fairview Avenue North is one of four identified priority vehicular arteries for the Clean and Safe Program, Mirabella residents are likely to see more of these ambassadors.

RESIDENT SERVICES

Loni Smith, Resident Services Director

Health Clinics Available to All

The following clinics are being held for Independent Living (IL) residents in third-floor Suite 301, accessible from the A elevator. Note the room change for all clinics. Wear your mask and complete a COVID-19 questionnaire. Please do not go to



RESPIRE FOR CAREGIVERS

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the room unless you have a scheduled appointment. Do not bring food or drink with you. For questions, please contact Loni Smith, x 1418.

Audiologist: Seattle Hearing Services

Tuesday, January 10; 9:30 am, Suite 301

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

Foot Care Clinic

*Mondays, January 16, 23; Tuesdays, 17, 24;
9:30 am–4:30 pm, Suite 301*

Bonnie Ackles, RN, CFCS, is a former Advanced Registered Nurse Practitioner who is also a board-certified Foot Care Nurse Specialist. Foot Care Clinic is held on the third and fourth Monday and Tuesday in suite 301. For appointments and rates call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

Podiatrist

Wednesday, January 18; 8:30 am–3 pm, Suite 301

Dr. Mak Abulhosn, DMD, is available in Suite 301 for morning appointments for IL residents. 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, 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 schedule 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 301

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

Mondays; 9 am–4 pm, Suite 301

Lawrie Williams is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 301

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 his or her 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, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay please call Quynh Trong, 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

STAYING ACTIVE WITH ARTS

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to be presented prior to establishing care but is not covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Active Arts is excited to bring you a variety of activities. Some of our offerings will be provided by skilled teachers. These classes will be scheduled and require registration and, in some cases, a fee. Others will be open invitations to try something new and will be ongoing and open to exploration.

Drawing Explorations

*Thursdays, January 5, 12, 19, and February 2;
Session A, 11:45 am–1 pm; Session B, 1:15–
2:30 pm; Unit 507; registration required.*

There is still space in this new drawing class with dynamic instructor Maja Sereda. She will teach drawing using graphite and introduce you to the pen. Maja teaches students at all levels of skill, so this is a good opportunity for beginners and continuing students alike. The \$12 fee for materials, purchased through resident services, will be charged to your account. To sign up, please email both Tricia Brink (pwbrink@comcast.net) and Barbara Porter (3316music@gmail.com). If you don't have email, please follow the instructions on the bulletin board in the mailroom. Coordinator: Tricia Brink.

Exploring Collage

Currently, volunteers have helped us gather magazines to begin a collage project designated for use in Memory Care. The group cut and organized images and made collages (for some, their first) that became part of a Christmas Memories book for Memory Care residents. The experience was a revelation because each participant had a different style, which becomes clear when you look at the collages.

We then asked Patricia Wagner in Memory Care

for particular interests of specific residents so we can expand our offerings. For example, one resident is interested in food and entertaining.

Another would enjoy pictures of big city life, particularly New York and Chicago. We will continue to gather magazines and sort images into categories like pets, flowers, birds, and transportation. The beauty of this project is

twofold; it benefits the creator as well as the receiver. We plan to offer collage explorations at specific times and also encourage residents to consider making a collage independently. We have the cardstock, glue sticks, and other materials to get you started. Those in the first group found it reassuring to learn that there was no best way to do this. If you are interested in working together, send Barbara an email at (3316music@gmail.com); she'll let you know when a group is getting together. If you prefer to work alone, just let her know, and she'll see that you get the materials you need.

Status of January Classes

The Active Arts Committee continues to explore a variety of offerings and at this writing all classes but one beginning in January are full. However, there are often last-minute changes, so ask to be placed on a waiting list.

Credits

As we develop an ever-broader offering of arts experiences, we wish to thank our Mirabella board member, Dr. Lee Burnside, who assisted in many ways by meeting with us and sharing his research into the



*Santa-themed collage from
Active Arts collage project
– photo, B. Porter*

HAPPY STAFF § GREENING EGG CARTONS

value of arts experiences for the minds and memories of seniors. Thank you as well to Ruth Benfield and the Aging in Place study group comprised of residents, staff, and board members. She has been a strong supporter of the value of our work. And another thank you to all participating and supportive residents who have made these activities a success.

Barbara Porter

EMPLOYEE APPRECIATION COMMITTEE

Helen Roberts and Louis Swart, Cochairs

Employees Received Record EAF Distribution in 2022

We all know that staffing shortages hampered Mirabella Seattle operations during the pandemic. The good news is that the amazing staff who have been with us through it all received a more than thirty-percent increase in their Employee Appreciation Fund Award over last year. Thanks to you, generous donors, the Employee Appreciation Fund was able to deliver a record \$442,326 to the 219 employees who received gifts from the EAF in December. In fact, seventy-three of our full-time staff received the maximum bonus of \$2,947. We know that many of these employees not only worked their regular 2080 annual hours, but long

days and extra shifts as well. They have seen us through the pandemic and then some!

