

The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 9

SEPTEMBER | 2023

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OUR NEIGHBORHOOD

BY SANDY RENSVOLD

SOUTH LAKE UNION (SLU), our home in Seattle, is a destination neighborhood where residents and thriving businesses come together to create a culture all its own.

Each year about this time, South Lake Union (SLU) Chamber of Commerce gathers to honor the individuals and groups who have worked diligently this past year to make their businesses successful. One of our residents has had an extended interest in that success and worked hard to make that dream come true for many years.

On July 13, the SLU Chamber nominated businesses in five categories to be recognized for their contributions to the community. These contributions range from hosting



Surrounding John Pehrson, from the left, are Charlotte Lindsey and Sandy Rensvold and Terri and Ron Pehrson, John's son and daughter-in-law

SOME TRIP!

community events, raising funds for local causes, supporting advocacy on important issues, and volunteerism. Also included in the nominations were individuals who donate time and funds because they care about the neighborhood where they live. One such person, Mirabella Seattle resident John Pehrson, was brought to everyone's attention for his years of service to the Chamber and to the community, receiving a rousing standing ovation. Yes, that's right. Ninety-six-year-old John still volunteers. Jon Keinhou, Executive Director of the Chamber, presented John with the Chamber's first Lifetime Achievement Award for his hours of service to the organization.

Any time but especially next spring, stroll from Lake Union to Belltown on the Market to MOHAI Walk. The route is marked with seventy-five tiles bearing quotes that relate to the locations in which you find them and forty-six images of Seattle history shown on the history blades that are embedded in the sidewalk. This unique walking corridor in the heart of Seattle is one of many projects born in John's fertile brain. Pause along the way to take in the "host of golden daffodils," just a sample of John's touch. The daffodils are planted in four of Seattle's great parks by many volunteers, including those among John's friends and neighbors at Mirabella. A decade ago he also spearheaded the successful effort to save the Seattle Times Employee Park at Fairview Avenue North and John Street when it was under threat from development. He has demonstrated again and again his talent for getting people to join in with his projects and leading them to the finish line.

When asked what he thought of these achievements and his "Lifetime Award," John said, "If you want to receive a lifetime achievement award, you have to live a very long time." Though admitting to slowing down a bit in his civic endeavors in his later years, he said, "I was very pleased to receive public

recognition by the community I have done my best to serve."

NANCY ELIASON GOES TRUCKING

BY SALLY HAYMAN

IT is not what many people would consider a dream vacation: a round trip from Fairbanks to Prudhoe Bay, Alaska, in the cab of a Carlisle truck. But in May of 2008 at a fundraising gala in Anchorage hosted by Associated General Contractors, Nancy Eliason bid for and won a trip on one of the most dangerous roads in the U.S. to one of the most desolate towns. The road she took is known as the Haul Road or James B. Dalton Highway, built in 1974 as the supply road to the Trans-Alaska Pipeline. The 414 mile, two-lane gravel road between



George Spears and his truck

Fairbanks and Prudhoe Bay had to be built fast in five short months. It's mostly gravel, held down with layers of binding material. Its steep grades and sharp turns would prove a challenge to the big trucks that would average 250 trips in winter and 150 in summer. Nancy met her truck driver, George Spears, at 6 am in Fairbanks. Georgie, with over two decades experience on the Haul Road, was a large man wearing overalls and a white beard. He had been

ON THE ROAD TO PRUDHOE BAY

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featured on the cover of *Trucker News* in 2006 and appeared as “the veteran” in the TV series *Ice Road Truckers* on the History Channel. A Viet Nam veteran, he came to Alaska as an owner/operator with his own truck. When it took a beating from the constant rocks and potholes, he became a driver for Carlisle, one of the companies that worked the Haul Road. When he drove Nancy in 2008, he was looking forward to retirement on his family’s 325 acre farm in Illinois. He helped her climb into the cab. Its comfort



Downtown Livengood, Alaska (pop. 29 in 2010)
– photo, Rickmouser45 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=78492093>

surprised her. Behind the cab was a small cabin fitted with TV, microwave, and sleeping quarters for the driver. Drivers always stay with their truck. Their first stop was Livengood for a hearty breakfast. At lunch they stopped at Coldfoot, named for the gold prospectors who turned back when they saw the bleak landscape. At this stop the other truckers kidded Georgie because he was carrying a light load of insulation, and worse than that, a lady tourist! The truckers made light of the TV series, which

hyped the dangers of the Haul Road. They felt events portrayed on the “reality” show exaggerated the weather conditions and the dangers. Even so, drivers who worked the haul road regarded safety as their highest priority, keeping in touch with each other through CBs and VHF channels. Most of the drivers had had at least one spill in the ditch.

During the sixteen-hour drive, Georgie pointed out herds of musk oxen, known for their extremely soft underfur called *qiviut*. Roadside markers featured the purple fireweed on this scenic highway, the result of former forest fires. As they progressed, trees dwindled to just a few arctic spruce. The road climbed to the Atigun pass in the Brooks Range. From that point, there was nothing but arctic tundra, something Nancy had never seen before. And, of course, the pipeline, sometimes above ground, sometimes snaking below. For security against sabotage, helicopters occasionally patrolled above. When they arrived at Prudhoe Bay, George escorted Nancy to her hotel, a sheet metal building made up of repurposed trailers. Her room had its own



Aerial View of Prudhoe Bay – photo, By Rickmouser45 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=78492093>

PICKING WINNERS AND LOSERS

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bathroom, a ledge for a TV, and a single bed. But someone was already in the bed! The two young ladies who had checked her in quickly sorted it out, and she was able to have a room to herself.

The next day she explored Prudhoe Bay and the adjacent Deadhorse. The permanent population in 2000 had been five residents, and the town continues to serve as dormitory and basecamp for thousands of workers who support the oil industry. They work shifts of twelve hours on and twelve hours off, and two weeks on and two weeks off. There are barracks-like dormitories with cafeterias and rec rooms, and every single building is made of metal. There is also a small store selling shaving cream and postcards but no alcohol, and more important, there is also an airport.

A group of Alaska Natives had organized a bus tour to the Arctic Ocean eight miles away, and Nancy, like other tourists, wanted to put her feet in the water. But a polar bear had been sighted nearby that morning, so she had to keep her shoes on in case she had to run on the rocky shore. She settled for touching her fingers in the water.

Nancy had come to Alaska from Massachusetts in 1965 as an itinerant state nurse in charge of an area about the same size as Massachusetts with a population of 2500 people. Though she knew much of the state, this trip to the most remote northern part was entirely new to her.

Nancy rode back the next day with a different driver, Tony. They shared plenty of conversation yet made it back to Fairbanks in fourteen hours rather than the sixteen it took to make the trip out.

Always a great traveler, she reckons she has slept in fifty countries. But for her, the trip to Prudhoe Bay in the truck remains the most unique and exciting, though, if she had to do it again, she'd take the plane one way back from Deadhorse.

OFF TO THE RACES

BY MARY JOSSEM

DESPITE the track at Emerald Downs being rated “sloppy” on Saturday, June 10, the horses didn’t seem to notice as they raced around the track at what seemed like breakneck speed. There were only three of us signed up for the races that day, so Simon Vieg, our driver, took us in one of the town cars—what luxury compared to a forty-five-minute drive in the small Mirabella bus. Saturday was “Senior Day,” which meant a fee of



*Mary Jossem, Don Drury, and Nancy Eliason
at Emerald Downs*

only \$5 to enter the track. We started out sitting at track level but soon discovered we didn’t need to smell the track and feel the pounding of the horses. We adjourned to the general admission covered grandstand, where the view was much better and the seats drier. The crowd was small that day, so we had our pick of seats close to the doors where we could “bet on the bay” and procure the finest of junk foods.

