

# The Mirabella Monthly

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



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MARCH | 2023

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## JULIA COMES TO TOWN

BY SALLY HAYMAN

IMAGINE walking into a restaurant with Julia and Paul Child. It was lunchtime in March 1974, and we were in a small restaurant on the First Avenue side of Pike Place Market. It was hard to miss the six foot plus Queen of Cuisine, although her husband was not so well known. People looked and then tried not to look. "Could it be Julia?" "Who else?" The servers tried to hide their fluster under a cool demeanor. It was a delicious moment.

How did I happen to have the honor of escorting the Childs? Actually, I was one volunteer out of many for a series of cooking classes given for the benefit of St. Mark's Cathedral. Some of the volunteers for this adventure live today at Mirabella: Sue Lane, Carolyn Blount, Darlene Halverson, and Jean Rolfe. The official driver that day had car trouble and asked me to substitute at the last moment. I quickly cleaned



*Carolyn Blount, Sue Lane, Sally Hayman, Darlene Halverson, and Jean Rolfe, with a Julia Child cookbook and Walter Bodle's rubber chicken – photo, W. Bodle*

# APRONS AND COOKBOOKS

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up the Ford and met Julia and Paul at their hotel that morning for a shopping trip to the Pike Place Market.

The whole project began many months before, after a convivial dinner party including the Dean of St. Mark's, Cabell Tennis, his wife Hyde, and the organist/composer Peter Hallock. This was part of a group that regularly dined together, each one bringing a special dish, often from Julia Child's *Mastering the Art of French Cooking*. After a good deal of wine, someone suggested that St. Mark's invite Julia to come to Seattle and give cooking lessons. Hyde wrote an invitation on St. Mark's letterhead and sent it off. Weeks passed and nothing happened. Then a letter came back. She accepted!

That's when the fun began. Julia would take no fee for the series, but St. Mark's would have to come up with all the expenses—airfare for Julia's team, hotel accommodations, meals, and needed equipment. A huge team of volunteers from the community was gathered. Committees and subcommittees were formed, and monthly meetings held. It was like planning a military invasion.

Julia's team consisted of old friends Elizabeth Bishop from Boston and Rosie Manelle from Sausalito, and Paul. Paul, without whom Julia's career would not have taken off, took charge of logistics, diplomacy (his State Department experience would come in handy), and The List.

The List included all equipment down to the last spatula and a new kitchen gadget, the Cuisinart. Shirley Collins, owner of Sur La Table in Pike Place Market, ordered not just one but several of these machines, which eliminated so much tedious hand work in cooking. Paul told us, "Yours is not to question why, yours is but to buy and buy." Yes, it was expensive, but the Cathedral got it all back with value added in an auction at the end of the series. I



*Jean Rolfe holding her Julia Child Apron with Darlene Halverson looking on – photo, W. Bodle*

still have my bowl. It looks ordinary enough, but it was used by Julia.

The Childs and their team came to town several days ahead so that Julia could research the local markets and Paul could plan the kitchen. He had set up visual war rooms for the OSS during the war, so he was very detail oriented. Julia searched out smoked salmon in Ballard, sampled all the local oysters, and trolled the stalls of Pike Place Market. Seeing her talk with the vegetable and fruit sellers I could not help but think of a royal visit. But as she bent over to speak to them in her rich, plummy, breathy voice, she was genuinely interested in the best and the freshest the city had to offer.

Julia was no diva. She had collaborated with Simone Beck and Louisette Berthold on her first book. She formed a team of old friends and even found volunteer dishwashers for her television productions. Neither was she a food snob. I forget what we

# WELL, SHUT MY FROGMOUTH!

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had for lunch that day, but if it had been a Dick's hamburger, she would have assessed it and enjoyed it. And she was generous with her talent. The Childs made no financial gain from the demonstration. They did it for the Cathedral. Some wit dubbed it "Cooking for Christ." They did hope it would increase the sale of her books, although almost all in the audience already owned the two volumes.

Of course, the series was a city-wide success, and the \$15 tickets soon sold out. Julia and Paul were to come back two more times to St. Mark's, by now having made many Seattle friends.

I watched an old black and white edition of *The French Chef* on PBS Passport recently and enjoyed her practicality and sense of humor. She patted the meat affectionately and extolled the virtues of pork fat. And she dug in at the end of it all with a big glass of red wine.

Today, classic French cuisine has been replaced by newer and more culturally varied cooking that moves from hummus to pho. Julia's lavish use of butter and fat has been abandoned for gluten free, low carb, vegetarian options. But recently I made her beef bourguignon. I substituted butter for the pork lardons and took a shortcut for the twenty-four small white onions by using frozen peeled ones. But, damn, it was good.

## *DANCING EMUS & BOXING KANGAS*

BY WARREN AND NICKIE ASKOV

Anyone who has traveled to Australia will tell you it is a long flight. You trade day for night, but because of the international date line, you often arrive in daylight but two days after you left. Adelaide in South Australia is eighteen and a half hours ahead of Seattle. (As we write this at 10:30 pm in Seattle, it is 5 pm tomorrow in Adelaide.) We may have been aware of that, but our bodies weren't. They got very

confused because we set off for Australia on New Year's Day, Sunday in mid-afternoon, and arrived in Adelaide at noon on Tuesday, January 3.

We began a one-month tour of Australia and New Zealand at the house of our friends, Jonathan and Frances Anderson. Nickie and Jonathan had a twenty-year history of presenting at literacy conferences in multiple countries, and the Andersons had joined us for joint travel in several vacation locations: Hawaii, Austria, and Mexico. They are also excellent hosts.

As we approached their house from the Adelaide Airport, Frances said, "We have a surprise for you in our backyard garden. It came today to welcome you." The surprise was a tawny frogmouth, a stern looking bird resembling an owl. On a previous



*Tawny Frogmouth – photo, W. Askov*

# KOALA, EMU, & OTHERS



*Koala at Belair Park – photo, F. Anderson*

visit to Adelaide they had introduced us to a tawny frogmouth in a nearby park. Now here was one in their garden. It perched, immobile and just above eye level, all day until dusk when it suddenly disappeared.

A few days later after we had adjusted our sleep patterns a bit, we visited nearby Belair National Park for a hike and a morning tea picnic. We were fortunate to see a koala resting on a branch of a eucalyptus tree. Since eucalyptus leaves are



*Emu, Belair Park – photo, W. Askov*

intoxicating, koalas spend most of their days sleeping! The Australian birds are colorful and interesting and definitely interested in the contents of our picnic. A kookaburra appeared

along with some magpies, parrots, galahs, cockatoos, and mynahs. A cacophony of bird songs makes any venture in the woods a fun experience.

We walked across the road and were admiring some very tall sequoias that had been planted eighty to a hundred years earlier when Frances alerted us to two emus that were emerging from the tree line across an open field. She guessed from their dance as they approached each other that this was a mating dance. The one that we think was the “she-mue” appeared to be unimpressed, and the seduction was unsuccessful for the time being. Later, one of them fell to the ground and began thrashing while the other one circled it. We kept our distance out of respect for their privacy.

