

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 4

APRIL | 2023

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FILM FESTIVAL

BY KAREN SMITH

THE SEATTLE INTERNATIONAL FILM FESTIVAL (SIFF) is coming up in May. It is an opportunity to see unusual movies from around the world. If you want to see many movies in a short time frame and don't mind spending a lot of money, your best bet is to buy a pass. With a pass you don't have to worry about individual tickets. You just show up at the venue with your pass hanging around your neck. The passholder line is admitted before the ticket holder's line. The pass also gives you access to preview screenings before the festival.



"The Boy, the Mole, the Fox, and the Horse"
– an Oscar-winning Short Film

The regular price of a pass is \$525, but discounts are available to members. You can find all the details about membership, passes, and tickets online at siff.net. Individual tickets go on sale April 27. The Seattle International Film Festival will be

KUDOS FOR JULIE

held in area theaters May 11–21 followed by a week of selected films streaming on the SIFF Channel.

SIFF is a year-round enterprise. Their Uptown Theater is very easy to get to on the No. 8 bus from Mirabella. As an added incentive, SIFF is going to try providing open captions on Tuesdays and Sundays. Open captions are English subtitles for English language films. Check out the films offered at <https://www.siff.net>.

SOUTH LAKE UNION NEWS

BY RUTH BENFIELD AND JOHN PEHRSON

Julie Holland has been elected president of the board of the South Lake Union Community Council. The South Lake Union Community



Julie Holland

Council is recognized by the City of Seattle as the neighborhood leadership organization. It seeks to ensure that the views and interests of South Lake Union residents, employees, and businesses are heard. It is also where city departments go to get neighborhood input or make announcements on major neighborhood issues.

The organization meets monthly on the first Tuesday of each month from 5 to 6 pm. During COVID restrictions, the Council has been meeting virtually but will soon transition to in-person meetings, which are held in the South Lake Union neighborhood. Meetings focus on current community issues and seek community feedback on such topics as new building design, homelessness, neighborhood parks (Denny Park, Lake Union Park, and the Cascade Playground), safety, streetscape improvements, and the arts.

Julie joined the Council as a board member in 2020. She has served as treasurer for two years and recently led the Council's website redesign project. Her activity within the Council has led to connections with South Lake Union residents and employees. Most recently, Mirabella residents have seen how her involvement has increased Mirabella residents' knowledge and participation in influencing the future location of the Sound Transit Light Rail station within this neighborhood.

Julie's leadership cements Mirabella's reputation as an organization that supports and leads in our neighborhood. It also gives Mirabella residents the forum and opportunity to participate in the activities of the South Lake Union Community Council and neighborhood. Watch for regular announcements of upcoming meetings and opportunities to continue to make a difference in the community.

Congratulations, Julie!

APRIL IS NATIONAL POETRY MONTH

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A FESTIVAL OF POEMS

BY LOUISE LOWRY

Celebration of National Poetry Month

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

Dylan Thomas claimed poetry “makes you laugh, cry, prickle, be silent, makes your toes twinkle.”

Experience all that and more at Mirabella’s *Festival of Poems*, our celebration of April’s National Poetry Month.

Celebrate with other Mirabella residents in Emerald Hall by reading aloud a favorite poem or two or a poem you’ve written. Or come to listen to your friends and neighbors read their favorites. Expect to hear familiar poems and some that might surprise you, challenge you, or even make “your toes twinkle.” Jared Curtis, Mirabella’s poet for all seasons, will host the event.

A great resource for finding the poem you might like to read is the Mirabella Library, where you can browse through old favorites or discover something new. You will know the right poem when you find it—but perhaps not as dramatically as the poet Emily Dickinson: “If I feel physically as if the top of my head were taken off, I know that is poetry.” Be careful. Poetry is not for the faint of heart.

To check out the Library’s collection online, go to MIRANET > Groups > Mirabella Library. 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 Mirabella Library also supports National Poetry Month by featuring poetry from its collection in displays and recommendations. Look for more poetry on following pages in this edition of *The Mirabella Monthly* celebrating National Poetry Month, and check the Google group email for the poem of the day.

If you would like to read, please contact Louise Lowry or Sally Hayman by April 5 so your name can be added to the program. Send Louise or Sally copies of the poems you would like to read. You can also send them suggestions for the Google Group email daily poems.

Coordinators: Louise Lowry (*lklowry@aol.com*, # 607, x 1684) and Sally Hayman (*sphayman@icloud.com*, # 828, x 1640).



A HAPPY BIRTHDAY

BY TED KOOSER

This evening, I sat by an open window
and read till the light was gone and the book
was no more than a part of the darkness.
I could easily have switched on a lamp,
but I wanted to ride this day down into night,
to sit alone and smooth the unreadable page
with the pale gray ghost of my hand.

From *Delights and Shadows* by Ted Kooser.
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Ted Kooser was born in Ames, Iowa on April 25, 1939. He received his BA from Iowa State and his MA in English from the University of Nebraska-Lincoln. He is a visiting professor in the English department of the University of Nebraska-Lincoln. He lives with his wife, Kathleen Rutledge, in rural Nebraska. He was Poet Laureate of the United States, 2004–2006.

Excerpted from Academy of American Poets (poets.org)

For more poems by other poets, see p. 21 and *Poetry Corner* (p. 22) in this issue.

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



Laura Bailey,
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Betty Heycke, Member-at-
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Louise Lowry, Member-at-
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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	Box 902, x 1885
	Tricia Brink	Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
	Walter Bodle	Box 404, x 1739
Communication (inactive)		
Dining	Elston Hill	Box 604, x 1686
	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	Sally Hahn	Box 1120, x 1755
Environment & Facilities	Nickie Askov	Box 1116, x 1858
	Sally Hahn	Box 1120, x 1755
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins	Box 511, x 1662
Library	Linda Morrison	Box 1114, x 1856
	Martha Oman	Box 501, x 1642
Lifelong Learning	Leslie Klein	Box 830, x 1779
	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	Jim Holland	Box 1000, x 1819
Nominating	Sue Herring	Box 709, x 1556
Outside Activities Program	Jade Simonson	Box 417, x 1688
	Sally Hayman	Box 828, x 1640
	Stafford Miller	Box 348, x 1604
Welcome	Carolyn Blount	Box 503, x 1644

FOUNDATION OUTREACH § HAPPY HOUR

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MIRABELLA SEATTLE FOUNDATION

Jim Holland, Chair

The More You Know

BY ELLIE FIFE AND CHARLOTTE LINDSEY



One of life's most valued and useful lessons is knowing how to find out what you don't know. Not too long ago, the Mirabella Seattle Foundation's 2021/22 Annual Report was distributed to all Mirabella residents. This report contains much of what you might want to know about the Foundation and its work

in the past fiscal year, namely, its mission, its board of directors, its officers and committee members, its funding sources, its charitable work, and its financial status.

