

The Mirabella Monthly

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WAR STORIES

BY BETTY HEYCKE

I OFTEN wonder what the present-day children of Ukraine and Russia who survive this war will remember about it when they are very old—as old as I am now. My husband and I have quite different memories of World War II. He grew up in Wurzburg, Germany. I grew up in Long Beach, California. When he was nine his father was killed on the Russian Front. When Dieter had just turned ten and the war was almost over, his home city of Wurzburg was destroyed by British bombers. He and his family escaped their burning building through a basement window. Homeless and destitute, they were evacuated to a small country town. Dieter never went to high school. After the War, Jewish friends of his mother, who had fled Hitler's Germany and had become American citizens, managed to find Dieter's family members through the American Red Cross. These friends sent



Dieter Heycke arriving in New York

food and clothing, including the suit he wore on his arrival in New York, loaned him \$225 boat money, sponsored his immigration to the United States, and gave him a room in their apartment in Chicago. We have a photo of him, an eighteen-year-old in the borrowed suit, standing on the deck of the Dutch ship that brought him to America.

A SIX-YEAR-OLD'S WAR

That sunny Sunday morning when the Japanese attacked Pearl Harbor, I was riding my new maroon-colored, sixth birthday present tricycle on the sidewalk in front of our house. Suddenly, the neighbors gathered in anxious little groups in front of their houses talking about Pearl Harbor. When I went back into the house, the radio was speaking excitedly about submarines and something that sounded interesting, the “European Theater of War,” which I figured showed movies, and the “Dutch East Indies,” which I imagined was a place where there were Indians wearing wooden shoes.

In a few months, much changed for our family. Everything seemed to be about the war. My father became a welder at Kaiser and my mother a riveter at Douglas. Every day I went to school from 7 am to 5 pm, extended so that my parents could go to work for the war effort. As the war went on, there was a lot of talk about “the duration,” which I understood to mean forever. But the war was doing me no harm. It had the feeling of an absorbing game. Sometimes I joined the boys on the playground mocking Hitler, pretending to have a moustache, goosestepping, and giving the one arm salute.

The patriotic bicycle to which I graduated from the purple trike was red, white, and blue and had a “V” license plate. Yes, everything really was ABOUT the war, but from my point of view the only bad part was that I couldn’t have Hershey Bars, bubble gum, or white shoes. And that now I got a dumb \$18.75 War Bond for my birthday, instead of a real present.

When school was out for the summer I would stay for a few weeks in Los Angeles with my grandmother, who shared a brownstone apartment with the next-to-youngest of her eight children, Aunt Grace. Ten years younger than my mother, Aunt Grace was beautiful in an outrageously blond, curvy, 1940s pin-up girl way. I adored her. And it was from her that I would eventually learn something about

the meaning of the war.

Every morning I would watch Aunt Grace get dressed for her work as a dispatcher at the Allied Van Lines office. She would light a cigarette and begin the process—the transformation. She was never ordinary looking. But when she had finished brushing her hair, applying mascara, rouge, and powder, she looked like a movie star: all poofy blonde hair, accentuated curves, and high heels. Sometimes on our walks through Exposition Park men would whistle at her. She would gaze straight at them and smile confidently. Nobody messed with Aunt Grace.

Aunt Grace was engaged to Red, a handsome red-haired lieutenant, a pilot. I liked him because he told me riddles and jokes. My mother, the critical older sister, liked him because he was a college graduate. No one in our family had graduated from college. When Red was home on leave, I was their little girl. I loved the way Aunt Grace and Red looked at each other, like they had some kind of wonderful secret. And I loved the way they seemed to include me in their little jokes and ironic remarks—so different from my serious parents. They told me that when they got married, I could be their flower girl, and later when they had children, I could be their teenaged babysitter.

But it was not to be. Early in 1944, Red’s plane was shot down. His body was not found. His family sent his medals and pictures to Aunt Grace. I didn’t go to Los Angeles that summer.

However, in the summer of 1945, I went to Los Angeles as usual. Grandma seemed suddenly older, but Aunt Grace was herself: tough, sarcastic and funny. As we walked in the Park, she gave her usual smile and stare to the men who made comments. One evening that August, not long before I was supposed to return home to Long Beach, Aunt Grace was late coming home from work.

CROWD MANAGEMENT

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Grandma and I had heard the news on the radio. The Japanese had surrendered. Maybe there had been a party at Aunt Grace’s office. Grandma was worried. It was already getting dark when Aunt Grace burst in the door.

“The War is over, Betty Sue,” she shouted. “We can all be happy now! We can all be happy, so happy now!” She flipped her skirt into the air, she grabbed me and spun me again and again around the room. “We can all be happy—so happy!” As we went spinning and twirling around and around, her voice got louder and louder. It became a kind of shriek. And then I noticed she was weeping. I was frightened. I had never seen an adult cry. I heard the door to grandma’s room close.

That night as I went to sleep, my nine-year-old mind tried to sort this out. What was the meaning of this war, this thing that had dominated four years of my childhood? Maybe the real meaning of the war was something simple, not the stuff I couldn’t understand: the mysterious, far away countries, the battles, the meetings of leaders. Maybe the meaning of the war was just the furious angry grief of Aunt Grace multiplied by millions.

