

The Mirabella Monthly

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MARCH 2024

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A DOZEN YEARS OF RE-STORE

BY INGRID STEPPIC

Last month, the Re-Store had its twelfth anniversary. Twelve years! Think of it—a grandchild starting first grade, when we took our first hesitant steps into the world, would now graduate from high school. Like that imaginary grandchild, we did a lot of growing up during that time. Long-term residents may remember that we started out in a different location. The southeast corner of the building was a large, unfinished space. Unwanted items got dumped there and nothing was done about it. We had some ideas, we saw potential, and we approached the administration. They were not enthusiastic, but Mirabella did provide us with two folding tables and a hand truck. During the first year, we (Margaret Herb, Lois Braden, I, and shortly after, Phyllis Allen) kept a low profile. Our motto was “It is easier to apologize than to ask permission.” Our first sale brought in around \$500. After the sale, we had to store the remaining merchandise and then bring it out again a few weeks later. It wasn’t very efficient.



Phyllis, Ingrid, Lois, and Margaret in 2012 – photo, J. Curtis

THUMBS UP

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We needed to improve our setup. Our space was unheated. There was one electrical outlet and no telephone line. We had no regular hours, no cashiers, just the four of us flying by the seat of our pants. I found some needed equipment, such as shelving and clothes racks, on Craig's List. That summer, we got our first estate. Today, we have a well-organized plan when dealing with estates, and they are our biggest source of income. But that first occasion was different. Family members, clearing out the apartment, would bring down boxes and boxes of items, which we then had to sort and put away as fast as possible.

That first year we made around \$20,000. During our second year, thanks to new venues, increased donations, and a different setup, we doubled that amount, all of it going to the Mirabella Seattle Foundation. By that time, the Re-Store had become part of Mirabella, and the new administration was ready to help. Our sad place got a makeover: actual walls were installed; electrical outlets were added; we got a telephone line and a dressing room with a sink. Proper heating was still missing, but at least the winter winds no longer blew through the open louvers of our office space.

The next step was turning the Re-Store into a regular business, which meant getting a license, collecting sales tax, and the like. It was a most frustrating period. Margaret wrote a workable business plan, but it seemed that for every solution she offered, someone would find a difficulty. We were almost ready to throw in the towel, but I am glad we didn't. By the fall of 2013, the business plan was operational, and we could move on to planning our holiday sale and setting up a wrapping station.

The Re-Store kept growing and we realized we needed help. In January 2014, we enlisted our first cashiers. With cashiers, the store could be open for regular hours several afternoons a week. Instead

of tiny safety pins, we now used tagging guns. Different-colored tags told us how long an item had been out. When possible, we sold furniture directly from an apartment. We still do that today.

In 2016, we had so many cashiers that we could be open six hours a day. A resident donated several mannequins, surplus from a department store. Our space still didn't have air conditioning, but we were getting closer to being a regular, well-run thrift shop. And then suddenly Mirabella upset the apple cart. Our space was needed by an outside company. We had to move! In the spring of 2019, we were squeezed—temporarily—into two empty apartments. The good news was that after an uncomfortable five months, we did get our own, properly-equipped store. In October 2019 we moved to the space by the D elevator. No need to describe that. Anyone can visit and check it out.

Our store is thriving, but twelve years is enough, and I am taking a sabbatical to get a feel for what retirement is like.

THUMBS ARE IMPORTANT: A HAND SURGEON'S STORY

BY JIM DOYLE

It was Friday evening in mid-November 1977 in Honolulu, my new home, and it was time to kick back and relax on the lanai with my wife and daughter after a busy week of patient consultations and surgery. The ever-present pager announced the end of that beautiful evening with an urgent request from Queen's Medical Center ER regarding a patient with an amputated thumb. I was there in a few minutes with my camera and microvascular instruments to evaluate and treat a part-time cowboy with an amputated right thumb.

A quick history revealed that the patient was

YOUNG ARTISTS ON SHOW

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practicing rodeo roping on the island of Kauai and had caught his right thumb between his rope and saddle horn, resulting in a severed thumb. My query regarding the location of the amputated part prompted the ER doctor to remark, “Surely you are not going to re-attach the missing part since it would die and result in an infection.” My counter to the ER doctor was that I was going to re-attach the amputated part and where was it? I was informed it was somewhere in the riding ring on Kauai.

My urgent and brief monologue to all concerned was to get the cowboys in the ring on Kauai to find the amputated thumb by sifting through the soil in the ring and when they find it, put it in a plastic bag with ice cubes and immediately fly with it to Queen’s Hospital.

The thumb re-attachment surgery performed later that night using established microvascular techniques was successful, and the part-time cowboy returned to his usual occupation as a heavy equipment operator several weeks later.



Commemorative Rodeo belt buckle – photo, Jim Doyle

But wait! There is more to this story. Prior to his discharge from the hospital, the patient was firmly

advised to give up all rodeo activities and was also advised that a second thumb amputation and re-attachment surgery would not likely be successful. The patient assured me that he would never participate in rodeo activities again!

The patient’s wife came to see me in August 1978 for a hand problem, and she brought with her a gift for me from her husband. It was a small box, and I asked what was in the box. She said, “just open it.” Inside was a beautiful, large cowboy belt buckle that the patient had recently won with the inscription, *Memorial Day Round-up, 1978 Team Roping.*

ARTS NOTEBOOK

BY JARED CURTIS

Cornish 2024 Art BFA Exhibition

Opening, Friday, March 29; 6–9 pm, 9th Avenue Gallery, 2014 9th Avenue, Seattle

On View, March 29–April 11

“The Freakshow Show!” is the intriguing title of this two-week exhibit of thesis work by seniors in the Art Department at Cornish College of the Arts. The opening reception will celebrate these nine artists’ work toward earning their BFA degrees in Art. It is their chance to have the spotlight shine on their emerging talent and an opportunity for visitors to meet the artists and congratulate them.

If You Go: The best walking route (less steep) is to cross Denny Way and then Fairview Avenue (or vice versa) to reach the southwest corner of Denny Way. Walk south and cross Boren Avenue; continue along Virginia to 9th Avenue, past the new apartment tower, and turn north on 9th Avenue to reach the 9th Avenue Gallery.



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](#)

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	Bob Lewandowski	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

WEARING OF THE GREEN

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RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour

Tuesday, March 19; 3:30–5 pm, NW/West Dining Room



“St. Paddy’s Toast” by Kelly Froh

“May your troubles be less, and your blessings be more and nothing but happiness come through your door.” – Irish Blessing

Residents are invited to celebrate St. Patrick’s Day with us at our March Community Happy Hour hosted by Resident Services. Please

come dressed in green 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, March 12; 9:30–11 am, Suite 301

Patricia Munson, AuD, 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, April 4; 8:30 am–3 pm, Suite 301

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.

