

# M a d r o n a N E W S

www.madrona.us

April 2009  
Issue No. 213

## Madrona's Food-for-Homeless Program Continues to Grow

By Sara Levant, 37<sup>th</sup> Avenue

A lot of chopping is going on these days at the corner of 32<sup>nd</sup> Avenue and E. Marion Street. As part of the neighborhood effort to help feed the homeless, volunteers are meeting three times a month at Madrona Presbyterian Church to chop up carrots, potatoes, peppers, and many pounds of other foods, making dinner for up to 250 people.



Chef Eckert White (right) and volunteers present a meal prepared at Madrona Presbyterian

and professional chef Eckert White. The church welcomed the idea of helping the homeless and Eckert, who had been vigorously urging the congregation to take on exactly this type of activity, calls the connection a dream come true.

*(continued on page 2)*

## Madrona Community Council President's Corner

By Cynthia Stross, 35<sup>th</sup> Avenue

It looks like the little donation envelop in last month's *Madrona News* is doing its job. Thanks so much to these Madrona neighbors for sending in contributions to support the Madrona Community Council (MCC). We would welcome hearing from more of you! Thanks so: Frederick & Doris Farmer of Grand Ave; K. Scot & Catherine Fisher Carr of 14th Ave; Benjamin Chotzen of 30th Ave; Ruth Baetz & Sandra Jo Palm of 32nd Ave; Karen & Peter Michaelsen and Lou Annie & Dexter Charles of 33rd Ave; Jan Rishem & Stacy Birk-Rishem, Robert Green, and Peter Hartley & Sheila Noonan of 35th Ave; Daniel & Sara Levant, Barbara Schwartz & Thomas Moore, and Barbara Parker of

37th Ave; and Claudette Hunt and Dennis & Maureen Bekemeyer of 38th Ave.

Our local and independent business community is organizing a new business association -B.O.O.M (Business Owners of Madrona). The organizing effort is led by Amy Bush at Jaywalk. We are fortunate to have such restaurants, shops and services close to our homes and operated by people who care about this neighborhood. Keeping our business district vibrant depends on us, the residents, to use those businesses and refer others too!

In other news, several neighbors have expressed dismay about the dog waste

*(continued on page 2)*

## Young Photographer Invites All To His First Exhibit



Nicholas (Nick) Spaccarotelli had always been inspired by art, and the sight of artistic portraits brought him great joy. This joy was put to work when he found his passion in life: photography. His newly found affection for photography was transformed after taking Bill Kuhns's photography course at Nathan Hale High School. He continued to work with this new love day by day and continues to do so.

You might be asking yourself, Why am I reading about this photographer? I have no idea who he is and he seemingly has nothing to do with Madrona. The answer to that question is very simple; Nick has been living in Madrona on 37<sup>th</sup> Avenue since his birth 19 years ago. Many people in Madrona know of his passion for

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## Photographer.. (cont'd from page 1)

photography. Whether you know him or not, he wants to invite you to view his work on display at Rosebud Restaurant in his first-ever exhibition, which will continue for the entire month of May. Rosebud is located just off Broadway at 719 E. Pike Street.

To kick off his month-long exhibition, there will be a reception: all are welcome; whether he has met you before or not. The reception will be on May 3 from 4pm to 6pm at Rosebud. He values any kind of support he receives so even if you come for just a moment to check it out, that would mean a lot. If you can't make it to the reception, you are more than welcome to come to the restaurant throughout the month to see his display. Thank you to all! Nick values each and every one of the people supporting him.

## President's Corner.. (cont'd from page 1)

problem. People are finding bags of waste left in their hedges, or on the parking strips. There is also an ongoing problem in some of the natural areas, like Madrona Woods. The folks who care for the area really don't like the unwelcome surprise of dog droppings when they are out there weeding and beautifying the area for everyone's enjoyment. So please, please, watch the dogs and keep the place clean.

And with summer almost upon us, we are looking forward to more fun at the park. Hopefully, we will have some new sand in the sandbox soon and are working with the City to get it done.

The next Madrona Community Council (MCC) meeting is on May 5 at 7:15 pm in the Madrona Playfield shelterhouse. We hope to see you there!



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## Food-for-Homeless... (cont'd from page 1)

A once-a-month food-preparation day in July 2007 was expanded to a second day and eventually to a third. Volunteers—from 10 to 30 at each gathering—bring vegetables, fruit, occasional supplements, and, if convenient, knives, chopping boards, or aprons. They also bring kids—helpful for cookie decoration. Sometimes they bring special know-how—like the physician who precisely cuts chicken, or Lau Gee Schur, better known as Mad Pres pastor Larry Low, an expert at cooking rice. Darren, his wife Janine, and his mother Julia, a member of the church, established up a non-profit foundation that purchases and donates protein for the program, thus assuring the availability of quality meat.

Some menus are planned ahead by Darren and Eckert; their spring choices had Irish and Mexican themes. Other menus are made up only when the gathering sees what it's got to work with. Either way, a four-foot-high board, propped up in the social hall among photos of church leaders and civil-rights activists, shows that day's menu—usually a five- or six-course meal. The results: enormous trays of food that looks and smells tantalizing and is always of restaurant quality. "We are emphatic about the quality of what we serve," Darren says. "We want to show respect." And indeed, what the volunteers in the church kitchen create no doubt nourish the eaters in more ways than one.

The meal preparation schedule is set up for convenience of busy volunteers—a person can chop for 30 minutes and leave, drop in and help for a few minutes a couple times a session, or stay and work for the whole day. These are the schedules.