Thank you to everyone who contributed to the Employee Appreciation Fund in 2022 and please know that your donations make a meaningful difference for our hard-working employees.

Helen Roberts

ENVIRONMENT AND FACILITIES GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Green Tip: Egg Cartons

How should we dispose of egg cartons here at Mirabella Seattle? It depends. There are two kinds of egg cartons: polystyrene foam and pulped paper. Three sizes: 6, 12, and 18 eggs. And three ways to get rid of them: trash (garbage), compost, and Warren Askov’s paper bag collections for food banks.

Polystyrene Foam: Clean 6- and 12-egg cartons can be included in the paper bag collection. All other foam egg cartons go into the trash.

Pulped paper: The gray paper ones, including those with stuck-on paper labels. Clean 6- and 12-egg



Paper Egg Carton; styrofoam cartons are usually white – photo, M. Rogers

cartons can be included in the paper bag collection. All others go into the *compost* bin. Don’t recycle.

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

Mary Rogers



Residents cheer long-serving employees at a luncheon sponsored by Mirabella Seattle administration in November – photo, E. Hill

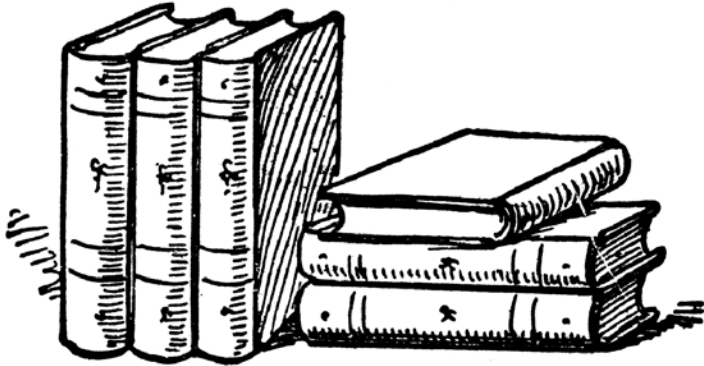
LIBRARY § LIFELONG LEARNING

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LIBRARY NEWS

Linda Morrison and Martha Oman, Cochairs



Are you ready to kick the doldrums of January out the door? Start the year with reading the latest in medical news. A nice collection of medical research newsletters is found near the bulletin board in the swimming pool area. Included are: *The Harvard Health Letter*; *Harvard Women's Health Watch*; *Mayo Clinic Health Letter*; Massachusetts General Hospital's *Mind, Mood & Memory*; Icahn School of Medicine's *Focus on Healthy Aging*; and UCLA's *Healthy Years*. Thanks to Dee Dickinson for donating these publications to Mirabella.

Nonfiction books on health can be found in the Mirabella Library under the Dewey Decimal number 610. These include among others: *Better* by Atul Gawande, *Live Pain Free* by Lee Albert, and *Wheat Belly* by William Davis.

New noteworthy nonfiction donations to our Mirabella Library in the past month are *Caste: The Origins of our Discontent* by Isabel Wilkerson, and *Social Animal: The Hidden Sources of Love, Character, and Achievement* by David Brooks. All new nonfiction additions are listed on the bulletin board to the left of the entrance.

Our Library welcomes donations of books that are timely and in good condition.

Linda Morrison

LIFELONG LEARNING COMMITTEE

Leslie Klein, Chair

OLLI-UW JANUARY 2023 ZOOM LECTURES

Preregistration is required for all lectures. All talks are free.

Julia Wan, Coordinator for OLLI-UW offerings
Iran Past & Present: From Ancient Civilization to Security State to the Islamic Republic with David Fenner

Friday, January 13; 1:30–2:30 pm

Preregistration link:

<https://washington.zoom.us/meeting/register/tJYduyhqzotHNSUxZJWMwCqenOMv0NA7Ycx>

There are few countries in the world more relevant and less understood than Iran. Discussion will focus on the beginnings of the Persian civilization and how the country both rose and fell over the centuries. Modern history of Iran begins with the discovery of oil in 1908 and the rise and fall of the Pahlavi Dynasty amid perfidious foreign interference and massive public discontent, all culminating in the Islamic Revolution of 1979 under Grand Ayatollah Ruhollah Khomeini. The talk will conclude with consideration of Great Power involvement in Iran leading up to today and the path forward for the ancient land of Persia .