In that same park on a walk later that week, we saw two adolescent kangaroos practicing for a



*Young Kangas duking it out – photo, F. Anderson*

# ARE YOU CHIDDING? § LARGE PRINT

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*Echidna – photo, W. Askov*



*Wallaby – photo, F. Anderson*

combined martial arts contest. A twenty-five second video of the bout is posted on MIRANET at Groups > Mirabella Monthly > Folders > 2023 and on YouTube: [https://youtube.com/shorts/Bm7gvl53\\_4](https://youtube.com/shorts/Bm7gvl53_4). Other animals we saw were an echidna, which looks like a porcupine but isn't, and a wallaby that looks like a small kangaroo.

Our travel adventures with the Andersons continued

in a van trip for eight people along the Great Ocean Road from Adelaide to Melbourne. We continued to see these interesting animals and birds. We parted ways with our friends so that they could fly back to Adelaide and we to Sydney to join a cruise to New Zealand for more adventures.

## *LARGE PRINT EDITION*

Jared Curtis, Editor-in-Chief

Since the first of the year our *Mirabella Monthly* team has been producing copies of large print editions for those who require them or who find them easier to read than the standard booklet. We also place copies in the Mirabella Library and in the Front Lobby for general use. The font size of this special edition is roughly thirty percent larger than the booklet edition and is printed on 11x14 inch paper. If you would like to receive a copy of your own, write to Jared Curtis at [jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com) or call him at (206) 387-0530. You can also put a note in his mailbox. The text in each column will look approximately like this:

## *SAMPLES: LARGE PRINT ARTICLE HEADERS*

This text approximates the font size for paragraphs in regular type, *italics*, **boldface**, and *italic boldface*. Print will run across the whole page in a single column, as in this set of samples.

# WHO DOES WHAT AT MIRABELLA

**RESIDENT COUNCIL, 2022–2023**



Laura Bailey,  
President, 2022–2023,  
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Sue Herring,  
Past President, 2022–2023,  
Box 709, x 1556,  
[herringsus@gmail.com](mailto: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](#)*

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
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	Box 1120, x 1755
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 Pat Harris	Box 830, x 1779 Box 524, x 1600
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

# HOUSE NEWS § 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 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.

### **Fitness Center/Studio X Orientation**

If you would like to have a one-on-one orientation in the Fitness Center or Studio X, please call Chris Wilson, Wellness Coordinator, at x 1415. This is a complimentary service for all of the Mirabella residents.

### **Community Happy Hour**



♪ The next Community Happy Hour is scheduled for Friday, March 17. Please join us in the Northwest Dining Room from 3:30–5 pm for some St. Patrick'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, March 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](mailto:sydney@seattlehearingservices.com) or at (206) 937-8700.

### **Foot Care Clinic**

*Mondays, March 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. For appointments and rates call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

### **Podiatrist**

*Wednesday, March 1; 8:30 am–3 pm, Suite 301*

Dr. Mak Abulhosn, DPM, 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. You will need to bring Medicare and insurance cards and will fill out all necessary paper work at your first appointment.

### **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

# CAREGIVER RESPITE § WORDS FROM PREZ

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](mailto: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 Truong, Health Center Admissions, at (206) 254-1455. If a resident prefers to have in-home care

provided during a spouse’s time away, that 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

## RESIDENTS’ ASSOCIATION NEWS

Laura Bailey, President

### Leadership Summit in Palm Springs

In the second week of February PRS Leadership held a summit in Palm Springs. Mirabella Seattle was well represented by Travis Duncan, Executive Director; Ruth Benfield, Mirabella Board Director; Mike Waring, Residents’ Association Vice President; and me, Residents’ Association President. Travis went a few days earlier than the rest of us to attend meetings for administrators. The meetings were at the Westin Rancho Mirage, which provided very comfortable accommodations.



PRS is our management company. They provide management services to forty-eight facilities, ten of which are Life Care Communities like ours. Attendance at the summit, about forty-five people in total, was drawn from the leadership of those ten communities and PRS leadership.

Besides the time set aside for educational sessions, the event allowed time for socializing with the other attendees. Session topics included the PRS strategic plan, recruitment and retention of staff, marketing, finance and accounting, health services, dining, human resources, and facility services.

Mary Munoz of the Ziegler Firm in her keynote address showed the growth and consolidation of



# STAYING ACTIVE WITH ARTS

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*Mary Munoz*

senior living companies, discussed the challenges in the labor market, and made clear the need for employers to see their employees as customers as a way to support retention and to better serve residents. We

learned that post-acute care is experiencing significant challenges from changes in technology and continued decrease in reimbursement from insurers. CCRC occupancy on the West Coast, Munoz said, is running about eighty-nine percent.

It was an interesting and enjoyable event. Be sure to come to the March 7 Residents' Association meeting to hear more about what we learned.

Laura Bailey

## **ACTIVE ARTS COMMITTEE**

Tricia Brink and Barbara Porter, Cochairs

### **Class Registration**

New things take time, and the Active Arts Committee continues to search for the best way for all residents to register for classes. You will now register in the red notebook on the counter in the Resident Business Office.

### **Singalong**

*Wednesday, March 8; 3:30 pm, Second-floor Activity Room*

All residents are welcome to attend the second singalong. Lynne Iglitzin, Janet Matson, and the

Mirabella uke players look forward to seeing you. 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.*

Residents are invited to join Seattle poet Sigrun Susan Lane to read and write poetry. First read the works of poets seventy years old or older who are writing at their peak. Then write from prompts suggested by the reading. And finally share, if you wish, your drafts with the group.

The instructor notes that “participants will need to bring a pad of paper, a pencil or pen, an open mind, and a sense of humor.” This is an opportunity for everyone, and beginners are welcome. Sigrun Susan Lane is an experienced teacher, a published author, and an award-winning poet.

Register for this class in the red notebook in the Resident Business Office. Coordinator: Lynne Iglitzin.

### **Sip & Paint**

*Wednesday, April 19; 3–5 pm, Northwest Dining Room; registration required.*

“This was so much fun.” That’s what the painters said as they left the tenth floor. The happy crowd had just finished a painting lesson while enjoying wine and snacks. All this happened without the expense and cleanup usually associated with painting. “Let’s do this again!” they said. All supplies and detailed instructions are provided. A \$28 fee will be deducted from your Mirabella account. The refreshments will be generously provided by Resident Services. What a great party! Don’t miss this one. Register for this event in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

# ART SHOWS § A NATIONAL DAY

## ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

### Art Committee News

January and February were exciting months with the continuation of our resident-produced art show on the first floor. It was admired by residents and visitors alike during the holiday season and through January and much of February. Praise for our artists was heard again and again.

The show we are enjoying now, *The Art of Advertising*, emphasizes the beautiful art of well-known masters as well as commissions to contemporary artists. Galleries, museums, entertainment venues, and commercial endeavors all use posters for advertising.

In this new show, Mirabella Seattle is fortunate to showcase posters owned by our world-traveled residents and some that the Art Committee has purchased over the years from the Re-Store. Residents have kindly loaned their posters to share with others, and you may notice a few missing from your corridor walls that are also included in this show!

Some wonderful art has been loaned and gifted to Mirabella in the last month, including the gifts *Flight* from Ginny Sharp and *On Pond's Edge* from the family of Millie Johnson. The loans include *The Ballard Locks* from Janice Kaplan-Klein and Leslie Klein and *Figure on Hoop (Sculpture)* from the family of Phyllis Golden. We truly appreciate the generosity of the providers of these wonderful additions to our halls and look forward to seeing them around the building.

Please remember, the Art Committee is happy to view potential loans or gifts, provide the necessary documentation for your records, and see that your art is hung appropriately in the building. Contact any member of the Art Committee if you are considering loaning or gifting any of your art.

