



The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 15 | ISSUE 11

NOVEMBER 2023

HIGHLIGHTS

- 1 *Space Needle Climb Number Three* by Betty Heycke
- 2 *Save the Monthly* by Jared Curtis
- 2 *A Glorious Space* by Lynne Iglitzin
- 3 *I Had the Best Bedroom* by Joanne Mearls
- 4 Who Does What at Mirabella
- 5 Resident Services
- 6 Active Arts Committee
- 7 Art Committee
- 8 Employee Appreciation Committee
- 9 *Environment & Facilities Committee at Work* by Nickie Askov and Jerry Smedes
- 9 Lifelong Learning Committee
- 12 Outside Activities Committee
- 14 Program Committee
- 15 Health and Wellness Committee
- 15 Welcome Committee
- 17 Book Club
- 18 Fall Prevention ◇ Opera Club News
- 19 *2023 Walk to Defeat ALS: Marymoor Park* by Jared Curtis
- 20 Arts Notebook
- 21 *Re-Store and the Holidays* by Ingrid Steppic
- 22 Birthdays ◇ Poetry Corner ◇ Remembering
- 23 Guest Columnists: November Movies
- 24 Guide to Mirabella Publications

SPACE NEEDLE CLIMB NUMBER THREE

BY BETTY HEYCKE

October 1 was crisp, clear, and sunny. On our walk to the Space Needle, a small brown rabbit dashed briskly across our path. A good sign, we thought—better than a black cat anyway. This was to be our third Space Needle climb. The Climb, which benefits the Fred Hutch Center and the Space Needle Foundation, is back this year after a two-year COVID break. In five years, the event has raised over five million dollars.

When we arrived, the park was crowded with climbers and volunteer helpers. Paul checked his backpack; we picked up our race numbers and waited for our starting wave. The climbers are nicely spaced out into timed waves with different sponsors and t-shirts. We had hoped for the Top Pot Donut wave because they serve donuts at the top, but our 11:30 start was sponsored by the Seahawks. We received Seahawks t-shirts. And to the accompaniment of way-too-loud music, off we went.

The stairs are rather like the Mirabella stairs, a comfortable height. And the views, which we stopped often to admire, are interesting and spectacular. The Space Needle has 823 stairs



Betty Heycke and Paul Keown

JOIN *THE MONTHLY* § CATHEDRAL VISIT

2

NOVEMBER 2023

and is 605 feet high. There are markers along the way: Tenth Floor, Last Chance to Exit, Halfway, Two Thirds There, Ten Steps to the Top, and finally, the nine-step countdown. When we reached the top, we were greeted by cheerleaders with pom-poms who presented us with our huge, showy medals on blue ribbons. And then we could hang out on the observation deck as long as we wanted, take pictures, and feel proud that we'd done it again.

We never gave much thought to our climb time. Our previous times were about an hour. We noticed that this year we felt faster and indeed we were at thirty-four minutes. Wow! Good for us! But to put that in perspective, the winner this year was Wai Ching at 3:50 minutes. He beat the old 2019 record of 4:16 set by Tristan Roth.

Anyway, it's a great event for a good cause, and we're hoping to organize a Mirabella team for next year.

or any of the editorial team. Our active copy editors are Maria Fiore, Mary Jossem, and Louise Lowry. Our managing editor is Diane King. Our production team leader is Mike Hahn. Just do it...for the *Monthly*!

Jared Curtis

A GLORIOUS SPACE

BY LYNNE IGLITZIN



The dome of St. Demetrios Orthodox Cathedral – photo, L. Iglitzin

SAVE THE MONTHLY!

Among the sadder thoughts I've had lately is the one that goes: "What will happen to *The Mirabella Monthly* when I'm no longer able to manage, edit, lay it out in its familiar form, and prepare it for print?" If this is a sad thought for you as well, maybe you can help. A letter I sent to each Mirabella Seattle resident last month described what steps we are taking, including seeking to fill editorial and other positions. A positive step toward longevity has been to identify a skilled freelancer to do a big share of the layout work, made possible by the welcome financial support of Mirabella Seattle Administration. While this will be extremely helpful, we still are in dire need of skilled volunteers, as some of our long-time staff have had to step away. If the nearly fifteen-year-old newsletter means something to you and you would hate to see it fold its tents and silently steal away, talk to us...to me

The Bishop dreamed a grand cathedral
its towers touching lofty clouds;
with stained glass windows glowing, regal
and at its foot admiring crowds,
the Bishop prayed for supervision,
imagining divine provision,
a golden gate to its precision;
the towers touching lofty clouds...

This excerpt from *The Bishop*, a poem by "Loretta Young" (Gail Kaye-Naegele), gives a good sense of the feelings one experiences upon entering the sanctuary of Saint Demetrios Greek Orthodox Cathedral during the annual Greek festival, which is held September 29–31 at the cathedral grounds in Seattle.

The festival, a Seattle tradition since 1960, takes place in the Montlake neighborhood. Its three-

A ROOM OF MY OWN

NOVEMBER 2023

3

day annual bazaar attracts shuttle buses from all over the city. It features homemade delicacies, including baklava and halvah, baked lovingly over many months by the hardworking members of the congregation. Traditional Greek foods are interspersed with knitted and sewn garments, many with Greek or religious themes.

The cathedral, home to Seattle's oldest Greek orthodox congregation, was designed by well-known architect Paul Thiry. It was completed in 1962 as part of Seattle's World's Fair Century 21 Exposition. The poem quoted evokes a sense of the rickety old hall that had its beginning in 1916 and only came into being decades later, after the "dreams of the bishops."

My own personal experience attending this event was mixed and complex. It was special being back in Montlake, an area bounded by the Washington Arboretum and the Portage Bay Ship Canal, a part of the city where I had bicycled so many times among the stately old homes and flowering trees.

It was powerful for me to hear the priest chanting under white canopies—powerful for me, as a Jew, because it sounded so much like the chanting of ancient Hebrew melodies that I recalled from my days attending an orthodox synagogue with my grandmother in Long Island, New York. I understood nary a word either time!

More to the point, as I browsed the wide expanse and many halls and staircases of the cathedral grounds, how fragile I felt and even "lonely" among the noisy crowds. I felt "rickety," needing to clutch on to something—a railing, an arm—no longer used to the large numbers of folks milling around. As fearless as I had been in my younger years, adept with bicycle or running gear, now I felt the need to lean against a wall or find somewhere to rest. Was this what "growing old" meant? A fear of crowds! Discomfort with the noise of so many voices?

But the conclusion of the visit proved me wrong. We entered the sanctuary and so escaped the noise and the tumult. Entered a place of quiet beauty, made glorious by the light shining through the stained glass ceiling and walls of the sanctuary. All who entered there were quiet or spoke in whispers, the old folks like me or the youngsters from a nearby school. We were together, at least momentarily, enjoying, in our own way, the beauty that surrounded us.

So, in the end, it was a powerful experience. I had climbed endless steps, visited tables laden with foods and handmade clothes, peeked into all kinds of hidden spaces, but at last I felt at home, enjoying the beauty and quiet of a glorious space.

Thank you, Saint Spiridon

I HAD THE BEST BEDROOM

BY JOANNE MEARLS

My dad was career Army, and as a result we moved many times. When I was in high school, we lived in Pirmasens, Germany, in a house that was confiscated from a Nazi doctor. It was just a regular, nice house, perhaps a little larger because it included the doctor's office and waiting room. Other features were a bomb shelter and a small wine cellar. Herr Hitler used to stay with the good doctor when he came to Pirmasens to inspect the Siegfried Line. I had the only bedroom that connected to the bath and opened on a lovely terrace. I thought I got the best bedroom because I was special.

