

The Mirabella Monthly

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FEBRUARY | 2023

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MUSIC TO MY EARS

BY MARY JOSSEM

ON New Year's Eve, after a relaxing hair appointment with Ching in the Mirabella salon, I made a quick stop in the Mailroom. While there, I noticed a very faint sound of music and immediately stepped close to the window to see if it was coming from outside. No, that wasn't it. Was it coming from above me? No, it wasn't from above. The sound was so faint I could not determine the source. Was I hearing things that no one else could hear? Was there really music playing?

I then headed to the D elevator to go back to my cozy eighth floor apartment to enjoy a nice Chai latte. I heard the faint sound of music all the way but still couldn't determine the source. Was it coming from Emerald Hall? No, nothing going on in there.



"Where is that music coming from?"

GREAT-GRANDPARENTHOOD

Almost to the elevator, I ran into Margaret Herb and Lois Braden and asked them if they could hear the music. Yes, they said, but it was very faint. We all agreed we didn't recall Mirabella ever broadcasting music over the intercom system throughout the first-floor hall. Perhaps it was special for the holidays, but if so, it needed to be a bit louder. At least any doubts I had about my possibly "hearing things" that weren't there were dismissed.

Arriving in my apartment, I was dismayed to hear the music even a bit louder. Surely Mirabella wasn't broadcasting music to all the apartments! This must be a mistake. I had better call the front desk to inquire. Which I did.

The front desk staff was not aware of any music being broadcast but would call security and let them know. I had done my duty and had rescued all of Mirabella from hearing this extremely repetitive, faint, and annoying music for the rest of the day and night and, for all I knew, eternity.

As I put the phone in its cradle after my call, I noticed the music got louder as I approached the counter where my purse lay. You guessed it...my phone in the purse was playing this faint and never-ending loop of music. I had inadvertently opened the SkyView Lite app on my phone, perhaps when putting it away after calendaring my next salon appointment.



The guilty party

Extremely embarrassed, I immediately notified the front desk that I had solved the problem.

Unfortunately, Security had already been notified. I bet they are still laughing about the resident who hears music wherever she goes.

ON BEING A NEW GREAT-GRANDPARENT

BY BETTY HEYCKE

IN my college American history textbook, I remember reading that the American New England colonies "invented" grandparents. Not many people in the western world of the seventeenth and eighteenth centuries survived long enough to become grandparents. However, New England was a very healthy place to live. My own grandparents were still alive when I was in high school. We went to Grandma's house (a Los Angeles apartment) for Thanksgiving and Christmas. But what about my great-grandparents? No one spoke of them. There were some ancient photos and an old Swedish Bible with names, but my great-grandparents were part of a very remote and distant past along with the Civil War and the American Revolution. I could not imagine knowing them.



Torsten with grandson Cooper

TALKING PLANTS § WELLNESS COORDINATOR

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But now, like many Mirabella residents, my husband and I suddenly have become great-grandparents of two. They are the children of our son's two daughters. The first baby, a girl, was born in October. The second, a boy, was born Christmas Eve. They are far away in Boston and San Francisco, so we have not yet held them in our arms. But we receive photos, many photos—new ones every week.

In one photo is our first-born blue-eyed son with his week-old brown-eyed grandson gazing up at him. And in another is grandpa holding his laughing three-month-old granddaughter. For us, the great-grandparents, our new status—rare in the world if not at Mirabella—is very strange and very wonderful.

CONFESSIONS OF A PLANT

WHISPERER

BY JARED CURTIS

I HAVE nine women living with me, and four of the nine are putting out—that is, they are blossoming. Each of these nine Muses is named Violet, or a variant thereof, such as Vi, Viv, or Viola. I adopted them, serially, from the Re-Store, where I found each one in a sad state of decline, abandoned on a table outside the door.

I talk to them, recite poems, and even sing to them. Now and again I could swear I hear them answer or softly hum along. Because I am a fresh air freak as well as a plant whisperer, I always open my balcony door at night and turn off the heat. To keep my ladies warm, I cover them with recycled sheets of plain brown wrapping paper to shield them from any cold drafts on our windy corner. I water them once a week and feed them once a month. Their leaves are as green as springtime grass, and they seem happy



Violets – photo, J. Curtis

in their greenness. They don't seem to mind my pinching off a limp leaf from time to time. At least no one has attempted to make a break for it when my door is open.

My balcony plants, mostly perennials at this time of year, are doing well. When I go out to check them, I give them a drink and chat a bit with Aster (of the chrysanthemum family), now dry and brown but with bright green growth surging up below, Bruce (my white spruce), and Genna, Griselda, and Geraint, my three geraniums, which I hope will survive and revive with the spring weather. Daffodil bulbs, given to me by a friend last fall, have begun to sprout, their deep green spears already poking through the dark earth, promising bright color in March. Who doesn't love Daffs?

STEPPING UP, STAYING BALANCED

CHRIS WILSON: THE MAN BEHIND THE GLASS

BY MARY JOSSEM

WELLNESS Coordinator Chris Wilson is now in his fifth month at Mirabella. You may have met or observed him working



Chris Wilson
— photo, L. Smith

behind the glass of the swimming pool office. Despite the location of his office, you are just as likely to encounter Chris in the Fitness Center or Studio X, where he has started implementing in-person wellness programs for residents.