Massage Appointments

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

PEARLS, PAINT, & PLAY

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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

Jewelry Making/Pearl Bracelet

Wednesday, March 13; 11 am–12:30 pm,

Art Studio 507; registration required

"Make and take" a lovely pearl and gemstone bracelet. Customize it to fit your wrist and your color preference. All materials will be provided for

you at no cost, and Sandra Jaech will be on hand to assist with the stringing process and tools. There is a limit of ten for the class. Please register in the red notebook in the Resident Business Office. Coordinator: Sandra Jaech.

Drawn to Watercolor II, A and B

Thursdays, March 28 and April 4, 11, 18;

A 11:30 am–1 pm, B 1:15–2:45 pm,

Art Studio 507; registration required

Learn to sketch and paint nature. You'll learn watercolor basics as well as experiment with a variety of techniques to help you on your journey to mastering this amazing medium. You will work on botanicals, mushrooms, birds, and landscapes, respectively, in the four weeks. This class is suitable for all levels. Supplies will depend on the needs of each person. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

UKULELE JOY

By Betty Heycke

Several years ago on a public bus in Honolulu, I heard a young man play the ukulele. He was sitting alone in the back, his feet stretched out into the aisle. I had often heard the uke played spontaneously on the bus, at the beach, and in several other Honolulu public places, but this was the first time I had heard anyone play Bach. I recognized it from my piano days as the "Prelude in E major." It was splendid! As I got off the bus, I heard our young musician begin something new—more Bach or maybe Vivaldi this time.

The ukulele, a kind of lute, brought to the Hawaiian Islands from Portuguese Madeira in the nineteenth century, can be a more serious and versatile instrument than many people think. Our Mirabella ukulele group, now in existence for more than two years, will not be playing Bach any time soon.

SHAPES, COLORS, & FORMS

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However, we already feel pretty comfortable with such beautiful songs as “Try to Remember,” “Blowin’ in the Wind,” and “Edelweiss.” Our creative and energetic teacher, Barbara Porter, makes chord charts for us and is now arranging our practices so that we feel comfortable and confident making more complex chord transitions.



Uke Players – Back row: Mandy Wertz, Sue Herring, Jean Hall, Front row: Betty Heycke, Barbara Porter, Susan Callegari, Sally Hahn, Missing members: Nickie Askov, Toni Myers, Janet Ohta, and Mary Jo Taylor – photo, E. Hill

And there is that special zing of joy we get from learning something new and beautiful. We read that



Barbara receiving flowers and candy from her students, a pre-Valentine’s Day gift – photo, E. Hill

such learning is good for our aging brains. But mostly it is just fun being together and experiencing that “pat us on the back” feeling from learning something new and getting it just right. Watch for us soon performing in Emerald Hall and on the road wearing our planned Mirabella ukulele T-shirts. On to Bach and Beethoven.

ART COMMITTEE

Linda Berkman, Chair

What Do You See in Abstract Art?

By Ginny Sharp

The new Abstract Art exhibit on Mirabella’s main hall may provoke comments such as “My six-year-old could do that!” Well, maybe. But maybe not. When you look closely, abstract art is more complex than it seems at first glance.

What do *you* see in abstract art—a bunch of squiggles, twisting shapes, or bright bursts of color? Perhaps this art, created of color, shapes, and form, evokes an emotion—surprise, calm, or nostalgia. Our current show certainly will evoke a lot of reactions and maybe some raised eyebrows. Mirabella residents apparently see and experience much in abstract art as evidenced by their many loans to our current show. There are sixty-five art works from residents’ private collections and many for which there was no wall space.

Paul Kidder’s recent lecture here on Morphic Art gave us clues on how to use our vision and imagination when viewing non-realistic images. Kidder explained that the narrative, or story, drops away, leaving us to bring our own imagination and feelings to interpret what we see.

Notice the black and white painting by Vassily Kandinsky outside the Bistro. His early works were more realistic, but gradually he began using blocks of color, line, and shape to express what he felt was a more spiritual view. Kandinsky believed colors had sounds. Today we easily talk about loud



Kandinsky, Abstract Woodcut – photo, G. Sharp

STARGAZING

or quiet colors that create a certain ambience. In our exhibit, his work is pared down to black and white movement, line, and shape.

So, take time to gaze a little longer at a piece that intrigues you, even if created by a first-grader. Only you know what you might discover.

EMPLOYEE APPRECIATION

COMMITTEE

Sally Hahn, Chair

Friday, March 1, is National Employee Appreciation Day



National Employee Appreciation Day is the first Friday in March. Employees are a company’s greatest asset, and recognition and

appreciation are important motivational factors in the workplace.

The Employee Appreciation Committee will celebrate Employee Appreciation Day with cards sent to all employees thanking them for their hard work on our behalf, and we will put “thank you” posters in the employee lounges. We will also have “stick on” badges in the mailroom that residents can wear to show your support. Please offer special thanks to employees you interact with on March 1.

Residents can commend employees at any time. On MIRANET’s homepage, click on “Feedback” at the top of the page to fill in your thoughts about a special employee. When the form is submitted, your comments will be sent to the employee’s supervisor.

Outstanding employees are recognized through the VIP (Values in Practice) program. Each month, Human Resources and department managers award the VIP honor to exceptional employees who lead by example and exhibit one or more

of Mirabella’s Core Values of collaboration, compassion, excellence, innovation, integrity, and stewardship. VIP awardees receive a \$250 bonus funded by resident donations to the Mirabella Employee Appreciation Fund.

HEALTH AND WELLNESS

COMMITTEE

Bob Lewandowski, Chair

On Transitioning to Assisted Living, Memory Care, or Skilled Nursing

Tuesday, March 26; 3:30 pm, Emerald Hall

The Health and Wellness Committee presents Max Kuhlman, Director, Mirabella Health Services Programs. Mr. Kuhlman will detail the services and eligibility for admission to Assisted Living, Memory Care, and Skilled Nursing. The



Max Kuhlman

existence of these programs is among the reasons we choose Mirabella. Don’t miss this opportunity to keep informed. Coordinator: Ken Hopkins.

LIFELONG LEARNING

COMMITTEE

Pat Harris, Chair

OLLI-UW March Zoom Lectures

Preregistration is required for all lectures. Lectures are free.

The Last Stargazers

Wednesday, March 6; 12–1 pm

Pre-registration Zoom link: <https://washington.zoom.us/j/61ceCrpz0jE9XGK9Sd6h5QKMmmksO3s5pP>

LIFELONG LEARNING

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Join University of Washington Associate Professor of Astronomy Emily Levesque, author of the critically acclaimed popular science book *The Last Stargazers*, to take a behind-the-scenes tour of life as a professional astronomer. We'll learn about some of the most powerful telescopes in the world, meet the people who run them, and explore the crucial role of human curiosity in the past, present, and future of scientific discovery. Dr. Levesque's work explores how the most massive stars in the universe evolve and die. She has observed for upwards of fifty nights on many of the planet's largest telescopes and flown over the Antarctic stratosphere in an experimental aircraft for her research.

