



The Mirabella Monthly

www.mirabellaliving.com/Seattle



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FEBRUARY 2024

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MASKS: WHAT WE HIDE AND REVEAL

BY GINNY SHARP

Who was that masked man? You know. The Lone Ranger wore a simple black eye mask, but the question goes back centuries to the Greeks, Africans, Incas, and Egyptians. Sometimes masks tell us the identity of the wearer—a Greek Queen or traditional African healer. Sometimes they are worn to hide the identity of the wearer—think Carnival. They can be scary or beautiful, comic, or sad. Mirabella residents contributed many masks to the current exhibit of indigenous art, which got me thinking about the role of masks through time. The display in the first floor hallway includes a wide variety of masks that reflect a long tradition.

At Mirabella we continue that tradition as evidenced by our popular Halloween party. Yet masks have often played more powerful roles. Long before lighting and sound systems, Greek actors wore masks to convey emotions and to amplify speech. Even from the highest seats, theater goers could tell that Medea was one angry woman from her fiery, spikey hair and snarling expression (she had murdered her unfaithful husband, Jason). Medea was a woman, but the actor wasn't. For centuries, men played all the parts, another reason for the persistent use of masks in theater.

African masks, like those in our display,



*Balinese Barong, a good demon –
photo, G. Sharp*

MASKED MARVELS

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usually included a full-body costume, the better to transform the wearer into an ancient deity or healer. Take a look at the extensive collection of masks at Seattle Art Museum: hairy, scary, toweringly tall with fangs or horns. The mask-wearer was often a mediator between the living and the spirit world. Dances and rituals involving masked characters are still known as masquerades.



Medieval physician's PPE

Masks took a darker turn during the medieval Bubonic Plague. In times of the Black Death, doctors who tended to victims didn't wear white or have any effective medicine. The plague doctor wore all black, including hat, goggles, and long-beaked mask. The image is familiar, and even now at Carnival, especially in Venice, many wear that strange mask. The two-foot long beak was filled with perfume and herbs to ward off the tainted air. And they had the right idea by wearing a heavy waxed coat, gloves, boots and goggles, an early version of our personal protective equipment (PPE) and N95 masks.

The popularity of beautiful masks is owing to the Venice Carnival, an annual event with origins in the Middle Ages. Those glittering, feathered masks created a more attractive person as well as a hidden

identity. Who needed make-up if you could wear a new face? The better to start a romance. Aristocrats, wanting to be anonymous while gambling or drinking, loved them. A curious note is that masks were only allowed at certain times of year, including some religious holidays. In New Orleans, supplying materials and creating themed outfits for Mardi Gras has become a big business. Some clubs and dance groups, called krewes, spend months inventing elaborate masks and costumes.



*Venetian Masks –
photo, G. Sharp*

Creators of the Lone Ranger gave him a mask to disguise his identity from a good guy to one who wanted to dispense justice outside the law. The Lone Ranger's mask, as small as it was, filled both roles: hiding and revealing a new identity. So, from ancient Greece to Mardi Gras, we continue to delight in masking. What do you want to hide or become next Halloween?

BEEF IN RED WINE WITH PUCCINI

BY RON LEWIS

We'd finished dinner when Sally, a friend visiting from Mexico, and my wife Robyn got up and headed downstairs to watch some television. "Hey, wait a minute....What about the party tomorrow

BOEUF A LA BOHEME

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night? Am I going to get some help? After all, the dinner is meant to delight our friends.”

After a few seconds of silence, Robyn said, “Well now, let’s see...at the table this evening I distinctly recall you saying that YOU wanted to fix the dinner for our twelve guests all by yourself. You said you didn’t want us to get in your way. So, Smarty Pants, here’s your chance to strut your stuff.” Sally, with a twinkle in her eye, nodded in agreement.

“Okay, okay, maybe it was the red wine speaking with a little too much bravado,” I protested. “But go ahead, you slackers, and watch some mind-numbing TV while I slave away. You’ll see, it won’t take me long to get the job done...oh but leave that bottle of red wine with me.”

As they left, I was pouring myself another glass of wine when it came to me in a flash. “Eureka,” I shouted. “Red wine, of course! I’ll prepare Beef in Red Wine...*Boeuf bourguignon*. Brilliant!”



La bohème poster by Hohenstein, 1896

I put Puccini’s tragic but beautiful *La bohème* on the CD player, cranking up the volume. I had no doubt Puccini would surely approve.

A moment later Robyn returned to the kitchen, “You’re drowning us out downstairs,” she said, half shouting, as she turned the volume down.

“An artist needs inspiration,” I said, smiling, and

volume should be inspiration enough.” As she left, Robyn turned back, “That project looks like an all-nighter to me.” Mustering as much dignity as I could, I sighed, “Oh, ye of little faith.” The door closed. I poured myself a wee drop more wine, went to the CD player and turned it up, just a smidgen.

Undeterred, with knives, forks, pots, and pans, plus sundry ingredients spread out on the countertop, I began to prepare my masterpiece. I trimmed, cut into bite-size pieces, floured, and browned pounds of meat. Tears ran down my face as I peeled dozens of small onions. Was it the onions, or were the tears caused by Mimi and Rodolfo’s beautiful but heartrending love scene in act three?

Several kilos of mushrooms got diced, garlic crushed, and what seemed like an endless stream of herbs were sliced and diced. I put all this into a large stainless steel pot on top of the stove; it would need several hours to simmer to perfection. I fetched the bottle of red wine to add it to the pot only to find it was empty! *No problema*, as our guest from Mexico would say, there was more in the wine cooler. By the end of Puccini’s gloriously romantic opera I had accomplished the impossible: the beef in red wine was ready to be served. It was early morning by the time I finished.