Aunt Grace lived a long time. We never spoke of this day or of the war.

ED HITS IT OUT OF THE PARK

BY MARY JOSSEM

The weather was perfect for Senior Day at T-Mobile Park on September 13. Twenty-six enthusiastic residents climbed aboard the Mirabella bus and headed to the ballpark in hopes of seeing the Mariners beat the Angels. Ed Pascual, a most patient and skilled driver, navigated the big bus through heavy traffic and knew just where to park it. He then led the group through the crowds, up an elevator, and into the long security line to

enter the park. Everything was going smoothly until the line stopped moving. What in the world was the problem? Was there someone in the group smuggling contraband items? Did the metal detector find a few “loose screws?”

No. It was Nickie Askov very logically explaining why she should be able to bring her bag into the park despite it being larger than what was allowed. Nickie wasn’t the only one with an oversized purse or bag. Two options were given for entry: return the purses and bags to the bus or put them in a locker that was on the opposite side of the ballpark. Neither option was attractive as both involved a whole lot of extra walking while the rest of the group waited.

Without prompting, Ed very quietly and efficiently walked through the line, gathered all the offending bags, and returned them to the bus for safekeeping. By the time he returned, the whole group had gone through security.

Just like an experienced tour leader, Ed led the group to the Terrace Club Patio where hot dogs, chips, crunchy pasta salad, cookies, popcorn, lemonade, and coffee were enjoyed. Appetites satisfied, it was now time to enjoy the game. Everyone settled into their padded seats and joined the crowd in cheering and generally making noise in support of the home team.

After the Mariners won the game three to two, Ed managed to lead the group out of the park without anyone



Michael and Rhonda Plawner with Dick Parker at the ball game – photo, M. Jossem

ZINES, MAGS, AND MORE



Ed Pascual and his bus – photo, M. Jossem

getting lost or going in the wrong direction despite the tightly packed crowd, all rushing to try and beat the traffic.

Although the bus was loaded and ready to exit, it was blocked by two very large buses, one in front and one in back. After getting on and off the bus several times to study the situation and to talk to the other drivers about inching their vehicles as much as they could away from the Mirabella bus, Ed was able to expertly maneuver the bus out of its tight parking spot. Once again navigating through traffic and taking side streets, Ed delivered all twenty-six residents back to Mirabella just in time for a five o'clock dinner. Residents gave Ed a big round of applause and a rousing cheer, for he was the only one to hit a home run that day.

ARTS NOTEBOOK

BY JARED CURTIS

Short Run Comix & Arts Festival

Saturday, November 4; 11 am–6 pm

*Free at Fisher Pavilion, Seattle Center, 2nd Avenue
North & North Thomas Street*

The 11th annual Short Run Comix & Arts Festival returns to the Fisher Pavilion at Seattle Center in November. This long-running festival of writing and book creation will host 250 small press comix,

zine, and book artist-exhibitors from twenty-six states and eight countries. The terms “short run” and “small press” may be new to you. Short run is a printing term that refers to a publisher’s limited “run” of copies of a single publication; small press encompasses print forms from do-it-yourself photocopier, mimeograph, or more recently, risograph-produced publications to moveable type press and digital press media.

There will be interviews with special local, national, and international guest artists in an outdoor, tented space in front of Fisher Pavilion. You (or your grandchildren!) can make your own eight-page zine (printed booklet) at the show with direction from Paper Press Punch. And Bakescapade bakery will be there to offer coffee and pastries all day.

COVID precautions: Fisher Pavilion is equipped with an HVAC system blowing 100% fresh air throughout the 12,000 sq. ft. space. The front windows will be open; outdoor tents will provide sheltered space for relaxing with family and friends and listening to interviews; and exhibitors will offer hand sanitizer and masks. Anyone who is not feeling well should sit this one out. Admission is free as always.



WHO DOES WHAT AT MIRABELLA

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RESIDENT COUNCIL, 2022–2023



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



Mike Waring,
Vice President, 2022–2023,
Box 527, x 1585,
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Mary Jossem,
Secretary, 2022–2023,
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Alice Arrington,
Treasurer, 2022–2024,
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Nancy Eliason, Member-at-
Large, 2022-2024,
Box 715, x 1842,
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Jane Beer, Member-at-
Large, 2021–2023,
Box 734, x 1747,
lil_jane@hotmail.com



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



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



Sue Herring,
Past President, 2022–2023,
Box 709, x 1556,
herringsus@gmail.com

COUNCIL & RESIDENTS' ASSOCIATION MEETINGS

Residents' Association Meetings are held on the first Tuesday of the month at 11 am in Emerald Hall. Resident Council meets on the second and fourth Tuesday of the month at 9 am in Conference Room A. Residents are welcome at all Council meetings.

