



The Mirabella Monthly

www.mirabellaliving.com/Seattle



VOLUME 17 | ISSUE 2

 *Welcome, Ky Moody, Executive Director!* 

FEBRUARY 2025

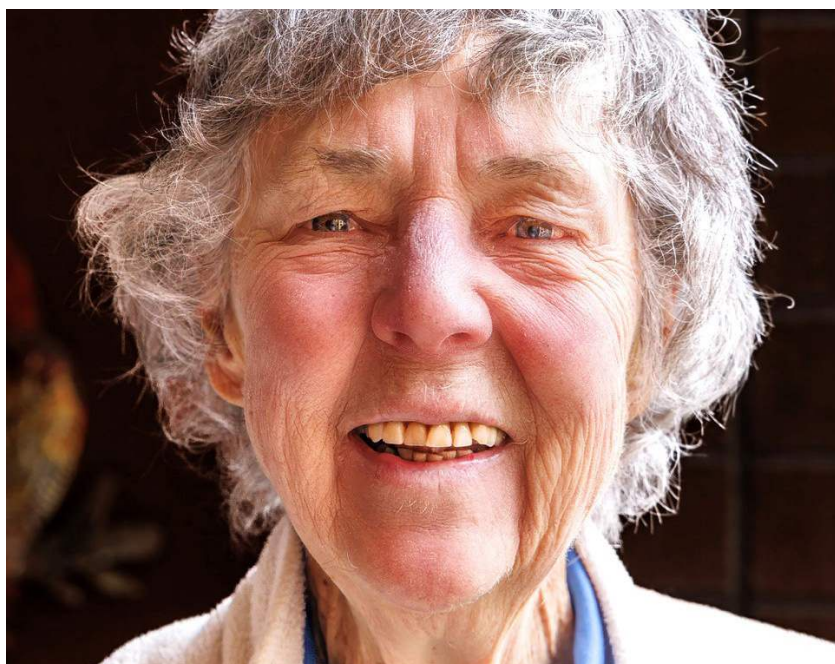
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MIRABELLA'S LORAX

BY INGRID STEPPIC

Like most of us, Hellmut and Marcy Golde raised their children during the sixties and seventies. They watched *Mister Rogers' Neighborhood* and *Sesame Street*. They read Little Golden Books and Dr. Seuss. Children love Dr. Seuss' strange characters, such as the Cat in the Hat, the Grinch, and of course the Lorax. Kids identify with the Cat in the Hat because that character is very much like a naughty child; he does things he is not supposed to do and disappears before Mom comes home. The Grinch, on the other hand, is definitely an adult and a very grumpy one at that; a twentieth-century Ebenezer Scrooge. Both characters—Ebenezer and the Grinch—reform when they discover the meaning of Christmas. Then there is the Lorax. He is different from the



Marcy Golde – photo by E. Hill

STANDING UP FOR TREES

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usual characters in children’s books. The Lorax is a no-nonsense creature who cares about our natural world and isn’t afraid to speak out. We all know the Grinch type. Many families have such a member, maybe a grumpy old grandpa. But the Lorax reminds me of Marcy Golde. I think that Dr. Seuss must have known a person like Marcy, who he then turned into this feisty environmentalist.

“I am the Lorax. I speak for the trees. I speak for the trees, for the trees have no tongues...”

That’s Marcy. She speaks for the trees. Marcy and Hellmut moved to Seattle in January 1960 when Helmut got a job at the University of Washington. Their first apartment was just north of Lake Union, close to the Montlake Bridge. Later, they bought a vacation home on the peninsula. Marcy loved that place, especially the beauty of the trees and, not surprisingly, she became interested in forestry. Seeing the awful results of clear-cutting stirred her into action. She became an environmental activist and joined the WEC, the Washington Environmental Council. She started going to meetings, pushed for legislation, butted heads with the timber industry, and simply would not quit. The industry did not take environmental activists, especially women activists, seriously so it was a difficult process. With like-minded people, she helped gather evidence for filing and supporting lawsuits. Her persistence paid off. Streams, fish, and wildlife gained some protection. Clear-cutting was limited in some sensitive areas. Replanting became part of land management. Whether they liked it or not, the timber industry had to negotiate with the Sierra Club, with native tribes, and with environmentalists like Marcy. The industry tried to keep the Washington Environmental Council and the Audubon Society out of the negotiations, but Marcy wasn’t having that. The environmental groups scored successes, but Marcy learned that you can’t quit. You have to keep pushing. A ruined

environment isn’t easily reclaimed.

Marcy and Hellmut raised their three children in Seattle. After retirement, they moved to Mirabella in March of 2009. Their little dog Chico, rescued from an animal shelter, came with them. But retirement did not mean leisure. Hellmut was very active in their new community. Marcy continued working for a better environment. And they did not give up their house on the peninsula. When their daughter Helen—who lived in D.C.—died in 2015, they brought her ashes home to that beloved place. Hellmut passed away in 2019 and his remains rest there as well. A plaque on an old cedar tree commemorates their passing. The responsibility for the home and the preservation of the land and trees now rests with their two surviving children. Marcy still is passionate about protecting our forests. She, like the Lorax, knows that “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

Editor’s note: To learn more about Marcy’s conservation work, see the winter issue of Convene, the magazine of the Washington Environmental Council at https://issuu.com/washingtonenvironmentalcouncil/docs/2024_winter_convene_compressed?fr=xKAE9_zUINQ.

THE BIG MOVE

BY BRAIDEN REX-JOHNSON

For anyone currently living at Mirabella, you’ve already been through it—*The Big Move*.

Nothing about moving is easy, and the process can take a long time; in our case, close to two years!

Our moving saga began in March of 2023, when we hired a move manager to help us downsize our 1,260-square-foot condo and my husband’s 630-square-foot artist studio in downtown Seattle.

MOVING TARGET

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This was not an easy task, because at the time we had been married for forty-two years and had lived downtown for thirty-four.

The first time the move manager came for a walkthrough, she seemed unusually quiet as I opened cupboards, pulled out dresser drawers, and showed her our two large storage units. After careful consideration, she described the breadth of our project as “monumental.” An image of Mount Everest immediately flashed through my mind.

But we were undaunted. I had tackled complex, long-term projects such as cookbooks, and Spencer promised to clean out his old architecture projects and art studio.

Luckily, out of complete boredom during the pandemic, we had cleaned out our closets and sock drawers. But the sheer number of books and papers we needed to wade through was enormous.