Linda Berkman, Cochair

## EMPLOYEE APPRECIATION

### COMMITTEE

Sally Hahn, Chair

### March 3 is National Employee Appreciation Day

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



The Mirabella Seattle Employee Appreciation Committee will celebrate Employee Appreciation Day with written notes to all employees thanking them for their hard work on our behalf. We will also have thank you posters in the employee lounges. Please join in these efforts by offering special thanks to employees you interact with on March 3.

There are other ways Mirabella residents can recognize our employees. On MIRANET's homepage you can click on "Feedback" (the third line down from the top) and fill in your comments about a special employee on the Employee VIP form. Submit the form, and your comments will be sent to the employee's supervisor. If you prefer pen and paper, there are usually "Mirabella Feedback

# HOUSE MATTERS § HEARING SCIENCE

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& Suggestion” forms in the resident business office outside the Mailroom.

Outstanding employees are recognized through the VIP (Values in Practice) Program. Each month, Human Resources and department managers award the VIP honor to an exceptional employee or employees who lead by example and exhibit one or more of Mirabella’s Core Values of collaboration, compassion, excellence, innovation, integrity, and stewardship. VIP awardees receive a \$250 bonus funded by resident donations to the Employee Appreciation Fund.

Sally Hahn

## *ENVIRONMENT AND FACILITIES COMMITTEE*

Nickie Askov and Sally Hahn, Cochairs

### **Highlights of February Meeting**

Charles Harrison is the new Facilities Services Coordinator, and Karel Stephens Pina is the new Facilities Services Manager. We welcome a new valet and bus driver, Eduardo Flores.

Environmental Services asks that residents not sort or clean in the trash rooms. Call Alyssa Maravillo at x 1413 and leave a message describing the problem. Laundry attendant, Emma Fleming, is retiring on March 1. She has worked at Mirabella since 2014.

A resurfacing contractor has been consulted for the pool and surrounding areas. Work will begin in April.

Three apartments are being renovated for new residents and four in-house renovations are ongoing. Five move-ins are coming soon.

Trash chutes in the B and D elevator areas and Health Care have been cleaned. The annual elevator service is complete, and the emergency generator has passed its annual inspection.

Transportation asks that you give twenty-four-hour notice for town car use. If you need same day transportation, contact the driver directly. Marcus Cullen will be sending out an information memo with phone numbers soon.

Facilities is coordinating with Comcast to complete the cable transition later this month. Information on that is coming soon. A new system for hanging art on the main floor is planned, and an upgrade of the building control systems coming soon. A new server was installed in February, and equipment is arriving for the public area Wi-Fi upgrade. Also planned for this year are upgrades to emergency power for Assisted Living and completion of a closed loop filtration system to get hot water faster to living unit heat pumps and filter out more debris.

Outside work is complete on the Denny Way planter. Watch for daffodils in the planter outside Emerald Hall this spring. Hanging baskets have been ordered and should arrive in time for Mother’s Day.

Sally Hahn

## *HEALTH & WELLNESS COMMITTEE*

### **Dr. Susan Anderson: Technological Advances for Hearing Wellness**

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

Dr. Susan Anderson is on the faculty of the University of Washington Speech and Hearing Sciences Department and leader of Audiology Services provided at the University of Washington Speech and Hearing Clinic. She will cover current technology available today for treating hearing loss. Her presentation will address the differences between over-the-counter hearing aids and prescriptively fitted hearing aids and how the consumer might navigate the choices that are now available.

# TIME OUT FOR MEDITATION AND READING



Susan Anderson

Dr. Anderson obtained her bachelor's and master's degrees in Communication Disorders and Audiology from the University of Northern Colorado and her Doctor of Audiology from Salus University. She worked as a clinical audiologist in both

private practice and medical settings before joining the faculty at the University of Washington in 2007. Dr. Anderson has taught courses at both the graduate and undergraduate levels and supervises graduate student clinicians. Although she has worked with patients of all ages, her specialty is working with adults and age-related hearing loss. Coordinator: Bob Lewandowski, x 1731.

## New Time for Mindfulness Meditation

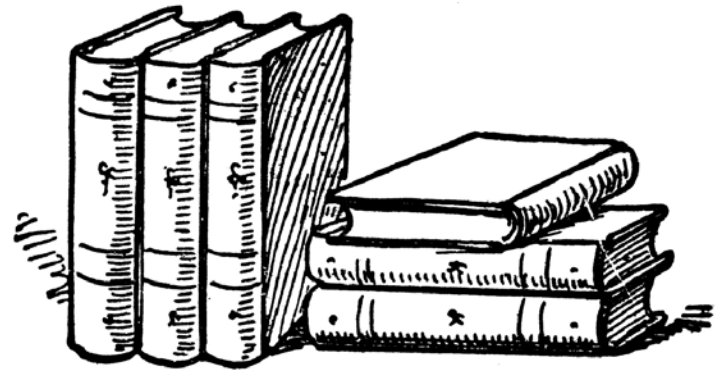
*Mondays, Wednesdays, and Fridays;*  
*10:30–11 am, Game Room*

The Mindfulness Meditation Group, started at Mirabella by Dee Dickinson in 2009 and now led by Matt Jamin, changed its meeting time on the first of the year from 8 am to 10:30 am every Monday, Wednesday, and Friday. The change has been for the better. Instead of an average of three to five participants every session, we are now up to seven to ten and as many as twelve! We welcome new participants with no experience, as well as people who are able to come only one or two days a week. Our half-hour sessions typically include a ten-minute audio by either Tara Brach or Jack Kornfeld, who explain a particular aspect of meditation to build our understanding, followed by ten minutes of silent meditation during which we try out the new tool or concept introduced on the recording. If you

would like to give it a try, we would be pleased to have you join us. Coordinator: Matt Jamin, x 1635.

## LIBRARY COMMITTEE

Linda Morrison and Martha Oman, Cochairs  
As March comes, longer days and more sunshine creep up on us. But those hopes for sunny days are laced with dark and stormy interludes. This seems



perfect for celebrating St. Patrick's Day and Irish literature and legend.

In fiction we have three excellent Irish authors: Colum McCann, Colm Tóibín, and Tana French. Their books are found in the fiction section shelved alphabetically by last name. Like James Joyce, they write with a sense of mystery and mysticism. McCann's *Let the Great World Spin* includes the pathos of the Irish immigrant experience in New York. Tana French's superb skill brings the Irish style into a new generational experience.

In a similar vein, Frank McCourt's books *Angela's Ashes*, *'Tis*, and *Teacher* bring the Irish immigrant experience to life. Although older, his books, which are autobiographical and found in the Biography section of the Mirabella Library, are powerfully evocative of the Irish immigrant experience as well as the strength of belief and hope for a better world.

Please remember to return books borrowed from the Mirabella Library to the cart on the left, inside the

# LIFELONG LEARNING

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door. This way, we can mark the books and have a way of knowing what is being read and enjoyed. Library committee members will reshelve them.

Martha Oman

## LIFELONG LEARNING COMMITTEE

Leslie Klein, Chair

### OLLI-UW March 2023 Zoom Lectures

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

Julia Wan, Coordinator for OLLI-UW offerings

#### Chantel Prat on *The Neuroscience of You: How Learning About Your Neural Lens Can Foster Connection with Others*

Friday, March 10; 12–1 pm; This talk is livestream only. It will not be recorded.