The big winner that day? Don Drury. He won enough to pay for the giant bag of caramel corn he bought to share with his two “loser” companions. Next time I’ll bet on the bobtailed nag.

CHANCE ENCOUNTER § SPREADING THE GOODS

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A FOND MEMORY

BY GLORIA HENNINGS

IN the fall of 1994, my husband Larry and I and two of our friends, Francella and Don Olsen, chartered a barge to cruise the Burgundy Canal in France. One day, on our self-motored cruise, we

farewell and rode off on our bikes, back to our barge. This surprising experience was the highlight of our evening conversation as we enjoyed our wine and fresh French bread.



Gloria and Larry Hennings turning the crank to open the locks under the watchful eyes of friends and fellow bargers Francella and Don Olsen

decided to tie up and bicycle to a village to buy some wine, a loaf of our favorite French bread, and maybe an English newspaper. We rode along and stopped at a store at the base of a beautiful castle at the top of the steep hill. I was chosen to watch the bikes while the others shopped. Suddenly, I saw this very tall lady come out of the store. I recognized her immediately and spoke to her. It was Julia Child! I introduced myself and told her I was from Seattle. She gave that very trill laugh and said, “I just love Seattle!” My husband and friends then arrived, and we all chatted for a time. She told us that her husband was a little tired of all the rich sauces favored by their host up on the hill. We said

SHORT HAULERS

BY PAT KUSHMERICK

THE Re-Store Ladies sometimes become Bag Ladies. Phyllis Allen and Margaret Herb are transporting unsold clothing from the Re-Store to the Lutheran Church nearby. Some of the clothes will go to Mary’s Place.



Phyllis Allen and Margaret Herb, shipping out donated clothing – photo, P. Kushmerick

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2022–2023



Laura Bailey,
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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
	Míceál Vaughn	Box 424, x 1639
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

WRITING AWARD § MIRANET WORKSHOP

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APEX AWARD 2023

BY MARY ROGERS

IT's about time! After seven years of award-winning submissions of *The Mirabella Monthly* for APEX Awards for Publication Excellence,



Jared Curtis finally submitted specific examples of his own writing in 2022. And he won! Jared received the 2023 APEX Award for "Writing – Interviews and Personal Profiles." To help the Mirabella Employee Appreciation Committee with the Fall

Fund Drive, he wrote three Mirabella staff profiles published in the September, October, and November issues.

Mirabella Seattle opened in December 2008. Within a year Jared became the Designer and after two years, the Editor-in-Chief of *The Mirabella Monthly*. Besides designing the newsletter, recruiting, training, and educating copy editors, proofreaders, and production staff, he has assisted committee chairs, resident writers of feature articles, and Mirabella administrative staff in submitting articles. Jared also writes many ongoing sections of the newsletter including feature articles, Arts Notebook, and Poetry Corner, where he often publishes his own thoughtful and entertaining poems. All this without missing a single production deadline in fourteen years!

He is assisted by an amazingly talented and dedicated staff, many of whom have worked for the newsletter for a decade or more. He is always happy to welcome new volunteers to the team and is currently looking to recruit skilled volunteers for the position of Associate Editor. If you are

interested, please contact him at (206) 387-0530 or jaredcurtis@icloud.com.

All who depend on and appreciate the arrival of *The Mirabella Monthly* in our mailboxes each month, please join me in giving a shoutout to its publisher, designer, editor, and writer.

Congratulations, Jared!

TECHNOLOGY ADVISORY GROUP

David Webber, Chair



Rescheduled: Navigating MIRANET: A "How To" Workshop

New Date: Thursday, September 21; 10:30 am–12 pm, Emerald Hall

The Technology Advisory Group is happy to announce rescheduling of the workshop about the "nuts and bolts" of MIRANET. At the workshop you can learn how and where to find the information you are looking for and how to request work orders, town car service, event scheduling, or activity sign-ups.

Many residents responding to the survey indicated they still have trouble finding their meal plan information on Volante (Me Only), managing their personal profile, and finding program information and Zoom links.

These topics and more will be covered in the "How To" Workshop to be conducted by Loni Smith, Director of Resident Services. Members of the Technology Advisory Group, as well as other knowledgeable residents and staff, will be on hand to provide one-on-one help to answer your questions. Everyone is welcome, even those who have never logged onto MIRANET. Both

HAPPY HOUR § HEALTH CLINICS

the browser-based MIRANET website and the MIRANET application for cell phones and tablets will be discussed. (As you may already know, the website and application are very different.)

This is a “hands-on” workshop, so please bring your device(s), passwords, and questions to Emerald Hall on Thursday, September 21, at 10:30 am. We will dig into the mysteries of MIRANET and help you find what you are looking for on Mirabella’s most important internal information resource.

For questions about the upcoming workshop, don’t hesitate to contact David Webber at x 1864 or any other member of the Technology Advisory Group: Pat Harris, Sue Herring, Ann LeVeque, Helen Roberts, or Dean Temple. We look forward to seeing you at the workshop!

David Webber

RESIDENT SERVICES

Loni Smith, Resident Services Director

Community Happy Hour

Tuesday, September 19; 3:30–5 pm, Courtyard

Let’s gather for the Community Happy Hour in the Courtyard in what we hope will be a warm September afternoon.

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. 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, September 12; 9:30 am, Suite 301

Dr. Patricia Munson offers hearing assessments. For

appointments, contact Patient Care Coordinator/ Office Manager, Seattle Hearing Services at info@seattlehearingservices.com or at (206) 937-8700.

Podiatrist

Thursday, October 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 paperwork at your first appointment.

Foot Care Clinic

Third and fourth Monday and Tuesday, 9:30 am–4:30 pm, Suite 301; call for appointment and fee schedule

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.

Counseling Service

Wednesdays, weekly by appointment only

Janelle Jensen, MS, LMF, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues residents may be experiencing. She is available Wednesdays for in-person visits and can also be reached via telehealth and email. She

IMAGINATIVE WRITING

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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.

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

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Creative Writing: What You Don't Know

Friday, October 6; 11 am–12:30 pm, and subsequent first Fridays; Conference Room A; registration required

This generative creative writing course will give you an opportunity to write in whatever literary genre you prefer, whether fiction, poetry, or creative nonfiction. Using writing skills as well as the craft fundamentals specific to each genre, you'll be introduced to methods for writing imaginatively and for drafting ideas, and revising and editing your work. Each class will include a lecture, excerpts of published writing, class discussions, in-class writing exercises, and opportunities to share your work. Whether you're currently writing your autobiography or a science article, are a closeted poet, or you haven't written creatively in decades, this class promises to inspire and challenge you. While we are currently offering the class once a month, there will be an opportunity to meet more often if the class prefers.

The instructor, fourth-generation Seattleite Janée J. Baugher, MFA, is the author of the guidebook, *The Ekphrastic Writer: Creating Art-Influenced Poetry, Fiction and Nonfiction*, as well as two poetry collections, *Coordinates of Yes*, and *The Body's Physics*. Her poetry has been adapted for the stage and set to music at various around the United States. and locally, she's performed at Bumbershoot, Folklife, and the Moore Theatre.