At the party the following evening, our guests gushed and raved over how scrumptious the meal was, a true feast. “Ron, what’s the secret to your exceptionally delicious Beef in Red Wine?” my friend Eleanor asked approvingly. Though my head felt a bit fuzzy from my late night, I answered, with a wink at Sally and Robyn, “*No problema...it starts with a couple of bottles of fine dark red wine; it is finished when the wine is finished and when Mimi dies at the end of the fourth act of La bohème.*”

Bon appétit.

thumbed my nose at her. “Artist, dear, this much



WHO DOES WHAT AT MIRABELLA

RESIDENT COUNCIL, 2024–2025 COUNCIL & RESIDENTS’ ASSOCIATION MEETINGS



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

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, 2024

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

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
Active Arts	Barbara Porter Tricia Brink	Box 902, x 1885 Box 600, x 1677
Art	Linda Berkman	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 Kitty Dow	Box 828, x 1640 Box 517, x 1658
Welcome	Sue Herring	Box 709, x 1556

LEADING AND LIVING WELL

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RESIDENTS' ASSOCIATION LEADERSHIP

Laura Bailey, Chair of Nominating Committee



In October 2024 we will vote on new leadership for our Residents' Association. Although that seems a long way off, it is time to form a Nominating Committee to plan a slate for the election. I have agreed to chair the committee and welcome hearing from residents interested in being on this year's Committee. Please contact Laura Bailey at x 1813 or ljb8@me.com.

RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

Tuesday, February 20; 3:30–5 pm, NW/West Dining Room

Residents are invited to enjoy a Community Happy Hour hosted by Resident Services. Please come and enjoy wine, light hors d'oeuvres, and mingling.

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. 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 Bri Bailey, x 1418, or bnbailey@retirement.com.

Audiologist: Seattle Hearing Services

Tuesday, February 13; 9:30–11 am, Suite 301

Dr. Patricia Munson offers hearing assessments. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services at info@seattlehearingservices.com or at (206) 937-8700.

Podiatrist

Thursday, February 29; 8:30 am–3 pm, Suite 301
Dr. Mak Abulhosn, DPM, is available in Suite 301 for morning appointments for IL residents. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

Foot Care Clinic

*Third and fourth Monday and Tuesday, 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, is a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has professional 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 to help them understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues. She is available on 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.

TRYING YOUR HAND AT ART

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Massage Appointments

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


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

Acupuncture

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

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

Health Center Respite

 Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care. Room and board are covered under the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite stay please call Quynh Truong, Health Center Admissions, at x 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 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

Drawn to Watercolor

Thursdays, February 15, 29, and March 7, 14; A, 12–1:15 pm, B, 1:30–2:45 pm, Art Studio 507; registration required

There are two sessions of this class with Maja Sereda. She is returning to Mirabella to teach us the basics of watercolor. Students will then apply this knowledge to painting nature, such as florals, trees, and landscapes. This class is suited to all levels of skill.

A fee of \$45 for supplies will be charged to your Mirabella Seattle account. You may use your own supplies if you have them. The fee is high, but please note that once you acquire these items you will have what you need for future classes.

Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Making Jewelry: Pearl Bracelet

Wednesday, March 13; 11 am–12:30 pm, Art Studio 507; registration required

You can dip your toe into the world of making jewelry with this very easy-to-make pearl bracelet. Choose a color of pearl and some coordinating gemstone chips and string them in a way that is pleasing to you and a perfect size for your wrist. Pearls, gemstone chips, and a clasp will be provided. Mirabella new resident Sandra Jaech has contributed all the materials and will be on hand to assist with the stringing process and the tools to finish the bracelet. Sandra comes with more than thirty years of experience making jewelry and beaded art. There is no cost to residents, but there is a limit of ten for the class. Please register in the red notebook in the Resident Business Office. Coordinator: Sandra Jaech.

EMPLOYEE APPRECIATION

COMMITTEE

Sally Hahn, Chair

Thank you again, Mirabella residents, for the very successful Employee Appreciation Fund Drive in 2023. We also have other events during the year

ON BONES AND BOOKS

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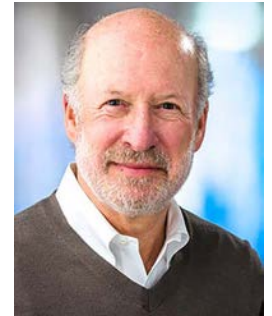
to recognize and thank our employees. National Employee Appreciation Day is Friday, March 1. We send notes of appreciation to our employees and put posters in their lounges to make them aware of how much we value their service.

We also award a \$250 gift to the Mirabella Employee of the Month. The employee is selected by the managers of the various departments, but you can have input in that process. To find the form to recognize excellence, go to MIRANET. There are two lines of options or tabs at the top of the opening page: the line of tabs that begins with “Home” and the one below it that begins with “Main.” The third tab on the “Main” line is “Feedback.” Click this tab, and a new page will appear. On the right side of this new page there is a form to nominate an employee for the VIP award. The form already has your name, apartment number, phone, and email address. Fill in the rest with your nomination and click “Submit Form.”

HEALTH AND WELLNESS COMMITTEE

Ken Hopkins and Bob Lewandowski, Cochairs
Advances in Bone Marrow Transplantation
Tuesday, February 27; 3:30–4:30 pm, Emerald Hall
Please join us for our monthly lecture to hear Dr. Fred Appelbaum from Fred Hutch Cancer Center. He is a renowned pioneer in treatment of blood cancers and bone marrow and blood stem cell transplantation. In 2023, The American Society for Transplantation and Cellular Therapy presented Dr. Appelbaum with a lifetime award achievement award with these words: “In the course of his career, he has witnessed a transplant procedure once performed by him and just a handful of Seattle physicians win widespread acceptance and international acclaim. Worldwide, more than

1.5 million patients have had these potentially lifesaving interventions.” He is Professor of Hematology and Oncology at the University of Washington, Associate Director and Professor for Clinical Research Fred Hutch/UW/Seattle Children’s Cancer Consortium. He will speak on the history of bone marrow transplants and new strategies emerging for more effective treatments. Coordinator: Nan Morris.



