

The Mirabella Monthly

www.mirabellaliving.com/Seattle



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DECEMBER 2024

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MIRABELLA VISITS THE WOODLAND PARK ZOO

BY NICKIE ASKOV

Is a zebra black with white stripes or white with black stripes? These and other questions were answered when our Mirabella group traveled to the Woodland Park Zoo on October 16. In spite of clouds and drizzle in the morning, the afternoon turned sunny so that we and the animals could enjoy our time outside. We met our docent-in-training, Sue Porter, who told us about the expanded mission of zoos today: preserving the species and caring for the animals in their native habitats.

Sue showed us animals enjoying the sunshine in pairs, including giraffes, zebras, and gazelles. She stressed the fragility of the giraffes with their long legs and necks



Lion – photo by C. Woodburne

SUE AND THE ZOOIES



Sue Porter (Docent-in-Training), Dorothy Rowlett, Cathy Woodburne, Jean Hall, Nickie Askov, Nancy Eliason, Warren Askov

requiring special care. We also saw Shila, a gray female wolf who had not been doing well. A physical exam indicated a heart problem. After she got a pacemaker, she actively patrolled her enclosure. We also saw a handsome lion who was recently taken off the testosterone suppressant that he was on at his previous zoo. Lying on a heated rock, he seemed rather mystified that the female stalked off when he arrived. The Zoo is hoping for lion cubs in the future, but the lioness apparently needs to be coaxed.

Perhaps we had the most fun watching three snow leopard cubs playing and romping around together. We all snapped our photos and videos when one cub would dive-bomb another and end up in a wrestling match. We were also surprised at the size of the Steller's eagle, weighing twenty pounds with a wingspan of eight feet. (In contrast, the bald eagle weighs only fourteen pounds and has a shorter wingspan.)

Lupe, the hippo, moved to another zoo after her partner died. We discussed the logistics of that

move. Sue told us that the animals are acclimated to their moving cages long before a move. The exhibit will be closed due to the expense of maintaining hippos and the water needed for their habitat. However, we did see Glenn the rhino in his coat of armor taking a stroll. We also saw the place where a new exhibit is planned in 2025 for the arrival of two new tapirs that the Zoo hopes will produce offspring. Workers were already setting up the lights for the annual Woodland Park Zoo WildLanterns display, but we all agreed that it was fun seeing the animals enjoying their natural habitats in the sunshine. And we now know the answer to the zebra stripes question—zebras are black if their fur is shaved! The white stripes confuse predators and flies that can irritate their skin.

DINING ADVENTUROUSLY

BY JAYNE ANN KRENTZ

Restaurant: Din Tai Fung
(Pacific Place, 600 Pine St.)

Reason #1 to go: You will feel very on-trend.

All I can say is that lunch at DTF (as regulars call it) seemed like a good idea at the time. So Mary Rogers, Jared Curtis, and I set out on the adventure. Our first clue that we were living dangerously was when the Uber driver dumped us out on the wrong side of Pine Street. Think: traffic. Undaunted, we sprang from the car and scrambled to make it to the safety of the sidewalk. We forged a trail across the street and entered the Twilight Zone Mall. If you've been to Pacific Place recently, you know what I'm talking about. Most of the stores are empty, but there's a light up on the fourth floor and it's Din Tai Fung. Pro Tip #1: Take the elevators because half the time some of the escalators are broken down.

The restaurant was packed, but we got seated



EAT AND SHOP LOCALLY



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Jared Curtis and Mary Rogers – photo by J. A. Krentz

because we had reservations. (Strongly advised. You can do it at the website online. Just be sure you book the right location because there is another one at University Village.)

The young staff was gracious and welcoming, but the menu is a challenge. It takes close reading. An alternative is to prove how on-trend you really are by cranking up your cell

phone and opening the QR code menu to see all the pretty pictures. Or study the menu at home before you go.

Everything is served family style. Unless you are skilled with chopsticks, be sure to ask for forks and serving utensils. We chose the following interesting dishes: seaweed and bean curd salad, soy noodle salad (my fave), hot and sour soup (Mary’s choice) and chicken dumplings.

Pro Tip #2: Beware the little bowl of hot chili pepper sauce on the table. Jared got hit first, but he powered on. I went down next but managed to survive thanks to the oolong tea we had ordered. As for Mary, the more hot and spicy things got, the more she smiled and kept eating!

The restaurant is loud because everyone is talking. Something about family style dining promotes conversation. We estimated that 99.9 percent of the diners were *not* on their cell phones.

Verdict: From Jared Curtis: “Loved the chicken dumplings (took more than my share) and was impressed by the gleaming marble-graced men’s room.”

Verdict: From Mary Rogers: “I was craving hot and sour soup, and Jayne and Jared were willing to try it, so we ordered a bowl for three. It arrived last and they each accepted a small serving. Both coughed, sputtered, and cried their way through their soup while I finished the rest of the bowl with relish and only a flushed face.”

Verdict: From me: This place is hot in more ways than one, and it’s never boring. It will impress your friends and make them realize just how on-trend you are.

THE RE-STORE HOLIDAY

EXTRAVAGANZA

BY MARGARET HERB

The Re-Store Holiday Extravaganza will be held on Friday, December 6, starting at 10 am. This year we will have our sale in the Overflow Room, which is in the corner behind the C elevator and beside the Salon. The doors will close at 4 pm on Friday, but do not despair, we will be open again from 10 am to 4 pm on Saturday. We will be closed on Sunday, December 8, and will re-open again Monday morning. The Re-Store itself will be open for business as usual during our normal hours.

We will have lots of tree ornaments, Christmas lights, a selection of trees and wreaths, and gift items. This event has been a staple of the holiday season at Mirabella for many years and is not to be missed.

Our gift-wrapping service is being offered this year as well. If you are interested in having your wrapped gift look as special as the gift itself, please contact Ellie Fife x 1772. The Re-Store would appreciate a donation to cover the cost of paper, ribbon, and Judy Rourke’s time.

WHO DOES WHAT AT MIRABELLA

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



Julia Wan, President,
2024–2025,
Box 1110, x 1852,
juliawan1@gmail.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.