The Foundation seeks to fulfill its mission to support and enhance the quality of life for Mirabella Seattle residents, staff, and local community through three funds: Resident Assistance, Employee Benefits, and the General Fund. Did you know that the Foundation ensures that the Resident Assistance fund, identified by residents as their top priority, is secure and growing for that rainy day when it might be needed?

Did you know that last year the Foundation granted twenty-nine employee scholarships from its \$95,000 scholarship budget? One recipient wrote a special note thanking the Foundation for selecting her as a recipient of a scholarship and said, "I am so grateful for [the Foundation's] making college possible for employees like me."

Did you know that the Foundation helped our South Lake Union neighbors with community grants from

its \$40,000 community budget?

Did you know that the Foundation supports the Osher Lifelong Learning Institute at the University of Washington?

There is a lot to learn and know about our Foundation, and the more you know, the more you will want to support it. Another opportunity to learn about the Foundation and have fun at the same time is coming to Mirabella on May 1. Stay tuned for the 2023 Annual Fund Drive Kick-off announcement. You won't want to miss this event!

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 Mirabella residents.

Community Happy Hour

The next Community Happy Hour is scheduled for Monday, April 17. Please join us in the Northwest Dining Room from 3:30-5 pm.

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

CLINICS § CAREGIVER RESPITE



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.

Podiatrist

Wednesday, April 5; 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 fill out all necessary paper work at your first appointment.

Foot Care Clinic

Monday, April 17, Tuesday, April 18, and Wednesday,

April 19; 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. For appointments and rates call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

Audiologist: Seattle Hearing Services

Tuesday, April 25; 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.

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 family consultation, support, or therapy. 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 family consultation or therapy (\$150 for 30 minutes, \$170 for 45–50 minutes). For information or to schedule an appointment, email Ms. Jensen at janellejensentherapy@gmail.com.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 301

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

Mondays; 9 am–4 pm, Suite 301

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

Acupuncture

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

Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care.

Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year,



NEW ART ON OUR WALLS

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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. While home care does not require the same documents to be presented prior to establishing care, the service is not covered under Mirabella's temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator

ART COMMITTEE

Linda Berkman and Walter Bodle, Cochairs

Fay Jones Etching on Display

Art lovers may want to make a short trip up the D elevator to the twelfth floor elevator lobby to enjoy a stunning print by Seattle based artist Fay Jones. It has been lent by Darlene and Paul McTaggart, who have just moved into a twelfth floor apartment.

Jones is well known in the Seattle art community, having works on display at the Opera House, Nordstrom, and several schools in the state. Her work is in the collections of museums around the Northwest, including the Seattle Art Museum, the Portland Art Museum, and the Tacoma Art Museum. She created one of three murals commissioned for the Westlake Metro Station.

She tells stories with her art. Her works, all on Japanese paper, include women, men in hats, babies, rabbits with long ears, and flights of birds. They can be a bit surreal and edgy.

A large female figure in this work can be imagined



*A section of the Fay Jones untitled etching,
– photo, J. Curtis*

wearing a peplum, one of those little ruffly skirts that stuck out on top of a skirt, ages ago. If you can't remember peplums, imagine that the female torso is banded with a horizontal crescent. The entire etching is teeming with life—turtles, fish, birds, and big crickets. You can spend some time counting them and figuring which ones are up to monkey business. What does it all mean? You'll have to use your imagination.

Fay Jones at eighty-seven is still actively painting and exhibiting. She did a series of watercolors of the trees behind her house during the COVID-19 lockdown. These were exhibited at the Russo Lee Gallery in Portland in 2021. She and her pals have also painted a mural on the side of a garage in the Capitol



*Light reflections
made an angled shot
necessary to capture
the whole work
– photo, J. Curtis*

STAYING ACTIVE WITH ARTS

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Hill neighborhood—more birds, bees, and spring greens.

Fay Jones is the widow of Bob Jones, a major abstract painter and former professor at the University of Washington School of Art.

Also, notice the painting by Seattle-based artist Juliana Heyne near the B elevator on the first floor. It is of the garden of Fay Jones's house in Mexico.

With Mike Spafford's prints in Aria, Norman Lundin's painting in the dining room lobby, and works by Paul Horiuchi, Tom Wilson, and Jacob Lawrence, we're developing a significant collection of Northwest art.

Sally Hayman

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

A reminder: Some classes require registration. You can sign up for these events in the red notebook in the Resident Business Office. It's on the shelf under the Active Arts section of the bulletin board.

As the Active Arts Committee continues, we plan to include occasional activities allowing participants to "pop in." Collage for Memory Care has already begun and will continue. We will offer round singing and limerick writing. You are encouraged to write to Barbara Porter, 3316music@gmail.com, to show interest in any or all of these. She will add you to each group and notify you via Google Group mail when a session is to be offered. Those without email can give Barbara a call at x 1885. You may also suggest other activities that might be developed in this manner. Coordinator: Barbara Porter.

Singalong

Wednesday, April 12; 3:30 pm, Second Floor Activity Room

The monthly singalongs will continue every second Wednesday of the month. All residents are invited. We welcome requests for songs any resident would

like to have included. We can't promise, but we will certainly try to be responsive. Coordinator: Barbara Porter.

Sip & Paint

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

"This was so much fun!" That's Sip & Paint they were talking about, and there is still plenty of room on the sign-up list. Come join us for wine, nonalcoholic drinks, and snacks while painting a spring scene of wildflowers by the sea. All painting supplies and instructions are provided. There will be a \$28 fee charged to your Mirabella account. Food and drink are graciously provided by Resident Services. The cancellation deadline for this event is Friday, April 14.