Fred Appelbaum

LIBRARY COMMITTEE

Martha Oman, Chair

B Elevator Books

Have you ever wondered about the books on shelves in the alcoves with the jigsaw puzzle tables on floors three through nine?



Library Books on the Eighth Floor – photo, J. Curtis

In this busy B Elevator location are the books of prolific authors who have written multiple volumes in a series or as

standalones. David Baldacci, Ken Follett, Jayne Ann Krentz, Louise Penny, and James Patterson are just a few of the writers whose books are on these shelves. A complete list of the authors and the floor number where their books can be found is provided on the Library Bulletin Board to the left of the entrance door on the first floor. You will also see a list on each floor.

Please return your book after reading it to the book cart under the Bulletin Board in the Library. The librarians mark the date when the book was returned and take it back to its place on the appropriate floor. Since Mirabella Library does not have a check-out system, this check-in date is our only means of

LIFELONG LEARNING

identifying which books are being read and which are not. In this way, we can make room for new acquisitions, by culling unread books.

A new nonfiction addition to our Library is *Irresistible: How Cuteness Wired our Brains and Conquered the World* by Joshua Paul Dale. He is the son of Susan and Brendan Coleman and recently spoke at Mirabella.

Happy Reading!

Martha Oman and Linda Morrison

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

OLLI-UW February Zoom Lectures

Lectures are free to Mirabella residents.

Preregistration is required for all lectures.

Atomic Washington: Our Nuclear Past, Present, and Future

Friday, February 9; 12–1 pm

Pre-registration Zoom link: <https://washington.zoom.us/j/9330842830>

Steve Olson is a writer who most recently authored *The Apocalypse Factory: Plutonium and the Making of the Atomic Age*. He is also a consultant writer for the National Academy of Sciences, the President’s Council of Advisors on Science and Technology, and other national scientific organizations. He will speak about a small pit of radioactive material manufactured at a top-secret facility in Eastern Washington, a facility which today remains the most radiologically contaminated site in the Western hemisphere. He will reveal the many influences of nuclear materials on Washington State and the many ways in which our state has been a pioneer in the atomic age.

Sleeping Well: A Key to Aging Well

Friday, February 23; 10–11 am

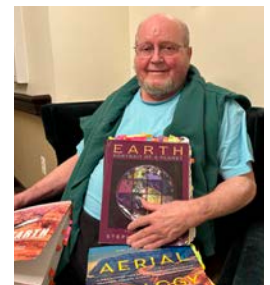
Pre-registration Zoom link: <https://washington.zoom.us/j/9330842830>

Professor Emeritus Michael V. Vitiello is an internationally recognized expert in sleep, circadian rhythms, and sleep disorders in aging with a focus on the causes, consequences and treatments of disturbed sleep, circadian rhythms, and cognition in older adults. He will talk about how to take the first step toward better sleep, how a good night’s sleep promotes healthy aging, why we tend to get less than we need, and what links sleep and illness. Professor Vitiello retired from the University of Washington in 2022 and has recently moved to Mirabella.

Guide to Geology of the Pacific Northwest

Wednesday, February 7; 3:30–4:30 pm, Emerald Hall and Zoom

David Dail, retired pathologist and Mirabella resident, is our field guide to identify remnants of the geologic events that shaped the Pacific Northwest. Footprints of colliding tectonic plates, lava flows, continental glaciers, and immense floods are clearly visible if you know what to look for and where to look.



David Dail – photo, M. Hahn

Coordinator: Mike Hahn.

Understanding Parkinson’s Disease

Monday, February 12; 10:30 am, Emerald Hall

Kristine Pedigo, MBA, MS, RScP, Director of Programs at the Northwest Parkinson’s Foundation, will help us develop an understanding of what Parkinson’s disease is, its early symptoms, and how the disease can develop in different ways in different people. Kristine has created many educational

TALKS IN EMERALD HALL

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Kristine Pedigo

programs for companies and has worked for Boston Scientific as a Therapy Awareness Manager supporting Deep Brain Stimulation (DBS) Therapy for people with Parkinson’s disease. People living with Parkinson’s hold a special place in Kristine’s heart, as she was a care partner from 2013–2016.

Coordinator: Pat Harris.

Resident Revelations, Lynne Iglitzin: *My Life and Patriarchal Politics*

Tuesday, February 13; 3:30 pm, Emerald Hall and Zoom



Lynne Iglitzin – photo, W. Bodle

Lynne Iglitzin has had a busy and fruitful life. Raised in New York City, she has lived in Seattle for many years and loves the Pacific Northwest. Lynne has been a professor of political science at the University of Washington and served on the board of the Washington

ACLU. She will share her experiences during pre-feminist times when women were expected to follow their husbands’ career moves. It was an era of “patriarchal politics,” and the expectation was that women would be content to leave the big issues of politics and government to men! Well...it didn’t turn out that way for Lynne, as you will hear. She shares some of her life experiences as a teacher, author, and civic leader. She is especially pleased to find so many others at Mirabella who have faced challenges both different and similar to hers. Come to Emerald Hall and be prepared for some interesting ups and downs, zigs and zags, that Lynne looks forward to sharing with you. Coordinator: Judy Waring.

Kolya Rice, Art Lectures on “Masters of the Baroque Period”

Wednesdays, February 14, 21, 28, and March 6; 1:30–3 pm, Emerald Hall and Zoom

Kolya Rice, art historian, continues his series on the History of Western European Art. In this group of four lectures, he will trace key developments and themes during the late sixteenth century through the 1750s, that exciting period known as the baroque, and he will explore how these artists responded to their social and cultural contexts. He will cover Italian baroque paintings and sculptures, including Caravaggio, Gentileschi, Bernini; painting in Flanders and Holland, including Rembrandt, Hals, Vermeer, Rubens; and painting in Spain and France, including Velázquez, de la Tour, and Poussin. Coordinator: Sylvia Fisher.