Míceál Vaughan, Vice
President, 2024–2025,
Box 434, (206) 326-8658
micealv@hotmail.com

RESIDENTS’ ASSOCIATION COMMITTEES & CHAIRS, 2024–2025



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

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



John Wertz,
Treasurer, 2024–2026,
Box 531, x 1672,
jwertz61@hotmail.com

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
Active Arts	Sandra Jaech	Box 306, x 1588
Art	Linda Berkman Ginny Sharp	Box 513, x 1861 Box 912, x 1760
Dining	Gail Temple	Box 1002, x 1820
Emergency Preparedness	Matt Jamin	Box 1028, x 1635
Employee Appreciation	TBD	
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 Nan Morris	Box 408, x 1731 Box 819, x 1768
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	Mike Waring	Box 527, x 1585
Outside Activities	Sheila McConnell	Box 416, x 1621
Program	Sally Hayman Eddie Edmondson	Box 828, x 1640 Box 616, x 1826
Welcome	Sue Herring	Box 709, x 1556



Nancy Eliason, Member-
at-Large, 2024–2026,
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



Sally Hahn, Member-
at-Large, 2024–2026,
Box 1120, x 1755,
skhahn424@gmail.com

CLINICS FOR ALL

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RESIDENT SERVICES

Bri Bailey, Resident Services Director

Community Happy Hour and the Salvation Army Band

*Tuesday, December 17; 2:30–4 pm, Emerald Hall
(note change of time and place)*

Join us for our Community Happy Hour. Join us for live music with the Salvation Army Band. Wear your favorite holiday sweater!

Health Clinics Available to All



The following clinics are being held for Independent Living (IL) residents in seventh-floor Suite 726, accessible from the C 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.org.

Podiatrist

Thursday, December 12; 8:30 am–3 pm, Suite 726
Dr. Mak Abulhosn, DPM, is available in Suite 726 for morning appointments for IL residents. Health Services residents will be seen in their locations after lunch. For appointments, call Mercer Island Foot and Ankle at (206) 275-9117. You will need to bring Medicare and insurance cards and fill out all necessary paperwork at your first appointment.

Audiologist: Seattle Hearing Services

Tuesday, December 10; 9:30–11 am, Suite 726
Dr. Patricia Munson offers hearing assessments the second Tuesday of every month. For appointments, contact Patient Care Coordinator/Office Manager, Seattle Hearing Services (206) 937-8700 or at info@seattlehearingservices.com.

Foot Care Clinic

Call for appointment and rates

Bonnie Ackles, RN, CFCS, is a former Advanced

Registered Nurse Practitioner and a board-certified Foot Care Nurse Specialist. Foot Care Clinic is held on the third and fourth Monday and Tuesday in Suite 726. For appointments and rates, call or text Bonnie Ackles, RN, CFCS, at (206) 940-0748.

Counseling Service

Wednesdays, weekly by appointment only

Resident Services offers two counselors to work with residents experiencing grief, loss, changes in health, anxiety, and depression. Jenna Rumberger, LICSW, is a licensed independent clinical social worker who has been working in the field for over ten years. Visit www.agingwithaplan.org for more information. Ashica Demira, LICSW, is a clinical social worker in gerontology (CSW-G) who serves individuals, families, caregivers, and professionals to provide strength-based and culturally responsive care. Visit www.essentiallicsw.com for more information. Either counselor 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. For information and rates or to schedule an appointment, please contact Jenna at Jenna@agingwithaplan.org, (425) 270-7336, or Ashica at Ashica@essentiallicsw.com, (206) 445-3926.

Massage Appointments

Wednesday and Thursday; 8 am–5 pm; Saturday and Sunday; 10:30 am–4 pm, Suite 726

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

Acupuncture

Tuesdays and Fridays; 9 am–4 pm, Suite 726
Jennifer Lewis, MTCM, LAC, is available for acupuncture services. Call x 1421 to schedule an appointment.

IT TAKES A VILLAGE

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 it is not covered under the temporary free stay program and therefore is a private pay cost.

Max Kuhlman, Health Services Administrator.

ACTIVE ARTS COMMITTEE

Sandra Jaech, Chair

EAF: It Takes a Village LEGO Houses

The LEGO project caught the imagination of our entire community in a positive way. We want to thank The Mirabella Seattle Foundation for helping fund all the little LEGO kits and the Employee Appreciation Committee for coming up with the theme, “It Takes a Village.” Isn’t it great to have these disparate parts of Mirabella come together to create something we can all get behind? The Staff Break Room had a four-story LEGO apartment building and a little sign explaining why and how we have six weeks dedicated to raising funds for their December “Bonus.” The second floor had a

scattering of colorful houses adorning the hallways. JoAnne Shanahan purchased a Haunted House Lego kit that turned out to have instructions printed in Chinese. Larry Swift took on the project and put in the time to assemble the amazingly detailed scary structure. He said he didn’t read Chinese, but the pictures were in English. As it was placed just outside the Bistro, we all got to enjoy a Halloween house that totally fit into our Village. We are inviting all our residents who would like to keep their houses on their shelves through the coming year to do so. The houses that are returned may be put into a plastic container in the Resident Business Office. They will be recycled as there will be LEGO Builds coming after the first of the year. Judy Owens has some ideas about creating a township and hopes there will be lots of enthusiastic builders. She also hopes we will have volunteers who will come to the second floor and work with residents there to build colorful little houses and spread the joy. As Don Drury wrote in our Google group, “Let’s regularly spread thanks for our staff’s gifts to our community. Now let’s share smiles together as we enjoy the holiday season and acknowledge the extra work falling upon our staff.” Cheers! Coordinator: Judy Owens.



*Apartment building in the staff lounge
– photo by J. Owens*

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Zentangle One-Time Special Session

Saturday, December 7; 10:30 am–12:30 pm, Art Room 507

Roland Ingham, our Zentangle instructor’s son, will lead us in a single session project the first Saturday in December. Roland is a high-school student and a Certified Zentangle Instructor who is volunteering his time to bring us this holiday-themed class. If you’ve been in Susan Ingham’s classes, you’ve seen examples of the beauty and quality of his work. There is no fee for this class. Sign up in the red notebook in the Resident Business Office. Coordinator: Sandra Jaech.

EMERGENCY PREPAREDNESS COMMITTEE

Matt Jamin, Chair

Earthquake Preparedness Program

Wednesday, December 11; 2–3:30 pm, Emerald Hall

The Emergency Preparedness Committee and the Friends of Medic One at Mirabella have joined efforts to present as much information as possible to you about the City of Seattle and Mirabella Earthquake Preparedness. We know it is *not if but when* we will have an earthquake. We all have concerns and questions about making sure we are prepared for an earthquake.

An expert group of people will answer Mirabella’s questions and offer information important to everyone. Please mark your calendar and join us on Wednesday, December 11 at 2–3:30 pm in Emerald Hall.

Our Medic One Scholarship recipients for 2023–2024 will join us at the program. Cookies and beverages will be served. Coordinator: Glenda Maledy.

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Acting Chair

A Record-Setting EAF Campaign

The Employee Appreciation Committee’s “It Takes a Village” campaign ended November 14th. This year’s donation amount represents 83 percent of our Mirabella households, which includes Independent Living, Assisted Living, Skilled Nursing, and Memory Care. Mirabella residents donated \$532,009 which exceeds last year’s record donation amount. Thank you, generous Mirabella residents! This will be a special December for our employees.

