

The Mirabella Monthly

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JANUARY 2024

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LOIS NORTH, SHIPBUILDER

BY JARED CURTIS

When asked about her decades-long career in government, Lois North will say that she ran for public office eight times and never lost an election. She built her constituencies from the ground up and made good her promises. Recently, Lois, who celebrated her 102nd birthday this past November, discovered a constituency she didn't know she had.

In April 2022, Lois was inducted into the National Park Service's Rosie the Riveter WWII Home Front National Park in Richmond, California, on the eastern edge of San Francisco Bay. She was to be honored as an official Rosie for her service during the war. She had worked at the shipyards operated by the Kaiser Shipbuilding Company on land leased from the federal government, land that reverted to the U.S. Government as parkland when the war ended.



Lois with her son Chris North and her granddaughter Kasa Andriella

A RIVETING STORY



Lois posing with a kerchiefed Rosie fan, each making a fist

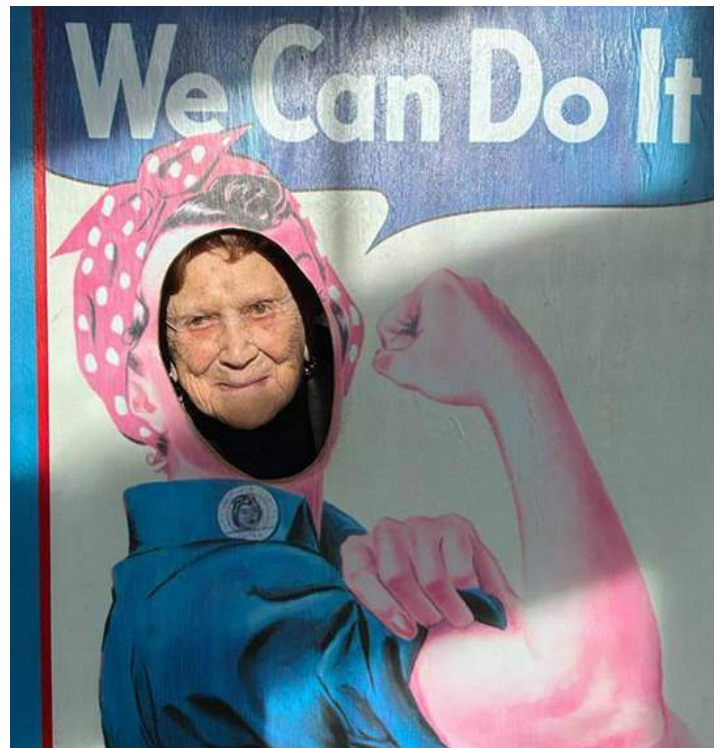
In November 2023, she attended a special event held at the Rosie the Riveter Museum in the park established in recognition of the many “Rosies” who had filled the roles of their husbands, sons, uncles, and cousins who had gone to war.

As a twenty-one-year-old fresh out of college with a bachelor’s degree in art and music, Lois decided to spend the summer working to help pay for graduate school at Columbia University in New York City. She applied to Richmond Shipyards and was hired at the entry level at \$0.95 an hour in Shipyard 3, which seemed like a lot of money in 1943. Kaiser yards were among the earliest to employ women in an industrial setting. Through the remainder of the war 745 ships were launched from Richmond Shipyards.

When Lois learned she could earn ten cents more per hour by working as a pipefitter’s helper, she jumped at the chance. Assigned to the lowest level of a five-hold hull, a cauldron of noise, heat, and thick smoke from unceasing hammering, riveting, and welding, she promptly and wisely asked the chief clerk to

transfer her to a position as time checker. This safer environment, especially for a young woman, was nevertheless important as she clocked in laborers on their arrival at the yard and checked them out at the end of each workday.

Accompanied by her son and equipped with her electric cart and walker, Lois boarded a plane in Seattle for the trip south. When she arrived at the entrance to the museum, she was welcomed by a phalanx of smartly uniformed Park staff each of whom greeted her as she passed by. After a brief tour with the Superintendent of the National Park Service in full NPS uniform, this head Ranger took her aside to ask, “We have an audience of visitors in a small theater on the second floor where they have been watching an historical video of the Richmond Shipyards; would you mind saying a few words to them?” Lois’s son and granddaughter, who were by



Lois Can Do It! – photos for this story courtesy of Kasa Andriella

YOUNG SINGER SHINES

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her side, were certain she would demur, but Lois said without pause, “Sure.”

Escorted up in the elevator and led directly to the stage, she wondered what she might say to these visitors to the park and museum. The theme she hit upon, as she was guided to center stage and fitted with a microphone, was the tremendously liberating experience working had been for women in the 1940s during the rapid industrial buildup in preparation for war. She told the story of her time working in Kaiser’s shipyards building ships and went on to talk about building a family and then a career as a woman in politics at several levels in county and state government in the state of Washington. Those in her audience ranged in age from grandparents down to their young charges with a variety of others in between. As she closed her remarks, she received a rousing round of applause and gamely and gracefully fielded questions from her audience. Asked what she was most proud of accomplishing in her lifetime, she answered, “I’d say my role as prime sponsor of, and the later passing of, legislation to improve women’s health in Washington State.” Her son complimented her afterward, “You haven’t lost any of your skills at public speaking!”

ONE OF OUR OWN

BY MARY JOSSEM

What a sweet treat Dining Services provided for residents on a Sunday afternoon in December! No, it wasn’t one of our pastry chef’s decadent desserts, but it was beautiful music to our ears. Ella Jesberger, a Mirabella server since January 2023 and music student at Cornish College of the Arts, organized and performed in a one-hour concert in Emerald Hall that included opera arias, lieder, and classical piano selections. Joining her

were fellow students Elise Dahlberg, singer, and Silas Berlin, pianist.

But the star of the show was Ella. It wasn’t just her lovely soprano voice that captured the audience, but her bubbling personality. Whether she was introducing the next piece or singing herself, Ella exuded pure joy and love for music and her audience.

Proving Murphy’s Law (“Anything that can go wrong will go wrong”) is still alive and well, Ella discovered one of her music sheets was missing after she started singing *Die stille Wasserrose* in German. Barely batting an eye, she smiled, gracefully walked behind the pianist, started over while reading the music over his shoulder, and finished the song triumphantly. A professional could not have handled the situation any better.

In appreciation of the beautiful performances, the audience gave the artists a standing ovation. However, Ella, being one of our own, deserves a great big BRAVA!