#### Preregistration Link:

<https://washington.zoom.us/meeting/register/tJMkduugrT8tHtPKpHlqezatGQp0pdn54wAL>

How might knowing the ways each unique brain understands the world help us to connect with others whose brains work differently? In this lecture, neuroscientist and author Chantel Prat will share some examples from her new book, *The Neuroscience of You*, which was written to help readers understand how their biology and experiences shape the lens through which they perceive things—including others.

Chantel Prat is a Professor at the University of Washington. A cognitive neuroscientist by training, she does interdisciplinary research to investigate



Chantel Prat

the biological basis of individual differences in cognition, with an emphasis on understanding the shared neural mechanisms underpinning language

and higher-level executive functions. Her debut book, *The Neuroscience of You*, was released in August of 2020. Prat is a recipient of the Tom Trabasso Young Investigator Award from the Society of Text and Discourse and a Pathway to Independence Award from the National Institute of Health.

#### Dean Priebe: *How Beer is Made*

Wednesday, March 22; 12–1 pm

#### Preregistration Link

[https://washington.zoom.us/meeting/register/tJItcuyprzosE9MOrO8Wh\\_CBIYdVKugHQvnT](https://washington.zoom.us/meeting/register/tJItcuyprzosE9MOrO8Wh_CBIYdVKugHQvnT)

Mr. Priebe says of this presentation: “Making beer has fascinated me since I brewed my first batch in 1988. Since then, I’ve served as Brewmaster for Icicle Brewing Company, taught brewing courses for the University of Washington, consulted for various breweries, and visited breweries all over the world. I’m looking forward to meeting you and describing how a few raw ingredients can be transformed into delicious beer.”

#### The War on Ukraine Part 2: The Ukrainian Viewpoint

Wednesday, March 1; 3:30–4:30 pm, Emerald Hall, Zoom, and possibly recorded

In Part 2 of the War in Ukraine series, we will learn about the war from the Ukrainian perspective from Dr. Laada Bilaniuk, a professor at the University of Washington

Jackson School of International Studies. Professor Bilaniuk has Ukrainian parents and has spent some time there. Starting with the historical perspective from the Ukrainian viewpoint, she will



Laada Bilaniuk

# RESIDENT REVELATIONS

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*Lesser Coat of Arms  
of Ukraine*

discuss how the conflict goes back centuries, as Ukrainian language and identity were suppressed under tsarist Russia, and Ukrainians continued to be treated as second-rate or politically suspect in Soviet times. Coming to the current situation in Ukraine, she will show how the current war being waged by Russia on Ukraine is an intensification of the Russian invasion that began in 2014.

**Part 3** of the series “The War on Ukraine” will be presented by David Fenner in June. He will focus on perspectives on the War in Ukraine taken by the rest of the world. Coordinator: Leslie Klein.

### **Pedestrian Safety in Seattle**

*Wednesdays, March 15 and 29; 3:30–4:30 pm,  
Emerald Hall and on Zoom*



*Doug MacDonald*

pedestrian public right-of-way, and needed changes in the Vision Zero program. Mr. MacDonald is a pedestrian activist and the former Washington

Seattle’s Vision Zero program, designed to reduce the number of pedestrian and vehicle accidents, is headed in the wrong direction. In the past six years, the number of fatal pedestrian accidents has tripled. Douglas MacDonald returns to Mirabella to discuss public safety, e-scooter violation of

State Secretary of Transportation (2001–2007).  
Coordinator: Mike Hahn.

### **Resident Revelations: Ed Speer: Curious Revelations of a Retired Lawyer**

*Tuesday, March 14; 3:30–4:30 pm, Emerald Hall*

Answering a query about what type of law he practiced, resident Ed Speer quipped he was in general practice that covered every subject except admiralty. Since his practice was in Kansas, admiralty law was irrelevant.

As a general practitioner, Ed confronted a wide variety of clientele, judges, witnesses, and opposing lawyers. He encountered an extensive array of subject matter, most of which required study of unanticipated and unfamiliar topics. “The Curious Memoirs of a Retired Lawyer” comprise the selected



*Ed Speer*

recollections of Ed Speer, who practiced law for fifty-seven years in Johnson County, Kansas. Ed will relate tales from some of his most amusing and insightful cases. His presentation will be uncensored and suitable for mature audiences. Coordinator: Carolyn Blount.

### **Seattle’s Holocaust Center for Humanity**

*Wednesday, March 15; 10:15 am–12 pm pick up,  
returning to Mirabella at 12:15 pm*

To Register for this followup of the talk in February by Dee Simon on this topic, sign up for the Mirabella bus on March 15 at x 1419 or on MIRANET. For trip details, see the entry for this event in Outside Activities, p. 17. Coordinator: Barbara Daniels, x 1840.

# GENES ADD UP § OUTSIDE ACTIVITIES

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**THE INAUGURAL LECTURE OF THE ENDOWED  
FREDERIC AND JULIA WAN LECTURE SERIES IN  
APPLIED MATHEMATICS**

**Dr. Qing Nie on “Multicellular Organization:  
From Biophysical Models to Single-Cell  
Genomics”**

*Thursday, March 30; 4 pm, Smith Hall, University  
of Washington*

A reception before the lecture will be held at 3 pm in Lewis Hall, Room 208. All are welcome to attend. If there is sufficient interest, the small Mirabella bus will be requested for transportation. If you wish to attend, please let Julia Wan know (x 1852).



*Qing Nie*

As the first presenter in this series, honoring Mirabella residents Fred and Julia Wan, Dr. Qing Nie had this to say about Fred. “I was fortunate to be a colleague and a close collaborator with Fred for nearly twenty years, witnessing Fred’s passion and dedication to applied mathematics on research, education, and service.

As a small testimony to

Fred’s impact on the community, this lecture on new mathematical approaches to analyzing multicellular organizations in the era of big data constitutes a new direction stimulated by and complementary to the research on mechanistic models in our collaboration.” Simon Levin of Princeton University said “Fred Wan’s career has been defined by mathematics in the service of humanity, from neurobiology and developmental biology to solid mechanics and economics, from the classroom and the University to the National Science Foundation and industries.”

Dr. Qing Nie is a Chancellor’s Professor of Mathematics and of Developmental and Cell Biology at University of California, Irvine. He is also the Director of the NSF-Simons Center for Multiscale Cell Fate (CMCF) Research jointly funded by NSF and the Simons Foundation. Coordinator: Julia Wan.

## ***OUTSIDE ACTIVITIES COMMITTEE***

Jade Simonson, Chair

Loni Smith, Resident Services Director

Marcus Cullen, Facilities Services Director

Clint Turner, Security & Transportation 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. 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. 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.

# SHOP, WALK, WATCH, & LISTEN



## GROCERY TRIPS

- Ballard Market/Safeway/Target**, Fridays, March 10, 31; 10 am–12 pm
- Costco**, Wednesdays, March 8, 22; 9:45–11:45 am
- Fred Meyer**, Friday, March 17; 10–11:45 am
- Metro Market/Bartell**, Fridays, March 3, 24; 10–11:45 am
- QFC/University Village**, Mondays, March 6, 20; 10–11:45 am
- Trader Joe's/PCC**, Mondays, March 13, 27; 10–11:45 am

## WALKS

*Saturdays, 9:30–11:30 am pickup*

- March 4 Lincoln Park
- March 11 Luther Burbank
- March 18 Golden Gardens
- March 25 Arboretum

Coordinator: Charlotte Bushue, x 1723.