All contributions received by Thursday, November 14th will be distributed to the 206 full and part-time employees on a pro-rata basis calculated on the number of hours worked during the past year. Distribution is independent of position or title. Employees receive their bonuses by direct deposit on December 6th along with an expression of gratitude letter from Mirabella residents. All contributions after November 14th will count toward the 2025 fund drive. The eight managing directors do not receive awards from the EAF campaign.

Thank you to all who participated in the Lego “little houses” project sponsored by the Active Arts Committee. The Lego houses on resident ledges and all around the building were an important symbol of the campaign.

Many residents have elected to have their EAF donation added to their monthly Mirabella bill. This spreads the payments throughout the year and keeps the reminder of gratitude present each month. A monthly contribution form will be delivered to your mailbox this week. The form allows you to (1) begin deductions in January 2025, or (2) change the amount you are currently deducting, or

BOOKS § PLANTS

(3) discontinue your monthly contribution. If you would like to sign up for this easy contribution method, please fill out the 2025 Monthly Donation form and put it in the *EAF donation box* in the mailroom by December 15th.

LIBRARY COMMITTEE

Martha Oman, Chair

Library News

We have noticed that the displayed books on the center table are borrowed quickly, indicating we have a large group of browsers who are always looking for something different. So, we have converted our granite worktable (to the left, by the window) to a new nonfiction display table. We hope you will find even more interesting things to borrow there. As always, the display books on those tables are available for you to borrow at any time; however, the displayed books on the long table behind the sofa are for reading in the Library, not for borrowing to take to your apartment.

We have also set aside two collections that you may find useful. On the shelves to the right of the fireplace and below the Opera DVDs, there is a collection of books labelled “Grief Support” and also “Parkinson’s.” These books are for you to borrow as needed. Please look them over and share with friends in need.

Marsha MacInnes, who has written several book reviews for *Bookends* in *The Mirabella Monthly*, donated books by the English writer Anne Youngson. They are displayed on the center table for borrowing.

Read and enjoy!



LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

House Plants for Your Apartment and for Gifts; Rizanino Reyes, Horticulturist

Wednesday, December 4; 11 am–12 pm, Emerald Hall

Riz is the current Assistant Director of Heronswood Garden, a world-renowned botanical garden and nursery located in Kingston, Washington. Also, he has a private business for landscaping and décor. He will discuss and show various plants that work well indoors. This local horticulturist and plant expert will give a timely presentation on caring for plants in our homes, especially plants you have been given. He will demonstrate fundamental basics to ensure success and highlight some of his best plant recommendations (both old classics and exciting new varieties) for various growing conditions. Those attending may bring a small potted plant that they are curious about how to care for and that might need repotting. As time allows, Riz will offer his advice and demonstrate how to repot a plant that might need repotting. Riz will bring sample plants to demonstrate. Those attending will be offered these plants to take home as supplies last. Coordinator: Barbara Daniels.



Rizanino Reyes

The Technology Cafe: A Resident-to-Resident Sharing About Technology

Wednesday, December 4; 3–4:30 pm, The Bistro
Have fun with us! Lifelong Learning is again

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sponsoring the Technology Cafe for resident-to-resident technology sharing. If you have questions about using your devices, we have residents and volunteers who will try to help you sort out your concerns. If you do not have specific questions and just want to listen in on conversations others are having, feel free to come. Please join us for conversation or with questions. Coordinator: Pat Harris.

Seattle Art Museum: *Following Space: Thaddeus Mosley & Alexander Calder*
Monday, December 9; 10:30 am–12 pm, Emerald Hall and Zoom

Enjoy another fascinating morning with art historian Rebecca Albiani. She introduces us to this new exhibition featuring the abstract mobiles of the great Alexander Calder (American, 1898–1976), who introduced motion in high art. Calder’s exhibit is in concert with the carved abstract wooden sculptures of Thaddeus Mosley (American, 1926 and still working). He is considered the premier sculptor in natural wood in this country. Coordinator: Sylvia Fisher.

History in Our Neighborhoods: The Washington State Racial Restrictive Covenants Project

Monday, December 9; 1–2 pm, Emerald Hall



Not so long ago, where you could live depended on your race and background. These now-illegal restrictions were used to prevent people who were considered “other” from buying, renting, or occupying a property. How did these restrictions shape many of our neighborhoods? What is the impact today? University of Washington Project Manager, Amanda Miller, and three associate researchers will enlighten and inform us. Bring your questions. Coordinator: Deborah Berger.

Resident Revelations: Lynne Werner and David Olsho, Mirabella Marathoners: Our Life in Running So Far

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

Did you know two active marathon runners live at Mirabella? Lynne Werner and David Olsho, who moved here last March, finished the St. George Marathon in Utah in October this year. They have been running marathons for forty-one years, having completed more than 100 marathons—26.2 miles long— and many



David Olsho and Lynne Werner

races at even longer distances. Lynne and David have finisher’s medals from marathons in the US, Canada, and Europe. They have run in Chicago, New York, Boston, Vancouver, Florence (Italy), Buffalo (Wyoming), Crown King (Arizona), and Hell (Michigan). Their family running team, the Mile Munching Moon Mice, which includes their daughters, sons-in-law, and grandchildren, competes at distances ranging from a quarter mile to three miles. Lynne and David promise to explain how they started running and kept on running and to regale you with stories of some of their more adventurous runs through the Sierra Nevada, the Grand Canyon, Death Valley, Olander Park in Toledo, Ohio, and even Tiger Mountain. Coordinator: Judy Waring.

OLLI-UW December Zoom Lectures

Preregistration is required for all lectures. Lectures are free. There is group viewing, if you wish, in Conference Room A.



Exploring the Complexities of CBD and Its Use in Older Adults

Wednesday, December 11; 12–1 pm

Pre-registration Zoom: <https://washington.zoom.us/j/84123456789>

[zoom.us/j/84123456789](https://washington.zoom.us/j/84123456789)

[Gsrj4iE9AuajwtjWBPUWRNUIGDDI4](https://washington.zoom.us/j/84123456789)

Abby Winter will explore the fact that cannabidiol oil (CBD) seems to be expanding from pills to creams to infused food and drinks. She will talk about the trends in CBD use in older adults in the US, potential benefits and harms, and things to keep in mind if you choose to purchase or use these products.

Cloud Brightening—What is it?

Wednesday, December 18; 12–1 pm

Pre-registration Zoom: <https://washington.zoom.us/j/12345678901>

[zoom.us/j/12345678901](https://washington.zoom.us/j/12345678901)

[6spjkoE9bty40Tn3ClGvgyapAuXD9R](https://washington.zoom.us/j/12345678901)

Robert Wood will help us understand what this form of geoenvironmental engineering is and its effects. He will focus on how clouds play a role in determining climate variability and change and the formation of rain. He will talk about the potential for deliberate use of cloud brightening to offset greenhouse warming.