Ella Jesberger and Silas Berlin – photo, J. Waring

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	Box 902, x 1885
	Tricia Brink	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	Box 1116, x 1858
	Jerry Smedes	Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Ken Hopkins	Box 511, x 1662
	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	Box 828, x 1640
	Kitty Dow	Box 517, x 1658
Welcome	Sue Herring	Box 709, x 1556

A BELATED 15TH BIRTHDAY PARTY

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RESIDENT SERVICES

Resident Services personnel

Celebrate Mirabella's Fifteenth Year

Tuesday, January 16; 3:30–5 pm, Northwest and West Dining Rooms

Join us as we celebrate fifteen years of Mirabella Seattle. Please come to enjoy sparkling wine, hors d'oeuvres, and desserts and mingle!

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 Resident Services, x 1418.

Audiologist: Seattle Hearing Services

Tuesday, January 9; 9:30 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, January 18; 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, by appointment starting at 8:30 am

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 by appointment only

Janelle Jensen, MS, LMF, works as a marriage and family therapist in the Seattle area and will act as a resource for therapy or family consultations or support. She has work experience in adult mental health, aging, memory loss, and family caregiver support. She works with residents experiencing grief, loss, changes in health, anxiety, and depression. She can consult with families working to understand dementia and other age-related changes, care options, navigating healthcare systems, caregiving roles, long-term planning, and similar issues. 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, Suite 301;

Saturday and Sunday, 10:30 am–4 pm, Suite 301
Susan Stein, LMT, is available for massage services. Call x 1421 to schedule an appointment.

Acupuncture

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

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

Health Center Respite

Mirabella offers respite stays in the health center when a caretaker/spouse needs a rest or needs to be away from home and his or her partner/spouse requires care. Room and board are covered under

MAKING & ENJOYING ART

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the temporary stay program for a maximum of ten days in a calendar year, although respite stays can certainly be longer if a resident wishes to pay privately for additional days. All admissions to the health center require a physician's visit, an order to admit, and other clinical documents to be submitted prior to admission. For more information or to schedule a respite, stay please call Quynh Truong, Health Center Admissions, at (206) 254-1455. If a resident prefers to have in-home care provided during a spouse's time away, that would be an alternative to the health center. Home care does not require the same documents to be presented prior to establishing care but is not covered under the temporary free stay program and therefore is a private-pay cost.

Max Kuhlman, Health Services Administrator

ACTIVE ARTS COMMITTEE

Tricia Brink and Barbara Porter, Cochairs

Collage

*Thursdays, January 11, 18, 25, and February 1;
12–1:30 pm, Art Studio 507; registration
required*

We are excited to bring you Martha Soriano. She's a mixed media artist with an enthusiastic approach. She has a course plan that will guide you comfortably to satisfying results creating collages. There will be a \$12 supply fee charged to your account. Please register in the red notebook in the Resident Business Office. Coordinator: Tricia Brink.

Drawn to Watercolor

*Thursdays, February 15, 29, and March 7, 14;
12–1:15 pm, Art Studio 507; registration
required*

Maja Sereda calls watercolor "this amazing medium." She is returning to Mirabella to teach us the basics: understanding paper and brushes, color mixing, gradients, mark making, and layering. Then

we will apply this to painting nature such as florals, trees, and landscapes. Maja is an excellent teacher who helps beginners as well as those with some knowledge.

A supply fee of about \$45 will be charged to your account. You may use your own supplies if you have them. We realize this is expensive, but please note that once you acquire these items you will have what you need for future classes.

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

ART COMMITTEE

Linda Berkman, Chair

The Dancing School



*"The Dancing School" by Molly Squibb
– photo, J. Curtis*

Which catches your eye first, the twirling ballerina or the flow of colors? The illusion of speed and the wash of purple and lime green add to one's

PAST & PRESENT OF POT

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enjoyment of this lively watercolor.

Recently loaned to Mirabella, *The Dancing School* by Molly Squibb is located in the hallway opposite apartment 1026 for all to enjoy. Thank you, Rick and Deborah Berger, for letting the Art Committee add this piece to the display of loaned artwork.

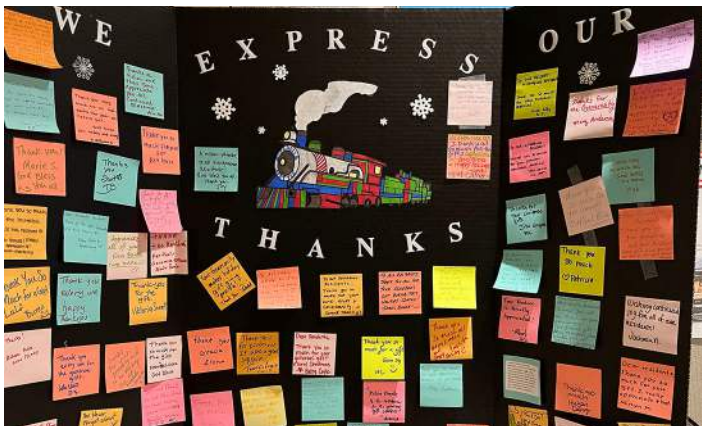
The artist, originally from New York, lived in Colorado where the painting was purchased, and she currently resides in Arizona. She works mostly in oils but has added watercolors and watercolor markers to her repertoire.

Deb Boone

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Chair

Another Year of Record EAF Distributions



Post-it thank-you notes from employees

Contributions by Mirabella Seattle residents to the Employee Appreciation Fund set another record in 2023: \$465,000 was distributed electronically to 207 employees in their paychecks on December 8. Regardless of pay grade, the seventy-four full-time employees who worked all their 2080 hours received the maximum bonus of \$3,397. The other awards ranged from \$3,000 down to the \$25 given

to new hires who had not worked enough hours to qualify.

Your support for the 2023 Employee Appreciation Fund Drive shows that you recognize how important the employees are to our community. Thank you, generous donors!

HEALTH AND WELLNESS COMMITTEE

Ken Hopkins and Bob Lewandowski, Cochairs
Marijuana for Seniors: A Journey Through the Weed Fields of Cannabis

Tuesday, January 23; 3:30–4:30 pm, Emerald Hall
Fred Herzon, MD, will discuss cannabis and its uses with a specific slant toward seniors. His presentation will cover medical and recreational use of cannabis and describe cannabis’s history, pharmacology, and effect on the body from its



medical and recreational uses. Dr. Herzon is an otolaryngology (ear, nose & throat) specialist, an Emeritus Professor of Surgery, University of New Mexico, and a Mirabella resident since September 2023.

Fred Herzon, MD

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

OLLI-UW January Zoom Lectures

Lectures are free to Mirabella resident registrants. Preregistration is required for all lectures.