In later years I realized my mother had declared she would not sleep in Hitler's bedroom. I shared her revulsion of Hitler and the evil he stood for, but I was not about to let a ghost keep me from the best bedroom.

WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2023–2024



Mike Waring,
President, 2023–2024,
Box 527, x 1585,
urbandoc@hotmail.com



Julia Wan, Vice
President, 2023–2024,
Box 1110, x 1852,
juliawan1@gmail.com



Cathy Short,
Secretary, 2023–2025,
Box 1118, x 1860,
cathyashort@gmail.com



Alice Arrington,
Treasurer, 2022–2024,
Box 800, x 1749,
alicebelle6@gmail.com



Nancy Eliason, Member-
at-Large, 2023–2024,
Box 715, x 1842,
nleliason@gmail.com



Jane Beer, Member-at-Large,
2023–2025,
Box 734, x 1747,
lil_jane@hotmail.com



Janice Kaplan-Klein, Member-
at-Large, 2023–2025,
Box 830, x 1779,
jkreachtr@earthlink.net



Louise Lowry, Member-
at-Large, 2023–2024,
Box 607, x 1684,
lklowry@aol.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, 2023–2024

For a committee meeting time & place, consult the calendar, contact the chair, or go to [MIRANET SEATTLE](#)>Groups>Committees

Committee or Group	Chair/Cochairs	Contacts
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman	Box 513, x 1861
Dining	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 Jerry Smedes	Box 1116, x 1858 Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins Bob Lewandowski	Box 511, x 1662 Box 408, x 1731
Library	Martha Oman	Box 501, x 1642
Lifelong Learning	Pat Harris	Box 524, x 1600
Mirabella Seattle Foundation	David Webber, Chair	Box 1122, x 1864
Nominating	Laura Bailey	Box 432, x 1813
Outside Activities	Míceál Vaughan	Box 434, x 1639
Program	Sally Hayman Tina Moss	Box 828, x 1640 Box 300, x 1566
Welcome	Sue Herring	Box 709, x 1556

HAPPY HOUR & HEALTH CLINICS

NOVEMBER 2023

5

RESIDENT SERVICES

Loni Smith, Resident Services Director

Happy Hour

Tuesday, November 21; 3:30–5pm, North and Northwest Dining Rooms

Please join us for Community Happy Hour with the theme of “Be Thankful!” This community happy hour is to celebrate all the things in our lives that we are grateful for.

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, November 9; 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, November 14; 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.

RESPITE & DIP INTO THE ARTS

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

Tricia Brink and Barbara Porter, Cochairs

Flower Arranging

What a great idea! About ten years ago, the Health and Wellness Committee thought it would be a good idea to have residents in Independent Living help residents in Memory Care arrange bouquets of flowers to deliver to patients in Skilled Nursing. They gathered vases from the Re-Store and resident donations, purchased a rolling cart to use for delivery, rallied volunteers, and connected with Memory Care. Flowers were provided and the program was off and running. It was a great idea, and the committee kept it alive through a variety of

means. Suddenly COVID arrived, and life changed. All interpersonal activity stopped.

But this is Mirabella where good ideas don't die easily. Several months ago, when I remembered seeing the happy residents delivering flowers on the second floor, Active Arts considered reinstating the activity. Susan Webber, who had been in at the start, Mary Jo Taylor, who had later been in charge of volunteers, and Loni, who solved the "where to get the flowers" problem, were all there to help. Active Arts had a bit of money and decided to restart the program in the hope that someone would pick it up as the official sponsor. But things take time.

I decided to write a Mirabella Foundation Grant to get enough money to get us through next year while we continued to try to find another source of flowers. The grant received a lot of resident support and excellent assistance from Foundation Vice Chair Mary Jossem. It was approved! To the entire Foundation and all residents who donate so generously to it, a hearty "Thank you." Coordinator: Barbara Porter.

Creative Writing: What You Don't Know

Friday, November 3; 11 am–12:30 pm, and subsequent first Fridays; Conference Room A; registration required

Our first session with the new Creative Writing Class was an eye-opener. Many of us realized that we were looking at writing in a very new way, and we liked it. The next session will be on the first Friday in November and new writers are welcome. Please sign up in the red notebook in the Resident Business Office. Bring pen and paper or your computer to class. Coordinator: Barbara Porter.

Nature's Watercolor

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

Play and explore nature with watercolor in this one-day class with Maja Sereda. You will work with

NEW ART IN OUR HALLWAYS

NOVEMBER 2023

7

watercolor and create textures and special effects using leaves, plants, rice, gauze, and more. It will be a fun and rewarding foray into a bit of mixed media. A \$5 supply fee will be deducted from your account. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Sip & Paint

Wednesday, November 15; 3–5 pm, Northwest Dining Room; registration required

Think you aren't an artist? Think you can't paint because you can't draw? Think again! We've already had two sessions with the wonderful and creative local artists who come to Mirabella to prove we all have a little artist hiding in the recesses of our beings. These gifted instructors will provide you with paint, brush, and canvas, then walk you through the creation of your own version of the featured painting step by step. You will go from a blank canvas to a complete painting in under two hours. And it's not called Sip & Paint for nothing. Along with your artist supplies, you will have a little or a lot of vino on the side. That should loosen up those creative spirits that may have long lain dormant. Our past programs have created not just works of art, but lots of laughter and camaraderie. A \$28 fee will be deducted from your account. All cancellations must be emailed to Tricia Brink (pwbrink@comcast.net) by 3 pm, Friday, November 10. Please sign up in the red notebook in the Resident Business Office. Coordinators: Judy Owens and Tricia Brink.

Gift Wrapping

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

Remember when the department stores would wrap our gifts? Wasn't this service sometimes complimentary? Now we have Art Studio 507 with supplies for the do-it-yourselfers. If you haven't been there to see the fabulous array of wrapping

materials, you need to go. We have an immense amount of beautiful wrapping paper and ribbons. All the makings for embellishments galore. And now we have an opportunity to witness our own artist extraordinaire, Judy Rourke, reveal the art of creating beautifully wrapped gifts.

Judy is ready to show us some of the tricks she has developed over years of creating lovely packages. You spent all that time remembering the date, thinking about what your special person would like, cruising the internet or the malls. Now you have the opportunity to learn to make your packages stand out and show the love you wish to express. Bring your scissors. This is going to be a hands-on experience. Please sign up in the red notebook in the Resident Business Office. Coordinator: Judy Owens.

Origami

Fridays, November 10, 17, 24, December 1, 8, and 15; 3–4 pm, Art Studio 507; registration required

Have you missed Makiko Doi's Origami classes in the past? Perhaps they were full. She is offering you another opportunity to learn the Japanese art of paper folding. Her classes are kept small, so that each student gets plenty of hands-on instruction. It's a good time to take advantage of her expertise. Please sign up in the red notebook in the Resident Business Office. Coordinator: Sally Hayman.

ART COMMITTEE

Linda Berkman, Chair

Recent Major Art Acquisitions

Mirabella has acquired a serigraph by Itzchak Tarkay, an Israeli artist born in Yugoslavia. At age nine, Tarkay was arrested with his family and sent to a Nazi concentration camp. Freed by the Allies, the family immigrated to Israel. The piece we acquired was donated by Bess Porterfield's family. It features a very sexy, elegant woman, daydreaming in her

EAF EXPRESS



*Seated young woman by
Itzhak Tarkay*

titled *Contemplation de un Pasado*. This work was gifted by Sandra Jaech, who also gave us a pair of antique botanical prints. See them in the 3B and 3A elevator lobbies.