David Fenner is an affiliate faculty member at the University of Washington's Middle East Center. He regularly teaches courses on the Middle East and has led study tours to the UAE, Qatar, and Oman. In 2008 he founded the World Learning Center in Muscat, Oman, on the Arabian Peninsula. Prior to that he was the assistant vice provost for international education at the UW.



RESIDENT REVELATIONS

The Portable Podcast: Education and Entertainment Anytime, Anywhere, with Shannon Perry

Wednesday, January 25; 12–1 pm

Preregistration link:

<https://washington.zoom.us/meeting/register/tJ0uc-qqrD0oE9yV5YW8TxWEA3eAojuuuUR2>

Podcasts have been around for a number of years, but many of us are still confused about how to access them, how to find the right ones for us, and whether we really need to add another layer of complexity to our leisure time. In this one-hour lecture, you'll discover how wonderful and wonderfully convenient podcasts can be. We'll go through some of the apps you can use to access them, how to set up your podcast player to fit your listening style (to binge or not to binge?), and some of the genres and shows out there. Like consulting the magazine rack at the airport, the choices can be overwhelming; unlike the magazine rack at the airport, most podcasts are free.

Shannon Perry has been a professional podcaster for nearly a decade and in 2020 left her day job to launch her company, Audiocracy Podcast Production. *Oz 9*, her audio fiction podcast, has amassed well over a million downloads. While gratifying, its popularity does make her uneasy that so many silly people are out there. A graduate of the University of Washington Communications Leadership master's program, Perry has come full circle and is now teaching podcasting to graduate students at the UW and producing a podcast for OLLI-UW.

Resident Revelations 2023

Each Resident Revelation 2023 will occur on the second Tuesday of every month at 3:30 pm in Emerald Hall or on Zoom or both. To join the Zoom meeting click on the following link.

<https://zoom.us/j/95170715759?pwd=TzirSU5mYmlwWmJuem5WZ0RDbjRUT09>

Meeting ID: 951 7071 5759, Passcode: learn

Resident Revelations: Andrea Lewis: Wendell Tangborn (1927–2020): Glaciers: Sentinels of Climate Change

Tuesday, January 10, 3:30, Emerald Hall



Andrea Lewis will present a PowerPoint presentation developed by her late husband, Wendell Tangborn, about his more than fifty years' experience studying glaciers in the north Cascades and in India, Nepal and Europe. Wendell died before he was able to present his talk. His stunning

KOLYA ON ART § DAVID ON COMEDY

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photos will inspire you to learn more about how glaciers serve as sentinels of climate change. Andrea will also share his story of growing up in Northern Minnesota, through marriage and raising a family who loved and enjoyed the mountains as much as he did. He published numerous papers on glaciers, as well as several books. Coordinator: Carolyn Blount.

Ancient Art and Architecture with Kolya Rice: From the Late Roman Empire through the Medieval Period

*Wednesdays, January 11, 18, 25, and February 1;
1:30–3 pm, Zoom only*

Here's exciting news for Mirabella art history lovers:



Kolya Rice
– photo, Doug-Manelski

Kolya Rice, popular art historian, will be back for four more lectures in his series “The History of Western Art.” Several months ago, Kolya presented his first four lectures in this series, taking us, via Zoom, from prehistoric art through ancient Egypt, ancient Greece, and the Roman empire. This series continues that

exploration through the Middle Ages.

- » Lecture 1, “Late Roman, Jewish and Early Christian”
- » Lecture 2, “Byzantine and Islamic Arts and Architecture”
- » Lecture 3, “Early Medieval and Romanesque Arts and Architecture”
- » Lecture 4, “Gothic Art and Architecture”

Emphasis will be placed on how arts reflect their historical contexts, particularly the spiritual belief systems and political systems of each period and culture. Though illustrated lectures anchor

the course, discussion is always encouraged.

Coordinator: Sylvia Fisher.

My Adventures in Television as a Producer and Comedian

*Friday, January 13; 11 am–12 pm, Live in Emerald
Hall and Zoom*

David Teitelbaum first got into show business at a very young age by pretending to be a TV entertainment journalist. He successfully “crashed” the Academy Awards and actually interviewed several of the nominees. This led to an appearance on *The Tonight Show with Johnny Carson*; he will show us a clip of that appearance. From the Carson show success, he went on to a three-year stint of writing and starring in his own series on The Movie Channel. David has been a comedian and was a regular at Comedy Store and Improv clubs. He has also appeared on *Late Night with David Letterman*, *The Today Show*, and MTV. After acting and doing standup comedy, David became a producer, specializing in reality-show unscripted series and documentaries. He will discuss what producers do to create individual programs showing clips from these shows. Most recently, he has produced multiple episodes of the Emmy-winning *Deadliest Catch*, as well as *Curse of Oak Island*, *Naked and Afraid*, and *Storage Wars, New York*. He was also a producer on Chelsea Handler’s Netflix show, *Chelsea*. Best of all, David is the son of Mirabella resident Phyllis Golden. This will be a most unusual presentation from a Hollywood insider. Coordinator: Leslie Klein.