RESIDENTS' ASSOCIATION COMMITTEES & CHAIRS, 2022–2023

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

| Committee or Group | Chair/Cochairs | Contacts |
|------------------------------|-----------------|------------------|
| Active Arts | Barbara Porter | 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 |
| | Jerry Smedes | Box 1021, x 1617 |
| 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 | Mary Jossem | Box 835, x 1584 |
| Nominating | Sue Herring | Box 709, x 1556 |
| Outside Activities | Míceál Vaughan | Box 434, x 1639 |
| | Sally Hayman | Box 828, x 1640 |
| Program | Stafford Miller | Box 348, x 1604 |
| | Carolyn Blount | Box 503, x 1644 |
| Welcome | Carolyn Blount | Box 503, x 1644 |

PARTY TIME § CLINICS FOR ALL

RESIDENT SERVICES

Loni Smith, Resident Services Director

Halloween Party!

Tuesday, October 31; 3–5pm, North and Northwest Dining Rooms

Start planning your costume for this year's Halloween Party! Costume contest, treats (and maybe tricks), and witch's brew!



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.

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.

Audiologist: Seattle Hearing Services

Tuesday, October 10; 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.

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 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.

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.

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.

WRITING WORKSHOPS § HOLIDAY CARDS

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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 creative writing course is an opportunity to write in whatever literary genre you prefer, whether fiction, poetry, or creative nonfiction such as memoir. Using writing skills as well as the fundamentals specific to each genre, you’ll be introduced to methods for writing imaginatively, drafting ideas, 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.

Janée 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.

Free Verse

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

Jared Curtis returns for a second dynamic poetry workshop. Like “Writing Tanka in English,” which met in September, this workshop is aimed at writing a poem to submit to the “Poetry in Public: Places of Landing,” the 2023–2024 poetry contest being offered jointly by 4Culture, King County Metro, and Sound Transit. This time you will be writing free verse. Sign up in the Red Notebook.

Creating Holiday Greeting Cards

Thursday, November 2; Section A, 12–1:15 pm; Section B, 1:30–2:45 pm, Art Studio 507, registration required

Jo Pope has graciously agreed to share her process for creating holiday greeting cards with us. Of course, if you want to adapt your work to be general greetings for other occasions, that’s your choice. Cards, envelopes, and pens will be provided, but you can certainly bring your own. If you have a fancy pen, glitter, or



*Jo Pope
– photo, B. Porter*

SUPPORTING STAFF § LIVE & LEARN

any other decorative accoutrements, please bring them with you to class. There will be a small fee for materials.

We are delighted to offer this fun single class that will help you get started on the holidays. Sign up in the Red Notebook.

Nature's Watercolor

Thursday, November 9; 12–1:30 pm, Art Studio 507, registration required

Maja Sereda will return on November 9 with a new theme: play and explore nature with watercolor. In this one-day mixed media workshop we will create a watercolor background and use leaves, plants, rice, and more to create texture and images. It will be a fun, rewarding experience with a great instructor. Sign-ups in the Red Notebook will begin in mid-October. There will be a small supply fee. Coordinator: Tricia Brink.

Sip and Paint

Wednesday, November 15; time and place TBA

Another delightful “Save the Date.” Active Arts will offer another Sip and Paint class. More specifics and the sign-up day will be offered via Google Groups very soon. Coordinator: Barbara Porter.

EMPLOYEE APPRECIATION

COMMITTEE

Sally Hahn, Chair

All Aboard the Employee Appreciation Express

Tuesday, October 3, 11 am, Emerald Hall

The 2023 Mirabella Employee Appreciation Express is about to leave the station. Look for your “ticket” in your mailbox on October 3.

How do we say thank you to all our wonderful Mirabella employees? As Mirabella Seattle policy does not allow tipping, this is the time of year when we recognize our employees by way of gifts to the Employee Appreciation Fund. All money collected



will be distributed to full and part-time employees based on the number of hours worked during the year. Your donation is confidential and anonymous. The goal this year and every year is one hundred percent resident participation! Everything you need for contributing is contained in the EAF envelope that will appear in your mailbox. Also in your envelope you will find small train engine stickers signifying our theme for this year’s drive. We hope you will wear these on your name badge to indicate your support for Mirabella’s employees.

The official kickoff of the campaign takes place at the Residents’ Association Meeting, October 3, 11 am in Emerald Hall. We will watch a video presentation featuring many of our “superstar” employees at work. Take a ride on the Appreciation Express as we salute our Mirabella workforce.

LIFELONG LEARNING COMMITTEE

Pat Harris and Leslie Klein, Cochairs

OLLI-UW OCTOBER ZOOM LECTURES

Impacts and Extinctions

Wednesday, October 11; 12–1 pm

Pre-registration Zoom link: https://washington.zoom.us/join/tJMvduuqrD4vG9aqr9_9y-doEXmrp3SW_eYI

From a cosmic perspective, mass extinctions refresh life on Earth (although the dinosaurs might not quite see it that way). The fossil record shows that there have been five mass extinction events in

PRESENTING THE PAST § CROSSING THE LINE

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the past half-billion years, each followed by new and better adapted life forms on Earth. In this talk, **Bruce Balick** explores the astronomical causes, biological consequences, and geological evidence of these events, with emphasis on the more recent one, 66 million years ago. We will find that future extinction events are on the way (and unavoidable). The next extinction event, Climate Change, may well be inevitable and self-inflicted.