Chris has ambitious plans to strengthen our health and wellness programs, and he is well qualified to do so. He is certified by the National Academy of Sports Medicine as a Personal Trainer, Weight Loss Specialist, and Performance Enhancement Specialist. He also has a certification in Mental Toughness.

Due to COVID, Chris recognizes we are in a transition period. Many of our current fitness programs occur through Zoom, one of the few ways for residents to stay active when isolated. Residents grew to enjoy these classes and their instructors, and some are reluctant to return to in-person classes with new, possibly different, instructors.

The transition has begun, however. Just recently, Chris started a twenty-minute Stretch Class in Studio X. Most of the class takes place in chairs and involves gentle stretching of the neck, arms, torso, hips, ankles, and legs while relaxing music plays in the background.

Also popular is the Men’s Weight and Balance Class in Studio X. A little longer, this thirty-minute class is designed specifically for men. I peeked in on this class

and, in just the few minutes I was there, Chris led the group through lateral kicks, arm swings, chair squats, and step-ups. From the equipment placed at each station, I could see that weights and stretch bands were up next on the day’s agenda. A similar class will be offered for women as soon as there is an opening in the busy Mirabella activity schedule. Chris believes there is a social benefit when exercising in a group in person, and he hopes to encourage more social interaction in the classes he offers. He hopes also to invite residents from other CCRCs to participate in some of our activities, such as water volleyball. Another of Chris’s ambitions is to introduce Rock Steady, a program designed specifically for people with Parkinson’s. This program is a non-contact, boxing-based, fitness



Arnie Gaillard, Fred Short, and Jerry Smedes in Chris Wilson’s Weight and Balance Class
— photo, M. Jossem

MADART EXHIBIT § BIRTHDAYS

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curriculum. All the exercises are adapted from boxing drills and are designed to improve range of motion, flexibility, posture, gait, and activities of daily living.

In between planning and teaching classes, Chris is happy to provide individual thirty-minute consultations to residents free of charge. This may include orientation to the fitness center and its equipment as well as discussing any personal physical challenges or goals a resident may have. Chris is also available for personal training. His rates are posted on the glass outside of his pool office.

If you haven't yet had the opportunity to meet Chris, please drop by his office to meet "the man behind the glass" and have a chat about what exercises might put a spring back into your step, sparkle in your eye, or smile on your face.

COMING SOON: INTERSTITIAL VOLUME AT MADART STUDIO

LOUISE LOWRY

MadArt Studio's next exhibition, *Interstitial Volume*, opens February 8 and runs through April 10.



"Foreshortening," Henry Jackson-Speiker, a 2022 installation using media similar to that used in "Interstitial Volume" at MadArt
– photo, Mollie McKinley

The studio is open now, so you can watch this fascinating installation as it goes up. Seattle sculptor, Henry Jackson-Speiker, plans to fill the entire studio space with three trisecting installations of filaments, threads, and light to create an environment that is elusive and disorienting. He hopes the experience will prompt viewers to engage consciously with their own usual environments. MadArt Studio at 325 Westlake is an easy walk from Mirabella.

HAPPY BIRTHDAY! FEBRUARY 2023

4 – Bess Porterfield
4 – Mary Kirkendall
4 – Bonnie Tibbles
5 – Tom McArthur
5 – Anne Kitchens
7 – Warren Askov
8 – Jane Blackwell
9 – Darlene McTaggart
10 – Jean Sayre

11 – Barry Weintraub
13 – Linda Smedes
13 – John Russell
14 – Dee Dickinson
15 – Phyllis Golden
16 – Judy Waring
21 – Judy Guder
22 – Miriam Charney

22 – Sandy Luttinen
24 – Al Novack
24 – Carol Purvis
25 – Makiko Doi
26 – Dean Temple
27 – Marcy Golde
27 – Jim Ohta
28 – Taylor Putney
28 – Mimi Gormezano

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,
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Mary Jossem,
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Betty Heycke, Member-at-Large, 2021–2023,
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Louise Lowry, Member-at-Large, 2022–2024,
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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 Gail Temple	Box 604, x 1686 Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation (Until 12/31/2023)	Sally Hahn Louis Swart	Box, 1120, x 1755 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

RESIDENT SERVICES § CLINICS FOR ALL

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RESIDENT SERVICES

Loni Smith, Resident Services Director

MIRANET

If your family would like to have access to MIRANET please reach out to Loni Smith at x 1418.

Buddy Program

The Buddy Program was designed to give Mirabella permission to release information to a resident's friend, or "buddy," of choice. Due to HIPAA regulations the Buddy Program form needs to be signed and submitted to Resident Services. The form can be requested through Resident Services or found on MIRANET under Documents>Resident Services.

Community Happy Hour

The next Community Happy hour is scheduled for Tuesday, February 14! Please join us in the North West Dining Room from 3:30–5 pm for some Valentine's Day fun.



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 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, February 14; 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, February 20, 27; Tuesdays, 21, 28;
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. Please call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748 for appointments and rates.

Podiatrist

Wednesday, February 15; 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. Please call Mercer Island Foot and Ankle at (206) 275-9117 for appointments.

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.