Somehow, I culled thirty-five plastic tubs of tomes from my library and saved only those books that meant the most to me. The remaining ones were carted off and sold in the Friends of the Seattle Public Library annual book sale in exchange for a nice tax deduction.

I enjoyed going through the boxes containing my old work files, reading vintage restaurant menus, party invitations, and articles I had written. I photographed the best bits and happily tossed the rest.

Our wedding artifacts spoke of young love and dewy skin and sparked happy memories of our families and friends. I sent our wedding slides off in a Legacy box, and they came back digitized on a thumb drive for compact storage and easy future reference.

I saved the hardest part of our personal paper trail for last—32 shoe boxes filled with mementos—every ticket stub, program, playbill, card, or letter



A cinnamon cake recipe from one of the many vintage cookbooks in Braiden's collection

— photo by B. Rex-Johnson

we had ever written to each other, along with brochures and memorabilia from long-ago trips—each box dated like a time capsule.

It was exciting to see how vibrant and busy we were when we were younger, how many friends and acquaintances we had, and how many snail-mail birthday, holiday, and Christmas cards we had received. So many clever and pretty designs!

The process wasn't easy, but we condensed the contents of our memento boxes to just two plastic tubs. There are enough reminders of our previous lives to spark happy memories, but not enough to mire us in the past.

With our belongings streamlined and our physiques lightened, we moved into Mirabella just in time to celebrate the holidays and are super excited to begin the New Year in our new home and studio.

Braiden Rex-Johnson is a brand-new resident of Mirabella, happily residing in Unit 1112 with her artist husband, Spencer Johnson, who paints, plays music, and creates in his studio, Unit 707. Contact her at x 1854, 206.271.6681, or braidenrj@me.com.

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

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



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

<i>Committee or Group</i>	<i>Chair/Cochairs</i>	<i>Contacts</i>
Active Arts	Sandra Jaech	Box 306, x 1588
Art	Linda Berkman	Box 513, x 1861
	Ginny Sharp	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	Box 1116, x 1858
	Jerry Smedes	Box 1021, x 1617
Finance	David Webber	Box 1122, x 1864
Health and Wellness	Bob Lewandowski	Box 408, x 1731
	Nan Morris	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	Box 828, x 1640
	Eddie Edmondson	Box 616, x 1826
Welcome	Sue Herring	Box 709, x 1556



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



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

Tuesday, February 18; 3–4:30 pm, Northwest Dining Room

Join us for our February Community Happy Hour celebrating our new residents who have moved in over the last 6 months. Please come to enjoy wine, beer, light hors d'oeuvres, and mingling!

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, bnbailey@retirement.org or x 1418.

Podiatrist

Thursday, February 20; 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, February 11; 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 at (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 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 more than 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.

MAKING ART

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

Creating Personal Valentine Cards

Wednesday, February 5; 2–3 pm, Art Room 507

Resident Gloria Hennings has again volunteered to share her talent and her punches to assist others to create valentines for loved ones and friends. She will inspire you as you share the wide assortment of punches that she has collected over the years. Paper and glue will be provided. Participants will be asked to bring a pencil, ruler, small rag, scissors, and tweezers. Sign up in the red Active Arts book in the Resident Business Office.

Zentangles

Tuesdays, February 4 and 11; 1–3 pm, Art Room 507

Do you like to doodle but drawing isn't your thing? Zentangling may be just what you are looking for to keep your hands busy, your mind challenged, and your desire to be creative fulfilled. Susan Ingham is



Zentangle tile

back for two sessions of Zentangling. It is an art form that involves drawing repeated simple patterns with a pen on paper to make a design. Returning students should bring their supplies and will be billed \$12 for additional supplies. If you are a beginner, you will have a \$25 fee for a starter kit plus the current fee of \$12 (a total of \$37). You must register for the class by signing up in the red Active Arts book in the Resident Business Office.

Ukulele class

Thursday, February 13 and 27; 11 am; Conference Room A

Practice time February 6 and 20; 11 am, Conference Room A

Our ukulele class will offer two sessions to continue to add to a growing repertoire. Members include new players, players with two-plus years of experience and several who have played for twelve years or more. Ukulele practice time February 6 and 20 at 11am in Conference Room A is voluntary and is open for two days so that you can interact with each other in small groups.

Creative Writing

Friday, February 7; 11 am–12:30 pm, Conference Room A

Janee Baugher will continue her offerings of varied styles that will stimulate your pathway toward more

THANKING & THINKING

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dynamic writing. There is no need to register for this ongoing class.

EMPLOYEE APPRECIATION COMMITTEE

Sally Hahn, Committee Member

Thank you, Mirabella residents, for the very



Thank-you notes from grateful employees – photo by M. Hahn

successful 2024 Employee Appreciation Fund Drive. We hope everyone saw the large note board (pictured) in the mailroom with thank-you notes from many grateful employees.

We have other events during the year to recognize and thank our employees. *National*

Employee Appreciation Day is Friday, March 6. The committee sends notes of appreciation from the Mirabella residents to our employees. We put posters in their lounges to make them aware of how much we value their service. This year we will also have “We love Mirabella employees” badges in the mailroom. Please wear a badge on March 6.

The Employee Appreciation Committee also awards a \$250 gift to the Mirabella Employee of the Month. The funds come from our fall fundraising drive. The Employee of the Month is chosen by the managers of the various departments, but you can suggest employees for the award. To find the form to recognize employee excellence, go to the MIRANET opening page. There are two lines of options or tabs at the top of the page: the line of tabs that begins with “Home” and the one below it that begins with “Main.” The third tab on the “Main” line is “Feedback.” Click this tab, and a new

page will appear. On the right side of this new page there is a form to nominate an employee for the VIP award. The form requires your name, apartment number, phone, and email address. Fill in your nomination information and click “Submit Form.”

HEALTH AND WELLNESS COMMITTEE

Nan Morris and Bob Lewandowski, Co-chairs

The Adult Changes in Thought Study
Tuesday, February 25; 3:30–4:30 pm, Emerald Hall
Linda McEvoy, PhD, Senior Investigator
Kaiser Permanente Washington Health Research Institute

A landmark study based in Seattle is teaching us how the brain changes with age and what we can do to maintain brain health as we get older. The study began in 1994 and has enrolled more than 6000 older adults from greater Seattle. Dr. McEvoy will discuss findings from the study and from other research studies on what happens to our cognitive abilities and to our brains as we get older, and on what we can do to lower our risk of developing Alzheimer’s disease or other forms of dementia.