Fungal Fruits of the Forest—Choice Edible Mushrooms of the Pacific Northwest

Wednesday, March 27; 12–1 pm

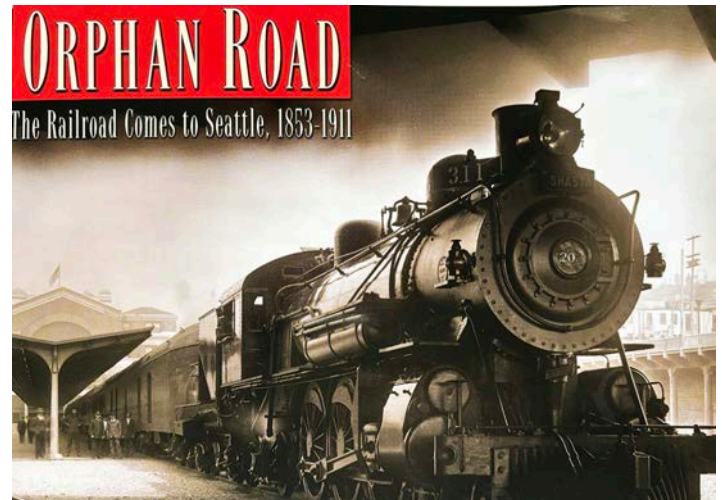
Pre-registration Zoom link: <https://washington.zoom.us/j/7tJtcOmrqz4rHNF5ECygwCAMbbjPRXtp0e0p>

Daniel Winkler, author of the book *Fruits of the Forest: A Field Guide to Pacific Northwest Edible Mushrooms*, has had a lifetime of mushroom hunting around the world. In this presentation he will focus on the incredible edible mushrooms of the Pacific Northwest, where he has lived for the last twenty-seven years. Daniel will discuss favorites such as chanterelles, hedgehogs, king boletes, morels, bear's head, and cauliflower mushrooms. They are easy to identify, helping one to overcome mycophobia, and truly appreciate wild mushrooms. This presentation will help us to know and find many great edible mushrooms while steering clear of dangerous look-alikes.

Transcontinental Railroads to the Pacific Northwest: Kurt Armbruster

Wednesday, March 6; 3:30–4:30 pm, Emerald Hall and Zoom

Seattle resident Kurt Armbruster is an historian, railroad enthusiast, and author of *Orphan Road: The Railroad Comes to Seattle, 1853–1911*. He will discuss Seattle's emergence as the Pacific Northwest's dominant city. In 1883, Northern Pacific, the first railroad to complete a through-line from the Great Lakes to Puget Sound, chose Tacoma as its western terminus. The decision was a deep disappointment for Seattle and fueled an intense Seattle-Tacoma rivalry lasting more than two decades. Not until twenty-eight years later did a prosperous Seattle welcome passengers arriving on four transcontinental railroads at two elegant brick and marble rail stations. Coordinator: Mike Hahn.

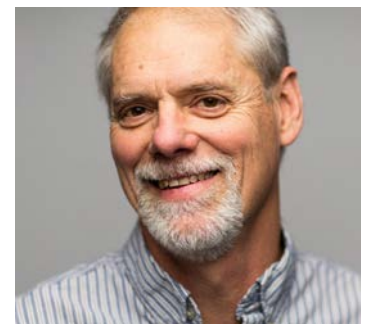


“Orphan Road” – cover photo

OLLI-UW March Lunch and Learn: Climate Change

*Monday, March 11;
12–1 pm, Emerald Hall*

Nick Bond is the State Climatologist for Washington State and Affiliate Associate Professor in



Nicholas Bond

WINE MAKING & CHINATOWN HISTORY

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the Department of Atmospheric Sciences at the University of Washington. He will share with us his interest in the weather and climate of the North Pacific and Western North America. He will talk about climate change, its impact on us, and the changes it will bring to our area. Join us with your lunch or just join us! Coordinator: Pat Harris.

Resident Revelations, Bill Mundy: *My Life in Farming—and Wine Making*
Tuesday, March 12; 3:30 pm, Emerald Hall and Zoom



Bill Mundy

Bill Mundy is celebrating one year of Mirabella residency by sharing a Resident Revelation with us, beginning with his past education and experience in agriculture and wine making. We'll learn how in 1995 he and his wife Mary Ann bought land and developed a 160-acre farm east of Cle Elum. The farm produced timothy hay, berries, fruit, and garden produce—and pinot noir and pinot gris grapes for making wine. They have now sold all but fifteen acres and are leasing the vineyard where they continue making wine. We see Bill less often than Mary Ann because his usual weekly pattern is to arrive at Mirabella from Cle Elum on a Saturday

morning to spend the weekend here with her. Then on Tuesday morning he drives back to Mundy Farms. Come see beautiful pictures of the farm, the site on the Teanaway River, the view of Mt. Stuart, and the house they're building. Coordinator: Judy Waring.

Seattle's Chinatown in the International District
Wednesdays, March 13, 27; 3:30–4:30 pm, Emerald Hall and Zoom

Betty Lau is an award-winning educator and community advocate. In her retirement, Lau has been working on a grant to increase the number of critical language teachers in the state. Critical languages are world languages needed by the United States for national security, economy, and diplomacy.



Betty Lau

On March 13, Lau will focus on the formation of Chinatowns in the U.S. through a series of Congressional laws and acts, beginning with the Chinese Exclusion Act of 1882 and continuing with the burning of Tacoma's Chinatown in 1885. These events were soon followed by the expulsion of Chinese workers from Seattle in 1886.

For March 27, Brien Chow will accompany Lau for a session concerning more recent Chinatown history. Topics will range from Ruby Chow's campaign of 1949 to build bridges and demystify Chinese culture, to Mayor William Devin's proclamation abolishing the term "Chinatown" and the fight over naming the neighborhood. The National Trust for Historic Preservation currently lists Seattle's Chinatown-International District as one of "America's Eleven Most Endangered Places," and activists are working to save Chinatown from Sound Transit's construction plans. Coordinator: Barbara Daniels.

OUT AND ABOUT

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Rebecca Albani, on *Jaune Quick-to-See Smith Memory Map*

Monday, March 18; 10:45 am–12 pm, Emerald Hall and Zoom



Originating at the Whitney Museum in New York City, this Special Exhibition just opened at the Seattle Art Museum. Who better than Rebecca Albani to introduce us to this eighty-four-year-old artist? Jaune Quick-to-

See Smith is a member of the Confederated Salish-Kootenai Nation and has strong connections to Washington State. Her artworks are in the permanent collections of the Metropolitan Museum of Art, the National Gallery, the Smithsonian American Art Museum, the Museum of Modern Art, the National Museum of Women Artists, and other important venues.