OUTSIDE ACTIVITIES COMMITTEE

Sheila McConnell, 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. 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: To reserve a place for any of the events scheduled by the Outside Activities Committee—listed here below, on various online and printed calendars, and on the Transportation pages on MIRANET—call or visit the Front Desk x 1400 at least forty-eight hours before the trip. When you register with the Front Desk, the concierge will be able to tell you whether you are on the list or whether you are on the waiting list. If your plans change and you are unable to make the trip, please cancel by calling the concierge at x 1400 and allow someone who is waitlisted to use the space.

Accessibility: We strive to schedule events suitable for everyone, but sometimes we are unable to guarantee that sites for our events can accommodate those with mobility difficulties. When we schedule, say, walks or special outings that may be challenging for those who need to use wheelchairs or walkers, we will mark them here with a double asterisk (**) to indicate that they have uneven or gravel surfaces or have especially hilly or otherwise obstructed paths.

Emergencies: If, while on a trip, you experience an emergency, like an injury, medical event, or any other problem that prevents you from getting to the bus, please call the Mirabella Front Desk immediately at (206) 254-1400.

Grocery Trips

Ballard Market/Safeway, Fridays, December 6, 20; 10 am–12 pm

Costco, Wednesday, December 11, and Thursday December 26; 9:45–11:30 am

Fred Meyer/PCC/Trader Joe’s, Fridays, December 13, 27; 10–11:45 am

Metro Market/CVS, Mondays, December 2, 16; 10–11:45 am

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QFC/University Village, Mondays, December 9, 23; 10 am–12 pm

Walks

Saturdays; leaving at 9:30 am and returning at 11:30 am

December 7 Myrtle Edwards Park (flat)

December 14 Magnolia environs (hilly) **

December 21 Luther Burbank (flat and hilly) **

December 28 Golden Gardens (flat)

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, December 8, 15, 22, 29; leaving at 8:45 am and returning at 10 am

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

Cultural Events

ACT & Fifth Ave: *Mary Poppins*—a brand new production!

Thursday, December 12; leaving at 12:45 pm and returning at 4:30 pm

Emerald City Music: *Quartet in Spotlight*—Brentano String Quartet

Friday, December 6; leaving at 7:30 pm and returning at 9:30 pm

MET Live in HD: *The Magic Flute*

Saturday, December 7; leaving at 12:15 pm and returning at 3:30 pm

Seattle Repertory Theater: *Blithe Spirit*

Sunday, December 8, Wednesday December 18; leaving at 1:15 pm and returning at 3:55 pm

Seattle Symphony: *Holiday Pops*

Sunday, December 8; leaving at 1:15 pm and returning at 3:55 pm

Special Activities and Excursions

Bellevue Square Mall for Shopping, Browsing, and Walking

Wednesday, December 4; leaving at 10:30 am and returning at 2 pm

Join us for all that this part of the Bellevue Collection has to offer during the holiday season. Coordinators: Ron and Sheila McConnell, x 1621.

Cornish School of the Arts: *New Moves*

Saturday, December 7; leaving at 6:30 pm and returning at 9:30 pm

Indulge in an exciting evening of dance featuring Mirabella's own Glen Norris. This program is choreographed, researched, and created by the students. This is not to be missed. At the Alhadeff Studio. Coordinators: Ron and Sheila McConnell, x 1621.

SIFF Surprise Movie

Sunday, December 8; leaving at 3:30 pm and returning at 6:30 pm

SIFF's movie schedule at the Uptown Theatre is revealed about a week in advance. Residents who sign up (x 1400) will be notified as soon as the names of the movies are known. At that point, we will also know the starting and ending times of the movies. Residents are responsible for purchasing their own theatre 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). Coordinator: Nickie Askov, x 1858.

Garden d'Lights at the Bellevue Botanical Gardens

Thursday, December 12; leaving at 3:45 pm, returning about 6 pm

Over half a million lights form plants, flowers, birds, animals, and waterfalls in this garden. Non-refundable \$5 tickets must be purchased ahead of time online. Purchase a ticket for a 4:30 entry on December 12. It could be cold or rainy, so dress warmly. We plan to return for dinner, but snacks and hot cocoa are available there. Accessibility is

SWING AND SWAY

described on the website (<https://bellevuebotanical.org/garden-dlights/>). There are places to sit and enjoy the spectacular views. Coordinators: Ron and Sheila McConnell, x 1621.

Seattle Art Museum: Joyce J. Scott: Walk a Mile in My Dreams

Friday, December 13; leaving at 1 pm and returning at 3:30 pm

Scott comes from a long line of makers in her family who created beautiful, functional objects in their quest for freedom out of slavery, sharecropping, migration, and segregation. Born in Baltimore in 1948, she grapples with profound social, historical, racial, economic, and personal challenges that also concern society. Her art includes sculpture, textiles, jewelry, printmaking, beadwork, and performance. For five decades, she has upended hierarchies of art and craft, insisting that artistic expression is that “extra inch of life” that nourishes the soul. This will be a wonderful experience. Members free. Non-members, \$6.25. Coordinators: Ron and Sheila McConnell, x 1621.

Luncheonaires: Women’s University Club

Wednesday, December 18; leaving at 11 am and returning at 1 pm

Experience a lovely venue and a special dining opportunity with friends at the Women’s University Club decorated in holiday splendor. The food is terrific. Coordinator: Jean Hall, x 1579.

PROGRAM COMMITTEE

Sally Hayman and Eddie Edmondson, Cochairs

Adventures in the Kingdom of Swing

Sunday, December 1; 2 pm, Emerald Hall

Adventures in the Kingdom of Swing is the definitive Benny Goodman story as premiered on more than 100 public television stations nationwide. This incredible video is a comprehensive documentary covering Goodman’s career. Produced by WNET’s

Emmy Award-winning *American Masters* series, this is the story of a man who, with clarinet in hand, rose to become one of our country’s cultural icons. Come and watch the King of Swing! Coordinator: Stafford Miller.

Karen Iglitzin and Roger Nelson Return with Violin and Piano Music

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

Violinist Karen Iglitzin and pianist Roger Nelson return to Mirabella to perform for us. Karen received her BM. at Indiana University and her MM at Yale. In 1984 she became first violinist of the renowned Philadelphia String Quartet, performing over eighty concerts annually, including two major international tours to South America and India in 1986. Karen was a violin professor at Western Washington University for twelve years. During the 1997 academic year, she was a visiting professor of violin at Qufu Teachers University in Shandong Province in China. Karen is also an avid folk-fiddler and choro player, having appeared many times at the Northwest Folklife Festival.



Karen Iglitzin



Roger Nelson

Roger holds a BA from Pomona College and an MM in Choral Conducting from the State University of New York at Stony Brook. He was a member of the Cornish College of the Arts faculty from 1979 to 2018. Roger was also the pianist with the New Performance Group from 1979 until 1997.

SWEET SONGS & TREATS § REAL REINDEER

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In 1997 he joined Karen as a visiting professor at Qufu Teachers University in China. Roger is a frequent guest conductor and pianist throughout the Northwest.