This is not a photograph. *Dancing at Dusk* is a lithograph by Douglas Hofmann. The work is so fine you can count the floorboards. Note the reflection of light through the tutu in the main image and reflected in the mirror. Check out the billowing curtains and even the power cord connecting the speaker. This work is a gift from ballet aficionado Linda Berkman. See it in the 5B elevator lobby.

Joanne Mearls

EMPLOYEE APPRECIATION

COMMITTEE

Sally Hahn, Chair

All Aboard the EAF Express!

October 3–November 16

The 2023 Employee Appreciation Fund (EAF) Drive has been underway since October 3rd. We hope you have seen the display in the Business Center and the posters around the building. This year’s theme is “All Aboard the Mirabella Employee Appreciation Express.”

Our goals are to achieve 100 percent participation of Mirabella resident households and to exceed last year’s total.



In determining what amount to donate, consider all the services you receive, including those you don’t see, such as security, cleaning, maintenance, laundry, and food preparation. Consider how frequently these services are provided on a daily, weekly, or monthly basis during the year. Remember that Mirabella has a no-tipping policy. The EAF is the only way for residents to say “Thank You” with a monetary gift to over 200 employees who keep Mirabella chugging along around the clock. Every donation received by the November 16th deadline will be awarded in the 2023 year-end gift for our employees.

All residents in Independent Living, Assisted Living, and in the Health Center may donate to the fund. Envelopes delivered to mailboxes on October 3 contain a brochure explaining the drive, why we do it, and how to give. A smaller envelope is included for your contribution. This goes in the drop box inside the Mailroom. Also included are some peel-off train engine stickers for your name tags to show your support for Mirabella’s stellar employee team. If you need another packet, call Sally Hahn (x 1755). There are also more return envelopes by the EAF contribution box just to the right of the mail drop in the Mailroom.

Contributions may also be made by directing a distribution to Mirabella Seattle from qualified retirement accounts such as IRA accounts, Charitable Trusts, and Donor Advised Funds. If you choose to donate using one of these third-party methods and have questions on routing or accreditation, contact MSRA Treasurer Alice

HOUSE MATTERS § LIFELONG LEARNING

NOVEMBER 2023

9

Arrington at x 1749 or email her at alicebelle6@gmail.com. Mirabella Seattle is a 501(c)(3) nonprofit organization. The Federal Tax ID is #34-2030255.

You can follow the drive's progress on the chart in the Resident Business Center. At the time of publication of the November *Mirabella Monthly* we have over forty-five percent participation. You have two weeks until the November 16 deadline. Don't miss the train! Hop on board and let's pull together to reach 100 percent participation! We will announce our dollar amount in December after receipts have been totaled.

ENVIRONMENT & FACILITIES

COMMITTEE AT WORK

Nickie Askov and Jerry Smedes, Cochairs

The Environment & Facilities Committee observes problems with the facilities and collects comments from residents to make recommendations to the Director of Facilities Services, Marcus Cullen. Its purview is both inside and outside the building. Two subcommittees support its work: the Green Committee and the Green Thumb Committee.

Committee members have agreed to take on specific responsibilities. Residents may contact them directly in their areas of responsibility. Phone extensions, email addresses, and inhouse mailbox numbers are in the Resident Directory, refreshed each month, either in a paper copy in the Mailroom or on MIRANET.

- » Carolyn Roe is concerned with "green" practices, such as resident and caregiver education about recycling, compost, and trash.
- » Mary Jo Taylor and Mandy Wertz lead efforts in caring for plantings in the courtyard and around the perimeters of the building.
- » Paul Keown monitors the fitness facilities and reports issues with exercise equipment.

- » Míceál Vaughan, also chair of the Outside Activities Committee, monitors buses, town cars, and parking.
- » Susan Webber deals with housekeeping issues.
- » Ann Kuder is concerned with maintenance and the work order system.
- » Tina Moss is the liaison to the renovations of the dining rooms.
- » Louis Swartz serves as liaison to the Art Committee.
- » Susan Dillon is the secretary.
- » Nickie Askov and Jerry Smedes are committee cochairs.
- » Janice Kaplan-Klein is our committee liaison to the Resident Council.

Every resident plays a vital role in the upkeep of our building and grounds. This is our home! We can help care for it by submitting Work Orders when we see nicks in the woodwork, scratches in the paint, excess water on the elevator floor, burned out lights, stained carpet, dying plants, etc. Residents may use the "Request Work Order" tab on the home page of MIRANET, call x 1413, or email 1413@mirabella.org. Although the work order system is primarily used for issues in your unit, it may also be used to report problems in our community. Please help by being the "eyes and ears" of Mirabella!

LIFELONG LEARNING

COMMITTEE

Pat Harris, Chair

Sailing to Australia

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

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 a thirty-eight-

NOW AND THEN

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

An Insider’s Look at “Now and Then”

Wednesday, November 8; 3:30–4:30 pm, Emerald Hall and Zoom



Clay Eals

Clay Eals is a veteran newspaper man, book author, local historian, and cowriter of the *Sunday Seattle Times* *Pacific NW Magazine* feature *Now and Then*. The weekly column pairs historical photos of Seattle with present-day photos. Clay will share with us

an insider’s perspective on finding, photographing, and writing the range of stories published in *Now and Then*. Coordinator: Mike Hahn.

Rebecca Albiani, Art Lecture on “Hokusai: Inspiration and Influence from the Collection of the Museum of Fine Arts, Boston”

Monday, November 13; 10:45 am–12 pm, Emerald Hall and Zoom

This exhibition takes a new approach to the works of this esteemed Japanese artist, Katsushika Hokusai



The Great Wave, wood block print, Katsushika Hokusai

(1760–1867), pairing more than 100 of his artworks with more than 200 works by artists he inspired, including Helen Frankenthaler. Yes, his famous

The Great Wave will be in the show. Who better than Rebecca Albiani to introduce us to this great artist? Coordinator: Sylvia Fisher.

Resident Revelations: Sally Hayman, Reluctant Archaeologist

Tuesday, November 14; 3:30 pm, Emerald Hall

I didn’t really want to go on an archaeological dig in Jordan in the summer of 1960, but my father invited me and promised me a week in Florence afterwards. I couldn’t tell an Iron Age piece of pottery from my elbow and had no knowledge of the Hebrew Bible.



Sally’s father, James B. Pritchard, director of the excavation of Gibeon for the University of Pennsylvania Museum

Nevertheless, I learned much about life in a village that even now is much like that of Biblical times. That village, el Jib, is now occupied by Israel. All these years later, I’ve come to value that experience. It is something that can never be repeated. And I never worked so hard in my life! Coordinator: Judy Waring.

Introduction to Judaism: with Rabbi Daniel Weiner

Wednesday, November 15; 11 am–12 pm

Rabbi Daniel Weiner returns to Mirabella for the second of this two-part series. He will present the basic ideas, tenets, and theology of the ancient faith that provided the foundation for Christianity and Judaism. Join us for this opportunity to learn about the ways Judaism aligns with and differs from other faiths.

Rabbi Weiner’s rabbinate places a special emphasis on interfaith and ecumenical efforts, working closely with the Episcopal and Catholic Dioceses

HALL TALKS § ZOOM TALKS

NOVEMBER 2023

11

and creating bonds of partnership and faith with local African American churches. He has taught at various colleges and universities, including a role at Seattle University as instructor and as a member of several advisory committees. Coordinator: Barbara Daniels.