Linda McEvoy

Linda K. McEvoy, PhD, is an experimental psychologist and neuroscientist and a former professor at the University of California San Diego where she conducted studies on brain changes with aging and with Alzheimer’s disease, and on the genetic, health, and behavioral factors that increase or decrease risk for dementia. Coordinator: Bob Lewandowski.

READING & LEARNING

LIBRARY COMMITTEE

Martha Oman, Chair

Low-Vision Reader

Have you gotten a letter or holiday greeting from a friend or loved one that you just couldn't read? Are you struggling to read a magazine or newspaper? Are you unable to be sure what your dosing instructions are on your prescription bottle or directions from your doctor?

There is help for you in the Library—the low-vision reader.

You can change the size of the magnification, change the background and print colors, and move the tray as you read across the page, giving you the ability to get the best visual clarity for your needs. You can even do your Sudoku or crossword puzzle on it.

I am available to give you a tour and a lesson on using the low-vision reader at your convenience. We have several regular users who are pros and can help as well. There is a page of instructions beside it in bold large type with all the controls to remind you of all the functions available.

Give me a call at x 1642 or ask me or any Library Committee member to assist you when you see us in the Library.

Martha Oman

LIFELONG LEARNING COMMITTEE

Pat Harris, Chair

Kenmore Air Part Two: The Beaver and The Otter

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

Chuck Perry, retired Kenmore Air Chief Pilot, returns to Mirabella to discuss the company's

fleet of Canadian-built de Havilland five-seat Beaver and ten-seat Otter float planes. Kenmore Air purchased their first Beaver in 1963 and expanded their fleet after scheduled passenger service was added in 1986. Chuck will describe the flight experience for passengers, review the extensive upgrades to the planes, and explain why Kenmore Air continues to fly vintage Beaver and Otter floatplanes. Coordinator: Mike Hahn.



The Beaver in action

Three Talks on Apple iPhone Applications

Wednesdays, February 5, 12, 19; 10:30–12 pm, Emerald Hall

Paul Schmid will be with us again for talks on the changes that were made in late 2004 to some of the Apple Apps. Missed his sessions last year? Forgot what he taught us last year? That is fine, as he will lead us through using three applications that are featured in his talks. The sessions will include presentation of information, a chance to practice skills, and an opportunity to ask questions about the new procedures at the end of each session.



Image created by P. Harris

» **Talk 1 Messages:** The talk will help us understand how we can do more with messages now than we could a year ago and how some tasks are easier than before.

» **Talk 2 Notes:** This will be the first time for a presentation on notes, so we will learn about what the program can do, how it can work for you, and what is new in the app.

MOAIS § CROWS § BUS TRIPS

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» **Talk 3 Photos:** This talk is a revisit to the Photos App because changes have been made that will allow you to do more with your photos. Coordinator: Pat Harris.

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

Wednesday, February 5; 3–4:30 pm, The Bistro
Lifelong Learning is again sponsoring the Technology Cafe for resident-to-resident technology sharing. Please join us for conversation or with questions or just come have fun with us!
Coordinator: Pat Harris.

Resident Revelations: Ruth Benfield: Rapa Nui or Easter Island

Tuesday, February 11; 3:30 pm, Emerald Hall and Zoom



A moai – photo by R. Benfield

Ruth Benfield will provide a brief overview of her travels to South America but will focus on one of the high points, the very remote Chilean island of Rapa Nui. Easter Island, as it’s also known, is one of the most remote inhabited islands in the world. It is home to many *moais* and has a mystical history

beginning in 300–1200 CE. If you’ve been to Easter Island, Ruth will be interested in learning about your experience. She will also answer questions about this UNESCO site. Coordinator: Judy Waring.

OLLI-UW January Zoom Lecture

Preregistration is required for all lectures. Lectures are free. Group viewing, if you wish, is in Emerald Hall.

Crows with John M. Marzluff

Friday, February 28; 12–1 pm;

Preregistration Zoom Link: <https://washington.zoom.us/meeting/register/tJwofmgrjwrH9DDnZzPWeZix3Bu3Oc63ffF>.

Join us as we learn about the latest work being done to understand crows in our midst. John Marzluff is a Professor Emeritus, School of Environmental and Forest Sciences, at the University of Washington. John is



John Marzluff

interested in all the ways that birds affect people—how, for instance, birds influence art, or language. In addition to his research, he has written several popular science books about crows, including, most recently, *Gifts of the Crow: How Perception, Emotion, and Thought Allow Smart Birds to Behave Like Humans*. In recognition of his work, he was recently named a Fellow of the American Association for the Advancement of Science, and he has received the Washington State Book Award for general non-fiction. Coordinator: Pat Harris

OUTSIDE ACTIVITIES COMMITTEE

Sheila McConnell, Chair

Bri Bailey, Resident Services Director

Clint 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. For all trips,

MARKETS & PARKS

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, February 14, 28; 10–11:45 am

Costco, Wednesdays, February 5, 19; 9:45–11:30 am
Fred Meyer/PCC/Trader Joe's, Fridays, February 7, 21; 10–11:45 am

Metro Market/CVS, Mondays, February 10, 24; 10–11:45 am

QFC/University Village, Mondays, February 3, 17; 10–11:45 am

Walks

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

February 1 Pioneer Park Mercer Island (flat & hilly) **

February 8 Ballard Locks & Environs (flat & hilly) **

February 15 Discovery Park (hilly) **

February 22 Magnuson Park (flat)

Coordinator: Ardelle Knudsen, x 1811.

Sunday Church

Sundays, February 2, 9, 16, 23; 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

Pacific NW Ballet: *The Sleeping Beauty*

Saturday, February 1; leaving 12:15 pm and returning at 4:10 pm

This brand-new production of *The Sleeping Beauty* promises to enchant you with scenes designed by glass artist Preston Singletary and costumes designed by Paul Tazewell (*Hamilton*, *Wicked*, PNB's *Swan Lake*).

Seattle Symphony: *Selaocoe & Tchaikovsky*

Thursday, February 6; leaving at 6:45 pm and returning at 9:15 pm

ACT Theater: *The Last Five Years*

Saturday, February 15; leaving at 1:15 pm and returning at 3:45 pm

THEATER & MUSIC

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This is a co-production with The Fifth Avenue Theatre. The winner of two Drama Desk Awards, this modern musical takes a devastatingly honest look at Cathy and Jamie and their journey of falling in and out of love over five years. Jason Robert Brown's cult favorite is a raw and intimate window into two perspectives of one relationship and an unforgettable chronicle through the joy and ache of love.