Kolya Rice – photo, Doug Manelski

Integrating People With Parkinson’s Disease into a Community

Monday, February 19; 3:30 pm, Emerald Hall

Dr. Marci Nemhauser, PsyD, will share with us what we as individuals and as a community can do to better support people with Parkinson’s Disease here at Mirabella. She earned her Doctorate in Clinical Psychology at Pacific University in Forest



Marci Nemhauser

Grove, Oregon, and was in private practice for thirty years. She serves as the Social Services Manager at Northwest Parkinson’s Foundation, where she facilitates various support groups for people living with Parkinson’s Disease, their care partners, and their families. Her service is a vital asset in helping people with Parkinson’s across the Northwest and here at Mirabella, and she is skilled in finding local resources and programs to enhance activities of

OUT AND ABOUT

daily living and improve quality of life. Coordinator: Pat Harris.

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.

OUTSIDE ACTIVITIES COMMITTEE

Míceál Vaughan, Chair
 Bri Bailey, Resident Services Director
 Clint Turner, Security & Transportation Manager
 David Miller, Wellness Director

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,

Grocery Trips



- Ballard Market/Safeway**, Fridays, February 2, 16;
10 am–12 pm
- Costco**, Wednesdays, February 7, 21; 9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, February 9, 23; 10–11:45 am
- Metro Market/CVS**, Mondays, February 12, 26;
10–11:45 am
- QFC/University Village**, Mondays, February 5, 19;
10 am–12 pm

Walks

- Saturdays, 9:30–11:30 am pickup*
- February 3 Capitol Hill / Volunteer Park
- February 10 Gasworks Park
- February 17 Lake Washington Boulevard Park
- February 24 Greenlake / Woodland Park
- Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, February 4, 11, 18, 25; 9:15–10:30 am
 The bus goes to Christ Our Hope. Other church trips are by reservation only.

Cultural Events

The Mirabella bus is provided for the following performances, but you must buy your own ticket. If the exact end time of the event is unknown, a resident attending the event will call the valet number when the performance is over.

ACT, A Case for the Existence of God: Saturday, February 10; 1:15–4:15 pm

PANCAKES AND HAM

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Emerald City Music, Oboe/Oboe: Friday, February 9; 7:30 pm–Will Call

Pacific Northwest Ballet, Swan Lake: Saturday, February 3; 12:15–4:30 pm

Seattle Opera, X, The Life & Times of Malcolm X: Sunday, February 25; 1:15–5:30 pm

Seattle Repertory Theater, Quixote Nuevo: Wednesday, February 7; 1:15–4:15 pm; Sunday, February 11; 4:45–7:30 pm

Seattle Symphony 8G, Beethoven's Emperor Concerto: Sunday, February 4; 1:15–4:15 pm

Seattle Symphony 21A, Beethoven's Emperor Concerto: Thursday, February 1; 6:45–9:45 pm; *Randall Goosby Plays Mozart:* Thursday, February 8; 6:45–9:45 pm

Special Activities and Excursions

Pancake Breakfast: Swedish Club

Sunday, February 4; 10:45 am–12:30 pm

The monthly pancake breakfast at the Swedish Club has been a long-time Seattle favorite—even for those from outside the Nordic countries. Join us for a feast of pancakes covered with lingonberries or strawberries and whipped cream, with a side of ham. We'll be entertained by music and dancing. The cost is \$13 for nonmembers and \$11 for members, plus sales tax. Coordinator: Judith Peterick, x 1683.

Elliott Bay Book Company

Wednesday, February 14; 10:30 am–1 pm

This independent bookstore has been a vibrant center for the literary life in Seattle for more than fifty years. Inside the large and bright bookstore, the Little Oddfellows café (younger sister of the Oddfellows Café and Bar next door) serves salads, wraps, sandwiches, baked goods, other desserts, coffee, tea, beer, and wine. We'll be able to grab a bite to sustain us while we browse the store's 150,000-plus collection of new books and remainders. Coordinator: Jean Hall, x 1579.

Northwest Flower and Garden Show (Convention Center)

Thursday, February 15; 11 am–2 pm

The Northwest Flower and Garden Show (or Festival) is the second-largest show of its kind in the country, with many colorful exhibits, plus booths selling gardening supplies, and a room for a light lunch. Tickets are \$27.00 and may be purchased at the Convention Center. Advance tickets (\$22 if purchased before February 13) are available online at <https://www.gardenshow.com>. Coordinator: Marilyn Campbell, x 1587.

43rd Legislative District Town Hall (at Seattle First Baptist Church)

Saturday, February 17; 12:30–2:30 pm

Do you want to learn more about what's happening in Olympia? Our 43rd District Legislators, Senator Jamie Pedersen and State Representatives Frank Chopp and Nicole Macri, are holding a Town Hall meeting at Seattle First Baptist Church (1111 Harvard Avenue) on Saturday, February 17, at 1 pm. Our Washington State Legislature convened on January 8. This year it is a short, sixty-day session scheduled to end on March 7. Come and learn the accomplishments and expectations for the rest of the session. The church has limited parking, so having a Mirabella bus will make attendance easy.

You can find information about our legislators at <https://leg.wa.gov/>, where you can also get details on bills and the legislative process, including access to view hearings. Please let Judy know if you have any questions. Coordinator: Judy Waring, x 1585.

Snoqualmie Casino

Wednesday, February 28; 10 am–2:30 pm

We are going to the closest casino to Seattle for fun, gambling, and good food. Come with us and enjoy a day out. We will leave Mirabella at 10 am and leave the Casino at 2:30 pm. Reserve your seat on the bus by calling x 1419 or by signing in on the

MUSIC & HISTORY

Transportation tab on MIRANET. Coordinator: Ken Hopkins, x 1662.