Bruce Balick joined the University of Washington Astronomy Department in 1975. Subsequently he served as its chair, became active in UW faculty governance, and participated in the design of new instrumentation for Hubble. Since his retirement in 2014, Balick continues to publish research papers using data from the Hubble and James Webb space telescopes and to supervise astronomy undergraduates in research and public outreach. OLLI-UW Zoom Lectures are free for Mirabella Residents. Coordinator: Julia Wan, x 1852.

Rabbi Daniel Weiner: Nothing New Under the Sun
Wednesday, October 4; 11 am–12 pm, Emerald Hall and Hybrid

Session 1, The Cynical Wisdom of Ecclesiastes

Considered one of the most controversial books in the Hebrew Bible for its challenges to a more normative faith, the Book of Ecclesiastes has resonated with generations who have sought the wisdom of religious tradition to confront the uncertainties of real life. Rabbi Weiner is the Senior Rabbi at Temple De Hirsch Sinai, Seattle and Bellevue.



Rabbi Weiner

Session 2, Introduction to Judaism: Details of this talk on November 15 will appear in the November issue of *The Mirabella Monthly*. Coordinator for both sessions: Barbara Daniels.

Masters of the Italian and Northern Renaissance with Kolya Rice

Mondays, October 9, 16, 23, 30; 10:30 am–12 pm, via Zoom

Previously, Kolya Rice presented Ancient Art and Architecture from Prehistory through the Roman Empire and the Middle Ages. In this installment he will trace the key developments and themes explored in the art of Western Europe in the Renaissance (c. 1300–1530). In four sessions Rice will show how artists in this period responded to their times and how art was elevated.

Lecture 1, October 9: *The Emergence of the Renaissance in Italy from Giotto to Masaccio* will trace the shift from Medieval to Renaissance art, exploring the relation of these differences to the rise of the middle class and humanism.

Lecture 2, October 16: *The Flowering of the Quattrocento: From Perugino to Raphael* will address deeper questions of classical aesthetics and their relation to Christian theology and the papacy.

Lecture 3, October 23: *The High Renaissance: Leonardo Da Vinci and Michelangelo* will reveal the lengths each went to establish the visual arts as Liberal Sciences, pathways to knowledge and to truth.

Lecture 4, October 30: *The Northern Renaissance: from Jan Van Eyck to Albrecht Dürer* explores the art of northern Europe from the fifteenth and sixteenth centuries, revealing the different representations of humanistic values compared to their Italian contemporaries and key tenets of classical aesthetics. Coordinator: Sylvia Fisher.

Resident Revelations: Elston and Jackie Hill, Our 2015 Trip to North Korea

Tuesday, October 10; 3:30 pm, Emerald Hall

To our surprise, a trip to the DPRK (North Korea) in 2015 was easy to arrange. We contacted a travel

SAVING ART



DRIVING SAFELY



Jackie Hill with DPRK tour guide – photo, E.Hill

company in Beijing and arranged a private week long tour to destinations of our choosing bringing along extensive camera gear. In a country where men must wear hair no longer than two inches and hair styles are prescribed

for both sexes, there was not a single comment about Elston’s hair. Coordinator: Judy Waring.

Lisa Duncan, Saving and Caring for Our Treasures

Wednesday, October 18; 11 am–12 pm, Emerald Hall

Picture this. The conservator is poised over her work, about to peel the damaging backing from a precious, early Ansel Adams photograph. She must move forward very carefully to separate the two papers without destroying the old and delicate photo. Stressful? You bet.

The conservator is Lisa Duncan who specializes in the conservation, preservation, and care of works on paper.



Lisa Duncan

Lisa will talk on “Saving and Caring for Our Treasures.” She’ll give us some background on the field of art conservation, walk us through some case studies,

and suggest how we can and should care for our own treasures. She invites you to bring objects to

her lecture for a question-and-answer period. A Bachelor of Arts in Chemistry and a Master’s degree in Art Conservation from the University of Delaware led to Lisa’s career in conservation. She interned at the Peabody Museum at Harvard, was a Conservation Fellow at Historic New England, Boston, and was a Conservation Technician at the Museum of Fine Arts, Houston. And this is just a partial list. She moved her private practice from Eugene to Seattle in 2013 where she contracts with local museums and works with private clients. Coordinator: Ann LeVeque.



Edward S. Curtis photograph before repair



The same photo after repair

The AARP Driver Safety Course

Wednesday and Thursday, October 18 and 19; 9:30 am–2:30 pm, with lunch break; Northwest Dining Room

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,

MUSIC OF THE NEW WORLD § SAILING OFF

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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 is eligible to receive multi-year discounts on his/her auto insurance premium. *This course is limited to twenty people, and there are a few seats left.* To sign up for the class, please contact Coordinator Julia Wan via email: juliawan1@gmail.com or leave message at (206) 254-1852.