OLLI Lunch and Learn is Back

Monday, November 20; 12 pm, Emerald Hall



Doctor Harold Tobin will join us to talk about earthquakes. Tobin is director of the Pacific Northwest Seismic Network at the University of Washington and holds the Paros Endowed Chair in Seismology and Geohazards. He will talk about how major faults work. You

can come with your box lunch from the Bistro or home or just join us for the talk. Coordinator: Pat Harris.

Mom and Me with Clay Eals

Wednesday, November 29; 3:30–4:30 pm, Emerald Hall and Zoom



The late Mirabella resident Charlotte Bushue had carried a box of old photographs to a May 23 Emerald Hall lecture about Mt. Rainier National Park. The 1920s photos showed a young woman, Charlotte’s mother, in a period Mt. Rainier National Park Guide uniform and boots. Charlotte hoped the speaker or someone in the audience could identify where in the Park the 100-year-old photos were taken.

Jean Frazier, guide at Mount Rainier National Park in the summer of 1926

Clay Eals, *Now and Then* columnist for *The Seattle Times*,

was in the Emerald Hall audience and asked to see

the photos. He wasn’t sure about the site, but he was interested in the photographs and the story for a future *Now and Then* column. Clay Eals will tell us what happened next. Coordinator: Mike Hahn.

OLLI-UW NOVEMBER ZOOM LECTURES

Respiratory Syncytial Virus (RSV)

Wednesday, November 1; 12–1 pm

Pre-registration Zoom link: <https://washington.zoom.us/meeting/register/tJAtf--vqzqpHtdWVwI5rru5YN4kLASvIFdZ>

Dr. Tia Babu will review the epidemiology and pathogenesis of Respiratory Syncytial Virus (RSV) and present the current studies which have led to the FDA approval of RSV vaccines, focusing on the recommendations for persons sixty years and older.

Dr. Babu is an Assistant Professor, Department of Medicine, Division of Allergy & Infectious Diseases at Harborview Medical Center. Dr. Babu’s research is focused on prevention and epidemiology of respiratory viruses, including influenza and SARS-CoV-2. Dr. Babu is an investigator on SARS-CoV-2 vaccine clinical trials.

Empathy for Wildlife: Sharing Animal Stories for the Benefit of Communities and Nature

Friday, November 17; 12–1 pm

Pre-registration Zoom link: <https://washington.zoom.us/meeting/register/tJ0sd-yhrjkoGNCwtmT-ztyc3Pu9WZ9ILKdu>

Dr. Marta Burnet, Director of Advancing Empathy at Woodland Park Zoo, will discuss how fostering empathy can be part of the solution for people feeling isolated. It is a powerful emotion that can drive connection with others and motivate behavior change. And zoos can be a wonderful place to build this skill by focusing on encouraging empathy for animals. This focus can provide a safe entry point for social connection and inspire people to take conservation action. Learn how Dr. Burnet promotes

OUT & ABOUT

empathy, hear stories about Woodland Park Zoo animals, and find out how the zoo is helping to lead this movement nationwide.

Dr. Burnet has a PhD in Educational Leadership and Policy Studies from the University of Washington, where she also worked for thirteen years in the Jackson School of International Studies.

OUTSIDE ACTIVITIES COMMITTEE

Míceál 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. You must be on board the bus at the announced time of departure.

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 at least 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, Friday, November 10; Wednesday, November 22; 10 am–12 pm

Costco, Wednesdays, November 1, 15, 29; 9:45–11:30 am

Fred Meyer/PCC/Trader Joe's, Fridays, November 3, 17; 10–11:45 am

Metro Market/CVS, Mondays, November 6, 20; 10–11:45 am

QFC/University Village, Mondays, November 13, 27; 10 am–12 pm

WALKS

Saturdays, 9:30–11:30 am pickup

November 4 UW Botanical Gardens

November 11 Golden Gardens

November 18 Green Lake

November 25 Myrtle Edwards

Thank you, Charlotte Bushue.

GOLF

Thursdays, 9:30 am–1:30 pm pickup

November 2 West Seattle

Coordinator: Dean Temple, x 1820.

SUNDAY CHURCH

Sundays, November 5, 12, 19, 26; 9:15–10:30 am

The bus goes to Christ Our Hope. Other church trips are by reservation only.

CONCERTS & EXCURSIONS

NOVEMBER 2023

13

CULTURAL EVENTS

Emerald City Music, *New York Classical Players*, Friday, November 10; 7:30 pm—will call

Met Live in HD, *X: The Life and Times of Malcolm X*, Saturday, November 18; 9:15 am–1:10 pm

Pacific Northwest Ballet, *Love & Loss*, Saturday November 4; 1:15 pm—will call

Seattle Repertory Theater, *Islander*, Wednesday, November 8; 1:15–4:15 pm; Sunday, November 12; 4:45–7:30 pm

Seattle Symphony 8G, *Elgar & Brahms*, Sunday, November 12; 1:15–4:15 pm

Seattle Symphony 21A, *Elgar & Brahms*, Thursday, November 9; 6:45–9:45 pm; *Nordic Passion*, Thursday, November 16; 6:45–9:45 pm; *Mahler Symphony No. 5*, Thursday, November 30; 6:45–9:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Luncheonaires: Blue Water Bistro

Monday, November 6; leaving at 10:30 am, pickup 12:30 pm

The Bistro is a cozy, friendly restaurant on Lake Washington with a view of Mount Rainier—weather permitting. Sandwiches, fish and chips, taco salads, and appetizers are on offer. A Leschi marina find you'll enjoy. Coordinator: Jean Hall x 1579.

SIFF Surprise Movie

Sunday, November 12; leaving 3:45 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 movies are known. At that point we will also know the starting and ending time of the movies. Residents are responsible for purchasing their own theatre tickets. The feedback from those who attended the

last few times was very favorable. Coordinator: Nickie Askov, x 1858.

Seattle Asian Art Museum

Tuesday, November 14; leaving 10:30 am, pickup 12:30 pm

We will be guided in a private showing of SAAM's current exhibition, *Renegade Edo and Paris, Japanese Prints and Toulouse-Lautrec*, by recent (1994-2009) Seattle Art Museum director Mimi Gardner Gates. This is the first exhibition at SAAM to compare Japanese and French art. Focused on woodblock prints, posters, and paintings from eighteenth- and nineteenth-century Edo (Tokyo) and later nineteenth-century Paris, the exhibition examines the "renegade spirit" found in the changing social cultures of these two dynamic capitols and reflected in (and interpreted by) their vibrant and popular visual arts. Coordinator: Míceál Vaughan, x 1639.

Seattle Children's Hospital Tour

Monday, November 20; leaving 12:30 pm, pickup at 2:15 pm

Seattle Children's Hospital has recently expanded to create a much-needed new Cancer and Blood Disorders Center with new operating rooms, as well as expanded pharmacy, radiology and laboratory resources. Let's go see how the new space brings innovative research to the patient's bedside! Coordinator: Ruth Benfield, x 1708.

Finally: Warm Thanks (if Somewhat Belated) to Jade Simonson!

The Outside Activities Committee, and the entire community of Mirabella, heartily send our thanks to Jade Simonson for her stellar and effective leadership of this hard-working committee and wish her and Chris a long and enjoyable residence in their new community.

WHAT'S ON IN EMERALD HALL

PROGRAM COMMITTEE

Sally Hayman and Tina Moss, Cochairs

Clarice Alfonso

Thursday, November 2; 3:30–4:30 pm, Emerald Hall

Lyric soprano Clarice Alfonso has performed often at Mirabella as part of offerings by the Ladies Musical Club. She and her accompanist will offer a program primarily of musical theater standards. Coordinator: Judy Waring.