David Teitelbaum



OUT AND ABOUT

OUTSIDE ACTIVITIES COMMITTEE

Jade Simonson, Chair

Loni Smith, Resident Services Director

Marcus Cullen, Facilities Services Director

Clint Turner, Facilities Services Manager

Bus Schedule Notes: *The Mirabella Monthly* lists both departure time from Mirabella and estimated pickup time from the destination. A grocery visit is an hour to an hour and a half, subject to the needs of the shoppers. Times for other activities depend on the activity. For all trips, please be 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 submit a request on the Transportation Tab on MIRANET forty-eight hours before the trip. Request a confirmation for your seat. The site also lists seats available for each trip, and the list is refreshed as needed. Non-grocery trips may be canceled if buses are not available or fewer than four people sign up. If your plans change and you are unable to make the trip, please call x 1419 to cancel twenty-four hours ahead and allow someone who is wait-listed to use the space. Some last minute cancellations are necessary; in that case, you may cancel your reservation by calling the Front Desk at x 1400.

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, January 13, 27;
10–11:45 am

Costco, Wednesdays, January 11, 25; 9:45–11:45 am
Fred Meyer, Mondays, January 2, 23; 10–11:45 am
Metro Market, Fridays, January 6, 20; 10–11:45 am
QFC/University Village, Mondays, January 9, 30;
10–11:45 am

Safeway, Fridays, January 6, 20; 1:30–3:15 pm
Trader Joe's/PCC, Wednesdays, January 11, 25;
1:30–3:15 pm

Uwajimaya, Monday, January 2; 1:30–3:15 pm

Note that no grocery trip is scheduled on January 16, which is Martin Luther King Day.

WALKS

Saturdays, 9:30–11:15 am pickup

January 7 Golden Gardens

January 14 Pioneer Park

January 21 Alki Waterfront

January 28 Fremont Cut

Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, January 1, 8, 15, 22, 29; 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

The following events have transportation scheduled. If you are attending an event and do not see it scheduled on the Transportation page, please arrange for a town car or your own transport. When two events start at the same time on the same day, only one bus trip will be scheduled for both events fifteen minutes earlier than if there were just one event. The bus will take both sets of event goers and go to both events in one trip. Please sign up for each event to ensure a seat on the bus and ask for a confirmation.

Met Live in HD Opera, Fedora, Saturday, January 14; 8:45 am

Seattle Opera, Samson & Delilah, Sunday, January 22; 1:15 pm

WHAT'S ON IN EMERALD HALL

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Seattle Repertory Theatre, *I Am Not Your Perfect Mexican Daughter*, Sunday, January 29;

1:15 pm

Seattle Shakespeare Company, *The World's a Stage: Becoming Othello*, Sunday, January 15;

1:15 pm

Seattle Symphony Series 8G, *Shostakovich Symphony #5*, Sunday, January 8; 1:15 pm

Seattle Symphony Series 21A, 13A & 7C, *Shostakovich Symphony #5*, Thursday, January 5; 6:45 pm

Seattle Symphony Series 21A, *Haydn, Mozart & Beethoven*, Thursday, January 12; 6:45 pm

Seattle Symphony Series 21A, 13A & 7C, *Nobuyuki Tsujii Plays Rachmaninov*, Thursday, January 26; 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Seattle Art Museum: Dawoud Bey & Carrie Mae Weems: In Dialogue

Thursday, January 5; leaving at 10:30 am with pickup at 1:30 pm

This is an exhibition that explores complex visions of Black life in America through intimate portraits, dynamic street photography, and conceptual studies of folklore, culture, and historical sites. The work of Bey and Weems explores ideas grounded in the experiences of Black people refracted through issues of gender, class, and systems of power. This exhibition marks the first time their work—the subject of numerous solo and group exhibitions—has been shown in dialogue together, taking visitors into their career-long conversations that began when they met in a photography class in 1976. Admission is free the first Thursday of the month. Coordinator: Jade Simonson, x 1688.

Angel of the Winds Casino

Thursday, January 12; leaving at 10 am with pickup at 2 pm

Tired of the same old casinos? Let's go to Angel of

the Winds, the only totally smoke-free casino in the state. In addition to the usual casino enticements, they have a bowling alley. If some want to go bowling, we can reserve a time for you. When you call for a spot on the bus, please include your interest in bowling. Coordinator: Ken Hopkins, x 1662.