Mina Miller: From The Native American Experience

Wednesday, October 25; 3:30–4:30 pm, Emerald Hall and Hybrid Zoom

Session 1 (of 2), Music of Remembrance: Between Worlds

Mina Miller is the Founder and Artistic Director of Music of Remembrance (MOR). She will introduce MOR and share some pathbreaking highlights from MOR’s first quarter century, as well as some of its featured works in the coming season. The lecture will explain a new series



Mina Miller

of three concerts that focus on the experience of Native Americans in the Pacific Northwest. MOR’s season begins with a fall concert at Benaroya Hall on October 29. This premier concert will present the legend passed down for centuries among indigenous peoples in the Northwest, *Raven and the Box of Daylight*, in which Raven transforms of darkness

into light, starring Native American artists violinist Swil Kanim and storyteller Gene Tagaban, and highlighting the work of renowned Tlingit glass sculptor Preston Singletary.

For a quarter century, MOR has made a unique impact through programs that confront challenges to human rights and dignity that continue today.

Session Two will take place in May 2024. It will be announced in the May issue of *The Mirabella Monthly*. Coordinator for both sessions: Barbara Daniels.

Sailing to Australia

Wednesday, November 1; 3:30–4:30 pm, Emerald Hall



Donna Lovell’s sailboat TETHYS

Donna Lovell, Mirabella Seattle Aquatics Instructor, is a world traveler. In the early 1990s she began the first leg of a five-year, around-the-world journey. She and three other sailing enthusiasts joined to purchase, prepare, and crew *TETHYS*, a thirty-eight-foot sailboat, for a voyage from Seattle to Australia and Indonesia. Donna was the navigator. This was before GPS was widely available in the South Pacific. Sextant, watch, and almanac were used for navigation. She will share the excitement, wonder,

BUSING OUT

fear, and peace experienced while sailing across the Pacific Ocean. Coordinator: Mike Hahn.

OUTSIDE ACTIVITIES COMMITTEE

Mícheál Vaughan, 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,
October 13, 27; 10 am–12 pm



Costco, Wednesdays, October 4, 18; 9:45–11:30 am
Fred Meyer/PCC/Trader Joe's, Fridays,
October 6, 20; 10–11:45 am
Metro Market, Mondays, October 2, 23;
10–11:45 am
QFC/University Village, Mondays, October 16, 30;
10 am–12 pm
 Remember there is no grocery shopping on
 Indigenous Peoples Day, October 9.

WALKS

Saturdays, 9:30–11:30 am pickup
 October 7 Marymoor (ALS Walk)
 October 14 Edmonds Waterfront
 October 21 Lincoln Park
 October 28 Seward Park
 Coordinator: Charlotte Bushue, x 1723.

GOLF

Thursdays, 9:30 am–1:30 pm pickup
 October 5 West Seattle
 October 12 Nile
 October 19 Lynnwood
 October 26 TBD
 Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, October 1, 8, 15, 22, 29; 9:15–10:30 am
 The bus goes to Christ Our Hope. Other church trips
 are by reservation only.

CULTURAL EVENTS

Emerald City Music, *Evolution of Improvisation*,
Friday, October 20; 7:30 pm–Will Call
Fifth Avenue Theatre, *Cambodian Rock Band*,
Thursday, October 19; 1:15–4:15 pm
Met Live in HD, *Dead Man Walking*, Saturday,
October 21; 9:15 am–1:10 pm

MAGICAL GARDEN § WACCRA MEET

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Seattle Opera, *Alcina*, Sunday, October 15;
1:15 pm–Will Call

Seattle Repertory Theater, *Passengers*,
Wednesday, October 11; 1:15–4:15 pm; Sunday,
October 15; 4:45–7:30 pm

Seattle Shakespeare, *The Merry Wives of Windsor*,
Sunday, October 29; 1 pm–Will Call

Seattle Symphony 8G, Stravinsky *The Firebird*,
Sunday, October 8; 1:15–4:15 pm

Seattle Symphony 21A, Stravinsky *The
Firebird*, Thursday, October 5; 6:45–9:45 pm;
Transcendental Bliss, Thursday, October 19;
6:45–9:45 pm

Seattle Symphony Pops, *Disney in Concert*,
Sunday, October 29; 1–4:15 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Seattle Japanese Garden and Lunch

Friday, October 13; leaving 10 am, pickup TBD.
The Seattle Japanese Garden is located within the
Washington Park Arboretum. It is one of the most
highly regarded Japanese-style gardens in North



Seattle Japanese Garden – photo, Wikimedia

America. This 3.5-acre garden is designed as a stroll
garden. The winding path and benches invite us to
view this garden slowly and mindfully. Admission
\$6.00.

After visiting the Garden, you will have the choice

of returning to Mirabella on the bus or walking
over to Jae’s Asian Bistro and Sushi for lunch. After
eating, we will take the Number 8 bus back to
Mirabella. Coordinator: Charlotte Bushue, x 1723.