## GOLF

*Thursday, 9:30 am–2 pm pickup*

- March 30 Nile

Coordinator: Dean Temple, x 1820.

## SUNDAY CHURCH

*Sundays, March 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 and ask for a confirmation to ensure a seat on the bus.

**Emerald City, Sitkovetsky Trio**

Friday, March 3; 7:30 pm

**Fifth Avenue Theatre, Into the Woods**

Thursday, March 2; 12:45 pm

**Met Live in HD, Lohengrin**

Saturday, March 18; 8:30 am

**Pacific Northwest Ballet, Boundless**

Saturday, March 18; 1:15 pm

**Seattle Repertory Theatre, Between Two Knees**

Sunday, March 19; 1 pm

**Seattle Repertory Theatre, Between Two Knees**

Wednesday, March 22; 1:15 pm

**Seattle Repertory Theatre, Between Two Knees**

Sunday, March 26; 1 pm

**Seattle Shakespeare Company, Drum and Colours,**

*Henry IV*, Sunday, March 26; 1 pm

**Seattle Symphony Pops, Gene Kelly, A Life in**

*Music*, Sunday, March 19; 1 pm

**Seattle Symphony Series 21A, 7C, Rachmaninov,**

*Symphony No. 1*

Thursday, March 2; 6:45 pm

**Seattle Symphony Series 21A, Three Continents**

*Cello Concerto*, Thursday, March 23; 6:45 pm

**Seattle Symphony Series 21A, 7A, Carl Orf,**

*Carmina Burana*, Thursday, March 30; 6:45 pm

## SPECIAL ACTIVITIES AND EXCURSIONS

**Cascadia Art Museum: George Tsutakawa**

*Thursday, March 9; leaving at 10:30 am, pickup at 1:30 pm*

Born in Seattle and educated in Japan, George



# OUT AND ABOUT

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Tsutakawa was one of the leading Northwest artists of his generation and an influential instructor at the University of Washington School of Art. He produced block prints, watercolors, and works on paper throughout his career. This exhibit includes works that have never been shown in public.

Coordinator: Jade Simonson, x 1688.

## The Holocaust Center for Humanity

*Wednesday, March 15; leaving at 10:15 am, pickup at 12 pm*



*Holocaust Center for Humanity*

Join other Mirabella residents on an adventure to Seattle's Holocaust Center for Humanity. The Center holds the history and experiences of survivors of the Holocaust at the time of World War II and beyond. Docent Dee Simon, CEO of the Center since 1994, will include the big issues and expand them to shed light on understanding the Holocaust. The tour will focus on individual experiences during WWII and in the United States after the end of the war in 1945. The guided tour is one hour plus some extra time that will allow discussion of the program among the participants. Coordinator: Barbara Daniels, x 1840.

## Luncheonaires: *Seattle Culinary Academy*

*Thursday, March 16; 11:15 am–1 pm pickup*

Seattle Culinary Academy is the oldest culinary school west of the Mississippi. The program was started in 1946. We will eat lunch in a private room adjacent to the One World Restaurant and kitchen which offers seasonally focused dining using local and sustainable ingredients.

We will be served a three-course lunch with entree choices. The cost will be between \$22 and \$25 once the chef creates the menu. Pay by cash, check, or credit card. Tipping will be appreciated. Coordinator: Charlotte Bushue, x 1723.



*Student making a dish at Seattle Culinary Academy, Seattle Central College*

## YouthCare: *37<sup>th</sup> Annual Luncheon*

*Thursday, March 23; 11:30 am–1:30 pm pickup*

Mirabella will host four tables at the YouthCare Annual Luncheon at the nearby Westin Hotel on March 23. The Annual Luncheon is the major fundraiser for YouthCare with the opportunity to hear the stories of youth who have moved from homelessness to successful, housed lives through education, training, counseling, and job placement. For those unable to walk, a Mirabella bus will depart at 11:30 am with pickup at 1:30 pm. Walkers will also meet at 11:30 am in the lobby to walk as a group to the Westin Hotel, about a half mile from Mirabella. Space is still available at the Mirabella tables. For information on donating to YouthCare, contact Nickie Askov or Charlotte Lindsey. Please register by calling Coordinator Nickie Askov, x 1858.

# TREATS FROM KEYBOARD AND VOICE

## PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

### Pianist Ronaldo Rolim

*Thursday, March 9; 3:30–4:30 pm, Emerald Hall*



*Ronaldo Rolim*

Brazilian-born Ronaldo Rolim has performed extensively over four continents in venues such as Carnegie Hall, Zurich’s Tonhalle, London’s Wigmore Hall, the Liszt Academy in Budapest, and Beijing’s National Centre for the Performing Arts. In the 2022–23 season, he performs as guest artist, recitalist, and chamber musician in

Switzerland, Poland, the United Kingdom, Brazil, and the United States. He studied at the Yale School of Music and the Peabody Conservatory.

A new resident of Seattle, he has just been appointed Assistant Professor of Piano at the University of Puget Sound as well as pianist of the Puget Sound Piano Trio. Coordinator: Judy Guder.

### Music Lessons: After He’s Gone

*Thursday, March 16; 3:30–4:30 pm, Emerald Hall*

“Music Lessons: After He’s Gone” is a program of prose and music about the path from grief into possibility. Writer Patricia Smith and musician Paul Finley tell the moving story of what came after they lost Wayne, Patricia’s husband and Paul’s best friend. Through a beautiful tapestry of story and music, we learn how they found their way.

Patricia Smith is an award-winning writer as well as a visual artist and retired psychotherapist. After her husband died, she took up piano lessons, calling on Paul Finley to be her instructor. Paul Finley is



*Paul Finley and Patricia Smith*

a composer and pianist, working in jazz and other genres. He has taught music in schools and been a piano teacher since 1985. For each performance of “Music Lessons,” he improvises much of the music.

Join us for this unique and uplifting program, exploring how loss can lead to new beginnings.

Coordinator: Andrea Lewis, x 1767.

### Ladies Musical Club: 338th Anniversary Celebration of Johann Sebastian Bach’s Birth

*Saturday, March 18; 2 pm, Emerald Hall*

For those of you who might believe that Bach’s works are all very solemn and religious, you will be surprised and amused by *The Coffee Cantata*, which opens the concert. In this piece, a young daughter protests that nothing will make her give up her cup of coffee despite the



*Katie Hochman*

# SONG § JAZZ § OLD FAVS § POETRY MONTH

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entreaties and threats of her father. Next are arias and duets from Bach's choral works, movements from a flute and cello sonata, and a solo cello suite—a cornucopia of glorious music performed by six members of the LMC and three guests.

I'll see you there! Coordinator: Carolyn Burton.

## Sunday Jazz

*Sunday, March 19; 2 pm, Emerald Hall*

We will watch a DVD of the great Canadian



*Oscar Peterson*

jazz pianist Oscar Peterson and his trio. Featured will be recordings made in Sweden, Denmark, and Finland. Oscar Peterson, although classically trained, was one of a few outstanding jazz musicians with brilliant technique

and concept. Other similarly trained pianists were George Shearing and Dave Brubeck. These concerts also feature Ray Brown on bass and Ed Thigpen on drums. Peterson's career began in the 1950s touring with *Norman Granz and Jazz at The Philharmonic* with great success. Unfortunately, in 1993, he suffered a stroke which limited the use of his left hand. However, he continued playing using only his right hand until 2006. He died December 23, 2007. Come and witness his outstanding playing at the height of his career. Coordinator: Stafford Miller.