RESPITE § ACTIVE ARTS

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 Truong, 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.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Seniors Finding their Groove with Afua Kouyate

February 1, 8, and 15; 11 am, Emerald Hall

February 22; 11:30 am, performance in Emerald Hall

The African drumming class has begun and will continue through February 22, when a gala program in Emerald Hall will celebrate Black History Month. Put it on your calendar. Coordinator: Barbara Porter.

Singalong

Wednesday, February 8; 3:30 pm, second-floor Activity Room

Let’s celebrate Valentine’s Day with a singalong. Lynne Iglitzin and Janet Matson will accompany on the piano, and the ukuleles will join in the fun. Masks are required. Coordinator: Barbara Porter.

Reading and Writing with Poets of a Certain Age

Thursdays, March 23, 30, April 6, 13, 20, and 27; 1–2:30 pm, Northwest Dining Room; registration required.

In this course presented by Seattle poet Sigrun Susan Lane, participants will read works by poets over seventy years of age writing at the peak of their craft: Stanley Kunitz, May Sarton, David Wagoner, Charles Simic, and others. Class members will write from prompts suggested by the reading. There will be an opportunity to share drafts with other members in the class. No prior experience is necessary. All poetry material will be provided by the instructor, who notes that participants will need to bring “a pad of paper, a pencil or pen, an open mind, and a sense of humor.” The class will be limited to ten participants.



To sign up please email both Tricia Brink (pwbrink@comcast.net) and Barbara Porter

NEW ART



HOUSE MATTERS

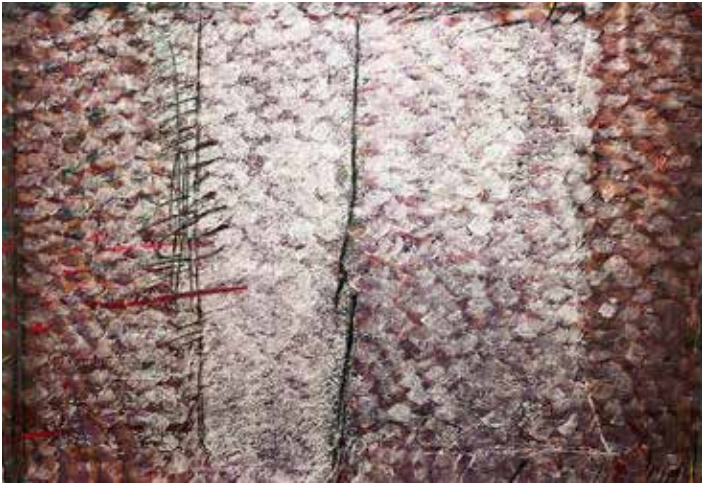
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(3316music@gmail.com). If you don't have email, please follow the instructions on the bulletin board in the Mailroom. Coordinator: Lynne Iglitzin.

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

New Art Acquisition

*“Opal Lumes II” by Joan Ross Bloedel
– photo, J. Curtis*

Artist Joan Ross Bloedel has said that in her painting, “... color is absorbed and at the same time is reflected from the work.” Hmmm. That’s a conundrum. Can she make that happen? You can judge for yourself if you examine the painting, which hangs on the wall between apartments 1015 and 1017, where it is displayed on long term loan from Mirabella resident Barbara Daniels.

The artist, currently using her maiden name, Joan Stuart Ross, moved to Seattle from the East Coast in 1968 where she became an integral part of the Seattle art scene. In 1981 she was the first woman to win the Betty Bowen Memorial award given by the Seattle Art Museum and in 2022 received a SOLA award given to women over sixty who have been working in art for twenty-five years or more and who deserve greater recognition.

Ross studied at Yale with the color theorist Josef Albers and at the University of Iowa where she received her MA and MFA studying under the popular teacher of print making, Mauricio Lasansky. She has used print, paint, collage, pastel, pencil, and encaustic in her painting, which has always centered on her interest in color. A mastery of layering with various media has enabled her to achieve her goal of absorbing and reflecting light in the 1980's painting on display here titled *Opal Lumes II*.

Ann LeVeque

**ENVIRONMENT AND FACILITIES
COMMITTEE**

Nickie Askov and Sally Hahn, Cochairs

Highlights

Alyssa Maravillo, Environmental Services Manager, reminds us that Mirabella residents can receive two special cleaning orders per year at no charge. You can submit a work order or contact Alyssa at x 1412. More towels are being ordered for the pool, exercise room, and Studio X. Additional towel deliveries from the laundry will be scheduled on busy days. Karel Pina, Facility Services Coordinator, reported that we have new LED lights in the front traffic circle and the dining room. The trash room garbage chutes are scheduled to be cleaned and repaired soon. Marcus Cullen said that the maintenance on the lift system in the garage is ongoing. He cautions that residents should not try to access cars on the lifts. Accidents have happened. If you need to get into your car, please call the valet office to have the car brought up to the office area. We have a new valet, Michael Everly.

The conversion to Comcast television programming is scheduled to be completed in February.

Sally Hahn

GO GREEN § TALK ON CARE § LIBRARY

GREEN SUBCOMMITTEE Carolyn Roe, Chair

Green Tips

Ridwell has returned to pick up plastic film and bags. See the Ridwell information on the Mailroom bulletin board to learn what is acceptable. The bin is beside the Threadcycle bin in the Service Elevator room next to the B elevator on the Parking level. Amazon plastic packaging can also be returned to Whole Foods or other Amazon buildings. Some grocery stores accept plastic bags.