Their performance will feature Beethoven's *Sonata for Piano and Violin in G major, Opus 30 no. 3*; Handel's *Sonata in E major, Opus 1 no. 15*; an original medley of folk-style fiddle tunes by Roger Nelson, and a Gypsy jazz medley. Coordinator: Judith Waring.

Hearts Aglow in Winter's Snow: Songs of Warmth & Holiday Cheer



Tuesday, December 10; 7 pm, Emerald Hall
Warm up during this frosty winter season with friends, family, and the Northwest Firelight Chorus. Their ever-popular holiday program

will feature a candlelight processional, stunning arrangements of seasonal favorites, a Grinch medley sure to delight "Whos" of all ages, a glorious gospel showstopper, and of course, their signature choralography. This uplifting and spirited Mirabella holiday tradition is not to be missed! Coordinator: Sheryl Feldman.

Salvation Army Band and Mirabella Community Happy Hour

Tuesday, December 17; 2:30–4 pm, Emerald Hall
You've seen the red kettles and heard the bell ringing at shopping malls and street corners during the holiday season, when the Salvation Army raises funds for its various social service programs. But have you ever heard the Salvation Army Band? Well, here's your chance.

The local corps (chapter) reached out to us, asking to play a holiday concert to thank those donors who live here at Mirabella. The band of five to seven

members from around Washington State are retired teachers, students, and volunteers who love to make music. They also teach music, free of charge, to at-risk youth at Salvation Army facilities across the state. Last year, 24,401 children went through their music and arts programs at twenty-eight locations.

The ensemble will spread holiday cheer at our monthly Community Happy Hour. They will play several Christmas songs; members will discuss how they got involved in music, and you can even sing along with a few pieces. Come, get into the holiday spirit and enjoy "the most wonderful time of the year."

Note: This event is joined with the Community Happy Hour. No solicitation of funds will occur. Coordinator: Eddie Edmondson.

Not Santa's Reindeer: Ethnoarchaeology of Reindeer Herders in Siberia

Thursday, December 19; 3:30 pm, Emerald Hall

Dr. Sven Haakanson Jr., Chair of the Anthropology Department at The University of Washington and Curator of North American Anthropology at the Burke Museum.

As a native, growing up in an Alutiiq community on Kodiak Island, Alaska, Dr. Haakanson was always curious about his Native heritage. But Native cultures, languages, or history were never taught in schools.

In 1988 he was invited to the Inuit Studies Conference in Copenhagen. It was this conference that ignited his passion to learn about and celebrate his indigenous heritage. "Sometimes you have to go away to really come home," says Haakanson. He then earned a PhD in anthropology from Harvard



Dr. Sven Haakanson Jr., on Nenet skis, checking wolverine traps

MORE MUSIC

and returned to Kodiak in 2000 to head the Alutiiq Museum. His advocacy of Native culture earned him a MacArthur Foundation Fellowship in 2007. During his doctoral research, he lived with Nenet reindeer herders from the Yamal Peninsula, Siberia. "I felt really lucky," he states. "The Nenet are one of few examples of indigenous people still living in a traditional way." Coordinator: Diane Holmes.

Ladies Musical Club: The Golden Age of Italian Opera

Saturday, December 21; 2 pm, Emerald Hall
Our holiday present from the Ladies Musical Club this month is a glorious festival of the most famous arias and melodies in all of opera. Singers Emily Riesser, Tiina Ritalahti, Laurel Sprigg, Victoria Chaussee, and Korland Simmons will be joined by cellist Melet Whinston and pianist Sophia Chou. Regina Thomas will direct and provide commentary for a wonderful program including highlights from Mozart, Rossini, Bellini, Donizetti, Mascagni, Puccini, Cilea, and of course, Verdi. Bring your family for this feast of favorites! Coordinator: Sue Herring.



Korland Simmons



Melet Whinston



Sophia Chou



Regina Thomas

Shalom Ensemble

Sunday, December 29; 3:30 pm, Emerald Hall

We have a treat during Hanukkah (or Chanukah) this year. The Shalom Ensemble is returning to Mirabella for another outstanding performance



The Shalom Ensemble of klezmer music. The premier klezmer band in Washington, the Shalom Ensemble is led by Rabbi Mirel. It has played Jewish music from around the world for thousands of people for more than forty years. Klezmer comes from the Yiddish words *kley* (instrument) and *zemer* (song). A traditional Jewish instrumental folk music, klezmer originated with the Ashkenazi Jews of Central and Eastern Europe. It is a lively and soulful style of music played at festive and social events.

The Shalom Ensemble will play a wide variety of music. Rabbi Mirel will talk a little about the Hanukkah holiday, and there may even be a little line dancing thrown in! Be sure to join us for a wonderful afternoon of Hanukkah joy. Coordinator: Eddie Edmondson.



Emily Riesser



Tiina Ritalahti



Laurel Sprigg



Victoria Chaussee

WELCOME CHERYL & MARK, JAY & JANE

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WELCOME COMMITTEE

Sue Herring, Chair

Cheryl and Mark Marshall



Mark and Cheryl Marshall – photo by M. A. Mundy

A warm welcome to Cheryl and Mark Marshall who have just moved into Unit 605. They met while renting apartments at the Reef in Leschi. After marrying they lived in Queen Anne, Mercer Island, and Kirkland.

Mark was born in Long Beach, Washington. His was a Navy family, so moves were frequent. The first school Mark attended for longer than two years was Whitman College. Later he attended Stanford Law school, interrupted for a time while serving in the Army. After graduation, Mark worked with several law firms, finally retiring from Lane Powell PC.

Cheryl was born in North Carolina and graduated as a dietitian from the University of Tennessee. Completing an internship in Seattle, Cheryl remained here, working at Cabrini Hospital and Community Home Health Care. Eventually she worked privately for a group of internists.

The Marshall's have three children. Edith, in California, is a veterinarian specializing in epidemiology. Rob, living near Seattle, is a pilot for Delta and a mountain climber. Carolyn, living in Seattle, is a clinical psychologist.

Cheryl enjoys walking, gardening, and reading. Mark enjoys fly fishing and hiking. Welcome!

Mary Ann Mundy

Jay and Jane Reich



Jay and Jane Reich – photo by D. Drury

A big welcome to Jay and Jane Reich (pronounced Rich), who moved into unit 1032 on August 22, after living at Pike Place Market for eighteen years.

Born and raised in Pittsburgh, Jay graduated from Amherst College and Harvard Law School. He moved to Seattle in 1973 to join the King County Prosecutor's Office, where he worked with three other Mirabellans—Pat Aitken, John Noll, and Bill Bailey (who has passed away). In 1979 Jay joined the Carter administration as a White House Fellow. The bulk of his career was as a municipal bond attorney in Seattle, where he helped finance affordable housing, the baseball stadium, the Seattle Art Museum, and a host of CCRCs, including

WELCOME SUSAN & CLARK

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Mirabella. He returned to DC in 2010 where he served in the Commerce Department under Secretary Gary Locke.