WACCRA Annual Meeting at Timber Ridge *Saturday, October 21; 1–4 pm*

The big bus will transport residents to the WACCRA
Annual Meeting at Timber Ridge in Issaquah. The
speaker is Katherine Pearson, Professor of Law at
Penn State Dickinson
College. Her research has
been on the legal rights
of older adults. She will
speak about what she
thinks is most important
in the Washington
State legislation being
drafted next year. This
legislation aims to create
a regulatory oversight
plan for Continuing Care
Retirement Communities
that will establish and
implement resident consumer protections.



Katherine Pearson

The meeting will begin at 2 pm, but residents will
have the opportunity beforehand to socialize and
see a bit of Timber Ridge, another CCRC in the
area. You can sign up for the trip by calling x 1419
or using the form on the Transportation tab of
MIRANET. Coordinator: Mandy Wertz, x 1672.

Washington State Historical Museum (Tacoma) *Wednesday, October 25; 9:30 am–1:30 pm*

We’ll bus to Tacoma for a self-guided tour of
the Washington State History Museum. With
its multiple permanent, interactive exhibits, the
museum provides information and insights into life
in Washington State from the earliest geological eras
to the art, science, and technology of our own day.
Admission to the museum (for seniors) is \$11.00.

YOUNG JAZZ § EARLY MUSIC

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We will have time for a light lunch at the Anthem Café next door and, if there's interest, include a stop at the nearby Brown and Haley factory to stock up on Almond Roca treats for the holiday season.

There will be a \$5 charge assessed per person to cover the transportation costs for the Mirabella bus. Coordinator: Gloria Hennings, x 1793.

PROGRAM COMMITTEE

Sally Hayman and Stafford Miller, Cochairs

Sunday Jazz

Sunday, October 1; 2 pm, Emerald Hall

We start the new season with a great program



Preservation Hall Jazz Band

featuring the **Preservation Hall Jazz Band** in a program entitled, "A Night in New Orleans." Many of us have had the experience of listening to sounds that were the beginnings of American jazz. Watching this DVD will bring back those memories and get your foot tapping. Coordinator: Stafford Miller.



What is Early Music? A Presentation by Gus Denhard

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

Gus Denhard, Artistic Director of Early Music Seattle, will dip into the fascinating world of



Gus Denhard

early music from the Medieval, Renaissance, and Baroque periods, as well as music from cultural traditions world wide: ancient Persia, North Africa, and the historical Al-Andalus region (the Muslim-ruled area of the Iberian peninsula). 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 has performed and taught early music on lute family instruments in the United States, Mexico, and China. In addition to his work at Early Music Seattle, he is a founding member of Trio Guadalevin and the Eurasia Consort, two ensembles dedicated to the world's ancient music traditions. Coordinator: Donna McCampbell.

MEDICARE § LMC § CROSSCUT § BIRDS

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Kim Hickman: Changes in Medicare

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

Kim Hickman, a retired insurance executive, will address recent changes in Medicare and how they will affect you has given this presentation to WACCRA and is well acquainted with the pros and cons of transition from fee-for-service to corporate-sponsored Medicare. Coordinator: Richard Atwood.

Ladies Musical Club Concert

Saturday, October 21; 2 pm, Emerald Hall

The LMC will be opening their 2023–2024 season by welcoming back three outstanding artists. In the first half, Oboist Sharon Jung will perform *Etudes for Oboe* by Gilles Silvestrini, after which she will be joined by Joan Lundquist, piano, to delight us with *Morceau de Salon* for oboe and piano by Johann Kalliwoda.



Diana Gao

In the second half, we will move to the realm of the familiar, where pianist Diana Gao will play solos by Rachmaninoff, Debussy, Ravel, and Chopin. Many of you will remember Diana’s exquisite playing from previous concerts. This promises to be a splendid kickoff of our season. I’ll see you there!

Coordinator: Carolyn Burton.

Inspiring a Smarter World

Thursday, October 26; 3:30 pm, Emerald Hall

Rob Dunlop, President and CEO of Cascade Public Media, will share what’s on the horizon for PBS member station KCTS 9 and local journalism site

Crosscut. He has served in a variety of roles in media, including news anchor, reporter, producer, media researcher, and consultant, as well as in executive leadership positions in online media, radio, and television operations. Prior to joining Cascade Public Media,



Rob Dunlop

Rob was the chief operating executive at Fisher Communications. He currently serves on the Boards of Directors of PBS, the Public Television Major Market Group, and Public Media Group. Cascade Public Media reaches millions of viewers and readers in Washington State and Canada. Each day, they are driven by one thing, to serve their community through their mission to “inspire a smarter world.”

Please join us to hear about the state of public media today and how your local PBS member station and local journalism website are expanding services and planning for the future. Coordinator: Judy Waring.

LOOKING AHEAD

Smarter Than Your Average Birds

Thursday, November 9; 3:30 pm, Emerald Hall

Ed Dominguez, Seward Park naturalist, entertained and educated a full house here in July with his program about owls. He will return on November 9 with “Crows, Ravens, and Jays: Smarter than your Average Birds.” Ed will give new meaning to the term “bird brain” in his informative and entertaining presentation. More next month; meanwhile, save the date. Coordinator: Diane Holmes.