- First Saturday, 1:00 to 5:00—prepare, cook, and serve at Tent City.
- First Sunday, 1:00 to 5:00—prepare, cook, and serve at city's designated outdoor site under the I-5 freeway.
- Second Saturday, 10:00 to 2:00—prepare and cook; 3:30 to 5:00 serve at the city's designated outdoor site.
- Second Sunday, church volunteers clean pots and pans left from Saturday's cooking.

Many volunteers come from throughout the neighborhood, while others travel to Madrona Presbyterian from the East Side, and even Tacoma. Two web sites, [www.neighborhoodcooking.org](http://www.neighborhoodcooking.org) and [www.meetup.com](http://www.meetup.com) are helping spread the word, and churches in Redmond and Sammamish are getting involved. But if you have a little time some Saturday or Sunday morning, there's always room for one more chopper.



## It's Almost Mayfair Time!

Madrona's fabulous spring community event, Mayfair, is scheduled for May 16 from 9:00am to 12:30pm. For those of you not familiar with Mayfair, it's a great family event with bouncy houses, pony rides, face painting and a parade, among other fun activities!

Here is the schedule of activities:

Friday, May 15

- 3:00-5:00pm: Gather at Madrona Playfield shelterhouse for a Bike Decorating Party (We'll provide supplies but the best decoration is, of course, a smiling child.)

Saturday, May 16

- 9:00am: Gather at Al Larkins Park (34th & Union) to line up for parade
- 9:30am: Parade begins, featuring Deano the Clown, the Garfield High School Drum Line, and a Seattle Fire Department Fire Truck
- 9:30am - 12:30pm: FREE Mayfair activities at Madrona Playfield

This event is free, and open to everyone in the community. However, we rely on our community to help make this 30+ year Madrona tradition happen! That's right, volunteers – we need you! Please consider helping out for an hour or two during Mayfair day.

We are still looking for more volunteers to help with the following: set up tents and games (8:00-9:00am), break-down tents and games (12:30-1:30), and parade/traffic control (8:30-9:30). During the activities at the playfield, we need a bunch of volunteers to take on 90-minute shifts (9:30-11:00, 11:00-1:00) to run the bake sale table, food table, bouncy house, carnival games, and face painters. And finally, we need more bakers for the bake sale! Contact Edie Hall, our Mayfair volunteer coordinator, [esonne@hotmail.com](mailto:esonne@hotmail.com) for more information and to sign up.

If you don't have the time to volunteer but would like to support to Mayfair with a donation, just mail a check payable to the Madrona Community Council to Steve Orser, MCC Treasurer, 833 33rd Avenue, Seattle, WA 98122. Your donation will go directly to covering the cost of Mayfair, and your gift may also be tax deductible (the Madrona Community Council is a 501c3). If you have any questions about contributions, don't hesitate to contact our fundraising coordinator, Jennie Fox at [jennie\\_fox@hotmail.com](mailto:jennie_fox@hotmail.com)

Mayfair festivities will kick off at 9:30 at the Al Larkins Park and continue at the Madrona Playfield. We hope to see you and your family there!



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## Dee Dee Rainbow's Spirit at Mayfair

She has led the Mayfair parade more years than most can remember but she won't be there this year. Dee Dee Rainbow has been a fixture in Madrona since the 70s but even her colorful clothes and charm can't hold off Father Time. For the last few months, Dee Dee 76, has been living in an adult family home in north Seattle. Her major diagnosis is Small Vessel Disease that impacts her mental and physical abilities, greatly reducing her energy level. However, she continues very positive, along with her attitude of gratitude.

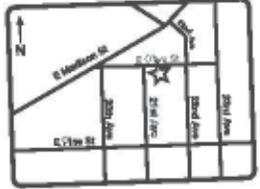


When she has the energy, she enjoys talking on the phone and would welcome hearing from her Madrona friends. She's at the same number she's had for years, the one on her infamous business card and in the phone book. Afternoons are the best time to reach her.

Dee Dee's family thanks you for your words of love and wants all Madrona to know that Dee Dee will continue to be part of Mayfair, now only in spirit.

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## Dining & Sipping at Bistro Turkuaz in May

By Audrey Seale, 36<sup>th</sup> Avenue

To those of us in the Madrona Dining & Sipping Society (MD&SS), Dulces is also known as “where it all began” as we shared our first wonderful meal there and have repeated it many times since. In honor of our special relationship—and to help celebrate the restaurant’s 14<sup>th</sup> anniversary—the MD&SS returned to Dulces on April 16. In addition to a special \$30 menu, Carlos offered our group a special flight of wines paired to each course just for us for only \$7 more — just another way our corner restaurant treats us well.

We also have great plans in place for May. There is never one night that is good for everyone so from time to time we are happy to try some different days instead of always sticking with our usual Thursday. We have been wanting to return to Bistro Turkuaz since our first visit shortly after they opened. Since then this little restaurant has gotten a lot of big rave reviews so it’s high time we return. And to make sure there is room for everyone, Ugur (mom/chef) and Dila (daughter/ wait staff) have invited us to join them on a Sunday night when they will open JUST FOR THE NEIGHBORHOOD! On May 3 at 4:00pm, Bistro Turkuaz will welcome us with hummus and appetizers, followed by a delicious lamb shank dinner, root vegetables, and for dessert... a Turkish delight surprise! Hope you will be able to join us.

To RSVP or receive emails about upcoming MD&SS events, contact me at [audreyseale@qwest.net](mailto:audreyseale@qwest.net)



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Sold/ Madison Park \$2,245,000



Sold/ Leschi \$769,000



Sold/ Capitol Hill \$3,295,000

## Neighborhood Party in Leschi at Flo Ware Park

The annual Flo Ware celebration presented by the Leschi Community Council will be held May 2, 12 noon to 4:00pm at Flo Ware Park, 28<sup>th</sup> and Jackson. We would love to have our neighbors from Madrona join us!