Jane grew up in Queens and studied French at American University in Washington, DC. She moved to Seattle in 1965 where she received her BA from the University of Washington and later, an MPA from Seattle University. She has worked tirelessly on numerous political campaigns. In addition, she has chaired the board of Solid Ground, a social service agency, and the board of Humanities Washington. Their first date was attending a performance of *Madama Butterfly*.

They each have sons named Brian. Jay also has a daughter and there are four grandchildren. Their interests include reading (two book clubs), travel, and an art glass collection. They do the crossword puzzle daily over lattes. Welcome!

Cathy Woodburne

Susan Way and Clark Sorensen



Clark Sorensen and Susan Way – photo by C. Blount

A visit with Susan Way and Clark Sorensen, new residents in 1222, is a delight. They are a friendly, engaging, and hospitable couple who moved here in

September and previously lived in Laurelhurst for more than thirty years.

Susan is from Seattle and grew up in the neighborhoods of Madrona and Madison Park and graduated from Washington State University in Anthropology/Archeology. She received her MLS from the University of Washington and worked for fifteen years as a medical librarian before moving into the field of information technology. She spent twenty-one years working at Fred Hutchinson Cancer Research Center, six years as a librarian and fifteen years in IT. After retirement she went back to school and earned a certificate in Museum Studies from the University of Washington. She currently is a volunteer at the Burke Museum where she catalogs items in the Culture and Arts Department.

Clark grew up in Whittier, California, and did his undergraduate studies at the University of California, Berkeley. He came to Seattle in 1972 for graduate school. After getting his PhD in Anthropology, which involved living in a rural Korean village for a year, he taught at Vanderbilt University and the University of Illinois. He came back to the Jackson School of International Studies at UW where he taught Korean Studies for thirty-four years and was the Director of the Korean Studies program for many years. He retired from UW in 2020. Clark enjoys playing the piano and going to concerts.

Clark and Susan have two children. Their son Scott lives in West Seattle with his partner. Their daughter Colleen lives in Chicago with her husband and three children.

Both Susan and Clark enjoy traveling, having been to Korea, Japan, China, Indonesia, India, Peru, and Europe. Susan is looking forward to a spring trip with her daughter and granddaughter to Egypt and Jordan. Clark and Susan also hope to start traveling to many of the National Parks.

Carolyn Blount

WHAT TO SEE, SAY, & KNOW

DECEMBER 2024

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OPERA CLUB

Donna McCampbell, Chair

***Der Rosenkavalier* by Richard Strauss (1864–1949)**

Monday, December 9; 2 pm, Emerald Hall



Sophie Koch and Renée Fleming in Der Rosenkavalier

In 1909 Richard Strauss wanted to prove he could write a “love comedy,” and with *Der Rosenkavalier*, he was wildly successful. Together with librettist Hugo von Hofmannsthal, he produced a charming, popular opera that has been a hit since it premiered in 1911.

This “bedroom farce” sets the beautiful main character, the Marschallin, against a hilarious cast of rogues, including young lovers, angry fathers, duped husbands, private detectives, and put-upon servants. The trouble starts when the Marschallin asks her handsome young lover Octavian to act as a Rosenkavalier. He must present the Silver Rose of betrothal to her lecherous cousin’s young fiancée. Hmm... what could go wrong?

We will see Renée Fleming in one of her greatest roles as the Marschallin. The production was staged and filmed for high-definition DVD in 2009 at the Festspielhaus Baden-Baden. It features the Munich Philharmonic with the Vienna Philharmonia Chorus conducted by Christian Thielemann. The spectacular stage production, set, and costumes are by Herbert Wernicke. The remainder of the cast is a galaxy of stars, including Sophie Koch, Diana Damrau, and Franz Hawlata, with a special cameo appearance by Jonas Kaufman.

Upcoming from the Metropolitan Opera Live in HD broadcasts: Saturday, December 7, Mozart’s

The Magic Flute is an encore presentation of Julie Taymor’s whimsical production from 2019 (in English) starring Matthew Polenzani as Tamino and Ying Huang as Pamina. Sign up by calling x 1419 for the Mirabella bus, leaving at 12:15 pm for the Regal Thornton Place Cinema at Northgate.

Andrea Lewis

SUPPORTIVE FRIENDS

Carolyn Blount, Chair

Tuesday, December 3; 5:30 pm, Vineyard Room

Mirabella’s Supportive Friends, our group for bereaved residents, will meet as usual in the Vineyard Room, on the first Tuesday. Regular attendees should turn their menu selection forms into the Dining Mailbox. New residents are particularly invited. First time attendees may call Carolyn Blount, x 1644, for additional information. We’d so appreciate a volunteer cochair for this committee as we mourn Natalie Siegel.

I DIDN’T KNOW THAT! (OR WHAT I LEARNED MY FIRST YEAR HERE)

BY STEPHANIE ABBOTT

Dining:

Bistro

- A. The first big table when you enter the Bistro is a community table, which means you are welcome. Join us!
- B. The table for four near the counter is for people waiting for takeout.
- C. The fruit bowl at the counter is for you, too. Help yourself. Usually there are bananas, apples, and oranges, but I have scored a pear or a plum on a good day.
- D. The cookies are justly popular, so you can’t buy

FESTIVAL OF LIGHTS

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more than four at a time. Claim your cookie when they go on sale at 11 am if you want to be sure of your favorite.

E. Love specialty coffees? Lattes in many flavors can be yours.

10th Floor

A. The big dining room is Adagio. You wait at the desk to be seated. You can ask to be seated at the community table if you are by yourself. You can make a reservation if you have made some friends and there are six of you.

B. The small dining room, Aria, has a fine dining menu. You need a reservation for this one.

C. The bar, Aqua Vita, is for drinks, soup, salads, and small plates like hummus or olives.

What Is Going On Here?

A. MIRANET. This is where you find all the news and announcements on your computer or phone. You can make an appointment with Bri Bailey to help you get organized with MIRANET issues. Learn to subscribe to notices, so they will automatically appear in your email inbox when they are posted.

B. Weekly Events. These are printed and posted in the elevators, and they are also available in the mailroom with other informational handouts. Personally, I prefer MIRANET as a more complete resource.

C. To join our Google Group, email Jim Holland at jim@jholland.com. This is our daily email source of information. Lost your glasses? Have an extra bag of carrots to give away? Enjoy photos of beautiful Washington? There you go. Technology Café is held monthly in the Bistro. The facilitators here are not necessarily experts, but rather fellow residents who are willing to share their knowledge.