Banning the Bard

Friday, January 12; 12–1 pm

Pre-registration Zoom link: https://washington.zoom.us/join/register/tJIodeGoqD8jGt0-ZX5v_V4dHkmTZIw2afdr

LITERARY & DRAMATIC WOMEN

Leah Adcock-Starr is a storyteller, theater director, educator, producer, and founding Artistic Director of Off Road Shakespeare Company. Her talk will focus on William Shakespeare and censorship in his time and ours. Through an examination of several of his pivotal works, this seminar will explore the myriad ways in which Shakespeare and his plays—all explorations of passions, politics, power, religion, tyranny, and social disruption—managed to survive the censorship of his day and how they continue to challenge and thwart our own censorial impulses.

Strengthen Your Memory and Attention Skills

Monday, January 22; 12:15–1:15 pm

Pre-registration Zoom link: <https://washington.zoom.us/meeting/register/tJAsc-qopzIjGNzayXhvNOvQEO5OfVZakssq>

Dr. Larissa Del Piero is a rehabilitation neuropsychologist and founder of Pacific Brain Health & Wellness, an interdisciplinary clinic based in Seattle. She is also Clinical Assistant Professor of Rehabilitation Medicine at the University of Washington. She will share ways to improve memory and attention skills and explain the complex interactions between our emotions, activities, and thinking. By helping us understand the links between cognition and other aspects of living, she will provide us with tools to improve our daily life.

Paul Kidder: Three Forms of Meaning in Visual Art

*Wednesdays, January 3, 10, and 17; 10:30 am,
Emerald Hall*

Paul Kidder, Emeritus Professor of Philosophy, Seattle University, will give three lectures exploring three types of meaning in visual art: (1) narrative, wherein the art communicates by connecting to a story; (2) morphic, wherein the art communicates through suggestive forms rather than representations; and (3) conceptual, wherein the art

communicates through the context of its creation. Each of these types of artistic meaning can give us experiences of beautiful or challenging truths while helping us to appreciate different styles of art. Each lecture will be illustrated extensively by slides. Coordinator: Natalie Siegel.

Seattle’s Black Women Leaders in the Arts

*Monday, January 8, and Wednesday, January 31;
3:30 pm, Emerald Hall*

In an understatement, Valerie Curtis-Newton recently commented that “We are not in comfortable times.” She was referring to our struggles with race, gender, and class in America.

But she and Kimberly A.C. Wilson, both Seattle Black women leaders in the arts, are uplifting the conversation. Both are deeply involved in bringing the best, most exciting creative voices of people of color to Seattle and the nation.

On January 8, we will hear from Wilson, executive director of Hedgebrook, a Whidbey Island retreat for women writers—and particularly writers of color. She will tell Hedgebrook’s story, how it was founded to support the unheard voices of women and how its writers today are influencing mainstream culture.

On January 31, Curtis-Newton, a Seattle Person of the Year, will speak about her experience in staging the work of past and present Black playwrights for theaters here and nationwide. She is Professor of Directing and Acting at the University of Washington School of Drama, where she serves as



Valerie Curtis-Newton



Kimberly Wilson

GOING OUTSIDE

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Head of Directing and Playwriting. Coordinator: Sheryl Feldman.

Resident Revelations, Pat Harris: New York to Seattle in a Van

Tuesday, January 9; 3:30 pm, Emerald Hall and Zoom

Before Pat Harris’s October 2022 move to Mirabella, she set out in July 2021 to drive from Rochester, New York, to Seattle, where her daughter



Pat’s van – photo, P. Harris

was living and working. She converted a van to be used as her own personal camper as she planned her route traveling solo across the country. Pat will share some of her past camping experiences (1965 through 2020), her van adventures in reaching Seattle, and her return drive to Rochester in August 2021. After her decision to move to Seattle, Pat sold her camper van, and her future travel west was all by air. Pat misses camping and is still trying to figure out how to return to that activity. Come to Emerald Hall to hear Pat’s camping stories, complete with pictures of favorite sites she visited. Coordinator: Judy Waring.

Art in Seattle’s Public Spaces

Wednesday, January 24; 3:30–4:30 pm, Emerald Hall and Zoom



Jim Rupp is a lawyer, historian, and author of *Art in Seattle’s Public Spaces*, published by the University of Washington Press in 2019. He is a Seattle native who has been collecting information about the art in our public places for over forty years. He will be

Book Cover, “Art in Seattle’s Public Places”

speaking on the material included in his book as part of Lifelong Learning’s series, *Exploring Our Community*. Coordinator: Pat Harris.

Lunch and Learn (OLLI-UW): Orcas

Monday, January 29; 12–1 pm, Emerald Hall

Lynda Mapes, an environmental reporter for *The Seattle Times*, an explorer, and the author of books on the environment and Native Americans, will share her knowledge about and interest in orcas. Her award winning 2021 book, *Orca: Shared Waters, Shared Home*, explains why it is important to protect the orcas, whose challenges to survival include habitat deterioration, salmon reduction, and general climate change. Join us with your lunch or just join us! Coordinator: Pat Harris.



Lynda Mapes

OUTSIDE ACTIVITIES COMMITTEE

Míceál Vaughan, Chair

Resident Services Personnel

Marcus Cullen, Facilities Services Director

Clinton Turner, Security & Transportation Manager

David Miller, Wellness Coordinator

Bus Schedule Notes: *The Mirabella Monthly* lists both the departure time from Mirabella and the estimated pickup time from the destination. A grocery visit is an hour to an hour-and-a-half, subject to the needs of the shoppers. Times listed for other activities depend on the activity. For all trips, please be in the lobby fifteen minutes before departure to allow the bus to load and leave on time. You must be on board the bus at the announced time of departure.

BREAKFAST & LUNCH ON THE ROAD

To Make or Cancel a Reservation: Call x 1419 to leave a message for bus reservations or submit a request on the Transportation tab on MIRANET at least forty-eight hours before the trip unless otherwise stated in the writeup. Request confirmation for your seat. The site also lists seats available for each trip, and the list is updated as needed. Non-grocery trips may be canceled if buses are not available or if fewer than four people sign up. If your plans change and you are unable to make the trip, please call x 1419 to cancel twenty-four hours ahead and allow someone who is waitlisted to use the space. You may also cancel your reservation by calling the Front Desk at x 1400 when last minute cancellations are unavoidable.

COVID Restrictions: Although COVID restrictions have been lifted in Washington State for some time, the current surge of cases has prompted many indoor venues to require a mask. To be safe, make sure you have one before boarding the bus.