BOOKS, VOTES, & NOTES

BOOK CLUB

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



October 23: Peter Stark’s book *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.

November 27: We will discuss Kim Michele Richardson’s *The Book Woman’s Daughter: A Novel*, a sequel to her earlier novel, *The Book Woman of Troublesome Creek*, read by the group earlier this year. Honey takes up the traveling librarian job her mother once held after Honey’s parents have been imprisoned for miscegenation.

Everyone is welcome to join us.

Tina Moss

MIRABELLA CIVIC

ENGAGEMENT PROJECT

By Matt Jamin

CITY AND KING COUNTY COUNCIL CANDIDATE FORUMS

Sarah Reyneveld and Jorge Barón

Saturday, October 7; 10 am, Emerald Hall

Louise Miller will question Reyneveld and Barón regarding the problems and their proposed solutions interesting to Mirabella residents in the county council election. If you have questions

for the King County Council candidates that the moderator should ask, please email them to Louise at millerclaribel5@gmail.com.

Bob Kettle and Andrew Lewis

Saturday, October 14; 10 am, Emerald Hall

Julie Holland will question Kettle and Lewis regarding the problems and their proposed solutions interesting to Mirabella residents in the city council election. If you have questions for the Seattle City Council candidates that the moderator should ask, please email them to Julie Holland at Julieh@jholland.com.

OPERA CLUB NEWS

Abduction from the Seraglio by Wolfgang

Amadeus Mozart

Monday, October 9; 2 pm, Emerald Hall

Not long after Mozart moved to Vienna in 1781, Austrian Emperor Joseph II commissioned him to write a new opera for the court theater, and *Die Entführung aus dem Serail* was the highly successful result. The opera, sponsored by the *Nationalsongspiel* company in Vienna, is in the *singspiel* genre and was one of the first important operas to be written to a German text. *Singspiel* operas are characterized by a lack of recitatives, with the action mostly carried forward by spoken dialogue. Mozart produced a lighthearted fantasy opera, inspired by the late eighteenth-century passion for all things Turkish that was sweeping Europe. The plot concerns the attempt of the hero Belmonte, assisted by his servant Pedrillo, to rescue his beloved Konstanze from the seraglio (Turkish palace) of Pasha Selim. The story is interwoven with themes of social decorum, the rights of women, honor and justice, and young love. It was because of the long, elaborately written songs in this opera that Emperor Joseph II made his famous observation, “Too many notes, my dear Mozart.”

Our production is from the Royal Opera House

“GEORG SOLTI AT HIS WITTY BEST”

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Mozart (center) at a performance of his opera

and features conductor Georg Solti at his witty best. Deon Van der Walt sings Belmonte, Lars Magnusson sings Pedrillo, and Oliver Tobias does the speaking role of Pasha Selim. The two most virtuosic roles (Konstanze and Osmin) are sung by Inga Nielsen and Kurt Moll. The virtuosity of these two roles



Kurt Moll as Osmin

is likely attributable to the fact that when Mozart took up the task of composing this opera, he already knew of the outstanding reputations of the singers for whom he was writing, and he tailored the arias to their strengths. Konstanze sings the most famous aria in the opera, *Martern aller Arten* (tortures of all kinds), as soloist together with four instrumental soloists. Osmin’s aria *O Wie Will Ich Triumphieren* has characteristic eighteenth century coloratura passages and twice goes down to a low D, one of the lowest notes demanded of any voice in opera.



Joyce DiDonato in Dead Man Walking

The upcoming **Metropolitan Opera Live in HD** broadcasts feature two new operas. The first is Jake Heggie’s *Dead Man Walking* on October 21, starring Joyce DiDonato.



Will Liverman as Malcolm X

It is followed on November 18 by Anthony Davis’s *X: The Life and Times of Malcolm X*, starring Will Liverman. To take the Mirabella bus to these broadcasts at Thornton Place Cinema at Northgate, sign up by calling x 1419 or using the MIRANET Transportation Tab.

Donna McCampbell

BIRTHDAYS   **◇ POETRY CORNER ◇** **REMEMBERING**

HAPPY BIRTHDAY! OCTOBER 2023

- 3 – Toni Kennedy
- 3 – Karin Martini
- 4 – Betty Heycke
- 4 – Mary Worthington
- 4 – Francis Muggli
- 4 – Toni Myers
- 6 – Bob Capeloto
- 7 – Ailie Speer
- 7 – Anne Magruder
- 9 – Jo Pope
- 10 – Brendan Coleman

- 11 – Kathy Cahill
- 12 – John McGinnis
- 13 – Julia Wan
- 16 – Tricia Brink
- 17 – Barbara Standal
- 17 – Pat Harris
- 18 – Marilyn Campbell
- 18 – Don Bastian
- 18 – Liz Anderson
- 18 – Sheryl Feldman
- 18 – Judy Owens

- 18 – Julie Holland
- 19 – Eileen Swart
- 20 – Gloria Hennings
- 21 – David Webber
- 22 – Kathleen Gill
- 23 – Ann Kuder
- 24 – Walter Bodle
- 27 – Sue Lane
- 28 – Betty O’Donnell
- 29 – Ardie Johnson
- 29 – Joanne Suver

DYNAMIC PERTURBATIONS

BY JARED CURTIS

“resilience is...the most common response to loss.” – *Neuroscientist Mary-Frances O’Connor*

Gray days
 have their own
 resilience—a grim
 canopy overhead
 a moment later opens
 into patches of blue,
 promising sun,
 then sol appears
 in glorious person,
 shifting shadows
 as clouds slip by,
 drying sidewalks,
 lifting spirits again.