To register, sign up in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Drawing

Thursdays, April 20, 27, and May 4, 11; Section A, 12–1:15 pm; Section B, 1:30–2:45 pm, Unit 507; registration required

Our exploration of drawing continues with this new set of classes with Maja Sereda. The focus in these sessions will be on basic forms, still lifes, sculpture, and basic perspective. These classes are suitable for beginners as well as continuing students. Maja is an excellent instructor with the skills to teach us all. Supplies will be the same as in the previous class, so fees will depend on the needs of each participant.

To register, sign up in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Origami

Friday, April 21, 28, May 5, 12, 19, and 26; 3:30–4:30 pm, Unit 507; registration required

Makiko will again offer origami lessons. All residents are encouraged to give it a try. Coordinator: Makiko Doi.

FOLDING ON § HOLDING ON

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Charlotte Bushue, Carolyn Blount, origami class instructor Makiko Doi, Ginny Sharp, and Sally Hayman – photo, E. Hill

MAKE A STRONG CREASE: THE ART OF ORIGAMI

BY GINNY SHARP

A strong crease is the key to creating the best origami, says Makiko Doi, our instructor for the recent origami class. She was right, as we soon found out. “I didn’t know folding paper could be so much fun,” said Jane Beer. And it was! It’s an ancient, delicate art that anyone can enjoy. No special tools or costly equipment needed. Under Makiko’s expert instruction, we started with a Samurai helmet, made from a double sheet of *The New York Times*. We quickly discovered that by creasing the paper accurately and firmly our folds turned into a replica of an ancient Japanese helmet. “A great project to share with young grandchildren,” noted Makiko.

Our next figures were smaller, more colorful, and took a bit more skill to interpret the written diagrams. But we persevered and created a tiny piano, delicate fish, pretty boxes, and the ultimate:

the flying crane. Makiko patiently guided our beginner class, assisted by Sally Hayman who had practiced at home and knew what “fold to meet the center line” really meant.

We sometimes felt like kindergarteners, but in the world of science, origami is a powerful player. The intricate patterns are used to create robotic arms, the external look of skyscrapers, and solar shields to unfurl in space. Check out the February 2023 *National Geographic* article, “The Future Is Folded: How Origami Is Reshaping Our World.”

Makiko commented on the benefits of creating origami. “I think it’s important to try new skills, even if not perfectly. Origami stimulates the brain and fingers plus provides a sense of accomplishment and satisfaction. It’s very important to learn and grow every day.”

The class was fun, prompting many giggles as we helped each other and tried a new skill. And we took home our origami mementos—a little wobbly maybe—but definitely strongly creased.

EMERGENCY PREPAREDNESS

COMMITTEE

Matt Jamin, Chair

First Aid, CPR, and AED Seminar

Friday, April 21; 10 am–3 pm, Emerald Hall

The Resident Emergency Preparedness Committee (REPAC) is sponsoring a First Aid, CPR, and AED Seminar this April to train more residents to know what to do and how to do it when a nearby person suffers some event that causes his heartbeat and his breathing to stop. The quick application of CPR may be vital, and the use of AED equipment may be necessary



RECYCLING THREADS, E-WASTE, & BOOKS

to restore heartbeat and breathing—and life!—while the Emergency Medical Services (911) are on the way. This course will again be taught by Katherine Ford of the firm Medic First Aid. It is a four-hour course all in one day—two hours in the morning plus two hours in the afternoon. Wouldn't it be great if all of us possessed this training?

Call or send a note to Matt Jamin, Chair of REPAC, or to Ted Taylor, Training Coordinator for REPAC, to reserve a seat for this course. Fees will be paid by REPAC.

Ted Taylor

GREEN SUBCOMMITTEE

Carolyn Roe, Chair

Where Does It Go?



If you have old clothes, shoes, and linens that aren't good enough for resale in the Re-Store, or if you have computers,

televisions, or small appliances that don't work, Mirabella has provided a place to recycle them. The Threadcycle and E-Waste disposal bins are found on the garage level in the room next to the B elevator. They share the room with the Ridwell bin and access to the service elevator. Please use them according to the posted signs above the bins.

Carolyn Roe

LIBRARY COMMITTEE

Linda Morrison and Martha Oman, Cochairs

The Mirabella Library Project

The Mirabella Library is in one of the loveliest and most desirable areas in our building and has been preserved as a true quiet place where one can read

books, journals, and newspapers and reflect on and contemplate our world—past, present, and what lies before us. Having filled its existing shelves with resident donations when the building opened in the winter of 2008, the newly formed Library Committee quickly added shelves, and it continues to receive books and subscription materials through the generosity of PRS and individual residents.

In the fall of 2021, it occurred to Andy Callegari and René Bravmann, both members of the Library Committee, that books the Library needed to discard were regularly donated to Goodwill. Thus, the Mirabella Library Project began (“Outreach to Mirabella Staff,” by Toni Myers, *The Mirabella Monthly*, November 2021, p. 9). We thought that sharing these retired books within our community would be a good thing to do.

If you've ever walked or driven through Seattle neighborhoods and spotted small and often imaginative curbside “free libraries” that are regularly replenished by their own patrons (or their patrons'

parents), you get the basic concept. During that winter, Andy and René began to fill a library cart each month and place it in the staff lounge, where any staff member who wanted a book was welcome to take it. The outcome of this experiment amazed us all: the first cart was emptied in two weeks. We refilled it, and it was emptied again. And again.

This project is now well into its third year of operation and is still thriving. It has become a



GAZE INTO SPACE § PEER INTO OLYMPIA

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Holly Covington, Anita Rylander, and Marie Salomon from Housekeeping exploring Mirabella Library’s “Little Free Library” in the staff room in October 2021, when the program was launched – photo, L. Smith

concrete contribution to those with whom we live and interact and who do so much for us daily.

René Bravmann and Andy Callegari

LIFELONG LEARNING COMMITTEE

Pat Harris and Leslie Klein, Cochairs

Bruce Balick: The James Webb Space Telescope

Friday, April 7; 12–1 pm, Zoom

Pre-registration link: https://washington.zoom.us/meeting/register/tJwucOiorD0qHtMusjLpX3hg_Vbfe-nKAVtO

For the past thirty years, the Hubble Space Telescope has fostered or revolutionized one field of astronomical research after another. Now the James Webb Telescope is poised to do the same. In this talk, Bruce Balick will briefly review the messy history of Webb’s design, construction, and funding. Then he will follow its picture-perfect launch and deployment, introduce its first scientific images, and

present its scientific promise and potential in a field whose research scope is set to explode once more.