Seattle Rep: *Blues For An Alabama Sky*
Saturday, February 22; leaving 1:15 pm and returning at 5 pm

In 1930s New York, the hopes of the Harlem Renaissance have been tempered by the realities of the Great Depression. Best friends and artists Angel and Guy dream of a glamorous future but can barely eke out a living in the jazz clubs, while their neighbor Delia and local doctor Sam deal with bombs and break-ins as they try to bring a family planning clinic to the neighborhood. When Angel catches the eye of a handsome newcomer, their clashing values set off a chain of events that will change everyone's lives. Lyrical and deeply moving, Pearl Cleage's classic drama will immerse you in the joy, sorrow, and resilience of a society on the brink of change. Tickets: \$27–\$70.

Seattle Opera: *The Magic Flute*
Sunday Feb 23; leaving 1:15 pm and returning at 4:50 pm

Mozart's classic with a delightful twist features seamless interaction between onstage performers and animated visuals. This production is a "wonderful show" that is "great for opera lovers, newbies and the whole family" (*Los Angeles Times*). Inspired by silent movies, Barrie Kosky's colorful and energetic production comes to Seattle after receiving standing ovations at opera houses around the world.

Special Activities and Excursions

Seattle Symphony: *Chanticleer at Benaroya*
Thursday, February 20; leaving 6:45 pm and returning at 9:15 pm

This is a full-time male classical vocal ensemble based in San Francisco, California. It was founded in 1978 for interpretations of Renaissance music but now performs a wide repertoire of jazz, gospel, and contemporary classical music. Its name is derived from the "clear singing rooster" in Chaucer's *The Canterbury Tales*. The ensemble has made award-winning recordings including several Grammys. This is a wonderful group, a happy group!

SIFF Surprise Movie
Sunday, February 16; 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.

Luncheonaires: Dough Zone
Wednesday, February 26; leaving at 11:30 am and returning at 1:30 pm

Jean Hall (x 1579) is coordinating another very interesting lunch. This location is about a half mile away at 815 Pine St. Their description says that the items offered are "crafted with precision and bursts of flavor in every bite." Dough Zone gets great reviews!

Seattle Symphony: *tenThing Brass Ensemble*
Thursday, February 27; leaving at 6:45 pm and returning TBD

ENTERTAINMENT IN EMERALD HALL

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The tenThing Brass Ensemble brings a diverse and ever-expanding repertoire that spans from Mozart to Weill, Grieg to Bernstein and Lully to Bartók. The women of tenThing have impressive range and the ability to play virtually anything, new commissions included. This is not a classical concert hooked on staid formality. tenThing's sound is a stream of living water. Ticket prices vary widely between online and subscribers. If you want to save some money, find a subscriber to purchase tickets for you.

PROGRAM COMMITTEE

Sally Hayman and Eddie Edmondson, Cochairs

Sunday Jazz

Sunday, February 2; 2 pm, Emerald Hall
A Great Day in Harlem. On August 12th, 1958, in front of a Harlem brownstone, first-time photographer Art Kane assembled fifty-seven of the greatest jazz stars of all time and snapped a picture that would live forever. Narrated by Quincy Jones, this “irresistible” (Kevin Thomas, *Los Angeles Times*), Academy Award-nominated documentary (1995) examines the fascinating lives of the musicians who showed up that day to make history. Through remarkable interviews with nearly thirty jazz greats (including Dizzy Gillespie, Sonny Rollins, and Art Blakey), home movies shot by Milt and Mona Hinton, and rare, archival performance footage, *A Great Day in Harlem* tells the story behind a legendary photograph that is still alive and kicking—and jammin’! Coordinator: Stafford Miller.

Enchantments: Framed Moments that Move Us; A Duet of Prose and Piano by Patricia Smith and Paul Finley

Thursday, February 6; 3:30 pm, Emerald Hall
 Three vignettes that include encounters with the natural world—water, physics, the medical world, and family—are told in a weave of words and original music. The vignettes include: *A Portrait*

of My Mother (snippets of an unconventional mother in the 1950s); *Everything Not Forbidden Is Compulsory* (a final trip to a Pacific beach with my physicist brother); and *It's Out of Your Hands* (the experience of an unexpected pacemaker).



Paul Finley and Patricia Smith

Patricia Smith began doing visual art in midlife as a way to carve out quiet space in a life of practicing psychotherapy, raising kids, and looking after a small farm. She's carried on ever since, writing and making art, and remains most happy when she's working on a project. Paul Finley started composing and improvising three months after his first piano lesson at age ten. The piano was where he turned when he felt strong childhood emotions. Jazz, salsa, and classical piano have been in the mix ever since. After a thirty-two-year friendship, Patricia and Paul began working together to create duets with prose and piano. This experience of intertwining spoken words and piano music has opened exciting new dimensions for them both. Coordinator: Kitty Dow.

Jazz Quartet Concert

Thursday, February 13; 3:30 pm, Emerald Hall
 Prepare to be blown away by the virtuosity of Susan Pascal as she leads the Susan Pascal Quartet, playing her vibraphone with “...blazing 4-mallet technique” (*Earshot Jazz*).

Another media quote: “Fluid stick work and coherent compact solos make this vibraphonist a delight.” (*The Stranger*).

Her fellow instrumentalists will be Bill Anschell, piano, Chris Symer, bass, and Mark Ivester, drums. The magazine *All about Jazz* summed up the quartet's performance in one word: “breathtaking.”

TUNING UP § GOING WILD

FEBRUARY 2025

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Susan Pascal



Sharon Jung



Joan Lundquist



Emiko Hori

This will be a wonderful concert. I'll see you there!
Coordinator: Carolyn Burton.

Ladies Musical Club: Works for Oboe and Piano

Saturday, February 15; 2 pm, Emerald Hall

This month, the Ladies Musical Club brings us a program featuring oboe and piano as well as piano solo. Oboist Sharon Jung and pianist Joan Lundquist will perform two pieces separated by over two centuries. English composer Madeleine Dring created the witty *Three Piece Suite* (1975) for harmonica and piano. Her husband, who was the principal oboist of the London Symphony Orchestra, arranged the suite for oboe. Telemann's *Partita No. 6* (1716) is a series of lively dance movements that can be played by any high-pitched instrument. The second part of the concert features Emiko Hori, a graduate of Indiana University's School of Music, who works in technology as well as performing and teaching piano. She will gift us with two of Liszt's *Concert Études S. 144* (No. 2, *La leggierezza* and No. 3, *Un sospiro*), followed by Debussy's *Reflets dans l'eau*, and Chopin's *Barcarolle in F-sharp Minor*. Coordinator: Sue Herring.