Baugher has taught creative writing for over twenty years and is an assistant editor at *Boulevard*, a biennial literary magazine. To register for this class, sign up in the red notebook in the Resident Business Office. Coordinator: Barbara Porter.

CREATIVE ART

Drawing: Human Anatomy

*Thursdays, September 28, October 5, 19, and 26;
Section A, 12–1:15 pm; Section B, 1:30–2:45 pm;
all classes in unit 507; registration required*

Maja Sereda is returning to Mirabella to teach us drawing. She will extend our education using a classic subject, human anatomy: torso, legs, hands, and feet. These classes are suitable for everyone. This new subject will help beginners as well as continuing students to improve their drawing skills. Maja is an excellent instructor who can teach us all. Supplies are the same as for previous drawing classes, 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.

Two Poetry Classes Offered by Jared Curtis

Described on pages 11 and 12. To register, sign up in the red notebook in the Resident Business Office.

ART COMMITTEE

Linda Berkman, Walter Bodle, Cochairs

This was an active summer for the Art Committee, as members busily assisted The Seattle Jr. League in hanging their ongoing exhibit and worked with former resident, Ilona Brustad, on her fall show on our first-floor hallway. We want to encourage all residents to offer theme suggestions for upcoming exhibits. We hope this will give our newest residents a chance to become involved in the Art Committee.

We purchased the sculpture *Man with a Hoop* by Aurora Canero from the Phyllis Golden Estate. It can be seen in the A Elevator Lobby on the 10th floor. Phyllis's sons are also gifting six additional pieces of art to Mirabella Seattle. These will soon find permanent places in our halls.

We have also received generous gifts of art from Charles Sleicher, Carolyn and Don Ferrell, and Linda Berkman. Four additional pieces have been

purchased from the Re-Store. All residents should know they can offer art to the Art Committee as either a gift or a loan. Donors will be given the proper documentation for their records.

The cartoons of Mirabella life by Jared Curtis, purchased after our Resident Show, can now be seen in the small conference room off the mailroom.

The Art Committee has engaged the services of an art conservator to clean the large piece in the lobby vestibule and to help find a suitable, clear covering to protect it.

We are constantly having to repair damaged art or frames.

When you see something needing our attention, please report it. Remember not to move the piece or tackle repairs yourself. *Please.*

We are always looking for places that need more art, and we invite suggestions. The Art Committee welcomes new members and new ideas. Mirabella is our home, and we want it to be filled with beautiful art.

Linda Berkman



Man with a Hoop by Aurora Canero (in A elevator lobby)

– photo, L. Berkman

THE ART OF ILONA BRUSTAD

BY LINDA BERKMAN

THE tiny flame of art was fanned into a fire in Ilona Brustad's heart and mind by her junior high school art teacher, Miss Van Poplin, whose love of art was contagious. To earn a living, however, Ilona chose to teach English as a second language until she retired. During her teaching years,

POETRY IN PUBLIC

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Ilona took evening drawing and painting classes to earn her Bachelor of Art in Painting from Wayne State University. When she retired from teaching, she turned to art full time.

Ilona has always considered herself a painter. Even as she experimented with new media, oil paint, pastel, acrylic paint, mosaics, and collage, her work was consistent in being loosely realistic. She wanted to say something about her subject, to tell a story, which she could do best if there were a realistic element. During the COVID pandemic she took an



“Raven Sings the Blues” by Ilona Brustad

online art class in abstract painting. She found this to be totally out of her comfort zone. Yet, she

learned to look at shapes and color in a new way and began to truly love the challenge. Consequently, this exhibit includes a number of purely abstract paintings.

The works in this exhibit are the consummation of the last five years of painting in her home studio in Kenmore, and Ilona says she is delighted to be invited to exhibit again at Mirabella.

ADS OUT, POEMS IN

BY JARED CURTIS

S PONSORED by Seattle’s 4Culture Department, King County Metro, and Sound Transit, the program to place poems on buses and in transit sites has been expanded and reintroduced

as “Poetry in Public” to celebrate local voices in “one of our most vital shared spaces: transit.” The theme chosen for this year, “Places of Landing,” is generous enough to include nearly any aspect of our daily lives. Many of us at Mirabella have “landed” here from elsewhere, and many Seattleites among us have arrived at Mirabella within the last decade or two. What has that experience been like? Can it be expressed in fifty words or less in a poem? Many of us, too, have given up driving and depend on public transit to get around the city and the region. When poems replace ads on local buses and Link trains in 2024 and appear at transit sites like bus shelters and transit stations, such journeys will have a new dimension, a poetic one. Why not join in?

The theme is explained this way: “Many of our transportation hubs, roads, docks, and recreational spaces exist directly over Indigenous places of landing. As our community grows and changes, new paths will arise. The concept of landings extends from the land itself to each person’s sense of being, and we all hold memories of the places that shape our days.”

A submission process open to all King County residents started in early August, but it is not too late to write and submit your poem. The link to the website is: <https://www.4culture.org/poetry/> where you can learn more and also submit your poem.

King County Poetry Workshops

4Culture will run workshops and offer prompts to guide anyone interested in writing a poem that may be featured on transit in 2024. The deadline for submissions is Monday, October 30, 2023, 11:59 pm PDT. Only one poem per King County resident will be accepted. Two months to write the perfect poem! The link above provides suggestions and prompts for writing an eligible submission.

TANKA FOR TRANSIT § WENIG ON WRITING

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Mirabella Poetry Workshops

We'll have our own workshops at Mirabella Seattle, too. I will offer one focused on writing tanka in English in September and another workshop in October focused on writing free verse. Tanka is an ancient Japanese poetic form predating haiku by several hundred years. The word *tanka* translates as "short song." Traditionally written in a single unbroken line, when composed in English, tanka is a thirty-one-syllable poem most often written in its five-line syllable count form (5/7/5/7/7). I composed a sample in the form of a "tanka chain" on "City Noise." See the linked set of tanka in the box to the right.

By "free verse" I mean short lyric poems composed in lines of unspecified and varying lengths without a predetermined metrical pattern, stanza form, or rhyme scheme. What distinguishes free verse from a paragraph of expository prose is its lyrical or musical phrasing, making the poem's structure follow feeling, sense, and sound. Both tanka and free verse have attributes that make them ideal for "engaging with place, water, and season," an engagement that is typical of tanka writing and a natural outcome of free verse composition. An example of a poem written in free verse is on p. 26.

Poetry with Jared (Tanka)

Thursday, September 14; 12–1:30 pm, Conference Room A, registration required

Poetry with Jared (Free Verse)

Thursday, October 12; 12–1:30 pm, Conference Room A, registration required

Each workshop will be geared to writing poems of less than fifty words and on the theme of "Places of Landing" to meet the requirements of the contest. Guidance on submitting your poem to "Poetry in Public" will be available. You must sign up for each workshop separately in the red Active Arts notebook on the counter in the Resident Business Office.

Colloquies of crows
in cedars across the road
compete with workers
who blow dust from walks to street
and the dump trucks kick it back.

Dump trucks always kick up dust
as load after load of dirt
climbs up from the hole
and falls into each truck bed as
the driver inches forward.

Car drivers inch up
to the light with radio
blasting hip hop tunes,
others play Celine Dion—
they form a heartrending mix.

The heartrending mix
of gulls, sirens, horns, and crows
warns of accident
or fire on Capitol Hill—
Burdens cities can't avoid.

Burdens cities bear
include highways bursting through
the center of town.
Blessings are beaches and parks
of all sizes and delights.