Balick joined the University of Washington Astronomy Department in 1975. Subsequently, he participated in the design of new instrumentation for Hubble. Since his retirement in 2014, Balick continues to publish, including a coauthored research paper based on one of the newly released images from the James Webb telescope.

This OLLI Zoom-only lecture is offered free of charge by the Lifelong Learning Committee.

Coordinator

Marilyn Watkins, Washington State Legislature 2023: What is Going on in Olympia?

Tuesday, April 4; 3:30–4:30 pm; Monday, April 24; 2:30–3:30 pm, Emerald Hall and Zoom

Each year, our state legislators pass hundreds of bills that affect our everyday lives from the cost of health care to transportation options, behavioral health services, housing affordability, taxes, and more. This two-part series by Marilyn Watkins will update us on what happens in Olympia and highlight the important role of citizen advocacy.



Marilyn Watkins

Part 1: State Legislative Advocacy 101

Marilyn Watkins will discuss how the Washington State Legislature works. She will cover select priority issues and bills under consideration in the Washington State House and Senate in 2023 and discuss ways YOU can influence decisions.

WHAT IS IKAT? § SEWING FOR FUN

Part 2: Key Outcomes from Washington’s 2023 Legislature

Marilyn Watkins presents key outcomes from Washington’s 2023 Legislature: what legislation passed, what didn’t, and why the hoped-for bills failed. She will focus on bills of interest to us at Mirabella. She will cover important issues that city, state, and federal policymakers will be grappling with in the coming months and how you can make a difference.

While serving as Policy Director for the Economic Opportunity Institute (*opportunityinstitute.org*), Marilyn Watkins worked for more than two decades as a lobbyist, researcher, and community organizer. She focused on building a more just economy and healthier communities in Washington State and beyond. She was instrumental in the creation of Washington’s landmark Paid Family and Medical Leave law. She retired from full-time work last year, but she continues to be actively engaged in the community. Coordinator: Leslie Klein.

Dr. David E. Smith on Social and Criminal Justice

Wednesdays, April 5, 19, and 26, and May 3; 10:30 am–12 pm, Emerald Hall

David Smith, a frequent lecturer for the Osher Lifelong Learning Institute at the University of Washington, returns to Mirabella for this four-



David Smith

session course. What is justice, and what does it look like in the real world? What should it look like? In this series, Dr. Smith will examine the many interpretations of both social and criminal justice that have been suggested throughout history and will evaluate proposals

for change within American society. He lectures widely on social and religious topics; his mission is to empower people to think for themselves about things that matter. Coordinator: Barbara Daniels.

Rebecca Albiani: *Ikat: A World of Compelling Cloth*

Monday, April 10; 10:45–Noon, Zoom and Recorded

Ikat: A World of Compelling Cloth is the amazing new special exhibition at the Seattle Art Museum (SAM). Ikat is a complex textile, dyed and woven by hand. In her presentation, Rebecca Albiani will introduce her Mirabella audience to the intricate textures, vibrant colors, and rich cultural meanings in the woven world of ikat. The materials come from many centuries and many places, including Japan, India, Indonesia, Africa, Central Asia, South America, Europe, and the U.S.



Rebecca Albiani

Sylvia Fisher, a SAM docent, took the opportunity to peek into the exhibition prior to its opening. She was bowled over by ikat’s beauty, explosion of color, and its varied meanings. You’ll want to hear Rebecca Albiani’s talk before you go to SAM, so you can enjoy this special exhibition even more. Coordinator: Sylvia Fisher.

RESIDENT REVELATIONS

Michael Leigh: Sewing for Fun

Tuesday, April 11; 3:30 pm, Emerald Hall and Zoom
<https://us06web.zoom.us/j/95170715759?pwd=TzIrSU5mYmIwWmJuem5WZ0RDbjRYUT09>

Michael Leigh modestly describes his career as a tailor as “sewing for fun.” He was born in Hong

BIRDS BUILD § BUS TRIPS

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*Michael Leigh
photo, C. Blount*

Kong, where he studied English. In the mid 1960s, he joined his parents in the United States, where they had already established a home. Michael learned tailoring skills at Edison Vocational School, now the Central campus of Seattle Colleges. Eventually, he hopes to offer sewing classes under Mirabella’s Active Arts program.

Coordinator: Carolyn Blount.

AVIAN ENGINEERS

How Birds Build Nests: Connie Sidles

Tuesdays, April 25–May 16; 10–11 am, Zoom (class recordings available online)

An OLLI-UW Spring Course that Mirabella bird lovers may want to attend. The fee for this course fee is \$50.00 for four sessions (plus membership, which is \$35.00). To register by phone, call 206-543-2310.

Long before humans ever thought of building even simple shelters—let alone skyscrapers—birds were constructing elaborate nests made of everything from tree bark to sheep’s wool. No doubt they learned the basic skills from their dinosaur ancestors, but, in the millennia following the dinosaurs’ demise, birds evolved nests that required needlework, weaving, bricklaying, excavating, and rafting skills—all with only their bills and feet. Come along with master birder Connie Sidles as she introduces you to these wondrous architects of nature.

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.

GROCERY TRIPS

Ballard Market/Safeway/Target, Friday, April 21;
10 am–12 pm

Costco, Wednesdays, April 5, 19; 9:45–11:45 am

Fred Meyer, Fridays, April 7, 28; 10–11:45 am

Metro Market/Bartell, Friday, April 14;
10–11:45 am

WHAT TO DO OUTDOORS THIS MONTH

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QFC/University Village, Mondays, April 3; 10 am–12 pm; April 17; 10–11:45 am

Trader Joe's/PCC, Mondays, April 10, 24; 10–11:45 am

WALKS

Saturdays; the large bus is available; 9:30–11:30 am pickup; see sign up information on p. 13

April 1 Edmonds Waterfront

April 8 Myrtle Edwards

April 15 Alki Waterfront

April 22 Seward Park

April 29 Lincoln Park

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursday, 9:30 am–1:30 pm pickup

April 6 Lynnwood

April 13 Foster

April 20 Nile

April 27 Lynnwood

Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, April 2, 9, 16, 23, 30; 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.