Maja Sereda: Back to the Wild

Thursday, February 20, 3:30 pm, Emerald Hall

Maja Sereda is a popular artist/teacher and a favorite here at Mirabella. For several months she took a sabbatical to spend time in the Peruvian Amazon studying wildlife rehabilitation.

She will be speaking about her experience in the Amazonian jungle, showing photography and art inspired by the region. She states:

One of the reasons why I'm particularly fascinated with the Peruvian Amazon is because it is a complex ecosystem with the highest biodiversity per capita in the world which is largely unstudied and not protected. My latest trip to Peru helped me understand defaunation and its deep effects on this fragile ecosystem. I'll be sharing what I have learned about the practice of rehabilitation of habituated wild animals and their reintegration into the natural habitat—focusing mostly on wild cats such as jaguars, pumas, ocelots, oncillas, and margays.

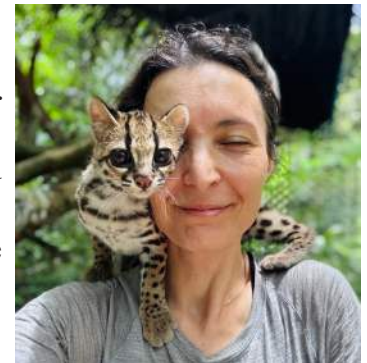
Come...and get wild with us! Coordinator: Diane Holmes.

Starcevich Studio Pianists

Thursday, February 27; 3:30 pm, Emerald Hall

We continue our efforts to engage talented young performers by hearing students from the internationally recognized private piano studio of Dr. Sasha Starcevich in Bellevue. Read more extensive information about these six talented students in the program.

Felix Zhang, a fourth grader, started learning piano at age six. He has won many piano competitions



Maja Sereda with Zuni, the oncilla

WELCOME CAROL & PAUL



Felix Zhang



Eric Zhao



Ellie Zhang



Stefan Zhou



Lawrence Kim



Michelle Cao

and plays violin in the Seattle Youth Symphony Orchestra. In his spare time, he enjoys reading and skiing.

Eric Zhao is an eight-year-old enthusiastic pianist. With a sharp mind and natural talent, he enjoys exploring melodies and bringing music to life, as well as playing soccer and reading.

Ellie Zhang, a second grader, began learning piano at three and has won top honors in several piano competitions. Ellie also enjoys reading, ballet, and mathematics.

Stefan Zhou, fourth grader, has won third place at an Eastside scholarship competition, and he loves basketball.

Lawrence Kim is a sixth grader who started learning piano at the age of five. He has participated in many local festivals.

Michelle Cao started playing the piano at the age of six and has won numerous prizes. She founded a non-profit organization promoting unity and mental health awareness.

Coordinator: Eddie Edmondson.

WELCOME COMMITTEE

Sue Herring, Chair

Carol and Paul Abodeely

Welcome to Carol and Paul Abodeely who have just moved into Unit 632. Carol was born and raised in



Carol and Paul Abodeely

Michigan and Paul in Massachusetts. They met in 1969 in Florida where it was “love at first sight” and were married eight months later.

Paul graduated from Amherst College, Boston College Law School, and the Wharton Graduate School. While working for International Paper, he and Carol were transferred from New York City to Longview, where they raised their four children and where Carol continued her active volunteer work. In 1983, while living in Redmond, they purchased

KATHY & KEITH

FEBRUARY 2025

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a manufacturing business in Lynnwood. In 2000, as “empty nesters,” they moved to the Belltown neighborhood of Seattle. One son and his family live nearby. A second son and two daughters and their families live in northern California. They are thrilled to have eight grandchildren.

Both have enjoyed doing volunteer work. Carol has most recently been in hospitals offering assistance to those undergoing cancer treatment. Paul has served on the board of directors at several nonprofits working with at-risk children and most recently as a mentor for budding entrepreneurs. Both have served as Court Appointed Special Advocates for children in the State Dependency Court system.

They were drawn to Mirabella by the vibrant atmosphere and friendly residents. They both enjoy reading, walking, and taking advantage of the many cultural opportunities Seattle has to offer. Welcome!

Mary Ann Mundy

Kathy and Keith Biever



Kathy and Keith Biever

Delightful new neighbors have arrived in apartment 1015. Kathy and Keith Biever have been Seattleites since 1961. They both hail from South Dakota and attended South Dakota State University (SDSU). They married after Keith’s graduation and in 1955

moved to Lincoln, Nebraska. Keith received a fellowship to earn an MA in plant genetics at the University of Nebraska, while Kathy completed her BA in Spanish and English.

Kathy taught in Lincoln and continued to teach in the Seattle area. She studied ceramics, creating and selling “Pithy Pottery Plaques” to gift shops here and abroad. Besides being an active volunteer at Seattle’s Central Library, she is an enthusiastic life-long hiker. Kathy has been a hike leader for The Mountaineers for over thirty years. Imagine her walking from Boston to New York at age seventy and from New York to Philadelphia at seventy-five! For her eightieth she and forty-five Mountaineers/Striders friends walked an eight-mile route from their club to Seattle Center.

Keith is equally diversified. His dream of owning a boat became a reality with the move to Seattle. A longtime interest in chemistry led to a teaching career and active involvement in the creation of the Washington State Community College system and Bellevue Community College. Keith also became a general contractor, designing and building commercial and multi-family buildings. His last career was selling commercial real estate. Using his studies in genetics, he now spends time using DNA to meet new cousins and to help others find DNA connections.

Together the Bievers owned and managed travel agencies as well as participating in Habitat for Humanity. This took them to many parts of the world, even working on the same house with Rosalyn and Jimmy Carter. They have also endowed scholarships in biology and microbiology at SDSU and locally are avid supporters of public libraries and parks. Enjoy getting to know these very interesting and friendly people.

Charlotte Lindsey

WELCOME, ANNA, DAVID & BETTY

Anna Kydd



Anna Kydd joins us in Unit 400 at Mirabella from the Broadmoor community in Seattle. Born in Trieste, Italy, Anna moved to the Northwest as a young woman, attending the University of Washington where she studied political science and language. In 2010 Anna married Terry Sheets, who also is a resident of Mirabella, but on the 2nd floor. Terry and Anna

Anna Kydd – photo by J. Bjornestad

have two adult children, Julie Bjornestad and Bill Cleaver, who reside locally.