Luncheonaires: Maria Sabina Mexican Restaurant on Westlake Avenue

Thursday, January 19; leaving at 11:30 am with pickup at 1:30 pm

Residents from Mirabella have enthusiastically recommended Maria Sabina for its delicious food and cocktails from the bar. For the curious, the restaurant is named after Maria Sabina Garcia, a well-known poet and shaman from Oaxaca who used *psilocybin mushrooms* in healing rituals. Coordinator: Jade Simonson, x 1688.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

Irish Folk Music

Thursday, January 5; 3:30 pm, Emerald Hall
Randal Bays, violin, and Clint Dye, guitar, will regale us with wonderful Irish folk melodies. Randal is an American-born, Irish-style fiddler who brings power and passion to the old tradition of fiddling. He has recorded and toured in the U.S., Ireland, and Europe. In 2021 he received the Irish Artist in America Achievement Award from O'Flaherty Irish Music in Texas. Randal lives in the Seattle area and is Artistic Director of



Randal Bays and Clint Dye

MUSIC AND THE SPHERE

Cascadia Irish Music Week.

Guitarist Clint Dye is a fairly recent addition to the Seattle Irish music community. His great musicality, rhythm, and style have made him very welcome in sessions and concerts around the Northwest. Together these excellent musicians are sure to get our toes a-tappin'. Don't be late! Coordinator: Stafford Miller.

Pluto and the Great Demotion with Jeff Hall

Thursday, January 12; 3:30–4:30 pm, Emerald Hall

Jeff Hall is the Director of the Lowell Observatory in Flagstaff, Arizona. He is Chief of the American Astronomical Society's Committee on Light Pollution, Radio Interference, and Space Debris. He has played an active role in dark-sky preservation in Arizona. He is Chair of the Solar Observatory

Council for the Association of Universities for Research in Astronomy.

Percival Lowell, the founder of Lowell Observatory, speculated that there was a ninth planet within the Solar System.



Pluto

That speculation led to the discovery of Pluto by Clyde Tombaugh in 1930, fourteen years after Lowell's death. In 2006 Pluto was reclassified as a dwarf planet by the International Astronomical Union. Coordinator: Chris Simonson, x 1688.

Shey Gao, Pianist

Thursday January 19; 3:30 pm, Emerald Hall

Chinese pianist Shey Gao, or "Shen" as she prefers to be called, is a student at the University

of Washington. She will play a selection of works ranging from compositions by Schubert and Mozart to *The Blue Danube* by Johann Strauss II. She will also play works based on the Chinese pentatonic scale (a musical scale with five notes per octave, in contrast to the heptatonic scale, which has seven notes per octave).

Shey Gao contacted Mirabella indicating she would enjoy playing for seniors. She trained as a pianist in Beijing with a professor who came to her home. When asked if she'd be nervous playing for a large group, Shen replied, in true Mirabella style, "No problem!" Come join us in welcoming this lovely young woman. Coordinator: Lynne Iglitzin.

Ladies Musical Club Concert

Saturday, January 21; 2 pm, Emerald Hall

We will be starting the New Year by welcoming back some of your favorite instrumentalists. Gail

Perstein, oboe, and Asta Vaicekonis, piano, will perform *Dreamscape*, a work in five movements by Alyssa Morris. In the second half of the program, Ann Rackl, violin, Larry Chu, cello, and Selina Chu, violin (affectionately known as the Rackl Chu Chu Trio), will transport us to warmer climes with music by Piazzola, Manuel de Falla, and Turina. This promises to be a wonderful concert. I'll see you there. Coordinator: Carolyn Burton.



Gail Perstein

Attorney General Bob Ferguson

Thursday, January 26; 3:30–4:30 pm, Emerald Hall

Bob Ferguson is Washington State's eighteenth

TALKS



BOOKS

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Attorney General. As the state's chief legal officer, Bob is committed to protecting the people of Washington against powerful interests that don't play by the rules. He is a fourth-generation



AG Bob Ferguson

Washingtonian and a graduate of the University of Washington and New York University School of Law. His many awards and recognitions include being named as one of *Time* magazine's 100 most influential people of 2017. Bob and his wife, Colleen, are the proud

parents of fourteen-year-old twins, Jack and Katie. His mother, Betty Ferguson, has been a Mirabella Seattle resident for over ten years. Don't miss this opportunity to hear, question, and get updates from our state attorney general. Further details—relevant to what's currently happening in Washington State—will be available on the Mirabella calendar in the week before this event. Coordinator: Judy Waring.