ACT, *Every Brilliant Thing*, Saturday, April 1; 1:15 pm

Emerald City, *Windsync, Nathalie Joachim*, Friday, April 14; 7:30 pm

Met Live in HD, *Falstaff*, Saturday, April 1; 8:30 am

Met Live in HD, *Der Rosenkavalier*, Saturday, April 15; 8:15 am

Met Live in HD, *Champion*, Saturday, April 29; 8:45 am

Pacific Northwest Ballet, *Midsummer Night's Dream*, Saturday, April 15; 1:15 pm

Seattle Symphony Pops, *Tommy Dorsey Orchestra*, Sunday, April 9; 1:15 pm

Seattle Symphony Series 8G, *Carmina Burana*, Sunday, April 2; 1:15 pm

Seattle Symphony Series 8G, *Berlioz Symphonie Fantastique*, Sunday, April 16; 1:15 pm

Seattle Symphony Series 21A, 13A, 7C, *Berlioz Symphonie Fantastique*, Thursday, April 13; 6:45 pm

Seattle Symphony Series 21A, 13A, 7E, *Battleship Potemkin*, Thursday, April 20; 6:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Snoqualmie Casino

Wednesday, April 12; leaving 10 am, pickup at 2 pm
For Mirabella residents who like to live dangerously, Snoqualmie Casino has 1,700 of your favorite state-of-the-art slot machines and fifty-four classic gaming tables, including Baccarat, Fortune Pai Gow, and Roulette. It also features numerous lunch options that include local ingredients and dishes prepared by award-winning chefs. There is a \$5 transportation charge that will be included in your monthly statement. Coordinator: Ken Hopkins, x 1662.

Pike Place Market

Friday, April 14; leaving at 10:30 am, pickup at 1 pm
Pike Place Market has been a defining Seattle icon since 1907. Considered by many “the soul of Seattle,” the Market is one of the oldest and largest continuously operating public markets in the United States. There are many small businesses to visit,

IN EMERALD HALL: CELLO, PIANO, AND SONG

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and we have allowed ample time for an “eat around the world” lunch on your own. Coordinator: Jade Simonson, x 1688.

Frye Art Museum

Friday, April 21; leaving at 2 pm, pickup at 3:30 pm

Located in Seattle’s First Hill neighborhood since 1952, the Frye is the city’s only free art museum. The works of artists Katherine Bradford and Marsden Hartley are on exhibit for our visit. In addition, works on paper from its founding collection, *Into the Light*, will also be on display. Coordinator: Jade Simonson, x 1688.

RoozenGaarde

Wednesday, April 26; leaving at 10 am, pickup at 3 pm

RoozenGaarde is a spring destination in Skagit Valley, with a display garden of more than five acres and more than fifty acres of tulips and daffodils. The display garden is annually redesigned and replanted by hand with over one million bulbs and nearly 200 different tulips, daffodils, and other flowers. Plan an hour to walk around the display gardens and nearby fields. The bus will then take everyone to downtown La Conner for lunch on your own. (see *On the Road in Washington State*, by Charles Sleicher, page 20.) This is an outdoor trip. Please dress accordingly. The ticket price of \$15 and a \$5 transportation charge will be included in your monthly statement. Coordinator: Charlotte Bushue, x 1723.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

A Festival of Poems: Celebration of National Poetry Month

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

For details, see the article *A Festival of Poems* by Louise Lowry on page 3. Find poems to read on pages 3, 21, and 22.

Ladies Musical Club: Works for Cello and Piano

Saturday, April 15; 2 pm, Emerald Hall

Our soloists will be Melet Whinston, cello, and Michael Houseley, piano. Melet Whinston was the first chair in the Portland Junior Symphony and Princeton University Orchestra. Michael Houseley studied with Dr. David Brunell at the University of Tennessee and performs frequently with Melet Whinston in local recitals.



Melet Whinston

They will be playing a selection of pieces by Mozart, Saint-Saens, Elgar, Brahms, and others.

Balm for the soul in these chaotic times. I’ll see you there! Coordinator: Carolyn Burton.

Sunday Jazz: The Ladies Sing Jazz

Sunday, April 16; 2 pm, Emerald Hall

Some of the greatest female voices in the history of jazz will be presented. These include Ella Fitzgerald, Sarah Vaughan, Carmen McRae, June Christy, Peggy Lee, Lena Horne, and Helen Humes, all accompanied by great bands and musicians of the time. Yes, it’s another adventure through the history of jazz, listening to and watching these wonderful jazz singers.

Stafford Miller will offer his insights on their careers, answer your questions, and entertain your comments. If you enjoyed this music in the past, you will enjoy it once again right here in Emerald Hall. Coordinator: Stafford Miller.



Lena Horne

ARTFUL YOUTH § WELCOME

Dylan Hayes: Tribute to Duke Ellington

Thursday, April 20; 3:30, Emerald Hall

Dylan Hayes and his ensemble will present a program of music from one of America’s best known jazz musicians and composers, Duke Ellington. Even though Duke Ellington also composed in the traditional concert format, Dylan Hayes will feature some of Ellington’s well-known songs composed in the jazz style. He will relate some historical facts for each song. Dylan Hayes is a well-known jazz pianist and band leader in the Seattle area with several recordings to his credit. His fellow musicians, Nicole McCabe, alto sax, and Logan Kane, bass, complete the ensemble.

On June 18, Stafford Miller, on Sunday Jazz, will also feature a program on the Duke Ellington Orchestra in concert. Coordinator: Stafford Miller.

Samantha Kelly, “Youth Find Focus Through Art”

Thursday, April 27; 3:30 pm, Emerald Hall

What happens when you surround young people with a supportive environment of care and ask



Samantha Kelly

them to share their values and stories through photography? Join Samantha Kelly, Executive Director of Youth in Focus, to see how youth develop in this unique program. Learn about the history of the program, which

was founded by Mirabella resident Walter Bodle in 1994. Youth in Focus (YIF) is a Seattle-based nonprofit with a mission to equip youth to share their ideas and values with the world through photography and art.

Samantha Kelly will describe how the program has evolved over more than twenty-five years to meet the changing needs of Seattle teens. Discover

the wonderful perspective teens bring to their photographs as Kelly shares examples of student works and student experiences in the program via a PowerPoint presentation. Leave inspired and uplifted by the future these creative young people are building for themselves and the world around them. YIF fosters social and emotional learning and twenty-first century skills through technical photography and digital media. YIF provides free or pay-what-you-can after-school, summer, and partner programs for teens furthest from educational justice.