©Jared Curtis

THE MIRABELLA WRITING CLASS

With Dana Wenig

First and third Tuesdays in October, November, and December, 3:15–4:30 pm, Conference Room A
The Mirabella Writing Class with Dana Wenig will continue to meet on the first and third Tuesdays of the month, beginning October 3. This class is designed to encourage participants to write regularly and to find, in the act of writing, a resource, a refuge, and a creative outlet. Writing sessions in the class

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are relatively short (15 to 20 minutes). Over time, participants may accumulate many short pieces of writing. Themes may emerge. The short pieces may lead to something to share. But the intent of the writing is personal discovery: what is it each of us has to say?

After writing together, students read their pieces aloud. There is no critique. This is about creating a relationship with writing, about generating ideas and material.

Dana Wenig provides guidelines, handouts, quotes, and excerpts to inspire. She provides a space to speak freely on paper without fear of judgment.

Tuition is \$180. Students are invited to visit the first session of the class without obligation. Coordinator: Nancy Finley.

EMPLOYEE APPRECIATION

COMMITTEE

Sally Hahn, Chair

What Is the EAF Drive? Come and Find Out

Tuesday, September 12; 2 pm, Conference Room A
Mirabella Seattle has a “no tipping” policy, as do all PRS properties. We residents, however, want to do our part to foster and nurture a vital, strong, and stable staff. The Employee Appreciation Committee’s mission is to appeal to all Mirabella residents to participate in a heartfelt expression of gratitude for those who provide service to us. We ask residents to donate to the Employee Appreciation Fund Drive, beginning October 3. All the money donated this year will be distributed in the employee paychecks on the first payday in December. The amount of the bonus is based on the number of hours worked during the year, regardless of position or pay grade. The eight management directors receive non-monetary recognition.

Would you like to know more about our committee



and the campaign that raises money for employee bonuses? You may have questions and/or concerns. How do we donate? Who receives the money? How much should we donate? How is this different from the Mirabella Seattle Foundation fund drive? To help answer these and other questions, join us in Conference Room A for an informational meeting on Tuesday, September 12. All Mirabella residents are welcome to attend.

Our goal is to achieve the highest possible resident participation and to maximize the gift that each employee receives. Over two hundred full-time and part-time employees clean our apartments, drive the town car and buses, provide valet service for our cars, clean the common areas, do the laundry, prepare our meals, deliver our meals, wash our dishes, ensure our security, and lovingly care for those in the health center. The Employee Appreciation bonus at the end of the year, contributed by Mirabella residents, is our way of saying “Thank You” to the hard-working employees who keep Mirabella humming around the clock.

LIBRARY NEWS

Do you have vision problems which prevent you from reading a book?

Do you have physical problems which prevent you from holding a book to read?

Do you have no disabilities, but time to volunteer?

LIFELONG LEARNING



The Washington Talking Book and Braille Library (WTBBL) is just four blocks away from Mirabella down Lenora and is available to assist with all the issues listed above.

The talking books and Braille books are mailed at no cost and can be ordered by phone or online.

To apply for services from WTBBL, call (206) 615-0400.

To apply to be a volunteer reader, reviewer, or Braille reviewer, call the same number. You will be directed to the appropriate person.

For any information or help with WTBBL, call me, Martha Oman, x 1642.

I have worked as a volunteer reviewer and Braille reviewer at WTBBL since 2012. I have found it a very interesting and rewarding experience. Warren Askov also works at WTBBL as a Braille reviewer.

WTBBL celebrates its relationship with its volunteers with receptions where we meet and get acquainted with each other. I recently received an award for having worked over 1000 volunteer hours there.

We are fortunate at Mirabella to have the services of Seattle Public Library and Washington Talking Book and Braille Library easily available to us.

Martha Oman

LIFELONG LEARNING COMMITTEE

Leslie Klein and Pat Harris, Cochairs

OLLI-UW SEPTEMBER ZOOM LECTURES

This list of free lectures on Zoom for Mirabella residents is prepared by Julia Wan for the Lifelong Learning Committee. The Zoomed programs are not

broadcast to Emerald Hall, only to your computer.

What Animal Tracking Technology Tells Us about Global Change: With Briana Abrahms

Wednesday, September 13; 12–1 pm

Zoom Pre-registration link: <https://washington.zoom.us/meeting/register/tJlvc-6vrTgrGdA-B0dCEJLOnxY30pU7JcCR>

From our oceans to savannas, animals must cope with an era of extraordinary environmental transformation. How do animals make decisions in the face of such environmental change, and what are the consequences of those decisions for their survival and relationships with other animals and humans? Answering these questions is a critical component of both biodiversity conservation and human wellbeing. The speaker will discuss how animal tracking technology is used with species as diverse as whales and African carnivores to understand the impacts of animal responses to global change and how we can use that information to advance conservation.

Dr. Briana Abrahms is a professor in the University of Washington Department of Biology's Center for Ecosystem Sentinels and Boersma Endowed Chair in Natural History and Conservation. Her research integrates animal bio-logging technology, earth observation, and big data analytics to study the effects of global change on animal populations in terrestrial and marine systems.

Secrets of Seattle's Historic Shoreline: With David Williams

Wednesday, Sept 27; 12–1 pm

Zoom Pre-registration link: https://washington.zoom.us/meeting/register/tJcrc-ivqjkjGtSOHOsFCKK_j0x_a-SNHL_Y

More so than most cities, Seattle has shaped itself to suit its needs. Seattle has removed hills, filled tide flats, and created a completely new downtown

SCULPTED SCABLANDS § STANDING STONES

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shoreline. This virtual walk explores the last vestiges of the former downtown bluffs, traces the island where Seattle was founded, and examines how the subterranean fill still affects the modern landscape. David B. Williams is an author, naturalist, and tour guide whose award-winning book, *Homewaters: A Human and Natural History of Puget Sound*, is a deep exploration of the stories of this beautiful waterway. He is also the author of *Too High and Too Steep: Reshaping Seattle's Topography* and *Seattle Walks: Discovering History and Nature in the City*. Williams is a Curatorial Associate at the Burke Museum and writes a free weekly newsletter, *The Street Smart Naturalist*.

David Dail: Washington Scablands and the Great Ice Age Floods

Wednesday, September 6; 3:30–4:30 pm, Emerald Hall

Before retiring, Mirabella resident David Dail taught pathologists how to better interpret the microscopic changes seen in transbronchial lung biopsies. After retiring, he traded his microscope for a wide-angle lens camera to explore the geologic features of Washington state. David will be our tour guide through the Eastern Washington scablands and basalt coulees sculpted by the Ice Age glacial floods. Coordinator: Mike Hahn.

Understanding the Kaleidoscope of India Today

Monday, September 11; 10:30 am–12 pm, Emerald Hall and Hybrid Zoom

Widely traveled lecturer David Fenner returns to discuss India. He will explore the fascinating Indian subcontinent through the oft-dazzling, oft-distressing lenses of empire, colony, independence, conflicts, neighbors, and India's status as the most populous nation on Earth. He will focus on the (ongoing) trauma of the 1947 Partition and how India has managed to move from "emerging" to "emerged" as a geopolitical force. He will also

describe the amazing ethnic, religious, linguistic, and cultural patchwork that is the modern Republic of India. Finally, he will make predictions on India's current shift away from Russia towards the West caused by the China-Russia alliance. David Fenner is an affiliate faculty member at the University of Washington's Jackson School of International Studies. He has traveled by train across India and from Kerala State in the south to Darjeeling in the north. Coordinator: Leslie Klein.