This beautifully remodeled neighborhood park has hosted the annual celebration of community activist Flo Ware’s birthday for the past several years. The Leschi Council will partner with Langston Hughes, Seattle Parks, and Seattle Police Department in offering an afternoon of local music groups, games for children, basketball, and the famous giant earth ball from the UW.



Police department chefs will grill hot dogs and halal dogs; a nutritious potluck lunch prepared and served by neighbors will round out the offering both in vitamins and calories!

Join us with your own favorite dish to serve 6 or more and meet your neighboring community!



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# SHOP LOCAL / THINK LOCAL

Madrona businesses want to Thank You for shopping both in your immediate neighborhood and in other neighborhoods throughout Seattle. We recognize that you have a choice, and are grateful that so many of you choose to shop and dine locally.

You are investing in your community by supporting the businesses that exist there. Our one-of-a-kind businesses are an integral part of the distinctive character of our community. Where we shop, where we eat and hang out - all of it makes this our home.

YOU HAVE A CHOICE WHERE TO SPEND YOUR MONEY

## PUT YOUR MONEY WHERE YOUR HOUSE IS

When you shop local, three times the revenue remains in your community, supporting parks, schools and more! For every \$100 spent at a locally owned business, \$45 goes back into the community and our tax base. For every \$100 spent at a chain store, only \$14 comes back.

## GET BETTER SERVICE

Small neighborhood businesses are often run by their owners. These proprietors and their employees have a better understanding of the products they are selling, a vested interest in making the customer happy, and take more time developing personal relationships with their customers.

## LIVE LOCAL / GIVE LOCAL

Independent businesses are the largest contributors to LOCAL charities. Non-profit organizations receive an average of 250% more support from local business owners than they do from non-locally owned businesses.

## HELP THE ENVIRONMENT

Independent businesses make purchases requiring less transportation and are usually located in commercial corridors and in-town instead of developing on the fringe. This means less sprawl, congestion, habitat loss and pollution.

## MADRONA



## OUR FUTURE IS NOW

By supporting independent businesses, you have invested in a unique and sustainable future for our community. Local businesses are the largest employer nationally and they provide the most new jobs to residents.

The enormous power of your consumer dollar can ensure that in the oncoming economic crisis the small businesses that you love will survive intact and prosper.

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MADRONA FAMILY DENTAL • PAUL GRAY'S BARBER LOUNGE • PRECOCIOUS • RUBY CLEANERS  
SEATTLE ART OF WELLNESS • ST. CLOUDS • TWO OWLS • WILRIDGE WINERY • WORMWOOD HAIR WORKS

## Annual Garage Sale Goes Neighborhood-wide

By Janna Pekaar, 29<sup>th</sup> Avenue

It's time for the Annual Madrona Community Garage Sale Day. This year's sale on May 30 will be a bit different, but it will still be fun, a way to get rid of a lot of great junk, and make some money for the Madrona Community Council (MCC),

The different part will be encouraging the entire Madrona neighborhood to have a sale at their house, and then creating a map of all the sales to make it easy for shoppers to hit them all! Other neighborhoods have done this with great success. This is how it will work....If you want to participate, start getting your items ready now. To get your sale listed on the map, complete the application to the right, and send your information along with a \$15 suggested donation to the MCC. All money raised for participating in the sale will be used to help fund other neighborhood events, and to keep the *Madrona News* publishing. We will take care of all the advertising, flyers, etc. and the money you make at your sale is yours to keep.

On garage sale day, maps will be available at Madrona School. These maps will include your address, and a brief 10 word description of your sale. All you need is your stuff....

The Madrona K-8 PTSA will also have a big garage and plant sale at the school. If you would like to donate items for them to sell, or rent a table and sell your own items as in years past, let me know and I'll put you in touch with the school contact.

APPLICATIONS MUST BE RECEIVED BY MAY 27 TO BE INCLUDED IN THE MAP

\*\*\*\*\*

### Application for Madrona Neighborhood Garage Sale Map:

Only your address will appear on the map! No personal info will be published.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

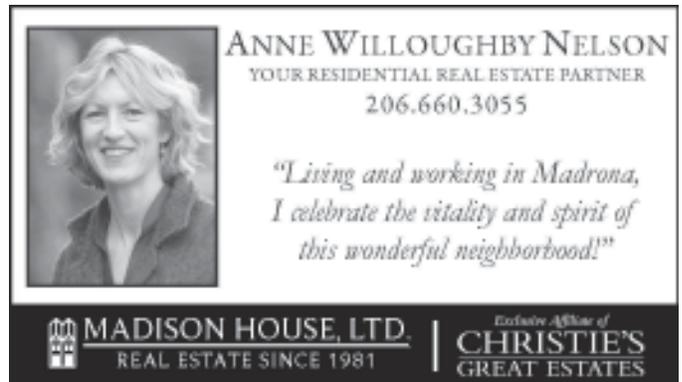
Zip: \_\_\_\_\_

Sale Description (10 words or less): \_\_\_\_\_

Enclosed is my check for (suggested donation \$15) payable to Madrona Community Council.

\*\*\*\*\*

Please send applications to me at 944 29th Ave 98122. If you have questions, contact me at [jannalp3@hotmail.com](mailto:jannalp3@hotmail.com), 323-0553 (home), or 200-9892 (cell). Join us. It will be lots of fun.



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## Come See the Flowers in the Woods

By Judith Starbuck, Grand Avenue

Daylighting construction, creek-bank planting, and official approval are behind us in Madrona Park and Woods, and it's time for the community to inspect and enjoy. Join us for a walk on April 26 to see what's coming up and flowering. Friends of Madrona Woods (FOMW) representatives will be joined by Seattle Urban Nature and Eastside Audubon experts to identify native plants and birds. And we'll have a game for families to play. We'll keep our eyes peeled just in case some early migrating baby salmon are in the ponds. Gather at 10:00am on the sidewalk by the pond in the lakeside natural area.