This program is a follow-up to the Youth in Focus photography exhibit that hung on Mirabella walls during the fall of 2022. Samantha Kelly, who conducted a walking tour of that show with founder Walter Bodle, returns to Mirabella by special request. Coordinator: Lynne Iglitzin.

WELCOME COMMITTEE

Carolyn Blount, Chair

Sheila Dietrich and Míceál Vaughan

Welcome to Sheila Dietrich and Míceál Vaughan! They moved into Apartment 434 from their Seattle home of forty-six years on January 16. In slightly less than a week, they were unpacked, the art was hung, and they were hosting Susan White for a visit!

At their first Mirabella Happy Hour, Míceál

learned that residents Brendan Coleman and Jerry Moroney were fellow Irishmen! Míceál (pronounced “mee HALL”) was born in Dublin, where his father was chauffeur to the President of Ireland. When he was ten, his family of five emigrated from Ireland to St. Paul,



Míceál Vaughan

SAY HI TO FOUR NEW RESIDENTS

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Minnesota, where three more siblings joined the family. He earned his PhD at Cornell University, taught at the University of Washington for forty-two years, and retired as Professor of English Literature and Chair of Comparative Literature.



Sheila Dietrich

Sheila was born in Freeport, Illinois, the youngest of four daughters. She earned a BA in History at Cornell College (Mt. Vernon, Iowa) and then a PhD in Medieval History at Cornell University (Ithaca, New York). They were married at Cornell after exchanging a plethora of airmail letters while

Sheila was doing dissertation research in London. Míceál currently enjoys Mirabella's gym, Tai Chi classes, and restaurants. They have hosted friends for dinner in Aria/Adagio and reported favorable comments. Sheila has volunteered with Pacific Northwest Ballet for more than twenty years, and she serves as the Company's Archivist. When not working on ballet projects, she is an avid reader, with a steady stream of books on hold at the neighboring branch of Seattle Public Library.

When much younger, they enjoyed charades and claim to have acted and guessed *Götterdämmerung* in less than a minute. (Could the Active Arts Committee find room to support charades?)

Mary Jo Taylor

Mary Ann and Bill Mundy

The Mundys, new residents in 704, are dynamic and fun. Mary Ann, born in Kenosha, Wisconsin, earned a BS in Clothing and Textiles and graduated

from the University of Washington with an MLS in Librarianship. Bill, born in Ellensburg, earned his BS from Washington State University in Agriculture, followed by an MS and a PhD in Land Economics from the University of Washington. They have two children, Jen-Marie and Joseph.

Bill established Bill Mundy and Associates Inc. (BM&A), a leader in cutting-edge economic analysis with a focus on complex real estate matters. Some of his cases have included analyzing the Exxon Valdez Oil Spill damages and quantifying the value of several of Utah's National Park properties. Mary Ann, besides raising two children, has served in several teaching positions, volunteered with the Seattle Literacy Council, and served as CFO of BM&A.

Together they have developed real estate on Queen Anne in Seattle, Anchorage, and elsewhere. They also owned and developed a 160-acre farm east of Cle Elum that produced world class produce. They have now sold all but fifteen acres and the vineyard (mainly pinot gris and pinot noir grapes). They make wine at the Mundy Farm Winery. Bill looks



*Bill and Mary Ann Mundy
in their vineyard in Cle Elum, Washington*

CLUBS FOR BOOKS AND OPERA

forward to sharing wine with Mirabella colleagues. Their first date, in 1966, was a bicycle trip, followed by many more all over the world.

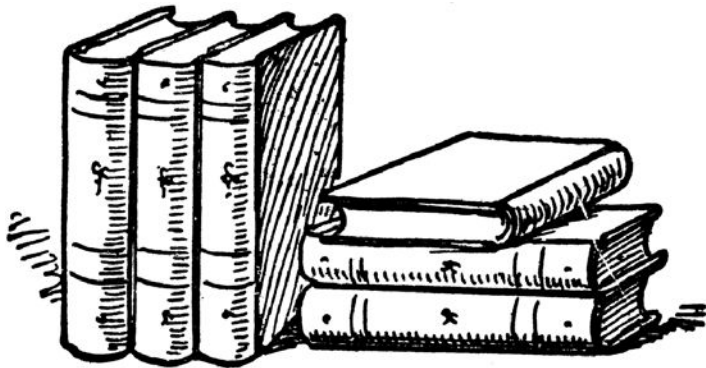
At Mirabella they choose to eat in the bar so they can meet new people. When they return from their bike and cruise trip to Japan in April, they will probably be ready to join us for exercise, bridge, and other mentally stimulating activities.

Barbara Porter

BOOK CLUB

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

April 24: Anne Fadiman, in *Spirit Catches You and You Fall Down*, our choice for the April meeting, relates the case of a child in a refugee Hmong community who was diagnosed as epileptic. The book explores the clash of cultures and the miscommunication between family and medical



community.

May 22: When Seattle journalist Dave Boling visited Mirabella, he told us of his in-laws' experiences in the Basque region of Spain. These experiences are what inspired him to write his novel *Guernica*, our choice for May's discussion.

Everyone is welcome to join us.

Tina Moss

OPERA CLUB NEWS

***Fire Shut Up in My Bones* by Terence Blanchard**
Monday, April 10; 2 pm, Emerald Hall

Fire Shut Up in My Bones is an opera based on the searing memoir by *New York Times* columnist Charles M. Blow. Blow has said that the title for his memoir comes from a verse from the Bible, Jeremiah 20:9, in which the prophet speaks out against his tormenters. The opera tells the story of the young Charles, growing up in poverty and finally, as an adult, learning how to deal with the sexual abuse and mistreatment he suffered as a boy. It is a traumatic but ultimately empowering story of adversity, struggle, and rebirth. The opera's composer, Terence Blanchard, is a well-known American jazz trumpeter and composer. He has referred to this work as "opera in jazz."

The opera made its world premiere in June 2019 at Opera Theatre of Saint Louis. It opened the Metropolitan Opera's 2021–2022 season. It is the first opera by an African American composer to be performed at the Met since its founding in 1883. Composer Blanchard was also the music director, and African American singers made up the entire cast. Renowned director and screenwriter Kasi Lemmons was the librettist. The production marked the company's first time with a Black female stage director, Camille A. Brown, who was also the choreographer.