## The Dianne Trani Trio

*Thursday, March 23; 3:30–4:30 pm, Emerald Hall*

The name of this group has changed, but the music makers are familiar and excellent at their craft. They are Dianne Trani, vocals; Bruce Barnard, guitar; and John English, bass. Dianne and Bruce have



*Dianne Trani Trio*

been working together for nearly forty years in various groups playing throughout Seattle. John has played and studied with many local luminaries. The trio plays regularly at the 13 Coins restaurants in both Bellevue and SeaTac. We will hear many of our favorite songs by Frank Sinatra, Billie Holiday, Duke Ellington, and many more. Coordinator: Rosa Lea Taylor.

## John Impert on Impressionistic Art in the Northwest

*Thursday, March 30; 3:30–4:30, Emerald Hall*

John Impert has an impressive academic resume, including degrees from Yale (BA), Harvard (LLB), and the University of Washington (PhD in Art History). A practicing attorney specializing in wills, trusts, and litigation, and based in Europe for many assignments, Mr. Impert developed an avid interest in art. When he moved to Seattle some twenty years ago, he discovered a pocket of impressionism from the early 1900s and introduced it to the art world via his study, *Painters of the Northwest: Impressionism to Modernism, 1900–1930* (2018). This will be the subject of his talk. Coordinator: Rich Atwood.

## Coming in April: Mirabella Celebrates National Poetry Month

*Thursday, April 13; 3:30 pm, Emerald Hall*

It has become a tradition. In April, Mirabella

# CLUBS FOR BOOKS AND OPERA

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residents celebrate National Poetry Month by reading poetry aloud or by listening to their neighbors read at the Festival of Poems. You are invited to take part in this year's event. Plan now to read a poem you've written or one or two of your favorites, or come to hear what others have chosen to read.

If you would like to read, please contact Louise Lowry or Sally Hayman by April 5 so the program can be arranged. Please send Louise or Sally copies of the poems you plan to read.

Additional poetry will be featured in April's *Mirabella Monthly*, and a poem will be published daily in April via Google group mail. Suggestions for the daily poems are welcome.

More support for National Poetry Month comes from the Mirabella Library, which will feature poetry from its collection in displays and recommendations. You can go to MIRANET > Groups > Mirabella Library and scroll down in the "About" section to the blue Library link to the catalogs. Click on "Nonfiction Books" and search on "poems" or "poetry." The Library is a great resource for finding the perfect poem you might like to read aloud or recommend for Google group mail. Coordinators: Louise Lowry (x 1684) and Sally Hayman (x 1640).

## BOOK CLUB

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



**March 27:** The March book selection is *The Overstory* by Richard Powers. This novel weaves together the stories of nine strangers, each of whose lives have been shaped by trees. They are connected

by their collective action to prevent a virgin forest from falling to industrial harvesting.

**April 24:** We will discuss *Spirit Catches You and You Fall Down* by Anne Fadiman. This book relates the case of a child in a refugee Hmong community who was diagnosed as epileptic. It explores the clash of cultures and the miscommunication between the family and medical community.

Everyone is welcome to join us.

Tina Moss

## OPERA CLUB NEWS

***La Cenerentola* by Gioachino Rossini**

Monday, March 13; 2 pm, Emerald Hall

The lively pace and fast-moving melodies of Rossini's music bring humor to the old French fairy tale of Cinderella, the young woman who goes from scullery maid to queen. Squabbling, pushy stepsisters, and an avaricious father are no match for our resilient, resourceful heroine.

Superstar tenor Juan Diego Florez plays the prince, and Joyce DiDonato sings the title role with "supremely polished musicality." This coproduction with Houston Grand Opera comes to us from Barcelona, staged in 2007.

Rossini, age twenty-five, was at the keyboard when *La Cenerentola* opened in Rome in 1817. This opera buffa (already his twentieth opera!) became an immediate hit and has remained in the popular repertory, bringing



Joyce DiDonato  
as Cinderella

# SOUND & SIGHT § ARTS NEAR HOME

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laughter ever since.

Two upcoming Metropolitan Opera Live in HD broadcasts are Wagner's *Lohengrin* on March 18, a new production starring tenor Piotr Beczala and directed by Francois Girard, and Verdi's *Falstaff* on April 1, starring baritone Michael Volle and conducted by Daniele Rustioni. To take the Mirabella bus to attend these broadcasts at the Thornton Place Cinema at Northgate, sign up by calling x 1419.

Jean Hall

## AUDIO VISUAL TASK FORCE

Stafford Miller, Chair

Through the years, residents have come to realize that several problems have developed with sound in meeting rooms Emerald Hall, Conference Room A, and the Northwest Dining Room. Emerald Hall also needs a new, more functional stage lighting system. Travis Duncan, Mirabella's Executive Director, has announced the creation of a resident-based task force, guided by Stafford Miller, to research audio visual issues in resident meeting rooms. Residents will first be asked to submit written complaints, and where possible, suggestions for answering the complaints. The task force will review all resident input and develop a program of action, called Proposed Plan of Action. This plan will then be presented to the residents in a general meeting for final approval. After receiving final approval, the final specifications will be sent to various professional companies for their input and a final bid. If you would like to be on the task force, please send written notice to Stafford Miller, Box 348. This is a wonderful opportunity to make a significant contribution to the quality of life for Mirabella residents.

Stafford Miller



## ARTS NOTEBOOK

### Exhibition at Behnke Family Gallery at Cornish College of the Arts

**Current Exhibit: *here/now: and everywhere after***  
*Open through Friday, March 10, 2023; Monday–Friday, noon–5 pm, entrance on Lenora Street, just below Boren Avenue*

You can see this show through Friday, March 10. The gallery is an easy walk from Mirabella.

Artists who have graduated from Cornish College of the Arts over the last one hundred plus years have spread their talents around the world and earned acclaim in many different media. This exhibition, titled *here/now: and everywhere after*, is focused on the artistic practices and processes of recent graduates (2009–2021)



Tia Shekelle, "kakung" (cowboy from depok), 2021, Oil on canvas

working in a variety of media. Just one of eight artists' works is pictured here. Tia Shekelle paints striking portraits of ordinary people, catching them in alert poses and revealing their comfort in their own skins as they peer through an overlay of indigenous Southwest designs.

Alexis L. Silva, Cornish class of 2018, Curatorial Assistant at the Frye Art Museum, is the curator.

[https://www.cornish.edu/cornish\\_events/here-now-and-everywhere-after/](https://www.cornish.edu/cornish_events/here-now-and-everywhere-after/)

Jared Curtis

# MADART DISTORTS § BESS DECLARES

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## Get Up-close and Personal with the Environment at MadArt Studio

The latest installation at MadArt Studio, *Interstitial Volume*, fills the studio space with two walk-through sculptures carefully integrated into the studio's architecture. Sculptor Henry Jackson-Spieker has designed these works to create visual blind spots and perceptual distortions. The intent is to generate discomfort, physical uneasiness, and subtle disorientation. He wants the viewers to become "hyper-aware of their surroundings."

On entering the studio, the visitor walks through a winding path of 600 closely spaced black strings, each stretching tautly from floor to ceiling in a layered parabola. These are carefully positioned to distort visual perception. Intricate computer-assisted engineering, precise measurements, and dozens of hours of painstaking installation by hand have resulted in intricate patterns that invite constant reassessment of the spatial environment.