Everything came together in late March for the city's tree crew to remove a stand of very large laurel trees along 37<sup>th</sup> at the top edge of the Madrona Ravine. We apologize for not getting the word out to all the neighbors ahead of time. For some months, FOMW and Parks Department foresters had discussed clearing these invasive trees to stop their spread and open up the view into the ravine. FOMW will plant native understory trees, shrubs, and ground covers (compatible with power lines) to stabilize the slope and emphasize the newly opened view. We hope the neighborhood will enjoy being able to look out over the ravine and park and all the way to the lake!

Thanks go to several students and teachers from Seattle Academy grades 9-12 who chose Madrona Woods for their community service on April 6. With bucket brigades they hauled mulch up the ravine sides and started clearing the area where the laurels were removed. We're also grateful to Green Seattle Partnership crews for their monumental work in clearing hillsides in extreme cold, snow, and rain.

As always, please send money! Help us retire our remaining \$13,000 in debts. Send checks made out to Friends of Madrona Woods to John Lahti at 1715-33rd Ave, 98122. Envelopes from the Parks sign at the waterfront have Joan Scott's address on them, but she'll pass them on to John.

Let Deirdre McCrary know if you'd like to be notified by email of our third-Saturday-of-the-- month work parties from 10:00am to 1:00pm. Meet at the toolbox at the Spring Street entrance (Spring & Grand).

For more information about involvement in the Woods and natural area, contact me, [judithstarbuck@msn.com](mailto:judithstarbuck@msn.com) or 322-2640, or visit our website at [www.madronawoods.org](http://www.madronawoods.org).



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## Play *Bernese Mountain* Mutt Match-up

By Shelly Haverkamp, 30<sup>th</sup> Avenue

Sometimes it seems like everyone in Madrona has a dog. All of these dogs live in our neighborhood. To play Mutt Match-up, pick which dog lives with which owner by drawing a leash to connect them. The answers are on page 12.



**Montreaux**



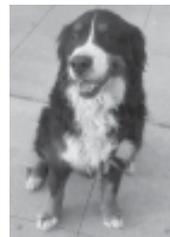
**Shane + Jen**



**Moose**



**Todd**



**Rado**



**Beth**

And remember: Good Mutt Matchers ALWAYS pickup after their pets. Don't be a Poop Head!



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-Mahatma Gandhi

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## It's Your Money:

### "Celebrating" Tax Freedom Day

By Barbara Banon, Edward Jones Financial Services

You won't find it on your calendar, but April 13 is Tax Freedom Day.

This is the date when, according to the Tax Foundation, a non-profit tax policy research organization, average Americans will have earned enough money to pay their federal, state, and local tax bills for 2009.

Tax Freedom Day is a useful concept because it can push you toward making some important changes — especially in the area of investment taxes.

If you think you may be paying too much in taxes on your investments, what can you do about it? Here are a few steps to consider:

Put more money into tax-deferred retirement accounts. If you have a 401(k), 403(b) or other employer-sponsored retirement plan, contribute as much as you can afford. You generally fund your plan with pre-tax dollars, so the more you put in, the more you can lower your annual adjusted gross income. And your earnings grow on a tax-deferred basis, so you pay no taxes until you withdraw money from your plan. Although it's probably taken a hit over the past year-and-a-half, your 401(k) or other employer-sponsored plan is still an excellent retirement-savings vehicle.

Look for tax-free investment opportunities. If you are in one of the higher tax brackets, you might benefit from owning municipal bonds. When you own "munis" your interest payments will be free from federal income taxes and possibly also from state and local taxes. Your Roth IRA earnings are also tax-free, provided you don't take withdrawals until you are at least age 59-1/2 and you've had your account for five years.

Hold stocks for the long term. If you hold your stocks for more than one year before selling, your gains will only be subject to a maximum capital gains rate of 15 percent. (This rate is effective through Dec. 31, 2010.) But if you sell your stocks within a year of buying them, your gains will be taxed at your ordinary income tax rate.

By following these suggestions, and by consulting with your tax advisor, you may be able to hasten the arrival of your personal Tax Freedom Day. And, at the same time, you might also speed your progress toward your long-term financial goals.

## Central District Spring Plant Exchange

By Jean Tinnea, Central District Neighborhood Assoc.

Garden Central, the Central District Garden Club, is hosting its annual Spring Plant Exchange on May 16 from 10:00am to 2:00pm in the Copymaster parking lot on the corner of 20<sup>th</sup> & E Union. If you have more plant starts than you know what to do with, this is a great way to spread the joy. Or if you are a beginning gardener with a limited budget, you can get your garden going for FREE by adopting young plants or cuttings. New this year are vegetable starts, including tomatoes, cucumbers, beets, squash, peas, beans and herbs. We're starting these especially for home Victory and P-Patch gardeners

**What:** Free Central District Spring Plant Exchange (did I say Free?!) Usually available: houseplants, yard plants and new this year, veggie starts.

**When:** May 16, 2009 10am-2pm

**Who:** Everyone is welcome! **You do not have to bring plants in order to take plants.**

**Where:** Copymaster parking lot at 20th & E Union.

**Why:** Come meet your neighbors; see friends; exchange plants, pots, seeds and gardening stuff; ask and answer gardening questions; laugh and gossip; see what hot plants show up

This exchange is a FREE event, open to everyone. **You do not have to bring plants in order to take plants.** You do not have to contribute a plant or item in order to take something. No one keeps score. It is helpful if you bring your own container, e.g., box or bag, in which to take your new plants home. Some will be in pots and some won't.