LOOKING AHEAD

Priscilla Long on Creativity and Aging

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

Priscilla Long is a Seattle teacher, writer, and poet. As she approached her eightieth birthday, she wanted to know more about creativity and aging. The result is her latest book, *Dancing with the Muse in Old Age*. Her research led her to inspiring stories of artists of all kinds who continued working into their 80s, 90s, and 100s. She also delved into medical studies of aging and sociological studies of beliefs about aging, including “self-imposed ageism.” The book debunks myths about old age and offers encouragement and ideas to anyone who wants to stay engaged with new pursuits and

creative work. Reviewer Laura Kalpakian said, “In *Dancing with the Muse in Old Age*, Priscilla Long writes with the passion of a poet, the enthusiasm of a coach, and the inquiring mind of a scientist.” Come and hear this prolific writer who is starting new book projects, taking banjo lessons, and learning math as she enters her eightieth year. Coordinator: Andrea Lewis, x 1767.



Priscilla Long – photo, Anne Herman

BOOK CLUB

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



January 23: *Caste: The Origins of our Discontent* by Isabel Wilkerson will be the subject of our discussion. In this social history the author explores how America throughout its history has been shaped by a hidden caste system, comparable to those of India and Nazi Germany.

February 27: We will discuss *West with Giraffes: A Novel* by Lynda Rutledge. In 1938, two African giraffes were to be delivered to the San Diego Zoo. After surviving a hurricane enroute to New York, they were trucked across the United States. This novel is a fictionalized account of the trip. Everyone is welcome to join us.

Tina Moss

OPERATIC TONE POEM § WATERY VOLLEYBALL

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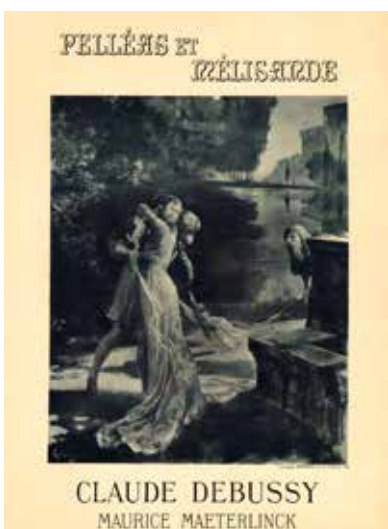
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OPERA CLUB NEWS

Pelléas et Melisande by Claude Debussy

Monday, January 9; 2 pm, Emerald Hall

This work, Debussy's only opera, was first produced in 1902 and sung in French. It opened at the Opera Comique in Paris and then at the Theatre Imperiale



Pelléas et Melisande
– original poster, 1902

de l'Opera de Paris.

In five acts, it is based on a symbolist play by Maurice Maeterlinck that stunned Debussy and seemed to reach his inner being.

Debussy himself was the librettist for *Pelléas et Melisande*, adapting Maeterlinck's play. Sometimes seen as the first impressionist composer, Debussy strongly rejected the

term. He used a new form in which the orchestra plays the main part; the music is quite like a tone poem. Debussy was nearly forty when he achieved international fame with this opera.

The music, sensual and dream-like, depicts the beauty of the imaginary kingdom of Allemonde where the old King Arkel is the ruler. Prince Golaud meets and marries Melisande without really knowing her, and she becomes pregnant. Golaud introduces Melisande to his half-brother, Pelleas, and they fall in love. Golaud, threatened by this and increasingly jealous, begins to spy on them. As they are kissing, Golaud surprises them, takes his sword, and stabs Pelleas to death. Melisande, grief stricken, dies of a broken heart.

The next Metropolitan Opera Live in HD broadcast is on Saturday, January 14. It is *Fedora* by Giordano in an elegant new production by David McVicar.

To take the Mirabella bus to attend this broadcast at Thornton Place Cinema at Northgate, sign up on MIRANET or by calling x 1419.

Ginnie Chappelle

INVITATION TO WATER VOLLEYBALL

BY BEN WOOD, JR.

Monday, Wednesday, Friday; 1–2 pm, Lap Pool

Looking for a way to get a little more exercise? Fun exercise? Consider water volleyball. You may have noticed us in the pool playing the game and thought, "These are real athletes." Wrong! We are a bunch of eighty-year-olds, plus at least one ninety-year-old. The pool is only four feet deep and we use beach balls instead of hard volleyballs. There are no set teams; we just divide up and play. And there are no attendance requirements; just show up at 1 pm any Monday, Wednesday, or Friday convenient for you.



Paul Keown reaching for a high ball watched by teammates Matt Jamin, Warren Askov, Sally Hahn, and Ben Wood, Jr., while opposing team members, Penny Bignold, Nickie Askov, and David Dail await the outcome – photo, E. Hill

SPORTY FANS & PARTY TIME

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Come down in your robe over your suit or change in the locker room. And the more the merrier. This is a great way to meet more residents (especially for us newer people), burn a few calories, and have fun. Please contact me at x 1623 or (206) 817-6700 if you have questions.