Baritone Will Liverman stars as the adult Charles, Walter Russell III sings the young Charles (called



Fire Shut Up in My Bones

PASSOVER

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Char'es-Baby), Latonia Moore sings the role of Charles's mother Billie, and Angel Blue sings the roles of various female spirits (*Destiny, Loneliness, Greta*) that represent Charles's inner thoughts. The Metropolitan Opera Orchestra, Chorus, and Ballet perform in this production, conducted by Yannick Nezet-Seguin. In addition to ballet, there is very exciting step dancing at the beginning of Act III, performed by Charles's Kappa Alpha Psi college fraternity brothers.

The next Metropolitan Opera Live in HD broadcast is Richard Strauss's *Der Rosenkavalier* on April 15, starring Lise Davidsen as the Marschallin, Erin Morley as Sophie, and Isabel Leonard as Octavian. Another Terence Blanchard opera, *Champion*, will be broadcast on April 29, starring Ryan Speedo Green as the young boxer and Eric Owens as the adult boxer in a Met Premiere. You can take the Mirabella bus to these broadcasts at Thornton Place Cinema at Northgate. Call x 1419 to sign up for the bus.

Donna McCampbell

PASSOVER 2023

BY LYNNE IGLITZIN

Spring is close by. And with spring comes the holiday of Passover, the second most important Jewish holiday of the year. "Pesach," as it is called in Hebrew, lasts for eight days. It is celebrated by Jews around the world to commemorate their freedom from slavery in ancient Egypt.

This year, Passover begins Wednesday, April 5, at sundown and ends Thursday, April 13, at sundown. (The dates change each year but always follow the Hebrew calendar). The holiday commemorates the Exodus from Egypt as told in the Old Testament.

During the first two nights, a traditional Seder meal takes place, following the *Haggadah*, which tells the story of the Exodus and is read communally by



Passover Plate – photo, L. Berkman

the entire group. The *Haggadah* is a “roadmap” of the prayers, songs, and blessings of the event. At the heart of the *Haggadah* is the asking of questions and the keeping of ancient traditions alive. It reminds us to welcome the stranger into our midst and to celebrate community.

This year at Mirabella, we look forward to hosting our Seder on April 12, during the Passover Week. Mirabella residents are invited to come together to share the traditions, taste the Passover symbols, and sip the wine. We are limited to sixty-four residents because of limited staffing. A sign-up sheet is available at the tenth floor Dining Reservation desk. We urge you to sign up there. There will be a nominal point charge for this Seder event. Additionally, all residents who wish to eat the special Passover Dinner for that day may make their reservations at Adagio, Aria, or the bar.

For the Passover Planning Committee

SNOW GEESE AND MARQUETRY

ON THE ROAD IN WASHINGTON STATE

BY CHARLES SLEICHER

Ed. Note: If you join the Outside Activities trip to RoozenGaarde in Skagit Valley in April (see p. 15), you'll get a taste of what Skagit Valley has to offer, including a literal "taste" when the bus stops in La Connor for lunch. But this road trip, lovingly detailed by one of Mirabella's lifelong local, national, and international travelers, presents his favorites in this particular stretch of Skagit Valley.

When you drive north from Seattle on I-5, there is an exit about sixty miles north at the town of Conway. If you drive to the left at Conway, you pass through or by farms. The first stop is the Skagit Flats, straight ahead. Here in the winter, thousands of snow geese gather in the fields. Sometimes the whole sky is filled with them, but usually the fields are covered with resting snow geese. If they all suddenly burst into the air, it means they have spotted a bald eagle, which catches and eats them. If you turn to the right instead of entering the Flats, you soon come to Snow Goose Produce near Mount Vernon. Snow Goose is noted for its produce, for forty-seven flavors of ice cream in huge cones, and for its fresh Dungeness Crabs, kept alive in a large tank. If you go in the summer, you'll probably have to wait in a long line for one of the cones. When you want a crab, they fish it out, cook it, clean it, and pack it in crushed ice. The Snow Goose also has several varieties of strawberries in June, including the noted Shuksan, which some people think is the sweetest of the many June varieties. Try some of them. I may take several flats of strawberries home to freeze, but Snow Goose also has frozen strawberries to take home, saving a lot of work. Shortly past Snow Goose Produce, the road turns to the left toward the town of La Connor. La Connor has several fine waterfront restaurants, the



Curated Local Fare at Snow Goose Produce

Museum of Northwest Art, well worth a visit, and the Pacific Northwest Quilt & Fiber Arts Museum. Further down the road are many interesting shops on both sides of the street, including The Wood Merchant. This shop sells a great variety of wooden objects, including fine dining tables and chairs and even wooden watches. It also sells some marquetry pieces. Marquetry is an art form in which small, cut pieces of wood of varied species are glued together in an inlay of intricate design on a structure of wood, like the pencil box in the illustration. It is difficult to imagine how these wood pieces can be so finely cut and so beautifully fitted together.

This corner of the Pacific Northwest can be a feast for eye, ear, and palate, if you know where to look.



Pencil Cup made from a combination of walnut, jojoba, oak, imbuia, wenge, yellow heart, and bloodwood on a box of maple – from The Wood Merchant website

MORE POEMS FOR POETRY MONTH

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LOVE AT FIRST SIGHT

BY WISLAWA SZYMBORSKA

They're both convinced
that a sudden passion joined them.
Such certainty is beautiful,
but uncertainty is more beautiful still.
Since they'd never met before, they're sure
that there'd been nothing between them.
But what's the word from the streets, staircases,
hallways—
perhaps they've passed by each other a million
times?

I want to ask them
if they don't remember—
a moment face to face
in some revolving door?
perhaps a "sorry" muttered in a crowd?
a curt "wrong number" caught in the receiver?—
but I know the answer.
No, they don't remember.
They'd be amazed to hear
that Chance has been toying with them
now for years.
Not quite ready yet
to become their Destiny,
it pushed them close, drove them apart,
it barred their path,
stifling a laugh,
and then leaped aside.
There were signs and signals,
even if they couldn't read them yet.