If you have a favorite recipe for your homegrown or Farmers' Market veggies, feel free to bring a few copies to share. You may also bring flyers for your favorite event. This is a cheerful, community-building event and anything that supports that is welcome.

Although there are no dues or fees for club membership or the plant exchange, this year Garden Central is raising funds for Smile Train, a charity that performs cleft palate repair at no cost to the patient. 100% of donations go to the surgeries. Our goal is \$250, which will pay for one surgery.

If you'd like to join the Central District garden club, Garden Central, go to <http://groups.yahoo.com/group/centralareagardenclub/join>. You will need to sign in to Yahoo in order to join, but the club is open to all. Garden club events are posted on the group e-list and on [www.centraldistrictnews.com/events](http://www.centraldistrictnews.com/events) calendar.

## WHICH COLLEGE SAVINGS PLAN IS RIGHT FOR YOU?

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## Look East for Health: Tending to Tendonitis

By Haydn Engelke MSA Lac., MLK Way

Tendonitis is an inflammation of the tendon that attaches a muscle to a bone. The most frequently affected areas are the shoulder, elbow (tennis elbow), wrist/hand, and heel (Achilles tendonitis). It is often accompanied by tenosynovitis, which is an inflammation of the lining of the tendon sheath. Symptoms are:

- Pain and tenderness at or near a joint, especially upon movement of the joint
- Possible swelling, numbness, and tingling.
- Stiffness, along with the pain, restricting joint movement.

The exact cause of the inflammation is often unknown, but it may result from repeated trauma, excessive strain, or overuse of the tendon.

Repetitive strain injuries in the arm are most often related to the type of work that a person does. Hair dressers, musicians, car mechanics, massage therapists, anyone who works hours on a computer are all predisposed to overuse injuries. People with severe tendonitis may have to stop work that aggravates the condition, at least for a while. Less severe cases can be treated quite successfully with acupuncture and Chinese herbs. Acupuncture is the treatment of choice, giving excellent results in both acute and chronic cases after just a few treatments. Chronic conditions can be treated with good results too, but it will take time to resolve.

Tendonitis is a very common affliction and can affect us especially as we age, but it need not be inevitable. As is the case with many conditions, the two most important areas in life to attend to in order to prevent it are exercise and diet. Regular acupuncture "tune-ups" can also aid in preventing the development of tendonitis in the first place as well as prevent a recurrence of tendonitis once it has been relieved.

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## Old House to New(ish) Home: How Do We Get There?

By Brian Lenz, 35th Avenue

If you are like many Madrona residents, you often look at your home and envision a new kitchen here, an updated bathroom there, a more efficient heating system every where. Each possibility seems to bring with it another hurdle and it can be overwhelming to imagine actually getting the work done.

It is tempting to view each item on your "wish list" as an individual project. It is much easier to "get your head around" confining the disruption to one area of your home at a time. However, taking the opposite approach in the planning stage can often lead to getting far more change for less money.

**Just Make the List.** Jot down everything you would "like" to do to your house. Don't worry about the order or size of the task, and don't forget the yard; just consider it as another room. Next, rank each item in terms of how much you will enjoy the change. Have fun and ignore anticipated costs; just pretend that you can "Click and Add to Cart". Then, highlight the items that you feel you must do, such as fix a leaky roof.

**Zero in on Your Budget.** What might look to you like a hodgepodge of dreams can actually make sense to an architect or interior designer. A professional can look at your list and group the tasks into possible projects, as well as offer design possibilities you may not have considered. Then a knowledgeable contractor can estimate costs for the tasks that have been grouped into logical projects. Remember, you can collaborate with a designer to complete the drawings and with the contractor to set the price the projects. As you refine your project and your budget, think about the long term benefits of your choices and invest in high quality materials for the areas and surfaces you use and touch most. Focus on energy efficiency and investigate new federal tax credits at: [www.energystar.gov/index.cfm?c=products.pr\\_tax\\_credits#c7](http://www.energystar.gov/index.cfm?c=products.pr_tax_credits#c7).

Remodeling your home may seem daunting at first, but completing a thorough analysis of what you want, what you need, and what it is going to cost is easier than you may think. Work on that list, get input from experienced professionals, and you will be well on your way to making those changes!

*Brian Lenz has a Master of Architecture from the University of Washington and is a project manager with Taconic Builders. He can be reached at [blenz@taconicbuilders.com](mailto:blenz@taconicbuilders.com)*

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## Bike to Work on May 15

By Bridget Quigg, Lake WA Blvd

Do you love cycling, the outdoors, clean air, and fun parties? Here's your chance to have it all.

In an exciting new twist on Bike to Work Day, this year the Cascade Bicycle Club has offered the opportunity for communities to host their very own Bike to Work Day station. And, guess what? Madrona was the first to volunteer!

Many stations like ours will be dotted around Seattle on the morning of May 15. Their purpose is to reward and encourage people who take the bold, bright, and healthy choice to cycle to work rather than drive. Our station will offer these riders food, sports-related swag, fresh coffee, energy drinks, and love from all the friendly, supportive Madrona folks cheering them on.

We'll be set up at Madrona Park, near the concession stand on Lake Washington Blvd. Cyclists will be encouraged to stop by for a break and plenty of positive feedback for choosing two wheels.

We're looking for volunteers and innovative ideas of all kinds. We need greeters to welcome people in off the road, counters to keep track of how many cyclists stop by, folks to serve up gifts and snacks, and a crew for general set up and clean up. We also are looking for participants and donations from community businesses – food, tables, gear give-aways, music, mini-massages... The possibilities are endless. Your picture will be on our "We Love Our Donors" board.