Crows, Ravens, and Jays: Smarter Than Your Average Birds

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

Ed Dominguez, Seward Park Naturalist, is returning to Emerald Hall, this time to enlighten us about corvids, birds of the crow family. These birds are arguably the smartest birds in the world and have an intelligence all their own.

Remember the classic Alfred Hitchcock movie *The Birds*? The mob mentality displayed by the birds in the horror film is not far from the reality. Researchers have found that not only do these birds remember what people look like, they remember their actions. Scientists discovered that corvids do not forget, especially when one of their own is harmed. Once wronged, these birds get mad. Corvids will gang up on other creatures, even humans, who have wronged them. Mobs form and grow with each encounter. If corvids see their friends in the middle of a mob, they join in on dive bombing. They remember each threat and jump in again whenever that threat reappears!

Don't miss Ed's exciting talk about these fascinating birds. Program Coordinator: Diane Holmes.

Michael Partington

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

Michael Partington is Artist in Residence at the

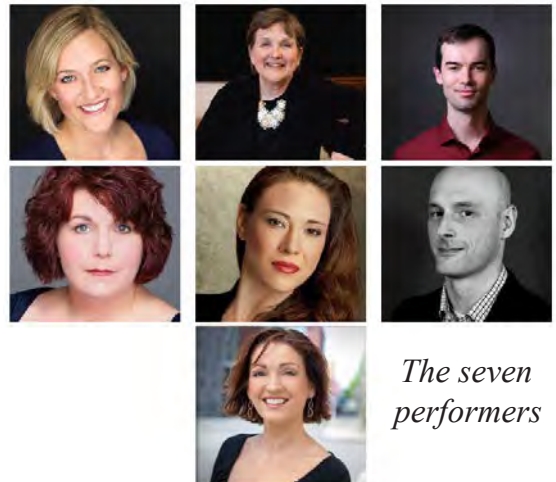
University of Washington and directs the guitar program in the UW School of Music. His repertoire ranges from early music to works composed expressly for him. Coordinator: Judy Guder.

Ladies Musical Club Opera

Saturday, November 18; 2 pm, Emerald Hall

The LMC Opera will be returning to Mirabella to perform staged excerpts from Mozart's *Le Nozze de Figaro* (*The Marriage of Figaro*). We will have seven singers, including Clarice Alfonso as Suzanna, Dora Barnes as Countess Almaviva, and Colin Ward as Count Almaviva. Regina Thomas, filling the roles of narrator and director, will be joined by accompanist Joan Lundquist at the piano.

This is Mozart at his wittiest and most beautiful. It is truly one of the favorite operas of all time. Come and enjoy this gorgeous music. Coordinator: Carolyn Burton.



The seven performers

Welcome to Hugo House: A Talk by Diana Delgado

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

Hugo House is a nonprofit literary arts organization located not far from Mirabella on Capitol Hill. The goal of Hugo House is to make writing accessible to everyone. Throughout the year, it hosts a full calendar of events, such as the *Hugo Literary Series*

WELLNESS CLASSES § WELCOME, CELIA, FRED,

NOVEMBER 2023

15

and *Word Works: Writers on Writing*. There are also drop-in writing circles, open mic nights, and readings with nationally known poets and novelists. Hugo House offers a wide variety of classes for writers at all levels of experience, as well as youth programs such as *Scribes Summer Camp*.



Diana Delgado is the new Executive Director of Hugo House. She is a bilingual Spanish-speaking poet and arts administrator. Her poetry book, *Tracing the Horse*, was a *New York Times* New & Noteworthy pick. Come and hear Diana

present a lively look inside Hugo House, its programs and classes, and its vital role in Seattle's writing and arts community. Bonus Feature: Outside Activities will take the Mirabella bus to visit Hugo House for a tour on December 6. Coordinator: Nickie Askov.

HEALTH AND WELLNESS COMMITTEE

Ken Hopkins, Chair

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

The Health and Wellness Committee, working with the Mirabella Wellness Initiative, will describe the components of the Wellness offerings at Mirabella. You will be introduced to our acupuncturist Jennifer Lewis and our massage therapist Susan Stein. Next David Miller, Mirabella's relatively new Wellness Coordinator, will take over. David will share his approach to wellness services and the classes he leads. He will also introduce our instructors, Emily Stewart, Frances Kao, Gerald Seminatore, Bella Jovan, and Donna Lovell. It will be a great program. Don't miss it.

WELCOME COMMITTEE

Sue Herring, Chair

Celia Michael and Fred Herzon

Celia Michael and Fred Herzon arrived in September and are ensconced in unit 534 while they wait for their permanent residence in



Celia Michael and Fred Herzon

unit 718. Celia was born in Louisiana to a military family that moved frequently. She ended up at the University of New Mexico, ultimately earning a PhD in clinical psychology. After residency in Miami, she returned to work at the University of New Mexico Medical School and then at the New Mexico VA Hospital. She specialized in behavioral medicine and retired as Director of Behavioral Health for the southwest region.

Fred is from Chicago, where he got his medical degree from the University of Illinois Chicago and trained in Head and Neck and Otolaryngology at Northwestern University. He was then recruited to the University of New Mexico, where he ultimately became Chair of Otolaryngology. His research focused on head/neck infections. Fred still works, making periodical trips to Albuquerque. As long-time residents of the desert, Celia and Fred needed water and so bought a home on Whidbey Island in 2004, commuting to New Mexico. Fortunately for us, Seattle also satisfies the water criterion!

Celia and Fred have four children in their blended families and seven grandchildren. One son lives in Seattle, and the other offspring are in Indiana and Los Angeles. Celia loves to swim and likes World War II novels, watercolors, and hanging out with grandkids. Fred likes walking, gaming, exploring

DEB, JIM, MARLI, RAY, ANNBRIITT,

the neighborhood, movies, reading science fiction, and he has been involved in restoring bluffs and beaches on Whidbey.

Sue Herring

Deb Boone and Jim Lutz



Deb Boone and Jim Lutz – photo, C. Lindsey

Deb Boone and Jim Lutz are delightful new additions to our community. They have moved into apartment 1031. Deb grew up in Portland, earning her bachelor’s degree at Portland State and her master’s in education in Alaska. Jim is from St. Louis. He graduated from St. Louis University; he then accepted a Fulbright grant to study engineering in Sydney, Australia. After four years in the Navy, he ended up in Ketchikan, where he met Deb.

They lived in Alaska for seventeen years, had two boys, and moved to Hawaii for a year. In 1988, Deb and Jim moved to Kirkland and then to Magnolia, where they lived for the past sixteen years. Both of their boys and families live in Seattle.

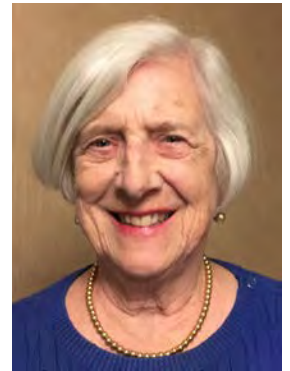
Their draw to Mirabella was the “vibe” and the outside decks! They have interests in music, gardening, and books, and they are ready to become involved. They look forward to many future connections to this community.

Charlotte Lindsey

Marli Iverson

Seattle area native Marli Iverson joined the Mirabella community in September, moving into apartment 405 from her home on Mercer Island. A major clue to her interests is the fact that there are two grand pianos in her living room. She has been involved in many musical activities in Seattle over the years. She and her husband were soloists at Epiphany Episcopal Church. She served on the

boards of Seattle Opera and the Music4Life organization, and she is a member of Seattle #4 Rotary. She was on the Pacific Northwest Ballet Board and later its president. Marli taught junior high school music in Seattle and Tacoma. She was also a real estate agent for thirty years.