GROCERY TRIPS

- Ballard Market/Safeway**, Fridays, January 5, 19; 10 am–12 pm
- Costco**, Wednesdays, January 10, 24; 9:45–11:30 am
- Fred Meyer/PCC/Trader Joe’s**, Fridays, January 12, 26; 10–11:45 am
- Metro Market/CVS**, Wednesdays, January 3, 17; 10–11:45 am
- QFC/University Village**, Mondays, January 8, 22; 10 am–12 pm

WALKS

- Saturdays, 9:30–11:30 am pickup*
- January 6 Edmonds
- January 13 South Lake Union
- January 20 Myrtle Edwards
- January 27 Seward Park
- Coordinator: Ardelle Knudsen, x 1811.

SUNDAY CHURCH

Sundays, January 7, 14, 21, 28; 9:15–10:30 am
The bus goes to Christ Our Hope. Other church trips are by reservation only.

CULTURAL EVENTS

- Met Live in HD**, *Nabucco*, Saturday, January 6; *Carmen*, Saturday, January 27; leaving 9:15 am–Will Call
- Seattle Shakespeare**, *The Comedy of Errors*, Sunday, January 14; leaving 1:15 pm–Will Call
- Seattle Symphony POPS**, *Tribute to John Williams*, Sunday, January 21; leaving 1:15 pm, returning 4:15 pm
- Seattle Symphony 21A**, *Dvořák and Rachmaninov*, Thursday, January 4, leaving 6:45 pm, returning 9:45 pm; *Metropolis*, Thursday, January 25, leaving 6:45 pm, returning 9:45 pm

SPECIAL ACTIVITIES AND EXCURSIONS

Pancake Breakfast: Swedish Club

Sunday, January 7; leaving 10:45 am, returning 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.

Happy Hour Dinner: Tavolàta (Stone Way)

Wednesday, January 17; leaving 3:45 pm, returning 5:30 pm
This is a first effort to restore a pre-COVID event. We’ve picked Ethan Stowell’s Tavolàta, just north of Lake Union for our inaugural offering. Their menu for happy hour can be viewed at <https://tavolata.com/location/stone-way-seattle/menu#menu-happy->

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hour>. It favors a selection of fresh pasta dishes served in portions large enough for sharing with two or even three others. The 4 pm start of happy hour tends to be relatively quiet, with after-work crowds appearing later. We'll try for a quiet section of the large restaurant with tables arranged for a family-style dinner. Coordinator: Míceál Vaughan, (206) 326-8658 cell.

Calder: In Motion, Seattle Art Museum
Friday, January 19; leaving 1 pm, returning 3:30 pm

Visitors love the extraordinary gift that the Shirley Family has given to the Seattle Art Museum (SAM). The collection, now on prominent display, includes more than forty sculptures (small and large; mobile or stabile) by the internationally renowned American artist Alexander Calder (1898–1976), as well as a painting, prints, and photographs relating to the artist. This collection, one of the largest and most significant in private hands, encompasses some of the best examples of Calder's work. Our private tour of this exhibition will be led by Mirabella resident Sylvia Fisher.

Judith will obtain tickets in advance for members and nonmembers. SAM members will need to provide their membership numbers to Judith in advance. Nonmembers will need to provide her with their names and \$6.25 (per person) in cash since she must purchase their advance tickets from SAM by credit card.

We will leave Mirabella promptly at 1 pm. Reserve a spot on the bus by calling x 1419 or by using the Transportation tab on MIRANET. Coordinator: Judith Peterick, x 1683.

SIFF Surprise Movie
Sunday, January 21; leaving 3:45 pm, returning 6:30 pm

SIFF's movie schedule is revealed about a week in advance at SIFF Cinema Uptown. Residents

who sign up for the small bus (x 1419 or on the MIRANET Transportation tab) will be notified as soon as the names of the movies are known. At that point we will also know the starting and ending time of the movies. Residents are responsible for purchasing their own 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

Meet the Author: Peter Bacho

Thursday, January 4; 3:30 pm, Emerald Hall

Local author Peter Bacho takes us to the world of being Filipino in Seattle. Challenges of immigrants, minorities, and the poor are explored in his provocative memoir composed of essays.

Uncle Rico's Encore: Mostly True Stories of Filipino Seattle is his seventh book, published



Peter Bacho

by University of Washington Press in 2022. Bacho's writings include the novel *Cebu* (1991), which was awarded the American Book Award. The child of immigrants from the Philippines, he earned a Bachelor of Arts from Seattle University, two law degrees from the University of Washington, worked as an attorney, and taught Asian American Studies at the University of Washington. Much of his work, however, has been as a journalist. He currently teaches at Evergreen State College, Tacoma Branch. Coordinator: Judy Waring.

DEVELOPMENTS IN MIDDLE EAST § PNB & SWAN LAKE

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Sam Wyman: National Security

Thursday, January 11; 3:30–4:30, Emerald Hall



Sam Wyman

Sam Wyman will discuss developments in the Middle East and United States national security interests. This is a dynamic topic reflecting age-old sectarian and political rivalries that confront the U.S. with enormous challenges.

Mr. Wyman was an operations officer at the Central Intelligence Agency for thirty-one years, serving in the Near East, Western Europe, and Africa. During his government service and earlier as a student, he lived and worked in Egypt, India, Pakistan, Iraq, Kuwait, Saudi Arabia, Lebanon, Syria, and Spain. For his government service, he received the Department of State's Meritorious Honor Award and, twice, the CIA's Meritorious Officer Award. Upon his departure from the U.S. government in 1994, he was awarded the Distinguished Intelligence Medal by the Director of Central Intelligence.

Come to Mr. Wyman's fascinating talk about national security. You will also hear what he is doing now and how we were fortunate enough to get him here! Coordinator: Diane Holmes.

Kent Stowell and Francina Russell

Swan Lake: The History of Pacific Northwest Ballet's Production

Thursday, January 18; 3:30–4:30 pm, Emerald Hall

Kent Stowell's *Swan Lake* returns to the McCaw Hall stage in early February; opening night will mark the 127th time audiences have had the opportunity to attend this production since its Seattle première in 1981.

The earliest incarnation of PNB's *Swan Lake* actually occurred in Frankfurt, Germany, in



Former Pacific Northwest Ballet principal dancers Lesley Rausch and Jerome Tisserand in rehearsal with Francina Russell and Kent Stowell for a performance of Stowell's "Swan Lake" – PNB

Photo © Lindsay Thomas



Pacific Northwest Ballet principal dancers Elizabeth Murphy and Lucien Postlewaite in rehearsal with Kent Stowell for a performance of Stowell's "Swan Lake" – Photo © Lindsay Thomas

October 1976. Kent Stowell and Francina Russell, at that time artistic directors of the Frankfurt Ballet, collaboratively created their own version of the ballet for that company. Francina staged sections of the ballet, based primarily on late nineteenth-century choreography by Marius Petipa and Lev Ivanov. Kent created new choreography for other scenes, most notably Act IV. (He also danced the role of Baron von Rothbart on opening night.) It is Kent's untraditional Act IV that gives their version of *Swan Lake* its sublime dramatic power.