PROGRAM COMMITTEE

Sally Hayman and Kitty Dow, Cochairs

Bertha Landes

Thursday, February 1; 3:30–4:30 pm, Emerald Hall

It's time you met Bertha Landes, Seattle's first woman mayor! Debbie Dimitre, an actress/storyteller, has been entertaining, inspiring, and educating audiences of all ages with her historical and dramatic storytelling presentations. In costume and in character, Debbie brings to life women's stories in an entertaining and engaging way through story and first-person portrayals in a style that is uniquely her own.

Debbie has entertained us before, as Eleanor Roosevelt and then as Alice Paul. Now come meet the first female mayor of a major American city, Bertha Landes, serving as mayor of Seattle from 1926 to 1928. Coordinator: Diane Holmes.

Valentina Rodov

Thursday, February 8; 3:30 pm, Emerald Hall



Pianist Valentina Rodov returns to Mirabella for another exceptional music performance. Her program will include music works by Mozart, Brahms, Rachmaninoff, and Chopin.

Valentina Rodov was born and raised in Moscow, Russia, and received her music education as a concert pianist from the famous Moscow Conservatory. She performed solo and in chamber groups prior to emigrating to the United States. Once in this country, she decided on a law career, graduating from law school in Los Angeles and passing the California bar. She practiced law as a business litigator in Southern California for more than twenty years until

she and her husband moved to Seattle. With great support and encouragement from the Seattle music community, she came back to piano playing, and soon became a frequent and critically acclaimed recitalist and chamber music performer at various venues in the Seattle area. Coordinator: Kitty Dow.

Blue Note – A Story of Modern Jazz

Sunday, February 11; 2 pm, Emerald Hall

In his continuing series of Sunday Jazz programs, Stafford Miller will



present a DVD on the subject of modern jazz. *Blue Note – A Story of Modern Jazz* (1997), directed by Julian Benedikt and Andreas Morell, is a documentary on the history of the Blue Note label. Its soundtrack relates the contributions to jazz music made by two German-Jewish emigrants, Alfred Lion and Max Margulis, who, in 1939, started Blue Note records in New York City. During the development of the recording industry, the label recorded such greats as Miles Davis, John Coltrane, Herbie Hancock, Thelonious Monk, Art Blakey, Dexter Gordon, and Sonny Rollins. Coordinator: Stafford Miller.

We Are Not Strangers: A Talk with Josh Tuininga

Thursday, February 15; 3:30 pm, Emerald Hall

Josh Tuininga's new book, *We Are Not Strangers*, transports us to the Central District of Seattle during the years of WWII. We learn about the surprising and heartwarming connection between Seattle's Sephardic Jewish community



and the Japanese Americans who were incarcerated following Executive Order 9066. The book, based on true events from Tuininga's own family, is a historical graphic novel, beautifully told through spare words and evocative illustrations. In the midst of the racial prejudice that existed then and

Josh Tuininga

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continues to exist, *We Are Not Strangers* provides an uplifting story, largely hidden until now, of cross-cultural community, compassion, and survival. Josh Tuininga lives in North Bend, Washington, where he directs his own art and design agency. He has published two children’s books: *Why Blue?* and *Dream On. We Are Not Strangers*, his first graphic novel, was awarded a Heritage Grant from 4Culture, the cultural funding agency for King County. Coordinator: Andrea Lewis.

Ladies Musical Club: A Concert of Woodwind Duos and a Bach Chaconne for Viola.

Saturday, February 17; 2 pm, Emerald Hall
Eric Shankland, bassoon, and Julie Shankland, clarinet, will perform *Duo 3* from *Drei Duos for Clarinet and Bassoon* by Ludwig van Beethoven, followed by *Duo-Sonate* by Josef Friedrich Doppelbauer. Both artists have played in many orchestras and chamber groups in Ohio and Washington. Eric was principal bassoon in the Eastside Symphony for fifteen years.



Violist Caroline Swanson will play the *Chaconne* from Bach’s *Partita No. 2 in D Minor*. She is an avid chamber musician, who has played with numerous string quartets; she has also premiered several new works.

This is your chance to hear some outstanding musicians. Coordinator: Carolyn Burton.

Trio Animé

Thursday, February 22; 3:30 pm, Emerald Hall



Trio Anime

Please join the Trio Animé for an afternoon of delightful chamber music masterpieces, featuring works by Max Bruch and Wolfgang Amadeus Mozart. Featuring clarinet, viola, and piano, the Trio Animé

specializes in works written for this unique and beautiful instrumental combination. Coordinator: Stafford Miller.

Bob Brown: Air Traffic Control

Thursday, February 29; 3:30–4:30 pm, Emerald Hall



Bob Brown

A veteran Air Traffic Controller with over thirty-two years of experience, Bob Brown had the privilege to serve the American flying public during one of the most amazing periods in the history of aviation. From the time he joined the FAA in the wake of the 1981 Air Traffic Controller’s strike to his retirement in 2015, he saw the system evolve from one where the controller used paper strips, 1950s-era hardware, and primitive raw radar to our current world-leading system that uses networked computers, satellite-based navigation, and artificial intelligence to make the American National Airspace System the safest, most cost-effective, and efficient in the world!

Bob will share a brief history of Air Traffic Control and explain how the system works for you from takeoff to landing. He will also share the highs and lows of his career, from helping pilots in distress to the grim work of clearing the skies during 9/11. He will also discuss current challenges facing the system, including Congressional budgeting fights and the ongoing shortage of Air Traffic Controllers. His talk will be followed by a Q&A session, where he’ll be happy to answer any of your questions about Air Traffic Control. Coordinator: Diane Holmes.