Resident Revelations: Ruth Benfield: Traveling Solo in Europe

Tuesday, September 12; 3:30–4:30 pm, Emerald Hall

Ruth Benfield experienced travel as a solo adventurer last summer for the first time in her life! She will share some of her experiences while exploring in Europe for nine weeks and learning that venturing out without a partner can work.

Coordinator: Carolyn Blount.



Ruth and a Standing Stone on Stenness, Orkney Islands

Rebecca Albani: Renegade Edo and Paris: Japanese Prints and Toulouse-Lautrec

Monday, September 18; 10:45 am–12 pm, Emerald Hall

What do late eighteenth and nineteenth century Edo (present day Tokyo) and late nineteenth century Paris have in common? This exhibition, currently at the Seattle Asian Art Museum, uncovers the shared renegade spirit that characterized the graphic arts and social cultures of these two dynamic cities. On view are ninety Japanese prints and paintings from SAM's Japanese collection alongside private loans of works

RELEARN TO DRIVE

by Henri Toulouse-Lautrec. As both cities faced challenges to the status quo from the rising middle classes, subversive impulses gave rise to vibrant cultures of theater going, pleasure seeking, and new forms of visual art. Coordinator: Sylvia Fisher.

Amitabha “Guppy” Gupta, PhD: Fred Hutch Update

Monday, September 25; 11 am–12 pm, Emerald Hall and Zoom



Amitabha Gupta

Dr. Gupta, Fred Hutchinson Cancer Center’s popular in-house science translator, will return for his yearly Mirabella visit. He plans to review Fred Hutch clinical trials and cancer research as well as give a

brief update on COVID-19. Coordinator: Mike Hahn.

J. Craig Thorpe: Railroad, Art, and the American Life

Wednesday, September 27; 3:30–4:30 pm, Emerald Hall and Zoom

Craig Thorpe is a Seattle artist/illustrator. His life changed when his architectural rendering of a



Craig Thorpe’s rendering of Seattle’s rail transit hub

proposed new Olympia rail station was selected by the president of Amtrak for the 1993 Amtrak calendar. Amtrak commissioned fifty additional paintings during the next thirty years. The White Pass and Yukon Narrow Gauge Railroad commissioned fifty more. His portfolio expanded to include clients in the rail transport industry, museums, National Parks, and private collectors. His recent book, *Railroads, Art, and the American Life*, relives past and present rail travel. Coordinator: Mike Hahn.

LOOKING AHEAD

AARP Driver Safety Course

Wednesday & Thursday, October 18, 19; 9:30 am–2:30 pm with lunch break

For residents who drive, the Lifelong Learning Committee is hosting an in-person AARP Driver Safety Course at Mirabella. As described in the AARP brochure, this course covers defensive driving techniques for normal changes in vision, hearing, and reaction time associated with aging. The instructor will review current “rules of the road” and how to operate safely in today’s challenging environment.

AARP will provide a trained instructor, Larry Gorg, and course materials. This course is a two-day commitment: 9:30 am–2:30 pm on two consecutive days. Participant cost: \$20 for AARP members and \$25 for non-members. Upon completion of the course, each participant will receive a certificate and will be eligible for multi-year discounts on his/her auto insurance premium.

A similar course was offered by the Mirabella Lifelong Learning Committee several years ago and was very well received. This course is limited to twenty people. To sign up for the class, please email Julia Wan at juliawan1@gmail.com or leave a message on her home phone, x 1852. Coordinator: Julia Wan.

HITTING THE ROAD

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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 unless otherwise stated in the writeup. 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 if 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 waitlisted 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: Although COVID restrictions have been lifted in Washington State for some time, the current surge of cases has prompted many indoor venues to require a mask. To be safe, make sure you have one before boarding the bus.

GROCERY TRIPS

Ballard Market/Safeway/Target, Fridays,
September 15, 29; 10 am–12 pm
Costco, Wednesdays, September 6, 20;
9:45–11:30 am

Fred Meyer/PCC/Trader Joe's, Fridays,
September 1, 22; 10–11:45 am
Metro Market/Bartell, Friday, September 8,
Monday, September 18; 10–11:45 am
QFC/University Village, Mondays, September 11,
25; 10 am–12 pm

No shopping trip is scheduled for Labor Day,
September 4.

WALKS

Saturdays, 9:30–11:30 am pickup

September 2	Myrtle Edwards
September 9	Discovery Park
September 16	Alki Waterfront
September 23	Arboretum
September 30	Golden Gardens

Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursdays, 9:30 am–1:30 pm pickup

September 7	West Seattle
September 14	Nile
September 21	Lynnwood
September 28	TBD

Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, September 3, 10, 17, 24; 9:15–10:30 am
The bus goes to Christ Our Hope. Other church trips
are by reservation only.

CULTURAL EVENTS

ACT, Canadian Rock Band, Saturday,
September 30; 1:15 – 4:15 pm

OUT AND ABOUT § PROGRAMS

Fifth Avenue Theatre, *Disney's Little Mermaid*,

Thursday, 9/28; 12:45 – 3:45 pm

Pacific Northwest Ballet, *Petit Mort*, Saturday,

9/23; 1:15 pm – will call

Seattle Symphony 21A, *Raise the Curtain*,

Thursday, 9/21; 6:45 – 9:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Mariners Senior Day

Wednesday, September 13; leaving 11:15 am, pickup at 4 pm

Enjoy Major League Baseball action at T-Mobile Park when the Mariners host the Los Angeles Angels. Your \$49 ticket includes seats for the game, Terrace Club Patio, and lunch of hot dogs, pasta salad, chips, dessert, coffee and more. Coordinator: Ken Hopkins, x 1662.

SIFF

Sunday, September 17; leaving at 4 pm, pickup at 6:30 pm

SIFF's movie schedule is revealed about a week in advance. Residents who sign up for the small bus (x 1419 or on the MIRANET Transportation tab) will be notified as soon as the name of the movie is known. At that point we will also know the starting and ending time of the movie. Residents are responsible for purchasing their own theatre tickets. The feedback from those who attended the last time was very favorable. Coordinator: Nickie Askov, x 1858.

Tulalip Casino and Seattle Premium Outlet

Wednesday, September 27; leaving 10 am, pickup at 2:30 pm

This trip offers several choices: visit the Tulalip Cultural Center, the Seattle Premium Outlet Mall, and/or the Tulalip Casino. The bus drops residents off at the Cultural Center first and then proceeds to the Casino and the Mall. The Tulalip Cultural Center is the first of its kind created by the State of Washington to preserve culture, history, and scientific information

relating to the three tribes in the area. The Center also includes a long house and acres of land to explore. There are also classes and events to attend. Check out the Tulalip Cultural Center website for more information. The Center doesn't have food service, so the bus will pick up residents at the Center at 1 pm to go to the Casino or the Outlet Mall for lunch. Pickup will be from the Outlet Mall first and then from the Casino for the final pickup at 2:30 pm. Coordinator: Ken Hopkins, x 1662.

St. Demetrios Greek Festival

Friday, September 29; leaving 11:45 am, pickup at 2 pm

The St. Demetrios Greek Festival has been a Seattle tradition since 1960, bringing music, culture, and freshly prepared Greek food for everyone to enjoy. It is also an annual Mirabella favorite. For dining, the festival has a lower level room inside and a large tent outside set up with tables and chairs. Please note that the festival has gone cashless but will accept all major credit cards. Coordinator: Nickie Askov, x 1858.