Specialty Groups

A. There are several special interest groups. For example, there is a monthly grief support group dinner that I can personally recommend, a play-reading group that I have really enjoyed as a guest, German and Italian language dining tables, and a low-vision group. I am sure there are others I don't know about yet.

My last suggestion: Wear your nametag! Just because I remember my name doesn't mean that new staff members do. Nor do I always remember names of residents I see in the elevator every day.

HANUKKAH OH HANUKKAH COME LIGHT THE MENORAH

BY LINDA BERKMAN

Hanukkah, also known as The Festival of Lights, begins at sundown on December 25th with the lighting of the first candle. Christmas day isn't the only national holiday Hanukkah has fallen on. In 2013 it started on Thanksgiving, only the third time since Thanksgiving had become a national holiday declared by President Abraham Lincoln.

Hanukkah, as well as all Jewish holidays, always follows the Hebrew calendar rather than the Gregorian calendar we all use in modern times. This is considered a minor holiday and wasn't even recorded until almost two centuries after the Old Testament was completed.



Linda Berkman's battery-powered menorah – photo by L. Berkman

WHAT IS SIJO?

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Hanukkah celebrates the re-dedication of the Temple in Jerusalem, which had been desecrated by Roman soldiers. The story of the lights refers to the small supply of oil to re-light the menorah in the desecrated Temple. The oil would last only for one day. The miracle is that the oil lasted the eight days it took to press olives for more oil.

During the dark days of winter, we retell the story and light a nine-branch Menorah. One branch serves as the lighter. Lighting one candle for each of the eight days brings light and joy to this dark time . . . hence, The Festival of Lights.

It is traditional to eat potato latkes or other fried foods to celebrate and remember the oil. Many also eat jelly doughnuts to taste the sweetness of the miracle.

This year, because the first candle would be on Christmas, when so many friends and neighbors are busy with family and feasting, there will be a candle lighting on Friday, December 27, at 4 pm in the NW dining room. Following the ceremony, the traditional Hanukkah menu will be offered in both Aria and Adagio by Mirabella’s wonderful dining team and servers.

POETRY CHALLENGE

BY JARED CURTIS

For the new year, why not have a new Poetry Challenge? In the past, we’ve tried writing poems in English in different formats: free verse and Japanese haiku and tanka composed in English. These forms have been in use for a thousand years or more. This time we’ll try another ancient form, the Korean *Sijo* (pronounced “see-dzho” (Korean pronunciation: [ei.dzo])). Like the Japanese forms and the Chinese forms that preceded them, *sijo* (the word serves as both singular and plural) are “organized technically and thematically by line and syllable count,”

according to the Sejong Cultural Society letter I received recently announcing the society’s own annual *sijo* contest.

Sijo offers some leeway in arrangement of lines when composed in English (structure), but the syllable count is fixed at forty-three to forty-five syllables. There is traditionally considerable freedom in a *sijo*’s theme, allowing for narrative (story) or argument (thesis or conflict, argument or elaboration or complication, and conclusion or closure or climax). Like the haiku and tanka, there is a “twist” at the end, a “turn” or change of direction that leads to closure. Though he was speaking of all poetry, Yeats hinted at this feature by saying that a good poem ended “with a satisfying click, as when a jewel box shuts tight.”

A word about structure: Korean language *sijo* are written in three vertical columns or “verses.” In English they may be written in three long lines in which the syllables are phrased as follows:

3 – 4 – 4 – 4
 3 – 4 – 4 – 4
 3 – 5 – 4 – 3

The number of syllables in each word or group of words is flexible, except for the 3 – 5 pattern of the third line. To accommodate narrow columns, an English *sijo* can be arranged in six lines that divide the three traditional lines into six phrasings, thus:

3 – 4
 4 – 4
 3 – 4
 4 – 4
 3 – 5
 4 – 3

Here is a famous Korean example by U Tak (1262–1342), translated into English by Larry Gross (2015):

A FAMILY IN FLORENCE

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The spring breeze melted snow on the hills,
then quickly disappeared
I wish I could borrow it briefly to blow over my
hair
and melt away the aging frost forming now
about my ears.

In English renderings, punctuation is minimal, used sometimes to mark transitions after the first and second parts.

Here is my own offering, written as an argument and arbitrarily spaced to show the phrasings:

Does it seem to anyone
Other than me so hard to write
A haiku or a sijo?
Forcing my words into boxes
Governed by the number of sounds?
Math makes me flee words are free.

It isn't so hard after all! If argument doesn't appeal, themes common to sijo are the seasons and personal relationships. There's plenty of room for the creative juices to run free there.

Give sijo your best effort, send the result to me, and I will offer them to the "Poetry Corner Curator" for *The Mirabella Monthly* or publish them via Google Group's email. You can drop a note in #801, email jaredcurtis@icloud.com, or text your Sijo to (206) 387.0530.

BOOKENDS

BY MARSHA MACINNES

***Still Life* by Sarah Winman**

It is December, the gift-giving season. This is my gift to you. Every time I have recommended it, the recipient has come back to me with rave reviews. This was initially recommended by Ron Charles in his weekly *Washington Post* newsletter. His description made it sound like the literary equivalent of *penne alla vodka* and sent me directly to Audible

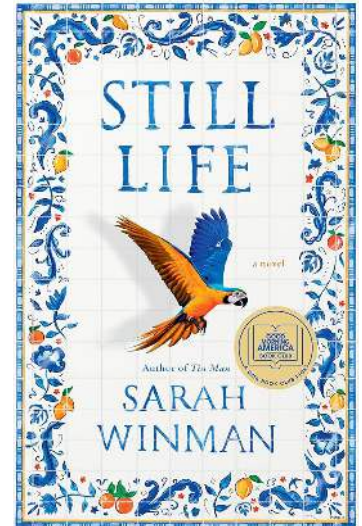
to press BUY. The book was narrated by the author and her narration was as lovely as her prose.

This is a beautiful story about family. The story spans the globe from Italy to London and back. It spans the life of the protagonist, Ulysses, from his time as a young British soldier in WWII to a man well into middle age. We are introduced to Evelyn, a middle-aged art historian, who Ulysses met in Italy and who changed the course of his life. We meet her again at the end of her life, still as vital as when Ulysses first encountered her.

The family in this story is of the very best kind, not a family born into but one created. There is Peg, who Ulysses married as he left for war to ensure she would get his pay. Peg gives birth to a daughter, not by Ulysses, but he is her father, nevertheless. We watch the daughter grow up. There is Cressy, whom everyone loves and relies on. And the parrot. The parrot is the star of the show.

The description of their life in Florence could be read as a travelogue to the city. We become very familiar with the landmarks. We join them in their bed and breakfast, the adjacent bistro, the town square.

I don't typically reread books, but I would reread this one. There are so many layers to explore, such intriguing lines to read between, such interesting characters to embrace.



RIVER RHYTHMS

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NISQUALLY RIVER

BY JIM LUTZ

It's peaceful enough
On the Nisqually,
Amid the Kingfishers
And the Blue Heron,
Nature closing in on both banks.