Water bottle filling stations: Please use/reuse your own water containers to fill from the automatic



dispensers located in three places: by the pool area locker rooms, in the Fitness Center (gym) south wall by the door, and on the wall between the Salon and Studio X. Using these dispensers at Mirabella saved the equivalent of 4,796

plastic bottles in 2022.

Boxes: Space is at a premium. Please break down boxes before leaving them in the trash room. If that's a problem for you, call Facilities at x 1413 or email 1413@retirement.org and ask for pickup from your apartment.

Messy Trash Room: Items in the wrong bin? Bins overflowing? Dirty floor? Contact Facilities at x 1413 or email 1413@retirement.org.

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

Mary Rogers

HEALTH & WELLNESS COMMITTEE Ken Hopkins, Chair

Health Services with Max Kuhlman

Tuesday, February 28; 3:30 pm, Emerald Hall

Director of Health Services Max Kuhlman will discuss the levels of care under his leadership: Skilled Nursing, Memory Care, and Assisted Living. For most residents the care provided on these floors was an integral part of the decision to move here. Come to learn about the essential health services at Mirabella Seattle.



Max Kuhlman

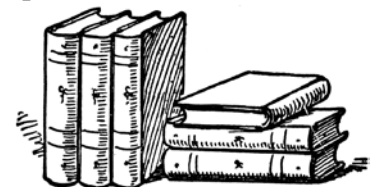
Prior to becoming Health Services Administrator at Mirabella in November of last year, Mr. Kuhlman graduated from Creighton University as a Licensed Nursing Home Administrator and served as Executive Director of Health Care for three different companies in the Seattle Area. Coordinator: Nan Morris.

LIBRARY COMMITTEE

Martha Oman and Linda Morrison, Cochairs

In the Beginning

The Library in December 2008 was just a shell when the first residents arrived. Although Mirabella had a move-in coordinator, no one was in charge of the Library. Sacks and carloads of books started to arrive, and, as a small group of interested residents looked in bewilderment at the sight, they made three decisions as to the mission and parameters



LIFELONG LEARNING

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of the Library. It would be comprised of donations. There would be no check-out procedures. Mirabella Seattle Administration would pay for a subscription to the *New York Times*. They felt the Library was to be maintained as a comfortable, cozy, warm place to read. Benches, tables, and chairs were placed around the room. A jigsaw puzzle table and additional bookshelves were made and installed, and the Library was established. Many thanks to Phyllis Allen, Martha Oman, Don Ries, and Dick Steppic for their dedication in turning our Library into what you would find in a very large, elegant home.

Noteworthy new additions to the Library include: *Lessons in Chemistry* by Bonnie Garmus; *The Last Thing He Told Me* by Laura Dave; *The Last Green Valley* by Mark Sullivan; *Doc Maynard: The Man who invented Seattle* by Bill Speidel; and *Mark Twain for Cat Lovers: True and Imaginary Adventures with Feline Friends* by Mark Dawidziak.

The Seattle Public Library Mobile Service van visits Mirabella regularly on the third Friday of every month from 1:15–2 pm. Look for the next visit on February 17. In the meantime, please return Seattle Public Library books to the Front Desk.

Linda Morrison

LIFELONG LEARNING COMMITTEE

Leslie Klein, Chair

OLLI-UW February 2023 Zoom Lectures

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

Julia Wan, Coordinator for OLLI-UW offerings

Fundamentals of Social Engineering Attacks with Deveshree Nayak

Wednesday, February 8; 12–1 pm

Preregistration Link:

<https://washington.zoom.us/meeting/register/tJYtcuCqjkuGNxUzx2ctwXXAxLGUpDCTLvD>

This talk offers an introduction to social engineering. Topics include social engineering, phishing, baiting, spear phishing, watering hole attack, vishing, and smishing. The talk focuses on individual users and their role in protecting themselves from social engineering. Prior experience in this field is not necessary.

Deveshree Nayak has more than a decade of experience in cybersecurity. He has taught and mentored 5,000 students, and, as a professor at the University of Washington, is an expert in security analysis, pen testing, privacy engineering, cyber crime, cyber risks, and open-source intelligence. Deveshree Nayak is a founding member of the Diversity and Inclusion Council at UW.

Misha Berson: *Into the Woods: Once Upon a Time with Stephen Sondheim*

Friday, February 17; 12–1 pm

Preregistration link:

<https://washington.zoom.us/meeting/register/tJ0sf-ygqDioGNKYcimLhqF-MPdQSZfBDbuB>

One of the late Broadway composer's most successful musicals, this engrossing show (aimed more at adults than children) revisits and meshes classic fairy tales and their characters (Little Red Riding Hood, Rapunzel, Cinderella, etc.) with fresh humor, psychological insight and, of course, terrific music. This talk about the show, with video samplings, is also a good introduction to the new production of *Into the Woods* at Seattle's 5th Avenue Theatre, which plays February 10 through March 5, 2023.

Misha Berson is a frequent contributor to national magazines and has taught in the Drama Department at the University of Washington as well as at San Francisco State University, University of California/Davis, and University of Southern California/Annenberg Journalism Center.