WELCOME, CHARLES, DENNIS, EDDIE, MICHAEL, & MARY

WELCOME COMMITTEE

Sue Herring, Chair

Charles Kocher



Charles Kocher – photo, M. Hahn Charles was born in Kansas City, Missouri. He went to elementary and high school in Leavenworth and Topeka, Kansas. Charles was in every play and musical his high school produced. He started singing professionally as a freshman at the Kansas City Conservatory of Music. He wanted to become an opera singer, but he forgot to practice!

Charles has an MA in theater management and an MFA in acting and directing. He spent many years working in community theater.

At fifty, he met Jim Hohman and fell in love. At fifty-five they both retired and started traveling. They spent twenty-six wonderful years together in Denver and Tucson. Jim died a year ago of complications from Parkinson’s disease. Charles joined the Mirabella community because his cousin Sally Hahn thought it would be good for him. So far so good.

Sally Hahn

Dennis Pierce and Eddie Edmondson



Dennis Pierce and Eddie Edmondson – photo, AB. Mathis Having lived in a four-story Montlake house for twenty-eight years, Dennis and Eddie decided it was time to simplify, downsize, and say good-bye to three flights of stairs. After researching several retirement communities, the Mirabella stood out as “homey and friendly,” and Unit 616 with its adjoining elevator suited them perfectly. Dennis and Eddie met in Kansas City during a fortuitous potluck dinner in 1984. They were

married eleven years ago, and this February they will celebrate not only this happy occasion, but their forty years together.

Dennis earned his law degree from Washburn University in Topeka but specialized in pension benefit administration prior to moving to Seattle in 1990. In Seattle he switched to nonprofit accounting and worked for several organizations before finishing his career at Pacific Northwest Ballet.

Eddie earned his Master of Social Work from the University of Washington in 1992. Over the years he worked as a clinician for a nonprofit case management agency and for a community health center. He served as a researcher on several UW projects, while simultaneously maintaining a part-time private psychotherapy practice.

In retirement, Dennis and Eddie have enjoyed extensive travels and just returned from a fascinating trip to Egypt and Jordan days before moving to Mirabella. They look forward to more adventures and enjoying their interests in genealogy, reading, and British mystery series while exploring the many new activities offered at Mirabella. They are a welcome addition to the Mirabella family!

AnnBritt Mathis

Michael Vitiello and Mary Baroni

Please welcome Michael Vitiello and Mary Baroni. The couple moved into apartment 1121 in October. Michael and Mary met in Seattle shortly after she moved here in 2001. They married in 2004.



Michael Vitiello and Mary Baroni – photo, S. Hahn

Michael was born in Brooklyn and grew up motor boating, sailing, and fishing. He received his BA from Columbia University in 1973 and moved to Seattle, where he earned a PhD in Psychology from the University

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of Washington. Michael joined the faculty of UW Medical School and retired as Professor Emeritus of Psychiatry and Behavioral Sciences in 2022. His research examined the causes of disturbed sleep, circadian rhythms, and cognition in older adults.

Michael was a nationally ranked fencer, several times Washington State champion, and taught fencing and stage combat. He now enjoys walking, travel, cinema, reading, photography, the arts, cooking, dinner parties, chess, and backgammon.

Mary was born in Middletown, Connecticut. She grew up in a large Italian family, making homemade pasta since she was seven years old. Mary attended Oberlin College, spent her junior year in South India, and graduated with a degree in Asian Studies/Religion. Further studies include a BS in Nursing from the University of North Carolina at Charlotte, an MS in family health nursing from University of Rochester, and a PhD in Human Ecology from Cornell University.

Mary worked in both clinical and academic nursing in New York, Wisconsin, and Washington. She was the director of the nursing program at University of Washington Bothell for twelve years and was hired by Western Washington University to develop the university's nursing program. She has served on health care policy boards, commissions, and nursing education and accreditation boards. She was a competitive pro-am ballroom dancer for ten years; she loves traveling, exercise, and cooking.

Sally Hahn

BOOK CLUB NEWS

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

February 26 – We will be discussing *Lillian Boxfish Takes a Walk* by Kathleen Rooney. This novel relates an elderly woman's walk around New York City on New Year's Eve in 1984. She meets

an assortment of people while reviewing a life of excitement, adversity, passion, and heartbreak, illuminating all the ways New York has changed—and has not.

March 25 – We have selected Annie Dillard's memoir, *An American Childhood*. This is both a portrait of Pittsburgh and her experience of growing up there in the 1950s.

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

OPERA CLUB NEWS

Il Barbiere di Siviglia by Gioachino Rossini
(1792–1868)

Monday, February 12; 2 pm, Emerald Hall

In *The Barber of Seville*, Rossini's most popular opera, the wily barber Figaro uses lies, bribery, and disguises to ensure that the young heroine Rosina will marry the dashing Count Almaviva and not the lecherous Dr. Bartolo. It is *opera buffa* at its best, with every wild deception carried aloft on glorious operatic tunes. As Almaviva takes on false identities, and Figaro offers outlandish explanations, the music astounds us with its beauty and variety. The entire cast must deliver both virtuosic singing and brilliant comedic timing. And there are rapid-fire Italian arias that require almost super-human ability.



Joyce DiDonato and
Cast (no pun intended)

We will see a performance recorded live in 2009 at the Royal Opera House, Covent Garden. It features star soprano Joyce DiDonato as Rosina, Juan Diego Flórez as Count Almaviva, and Pietro Spagnoli as Figaro. Antonio Pappano conducts from the harpsichord. A reviewer for *Intermezzo* magazine reported at the time: "It was an incredible

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performance all round, one of the greatest I can remember at Covent Garden. Perfectly cast, brilliantly sung from top to bottom.”