Let's start a really cool tradition here and make the Madrona Bike to Work Day Station the one everyone looks forward to every year.

Please contact me at [curlyq@stanfordalumni.org](mailto:curlyq@stanfordalumni.org), with your ideas and interest in helping out. School classrooms are welcome to participate with cards for the riders, signs, art, or cheers! Thanks, everyone, and can't wait to see you all on May 15.



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## Speaking of biking to work...

A Madrona neighbor caught this shot recently near the Madrona Ale House. Does anyone know who these daredevils are and what the heck they're doing?



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# Neighborhood School News

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## Thanks for Eating for a Good Cause

*By Julie Hansen, 31<sup>st</sup> Avenue*

Everyone at Madrona K-8 would like to give a huge THANK YOU to our neighborhood restaurants and community for supporting our "Eat Out For Madrona K-8" fundraiser on March 12. That day, participating local restaurants pledged a portion of their profits to our school to support our after school programs.

Hungry neighbors turned out in droves and our first annual "Eat Out For Madrona K-8" was a big success, raising over \$1000 dollars with more money coming in. Thanks to everyone who ate out that day and encouraged friends and family to join you. We at Madrona K-8 truly appreciate your support, and the support of the restaurants who made it all possible. Please continue to patronize these participating establishments and let them know how much you appreciate their support of our school and community.

- Dulces Latin Bistro
- Madrona Eatery & Ale House
- St. Clouds
- Cafe Soleil
- Verite Coffee/Cupcake Royale
- The Hi-Spot Cafe
- Restaurant Cremant
- Bistro Turkauz
- Wilridge Winery

## Spring at Madrona K-8

*By Rita Shecker, 24<sup>th</sup> Avenue*

Madrona K-8 welcomed in spring with our annual WASL breakfast. Students and their parents gathered for a wonderful breakfast put on by our PTSA Panther Partners and sponsored by the Delta Sorority. Everyone came all dressed up and dined in the gym which was transformed into a formal dining area. The kindergarten classes provided delightful entertainment and Principal Andrews pumped us up with a very inspirational speech.

In sports, our middle school boys' soccer team, coached by Mr. Henrickson is having an excellent season. It's baseball season, and students of all ages are playing on the Central District's League. A big thanks to organizer, Jon Hughes for his commitment to the sport and for coaching three teams! Our Volleyball team is having a great year too, Go Panthers!

The Girls Scouts have been busy in our garden, planting and leaning to compost. Let us know if you have some "hot greens" to contribute! Several of Ms. Stark's art classes have also been busy in the garden, designing new signs and markers.

Our March Panther Partner meeting included thoughtful discussion about our new hours for the fall. Next year we'll be including some exciting new classes. Parents and staff brain stormed for possible ideas including, foreign language, green projects, music, science, and performing arts.

Our book fair is April 29 at the Barnes & Noble book store in the U-Village and includes a visit from author Sherman Alexie at 7:00pm. Madrona will receive 15% of all purchases made that day in the form of books for our library. If you're heading down, just let the cashier know you're a supporter of Madrona K-8 and we'll get credit for your purchase!

We'll also be looking forward to teacher appreciation week May 4 through 8, Madrona MayFair May 16 and the Madrona Community Council Rummage Sale on May 30!

## Intensive Day Camps for Kids 10-14

Enterprising parents know that it's not at all too soon to think about making summer plans for their kids. Coyote Central—formerly Coyote Jr. High—based in Madison Park offers 68 hands-on intensive summer day camps. Classes start June 22 but registration is open now.



In these small group sessions, creative and talented professionals will meet their kids in professional work settings throughout central Seattle. Participants will have fun *and* learn lots of sophisticated, creative, technical, and problem-solving skills in:

- Glass blowing
- Singing / Songwriting
- Fashion Design
- Welding
- Painting
- Fashion Design
- And many, many more!
- Furniture Design
- Acting / Improve
- Fiction
- Cartooning / Animation
- Photography
- Soap box Derby Cars

Enrollment is first come-first served. Our scholarship program and system of barter and trades makes Coyote available to *all* kids. Register on line at [www.coyotecentral.org](http://www.coyotecentral.org)

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## Madrona Playfield Shelterhouse Rentals

The Madrona Playfield shelterhouse is an ideal location for family gatherings, birthdays, special event and meetings. It is adjacent to a playground, basketball court, baseball field, and tennis



courts. Nestled in a dense residential neighborhood, Madrona Playfield provides recreation space for the neighborhood and

the adjacent Madrona K-8 School. Designated “for park and playfield purposes” in 1927, the park features concrete tennis courts, which were built in 1930. The shelterhouse was built in 1938, a project of the New Deal’s Work Projects Administration. Recent play-area improvements were spearheaded by a local community group.

The shelterhouse features:

- Capacity: 25
- Outdoor restrooms
- Hardwood floors
- Fireplace
- ADA accessibility

Visit or call Garfield Community Center at 23<sup>rd</sup> and Cherry or call them at 684-4788 to schedule the shelterhouse for your event.

For a current list of rental fees, see [www.seattle.gov/parks/reservations/feesandcharges/](http://www.seattle.gov/parks/reservations/feesandcharges/)

## 2009 Madrona Neighborhood Events

Thanks to Ruth Walther for looking far into the future and volunteering to coordinate the Halloween Party!