CONCERTS

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Eleven months after the première in Frankfurt, Kent and Francia moved to Seattle to assume the artistic directorship of Pacific Northwest Dance Ballet Company (as PNB was known at the time), positions they held through June 2005. In the eighteen years since their retirement, they have returned to the studios to coach PNB dancers cast in *Swan Lake*'s principal roles. Since 1981, they have coached almost fifty dancers in the roles of Odette/Odile and Siegfried.

On January 18 they will talk about their careers in ballet in Germany during the 1970s (following their years at New York City Ballet), but mainly about the creation of their version of this iconic ballet in Frankfurt, recreating it for their Seattle company in 1981, and the redesign in 2003 with stunning costumes and scenic designs by Paul Tazewell and Ming Cho Lee, respectively. Coordinator: Sheila Dietrich.

Ladies Musical Club: Stirring Strings

Saturday, January 20; 2 pm, Emerald Hall

The next offering from the Ladies Musical Club will be a festival of string playing. The gifted soloists will be Angelienna Kam, violin, Andrew Kam, viola, and Erika Pierson, cello.



Angie Kam



Andrew Kam



Erika Pierson

The program will include the “Prelude” from *Partita No. 3* for solo violin by Bach, *Cello Suite No. 3* by Bach, and *Suite No. 1 for Violoncello Solo* by Bloch. Beethoven’s beautiful String Trio No. 5 will be played in its entirety to finish the program. This promises to be a truly wonderful concert. Coordinator: Carolyn Burton.

Seattle Baroque Orchestra: Open Rehearsal

Thursday, January 25; 2:30–4:30 pm, Emerald Hall

On January 25, we will have a rare opportunity to hear one of America’s foremost early music ensembles in open rehearsal. Toward the end of the rehearsal, ensemble members will talk about their period instruments and answer questions from the audience.

Seattle Baroque Orchestra (SBO) was founded in 1994 by violinist Ingrid Matthews and harpsichordist Byron Schenkman. It quickly established itself as one of the most vibrant of the American early music ensembles, breathing new life into early music through innovative performances and uncommon collaborations. SBO’s one-of-a-kind concert experiences will take you on musical journeys that explore new repertoire, challenge the limits of what you thought was possible, and find exciting ways to reimagine the classics. Coordinator: Donna McCampbell.

Bertha Landes

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

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

Debbie has entertained us before, as Eleanor

WELCOME STEPHANIE, JIM, AND MARGUERITE



Bertha Landes, Seattle's first woman mayor, served from 1926 to 1928, and the first woman to lead a major American city – photo, Seattle Municipal Archives from Seattle, WA

Roosevelt and then as Alice Paul, an American pioneer suffragette who did jail time for her beliefs. Now, come meet the first female mayor of a major American city, Bertha Landes, serving as Mayor of Seattle from 1926 to 1928. Coordinator: Diane Holmes.

We look forward to your being an important part of our community.

Walter Bodle

Jim Doyle

Jim grew upon a farm in central California, where his father producing Thompson seedless grapes. Jim earned his medical degree at the University of California, becoming interested in orthopedic hand surgery. He spent two years as a doctor in the Air Force, followed by an intense residency at New York Presbyterian Hospital (Columbia Campus).



Jim Doyle – photo, M.A. Mundy

After practicing and teaching at the University of California San Francisco for eleven years, he moved to Honolulu as the chairman of the orthopedic department at the University of Hawaii Medical School. During that time Jim performed the first replantation procedure in Hawaii, on a cowboy with an amputated thumb.

Jim returned to California after eighteen years in Hawaii and grew wine grapes in Napa Valley.

Over the years, Jim played tennis competitively, switching recently to croquet. His three daughters live in Utah, San Diego, and Seattle. At the urging of his local daughter and Seattle friends, Jim moved to Mirabella, apartment 701.

Mary Ann Mundy

WELCOME COMMITTEE

Sue Herring, Chair

Stephanie Abbott

Stephanie Abbott took her first deep breath as a U.S. Navy dependent in China. Her father's assignments as a naval officer included moves to several major ports and eventually to the Coronado base near San Diego. Along the way Stephanie earned an masters degree in English Literature at Boston University. During these formative years she became a writer and an administrator at a hospital working with families dealing with addictive behavior.



Stephanie Abbott

Reading, theater, and the Mirabella Seattle lecture series are major interests at this time for Stephanie. Of most interest to her continues to be her family, which includes two sons, one daughter, three grandchildren, and one great grandchild.

Welcome to Mirabella, Stephanie (apartment 411).

Marguerite Pough

Marguerite Pough is a new Mirabella resident living in apartment 1020. Marguerite grew up outside New York City, and after graduating from the Ursuline School, went to Paris. She graduated from *l'Ecole normale supérieure* with a specialty in Interior Design. Her apartment attests to her talent!

TREADING CAREFULLY

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Marguerite Pough – photo, C. Lindsey

The man she was dating won a huge local contest with the prize being a spectacular fishing tackle box. Marguerite, a bit younger than he, coveted the box so she married him! They moved to Seattle followed by a stay near Boston for family reasons, then back to Seattle in 1994, where Marguerite had an

Interior Design business.

They were living in Magnolia when she was widowed. After trying Arizona, Marguerite moved back to Seattle again and eventually found Mirabella. She investigated other facilities but was drawn to the welcoming and friendly atmosphere here. Happily, we lucked out!

Charlotte Lindsey

BOOK CLUB

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

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

February 26 – We will be discussing *Lillian Boxfish Takes a Walk* by Kathleen Rooney. This novel narrates an elderly woman’s walk around New York City on New Year’s Eve in 1984. She meets an assortment of people while reviewing a life of excitement and adversity, passion, and heartbreak, illuminating all the ways New York has changed—and has not.

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

FRIENDS OF MEDIC ONE NEWS

Medic One Fall Prevention and Treatment

Every eleven seconds an older adult visits an emergency room for a fall-related injury. According to Marcus Cullen, last year Mirabella Seattle averaged about eight falls a month with ten to twenty percent resulting in injury. In response, Friends of Medic One at Mirabella (FOMO) and the Medic One Foundation felt it important to sponsor a program on fall prevention.

On November 30, Glenda Maledy the chair of FOMO, with Norris Edwards, an expert trainer and retired paramedic, led the program. Captain Brian Wallace, paramedic, introduced Justin Peterson and Jim Richards (both Mirabella Seattle paramedic training scholarship recipients) who did the assessment on me after I faked a fall for demonstration purposes. (Luckily no injuries resulted...unlike my fall a few months ago!)