RESIDENT REVELATIONS

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Ancient Art and Architecture with Kolya Rice
Wednesday, February 1; 1:30–3 pm, Zoom only
 Don't miss the final lecture of the current series on the last great art movement of the Middle Ages: Gothic Art and Architecture. As usual, emphasis will be placed upon how arts reflect their historical contexts in the time they were created. Though illustrated lectures anchor the course, discussion is always encouraged. Come with your questions and comments. Coordinator: Sylvia Fisher.

The Supreme Court in Review 2021–2022 with Bill Anderson
Tuesday, February 7; 3:30–4:30 pm, YouTube Video in Emerald Hall and on Zoom

Bill Anderson is returning to Mirabella to provide an annual review of the Supreme Court Decisions via a YouTube Recording. The most decisive and best-known decision was the overturning of *Roe v. Wade* by the conservative majority court. Other significant cases, such as *West Virginia v. Environmental Protection Agency*, *Biden v. Texas*, and *Biden v. Missouri*, will also be discussed. He will cover these major decisions and others in his excellent program reviewing the Supreme Court's blockbuster term. Come to watch this video on the big screen. Coordinator: Leslie Klein.

RESIDENT REVELATIONS

Sheryl Feldman: Learning My Color
Wednesday, February 15; 3:30 pm, Emerald Hall and Zoom

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

Meeting ID: 951 7071 5759, Passcode: learn

When I was a kid, I checked the box on forms that said "Caucasian." Now I am white. I learned my color in person, in real time, in the 1990s when I, a writer, set out to find out what characteristics Black people attributed to me on account of my race. To

investigate, I put my white self in Black communities in America, West Africa, and the Caribbean.

Mind you, this was all before the culture wars, before we all learned there was such a thing as "White Fragility," and my project was ridiculously naïve. But I survived an acidic initiation into the fullness of Black rage in Dorchester, Massachusetts. I bounced into the whirlwind warmth of a street preacher, the Reverend Marlene Campbell of the Alpha and Omega church, where I cuddled the babies so the mothers could step into the aisles and dance a holy dance. In Africa, I visited a slave castle and went to Dakar where women were so beautiful, I only wanted to make my whiteness go away. Out in the bush, my white self vanished.

In my reflections, I'll tell stories of the people I met, how they accused me, made me laugh, held me, educated me, protected me, and gave me a profound moment of being simply human. Coordinator: Carolyn Blount.

N.B.: Conversation on Sheryl Feldman's talk on "Learning My Color" will continue at dinner at 5 pm on February 15. Interested residents may request seating at her table that evening, spaces filled in order of the reservations. – Sheryl Feldman

Recompose: An Earth-Based Funeral Option with Katrina Spade
Wednesday, February 22; 3:30–4:30 pm, Emerald Hall

Katrina Spade will focus on the movement supporting ecological death care. She will speak on the history



Sheryl Feldman – photo, C. Blount

PERU



OUTSIDE ACTIVITIES

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Katrina Spade
– *Credit Recompose*

of human composting, a process that is legal in five states, including Washington. She will touch on the biology of human composting and the lasting impact death care choices can make on the planet.

Katrina Spade began her focus on the idea of composting human remains when she was a graduate student in architecture

at the University of Massachusetts Amherst. She worked with researchers at Western Carolina University and the University of Washington to develop the process. She created a system that would be good for the earth and support people's connection to their beliefs about death that are sometimes shattered in part by the funeral process and its costs. She is recognized as the one who led the push to have the process of composting human remains legalized in Washington State. Recompose is a public-benefit corporation that she founded in 2017 to expand research and development of the concept of safely composting human remains. Coordinators: Dick Fike and Pat Harris.

Marc McLeod: Peru: What is Going on There?

Monday, February 27; 3:30–4:30 pm, Emerald Hall and Zoom

Peru is now a sharply divided country with continuous protests. Though best known for the Inca ruins at Machu Picchu, in December Peru exploded onto the front pages of news with the impeachment, arrest, and detention of former President Pedro Castillo. President Dina Boluarte took over on December 7, after the country's opposition-held Congress overwhelmingly voted to remove Castillo. Protests immediately began in the rural areas of Peru.

Latin American expert Dr. Marc McLeod will provide the history of Peru and explain how events there could have bearing on the U.S. As Associate Professor of History at Seattle University, he teaches courses on human rights in Latin America, world history, history of Cuba, History of Mexico, and Revolution in Latin America. Coordinator: Leslie Klein.

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 the departure time from Mirabella and the 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 listed 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 updated as needed. Nongrocery 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. You may also cancel your reservation by calling the Front Desk at x 1400 when last minute cancellations are unavoidable.

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.

OUT AND ABOUT

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FEBRUARY | 2023

GROCERY TRIPS

Ballard Market, Fridays, February 10, 24;
10–11:45 am
Costco, Wednesdays, February 8, 22; 9:45–11:45 am
Fred Meyer, Mondays, February 6, 27; 10–11:45 am
Metro Market, Fridays, February 3, 17;
10–11:45 am
QFC/University Village, Monday, February 13;
10–11:45 am
Safeway, Fridays, February 3, 17; 1:30–3:15 pm
Trader Joe's/PCC, Wednesdays, February 8, 22;
1:30–3:15 pm
Uwajimaya, Monday, February 6; 1:30–3:15 pm

Note that no grocery trip is scheduled on Presidents' Day, February 20.