Fun fact from the Covent Garden run of the opera: on opening night Joyce DiDonato (Rosina) tripped and fell onstage during the performance. She kept singing, albeit with a crutch, believing she had sprained her ankle. In fact, she had fractured her fibula and performed from a wheelchair for the remainder of the run. Seeing her wheel herself across the stage while singing one of Rossini’s difficult arias is amazing. What a trouper!

Upcoming Broadcast from The Met Live in HD

There is no Met Opera broadcast in February. The next Metropolitan Opera Live in HD broadcast is on March 9 and features a new production of Verdi’s *La Forza del Destino* starring soprano Lise Davidsen as Leonora and conducted by Yannick Nézet-Séguin. The Mirabella bus leaves at 9:15 am for Thornton Place Cinema at Northgate. Sign up by calling x 1419.

Andrea Lewis

SUPPORTIVE FRIENDS

Tuesday, February 6; 5:30 pm, Vineyard Room
Mirabella’s Supportive Friends for bereaved residents meets monthly for dinner on the first Tuesday, at 5:30 pm in the Vineyard Room. Menu selection forms for regular attendees will be distributed in early February. Please join us for support, safe conversation, and a meal. Coordinators: Natalie Siegel, x 1698, and Carolyn Blount, x 1644.

BOOKENDS: A REVIEW

BY MARSHA MACINNES

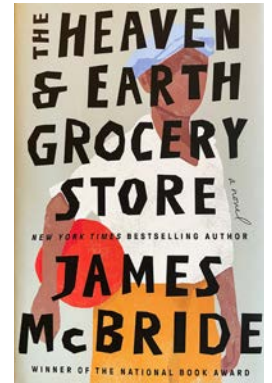
The Heaven & Earth Grocery Store (2023) by James McBride

My bedtime reading has to meet three criteria: it has to have characters I would want to know, there can’t be so many in number that it taxes the mind, and it has to offer hope. A long list of titles meeting these criteria comes to mind, but this is my current favorite. *The Washington Post*, *The New York Times*, and Barack Obama all included this title in their favorites for 2023.

In an interview on the day of publication, James McBride said that his purpose in writing this book was not to illuminate problems in our culture—we are all too aware of problems; what we need are solutions. That hooked me. That and his wish to honor his Jewish grandmother’s life by creating a character with her virtues.

That character was Chona, a crippled Jewish girl who grew into a lovely woman with a big heart. She inherited her family’s grocery store in Pottstown, Pennsylvania, and, as the new owner, made sure that no one ever went hungry. Her husband, with his own profitable business, generously supported a store whose losses always exceeded profits.

Chona’s attention was focused on Dodo, an orphaned black boy who, through a combination of mishaps, lost his hearing. He could speak and read lips, but to the authorities he was deaf, dumb, and useless. They ordered his institutionalization to a horrid place where no distinction was made between physical infirmities, mental illness, and feeble-mindedness. Ron Charles, in a review for *The Washington Post*, noted that the description of this institution was not all that different from the places he and his wife visited two decades ago in search of day care for their eldest daughter with cerebral palsy.



Photo, M. MacInnes

MADARTS' LAST DASH

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The uncertainty of Dodo's fate mobilized the heroes of Pottstown. These people weren't particularly educated or monied, but they were motivated and ingenious. How they accomplished their rescue of Dodo and the essential part that each played, is delineated in the final chapter. Do *not* be tempted to read the end first. You will deprive yourself of the joy of the journey.

More like this: *Deacon King Kong* (2020) and *The Color of Water: A Black Man's Tribute to His White Mother* (1995) both by James McBride.

[Editor's Note: Marsha is a resident-to-be. She and her husband Chris will move to Mirabella this spring. In January of this year she began contributing a series of book reviews to our community newsletter. The novel mentioned, "Deacon King Kong" by James McBride, is in the Mirabella Library Fiction Collection.]

ARTS NOTEBOOK

BY LOUISE LOWRY

Visit MadArt Gallery Now. It's Slated for Closure in Summer 2024

***Why Should Our Bodies End at the Skin?* By Sara Jimenez**

Exhibition: February 6–March 30; opening reception Saturday, February 3; 6 pm, 325 Westlake Avenue North

MadArt Gallery, our neighbor on Westlake, will close this summer. This unique art venue has provided artists generous space for creating giant installations and other immense, creative projects and get paid a salary for doing that. The gallery's closure comes as a shock to the Seattle art world and leaves a giant hole in South Lake Union's cultural landscape. I visited the gallery mid-January, during the installation of one of its last shows, *Why Should Our Bodies End at the Skin?*

A looming, upside-down volcano sculpture that stretches from floor to ceiling will dominate the show. While I was watching the exhibit being put together, artist Sara Jimenez pointed out a large, inverted pyramid of slender steel struts. These will support the upside-down volcano which will have a simulated lava flow of black and fuchsia fabric. Other smaller steel structures on the ceiling suggest an inverted mountain range that includes the volcano.

Jimenez also led me to a table of her recently unpacked ceramic sculptures to be displayed throughout the exhibit.

These pieces suggest the artist's Filipino ancestry. Some were inspired by ancient burial bowls. Others are human heads or small bowl-like vessels incorporating life-like figures. The deep, multicolored glazes suggest they could have been fired in the depths of a red-hot volcano.

The exhibit will be augmented with a rumbling soundscape from Finnish composer Lau Nau, who collaborated with the artist.

Both artist Sara Jimenez and long-time MadArt manager and curator, Emily Kelly, expressed their sadness at the upcoming closure of this unique space. Emily seemed a bit optimistic, however, when she advised me to "Watch this space. Something interesting may be on the way."

All are invited to the Opening Reception of this latest exhibition on Saturday, February 3, at 6 pm. If you go, expect live music from composer Lau Nau and accompanying dance from Seattle's Slow Burn Dance Company. At 325 Westlake Avenue North, MadArt Gallery is an easy walk from Mirabella.