Jaune Quick-to-See Smith (whose Shoshone grandmother gave her that middle name as a sign of her ability to grasp things readily) is one of the most innovative and significant artists of her generation. She is an artist, curator, educator, and activist for social justice, preservation, and sustainability. This exhibition, the largest and most comprehensive retrospective of her work to date, brings together over five decades of paintings, drawings, and sculptures. Further, it gives us the opportunity to question why certain visual languages attain recognition, historical privilege, and value over others. Coordinator: Sylvia Fisher.

Seattle’s Streetcar Era

Wednesday, March 20; 3:30–4:30 pm, Emerald Hall and Zoom

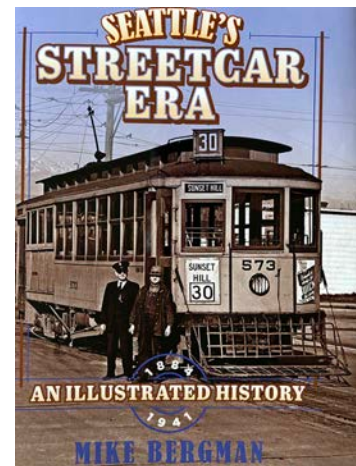
Mike Bergman is an historian, streetcar enthusiast and author of *Seattle’s Streetcar Era: An Illustrated*

History, 1884–1941.

He is a University of Washington graduate and worked thirty-five years as a transit planner for King County Metro and Sound Transit.

He will discuss Seattle’s 1884–1941 streetcar and cable car system. Initially privately owned, the city purchased the streetcar system in

1918. Ridership steadily declined as use of private cars increased. In 1939, the city still operated three cable car lines and forty-seven streetcar lines. Over the next two years, cable cars and streetcars were gradually retired and replaced by new buses and rubber-tired trackless trolleys. Coordinator: Mike Hahn.



“Seattle’s Streetcar Era” – cover photo

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

GOING PLACES

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 write-up. 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.

Grocery Trips



- Ballard Market/Safeway**, Fridays, March 1, 15, 29; 10 am–12 pm
- Costco**, Wednesdays, March 6, 20; 9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, March 8, 22; 10–11:45 am
- Metro Market/CVS**, Mondays, March 11, 25; 10–11:45 am
- QFC/University Village**, Mondays, March 4, 18; 10 am–12 pm

Walks

Saturdays, 9:30–11:30 am pickup

- March 2 Ballard Locks to Fremont Bridge
- March 9 Golden Gardens
- March 16 Alki Waterfront
- March 23 UW Cherry Blossoms

March 30 Luther Burbank Park (Mercer Island)

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, March 3, 10, 17, 24, 31; 9:15–10:30 am
The bus goes to Christ Our Hope. Other church trips are by reservation only.

Cultural Events

- ACT, Stew:** Saturday, March 23; 1:15–4:15 pm
- Emerald City Music, Calidore Quartet and Abeo Quartet:** Friday, March 8; 7:30 pm–Will Call
- Fifth Avenue Theatre, Something’s Afoot:** Thursday, March 21; 12:45–4 pm
- Pacific Northwest Ballet, One Thousand Pieces:** Saturday, March 16; 1:15–4:30 pm
- Met Live in HD, La Forza del Destino:** Saturday, March 9; 8:15 am–1:15 pm; *Roméo et Juliette:* Saturday, March 23; 9:15 am–1:30 pm
- Seattle Repertory Theater, Sanctuary City:** Wednesday, March 20; 1:15–4:15 pm; Sunday, March 24; 4:45–7:45 pm
- Seattle Shakespeare Company, The Bed Trick:** Sunday, March 24; 1–4:15 pm
- Seattle Symphony 8G, Simon Trpčeski Plays Tchaikovsky:** Sunday, March 24; 1–4:15 pm
- Seattle Symphony 21A, Bach St John Passion:** Thursday, March 7; 6:45–9:45 pm; *Sibelius and Nielsen:* Thursday, March 14; 6:45–9:45 pm; *Simon Trpčeski Plays Tchaikovsky:* Thursday, March 21; 6:45–9:45 pm

Special Activities and Excursions

Cornish Dance Capstone Concert (Cornish Playhouse)

Saturday, March 2; 1:30–4:15pm

This shared performance of diverse works choreographed by Cornish students marks the culmination of their creative work at Cornish. Among the performers will be Glen Norris, one of

MUSIC FOR ANY TASTE

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our Mirabella wait staff. Tickets (available online) are \$10 for seniors. Coordinator: Carol Pugh, x 1867.

Pancake Breakfast: Swedish Club

Sunday, March 3; 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.

SIFF Surprise Movie

Sunday, March 3; 3:45–6:30 pm

SIFF's movie schedule is revealed about a week in advance at the SIFF Cinema Uptown. Residents who sign up (x 1419 or on the MIRANET Transportation tab) will be notified as soon as the movies titles are known. At that point we will also know the starting and ending times of the movies. Residents are responsible for purchasing their own theater tickets. We've had a good time at prior SIFF movies and filled the small bus. Take a chance that you will enjoy a movie (and popcorn) on a winter afternoon. Coordinator: Nickie Askov, x 1858.

PROGRAM COMMITTEE

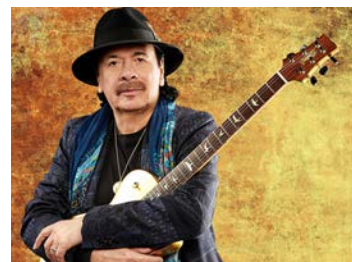
Sally Hayman and Kitty Dow, Cochairs

Carlos Santana, Jazz Guitarist

Sunday, March 3; 2 pm, Emerald Hall

Stafford Miller's Sunday Jazz series continues in March with a DVD presentation of *An Evening with Carlos Santana and Friends*. The name Carlos Santana is well known in the popular music field, especially among the other musicians of his era. He was born in Mexico into a very poor family. His father was a musician, and Carlos began his musical career with him. Carlos's first professional work

was as a teenage guitarist in Tijuana, playing music influenced by the rock and roll artists of the day, B.B. King, Ray Charles, and others. He



Carlos Santana

moved with his family to San Francisco in the early 1960s, where he heard jazz. He became an American citizen in 1965. While doing menial work to support himself, he formed his first band, the Santana Blues Band. He became better known when he played at Woodstock. His first hits, "Oye Como Va" and "Black Magic Woman," established him with the listening public. He still performs, tours, and records. His style is a wonderful amalgamation of Latin folk, blues, rock, and jazz. To many musicians, he and his band were a major factor in changing swing jazz to Latin jazz, demonstrated by a change made in the percussion's rhythmic style. Coordinator: Stafford Miller.