MIRABELLA SPORTS FANS

BY MARTHA OMAN

The World Cup has generated a new cadre of international football (soccer, not American football) fans at Mirabella! Erik Oman's two presentations on World Cup and soccer strategy helped many people to understand and appreciate the sport. Watch parties were held for all three of the USA national team games and over thirty people attended each sporting event.

We met in the Adagio Bar for each game, two at 11 am, and one at 7 am. We shared snacks and cider,



Walter Bodle and Lynne Iglitzin enjoying an ice hockey game at Climate Pledge Arena – photo, M. Oman

and for the final game at 7 am, Maggie Carlone brought us a full coffee, tea, and cocoa service and donuts! We appreciated Dining Services employees Carlo Lugo and Maggie for enabling us to enjoy the World Cup together. Plans are already underway for watch parties for the Women's World Cup in June and July 2023. Put it on your calendar and come join the fun.

In addition, we had eighteen people attend the ice hockey game between the U.S. and Canada Women's National Teams at Climate Pledge Arena. With the Seattle Kraken playing games here and elsewhere, we can develop more interest in hockey and enjoy games in person or on the TV broadcasts on Root Sports Channel 737.

CHRISTMAS CHEER

BY JARED CURTIS

This year's traditional holiday party at Mirabella Seattle, held on Thursday evening, December 15, was neither postponed nor forced out into the cold by COVID. Instead, it was hosted in the elegantly decorated Bistro by the Administration and Dining Services staff. Baked goodies, hot chocolate, cider, and a selection of wines were served up, along with lots of holiday cheer by our able and ebullient staff (see photos on page 20).

The Seattle Dickens Carolers joined the festivities once more to entertain us with their own arrangements of familiar holiday songs. Indoors, their voices carried well, and the audience intently listened to and enthusiastically applauded these now familiar singers after each song. Their invitation to the audience to suggest old favorites brought many requests, and for each one they came up with their own delightful renditions of both classic carols like *Silent Night* and *Hark, the Herald Angels Sing* and popular songs like *Silver Bells* and *Rudolf*.

HOLIDAY SPOTLIGHTS



Christmas Party Elves Christa Miller, Michael Allen, Susan White, Loni Smith, Anna Heasley, Carlo Lugo, and Maggie Carlone – photo R. Benfield



The Seattle Dickens Carolers in the Bistro, December 15, 2022 – photo, J. Waring



Michael Allen and Christa Miller poised to take flight with Santa's sleigh – photo, B. Porter

MORE PICS § THOUGHTFUL WALKING

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Britney Means, hair braided to match the holiday season, posed by the lavishly decorated Christmas tree in the Bistro – photo, J. Curtis



Two more Active Arts collages for Memory Care – photos, B. Porter

WALKING

BY THOMAS TRAHERNE

To walk abroad is, not with eyes,
 But thoughts, the fields to see and prize;
 Else may the silent feet,
 Like logs of wood,
 Move up and down, and see no good
 Nor joy nor glory meet.

Ev'n carts and wheels their place do change,
 But cannot see, though very strange
 The glory that is by;
 Dead puppets may
 Move in the bright and glorious day,
 Yet not behold the sky.

And are not men than they more blind,
 Who having eyes yet never find
 The bliss in which they move;
 Like statues dead
 They up and down are carried
 Yet never see nor love.

To walk is by a thought to go;
 To move in spirit to and fro;
 To mind the good we see;
 To taste the sweet;
 Observing all the things we meet
 How choice and rich they be.

To note the beauty of the day,
 And golden fields of corn survey;
 Admire each pretty flow'r
 With its sweet smell;
 To praise their Maker, and to tell
 The marks of His great pow'r.

To fly abroad like active bees,
 Among the hedges and the trees,
 To cull the dew that lies
 On ev'ry blade,

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! JANUARY 2023

| | | |
|-----------------------|-------------------------|---------------------|
| 1 – Suzanne Price | 10 – Skip Kerr | 22 – Tom Roe |
| 3 – Ken Gorohoff | 11 – Tina Moss | 22 – Chella Schmidt |
| 3 – Ginny Sharp | 12 – Michael Plawner | 24 – Kitty Dow |
| 4 – Iris Slippy | 13 – Norm Brown | 24 – Tom Seery |
| 6 – Bob Lewandowski | 14 – Laura Bailey | 25 – King Jones |
| 6 – Marianne McDonnal | 19 – Rich Bebee | 25 – Gerry Roling |
| 7 – Dick Fike | 20 – Karen Smith | 26 – Bertie Perry |
| 7 – Fred Wan | 20 – Nancy Finley | 29 – John Wertz |
| 9 – Sylvia Fisher | 20 – Ruth Hase | 30 – Jerry Moroney |
| 9 – Eleanor Oravetz | 21 – Charles Fitzgerald | 30 – Carol Perrin |

From ev’ry blossom; till we lade
Our minds, as they their thighs.