Marli Iverson

Marli has two sons, one here and one in the San Francisco area. She has five grandchildren. She enjoys the home on Whidbey Island that she and her husband built in 1973. Her current interests include music, reading, ballet, and volunteer endeavors.

Tina Moss

Ray and AnnBritt Mathis

Ray grew up in a Houston neighborhood where success meant avoiding arrest. Luckily, he chose the opposite path and became a Dallas



Ray and AnnBritt Mathis

policeman. Loving the work but not the pay, he headed to University of Texas, Austin. After graduation, he was recruited by Southern Pacific, San Francisco. Kennedy’s call to service triggered an FBI career in Denver, Seattle, Honolulu, Washington DC, Kansas City, and Brussels, where he oversaw counter-intelligence operations for NATO. After FBI retirement and responding to the Lockerbie bombing, Ray created Pan Am’s security office in Frankfurt. Next was Portland, where he ran a security consulting business and directed the Portland Citizen’s Crime Commission. Finally, Ray urged AnnBritt to return

ROBYN & RON § BOOKS

NOVEMBER 2023

17

to Seattle, and to his delight she agreed. He looks forward to pursuing his interests in lifelong learning with a special love of Shakespeare, politics, history, and world affairs.

AnnBritt was born in Finland to Swedish parents. After she was four years old, her parents served as missionaries in India where AnnBritt attended boarding school. When she was sixteen, the family emigrated to the U.S., arriving in Seattle during the World's Fair and settling in Raymond, Washington. AnnBritt attended the University of Puget Sound and then worked throughout the Bell/AT&T system in various capacities for thirty years. In 1975 she was in Seattle when an irresistible FBI agent swept her off her feet into a life of nonstop adventure. AnnBritt's interests include photography, correspondence, downtown living, nature walks, elder care, and the Swedish Club. AnnBritt and Ray's son Adam lives in the Bay Area.

Sue Herring

Robyn and Ron Lewis



Robyn and Ron Lewis

After Ron's stint in the U.S. Navy and a degree in communications from the University of Washington, he did graduate work before heading off to Europe, where he

met new friends. They outfitted a Volkswagen van to travel across Morocco, Northern Africa, and then south to Kenya. Later, Ron began his own three-month, hitch-hiking trek to South Africa.

In Johannesburg he was hired by 3M Company, eventually transferring to Durban. There he met Robyn, who had received her nursing degree and postgraduate degree in midwifery from the University of Pietermaritzburg. She and Ron agreed

about the immorality of apartheid. Within a few weeks, Ron and Robyn were an item. After six months, they were married. That was fifty-seven years ago.

The young couple entertained friends across color lines, catching the eye of South Africa's conservative and intolerant apartheid government. Ron had two weeks to leave the country. Thanks to a connection with a U.S. Counsel, Robyn's visa was expedited, and she was able to join him.

Ron accepted a job with 3M Company in New Orleans with successive transfers. In 1979, after five years in St. Paul, the couple changed course, leaving corporate life. Returning to Seattle, they bought Greenwood Hardware in Phinney Ridge, which they owned and managed successfully for the next twenty years. Upon retiring in 2000, both the Seattle City Council and the Mayor's office recognized them for exceptional contributions to a wide variety of community and civic causes and organizations. They say that recognition was a very humbling experience.

Retirement involved more world travel, including trips to South Africa, where Ron could return after twenty-two years. Until then he had been *persona non grata*. There were also frequent stays at their condo in Puerto Vallarta.

They arrived at Mirabella on August 31. They are happy to be at their forever home.

Judy Owens

BOOK CLUB

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

November 27 – We will discuss *The Book Woman's Daughter: A Novel* by Kim Michele Richardson. This is a sequel to the book we read earlier this year. After her parents have been imprisoned for miscegenation, Honey takes up the traveling

FALL OUT § TRANSFORMATIVE OPERA

librarian job her mother once held.

We will not meet in December.

January 22 – The book selected for this meeting is *Secrets of the Sprakkar* by Eliza Reid. The author, the first lady of Iceland, reviews how gender equality issues have been successfully addressed in her adopted country.

Everyone is welcome to join us. Coordinator: Tina Moss.

FRIENDS OF MEDIC ONE NEWS

Fall Prevention and Treatment

Thursday, November 30; 10:30–11:30 am, Emerald Hall

Did you know that every eleven seconds an older adult visits the emergency room for a fall-related injury? The Friends of Medic One at Mirabella and Medic One Foundation will present a complimentary educational program that will demonstrate the basics on how to prevent falls, what to do if you fall, plus hands-on first-aid training on how to treat some common fall-related injuries.



Tim Douglas and Chris Gutierrez

The training will be led by retired Seattle Fire Paramedic Norris Edwards. Special guests include Tim Douglas and Chris Gutierrez, our most

recent Mirabella Paramedic Training Scholarship recipients. Tim and Chris will report briefly on their journey to becoming Seattle Fire paramedics and about the exciting calls they have been on since graduation. Mirabella Administration will also be on hand to answer Mirabella-specific questions. We hope you will be able to join us for this unique hands-on training event.

If you have any questions, please contact Sara

Oshikawa-Clay at (425) 625-2032 or sara@mediconefoundation.org. Coordinator: Glenda Maledy.

OPERA CLUB NEWS

L'incoronazione di Poppea (The Coronation of Poppea) by Claudio Monteverdi (1567–1643)

Monday, November 13; 2 pm, Emerald Hall

“Monteverdi can be justly considered one of the most powerful figures in the history of music,” according to the *Norton/Grove Concise Encyclopedia of Music*. Modern music critics consider him the first great opera composer. He was largely responsible for the transformation of opera from a private entertainment of the nobility (as with *L'Orfeo* in 1607) to what became a major commercial genre, as exemplified by *L'incoronazione di Poppea*, his greatest masterpiece. With a libretto by Giovanni Francesco Busenello, *The Coronation of Poppea* premiered in Venice in 1643.



Claudio Monteverdi by Bernardo Strozzi (c.1630)

The opera is one of the first to be based on a historical rather than a mythological or Biblical subject. Poppea, mistress of the Roman emperor Nero, achieves her ambitions by persuading Nero to divorce his wife Ottavia and crown Poppea empress. Monteverdi used specific musical devices to represent different moods and situations in the story: triple meter stands for the language of love; arpeggios demonstrate conflict; and *stile concitato* (agitated style) represents rage.

Many of Monteverdi's operas have been lost, but the surviving operas (like *L'Orfeo*, *Il Ritorno d'Ulisse in Patria*, and *L'incoronazione di Poppea*) still

STEP OUT & STEP UP

NOVEMBER 2023

19

afford pleasure to present-day audiences and are regularly performed today—quite an achievement for a composer from the turn of the seventeenth century. The effective projection of human emotions in music is a crucial feature of Monteverdi’s musical legacy.

The performance we will see is a 2010 production from the *Teatro Real* in Madrid, by Les Arts Florissants with William Christie conducting. *Poppea* is sung by lyric soprano Danielle de Niese; countertenor Philippe Jaroussky sings Nerone; Ottavia is sung by mezzo-soprano Anna Bonitatibus; and Antonio Abete sings Seneca.