- |                 |   |
|-----------------|---|
| <b>Jan</b>      | Martin Luther King Celebration—Jan 18 Epiphany  |
| <b>Mar</b>      | Neighbor Appreciation Day—March 7 Jon Hughes  |
| <b>April</b>    | <b>Neighborhood Cleanup</b> —April 19 Didi Burpee   |
| <b>May</b>      | <b>Mayfair Parade &amp; Carnival</b> —May 16 Paige Smith<br><i>paige.eg.smith@gmail.com</i><br>Community Garage Sale—May 30 Janna Pekaar<br><i>jannalp3@hotmail.com</i> |
| <b>July/Aug</b> | Madrona BBQ Festival — <b>Need Coordinator</b>  |
| <b>Sept</b>     | MCC Officer Election—Cynthia Stross   |
| <b>Oct</b>      | Kids’ Halloween Party —Ruth Walther<br><i>surperruth@msn.com</i>  |
| <b>Nov</b>      | Winter Greens & Holiday Lights  |
| <b>Dec</b>      | Christmas Ships, Bon Fire & Carols at Madrona Beach — <b>Need Coordinator</b>   |

To get involved, contact these event coordinators or Madrona Community Council VP of Events Paige Smith at 225-5821 or [paige.eg.smith@gmail.com](mailto:paige.eg.smith@gmail.com)

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# MADRONA COMMUNITY CALENDAR

## RECURRING EVENTS:

- WEDNESDAYS** 5:45 PM **Weight Watchers Meeting**—Central Area Senior Center in Leschi, 500 30th Ave S., 726-4929.
- WEDNESDAYS** 4:00 PM – 5:00 PM **Bible Study** – Epiphany Christie House Library [www.epiphanyseattle.org](http://www.epiphanyseattle.org)
- WEDNESDAYS** 7:00 PM – 8:30 PM **Library Book Club, Madrona-Sally Goldmark Branch** 1134 33rd Ave., Seattle, WA 98122
- THURSDAYS** 5:30 PM **Marathon Training** — Meredith Mathews East Madison YMCA. (206) 322-6969.
- THURSDAYS** 7:30 PM **AA/ALANON Meeting**—Epiphany Great Hall. [www.epiphanyseattle.org](http://www.epiphanyseattle.org).
- FRIDAYS** 7:30am **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker [kbarker715@gmail.com](mailto:kbarker715@gmail.com).

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- April 24** 6:30 PM - 8:00 PM **East Precinct Crime Prevention Coalition Meeting.** Members of the public meet with the police to discuss local issues. Seattle Vocational Institute, 2120 South Jackson, Room 401. More info at [www.sngi.org/epcpc/epcpc3.html](http://www.sngi.org/epcpc/epcpc3.html)
- Apr 26** 10:00 AM **Madrona Woods Nature Walk.** Join Friends of Madrona Woods and experts from the Seattle Urban Nature and Eastside Audubon to identify and enjoy native plants and birds, plus time for games for families to play. Meet on the sidewalk by the pond in the lakeside natural area. Judith Starbuck [judithstarbuck@msn.com](mailto:judithstarbuck@msn.com) or 322-2640.
- Apr 29** 10:30 AM **Preschool Story Time** – Madrona Sally-Goldmark Library, 1134 33<sup>rd</sup> Ave, 684-4705
- Apr 29** **Madrona K-8 Bookfair Fundraiser** - Percentage of all purchases made go to the school. U-Village Barmes & Noble.
- May 1** 9:00 AM **BOOM (Business Owners of Madrona) Meeting,** Conscious Body Pilates, 3317 East Union (corner of Union & 34<sup>th</sup>). All Madrona business owners are welcome. Amy Bush, [info@jaywalkseattle.com](mailto:info@jaywalkseattle.com)
- May 2** 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**— Mexican Theme! Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- May 2** Noon - 4:00PM **Leschi Neighborhood Party** - Everyone welcome! Flo Ware Park, 28th & Jackson
- May 3** 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**— Mexican Theme! Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- May 3** 4:00 PM **Madrona Dining & Sipping Society** – Bistro Turkuaz welcome us with hummus & appetizers. Then a delicious lamb shank dinner, root vegetables, and for dessert... a Turkish delight surprise! RSVP with Audrey [adureyseale@qwest.net](mailto:adureyseale@qwest.net)
- May 3** 4:00 PM – 6:00 PM **Reception for Madrona Photographer Nick Spaccarotelli,** show continues all month at **Rosebud Restaurant,** 719 E Pike St.
- May 5** 7:15 PM **Madrona Community Council Meeting**—Madrona Playfield Shelterhouse, Cynthia Stross [cynistr@gmail.com](mailto:cynistr@gmail.com)
- May 6** 10:30 AM **Preschool Story Time** – Madrona Sally-Goldmark Library, 1134 33<sup>rd</sup> Ave, 684-4705
- May 9** 10:00 AM –2:00 PM **Neighborhood Cooking for the Homeless**—Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- May 13** 10:30 AM **Preschool Story Time** – Madrona Sally-Goldmark Library, 1134 33<sup>rd</sup> Ave, 684-4705
- May 14** 6:00 PM **Central Area Neighborhood District Council Meeting**— Douglas Truth Library, 2300 E. Yesler Way. Madrona Contacts: Max Liebowitz [maxliebowitz@gmail.com](mailto:maxliebowitz@gmail.com)
- May 15** **Bike to Work Day!** Volunteers Wanted to staff the Madrona station! Contact Bridget Quigg, [curlyq@stanfordalumni.org](mailto:curlyq@stanfordalumni.org)
- May 15** 3:00-7:00PM **Madrona Farmers Market** - Opening day! Grocery Outlet Parking lot, MLK & Union
- May 15** 3:00 PM –5:00 PM **MayFair Bike Decoration Party!** Come to the shelterhouse to get your rig set for the MayFair parade.
- May 16** 9:30 PM –12:30 PM **Madrona MayFair!** Parade leaves Al Larkins Park at 9:30, followed by FREE games and fun at the Madrona Playfield. Volunteers needed. Edie Hall, [esonne@hotmail.com](mailto:esonne@hotmail.com)
- May 16** 10:00 AM – 2:00 PM **Free Central District Spring Plant Exchange,** Copymaster parking lot at 20th & E Union, Central District garden club, Garden Central, <http://groups.yahoo.com/group/centralareagardenclub/join>
- May 20** 9:00 AM –1:00 PM **Neighborhood Cooking for the Homeless**—St. Cloud's Restaurant, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- May 21** 5:00 PM - 8:00 PM **YMCA Black Achievers Program 20<sup>th</sup> Annual Scholarship Awards and Recognition Dinner Banquet.** Don James Center, Husky Stadium, University of Washington. Shomari Jones at 322-6969 x104 or [sjones@seattleymca.org](mailto:sjones@seattleymca.org).
- May 22** 6:30 PM - 8:00 PM **East Precinct Crime Prevention Coalition Meeting.** Members of the public meet with the police to discuss local issues. Seattle Vocational Institute, 2120 South Jackson, Room 401. More info at [www.sngi.org/epcpc/epcpc3.html](http://www.sngi.org/epcpc/epcpc3.html)
- May 23** 10:00 AM - 1:00 PM **Friends of Madrona Woods Work Party.** Meet at the toolbox at the Spring Street entrance (Spring & Grand), Deirdre McCrary [deirdre\\_jaymccray@msn.com](mailto:deirdre_jaymccray@msn.com).