Immediately adjacent to the black string assemblage, an area of colored microfilm ribbons adds to the overall effect of distortion and disorientation.

These also stretch from ceiling to floor in carefully designed patterns, reflecting light and changing color. Seen from the thin edge, they seem to disappear. Jackson-Spieker says this part was inspired by the disorienting nature of apple orchards.

A third installation turns the studio's skylights into bottomless voids using curved insets, black paint, and neon lights.

Jackson-Spieker's intention is that viewers use this experience to reassess their own physical and philosophical perceptions of space. He asks that they further inquire how race, cultural upbringing, history, and education support how we understand and move through the world.

On opening night, the sculptor observed visitors

tentatively making their way through the first installation and said he was pleased with how his creation turned out.

*Interstitial Volume* runs through April 1. The studio is open from 12–5 pm, Tuesday–Saturday. Admission is free. MadArt Studio, 325 Westlake Avenue North, is an easy walk from Mirabella.

Louise Lowry

## BESS PORTERFIELD FOR PRESIDENT, 2024

BY RUTH BENFIELD

Mirabella Seattle neighbors, friends, and family joined together to hear Bess, our soft-spoken resident, declare that we had all been duped into coming to what we were led to believe was a celebration of her 100<sup>th</sup> birthday. Instead, Bess was declaring her candidacy for election to the U.S. Presidency in 2024.

She then launched into a fifteen-minute monologue laying out her qualifications. She was unaided by a teleprompter or notes, needing only to rest a hand on the back of a chair as she listed her strengths, including a wide following across the United States, extensive foreign affairs experience, and knowledge and skill in dealing with hot spot intervention! (It should be noted there were no campaign contributions solicited during this fabulous centennial birthday celebration.)



*Bess Porterfield*  
– photo, R. Benfield

# FEVER RISES § PARAMEDICS TRAIN

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**FEVER**  
BY MARY JOSSEM

Just when you thought you had all the phone apps you could ever need or want, another one comes along that you just can't resist. The latest icon to appear on my phone from the app store is called Fever. If you aren't ready to add more clutter to your phone, go to the website, [www.feverup.com](http://www.feverup.com), to access the site's information.



First row: Charlotte Lindsey, Mary Jossem, Susan Webber; back row: Bertie Perry, and Gloria Hennings – photo, Jean Corr (Bertie's daughter)

Fever is a global live-entertainment platform that offers a wide variety of experiences across the world. In Seattle, you may have attended *Van Gogh: The Immersive Experience*, or perhaps you attended one of Fever's Candlelight Concerts. "The Candlelight Concert Series" has become a favorite of mine. Although periodically offered at various locations in the Seattle area, my favorite venue is The Sanctuary Grand Ballroom at the Lotte Hotel on Fifth and Marion. The Sanctuary was formerly the United Methodist Church now converted into an exquisite event space. The Sanctuary's Byzantine

style architecture has more than 100 years of history and is famous for its pipe organ and stained glass windows.

The Candlelight Concerts typically feature pop music arranged for a string quartet. The musicians are often from the Seattle Symphony or the Pacific Northwest Ballet. The entire concert hall is illuminated only by hundreds of artificial candles casting a soft, romantic glow throughout the room. Concerts are one hour long with tickets being very reasonably priced. On entering the hotel, a quick turn to the right puts you on the escalator that delivers you to The Sanctuary. Along with four other residents, I recently enjoyed the six o'clock performance of *A Tribute to Adele*. In April, *100 Years of Warner Bros.* is on my calendar. This program will feature some oldies such as *Over the Rainbow*, *Singin' in the Rain*, *Purple Rain*, and *A Star is Born*.

This article has barely scraped the surface of what Fever offers for live and distinctive entertainment. If you want to add a little excitement to your life, go ahead, take the plunge, and give Fever's site a look-see.

## MIRABELLA FRIENDS OF MEDIC ONE

Glenda Maledy, Chair

Thanks to the generosity of the Mirabella Seattle community, we are pleased to announce that we have achieved our goal of raising \$50,000 to fully fund the training of two of eight Seattle Fire Department students in Paramedic Training Class 49 that began in September 2022. More than seventy residents joined together with gifts of all sizes to help achieve our goal. We are so grateful to our generous community—thank you one and all! Class 49 is progressing well in their training. They are in the second block of the program and recently

# LEARNING TO HELP § HELP FOR SHINE



*Tom Applegate concentrating on his Sick or Not Sick Drill*

completed their first all-day, hands-on drill. The “Sick or Not Sick” drill is all about decision making. The students learn to make decisions quickly and confidently with only sixty seconds to set a plan into motion that establishes excellent patient

care, treatment, and timely transport to the hospital. At the end of the day, each student had seen forty-eight patients with unique emergencies.

When asked about the drill, Seattle Fire Department student Tom Applegate commented, “I think this drill has been really great, very valuable—just learning to make fast decisions and also learning what pertinent pieces of information we need to gather for these various types of presentations.”

We are very thankful to everyone at Mirabella who has contributed to this effort. We will continue to report on the students’ progress over the next few months.

## LOOKING AHEAD

Please save the date for our next Medic One Foundation Educational Program coming up in May:

### **Calling 911: What to Expect When Calling for Help**

*May 23, 3:30–4:30 pm, Emerald Hall*  
Invitations coming soon!

Glenda Maledy

## *VOLUNTEER OPPORTUNITY*

BY JARED CURTIS

Fred Hutchinson Cancer Center (FHCC) is seeking volunteers at Shine, its retail store, and its Gift Shop. Shine is just east of Mirabella on the corner of John Street and North Pontius Avenue. Store volunteers provide excellent customer service for patients, families, staff, and community members who patronize the store. They assist with purchases, answer phones, and process sales transactions. Karen, the lead mastectomy fitter from Shine, told me volunteers will need to be able to stand for brief periods to work the cash register. Shine is open Monday to Friday, 9 am–6 pm, and Saturdays, 10 am–4 pm.

The Gift Shop at the Cancer Center Clinic on Aloha Street and Eastlake Avenue East is open Monday to Friday from 8 am–4 pm. The new store space is currently under renovation with an expected opening in March 2023. Volunteer shifts are assigned at this site for either morning or afternoon, and there will always be two volunteers working at both sites.

Volunteers for either site will need training. Visit <https://www.seattlecca.org/about/donate-and-volunteer/volunteer> to access the online application, see the dates of the next mandatory orientation sessions, and find out more about health requirements and background checks that are required to volunteer. If you prefer volunteering at the FHCC site on Aloha, you can reach it easily by the free FHCC shuttle, which picks up passengers in the lane behind the Shine location and drops off at FHCC on Aloha.

For shoppers looking for children’s games, a bit of candy, a gift, a greeting card, a good book, jewelry, or interesting clothing, either shop is the place to go. Shoppers are welcome to use the FHCC bus, too.



# FINAL FLIGHT



# REMEMBERING

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## QUEEN OF THE SKIES BIDS FAREWELL

BY MARTHA OMAN

The last 747 left Boeing in Everett on February 1, 2023. As it headed east to begin a career as a cargo plane, it flew a pattern over Moses Lake to bid

farewell to Washington and Boeing.