Observe those rich and glorious things,
The rivers, meadows, woods, and springs,
The fructifying sun;
To note from far
The rising of each twinkling star
For us his race to run.

A little child these well perceives,
Who, tumbling in green grass and leaves,
May rich as kings be thought,
But there’s a sight
Which perfect manhood may delight,
To which we shall be brought.

While in those pleasant paths we talk,
'Tis that tow’rds which at last we walk;
For we may by degrees
Wisely proceed
Pleasures of love and praise to heed,
From viewing herbs and trees.



About the Author

Very little is known about the English poet Thomas Traherne, who lived from 1637 to 1674. The manuscripts of his poems were not even discovered until the twentieth century. An Oxford graduate in the year 1661, he was a scholar and clergyman in the Anglican Church. His prose writings, published during his lifetime, are those of a religious scholar defending his beliefs in a contentious period of clerical debate. His poem “Walking,” on the other hand, shows a gentler side of him and anticipates Romantic poets like Wordsworth in its expression of faith in the natural world to heal the mind and awe the soul and in its childlike delight in the physical environment. In our own time, walkers are distracted most often by their smart phones as they walk like “dead puppets...in the bright and glorious day” without seeing it.

Jared Curtis

Remembering

Peggy Haberbusch 6/12/2022
Dick Dillon 12/12/2022
Barbara Marsh 12/17/2022

SHOW TIME

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NEW MOVIES, OLD THEMES

BY CONNIE CHAPLIN



Lulu and Q'Orianka Kilcherin in "Dog"

WE all like movies about dogs, especially when they help humans out of loneliness, depression, and sadness. *Dog* has a human (Channing Tatum), an Army Ranger with brain injuries, and Lulu, a Belgian Malinois military dog with attitude who wears a muzzle for good reason. They both have post-traumatic stress disorder (PTSD), and neither is high on the social graces scale. They don't like each other, and they don't want to be together on a road trip from Joint Base Lewis-McChord to Arizona. Despite all that, they learn to trust one another, and in the process make this movie a comedy. But serious, too.

Where the Crawdads Sing is based on a 2018 book by Delta Owens that sold fifteen million copies. It's a coming-of-age film about Kya (Daisy Edgar-Jones), a self-taught "feral" girl in the 1950s living alone in the marshlands of North Carolina (it's filmed in Louisiana). Then she becomes involved in the murder case of a prominent local bad guy and the movie slides into being a Southern Gothic drama. The hero at this point is the trial lawyer played by David Strathairn. The film got only two

stars from *The Seattle Times*...but people loved the book. And the movie has Spanish moss and cicadas!

So, what was the young Elvis Presley like? The drama/biography/musical *Elvis* is told mostly from the point of view of Col. Tom Parker (a ghoulish Tom Hanks), the singer's ambitious, self-centered, greedy manager of thirty years, the key relationship of his life, and the person who made him the most successful recording artist of all time. About those recordings: at first, you'll hear actor Austin Butler's voice singing; later, his voice will be remixed with Presley tapes. There is some real footage of The King, too, but what you really get is a good Elvis impersonator, not Elvis. I guess it's up to you whether that's enough.



Austin Butler as Elvis

For those of you who ask what happened to old fashioned romances, the Movie Club offers *Marry Me*. It's a sweet, watchable rom-com with Jennifer Lopez and Owen Wilson. In the beginning, JLO plays a wildly successful pop star about to marry a wildly popular fellow star in a wedding-concert before a multitude of their wildly enthusiastic fans. But wait! The groom-to-be has been unfaithful! Change of plans! The lady decides to marry someone else. Anyone else. Even a total stranger. Guess who that turns out to be? Pop songs will be sung.



The Mirabella Monthly

WINNER OF APEX AWARDS IN 2017, 2018, 2019, 2020, 2021, AND 2022

VOLUME 15 | ISSUE 1

JANUARY | 2023

Guide to Mirabella Publications

The Mirabella Monthly

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King; Jane Beer, Makiko Doi, Nancy Eliason, Michael Hahn, Chris Jamin, Paul Keown, Tina Moss, Janet and Jim Ohta, Judy Owens, Rhonda Plawner, Carolyn Roe, Judy Rourke, Cathy Short, Jade and Chris Simonson, Louis Swart, Mary Jo Taylor

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 Loni Smith (Lsmith@

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 any paper illustrations and sketches in mailbox #801.

The Mirabella Monthly
Mirabella Seattle