WALKS

Saturdays, 9:30–11:15 am pickup

February 4 Seward Park
February 11 Edmonds Waterfront
February 18 Magnuson Park
February 25 Discovery Park

Coordinator: Charlotte Bushue, x 1723.

SUNDAY CHURCH

Sundays, February 5, 12, 19, 26; 9:15–10:30 am
The bus goes to Christ Our Hope. Other church trips are by reservation only.

CULTURAL EVENTS

The following events have scheduled transportation. 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 and will leave fifteen minutes earlier than if there were just one event. The bus will go to both venues in one trip. Please sign up for each event to ensure a seat on the bus and ask for a confirmation.

ACT, *History of Theatre*, Saturday, February 11;
1:15 pm
Emerald City, *Unrivaled, the Pianists of Cliburn*,
Friday, February 17; 7:30 pm
Pacific Northwest Ballet, *Giselle*, Saturday,
February 4; 1:15 pm
Seattle Opera, *A Thousand Splendid Suns*, Sunday,
February 26; 1:15 pm
Seattle Repertory Theatre, *I Am Not Your Perfect
Mexican Daughter*, Wednesday, February 1;
1:15 pm
Seattle Repertory Theatre, *I Am Not Your Perfect
Mexican Daughter*, Sunday, February 5; 1:15 pm
Seattle Repertory Theatre, *Metamorphoses*,
Sunday, February 12; 1 pm
Seattle Repertory Theatre, *Metamorphoses*,
Wednesday, February 15; 1 pm
Seattle Repertory Theatre, *Metamorphoses*,
Sunday, February 19; 1:15 pm
Seattle Symphony Series 21A, 7A, *Sibelius
Symphony #7*, Thursday, February 2; 6:45 pm
Seattle Symphony Series 21A, 13A, and 7E,
Beethoven Pastoral Symphony, Thursday,
February 9; 6:45 pm
Seattle Symphony Series 8G, *Beethoven Pastoral
Symphony*, Sunday, February 12; 1 pm
Seattle Symphony Series 21A, 7A, *Mendelssohn
Violin Concerto*, Thursday, February 16; 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

**Henry Art Gallery: *Photographs from the Henry
Collection***

*Thursday, February 2; leaving at 10:30 am with
pickup at 1:30 pm*

Henry Art Gallery was founded in 1926 as Washington State's first art museum by Seattle entrepreneur Horace C. Henry. We will see a special exhibit of photographic art drawn from the Henry's collection, which includes works by Imogen Cunningham, Eirik Johnson, Mary Randlett, and

WHAT'S ON IN EMERALD HALL

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Darius Reynolds Kinsey. These artists show the area's beauty and character in ways that only locals can. There is no admission charge, but donations are welcome. Mask wearing is recommended in accordance with University of Washington guidelines. Coordinator: Jade Simonson, x 1688.

University of Washington Biology Greenhouse
Wednesday, February 15; leaving at 1:30 with pickup at 3:30 pm

The new greenhouse is a state-of-the-art, highly automated living laboratory that is home to over 3,000 species of plants. Some of the plants are decades old and have survived multiple moves to new homes. Some are extinct in the wild, and some date back to the age of dinosaurs. It is a 20,000 square-foot living-learning environment that we are fortunate to visit. Katie Sadler, the current manager of the greenhouse, promised to have a docent ready to give us a tour. Coordinator: Jade Simonson, x 1688.

Luncheonaires: Joyale Seafood Restaurant
Tuesday, February 28; leaving at 11:30 am with pickup at 1:30 pm

Joyale is a large Chinese restaurant located in the Pacific Rim Center in the Chinatown International District. It is known for its seafood, dim sum, and classic Chinese cuisine. A link to the restaurant menu is (<https://www.joyaleseattle.com/standard-menu/>). Coordinator: Diane King, x 1637.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

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*. Reviewer Laura Kalpakian said about

this book, “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

Oboe Player Bhavani Kotha in Concert

Thursday, February 9; 3:30 pm, Emerald Hall
Oboist Bhavani Kotha will be accompanied by pianist Laure Struber in playing the Schumann's

Romances op. 94 and a transcription of Bach's famous *Sonata in B minor for Flute and Basso Continuo* for the oboe. Bassoonist Kate MacKenzie will join Kotha to play selections from Dirk-Michael Kirsch's *Double Concerto for Oboe and Bassoon*.

On February 18 at 7 pm, Kotha and MacKenzie will be performing the full piece with The Sound

Ensemble at Trinity Church in Ballard—you're invited! <https://www.thesoundensemble.com/>

Kotha was a winner of the 2019 National Yamaha Young Performing Artists Competition and the National Federation of Music Clubs Carolyn Nelson Double Reed Award. She has a BA in



Bhavani Kotha

TALKS AND MORE MUSIC

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music from the University of Washington, an MA from the University of Southern California Thornton School of Music, and a Certificate in Strategic Marketing from UW. She balances a busy freelance performance schedule (most recently with the Eugene Symphony) with teaching and her fundraising job with Mary's Place. Coordinator: Judy Waring.