Clouds regather,
 reappear, and
 then pass on.
 Yet grief from loss
 returns, wave
 upon wave,

to drag us down—
 traveling waves
 that roll through oceans,
 dynamic perturbations
 moving at pace
 inexorably
 from shore to shore...
 or meet opposing waves
 head on—to form
 a standing wave
 that rises up and holds
 its place—no place to be.
 The hollow of a wave,
 its nadir,
 its rock bottom,
 must also have its crest,
 its apogee and can be ridden up
 as well as down—

So we in grief may answer
 not always with sadness,
 silence, sighs, or sobs,
 but often with surprise
 at joy, resilience,
 a saving grace
 that lets light shine
 on what’s before us,
 gives permission
 to greet the world
 not as it was,
 as it had been,
 but as it is now
 in all its jumble,
 confusion and grit,
 its variety
 and beauty,
 its blessing.

© Jared Curtis

Remembering

Tish Toomey 9/2/2023

George Heiser 9/21/2023

Colleen Zamberlin 9/16/2023

Betty Ferguson 9/24/2023



MOVIE CLUB HIGHLIGHTS

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CHANGING MINDS AND HEARTS BY CONNIE CHAPLIN



The Covenant

Guy Ritchie's *The Covenant* stars Jake Gyllenhaal as US Army Sergeant John Kinley and Dar Salim as Ahmed, his Afghan interpreter, during the war in Afghanistan. It's not a true story, but it is based on real events and relationships during those twenty years. The film covers a period when their team is assigned to destroy Taliban explosives far away from their American base. The mission is successful, but only a seriously injured Kinley and Ahmed survive and must cross woods and mountains to get back to base. Now it's up to Ahmed, who risks his life in grueling terrain to carry Kinley to safety. Then Kinley wakes up in the USA in hospital and finds that Ahmed has been left behind, although he had been promised an American visa for him and his family. That's where the covenant part comes in and Kinley wants to make it right. Does that happen?

For something on the comedy-feel-good side, we have *Are You There, God? It's Me, Margaret*. Not a spiritual crisis for this eleven-year old, but Margaret has no firm religious affiliation and feels a bit adrift. Her mom is Christian, her dad Jewish; where exactly does she fit? Now the family is moving from New York City to New Jersey, and that means leaving her close relationship with her paternal grandmother, her friends,

and her school. That's an issue and so is the onset of adolescence. (Coming-of-age comedies are never all that funny to the adolescent, and for Margaret it's pretty much drama time.) Based on the book by Judy Blume. Based upon a Swedish film, *A Man Called Otto* stars Tom Hanks, which makes it distinctly American, of course. Otto is a grumpy old guy who has lost his wife and his reasons for living and takes it out on the universe with a series of unintentionally hilarious events. Then a young family moves in next door. The mother, very pregnant and relentlessly upbeat, sets about to change Otto's sour outlook. Then he keeps running into people and situations that demand his assistance and cause him to flash back on happier times with his wife. Finally, all this good will and sunniness begins wearing him down. He even adopts a cat! That should do it.



Book Club: Next Chapter

They're baaack! The ladies in *Book Club: The Next Chapter*, that is. Diane Keaton, Mary Steenburgen, Candace Bergen, and Jane Fonda are lifelong friends who have a book club, true, but they have never had a trip to Italy together. So, they do that. According to Roger Ebert's reviewer, it's a "dumb, dull, dud of a waste of their time and ours." Harsh! The characters visit Italy's magnificent ancient statues, but the script gives them middle-school level reactions. The reviewer says, "What those characters do to those classic works of art is what the script does to the women who play them. Both deserve much, much better. And boy, so do we." It's billed as a comedy.



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Guide to Mirabella Publications

The Mirabella Monthly

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Ohta, Judy Owens, Bertie Perry,

Rhonda Plawner, Carolyn Roe,

Judy Rourke, Cathy Short, Louis

Swart, Mary Jo Taylor

How to Submit Events to

MIRANET Upcoming Events and

Mirabella Weekly

If you want to add information

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 Story, Poem, Article, News, or Event Notice to *The Mirabella Monthly*

Before submitting copy, please

check it carefully for typos, spelling

errors, accuracy of dates and times,

and possible cuts or changes. Only

original writing will be accepted.

Our aim is to showcase writing and

images created by residents. We do

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published writing. **The deadline for**

all submissions is the fifteenth of

the month prior to the month of

publication. Submissions received

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 #801 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 the highest resolution

possible. When attaching an image

to an email, always 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.