Education, the arts, and tennis are Anna’s passions. Tennis was a natural progression from her early start as a pioneering pickleball player with the three founding fathers on Bainbridge Island.

Following her successful career as a fashion designer and importer, she now enjoys spending time with her husband and family.

Walter Bodle

Betty and David Laxton

Please welcome Betty and David Laxton who moved into #712 on December 14th after waiting over three weeks for movers to arrive with their recently downsized worldly belongings. With smiles on their faces in spite of their wait, they join us from Baton Rouge, Louisiana. Betty grew up in Vicksburg, Mississippi, David in Mobile, Alabama, and both graduated from Louisiana State University. Betty majored in sociology and worked professionally with children through juvenile



David and Betty Laxton – photo by M. Baroni

probation and community youth services. David has a BA in history and an MA in accounting which led him into his career as CFO with the Edgen Group, a producer of gas transmission pipes in the U.S. and overseas. While their roots are firmly in the South, they are widely traveled, including to cities such as London, Dubai, Perth, and Edinburgh, where they lived for a period of time through David’s work. With two sons and three grandchildren living in Seattle, they have visited frequently, including many summers, so they are already quite familiar with our beautiful city. They are also good friends of Ron and Cheryl Cooper, who moved to Mirabella this past summer.

David’s running and Betty’s yoga routines are keeping them both physically active and they are looking forward to exploring the many exercise options here at Mirabella. They enjoy good food, fine wine, and have brought their own supply of Tony Chachere’s Original Creole Seasoning that is described as “great on everything”. Please extend Betty and David a warm Mirabella welcome to our community!

Mary Baroni

BRAIDEN & SPENCER § CLUBS

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Braiden Rex-Johnson and Spencer Johnson



Spencer Johnson and Braiden Rex-Johnson

Please join me in welcoming Braiden and Spencer, new residents in Unit 1112, with studio space in Unit 707. They moved from their Pike Place Market condo in mid-December.

Braiden grew up in suburban Philadelphia and graduated Phi Beta Kappa from Southern Methodist University in English and Spanish. She began her career proofreading documents and writing the employee newsletter at WR Grace in Dallas, Texas. Spencer judged the annual employee photo contest, sparks flew, and they married four months later.

In 1990, they moved to Seattle. Braiden enjoyed twenty-five years writing cookbooks and food, wine, and travel content. She has continued writing in retirement and currently serves as Spencer's artist agent. Other interests include iPhoneography, digital watercolor, and floral design.

Spencer grew up in Amarillo, Texas. He excelled in discus and fencing and graduated from college on a scholarship from the University of Oklahoma in architecture. He enjoyed a successful forty-two-year

career as partner at three major architectural firms. Once in Seattle, he joined Callison Architecture, where his portfolio included projects in Southeast Asia, China, and the Middle East. After retiring in 2008, he started a new career as an artist with recent showings at the Washington Athletic Club, Seattle Chamber Music Society, and The Bellettini, a senior living community.

Spencer is also a photographer and musician who plays several instruments including upright bass, electric bass, and guitar.

Braiden and Spencer love river and sea cruises, and likened Mirabella to a luxurious cruise ship they will enjoy sailing on for the rest of their lives.

Cathy Woodburne

BOOK CLUB

4th Monday of each month; 3:30 pm, Conference Room A

February 24 – We have selected *A Bakery in Paris* by Aimie Runyan for our discussion. The story is set in two different historical times. Two women from different generations of the same family fiercely fight for their futures while running a small bakery in Montmartre.

March 24 – We will discuss *The Last Stargazers* by Emily Levesque, an astronomy professor at the University of Washington. In this book she takes us inside the most powerful telescopes in the world and introduces us to the people who run them.

Everyone is welcome to come to our gatherings.

Coordinator: Tina Moss.

OPERA CLUB

Andrea Lewis, Acting Chair

Opera Club on Hiatus

The Mirabella Opera Club will not have an opera showing in February. The club is in transition

MEDIC ONE § GAMING, TOO

following the loss of Chairperson Donna McCampbell. If you responded to the Opera Club questionnaire last month, thank you! The club is aiming to be up and running by March or April. Thank you for your support.

HURRAY AND THANK YOU, MIRABELLA SEATTLE!

By Sara Oshikawa-Clay, Medic One Foundation



Seattle Medic One Class Thanks to our very generous community, Friends of Medic One at Mirabella is very pleased to announce we have surpassed our goal of raising \$50,000 to fund the 10-month intensive training of two paramedic students. We are very grateful!

More than fifty donors made gifts of all sizes, and with the added generous support of the Mirabella Seattle Foundation, we are providing full scholarships to two of the eight paramedic students from Seattle Fire Department in this year's class. The students are approximately one-third of the way through their training and currently focusing on patient assessment and intubation skills, where they are excelling. We look forward to introducing these students to you soon and reporting their progress between now and July, their anticipated graduation date.

Your very kind assistance is a major reason why our Medic One paramedics continue to achieve a survival rate for sudden cardiac arrest that is among the highest in the world. Thank you for giving our Seattle paramedic students the necessary skills, knowledge, and experience to offer you and your loved ones the best chances for survival in a life-threatening medical emergency. Coordinators: Jim Ohta and Glenda Maledy.

Thanks to our very generous community, Friends of Medic One at Mirabella is very pleased to announce we have surpassed our goal of raising \$50,000 to fund the 10-month intensive training of two paramedic students. We are very grateful!

MIRABELLA "GAMES CONVENTION"

Monday, February 10; 3:30 pm, The Bistro

Come and check out many of the games being played by Mirabella residents. There will be games being played at different tables. Come in and watch, chat with players, maybe try playing one or two and see which ones you might like to pursue (many of the teams are interested in welcoming new players). There's quite a variety including:

- » Bridge
- » Mahjongg—2 types (American National League and Hawaiian/Chinese)
- » Mexican train
- » Poker
- » Scrabble
- » Some physical games like water volleyball and pickleball (we'll have reps in the Bistro).

In the past some have played canasta, hand and foot, cribbage, and rummy tile/cube, which we could certainly re-start if there is interest.

This is a very informal event, geared to encourage conversations between residents. Coordinator: Gill Thompson

SUPPORTIVE FRIENDS

Tuesday, February 4; 5:30 pm, Vineyard Room

Supportive Friends is a group for bereaved residents that meets the first Tuesday of the month in the Vineyard Room. It is a time for dinner and conversation with respect for privacy. All are welcome, especially those who have recently lost a partner or loved one. Regulars should submit their menu selection forms to the Dining Room mailbox. If you have never attended, you can get menu selection forms from the Dining Room mailbox in the Mailroom. You may also call Carolyn Blount, x 1644.