Cary Lee, Tenor

Thursday, March 7; 3:30 pm, Emerald Hall

Tenor Cary Lee will sing a selection of music accompanied by pianist Andrew Brandon-Rumman. The concert will begin with *Dichterliebe*, op. 48 by Robert Schumann and include Broadway selections, notably a medley from Sondheim's *Into the Woods*. A highlight will be "Love's Philosophy," a Percy



Andrew Brandon-Rumman and Cary Lee

IRISH LORE AND MORE MUSIC

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Bysshe Shelley poem set to music by our fellow resident Stafford Miller.

An emerging lyric tenor, Cary was recently featured by UPNEXT ARTS: Opera on the Hill, is a studio artist with Puget Sound Concert Opera, and will perform with in Beethoven's *Choral Fantasy* with the Kirkland Choral Society at Benaroya Hall in April. Originally from Orlando, Cary holds a degree in voice from Northwestern University and studies with Stephen Wall. Check out his website, caryleetenor.com. Coordinator: Judy Waring.

Robin Chapman Stacey, Professor Emeritus, University of Washington Department of History, *Brigit and Patrick: A Tale of Two (Occasionally Grumpy) Saints*



Robin Chapman Stacey

Thursday, March 14; 3:30 pm, Emerald Hall
During Professor Chapman Stacey's long career at the UW (1988–2021), she taught courses on the European Middle Ages, including her special fields of interest, Celtic civilizations. She

won the UW Distinguished Teaching Award in 2006. Her several books on early medieval Irish and Welsh laws have won prizes from organizations ranging from the Medieval Academy of America to the University of Wales Board of Celtic Studies. In early 2023, Robin delivered a public lecture series at the UW entitled "Medieval Made Modern." These lectures, available on the UW website and YouTube, cover historical/near mythic figures such as King Arthur, Robin Hood, and Joan of Arc, among other topics.

Three days before St. Patrick's Day, Robin will enlighten and entertain our Mirabella audience with a presentation on two of the most famous (and

often rival?) saints in Ireland, Patrick and Brigit. Coordinator: Sheila Dietrich.

Ladies Musical Club: Bach Birthday Celebration

Saturday, March 16; 2 pm, Emerald Hall

This will be a celebration to remember. We will have three singers plus cello, violin, oboe, flute, and piano performing arias, duets, and instrumental solos.

There will be excerpts from the *Mass in B minor* and the *St. John's Passion*, selections from the *Sonatas and Partitas* for solo violin, the Bach-Busoni *Chaconne in D minor* for piano, and so much more. Our performers include Lin Chen, soprano and violin; Tiina Ritalahti, soprano; Emily Riesser, soprano; Karin McCullough, piano; Adrianna Hulscher, violin; Jonas Chen, cello; and Emiko Hori, piano.

Come and help us celebrate Papa Bach's birthday! Coordinator: Carolyn Burton.

Professor Larry Starr and Diana Gao, Pianist
Thursday, March 21; 3:30 pm, Emerald Hall

Presenting a program entitled "Music of Clara Schumann and Maurice Ravel: Sonatas Romantic and Modern," Professor Starr, a popular speaker on all things musical, will introduce the music and give us insight into the mind of the



Johann Sebastian Bach by Elias Gottlob Haussmann, Public domain, via Wikimedia Commons



Professor Larry Starr

GRAND WISDOM § POEMS ALOUD

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composers as well as the construction of the works. Larry Starr is Professor Emeritus of American Music Studies at the University of Washington School of Music. He is the author of several books about American music. His most recent book is *Listening to Bob Dylan*.



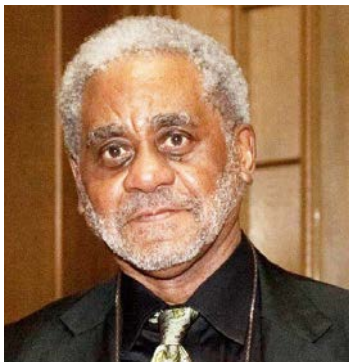
Diana Gao at the piano

Joining him will be pianist Diana Gao, who is familiar to the Mirabella audience as a performer of Chopin works here last year. She will be performing two pieces discussed by Professor Starr, Maurice Ravel's *Sonatine, I–*

Modéré and Clara Schumann's *Piano Sonata in G minor* (in honor of March as Women's History Month). Coordinator: Judy Guder.

Grand: A Grandparent's Wisdom for a Happy Life with Charles Johnson

Thursday, March 28; 3:30 pm, Emerald Hall



Charles Johnson – photo, Lynette Huffman Johnson

It would take more than several pages of *The Mirabella Monthly* just to list Charles Johnson's published works, let alone the awards he has won throughout his career of almost sixty years, thirty-three of which he spent teaching at the University of Washington (1976–2009).

Because of the range of his literary, philosophical, and artistic output, there is a surfeit of topics on which he could speak. For example, he recently gave the keynote address at an international symposium for illustrators: "Drawing at the

Margins: A Black Cartoonist's Journey Through the Arts." In 1990 he won the National Book Award for his novel, *Middle Passage*. In 1998, he was named a MacArthur Fellow. That also was the year he published *Dreamer*, a fictionalized version of the last two years of Martin Luther King's life, and co-authored *Africans in America: America's Journey through Slavery*, the companion book to the PBS 1998 television special.

Additionally, Professor Johnson has published several collections of short stories, books on Buddhism and philosophy, and children's fiction.

On March 28, Charles Johnson will talk about his recent book, *Grand*. Wouldn't we agree that wisdom and a happy life are relevant to all, not just grandparents? Coordinator: Sheila Dietrich.

Mirabella Poetry Fest

Thursday, April 18; 3:30 pm, Emerald Hall

April is National Poetry Month when we celebrate poets and their craft by providing an opportunity for Mirabella poetry lovers to gather and read aloud their favorite poems. There is no overall theme, so if you have a poem that makes you laugh, intrigues you, captures a memory, or one you love for its imagery, simplicity, or absurdity, then please share it with us! To get started, here's a humorous sample by Shel Silverstein:

I opened my eyes
And looked up at the rain
And it dripped into my head
And flowed into my brain
So pardon this wild crazy thing I just said
I'm just not the same since there's rain in my head.

I step very softly
I walk very slow
I can't do a hand-stand
Or I might overflow.
And all I can hear as I lie in my bed

WELCOME BEV & ALDEN, CLARA & BILL

Is the slishity-slosh of the rain in my head. Select a poem you would like to include and send to AnnBritt Mathis via email to abmathis@gmail.com or place in mailroom slot #803. Choose a poem that will fit on a single sheet of 8.5 x 11 paper, single spaced.

Please provide by March 10:

- » Copy of your poem
- » Name of poet
- » Your contact information including email address if available

Coordinator: AnnBritt Mathis.