Norton/Grove also says that Monteverdi’s *L’Orfeo* was the first opera to exploit the potential of what was then a novel art form. Already an accomplished composer by his early 20s, Monteverdi became *maestro di capella* in 1591 for the court of Duke Vincenzo Gonzaga in Mantua. While there, he was commissioned to compose his first opera, *L’Orfeo*, in which he made innovative use of polyphony, combining elements of the traditional sixteenth century madrigal with the new monadic style where the text dominates the music. After Mantua, Monteverdi was hired in 1613 to become *maestro di capella* at the prestigious St. Mark’s Cathedral in Venice. During his long Venice tenure, he composed many operas and became known for his use of modern rhythms, frequent meter changes, constantly varying texture, and much virtuosity. Monteverdi’s chief concern was always the resolving of the proper combination of words with music.

The upcoming Metropolitan Opera Live in HD broadcast is Anthony Davis’s *X: The Life and Times of Malcolm X*, on November 18, starring Will Liverman. To take the Mirabella bus to these broadcasts at Thornton Place Cinema at Northgate, sign up by calling x 1419.

Donna McCampbell

2023 WALK TO DEFEAT ALS: MARYMOOR PARK

BY JARED CURTIS

Thirteen Mirabella Seattle residents climbed aboard the Mirabella bus on Saturday, October 7, to go for a walk in the park on a lovely sunny day.



ALS walk: Mirabella walkers at Marymoor Park – photo, M.J. Taylor

Not just any park: Marymoor Park is a beautifully landscaped city park located on the north end of Lake Sammamish in Redmond, Washington. It is King County’s largest, oldest, and most popular park, with more than three million annual visitors coming to roam its 640 acres.

Not just any walk: The ALS Walk is an annual event organized and run by the Evergreen Chapter of the ALS Association to raise funds to “discover treatments and a cure for ALS, and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest” (from the chapter’s mission statement). As of this writing, the 2023 event raised a total of \$177,281. In a speech before the walk began, we learned that Jared’s fundraising efforts came third in amount raised by individuals, over \$10,000, the larger share of which came from Mirabella donors.

Not just any walkers: Over 450 participants arrived to sign in, enjoy snacks and coffee, and

STUNNING ART

attempt the two-and-a-half-mile walk on a paved, level trail or to line the trail to cheer on the walkers. The volunteers were legion, serving treats and water, whizzing wheelchairs to those who needed help getting back to the starting point, and cheering on the outgoing and returning walkers. The Mirabella team included Laura Bailey, Don Bastian, Rich Bebee, Charlotte Bushue, trip leader Jared Curtis, Makiko Doi, Charlotte Lindsey, Louise Lowry, Al Taylor, Mary Jo Taylor, Julia Wan, and Mary Worthington. Chris and Jade Simonson, who left Mirabella in September to live nearer their family on the east side of Lake Washington, were there to greet us when we arrived, and they walked with us. Many in our group had done the walk at Marymoor last year. On the bus ride home one voice called out, “Let’s do it next year!”

And not just snapshots: Professional photographer Raffy Gentry from Gentry Photography was a busy guy, probably covering three or four times the distance any of the walkers did. He took hundreds of action shots throughout the event. Enjoy them all at <https://gentryphotography.pic-time.com/-marymoorparkals2023/gallery>. The online album spotlights dogs, cheerers, munchers, ribbon cutters, talkers, walkers, and more.

ARTS NOTEBOOK

Clarissa Tossin: to take root among the stars
Opened on October 7, runs through January 7, 2024
 Recently, Walter and I had the pleasure of visiting the Frye Art Museum to see a new exhibit currently on display. In this show, her first solo museum presentation on the West Coast, Brazilian artist Clarissa Tossin has created a fascinating show. Her art contrasts the legacies of consumer destruction of the Amazon rainforest with the enormous amounts of trash created as consumers order huge amounts of “stuff” online.

In large tapestry-like displays, Tossin has sliced up discarded delivery bags and boxes from Amazon’s online business and uses them to make powerful displays, adding ink-jet printing and photo lamination. We were unprepared for the beauty and irony of these works on the walls. In many of the galleries, several of her works seem to reveal stunted trees like those in Brazil’s Amazon rainforest.

Tossin was born in Porto Alegre, Brazil, and is based in Los Angeles. She looks at both corporate and personal consumerism—specifically the multitude of *Amazon.com* delivery bags and boxes—and the deleterious consequences throughout the planet.

Do not miss this exhibit of creative and strangely beautiful eco art.

Lynne Iglitzin

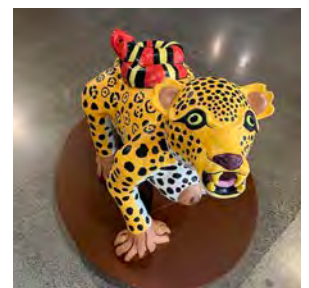
Future Cosmologies: The Regeneration of Mayan Mythologies

MadArts Gallery, 325 Westlake Avenue North, Priscilla Dobler Dzul, Admission free, now through November 22

Jaguars and snakes and crocodiles! Oh! My! These fierce animals live alongside other imaginative ceramic creatures in the mythical Mayan world created by Priscilla Dobler Dzul at MadArt Gallery. Dobler Dzul’s ancestry stems from deep within Mexico’s



Future Geography: Cosmic Cliffs (2023), Clarissa Tossin – photo, Brica Wilcox



MadArt: Life-sized, ceramic jaguar, Priscilla Dobler Dzul – MadArt Studio

RE-STORE IS *THE* STORE FOR YOU

NOVEMBER 2023

21

Yucatan area, home of the ancient Mayans. This connection has inspired her work.

A life-sized, ceramic jaguar dominates the scene, perhaps the mythic figure *La Madre Jaguar*. Glazed in brilliant gold with black spots, she is back on her haunches, poised, ready to attack. But she has strangely gentle eyes. Her long fangs suggest a smile. A bright red snake with black and white stripes is curled contentedly on the jaguar's back. If it were alive, it would purr. More animals and mythological figures appear, some in bright glazes, others unglazed—a bear, more snakes, a crocodile giving birth to another crocodile with a man's head in its mouth.

Nearby, a six-foot long coyote pelt hangs, head intact at the top, feet and tail dragging on the floor. Artfully arranged at chest-level are strings of beads, textiles, and other artifacts of Mayan culture. The coyote's head looks at the display...protectively. Ferocity and reverence share this world.

Another sort of sculpture, a floor-to-ceiling tent of black knotted cable, suggests a nourishing rain, a reminder that agriculture is part of the mix. A gauzy dancer's dress is decorated with ceramic shells designed to simulate the patter of rain. The Mayan dancer would scatter seeds and press them into the earth with her dancing feet. Other sculptures depict the seasons and the cardinal directions with sound and coded colors.

Come to this exhibit to admire the art, contemplate an ancient civilization, and consider our modern relationship to the natural world. Admission is free. It's a short walk from Mirabella.

Louise Lowry

RE-STORE AND THE HOLIDAYS

It's November already. Halloween candy is gone from the shelves; pilgrims and turkeys are the new

decorations. Pumpkins straddle those two holidays, but by the end of this month they, too, will meet their demise, in the compost bin or in recycling. But then it will be December, and time for our Holiday Extravaganza.

The Re-Store has been a Mirabella fixture for almost twelve years. During that time, we have evolved, but our holiday sale remains a popular, yearly event. The store moved to its present location four years ago, and that necessitated some changes in the setup, but we still had our big sale, even with the restrictions COVID brought. So this is a busy time for the Re-Store. This year's Holiday Extravaganza will take place on Friday, December 1. We will have tables filled with special holiday decorations and gift items. Extra helpers will be on hand to assist shoppers. The sale will continue the next day, so we will be open extended hours that Saturday. Do come and join the fun.