Barbara Brown ended the program by sharing her Medic One life threatening experience with us.

Lessons learned: falls happen too often with older adults and can cause serious injury and death. Pay attention. Be careful!



Barbara Brown

In 2022, Seattle Medic One and the Seattle Fire Department responded to more than 140 calls for medical emergencies at Mirabella. Nearly twenty percent of those were life-threatening, requiring highly trained paramedics. So far this year, Medic One has responded to 136 calls from Mirabella residents.

The financial support of individual Mirabella residents for the Medic One Foundation has resulted

DUELING DIVAS

in training twenty paramedics, two each for the last ten years! Let's keep it up.

Diane Holmes

OPERA CLUB NEWS

***Maria Stuarda* by Gaetano Donizetti (1797–1848)**

Monday, January 15; 2 pm, Emerald Hall



L to R, Elza van den Heever as Elizabeth I and Joyce DiDonato as Mary, Queen of Scots, in “Maria Stuarda”

Composer Gaetano Donizetti knew how to grab an audience—give them dueling divas in the form of two queens fighting over the same throne *and* the same man. In the lush *bel canto* tragedy *Maria Stuarda*, Elizabeth I of England clashes with her cousin Mary Stuart (Mary, Queen of Scots) in the ultimate Tudor-era smack-down. In history,

the two never met. But in opera, they come face-to-face, and the vocal fireworks fly in an emotionally unhinged climax that sends Mary to her doom.

Our showing of *Maria Stuarda* is the 2013 Metropolitan Opera production starring Joyce DiDonato as Mary, Queen of Scots, and Elza van den Heever as Queen Elizabeth I. Both women seek the attention of Robert, Earl of Leicester, sung by tenor Matthew Polenzani. The production designer is David McVicar, and the conductor is Maurizio Benini. In a *New York Times* review of the opera, Joyce DiDonato’s performance was hailed as “a model of singing in which all components of the art form—technique, sound, color, nuance, diction—come together in service to expression and eloquence.” Similar praise was bestowed upon Elza van den Heever (“her voice has penetrating

depth and character”), whose dedication to the role included shaving her head to better accommodate Elizabeth’s elaborate wigs.

When it was first being staged, from late 1834 to December 1835, *Maria Stuarda* had a rough beginning; it was banned even before its premiere. The invective hurled by Mary at Elizabeth in their furious confrontation scene (“vile bastard,” “obscene, unworthy harlot”) was too much for the censors and for the political and religious climate of the day. Even after censoring, the singers so relished their parts that they refused to tone down the language, and the ban was extended. Today, of course, *Maria Stuarda* reigns together with its Tudor queen “sister operas” (Donizetti’s *Anna Bolena* and *Roberto Devereux*) as one of the finest works from the nineteenth century *bel canto* repertoire.

January Broadcasts from The Met Live in HD:

January 6, Verdi’s *Nabucco* starring George Gagnidze and directed by Daniele Callegari.

January 27, a new production of Bizet’s *Carmen* starring Aigul Akhmetshina, with Angel Blue as Micaela and Piotr Beczala as Don Jose.

The Mirabella bus leaves at 9:15 am for Thornton Place Cinema at Northgate. Sign up by calling x 1419.

Andrea Lewis

SUPPORTIVE FRIENDS

Tuesday, January 2; 5:30 pm, Vineyard Room

All bereaved Mirabella residents, no matter whether the loss of a spouse or child occurred recently or some years ago, are invited to the monthly dinner, held on the first Tuesday in the Vineyard room at 5:30 pm.

If you are new to this group, please contact one of the cochairs, Natalie Siegel, x 1698, or Carolyn Blount, x 1644.

EXPLORING ON FOOT

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AROUND LAKE UNION

BY BETTY HEYCKE



*Nickie Askov, Betty Heycke, and Jean Hall –
photo G. Sharp*

About four years ago, new to Seattle and a brand-new Mirabella resident, I was delighted to receive a welcoming offer from friendly Nickie Askov. “Do you want to go around Lake Union?” “How nice,” I thought. “I wonder what kind of car she has?” But I discovered that driving was not what Nickie had in mind. I must have looked like someone who would be up for a walk.

Cheshiahud Lake Union Loop, named for a Duwamish Chief, is not a neat lakeside path. It is a messy cobbled-together up and down walk that meanders through residential and business districts, sometimes lakeside, but mostly not. You can get lost, as Nickie and I did on our first trip before we even left our side of the lake. Officially it is 6.2 miles—a 10k walk or run. Good luck on trying to run it.

Now, four years later, Nickie and I have been around Lake Union several times with our friend Jean Hall. For us Mirabella walkers, the distance has often been farther than 6.2—sometimes *much*

farther—most often about nine miles. But the trip is *so* worth it!

The experience is a bit different each time. One time we took a little detour to check out the Fremont Bridge Troll, the Lenin statue, and those sculptured folks waiting forever for the Interurban. We often linger at the pocket parks on Fairview Avenue East, so beautiful with their lake willows. Always we stop at the magnificent Gas Works Park, and sometimes climb to the top of Kite Hill and back down again to the city-view bench to have our sandwiches.

At Gas Works Park on our most recent walk (November 24), we noticed something new and beautiful. Just in front of the main factory building is a fine example of the artistic manhole covers for which Seattle is famous.



*Hatch Cover, Gas Works Park
– photo, B. Heycke*

We looked at it closely: fish, porpoises, three swimming women, a graceful whale, little waves, and even tiny bubbles—all part of a lovely watery ring.

Because of the skirted bathing suits and the use of pattern, I guessed this was an example of art-deco maybe from the 1930s or early forties. But no. The artist-designed covers were first commissioned by the city in the 1970s, and over 100 of them now grace the city’s streets and parks. Dixy Lee Ray, during her term as Washington’s first female governor, displeased by the term manhole covers, renamed them “hatch covers,” pointing out that they’re not just used by men. And in the mid 1970s, the city started commissioning artists to design them. I learned from Seattle Parks that this particular

LONG DISTANCE PET

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hatch cover was created in 2001 by Seattle print-maker Betsy Best-Spedaro. It is appropriately called “Water Ring” with the rings accentuating the water cycle idea. And there it was for us to see, cast-iron beauty in a parking lot. It was one of a series of three new hatch cover designs; another was for the Water Department and the third for City Light designed by other artists at the same time. You can even schedule a tour of artist-created hatch covers at <https://www.overlookedarttour.com>.

No crisp cool walk is complete without a cup of coffee and a treat. We had ours—cappuccinos and pecan rolls at Eastlake’s Grand Central Bakery.