PROGRESS REPORT

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WACCRA LEGISLATIVE UPDATE

On January 8, 2025, Washington Continuing Care Residents Association (WACCRA) President Laura



Kim Hickman and Laura Saunders – photo by M. Baroni

Saunders and Vice President Kim Hickman provided Mirabella residents with a brief review of WACCRA history, legislative accomplishments to date, and an update on legislative activity anticipated in the 2025 Legislative Session.

WACCRA President Laura Saunders reviewed past legislative accomplishments, including initial legislation requiring registration of all CCRCs that was passed in 2016 and enacted in 2017 in RCW 18.390 (<https://app.leg.wa.gov/rcw/default.aspx?cite=18.390>).

Ongoing WACCRA advocacy secured funds (2022) to support a study by the Office of the Insurance Commissioner to compare consumer protection of CCRC residents in Washington State with those in CCRCs in other states. That report concluded that Washington regulations for financial oversight and consumer protections were less robust in comparison with other states that were evaluated.

The following year (2023) advocacy efforts helped secure budget funds for a joint effort by the Department of Social and Health Service, the Office of the Insurance Commissioner, and the Office of the Attorney General to collaborate with stakeholders including WACCRA to identify recommendations for regulatory improvements. This report with identified recommendations was

submitted to the legislature and made public in December and may be found on the WACCRA website. <https://waccra.org/advocacy>.

WACCRA Vice President Kim Hickman then outlined the major recommendations, WACCRA's response to this recent report, and highlighted WACCRA's position to support additional CCRC legislation during the 2025 session that began on January 13. The WACCRA Legislative Committee will be advocating for CCRC licensure and increased fiscal protections such as periodic financial and actuarial reviews, state oversight for use of CCRC funds, bankruptcy protection of residents' contracts, and timely repayment of entrance fees. Additional recommendations include residents' rights, ombudsperson support, and independently-elected resident Board of Directors representation. A link to the video recording of this meeting can be found at <https://youtu.be/FQ5qd9rVZGg>.

The Mirabella community has strong WACCRA support with about 60 percent of current residents (231) along with thirty-eight family members. WACCRA representation from Mirabella include Nickie Askov serving as Board Secretary, Mandy Wertz as Mirabella Liaison, Susan Dillon as overall WACCRA membership coordinator, and Mary Baroni, as newly appointed member of the Legislative Committee.

As your representatives, we will do our best to keep Mirabella residents informed of legislative developments and opportunities to volunteer support for this effort. To join WACCRA or inquire about membership, please contact WACCRA Mirabella Liaison, Mandy Wertz at x 1672 or mandysw@aol.com.

Mary Baroni

LIGHTING UP § GETTING OUT

FESTIVAL OF LIGHTS AT MIRABELLA

BY JAY REICH



Rhonda Plawner lights the Menorah – photo by G. Sharp

On December 27 members of the Mirabella community met in the Northwest Dining Room and lit candles in celebration of Hanukkah, the Jewish festival of lights. The holiday commemorates the recovery and rededication of the Second Temple in Jerusalem in the 2nd century BCE. According

to legend, an oil lamp was lit as part of the Temple’s purification, and the wick burned for eight days even though there was only enough sacred oil for one day’s lighting. Today we light candles on a Menorah, a type of candelabra, for eight days to celebrate this miracle. Our program began with a minute of meditation in remembrance of Natalie Siegel. The celebration continued with explanations of Hanukkah’s history and the children’s gambling game played with a dreidel, a four-sided top. Our battery-powered candles were lit, and everyone was invited to recite prayers in Hebrew and English. The entire gathering sang traditional songs accompanied on the violin by Karen Iglitzin, daughter of Mirabella resident Lynne Iglitzin. Linda Gutterman had welcomed the group with piano music, and Barbara Daniels, who organized the event, provided chocolate coins, traditional gambling winnings, as a treat. Thanks to Heiko and the dining staff for offering traditional Hanukkah fare including latkes (potato pancakes) and jelly-filled donuts, delicacies

prepared in oil to celebrate and remind all of the holiday’s historic roots.

BOOKENDS

BY MARSHA MACINNES

Hollywood Park by Mikel Jollett

Seattle Arts and Lectures Summer Book Bingo challenged me to read a book out of my comfort zone. A review described this book as a memoir by a gifted writer who escaped a cult and became a rock musician. Definitely out of my comfort zone. In reality it was a well-documented case study of the psychology of attachment.

The cult was Synanon. This started as an idealistic group of people who wanted to change the world. They were organized as a commune and a successful rehab facility for drug and alcohol addicts. Mikel’s mother was the only child of immigrants from the Netherlands, went to college at age sixteen, and got an MA in social work with a specialty in addiction from University of California Berkeley at twenty-two. She was an idealist in search of a tribe and found it at Synanon.

Mikel’s dad was from a big Italian family. He dropped out of school in eighth grade, as did all of his siblings. He followed his brothers into heroin addiction and prison while still a teen. He was one of the first “saved” by Synanon while it was a rehab facility. There he met his wife, Mikel’s mother, who called him the love of her life. Their marriage was dissolved along with all the others as the commune devolved into a cult.

Children at Synanon were raised as “children of the universe” at a separate facility from their parents. Mikel’s mother escaped the cult, managing to find and rescue her children. Their father also escaped and eventually found his family, although the parents remained estranged. The boys went back

THE TROUBLE WITH VALENTINE'S DAY

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and forth between households.

If you are assuming the mother would be the superior parent, you'd be wrong. Her grasp on reality was tenuous, and multiple textbooks have been written about the character disorder she embodied. The father was a bigger-than-life personality who seemed to have an exceptional understanding of humanity, a whole lot of love generously bestowed, and an innate feeling for parenting.

Mikel enrolled in kindergarten already knowing how to add, subtract, multiply, and divide, all learned at Synanon. The Oregon schools he attended did not know what to do with his intellect and their various attempts were sabotaged by his mother. In high school he was placed in AP classes where he met his girlfriend, who taught him how to study. He went to college at Stanford, graduating with honors.

It was at that point that his demons caught up with him. He could no longer outrun them as he had in high school and college as a long-distance runner. The remainder of the memoir is about his road to recovery. It is fascinating and enlightening.

The writing is lyrical. The prose just flowed. It seemed effortless. But it was five years in the making and 60 percent was deleted before publication. That is work and it is a sterling effort.

Have a Favorite Book? Write a Review!