Ferns clutch the seeps
Of great glacial scarps
On the shady side,
As brush and forests
Encapsulate the river
Everywhere.

The river that looks so slow
As you drive by
On the highway
Moves a little faster
When you're on the water.

Even in the shallows,
Scraping gravel
On the bottom of your raft,
It carries you along
With bold indifference.

It's not all nature on the river.
There are some dams,

And on the right bank looms
A military reservation
And on the left bank looms
A Native reservation
But in between, reserved for us,
Looms the water.

The broken fishermen and nets
Are few and far between.
We float past snags and sunken rocks,
And duck beneath the hanging limbs
Of trees, the only sounds the ripple
Of the water, a light breeze, birds,
And the silent splash of oars.

The parts of the river that move me best
Are tributaries, joining
The Nisqually as it gathers pilgrims
On its Haj to the sea.

Where the river finds allies,
There is welcome, but not much sound,
Just the cool murmur of solidarity,
And the comfort in knowing
That no drop of water
Reaches the cold ocean alone.

BIRTHDAYS § POETRY CORNER § REMEMBERING

HAPPY BIRTHDAY! DECEMBER 2024

- 2- Judith Peterick
- 3- Bea Tung
- 3- Dave McNeal
- 5- Lisa Putney
- 6- Evelyn Klebanoff
- 6- Pete Toomey
- 7- Howard Chermak
- 9- Rosa Lea Taylor

- 9- Jane Beer
- 11- Bob Hayman
- 11- Janet Matson
- 13- Rose Berman
- 13- Ingrid Steppic
- 17- Charlotte Lindsey
- 17- Carolee Danz
- 17- Cathy Short

- 18- Chris Sievers
- 18- Pat Kushmerick
- 20- Linda Kabakjian
- 20- Bill Taylor
- 22- Susan Coleman
- 24- Al Harris
- 27- Barbara Rueger
- 28- Louise Miller

AN INVENTION OF COLLECTIVE NOUNS

BY BRIAN BILSTON (1970-)

- A reckoning of spreadsheets.
- A distraction of smartphones.
- A prattle of podcasts.
- A mispronunciation of scones.

- A clique of photographers.
- A heard of precedents.
- An enjambment of poets.
- A grope of presidents.

- A pile of hemorrhoids.
- A bunion of personal trainers.
- A bout of estimations.
- A condescension of mansplainers.

- A stroke of geniuses.
- A spot of adolescents.
- An embarrassment of Richards.
- A ~~collection~~ correction of pedants.

Brian Bilston (Paul Millicheap) is a British writer and poet of comic poems. He started posting his poems on Twitter and Facebook and has since published several volumes of poetry, some for children and many for children of all ages, and a novel, *Diary of a Somebody* (2019).



REMEMBERING

Natalie Siegel 10/31/2024

Donna McCampbell 11/22/2024

ON SCREEN IN EMERALD HALL

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MOVIE CORNER

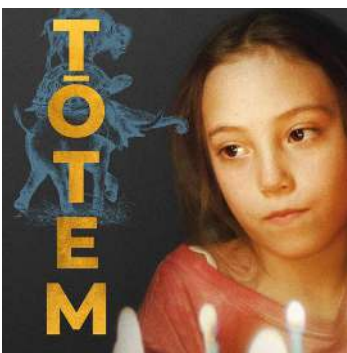
BY WARREN ASKOV



Hustle

Wednesday, December 4; Hustle (2022, R, comedy-drama). Stanley Sugarman (Adam Sandler) has spent years traveling the world away from his wife and daughter as a scout of basketball talent for the Philadelphia 76ers. Stanley discovers a very encouraging prospect in Spain. Bo Cruz (Juancho

Hernangómez) was invited to play in America at age 15, but he remained in Spain when his girlfriend became pregnant. Can Bo be recruited, and can he succeed in the NBA? Would they put several million dollars into making the film if he didn't? However, his path to success is the grist for the film. Along the way, we are treated to a parade of real-life college and NBA players in cameos, playing themselves. LeBron James produced the movie and played a part in the film as did Anthony Edwards of the Minnesota Timberwolves. In real life Hernangómez was an NBA recruit for the Denver Nuggets and played on five different NBA teams over seven seasons.



Totem

Wednesday, December 18; Totem (2023, drama). A totem is an emblem of a group or family or a spirit that watches over them. In this Mexican film from Lila Avilés, seven-year-old Sol visits her grandparents' home with

her two aunts to celebrate her father, Tomatiuh's birthday. It is likely his last. As we observe the celebration of someone they will soon mourn, we see death from the child's perspective. The film is poignant and life-affirming and portrayed with a spirit of warmth without overblown sentimentality. The film garnered a multitude of international wins and nominations from many countries before being released in the U.S.

Saturday, November 28; Guillermo del Toro's Pinocchio (2022, PG, family/fantasy). The



Pinocchio

tale of Pinocchio has been told many times and in many different versions, but never with such elaborate stop-action animation. Soon into the movie you forget you are watching puppets, not live actors. The film won an Oscar for the Best Animated Feature Film in 2023 and also won seventy-nine out of a total of 134 nominations from other critics and groups. Credit must also go to Mark Gustafson who oversaw much of the animation work in his studio in Portland, Oregon. The movie is also enhanced by the talented voices for the characters: Ewan McGregor for narrator Sebastian J. Cricket; David Bradley as a weary Geppetto; Gregory Mann, a child himself, for the voices of Pinocchio and his childhood friend, Candlewick; and Christoph Waltz who moves seamlessly through the multilingual bombast of Count Volpe, the conniving puppet master and ringleader of his traveling circus. You may think you know the story of Pinocchio. Come see this version for a technical and entertaining treat.



The Mirabella Monthly

EIGHT-TIME WINNER OF AN APEX AWARD FOR THE YEARS
2017–2024



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Cathy Short, Mary Jo Taylor

How to Submit Events

If you want information about events added to MIRANET, the printed *Mirabella Weekly*, and the elevator sleeves, please send details to mbsrequests@retirement.org. Someone from the Resident Services team will filter through that box and make any necessary changes for publication on these media sites. Room bookings must be made in writing on the proper form and turned in to the Front Desk.

How to Submit Articles

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 Laura White at angharadalbanes@gmail.com.

MS Word or RTF documents work best. Pages documents should be “exported” to Word format before submission. A submission composed as part of your email to Laura White at angharadalbanes@gmail.com is also acceptable.

Tips for a successful submission:

- » Use the Enter or Return key only at the end of each paragraph.
- » Avoid elaborate text formatting, like columns, boxes, or effects.
- » Show emphasis by *italics*, never ALL CAPS, even in titles.

How to Submit Photos

A printed image requires a high pixel count to ensure a high resolution photo. 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 Laura White angharadalbanes@gmail.com.