Lang Lang with the Seattle Symphony

Friday, September 29; leaving 6:15 pm, pickup at 9:15 pm or will call

This is a special concert featuring pianist Lang Lang and conductor Peter Oundjian with the Seattle Symphony. This concert is not part of the Seattle Symphony's Thursday evening concert series. Lang Lang will play the piano Concerto #2 by Camille Saint-Saens. Coordinator: Jean Hall, x 1579.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

The Story of the Olympic Sculpture Park

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

Jon Shirley, Former President, CEO, and Director of Microsoft, will tell us a fascinating story about

SOUNDS OF MUSIC AND POETRY

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*Looking west from Olympic Sculpture Park
– photo, C. Roe*

the transformation of a contaminated brownfield into the largest green space in downtown Seattle. He and his late wife Mary spearheaded the creation of the Olympic Sculpture Park, providing the lead gift to facilitate the Park’s construction and funding for an endowment that finances ongoing operations. The nine-acre public park consists of an outdoor sculpture museum, an indoor pavilion, and a beach on Puget Sound. Quoting Jon, “In 1995, Mary and I were walking in our garden, which by then held a lot of sculpture. We were wondering what would happen to it one day when we were gone. We then came to the idea that Seattle needed a sculpture park. And twelve years later the Olympic Sculpture Park opened. I will tell the story of those twelve years.” Coordinator: Diane Holmes.

William White, Harmonia Orchestra & Chorus

Thursday, September 21; 3:30 pm, Emerald Hall

William White is music director of Seattle’s Harmonia Orchestra & Chorus. In addition to his duties with Harmonia, Mr. White maintains a significant career as a guest conductor, clinician, and composer of music for the concert stage, theater, cinema, church, radio, and film. A multi-talented musician, Mr. White grew up in Bethesda, Maryland, where his first musical instrument was the viola. He received his Bachelor of Arts in Music from the University of Chicago and a Master of Music

in orchestral conducting from Jacobs School of Music, Indiana University. Mr. White was assistant conductor of the Cincinnati Symphony Orchestra for several years. He has also led the Cincinnati Symphony Youth Orchestra and Portland’s Metropolitan Youth Symphony. His compositions have been performed in North America, Asia, and Europe. Coordinator: Jane Blackwell.

Poetry Fest

Thursday, September 28; 3:30–4:30 pm, Emerald Hall

“Poetry is language at its most distilled and most powerful.” – *Rita Dove*

“Poetry should surprise by a fine excess and not by singularity—it should strike the reader as a wording of his own highest thoughts and appear almost a remembrance.” – *John Keats*

Poetry Fest, a favorite of Mirabella residents that was postponed in April of this year, will happen in September. Eager readers have already picked some favorites to read, ranging from A.A. Milne to W.B. Yeats. Jared Curtis will act as emcee for this celebration of the sense and sound of poetry.

Come and enjoy! Coordinators: Louise Lowry and Sally Hayman.

PLANNING AHEAD

What is Early Music? A Presentation by Gus Denhard

Thursday, October 5; 3:30 pm, Emerald Hall

Join us on October 5 for a look into the fascinating world of Early Music with Gus Denhard, Artistic Director of Early Music Seattle. The study of Early Music encompasses music from the Medieval, Renaissance, and Baroque periods, as well as its place in cultural traditions from all over the world. Many of us are already familiar with European examples from these three historical periods, but Early Music also includes music from ancient Persia,

WELCOME, SANDRA AND ARDELLE

North Africa, and the historical Al-Andalus region (the Muslim-ruled area of the Iberian peninsula).

Gus Denhard has been in a top leadership role at Early Music Seattle for many years. In addition to discussing Early Music, he will illustrate musical and historical points on his lute and his oud. The oud is a short-necked, lute-type, fretless stringed instrument, usually with eleven strings grouped into six courses. Western lutes were developed from the medieval Islamic oud. Similar instruments have been used in the Middle East, North Africa, and Central Asia for thousands of years.



Gus Denhard playing a lute, with some early plucked instruments and an oud behind him

Gus has performed and taught Early Music on lute family instruments in the USA, Mexico, and China. In addition to his work at Early Music Seattle, Gus is a founding member of Trio Guadalevin and the Eurasia Consort, two ensembles dedicated to the world's ancient music traditions. He received his Doctor of Music degree from the Early Music Institute at Indiana University. Coordinator: Donna McCampbell.

WELCOME COMMITTEE

Carolyn Blount, Chair

Sandra Jaech

Sandra joined the Mirabella community in June 2023. After living for the last fifteen years in Phoenix, Arizona, she moved to Seattle and into apartment 306 to be near family. One son lives in Seattle and the other is in Louisiana. She has spent much of her life in the Seattle area. After teaching speech, debate, and English at Federal Way High School, she moved to St. Louis



*Sandra Jaech
– photo, T. Moss*

where she worked with the Bell System. After her retirement, she became an independent consultant in all aspects of customer service. Sandra loves theater, concerts, and reading historical fiction and mysteries. Her primary hobbies involve making art pieces and jewelry with beads as well as doing art quilting. She is already participating in the Active Arts Committee activities.

Tina Moss

Ardelle Knudsen

Ardelle Knudsen arrived at Mirabella in June 2023 after living in San Francisco for forty years. She returns to her Pacific Northwest roots having grown up with her younger sister in Oak Harbor on Whidbey Island. Her father was employed by the federal government with a job on the Naval Air Station Whidbey Island, and her mother was a homemaker. After high school she attended

WELCOME, ART § THE READING LIFE

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Ardelle Knudsen
— photo, J. Kaplan-Klein

Western Washington State University and was then hired by Western Airlines (“The Only Way to Fly!”) as a flight attendant, a job she had for twenty years. Then, while buying and selling properties, she became interested in affiliated occupations and became a certified real estate appraiser, eventually working for Washington Mutual Bank

in San Francisco. After WAMU’s demise in 2008, she became an independent contractor. She enjoys traveling, walking, reading, and visiting presidential libraries and gravesites. She also makes one trip a year with a group of childhood friends. Here at Mirabella, she has joined the weekend walking group and looks forward to making new friends and acquaintances. She is in unit 810.

Janice Kaplan-Klein

Art Price

Art Price, a delightful new resident now living in apartment 610, was born in the Bronx and raised in Westchester County, New York. He has one son



Art Price — photo E. Hill

who lives in Arlington, Virginia, with his wife and two children, two in college and one in high school. While living in New York State, Art earned his PhD in mathematics from Rensselaer Polytechnic Institute. He then moved to Florida, where he lived for ten years and

where he taught Mathematics at the University of South Florida in Tampa. He then switched careers to software engineering.

Eventually, he moved to Colorado, where he lived for the next forty years. In Colorado, Art worked for AT&T Bell Laboratories as a software engineer until he retired. After retirement he worked part time as a mathematics professor at Metropolitan State College of Denver and then as the Assistant Director of Accreditation for Computing at ABET, an international organization that specializes in the accreditation of college level engineering, computing, and technology programs. Art met his partner Nora, a lifelong Seattle resident, in May of 2019 on a Road Scholar trip. They continued to travel together and visit each other’s homes until Art decided to move to Seattle in October 2023. Art and Nora recently returned from a safari in Tanzania. Their next big trip is to Antarctica.

Jackie Hill

BOOK GROUP

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

September 25: We will discuss *Ex Libris* by Anne Fadiman. Subtitled, *Confessions of a Common Reader*, this was described by one reviewer as a collection of essays on a family’s love affair with books and words.