Ceramic sculptures by Sara Jimenez at MadArt Studio

BIRTHDAYS   **◇ POETRY CORNER ◇ REMEMBERING**

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HAPPY BIRTHDAY! FEBRUARY 2024

- | | | |
|-----------------------|----------------------|---------------------|
| 4 – Mary Kirkendall | 13 – Linda Smedes | 24 – Carol Purvis |
| 4 – Bonnie Tibbles | 14 – Dee Dickinson | 25 – Makiko Doi |
| 5 – Tom McArthur | 16 – Judy Waring | 26 – Dean Temple |
| 7 – Warren Askov | 21 – Judy Guder | 27 – Marcy Golde |
| 8 – Jane Blackwell | 22 – Miriam Charney | 27 – Jim Ohta |
| 8 – Mary Taylor | 22 – Sheila Dietrich | 28 – Taylor Putney |
| 9 – Darlene McTaggart | 22 – Sandy Luttinen | 28 – Mimi Gormezano |
| 13 – John Russell | 24 – Al Novack | |

GRADE SCHOOL POLITICS

BY BETTY HEYCKE

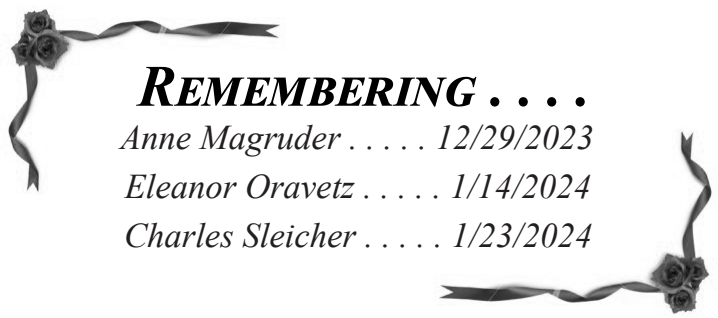
(1941)

I walked to Robert E. Lee School
 with the other free-range children
 on our block
 Ricky Sievert was the oldest
 He was in second grade
 We walked by ourselves
 Even though we had two streets
 and the railroad tracks to cross
 We discussed important questions
 We specialized in extremes –
 Best and worst kind of dog,
 Most disgusting vegetable,
 Worst disease you can die of?
 We invented horrible symptoms
 Usually the fevers won: scarlet, yellow,
 and rocky mountain spotted
 “Stripped” throat was a runner-up
 And then “new monia” and burst appendix

Who is the worst person in the world?
 That was hard. But not for me –
 My Republican parents talked about him
 every day –
 Ricky Sievert said Al Capone
 or maybe Adolph Hitler
 But I knew FOR SURE –
 At my Republican house the worst person
 in the world was Franklin Roosevelt
 Rickie Sievert said I was stupid
 I pushed him down on the railroad tracks
 He got up and punched me
 I cried

REMEMBERING

- Anne Magruder 12/29/2023*
Eleanor Oravetz 1/14/2024
Charles Sleicher 1/23/2024



SHOWTIME IN EMERALD HALL

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MOVIE CORNER

BY WARREN ASKOV



Cast of “Triangle of Sadness”

The Movie Club provides a varied mix of movie genres for February. On February 7 we show *Triangle of Sadness* (2022). It is a black, biting satire of the obscenely rich and over-privileged. It is presented in three acts during which “epic *schadenfreude* keeps edging into genuine sympathy, and we feel just sorry enough for these awful people for the next humiliation to sting just as hard” (Robbie Collin in *The Telegraph*).

On February 24, we offer the biographical documentary *Louis Armstrong’s Black and Blues* (2022). The movie presents Armstrong as the father and founder of jazz whose popularity led him to become a cultural ambassador for the United States. Armstrong was a wonderful storyteller. The film shares examples from his more private conversations and bawdy stories of his childhood in New Orleans. Above all is the music!

It is basketball sneaker wars on February 17. *Air* (2023) follows the pursuit of Michael Jordan as a spokesperson for a basketball shoe yet to be developed by Nike. In 1984 Jordan was a third-pick draft choice whose potential was apparent but yet to be realized. Marketing VP Rob Strasser, along

with co-founder and CEO Phil Knight, task Nike’s basketball talent scout Sonny Vaccaro to come up with a new spokesperson for Nike basketball shoes. Their courting of Jordan and his parents revitalizes Nike. Ben Affleck acts and directs. The movie also stars Matt Damon, Jason Bateman, and Viola Davis.



Matt Damon and Viola Davis in *Air*

On February 28, *The Unknown Country* (2022) stars Lily Gladstone, who just received a 2024 Golden Globe award as best actress in *Flowers of the Killer Moon*. She is the first indigenous actress to do so. In *The Unknown Country* she plays Tana, an indigenous woman, who drives from the South Dakota Badlands across the great plains to Texas to visit her Oglala Lakota family after the death of her grandmother. She attends her cousin’s wedding and meets people along the way. Indigenous actors are either playing themselves or playing the roles of other indigenous people in a manner reminiscent of *Nomadland* from 2020. During the trip and her visit to her family, Tana begins to feel more connected to her roots, especially after her cousin gives her a suitcase of her grandmother’s possessions. We experience a journey of discovery.

For these and other movies in February, see capsule summaries and dates for “MOVIES IN EMERALD HALL...February 2024,” available in the mailroom rack after the first of the month.



The Mirabella Monthly

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



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Guide to Mirabella Publications

The Mirabella Monthly

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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 Tina Tran (ttran@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.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

Adjust the camera or scanner to make photographs or scans of the highest quality (or the highest resolution). JPEG is the most convenient format. Focus the image on the part of the scene that is most important. Submit each image at full size. When attaching an image to an email, choose the option for “original” or “full size.” Send digital images as attachments to jaredcurtis@icloud.com. Put any paper illustrations and sketches in mailbox #801.