WELCOME COMMITTEE

Sue Herring, Chair

Beverly and Alden Harris



Alden and Bev Harris – photo, B. Bailey

Beverly and Alden Harris moved into Apartment 903 in mid-January with the warm and efficient aid of their daughters. Both Seattleites, Beverly graduated from Ballard High School and Alden from Roosevelt. They met while attending the University of Washington and initially settled in Magnolia.

Alden joined his father at Washington Federal, which had served the area for over 100 years. Beverly was a homemaker who enjoyed gardening,

golf, and bridge, while raising daughters Ann, who live in Santa Rosa, and Nancy, who lives in Seattle. Both daughters are active in the Arts Scene.

After retirement, Beverly and Alden enjoyed many trips to Maui and purchased a condo there, where they eventually spent half of the year. They also traveled widely with People to People; a favorite was a visit to Scotland, where they played “the old course.”

Though they miss their wonderful view from their Kerry Park condo, they feel that “this is a good move” for them. They have enjoyed dining often in the bar with longtime friend Diana Holland, making new friends, and becoming reacquainted with Marilyn and Dick Campbell.

You may encounter Alden playing Gin Rummy and Beverly enjoying bridge as they settle in. Please make them welcome.

Mary Jo Taylor

Clara and Bill Poole



Bill and Clara Poole – photos, B. Bailey

Clara and Bill Poole are new Mirabella residents, but their names may be familiar because Bill was on our Mirabella Board of Directors for about seven years before they started their search for a retirement home.

STORIES MILD AND WILD

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Clara was from Midland in west Texas, while Bill lived in Houston and later near Waco. They met at the University of Texas, Austin. After graduating and marrying, they moved to Berkeley, California, while Bill worked on his PhD in mathematics. Clara worked in the travel office of Lawrence Radiation Laboratory. They then moved to Williamsburg, Virginia, when Bill joined the Mathematics and Computer Science faculty at William & Mary, and Clara was busy raising two young children.

They moved to the Seattle area nine years later when Bill joined Boeing Computer Services. Clara was a school and community volunteer and went through CASA training to advocate for abused and neglected children. After a few years, Bill started a consulting business and taught part-time at the University of Washington. After selling his business, his final job was chairing the Computer Science and Software Engineering Department at Seattle University.

Recently, much of Bill's spare time has been spent with the Emerald City Rotary Club and other volunteer work. Clara's interests include family, walking, reading, and bridge.

One of Clara and Bill's children lives in Seattle and the other lives in Berkeley. Four grandchildren are college graduates and work in California. The fifth grandchild is a junior at Pacific University in Forest Grove, Oregon.

Carolyn Blount

BOOK CLUB NEWS

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

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

April 22 – Amor Towles's novel, *The Lincoln Highway*, is our April selection. It relates the escapades of four boys in the 1950s as they travel from Nebraska to New York.

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

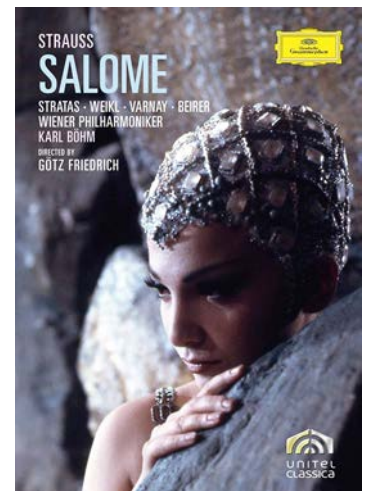
OPERA CLUB NEWS

Salome by Richard Strauss (1864–1949)

Monday, March 11; 2 pm, Emerald Hall

Salome, Richard Strauss's third opera, the first to gain him international recognition, is famous for three things: the shocking story, "The Dance of the Seven Veils," and a breakthrough style of orchestration. The story combines biblical themes with erotic and murderous behavior; the dance is seductive and supposedly ends in nudity; and the large-scale symphonic form was groundbreaking for the way it built atmosphere and erotic tension.

Richard Strauss, a well-known conductor in his younger years, gained fame as a composer in the late 1880s with large orchestral tone poems like *Also Sprach Zarathustra*. After conducting at the Bavarian State Opera, the Bayreuth Festival, and the Berlin State Opera, he became interested in opera. After seeing the Oscar Wilde play, *Salome*, he immediately began work on his opera, cutting Wilde's text by a third and choosing a one-act opera form, an innovation that other composers of the period were exploring. But while Ravel, Stravinsky,



"Salome" by Richard Strauss

MINDFULNESS § FRIENDSHIP

and Schoenberg used reduced musical forces in their shorter works, Strauss went all out. His symphonic composition requires over 100 instruments and aligns the music perfectly with the high drama of the story. It is no accident that the symphony orchestra is the star of *Salome*! One music reviewer calls it “an orchestral tone poem with an additional part for the human voice.”

In the opera, Salome agrees to perform the “Dance of the Seven Veils” for her stepfather, King Herod, in return for the severed head of John the Baptist. In a subplot, Herod lusts after Salome, making his wife Herodias jealous. The opera shocked audiences of the day and many performances were canceled, but today *Salome* is a well-established part of the operatic repertoire. Our production is an opera film from 1976 by the Vienna Philharmonic, starring Teresa Stratas as Salome, Hans Beirer as Herod, Astrid Varnay as Herodias, and Bernd Weikl as John the Baptist.

Upcoming Broadcasts from The Met Live in HD
Thornton Place Cinema at Northgate; bus and performance times are listed under Outside Activities Committee; sign up by calling x 1419

March 9, a new production of Verdi’s *La Forza del Destino*, starring soprano Lise Davidsen, conducted by Yannick Nézet-Séguin.

March 23, Gounod’s *Romeo and Juliette*, starring soprano Nadine Sierra and tenor Benjamin Bernheim, conducted by Yannick Nézet-Séguin.

Donna McCampbell

MINDFULNESS BASED STRESS REDUCTION

*Sundays, March 3, 10, 17, 24; Saturday, March 30;
Sundays, April 7, 14; 1:30–3:30 pm, Conference Room A*

Because of interest generated by Matt Jamin’s

weekly meditation and mindfulness sessions, Mirabella resident Dr. Rick Berger will offer a course in Mindfulness Based Stress Reduction (MBSR). Fifteen residents have already signed up. After a career teaching and practicing urology at the University of Washington, Rick became certified as an MBSR teacher. He has been the primary teacher at Mindfulness Northwest and received his certification in teaching MBSR at the University of Massachusetts Center for Mindfulness as well as a Certification in Mindfulness Facilitation from the Mindful Awareness Research Center at the University of California, Los Angeles. Rick has taught MBSR and Mindful Awareness Practices classes at the UW Medical Center, the UW Intramural Activities Center, and the UW Center for Child and Family Well-Being.

Please contact Matt Jamin (jaminm@uw.edu or x 1635) if you are interested in joining the group or want additional information. Coordinator: Matt Jamin.