Seattle Opera Challenges

Wednesday, February 15; 2–3 pm, Emerald Hall
Christina Scheppelmann, General Director of Seattle



*Christina
Scheppelmann*

Opera, will discuss how Seattle Opera continued to bring music to the community while facing challenges of the pandemic. Furthermore, she will give a preview of *A Thousand Splendid Suns*, Seattle Opera's latest production, opening on February 25. This Seattle Opera world premiere is based on the

2007 novel of the same name by Khaled Hosseini. Set in Afghanistan's recent volatile history, this new opera tells the breathtaking story of Marian and Laila, two Afghan women. Her presentation will include projections of pictures and music. A copy of the book is available on loan from Stafford Miller, x 1604. You won't want to miss this presentation by Christina Scheppelmann, the outstanding General Director of Seattle Opera. Coordinator: Stafford Miller.

Lake Union Piers project

Thursday, February 16; 3:30 pm, Emerald Hall
Let's welcome Kiki Gram, Senior Development Manager of Vulcan Real Estate, who will be here to present the renovations of Lake Union Piers. When the project is finished, Mirabella residents will be able to enjoy a beautiful plaza with water

views, shops, cafes, and dining. The area formerly known as Chandler's Cove near Fred Hutch will be reachable from Mirabella by the Westlake trolley, by Metro bus 70, or on foot.

Kiki might be remembered by some for her involvement with the development of the substation and dog park on Minor Avenue. Come with your questions and comments; she is eager to hear them. Coordinator: Judy Guder.

Ladies Musical Club

Saturday, February 18; 2 pm, Emerald Hall
Prepare to be blown away by a wonderful assembly of wind instruments (forgive the pun). Our soloists will be Julie Shankland, clarinet and bass clarinet; Gail Perstein, oboe and English horn; Eric Shankland, bassoon; Sharon Jung and Bernard Shapiro, oboes. We will hear a trio by Jacques Ibert, duets by Benjamin Britten, more trios by Haydn/Wentz, plus *The Teddy Bears' Picnic*. The grand finale will be the *Allegro ma non troppo* movement from *Quintet in C Major* by Schubert. Our honored guest is Bernard Shapiro, now retired as principal oboe for the Seattle Symphony. I'll see you there! Coordinator: Carolyn Burton.

Sunday Jazz

Sunday, February 19; 2 pm, Emerald Hall
Take a musical journey with the soulful sounds of the legendary R&B vocalist and three-time Grammy Award winner Lou Rawls (1933–2006). Recorded in Washington, D.C., this historic recording from the television program *Jazz Central* features Rawls singing classic "Philly sounds," jazz, and blues. A pleasant way to spend a Sunday afternoon. Coordinator: Stafford Miller.



Lou Rawls

POETRY FEST § WELCOME § BOOKS

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Coming Soon: Poetry Fest

Thursday, April 13; 3:30, Emerald Hall

April brings showers, National Poetry Month, and a chance for you to read a poem or two aloud to an audience of eager listeners. Contact Louise Lowry (Box 607, x 1684), who will coordinate the event, assisted by Jared Curtis.

WELCOME COMMITTEE

Carolyn Blount, Chair

Nancy Alvord

Nancy Alvord is a delightful new addition to Mirabella Seattle where she resides in unit 602. A very recent arrival, she departed just a few days after moving in to spend the holiday with her five grandchildren and has just returned from Big Sky, Montana, where her family, skiing enthusiasts, gathered for their twenty-fourth family get-together.



*Nancy Alvord
– photo, E. Hill*

Nancy has three brothers and two sisters. Her father was a U.S. Air Force flight surgeon, and she traveled extensively with him and the rest of her family while growing up.

Nancy attended the University of Puget Sound, earning a degree in teaching with a minor in psychology. She has three sons and two daughters. Nancy loves wine tasting and is a member of Chaine des Rotisseurs, an International Association of Gastronomy that is also a travel group. She is an active volunteer with the Woodland Park Zoo. Nancy is eager to be involved in Mirabella activities and looks forward to getting acquainted with fellow residents.

Jackline Hill

Jerry Moroney

Jerry Moroney hails from Cork, Ireland. He came to the U.S. via Canada in 1960 and worked for thirty-two years as a civil engineer at Boeing. He is the proud father of six children, three boys and three girls, and eight grandchildren. Five of his children live in the greater Seattle area and one in Longview. As he puts it, “Irish eyes have indeed smiled on me!”



*Jerry Moroney
– photo, L. Swart*

At the recent Irish Jig concert in Emerald Hall, he joyfully noticed many hands go up when the audience was asked who was born in Ireland. “I’d love to meet them all!” he says. And if you’re one of the many retired Boeing alumni at Mirabella, he invites you to reach out to him. Jerry lives in #806.

Louis Swart

BOOK CLUB

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

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

March 27: The book selected for March is *The Overstory* by Richard Powers. This novel weaves together the stories of nine strangers, each of whose lives has been shaped by trees. They are connected by their collective action to prevent a virgin forest from falling to industrial harvesting.