October 23: Peter Stark’s *Astoria* will be the subject of the Book Group’s discussion. It is an account of a harrowing expedition financed by millionaire John Jacob Astor and encouraged by Thomas Jefferson to establish Fort Astoria, a trading post on the Pacific coast at the mouth of the Columbia River. It is a tale of ambition, greed, politics, survival, and loss.

Everyone is welcome to join us.

Tina Moss

WHO'S ON THE BALLOT § PARAMEDICS WE TRAIN

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CANDIDATE FORUMS

Matt Jamin, Mirabella Civic Engagement Project City and King County Council Candidate Forums at Mirabella

Primary voters have selected two candidates for the District 7 Seattle City Council and two candidates for the District 4 King County Council seats. (Both of these jurisdictions include Mirabella). Mirabella's Civic Engagement Project (MCEP) is pleased to announce that each set of two candidates has agreed to appear at Mirabella in a forum in Emerald Hall.



On Saturday, October 7, at 10 am, Louise Miller, herself a former King County Councilperson (and a former Washington State Legislator), will question Sarah Reyneveld and Jorge Barón, King County Council candidates, about county problems of interest to Mirabella residents and ask the candidates about their proposed solutions. If you have questions of the KC Council candidates you would like Louise to ask, please email them to her at millerclaribel5@gmail.com. There will be time for questions from residents after Louise's questions and the candidates' answers.

On Saturday, October 14, at 10 am, MCEP member Julie Holland will question Bob Kettle and Andrew Lewis, Seattle City Council candidates, regarding those city problems of particular interest to Mirabella residents and the candidates' proposed solutions. If you have questions of the Seattle City Council candidates that you would like Julie to ask, please email them to her at Julieh@jholland.com. There will be time for questions from residents after Julie's questions and the candidates' answers.

On September 18 and 19 from 4:30–6:30 pm
MCEP is also staffing a voter registration table each

afternoon in the tenth floor Vineyard Room. We are especially interested in helping new residents who may have recently changed addresses. Or use this link—<https://olvr.votewa.gov/>—to register or update your registration. It is easy to do.

Mirabella residents are an important part of the constituencies of Seattle District 7 and King County District 4. Ninety-two per cent of us voted in the last national election, evidence of our commitment to the democratic process. We urge everyone to attend these forums and to vote during the general election between October 20 and November 7. We want Mirabella residents to be known as people who vote and take civic duty seriously.

The Candidate Forums are sponsored by Mirabella's Civic Engagement Project to help inform our choices. Look for more information about these forums in your mailbox in the near future.

FRIENDS OF MEDIC ONE

Glenda Maledy, Committee Chair

Medic One Paramedic Training Scholarship
Congratulations to Tim Douglas and Chris Gutierrez, recipients of Seattle's Medic One Paramedic Training Scholarship. Committee members from the Friends of Medic One at Mirabella were present at the graduation of Tim and Chris from the Medic One Paramedic Training Program.

We were pleased to see Chris receive the Storbakken Advanced Airway Management Award, which is presented to the graduate who successfully performed the highest number of successful intubations while in training. Welcome to the Mirabella Family, Tim and Chris! At the ceremony, Chris personally thanked "all our wonderful supporters at Mirabella." The event was upbeat, heartwarming, and, indeed, felt like family.

The Friends of Medic One at Mirabella Committee

WACCRA UPDATE § GANDERING GEESE

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2023 Medic One Graduation, Mirabella Students, Chris Gutierrez and Tim Douglas

was organized ten years ago, and shortly thereafter, the Mirabella Medic One Paramedic Scholarship Fund was established. Since then, residents at Mirabella have been extremely generous with their support of this fund, which has sponsored twenty \$25,000 scholarships through donations totaling more than \$500,000.

Mirabella is the only retirement community in Seattle that has established a Medic One Paramedic Training Scholarship Fund. All donations received by Medic One Foundation are paid out in Medic One Paramedic Training Scholarships. All checks bearing the address of 116 Fairview Avenue North or marked as gifts to the Mirabella Medic One Paramedic Training Scholarship Fund are credited to this account. Each recipient of the Mirabella Scholarship is an exceptional student from the Seattle Fire Department.

If you want to be a part of this amazing movement, please contact Glenda Maledy, Chair, Friends of Medic One at Mirabella Committee. The paramedic on your next 911 call could well be one of the recipients of Mirabella's Paramedic Training Scholarship. Just recently a Mirabella resident had to call 911. As the Medic One crew arrived, her

stress level was sky high. But when the paramedic introduced himself as a Mirabella scholarship recipient, she said that her anxiety dropped to zero because she knew that she was in the best of hands and felt proud to be a contributing Mirabella resident.

Glenda Maledy and Jim Ohta

WACCRA NEWS

Mandy Wertz, WACCRA Mirabella Liaison

Information Meeting

Friday, September 22; 1 pm, Conference Room A

Please join WACCRA Membership Chair Susan Dillon, WACCRA Board Secretary Nickie Askov, and WACCRA Mirabella Liaison Mandy Wertz for an update from the Washington Association of Continuing Care Retirement Communities on Friday, September 22.

Plans for the fall and winter, including the Annual Meeting, will be announced. You will also learn about the purpose of the organization and the many resources available in the form of publications and useful website content.

Mirabella has a tradition of strong support for the focus on common topics of interest to CCRC residents in our State. WACCRA also provides opportunities for communication with other CCRC communities. At this time of year, it is a priority to reach out to new residents and anyone who has not yet joined. Everyone is welcome!

Mandy Wertz

LEAVE NO GEESE TO GANDER

BY BETTY HEYCKE

Recently, on a perfect sunny morning, Nickie Askov and I were enjoying a walk in Lake Union Park. The park sidewalks were brightly clean—newly-washed, we thought. No sign of the usual piles of goose poop. But where are the geese?

HERDERS AND COLLECTORS

Suddenly, we were almost knocked over on the bridge by two dogs, running fast—dogs with a mission. As



The Geese Control Team – photo, B. Heycke

they crossed the bridge, one ran right, the other left. Then we saw the geese. They were being herded like sheep towards the water. The dogs jumped in after them, swimming swiftly and efficiently, closing in from both sides, directing the geese toward the open water. It was an extraordinary scene!

A passerby, with his own tranquil Scotty on a leash, explained. “See that truck. That’s the geese control.” They work in city parks, school yards, and golf courses to humanely remove geese to acceptable areas. He pointed to a truck with its label: GEESE Adversary Control. Its logo: “Leave No Geese to Gander” and its license plate: GEESBGN.

CLEANING MEAN STREETS

BY JEAN HALL WITH GINNY SHARP

We’re bag ladies, but not the kind you think! Our bags aren’t filled with shopping or old clothes; they are filled with litter from the Mirabella neighborhood. You’d be surprised, or maybe not, at the amount of trash and cans left on sidewalks, curbs, and in bushes

around us. Mary Kirkendall’s earlier neighborhood cleanup inspired us to continue the tradition.

Marilyn Campbell, my partner in vinyl gloves, remembers that “we wanted to leave Seattle, the city we are so proud of, the way it should look.” And so, occasionally we spend about an hour picking up papers, bottles, and cans (no cigarette butts or dog deposits, thank you) from our streets. Our route is generally bordered by John Street, Denny by Seattle Light, Minor past the Pea Patch, and Fairview. It’s not really too hard and very satisfying.

Everything goes into paper bags, which we put into local trash cans. You can be sure we know where all



Jean Hall and Marilyn Campbell making good use of a dumpster on Thomas Street – photo, G. Sharp

those cans and bins are.