SUPPORTIVE FRIENDS

Tuesday, March 5; 5:30 pm, Vineyard Room
Mirabella’s Supportive Friends provide opportunity for discussion and friendship for residents who have recently lost a loved one. The group meets for dinner the first Tuesday of each month at 5:30 in the Vineyard Room. All who wish to engage in conversation over loss are welcome. Menu selection forms are put into the mailboxes of regular attendees at the beginning of the month. For more information call Carolyn Blount, x 1644, or Natalie Siegel, x 1698. Coordinators: Carolyn Blount and Natalie Siegel.



LOUNGING LIZARD § FORGET THEM NOT

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NATIVE IGUANA TOLERATES AMERICAN TOURISTS

BY NICKIE ASKOV

Our three weeks in Mazatlán, Mexico, were enhanced by regular visits from our own iguana (affectionately named Fred). His most notable characteristics are orange spikes on his back and a dewlap (like a large double chin). We first encountered him on the walkway outside our unit, where he was enjoying a patch of sunlight. When he heard us approach, he immediately sought protection behind the wrought-iron fence but failed to take his long tail along. I decided that stepping over it would be advisable.



Common Green Iguana – photo, N. Askov

That was on the first day of our stay in a two-story building at Pueblo Bonito-Emerald Bay. What we soon discovered was that every afternoon Fred walked around the outside of our balcony to seek a safe patch of sunlight. We wondered whether he climbed up the palm tree next to our balcony or whether he walked all around the building ledge until he found the sunny area near our balcony. One day we had a special treat. Fred, clearly a male by the evidence of his dewlap and large size, was

accompanied by a smaller gray iguana and an even smaller green iguana. We immediately assumed that Fred had a family and that they were traveling together in seeking the safe patch of afternoon sun. That speculation sent me to Wikipedia only to discover that iguanas, being reptiles, are low-maintenance parents. The smaller female selects the male for breeding. During the August mating season, he shakes his dewlap vigorously to attract a female, and then he mounts her, holding her down and biting her on the shoulder, sometimes even leaving scars. This is no affectionate love “hickey”! Afterwards she lays her eggs in several nests and that’s pretty much it.

According to Wikipedia, Mexico is home to the common green iguanas—which come in a variety of colors. They don’t hang out at the Bistro begging for food like the grackles. Instead, they are peaceful herbivores eating vegetation and fruits. They make good pets, and some people eat their meat. We did enjoy Fred’s daily appearances, even though he only tolerated our presence.

INGRID AND MAUD

BY RUTH BENFIELD

On January 28, in recognition of International Holocaust Remembrance Day, Mirabella resident Ingrid Steppic and her friend Maud Peper Dahme spoke to a filled auditorium at the Museum of Flight. We learned that Ingrid and Maud’s paths crossed early in life, but they didn’t meet as adults until 2019. Under the German Nazi occupation of Holland, Ingrid’s family joined the Resistance against the invasion. Part of the family effort was getting Jewish children to safe places of hiding. Maud was one of those children.

Ingrid has been a volunteer at the local Holocaust Center, and when she was putting together her own

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Ingrid and Maud – photo, Lexi Jason

presentation, she decided to Google the names of the first two children, who were sisters. She knew they had emigrated to the United States around 1950. What she didn't know was that Maud herself was very active in Holocaust education. One of the members of the Center, Laurie Cohen, managed to get in touch, and Maud and Ingrid exchanged emails and their life stories.

Maud agreed to come to the Museum of Flight for a joint interview at the January 28 commemoration. At this event both Ingrid and Maud bravely shared the horrific experiences of their lives during those three years. During the war, only six of every hundred Jewish children survived. One-and-a-half million Jewish children were murdered. Ingrid's family was able to help hide forty people; all except one couple survived.

The picture shows Maud and Ingrid at Laurie Cohen's house, where they had dinner the day before the event at the Museum of Flight.

Both Ingrid and Maud shared their fervent wish for the lessons of World War II to guide acceptance of all peoples regardless of race, ethnicity, gender, religion, sexual orientation, or other differences in recognition of our common humanity.

BOOKENDS: A REVIEW

BY MARSHA MACINNES

***The Thursday Murder Club* by Richard Osman (2021), Book 1 of 4**

I found this book charming—the language, the characters, the sleuthing. It was all thoroughly delightful.

The characters are octogenarians living in Cooper's Chase, an upscale retirement community outside of London. They have minds too active for bingo and shuffleboard, so busy themselves solving cold cases until a murder happens in their midst. The local police both admire and are frustrated by their contributions and interference in this ongoing case. Elizabeth Best is the leader. We don't yet know her background, but the author hints at espionage. Ibrahim Arif is a retired psychiatrist, elegant in demeanor, dress, and thought. Ron Richie is his foil. He was a labor leader, wears well-worn shorts, and speaks without filters. Joyce Meadowcroft is a retired nurse, who says her best qualification for The Murder Club is that people overlook her—so convenient for listening and observing.

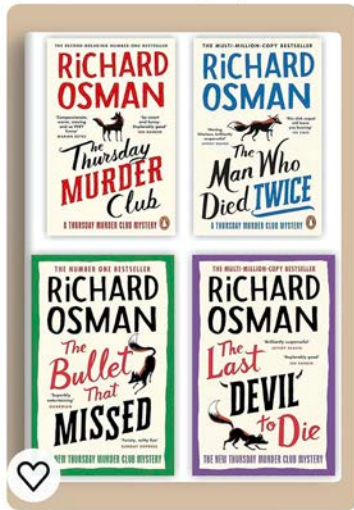
I appreciate the view of aging provided by these characters. They do not wonder how to fill their time, but have interesting, even urgent plans for each day. My favorite quote comes from Ibrahim. "When young, you get up early because there is much to be done and not enough hours in the day. When old, you get up early because there is much to be done and only so many days left."

The characters are written as people who have made major contributions to the world and are not finished yet. They are dealing with the realities of aging—the death of a spouse, the discomfort of physical deterioration, the recognition of diminished cognitive abilities. But these realities do not define their lives; they keep moving forward with gusto.

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Thursday Murder Club Mysteries – photo, M. MacInnes

They are portrayed as people who make the lives of those they touch richer for the interaction.

***The Last Devil to Die* by Richard Osman (2023), Book 4 of 4**

This is the fourth installment in *The Thursday Murder Club* series. It may be the best yet.

The mystery is about the death of an antique dealer whose store became a drop-

off point for cocaine. The devils were the many competing criminals looking for it, each worse than the last, who were killing one another off faster than the authorities could arrest them.

As with the previous three books, the murder being investigated takes a back seat to the complicated, intertwining lives of the four residents of Cooper’s Chase. Their growing friendship is all the more intriguing for their exceptionally diverse backgrounds. As a result of their increasingly strong bonds, they are discovering parts of themselves not previously known.