How I Got My Goat

BY NICKIE ASKOV



*Goat munching little girl's hair ribbon – cartoon,
J. Curtis*

My Uncle Mark and his wife Valta lived near Hopkins, Missouri, on a farm with the usual farm animals—cows, sheep, chickens, dogs, cats, and one goat named Sammy. Sammy

followed Mark around most of the day gently rubbing his head against Mark’s overalls. Sammy, who was brown and white, always seemed to have a whimsical expression on his face, perhaps because of his white goatee.

When I was about eight years old, Sammy seemed to take a special shine to me during one of our irregular trips from St. Louis to rural Northwest Missouri where my father’s family lived. Or maybe I was the one who was attracted to Sammy. I was

an avid reader of books about dogs and horses, so a goat was perhaps a logical extension of my budding knowledge of the animal kingdom. He liked to butt his head gently against my jeans. Since his horns had been shaved off, no pain was inflicted. He seemed to like the gentle massage.

One afternoon, after inspecting the animals on the farm, my Uncle Mark sat down on a bench and took out his tobacco pouch. He first pulled out a small piece of white paper into which he meticulously measured his tobacco. He then licked the paper sides so that it sealed together into a cigarette roll. I was not the only one watching Mark, however. Sammy was eagerly waiting for Mark to hand him the first cigarette, which he did, and Sammy ate it. Mark then rolled one for himself which he lighted. Tobacco smells wafted in the air as we relaxed in the sun. The cows were lowing in the distance, but I was not paying attention to them.

Then my Uncle Mark startled me by asking, “Would you like to have Sammy?” Giving Sammy a hearty rub on his head, I practically shouted, “Yes, I would love to have Sammy!” My head started spinning with the ideas of taking Sammy in the car back to St. Louis, keeping him in my bedroom, taking him for walks like a dog, and so forth. I told a contented Sammy that he was moving to St. Louis. That seemed to be fine with him.

My parents, of course, had a different reaction. Goats don’t belong in the city. How would Sammy fit into our car to take him home? Who would take care of Sammy while I was at school? I also wondered how Sammy would get his cigarettes. My Uncle Mark offered the solution: Sammy would still be my goat, but he would continue to live on the farm where he was happy. I was also happy with that plan and looked forward to seeing my goat every time we visited our family in Hopkins, Missouri.

FEAST YOUR EYES

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LOUCHE

BY LYNNE IGLITZIN



Untitled work by Itzhak Tarkay

Sitting at my desk staring at a small picture on my phone. It is extraordinarily bright and colorful. The word that comes to me is “louche.” I’m not certain what louche means; let’s see: “disreputable or sordid in a rakish or appealing way.” In other words, dubious, shady, unconventional, but often in a way that people find rather attractive.

Yes, louche works. There she is by herself; no one nearby. She is dressed fit to kill, with her bright red high-heeled shoes, blue skirt, black tights, and a top that looks like a camisole, with deep plunging neckline, arms and shoulders bared. It is the hat that catches one’s eye, black with sparkling dots. It is a neat contrast to the purple camisole.

She is sitting partially in front of a black table, a table that we see only one leg of, and it is incredibly thin. Is it strong enough to hold that plant? A plant

that is as bright and variegated with its colors as she is; and the table is perched askew on a linoleum floor. The plant itself is so colorful it almost—but not quite—grabs your attention from the young woman. In a similar way, the chair on which she lounges (not “sits”) is wildly colorful with its mixture of pink, yellow, and blue scarves draped over what appears to be a red handrail and blue sidebar.

What is she doing? Is she waiting for someone? She looks a bit pensive, appearing to be gazing down; but on the other hand, she seems content with her own company in this colorful setting. Is she louche? She is not “properly” dressed in her negligee type of blouse; yet she wears a hat. Is she planning to promenade outdoors in this skimpy outfit?

When viewed in person, the picture is huge. Its size is roughly over three feet wide by four feet top to bottom; and that is just the picture alone—not including the frame. The artist’s signature, though not easily decipherable, is “Tarkay.”

[Editor’s Note: This untitled work, currently hanging in the first floor B elevator lobby, is by Israeli artist Itzhak Tarkay (1935–2012). In 1944, he and his family were living on the Yugoslav-Hungarian border when they were sent by the Nazis to the Mauthausen concentration camp in Austria. A year later they were liberated by the Allies and eventually settled in Israel. To see more of his work, visit <https://www.parkwestgallery.com/browse-artwork/gallery/itzhak-tarkay>.]

BOOKENDS: A REVIEW BY MARSHA MACINNES

[Editor’s Note: When I met Marsha and her husband Chris a few weeks ago, I learned they are committed to moving to Mirabella Seattle in

NATIVE AMERICA

2024. Marsha asked how she might contribute to *The Mirabella Monthly*, which she had been reading regularly since her first visit here in 2023. A voracious reader and a habitual reviewer of each book she reads, she offered to share some of these thought exercises with our readers. She sent me the review below as a “nice adjunct to the winter exhibit of indigenous art at Mirabella.”]

***Project 562: Changing the Way We See Native America* by Matika Wilbur**

The author, Matika Wilbur, from the Swinomish and Tulalip tribes, is a photographer who spent a decade traveling the United States, coast to coast, north to south, speaking with and photographing the members of the 562 Native American Tribes recognized by the federal government. This exquisite coffee table book is the result.

Her goal is for us to know her people fully, to be exposed to their diverse lives, thoughts, values, and art in order to counteract the narrow stereotypes of



Project 562 book cover

Native Americans presented in mainstream media. The photos are hers, but the subjects speak for themselves. Some are highly educated with advanced degrees from prestigious universities. Others are just plain folks. Their messages are equally eloquent.

They speak of the mandated boarding schools, the resulting loss of their languages, the land grabs, the broken treaties, and life on reservations, but this is not their focus. They want us to know about their current commitments—the widespread work to revive their native languages, the court system they evolved from punitive justice to restorative justice, their profound love of the earth, and their actions for its protection. They work in many fields, from law to social work, music and media, fashion and art, activism, and ecology, always in a way that advances Native American values.

You won’t read this book all at once. You will pick it up from the coffee table every so often, marvel at the photography, read a few more stories of survival and hope. And you will talk about it because it will be impossible not to.

More like this: *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer. (*Braiding Sweetgrass*, call no. 305.597, is in the Mirabella Library; at this time the book reviewed, *Project 562*, is not.)