April						
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**May 8, 2009 Next MADRONA NEWS DEADLINE**

**Article Submission:** Contact editor Kim Herber at 325-9923,  
 1522 35th Ave. or send material to [kdh5027@aol.com](mailto:kdh5027@aol.com) and to  
 production editor Christine Bender at [christineb@conversation.com](mailto:christineb@conversation.com).

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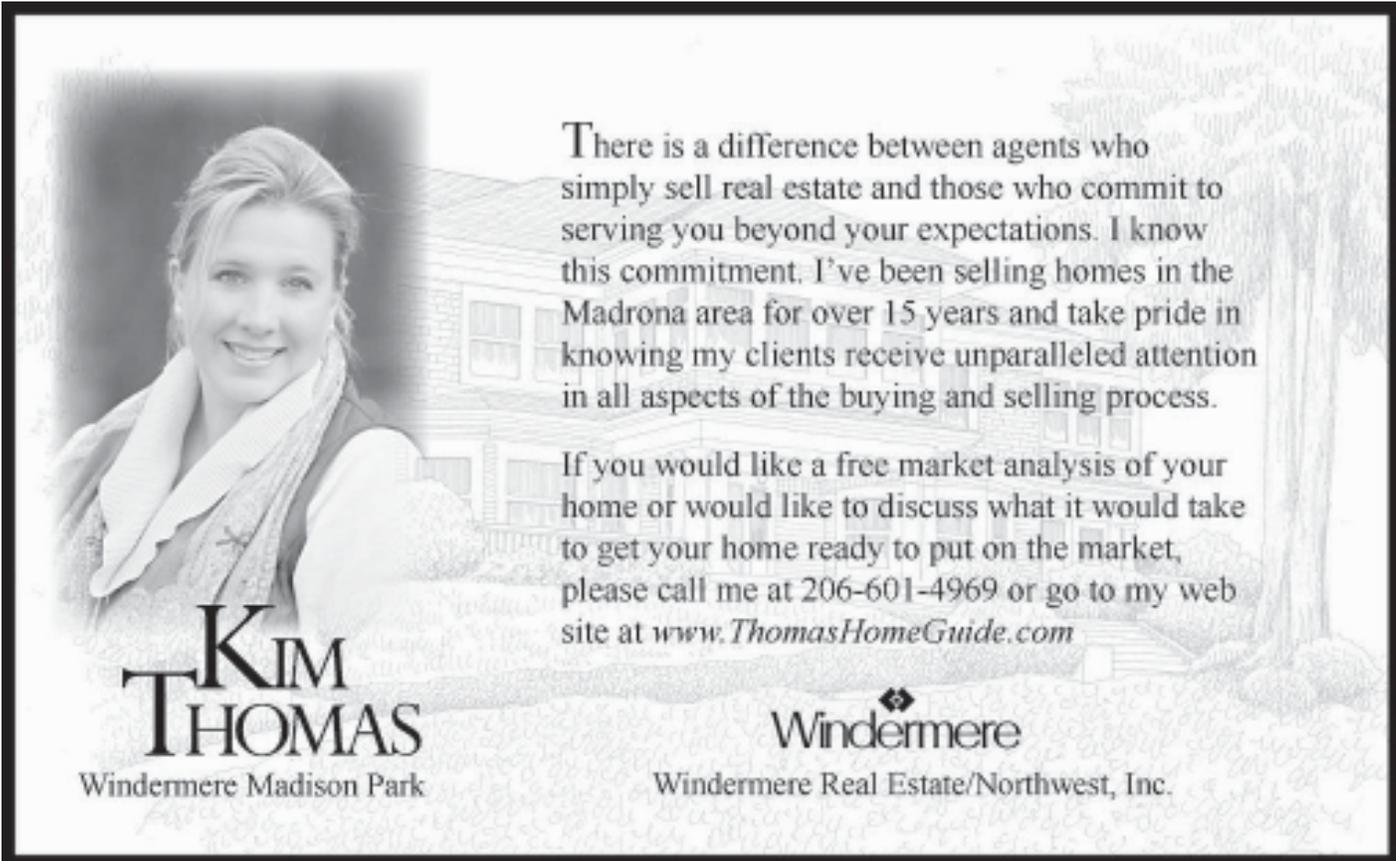
**Mailing List Additions:** Contact Kim Herber (see above).

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