Following the flight of the plane on Flight Radar, we were able to see the pattern it created, shown in the screen shot. The 747 was the “Queen” of the Boeing fleet, which explains the crown above the 747 logo. The plane did complete the last leg of the border up to the crown, but I missed getting a picture of that final stage. Completing the pattern took the crew about two and a half hours, and it was thrilling to watch the plane’s path unfold on radar.

The pilot flew the pattern at about 12,800 feet and then zoomed up to 42,000 feet as the plane turned east and left Washington. The iconic 747 is an important piece of Washington and Boeing history.



“Sunrise,” Linda Berkman

## Remembering . . . .

Walter Kerr . . . . 1/27/2023

Phyllis Golden . . . . 2/7/2023

# BIRTHDAYS § POETRY CORNER

## HAPPY BIRTHDAY! MARCH 2023

2 – Frank Krentz	15 – Don Ferrell	23 – Dick Campbell
2 – Jackie Prentice	17 – Paul McTaggart	23 – Corky Williams
3 – Connie Jones	17 – Mike Hahn	25 – Jared Curtis
4 – Louise Lowry	19 – Natalie Siegel	25 – Don Smith
4 – Chris Young	19 – Diane Holmes	25 – Sue Herring
7 – Jack Blume	20 – Don Kraft	26 – Ellie Fife
7 – Leslie Klein	20 – Pat Aitken	27 – Anne Cahn
8 – Judy Rourke	20 – Glenda Maledy	27 – Don Drury
11 – Nancy Eliason	21 – Jon Noll	28 – Jayne Krentz
12 – Mary Jossem	22 – Bill Mundy	30 – Ellen Gamrath

### *WHEN GREAT TREES FALL*

BY MAYA ANGELOU

When great trees fall,  
rocks on distant hills shudder,  
lions hunker down  
in tall grasses,  
and even elephants  
lumber after safety.

When great trees fall  
in forests,  
small things recoil into silence,  
their senses  
eroded beyond fear.

When great souls die,  
the air around us becomes  
light, rare, sterile.  
We breathe, briefly.  
Our eyes, briefly,  
see with  
a hurtful clarity.  
Our memory, suddenly sharpened,  
examines,  
gnaws on kind words  
unsaid,  
promised walks  
never taken.

Great souls die and  
our reality, bound to  
them, takes leave of us.  
Our souls,  
dependent upon their  
nurture,  
now shrink, wizened.  
Our minds, formed  
and informed by their  
radiance, fall away.  
We are not so much maddened  
as reduced to the unutterable ignorance  
of dark, cold  
caves.

And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.

# MOVIE CLUB SHOW TIME

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## THREE OSCAR NOMINEES

BY CONNIE CHAPLIN



Michelle Yeoh and Li Jing in “*Everything Everywhere All at Once*”

March is Academy Awards month, so we’re delighted that the Movie Club has already selected three 2022 films that are nominated for Oscars. The first, *Everything Everywhere All at Once*, is notable for receiving eleven nominations: Best Picture, Director, Actress (first Asian), two Supporting Actresses, Supporting Actor, Editing, Original Screenplay, Song, Score, and Costume Design. The Movie Club calls this “the best multiverse story for Mirabella,” probably because star Michelle Yeoh, desperate to get her taxes done, learns about an alternate universe where she can access a better version of herself, and that makes the idea of multiple universes more relatable to us. The movie is wacky, wildly creative, and it lasts two hours, nineteen minutes. One reviewer said it can be “overwhelming and chaotic, but those willing to allow their minds and hearts to be exponentially and unexpectedly expanded will never forget it.” Wowzers!

*Top Gun: Maverick* is up for Oscars in Best Picture, Editing, Adapted Screenplay, Visual Effects, Song, and Sound. Impressive! Almost as impressive as a sixty-year-old Tom Cruise still the Top Gun, this

time training future Navy top guys for a mission to destroy a rogue nation’s uranium enrichment plant. Not with drones, no sir, not with Tom Cruise on our side. Not when they can do flying scenes like this! Remember that this is a sequel thirty-six years after the original, and they’re calling it a better movie. Cruise, the Dorian Gray of the U.S. Navy, still looks great, too.

Now for a picture that is what those two are not: slower, a British drama/comedy set in the 1950s, but Oscar nominated too. *Mrs. Harris Goes to Paris* got the nod for Costume Design, which is entirely appropriate for a movie about a woman (Lesley Manville) who loooves couture Dior dresses and determines to have one of her very own. She’s a lonely war widow, a cleaning lady, but she’s determined to work, starve, and gamble until she gets one. Made in “partnership with the House of Dior.” Now, how exactly does that work?

*Nightmare Alley* was nominated for four Oscars in 2021 and directed by Guillermo del Toro. It stars Bradley Cooper as a carnival grifter who learns carny tricks from a clairvoyant act and eventually becomes a lauded psychic in the city where he tangles with Cate Blanchett, a psychologist bent on exposing him. With Toni Collette, Willem Dafoe, Rooney Mara, and more. Rated R for strong bloody violence, language, and full-frontal male nudity. Emily has \$70K in student debt and is trying to pay it off. But *Emily the Criminal* (Aubrey Plaza) also has a police record—for a minor offense—but enough to keep her from getting a decent job. She falls for a gig as a “dummy shopper” in a Los Angeles credit card scam and spirals into a life of crime. There are some F-bombs, some violence, and brief drug use, but this is a compelling story, solid acting, and if you don’t know Plaza, this crime/thriller/drama is your chance to meet her. Don’t miss it.



# *The Mirabella Monthly*

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

VOLUME 15 | ISSUE 3

MARCH | 2023

## *Guide to Mirabella Publications*

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

*Publisher, Editor-in-Chief, and*

*Designer:* Jared Curtis

*Associate Editor:* Mary Rogers

*Lead Editor, March:* Mary Jossem

*Copy Editors/Writers/Proofreaders:*

Connie Chaplin, Maria Fiore, Sally

Hayman, Mary Jossem, Louise

Lowry, Mary Rogers

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Diana Holland, Lynne Iglitzin,

Chris Jamin, Tina Moss, Betty

O'Donnell, Helen Roberts, Judy

Rourke, Louis Swart

*Production:* Coordinator: Diane

King; Jane Beer, Makiko Doi,

Nancy Eliason, Michael Hahn,

Gloria Hennings, Diana Holland,

Chris Jamin, Paul Keown, Tina

Moss, Janet and Jim Ohta, Judy

Owens, Bertie Perry, 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](mailto: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](mailto:mkr3824@gmail.com).

MS Word or RTF documents work

best. Pages documents should be

“exported” to Word format before

submission. Submit paper copy to

mailbox #824 as a last resort.

Tips for a successful submission:

» Use the Enter or Return key only  
at the end of each paragraph.

» Use only one font in one size for  
the entire article.

» Avoid elaborate text formatting,  
like columns, boxes, or effects.

» Show emphasis by *italics*, never  
ALL CAPS, even in titles.

### **How to Submit Photos**

Adjust the camera or scanner to

make photographs or scans of the

highest quality (or the highest

resolution). JPEG is the most

convenient format. Focus the

image on the part of the scene that

is most important. Submit each

image at full size. When attaching

an image to an email, choose the

option for “original” or “full size.”

Send digital images as attachments

to [jaredcurtis@icloud.com](mailto:jaredcurtis@icloud.com). Put

any paper illustrations and sketches

in mailbox #801.

**The Mirabella Monthly**  
*Mirabella Seattle*