EAGLE POEM

BY JOY HARJO

To pray you open your whole self
To sky, to earth, to sun, to moon
To one whole voice that is you.
And know there is more
That you can’t see, can’t hear;

A HAVEN FOR WRITERS

JANUARY 2024

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Can't know except in moments
Steadily growing, and in languages
That aren't always sound but other
Circles of motion.
Like eagle that Sunday morning
Over Salt River. Circled in blue sky
In wind, swept our hearts clean
With sacred wings.
We see you, see ourselves and know
That we must take the utmost care
And kindness in all things.
Breathe in, knowing we are made of
All this, and breathe, knowing
We are truly blessed because we
Were born, and die soon within a
True circle of motion,
Like eagle rounding out the morning
Inside us.
We pray that it will be done
In beauty.
In beauty.

Joy Harjo, "Eagle Poem" from *In Mad Love and War*. Copyright © 1990 by Joy Harjo. Reprinted with the permission of Wesleyan University Press, www.wesleyan.edu/wespress.

A VISIT TO HUGO HOUSE

BY NICKIE ASKOV

On December 6, we visited Hugo House, a nonprofit organization for writers that was founded in 1996 by three Seattle women: Linda Breneman, Frances McCue, and Mirabella Seattle resident Andrea Lewis. The original idea for a "day spa for writers"



At Hugo House: l to r: Rhonda Plawner, Myrna Loy-Zolyomi, Ron Lewis, Jean Hall, Nickie Askov, Marilyn Campbell, Andrea Lewis, Gloria Hennings, and Jane Blackwell – photo, Diana Delgado

grew into a nationally known center for literary arts on Capitol Hill. We were treated to a tour by Diana Delgado, Executive Director/poet, and Steven Lazen, architect from NBBJ, the Seattle firm that designed the space. Steven pointed out "nooks and crannies" that make the building special for writers, such as the hallways that are not quite straight, book nooks that encourage reading, and classrooms with skylights and original artwork. Each classroom is named for a location in a Richard Hugo poem and is dedicated to someone who supported the founding of Hugo House, including Andrea.

Our group, organized by the Outside Activities Committee, was photographed in front of a chalkboard tree that invites people to add spontaneous thoughts about writing. While we had coffee, tea, and cookies, Andrea talked about the early days of the organization, and Linda Breneman discussed the nonprofit landscape and how Hugo House is a community alternative to offerings at universities. Mirabella residents were invited to participate in Hugo House activities as well as serve in the organization.

BIRTHDAYS 🎉 ✧ **POETRY CORNER** ✧ **REMEMBERING**

HAPPY BIRTHDAY! JANUARY 2024

- 1 – Suzanne Price
- 3 – Ken Gorohoff
- 3 – Ginny Sharp
- 4 – Iris Slippy
- 6 – Bob Lewandowski
- 6 – Marianne McDonnal
- 7 – Dick Fike
- 7 – Fred Wan
- 9 – Sylvia Fisher
- 9 – Eleanor Oravetz

- 10 – Skip Kerr
- 11 – Tina Moss
- 12 – Michael Plawner
- 13 – Norman Brown
- 14 – Laura Bailey
- 19 – Rich Bebee
- 20 – Karen Smith
- 20 – Nancy Finley
- 20 – Ruth Hase
- 21 – Charles Fitzgerald

- 22 – Tom Roe
- 22 – Chella Schmidt
- 24 – Kitty Dow
- 24 – Tom Seery
- 25 – King Jones
- 25 – Jerry Roling
- 26 – Bertie Perry
- 28 – Jim Doyle
- 29 – John Wertz
- 30 – Jerry Moroney

A TEA TALE

BY JARED CURTIS

Degree of embarrassment
 on spilling tea
 is less when alone
 and at home –
 carpet cleaning tools
 are close,
 damp clothes
 can be changed,
 and no damage done.

Think what would ensue
 in company –
 in *their* space,
not my own –
 all jump up,
 sop up with napkins,
 handkerchiefs,
 whatever is handy –

spilled tea on slacks and shoes,
 apologies flying,
 so sorry,
 so sorry,
 so sorry –
 bumping heads
 as we bend
 to mop up the mess.

Oh, my friend!
 Solitude does have its charms.



“Teatime” by Ilona
 Brustad – photo, J. Curtis

© Jared Curtis

REMEMBERING

Henry Butler 11/29/2023

MOVIE COLUMN

JANUARY 2024

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TIME TRAVEL: PLAYING AROUND WITH PAST, PRESENT, AND FUTURE

BY WARREN ASKOV

Note: This month we mark the retirement of Connie Chaplin's monthly Movie Club Show Time that filled the second last page of The Mirabella Monthly for the past seven or more years. The column will continue but without Connie's concise, witty, tongue-in-cheek summary of noteworthy movies to be shown each month. Thank you, Connie. Your summaries will be missed. W.A.

Our January movies play with concepts of time. Wes Anderson provides a retro-futuristic reminder of our fascination with extraterrestrials and UFOs. His new film takes place in the 1950s. The plot includes a "play within a play," a production of a fictional documentary of *Asteroid City* by the fictional playwright Conrad Earp (Edward Norton), introduced by Bryan Cranston. Think of the TV series, *Playhouse 90* (1956–1961). A UFO arrives, drops off an alien (Jeff Goldblum), leaves with the historic asteroid for which the city is named, and then later returns the asteroid with new markings. This format allows several members of the large ensemble cast to assume multiple roles.

Time also comes into *Nyad* (2023), a movie based on Diana Nyad's autobiography *Find a Way*. Diana (Annette Benning), with the aid of her friend (Jodie Foster), sets out to top her earlier long-distance, open-water swimming feats by attempting to swim the 110 miles from Cuba to Florida without a shark cage. However, she is now sixty years old. Can she overcome the many years since her last long-distance swim? The film's reviews were largely positive. The



Jodie Foster and Annette Benning in "Nyad"

Rotten Tomatoes website consensus reads: "*Nyad* is an uplifting sports biopic strictly on the merits of its story, but it's the outstanding performances from Annette Bening and Jodie Foster that really keep this picture afloat."

A Million Miles Away is a 2023 biographical drama about José M. Hernández (Michael Peña), a Mexican-American astronaut. Hernández's family traveled from Michoacán, Mexico, as seasonal workers picking grapes in California. A teacher recognized José's potential and convinced his family to stay in the United States. He later graduated from the University of the Pacific and was hired as an engineer at the Lawrence Livermore National Laboratory. He was urged to go to space as the Mission Specialist on Space Shuttle Columbia, but he declined. On February 1, 2003, he and his family watched as the Columbia broke apart while re-entering the Earth's atmosphere, killing all seven crew members. Will he continue? Will he succeed? A reviewer for *The New York Times* called the film "beautifully shot and interspersed with historical footage of migrant workers and spacecraft launches," stating that its "most effective and touching scenes revolve around the family relationships."



The Mirabella Monthly

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



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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.