Here are some things you need to know and mark on your calendar.

We will be closed November 23, Thanksgiving Day. We will also be closed the following Tuesday, Wednesday, and Thursday (November 28, 29, and 30) in order to setup the tables and displays. On Friday, December 1, we will open our doors at 10 am. Stop by the ATM beforehand. We take cash or check, but no credit cards.

Once again, we offer special giftwrapping. That will be available from November 24 through December 23. Details will be posted in the store.

If you have special donations for the holiday sale, please bring your items to the store before Thanksgiving! We can't handle donations during the setup. As always, all proceeds from our sale and giftwrapping will go directly to our own Mirabella Seattle Foundation. See you at the store!

Ingrid Steppic

BIRTHDAYS ♦ **POETRY CORNER** ♦ **REMEMBERING**

HAPPY BIRTHDAY! NOVEMBER 2023

- | | | |
|--------------------------|-----------------------|------------------------|
| 1 – Jackie Hill | 15 – Cathy Woodburne | 25 – Lois Crow |
| 4 – Susan Dillon | 16 – John Owens | 26 – Lenore Pearlman |
| 4 – Jim Lutz | 17 – Connie Chaplin | 26 – Myrna Loy-Zolyomi |
| 4 – AnnBritt Mathis | 18 – Jo Roberts | 28 – Karen Covington |
| 4 – John Pehrson | 19 – Robyn Lewis | 29 – Ruth Benfield |
| 6 – Richard Berger | 20 – Nickie Askov | 29 – Pauli Diafos |
| 7 – Lynne Iglitzin | 20 – Mary Rogers | 29 – Matt Jamin |
| 10 – Barrett Worthington | 20 – Bill Hecht | 29 – Susan Webber |
| 11 – David Ridgway | 20 – Ginger Ridgway | 30 – Jim Holland |
| 12 – Darrell Guder | 21 – Jim Lane | 30 – Nan Morris |
| 12 – Nelia Yurcisin | 21 – Judith Woods | 30 – Jerry Smedes |
| 14 – Arnie Gaillard | 22 – Margaret Herb | |
| 14 – Ed Speer | 23 – Lois North (102) | |

RELUCTANCE

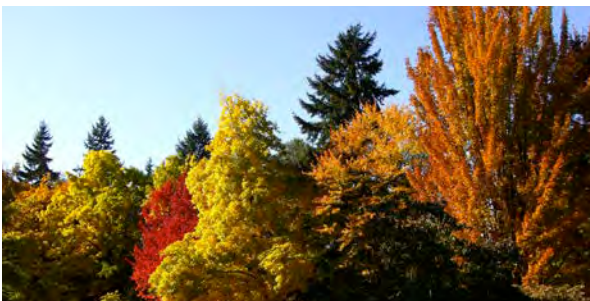
BY ROBERT FROST

Out through the fields and the woods
 And over the walls I have wended;
 I have climbed the hills of view
 And looked at the world, and descended;
 I have come by the highway home,
 And lo, it is ended.

The leaves are all dead on the ground,
 Save those that the oak is keeping
 To ravel them one by one
 And let them go scraping and creeping
 Out over the crusted snow,
 When others are sleeping.

And the dead leaves lie huddled and still,
 No longer blown hither and thither;
 The last lone aster is gone;
 The flowers of the witch hazel wither;
 The heart is still aching to seek,
 But the feet question ‘Whither?’

Ah, when to the heart of man
 Was it ever less than a treason
 To go with the drift of things,
 To yield with a grace to reason,
 And bow and accept the end
 Of a love or a season?

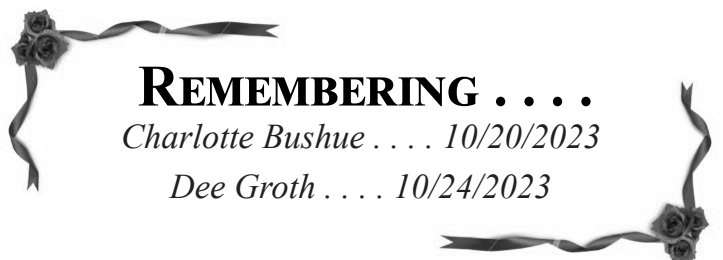


Fall colors at Arboretum – photo, J. Curtis

REMEMBERING

Charlotte Bushue 10/20/2023

Dee Groth 10/24/2023



CONNIE'S MOVIE COLUMN

NOVEMBER 2023

23

GUEST COLUMNISTS

PHYLLIS ALLEN AND WARREN ASKOV



Akshay Khanna and Ritu Arya in Polite Society

Polite Society, a 2023 British film, is a mishmash of an exuberant action comedy centered within a Pakistani family. Two close sisters are on different paths: one sixteen-year-old plans to be a stuntwoman; the other is planning a traditional wedding. What follows is an outlandish series of misadventures, including high kicks, punches, a heist, Bollywood dancing, and there are wonderful costumes. Do not take the movie seriously. – P.A.



Ralph Fiennes and Jessica Chastain in Forgiven (2021)

The Forgiven from 2021 has a more serious message. It is set in the high Atlas Mountains of Morocco. Along the way, we are treated to beautiful

settings and rich photography. The film explores themes of residual colonialism, privilege, and entitlement contrasted with responsibility, restitution, and forgiveness. David (Ralph Fiennes) and his wife (Jessica Chasten) are driving to a party of rich friends. He hits and kills a young boy along the road. He puts the boy in the car and proceeds to the party. He expects to buy his way out of the situation. We see the contrast of western and Arab cultures and the feelings of disrespect and entitlement among the partygoers. Is forgiveness possible? – P.A.



Operation Fortune: Ruse-de-Guerre

How many times have we seen a group of actors try to chase down and eliminate a potentially life-threatening device as an excuse for car chases, gun play, and wisecracking? *Operation Fortune: Ruse de Guerre* repeats the formula. In this case the MacGuffin is a briefcase with vague content. – W.A. Leave the snacks at home before watching *The Whale*. Charlie (Brendan Fraser) is a reclusive online English teacher with morbid obesity, supposedly brought on by excessive eating after the suicide of his former lover Alan. Charlie is trying to restore his relationship with his teenage daughter Ellie. The film earned 2022 Oscars for Best Actor (Fraser) and for Best Makeup.

An aside: Brendan Fraser studied acting for a time at the Cornish College of the Arts in Seattle. – W.A.



The Mirabella Monthly

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



VOLUME 15 | ISSUE 11

NOVEMBER 2023

Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and

Designer: Jared Curtis

Managing Editor: Diane King

Lead Editor, November: Louise

Lowry

Copy Editors/Writers/Proofreaders:

Connie Chaplin, Maria Fiore, Sally

Hayman, Mary Jossem, Louise

Lowry

Proofreaders: Nickie Askov, Tricia

Brink, Susan Callegari, Marilyn

Campbell, Jean Hall, Sue Herring,

Betty Heycke, Diana Holland,

Lynne Iglitzin, Chris Jamin, Jim

Lutz, Tina Moss, Betty O'Donnell,

Helen Roberts, Mary Rogers, Judy

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Production: Coordinator: Michael

Hahn; Jane Beer, Makiko Doi,

Nancy Eliason, Gloria Hennings,

Diana Holland, Chris Jamin, Paul

Keown, Diane King, Tina Moss,

Janet and Jim Ohta, Judy Owens,

Bertie Perry, Rhonda Plawner,

Carolyn Roe, Judy Rourke, Cathy

Short, Louis Swart, Mary Jo

Taylor

Design Support: Jimena Castria

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

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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.