People often say, “Thank you for doing this,” and we hope we’ve inspired a few others to do the same in their areas. Once, an REI employee viewed us suspiciously and asked us to come in the store. Oops, were we dangerous “bag ladies”? Upon learning we were actually helping the neighborhood, they gave us each a \$20 coupon!

On last week’s pick-up we ran into Mirabella employee Edwin Hernandez, who was busy hosing

DAVID RIDGWAY'S ISLANDS ART ON SHOW

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*Edwin Fernandez at work powerwashing graffiti
– photo, G. Sharp*

graffiti off our own building. “Hey,” we waved our mutual appreciation. Anyone can join in cleaning up a few blocks. It’s easy work, and we only go occasionally. If you should see two or three white haired ladies happily picking up trash, clap your hands because we’re all part of making it a beautiful day in the neighborhood.

ARTS NOTEBOOK

Jared Curtis

David Ridgway’s *Islands Summer* at Crow Valley Gallery in August

David Ridgway recently showed a selection of his latest paintings that he titled *Islands Summer* at Crow Valley Gallery in Eastsound on Orcas Island. David and his wife Ginger flew from Boeing Field to Orcas for the opening reception on August 4. Even though their plane was diverted to Friday Harbor because of an accident on the Orcas runway, they made it to Orcas in time for the opening.

David’s twenty-two paintings were displayed in a newly designed, brightly lit space with a stunning view of Fishing Bay. All enjoyed a glorious summer afternoon reconnecting with longtime friends and making new ones. 2023 marks David’s twenty-fifth year of collaboration with this gallery. His creative journey for this exhibition commenced last fall shortly after his move to Mirabella. Once here, he painted in the Arts and Crafts room (507). His work is based on the Pacific Northwest landscape “with an emphasis on architectural elements, bold color, and simplified form.” In this show his focus was on land and water scenes of the San Juan Islands.

David told me that on the flight home from Orcas, he and Ginger were welcomed with a “view of



David, on the right, with his friend Jerry Kasperak, in Crow Valley Gallery in Eastsound, Washington

Mount Rainier accentuated by a Blue Angels formation in the foreground.” Art in motion.

See images of works in his Orcas Island show at <http://davidridgway.net/IslandsSummer2/#>.

BIRTHDAYS 🎉 **POETRY CORNER** **REMEMBERING**

HAPPY BIRTHDAY! SEPTEMBER 2023

- | | | |
|-----------------------|---------------------|-------------------------|
| 1 – Bettiann Anderson | 8 – Connie Loh | 23 – Neal Porter |
| 2 – Barbara Porter | 10 – Diana Holland | 23 – Mary Ann Napravnik |
| 2 – Stephen Sprenger | 10 – Joanne Mearls | 24 – Tish Toomey |
| 3 – Ginnie Chappelle | 11 – Jack Fiore | 24 – Donna McCampbell |
| 3 – Irene Hunter | 17 – Míceál Vaughan | 26 – Artis Leabo |
| 4 – Chris Jamin | 18 – Chuck Pope | 26 – Seeley Chandler |
| 4 – Karen Olds | 18 – Barbara Brown | 26 – Stevie Bravmann |
| 6 – Alice Park | 19 – Ed Perrin | 28 – Richard Cahall |
| 8 – Ann LeVeque | 20 – Bill Hoppin | 28 – Helen Roberts |
| 8 – Larry Hallgrimson | 21 – Thea Warden | 29 – Phyllis Allen |
| | 22 – Tina Hooko | 30 – Hugh Sobottka |
| | 22 – Midge Kraft | |

OLD BODIES

BY JARED CURTIS

Our bodies break down
 my physical therapist says.
 I note that his is perfect –
 tall and straight,
 strong legs,
 chin and shoulders
 drawn back
 and a spring to his step.

He means old bodies like mine,
 and he clarifies, at 87 years
 bits have worn out,
 and things begin to fall apart.

A cheerful man, though,
 he lets me know his

PT
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 cis-
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help to ease the pain.

I accept his measured news
 with a measure of hope –
 he knows my spine
 much better than I,
 and besides, anything
 is better than surgery.



Remembering

Former Mirabella residents:

Peter G. Huenink 2/2023

Estelle Budne 7/8/2023

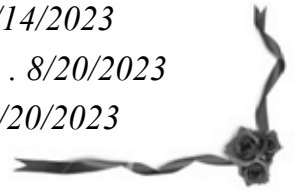
Mirabella residents:

Marilyn Lemman 8/5/2023

Don Kraft 8/14/2023

Dorothy Peterson 8/20/2023

Jane Sayer 8/20/2023



MOVIE CLUB HIGHLIGHTS

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PEACE . . . AND WAR BY CONNIE CHAPLIN



Catherine Clinch in “*The Quiet Girl*”

The Quiet Girl is a beautiful and overwhelming movie that takes place in rural Ireland in 1981. Nominated for an Oscar for Best International Feature Film, it’s about Cáit, the nine-year old daughter of an “overcrowded, dysfunctional, and impoverished family.” Her exhausted mother of five is expecting another child and sends neglected Cáit away for the summer to distant, childless relatives where the girl blossoms under their kind, affectionate care. Then summer ends and Cáit’s mother expects her home to start the school year. If you’ve been waiting for a highly-rated, “heartfelt, poignant, and wholesome” drama, take a walk on the “Quiet” side.

There’s another stressed-out mother in *A Thousand and One*, also highly rated and poignant, but a mystery-crime-drama. In this film, the mom, Inez, is just released from Rikers Island for a minor crime. Her six-year old, Terry, has been in foster care while she was inside and she wants him back. He’s “in the system” and options are limited. What to do? Well, she kidnaps him, and they set out to reestablish their sense of home, their identity and stability in a New York City that is constantly changing. The movie

is set in a rapidly gentrifying Harlem, not in quiet, rural Ireland, but it’s a “deeply human domestic drama.”

Devotion is a true-story tribute to Lt. Tom Hudner (Glen Powell) and the first Black aviator in Navy history, Ensign Jesse Brown (Jonathan Majors). The film takes its time to build their characters and their world aboard the USS Leyte, laying the groundwork for their relationship in natural conversation as they work together. Hudner and Brown fought in the most brutal battle of the Korean War, and their heroism made them among the Navy’s most celebrated wingmen. Many reviewers preferred the film’s low-key approach to Tom Cruise’s *Top Gun: Maverick*. Liam Neeson plays private eye Philip Marlowe in *Marlowe*, a movie of suspense, intrigue, and thrills



Liam Neeson as Marlowe

set in Los Angeles in 1939, in which the audience knows as much about what’s going on as Marlowe does. It’s not too confusing or convoluted, though, and there is some humor in the dialogue and some twists and surprises. Is it the next film noir classic? Maybe.

P.S. Consider a not-too-old Saturday movie: *1917*. This 2019 antiwar film won three Oscars and might be the best film made about World War I. The action covers two days in April of 1917, but it feels like one continuous take. A fierce glimpse into the trenches that is “gut-wrenching, exhausting, and satisfying.”



The Mirabella Monthly

SEVEN-TIME WINNER OF AN APEX AWARD FOR THE YEARS 2017–2023



VOLUME 15 | ISSUE 9

SEPTEMBER | 2023

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Managing Editor: Diane King

Lead Editor, September: Louise

Lowry

Copy Editors/Writers/Proofreaders:

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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) 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. *The Monthly* is intended to showcase writing and images created by 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 Jared Curtis at jaredcurtis@icloud.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.