The Mirabella Monthly staff would like to compile an inventory of diverse book reviews for future publication in the *Bookends* column. Books need not be new, just likely to be of interest to other residents. All contributions are welcome. Send your reviews to Laura White, General Editor of *The Mirabella Monthly* (angharadalbanes@gmail.com), who will compile the inventory.

Sue Herring

WAR MEMORIAL

They're building a
memorial
To the War Between the
Sexes.
The war isn't over,
But the powers that be
Decided it was time.

Old men and women
Are cackling
Over the design, saying
"Oh no, it was really like
this,"
Arguing about tone
And facial expressions,
Quarreling over scenes
Of victory and defeat.

I try to imagine a winter
day
Far in the future
When aged veterans of
the war,
Gnarled hands shaking,
Their hair thin and old,
Will touch the cold
Smooth monument,
Each with his or her arm
On the shoulder of the
other
Wondering why they
fought
So hard,
So long,
So much.

BY JIM LUTZ

HAPPENSTANCE

When you appeared it was as if
magnets cleared the air.
I had never seen that smile before
or your hair, flying silver. Someone
waving goodbye, she was silver, too.
Of course you didn't see me.
I called softly so you could choose
not to answer—then called again.
You turned in the light, your eyes
seeking your name.

BY RITA DOVE, FROM *COLLECTED
POEMS: 1974–2004* BY RITA DOVE

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

HAPPY BIRTHDAY! FEBRUARY 2025

- 1 – David Regal
- 3 – Carol Abodeely
- 4 – Bonnie Tibbles
- 5 – Tom McArthur
- 6 – Barbara Golden
- 6 – Cheryl Marshall
- 7 – Heinke Clark
- 7 – Warren Askov
- 8 – Jane Blackwell
- 8 – Mary Taylor

- 9 – Darlene McTaggart
- 11 – Jay Reich
- 13 – John Russell
- 13 – Linda Smedes
- 14 – Dee Dickinson
- 16 – Judy Waring
- 16 – Ron Cooper
- 20 – David Laxton
- 21 – Judy Guder
- 22 – Miriam Charney

- 22 – Sheila Dietrich
- 22 – Sandy Luttinen
- 24 – Al Novack
- 24 – Carol Purvis
- 25 – Makiko Doi
- 26 – Dean Temple
- 27 – Marcy Golde
- 27 – Jim Ohta
- 28 – Taylor Putney
- 28 – Mimi Gormezano

TWELFTH SUMMER

Bare feet hot
 Sun on my legs
 I have just picked
 A tomato
 Huge and ripe
 I'll take it home
 Give it to Mom
 No! Eat it now.
 Warm sweet juice
 Dribbles down my chin
 It is lovely
 To be twelve.

BY BETTY HEYCKE

RESOLVED, 1/1/2025

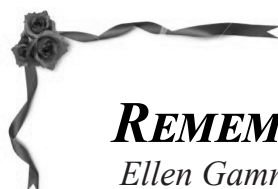
Argue less – listen more
 Explain less – discuss more
 Eat less – walk more
 Forget less – remember more
 Frown less – smile more
 Scan less – read more
 Puzzle less – write more
 Grieve less – love more.

BY JARED CURTIS

FIRST TIME

with a microphone
 reading my poem
 out of my mouth
 and over my head
 filling the whole room
 so big it shook
 my hand
 I felt poetry's power
 to take over.

BY JANET SEERY



REMEMBERING

Ellen Gamrath 1/18/2025



ON SCREEN IN EMERALD HALL

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MOVIE CORNER

BY WARREN ASKOV



The Beekeeper

Wednesday, February 5; **The Beekeeper** (2024). US and international movies have used a tested formula of one-man vengeance for some time. The hero confronts a grievance and sets out single-handedly to right or avenge the wrongs.

Played by actors such as Bruce Lee, Sylvester Stallone (*Rambo*), Clint Eastwood, Liam Neeson (in three *Taken* movies) and even last year's 93-year-old June Squibb (*Thelma*), these heroes all take on the "baddies" by themselves. These films provide displays of "justified" violence, explosions, and maiming while avoiding the need for crafted dialogue. In *The Beekeeper* Jason Statham provides muscle and mayhem. He plays Adam Clay, who is living a quiet life as a beekeeper. His kind-hearted landlady, Eloise, commits suicide after falling for a phishing scam. Adam is suspected of her death then cleared by FBI agent Verona Parker, who is also Eloise's mother. Adam sets out to avenge Eloise's death, but is advised by Agent Parker to let the law handle it, setting up the familiar dialogue: Parker, "I believe you. But there are laws for that." Adam, "There are laws for that. Until they fail. Then they've got me." That sets up the movie for several rounds of escalating tit-for-tat violence. Even if you are put off by the violence, you might still learn a little something about beekeeping.

Saturday, February 8; **The Fall Guy** (2024) shows how the combination of charismatic actors and the right script and direction can bring back the

entertainment of a movie. Ryan Gosling plays a stuntman who is sidelined by an accident and lured back to work doubling for the actors in a movie starring his girlfriend, Emily Blunt. When some of the lead actors in her movie go missing, he has to find them, providing a mystery element. Director David Leitch started his career as a stunt double for notable actors and has gone on to direct several action films. *The Fall Guy* incorporates many real stunts performed live rather than generated by computer graphics. It contains rom-com, mystery, fantastic stunts, and two actors who play off each other with likable chemistry. Gosling and Blunt remind us how movies can be fun.



The Fall Guy

Saturday, February 15; **Nowhere Special** (2020) is a small, poignant drama about John (James Norton), a window washer in Northern Ireland with a four-year-old son, Michael, played by David Lamont. John is single; his wife has left him. John has a life-threatening condition. He must not only find a new home for Michael and choose the right family, but he must also find a way to explain death and loss to Michael. What could have been a maudlin story is treated with sensitivity and nuance by Director Uberto Pasolini, who demonstrates special skill in directing young Lamont. The film earned a 100 percent rating from the critics on Rotten Tomatoes.



Nowhere Special



The Mirabella Monthly

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



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FEBRUARY 2025

Guide to Mirabella Publications

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Rhonda Plawner, Carolyn Roe,
Judy Rourke, Ginny Sharp,
Cathy Short, Mary Jo Taylor

How to Submit Events

The process for submitting events has been automated at Mirabella. Log onto MIRANET. On the home page, on the lower ribbon, click on “Event Request” (third option from the right). Fill in the boxes, scroll all the way to the bottom, and click on “Submit Form.”

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.