Perhaps three years ago
or just last Tuesday
a certain leaf fluttered
from one shoulder to another?
Something was dropped and then picked up.
Who knows, maybe the ball that vanished

into childhood's thicket?
There were doorknobs and doorbells
where one touch had covered another
beforehand.
Suitcases checked and standing side by side.
One night, perhaps, the same dream,
grown hazy by morning.
Every beginning
is only a sequel, after all,
and the book of events
is always open halfway through.

"Love at First Sight" from *MAP: Collected and Last Poems* by Wislawa Szymborska, translated from Polish by Clare Cavanagh and Stanislaw Baranczak. Copyright © 2015 by The Wislawa Szymborska Foundation. English copyright © 2015 by Houghton Mifflin Harcourt Publishing Company. Used by permission of Houghton Mifflin Harcourt Publishing Company. All rights reserved.



Wislawa Szymborska

Wislawa Szymborska was a Polish poet whose work was widely translated into English. In 1996, she was awarded the Nobel Prize in Literature.

Excerpted from Academy of American Poets (poets.org)

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! APRIL 2023

- 1 – Pat Chinn
- 2 – Marilyn Lemman
- 3 – Pat Nishida
- 3 – Carolyn Roe
- 4 – Sally Hayman
- 5 – Jean Higgins

- 5 – Ken Hopkins
- 6 – Evalie Berst
- 6 – Charlotte Bushue
- 6 – Carolyn Burton
- 11 – Gennie Thompson
- 14 – Peggy Wells
- 17 – Carolyn Glover

- 18 – Dieter Heycke
- 24 – Pat Gaillard
- 24 – Sally Hahn
- 24 – Paul Keown
- 25 – Carolyn Ferrell
- 28 – Alvin Kwiram

DRENCH

BY ANNE STEVENSON

You sleep with a dream of summer weather,
 wake to the thrum of rain—roped down by rain.
 Nothing out there but drop-heavy feathers of grass
 and rainy air. The plastic table on the terrace
 has shed three legs on its way to the garden fence.
 The mountains have had the sense to disappear.
 It's the Celtic temperament—wind, then torrents,
 then remorse.
 Glory rising like a curtain over distant water.
 Old stonehouse, having steered us through t
 he dark,
 docks in a pool of shadow all its own.
 That widening crack in the gloom is like
 good luck.
 Luck, which neither you nor tomorrow can
 depend on.



Anne Stevenson

Stevenson was the recipient of The Neglected Masters Award from the Poetry Foundation and The Lannan Prize for lifetime achievement. She lived with her husband, Peter Lucas, in Durham City, England, and died on September 14, 2020.

Excerpted from Academy of American Poets (poets.org)

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Born in Cambridge, England, on January 3, 1933, Anne Stevenson spent most of her early life in Cambridge, Massachusetts and New Haven, Connecticut. She was the daughter of the American philosopher C.L. Stevenson. She studied at the University of Michigan where she received a BA and an MA in literature.



Remembering

Lynne Kase 3/3/2023

MOVIE CLUB SHOW TIME

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FROM BANSHEES TO BRANAGH

BY CONNIE CHAPLIN



Colin Farrell in "The Banshees of Inisherin"

THE MOVIE CLUB will show another major Oscar nominee this month: *The Banshees of Inisherin*, nominated for nine Oscars. This film stars Colin Farrell (Pádraic) and Brendan Gleeson (Colm), both nominees, as lifelong friends, but it's not the rollicking comedy we usually see with these guys. It's a "comedy-drama" of the "wry, wintry, cynical" sort. Colm has put a sudden end to the friendship, and Pádraic is puzzled, devastated, and determined to repair the rift by any means necessary. His sister Siobhán (Kerry Condon, nominated for Best Actress) tries to help, but Colm's resolve only strengthens, and he issues a shocking ultimatum. Directed by Martin McDonagh with "gorgeous scenery and terrific acting" on the fictional Irish island of Inisherin (actually in the Aran Islands). Is there such a thing as sad comedy? There is profanity (with an Irish accent).

Armageddon Time is a drama, a coming-of-age story about the strength of family and how one family (based on that of writer-director James Gray) in Queens, New York, pursued their version of the American Dream over a period of two months in 1980. The focus is on grandson Paul Graff (Michael Banks Repeta), who lives with his parents (Anne

Hathaway and Jeremy Strong) and older brother Donald. Paul's biggest influence is his grandfather (Anthony Hopkins), who supports his dream of becoming an artist and tells him he must become a "mensch," a person of integrity and character who stands up for those being abused. His parents see a different path for the kid and send Paul to exclusive Kew-Forrest school, where Maryanne Trump (Jessica Chastain) lectures students. Brother Donald does not appear.

A comedy-drama, *Jerry and Marge Go Large*, is about a retired couple (Bryan Cranston and Annette Bening). When Jerry discovers a mathematical loophole in the Massachusetts lottery and wins, they use the money to revive their small Michigan town. Breaking good...how great is that? And this big-hearted film is based on real people! But there is a complication: the math part is simple compared to the people who get involved.

And then we have 2022's Kenneth Branagh version of Agatha Christie's *Death on the Nile*. "Shocking, Gripping, and Suspenseful." He plays Hercule Poirot; the Belgian sleuth is on a glamor-vacation on a lavish cruise down the Nile with an affluent, cosmopolitan group of impeccably dressed beautiful



Kenneth Branagh in "Death on the Nile"

Downton Abbey types. Sound good? Not so fast. We know that murder follows Poirot like a lonesome kitten, and sure enough: he must ignore the "epic landscape of sweeping Egyptian desert vistas and the majestic Giza pyramids" to solve a dastardly crime of unbridled passion and incapacitating jealousy. Because that's what Inspector Poirot does.



The Mirabella Monthly

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

VOLUME 15 | ISSUE 4

APRIL | 2023

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Associate Editor: Mary Rogers

Lead Editor, April: Louise Lowry

Copy Editors/Writers/Proofreaders:

Connie Chaplin, Maria Fiore, Sally

Hayman, Mary Jossem, Louise

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O'Donnell, Helen Roberts, Judy

Rourke, Louis Swart

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Gloria Hennings, Diana Holland,

Chris Jamin, Paul Keown, Tina

Moss, Janet and Jim Ohta, Judy

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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 as attachments

to jaredcurtis@icloud.com. Put

any paper illustrations and sketches

in mailbox #801.

The Mirabella Monthly
Mirabella Seattle