Ron’s transformation provides the comedy. Joyce’s growing confidence makes us cheer. Ibrahim’s courage, as he exposes parts of himself long hidden, is touching. But it is with Elizabeth that we experience heartbreak. This final installment of the series has some very serious moments. I will leave it at that. You will want to read it for yourself.

More like this: *The Man Who Died Twice* (2022)

and *The Bullet That Missed* (2023), Books 2 and 3 in the series.

[Editor’s Note: All four books are available from Seattle Public Library in several formats. Marsha MacInnes and her husband Chris will move to Mirabella later this year. This is the third in a series of book reviews she has offered to *The Mirabella Monthly*.]

SEATTLE BAROQUE ORCHESTRA, OPEN REHEARSAL

By Donna McCampbell

On January 25, the Seattle Baroque Orchestra gave Mirabella residents a rare opportunity to hear this extraordinary early music ensemble in open rehearsal. The two-hour event began with the seven members of the Orchestra performing the music for their upcoming public concert, including some unusual works that featured the baroque bassoon and the theorbo, a bass instrument of the lute family. Each orchestra member talked about their period instrument and the instrument’s history and then answered questions from an enthralled audience.



Seattle Baroque Orchestra in Open Rehearsal at Mirabella on 1/25/24 – photo, courtesy of Early Music Seattle and Seattle Baroque Orchestra

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

HAPPY BIRTHDAY! MARCH 2024

- 2- Frank Krentz
- 3- Connie Jones
- 4- Louise Lowry
- 4- Christopher Young
- 7- Jack Blume
- 7- Leslie Klein
- 7- Larry Swift
- 8- Judy Rourke
- 10- Bev Harris
- 11- Nancy Eliason

- 12- Mary Jossem
- 17- Michael Hahn
- 17- Paul McTaggart
- 19- Diane Holmes
- 19- Natalie Siegel
- 20- Pat Aitken
- 20- Glenda Maledy
- 21- Jon Noll
- 22- Bill Mundy
- 23- Dick Campbell

- 23- Corky Williams
- 25- Jared Curtis
- 25- Sue Herring
- 26- Ellie Fife
- 27- Anne Cahn
- 27- Don Drury
- 27- Mary Anne Keyser
- 28- Jayne Ann Krentz
- 30- Ellen Gamrath

ROOT BOUND

BY JIM LUTZ

An old plant grew in a
 large pot
 In our front yard
 But we were tired of it,
 And decided to use the pot
 For something else.

It was hard getting the old
 plant out,
 For it was root bound,
 And the roots had grown
 round
 The buried part of the plant
 Like long, thin snakes.
 Round and round
 Again and again
 Always growing but
 Going nowhere,
 Feeding and choking the
 plant
 At the same time.

And I thought about
 Friends and kin folk
 Back in the town I left,
 And how they stayed,
 And stayed and never
 Escaped the place
 They were planted.

And I wondered if
 Putting down roots
 Doesn't strangle you
 Just a little bit.

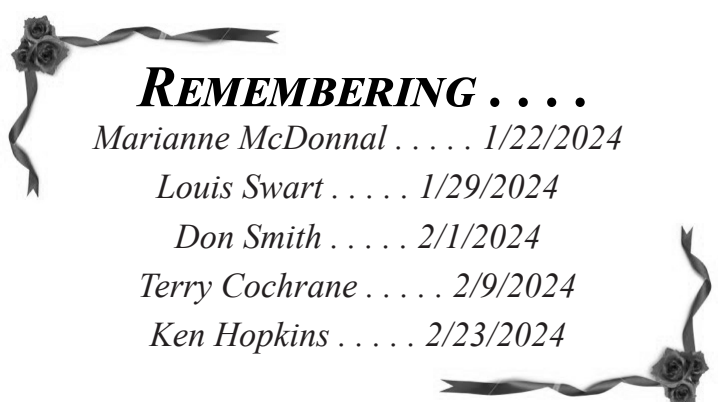
SPRING

BY PAT HARRIS

Spring, sprang, sprung
 Did Spring spring while my eyes
 were closed
 Maybe Spring sprang when I tired of
 my heavy coat.
 Or else, Spring sprung from winter
 rains.
 Spring springs, it sprang, or it
 sprung.
 But anyway, it got here, it came.
 So, welcome Spring.

REMEMBERING

- Marianne McDonnal 1/22/2024*
- Louis Swart 1/29/2024*
- Don Smith 2/1/2024*
- Terry Cochrane 2/9/2024*
- Ken Hopkins 2/23/2024*



MAJOR MOVIES

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MOVIE CORNER

BY WARREN ASKOV

It is pre-Academy Awards at the time of this writing. We don't know who will win, but in any case, we will have a chance to see two of the most nominated movies at the end of March. Before that, comes an excellent biography of Marin Alsop in Bernadette Wegenstein's *The Conductor* (2021) on Wednesday, March 6. It is rare for a movie to earn 100% ratings from both critics and viewers as did this film, according to *Rotten Tomatoes*. Alsop was inspired by one of Leonard Bernstein's Young



Leonard Bernstein

People's Concerts. Told repeatedly that as a woman she would never be a conductor, Juilliard rejected her three times from a conducting class. In 2007, amid controversy, she was named music director of the Baltimore Symphony,



Marin Alsop in "The Conductor"

the first woman to lead a major U.S. symphony orchestra. Since then, she has led many international ensembles (including our own Seattle Symphony) while mentoring young people, especially girls, who have traditionally been excluded from classical music careers.

On Wednesday, March 27, we will show *Maestro* (2023) about the career and marriage of Bernstein and Felicia Montealegre. Though married for over twenty years with three children, their relationship was marred by Bernstein's frequent relationships with men and other women. Those ups and downs make up much of the drama. But there is also wonderful orchestral music from Bernstein's recorded catalog. Bradley Cooper spent six years learning to represent Bernstein's conducting realistically. In many ways, the movie is the Bradley Cooper show; he directed as well as acted and received nominations for Best Actor, Screenplay, and Picture. Carey Mulligan was nominated as Best Actress among the seven Oscar nominations the film received overall.

To end the month, we will show *Oppenheimer* (2023) on Saturday, March 30, in two parts. We had a lot of requests for this movie but puzzled how to cope with its three-hour running time. We will begin the movie at 3:30, take a dinner break about 5:00, and begin again at 7:30. The film deals with Robert Oppenheimer and the development of the atomic bomb. The film has been praised for its historical accuracy. It received thirteen Academy Award nominations, including Best Picture, Director, Adapted Screenplay, and three acting "Bests." Spoiler Alert: The United States developed and used the bomb but was uncertain what to do with the technology going forward. This is a big movie, and it needs more summary, but, hey, I'm out of space and I'm on vacation in Mexico. It's pool time. *Hasta la tarde.*



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Guide to Mirabella Publications

The Mirabella Monthly

Publisher, Editor-in-Chief, and Designer: Jared Curtis

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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.