Tina Moss

GRANDEST OPERA § REMEMBERING

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OPERA CLUB NEWS

Aida by Giuseppe Verdi

Monday, February 13; 2 pm, Emerald Hall

In Verdi's masterpiece *Aida*, a classic love triangle plays out against the spectacular backdrop of war and intrigue in ancient Egypt. Scenes of heartbreaking intimacy unfold against vast displays of military might, temples, tombs, and twenty-foot statues of Ptah. The Egyptian general Radamès leads a war against Ethiopia while harboring a secret love for the slave Aida. Meanwhile Aida's mistress Amneris, the Pharaoh's daughter, sings of her undying love for Radamès. As always, Verdi delivers love, passion, jealousy, and back-stabbing with nonstop musical intensity.



Plácido Domingo as
Radames (1989)

Our production is from the Metropolitan Opera season opener of 1989 with a cast led by Plácido Domingo as Radamès and Aprile Millo as Aida. It is the grandest of grand operas, staged with full Egyptian opulence. The Met's famous multitiered sets create breathtaking effects, especially as the scene shifts to Thebes for the Triumphal

March in Act II. The March itself features legions of soldiers, a full *corps de ballet*, a tragic band of war prisoners, and horses pulling wagons and chariots across the stage. Amneris is sung by Dolora Zajick, who—between her acting, singing, and gold-beaded hairstyle—nearly steals the show. The conductor is James Levine, with stage production by Sonja Frisell.

In 1870 Verdi was fifty-six and at the height of his popularity and musical powers when the khedive of Egypt (a huge Verdi fan) commissioned the opera. The khedive, along with French Egyptologist Auguste Mariette, drew up an outline for the plot of *Aida*. Verdi liked the story and, along with librettist Antonio Ghislanzoni, honed the words and music over months of laborious revisions. The opera premiered in Cairo on December 24, 1871. It is often said that Verdi prefigured Hollywood filmmaking through lucid storytelling and “cinematic” music that adds layers of anticipation and depth to the plot. Nowhere is this more on display than in *Aida*.

T'avea il cielo per l'amor creata
(Heaven created you for love)

Radamès to Aida in Act IV

The next Metropolitan Opera Live in HD broadcast is on March 18. It is Wagner's *Lohengrin*, a new production starring tenor Piotr Beczala and directed by Francois Girard. To take the Mirabella bus to attend this broadcast at Thornton Place Cinema at Northgate, sign up by calling x 1419.

Andrea Lewis

Remembering

Dan Dow 1/2/2023

Dore Gormezano 1/5/2023

Millie Johnson 1/5/2023

Vernon Slippy 1/13/2023

Helen Brumbach 1/15/2023

Sandy Bialos 1/24/2023

Carole Anne Fine 1/27/2023

SHOW TIME

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RUNNING JUST TO STAY IN PLACE

BY CONNIE CHAPLIN



Kirsten Dunst in “*The Power of the Dog*”

OK, gang, this movie is not about the Army K-9-on-a-road-trip dog. That was last month. This is *The Power of the Dog* from the 22nd psalm; it’s about strength: those who have it, those who want it, those who have lost it, and those who are just waiting for the right moment to reveal theirs. It’s directed by Jane Campion, starring Benedict Cumberbatch as Phil, Jesse Plemons as his brother George, and Kirsten Dunst as Rose in a long-awaited film set on a 1925 Montana ranch. Oh, and there’s Rose’s “sensitive and unapologetically odd” adolescent son, Peter (Kodi Smit-McPhee). The drama starts when George marries Rose and brings her and Peter into the toxic masculinity of this exclusively male world. The tension builds oh so very slowly. *The Seattle Times*’ Moira Macdonald gave it four stars out of four.

Vengeance is not “a *Die Hard* type action movie.” It’s a film about what happens when Ben, a New York journalist-podcaster (played by B.J. Novak, “Ryan” in TV’s *The Office*) meets real life in West Texas. He is planning to use the story of the death of

a woman he knew to create buzz for himself in his podcast. But, as he learns the details of her small-town life, he changes his views about the effect of media exposure and about himself. Brief violence. (Thanks to Ginny Sharp for her written review of this film.) Soren Anderson of *The Seattle Times* gave this one four stars.

How about a comedy? How about *Lost City*, with Sandra Bullock as a writer of romantic fiction, and Channing Tatum as the hunky cover model of her books? They’re funny together, at least until she is kidnapped by an eccentric rich guy, Daniel Radcliffe, who wants her to lead him to the treasure in that mysterious city she writes about. The model decides to rescue her, a decision and an effort for which he is ill-equipped, but which involves a cameo by Brad Pitt. More comedy here. *The Seattle Times* calls this one at three and one-half stars. And funny.

Flee is the true story of a man, Amin, born in Afghanistan in the 1980s. It received three Oscar nominations: best international feature, best documentary, and best animation. Now, as a gay man living in Denmark, he’s about to marry his boyfriend. But first, he must come to terms with events of his childhood in a hostile Moscow, the traumatic escape to Scandinavia in a freight container, and shame at his refugee situation. Let alone realization of his sexuality. And yet. He’s a child through parts of this, with a child’s resilience. There is humor, there is hope. Then, when he reaches Denmark, he is forced to tell a lie that will affect him all his life. The term “refugee” will have more meaning after you see this.

For more monthly movie info and run-times, check the “Movies in Emerald Hall” list on the first of each month. It’s in the rack in the Mailroom.



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Guide to Mirabella Publications

The Mirabella Monthly

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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