

M a d r o n a N E W S

www.madrona.us

May 2009
Issue No. 214

Ms Hall Invited to Washington to Talk Health Care Reform

By Jessie Martin



Jody takes her sweet ideas to DC.

Jody Hall, owner of *Vérité Coffee & Cupcake Royale* on 34th Avenue, was off to Washington DC in April for a roundtable discussion for small business owners with White House Office of Health Care Reform Director Nancy-Ann DeParle and National Economic Council Director Laurence Summers. With the April Congressional recess over, health care reform quickly became a hot issue on the Obama administration's

agenda. Having made it a clear priority for the session, the White House hosted a series of roundtable discussions on the topic, and Hall was invited to participate in the discussion that focused on small business.

Small business owners are the collective largest employer of Americans, and small business employees account for millions of this country's uninsured and underinsured citizens. Representing the Washington Small Business for Secure Health Care Coalition (a project of Washington CAN!), Jody met with policymakers at the White House to advocate for a public health care option to lessen the burden on small businesses who insure their employees.

As Hall explains it, "A public health insurance option would give us real choice and greater bargaining power, increase competition and drive down costs for everyone. Small

(continued on page 2)

Madrona Community Council President's Corner

By Cynthia Stross, 35th Avenue

There are many things that make Madrona a special place to live. We have this wonderful newsletter, celebrations like Mayfair, the summer BBQ, the kids' Halloween Party at the shelterhouse, Neighborhood Appreciation Day, community garage sales and monthly meetings that are open to all as a forum to bring any issue to the attention of the neighborhood. While all the "people power" to make these things happen is provided by volunteers, there are still costs involved, for mailing, for supplies, for rentals and decorations. It's the Madrona Community Council (MCC) that underwrites events and provides the structure that makes them possible. Think

for a moment...where else have you lived that had this kind of community?

Have you considered making a donation to the MCC for these events? Maybe you won't go to Mayfair but you love the *Madrona News*. Or maybe your child had a great time at the Halloween party last year, or your neighbor was recognized at Neighbor Appreciation Day. For all those things you can thank the MCC. Every small donation is very much appreciated—and the large ones too! Your gifts allow us to keep running the events and services that give Madrona a sense of neighborhood.

(continued on page 2)

A Bee Boom and Crisis

By Katherine Jacobsen, Madrona Pl. E.

Whether it's the honey or the wax, one thing sure has the buzz these days: beekeeping. There are 16 beekeeping clubs around Washington and even a few hives scattered within Madrona. In Seattle, the Puget Sound Beekeeper association meets monthly to discuss beekeeping tactics and also offers beginning beekeeping classes. In Snohomish, the aviary that supplies most local beekeepers said business was up 25 or 30%, despite the recession. A wave of beekeeping is flooding America, bringing the number of beekeepers in this country to nearly one million.

When you think of honeybees, you may think of being stung, and when you think of beekeepers, you may think of vendors selling honey in markets. However, bees are more than stings and a sweet spread for toast; they play a vital part in our food chain. Bees are the main pollinator of hundred of types of crops and animals all around the world, including humans, depend on them.

However, in the past few years, bees have been dying off at an alarming rate. More than a quarter of the country's 2.4 million bee colonies have disappeared. All over,

(continued on page 2)

In this Issue

- 3 Neighborhood Garage Sale May 30
- 4 Seeking BBQ Coordinator
- 5 Signs of The Times
- 6 Letter to the Editor: RPZ Alternatives
- 7 Bicycle Sundays on Lake WA Blvd
- 8 Veggies Delivered to Your Home
- 9 Summer Watering in Madrona Woods
- 10 Blossoms Up & Beautiful
- 11 Neighborhood School News
- 12 YMCA Celebrates!
- 13 Madrona Community Calendar

Health Care.. (cont'd from page 1)

businesses can create the jobs to help revitalize our economy. But we've got to get health care fixed. We need real health reform, and we need it now – this year."

The issue is one she grapples with on a regular basis. Cupcake Royale employs 55 people, and Hall spends nearly as much on insurance costs as she does on rent for all three stores combined. While rent and labor are costs that a small business can exercise reasonable control over, the cost of health insurance is proving to be an evermore unpredictable and increasingly sizeable variable. Cupcake Royale recently saw its insurance rates climb a steep 40%, and this is not an uncommon occurrence. Business owners are at the mercy of insurance companies and are consistently faced with the professional and moral dilemma of cutting back on their quality of coverage in order to afford any at all for their employees. In already tight financial times, this system is adding extra burden to American small businesses that otherwise possess the real ability to stimulate our lagging economy.

For more information on Washington Small Business for Secure Health Care Coalition and to view video footage of Hall's comments from the White House meeting, visit the Cupcake Royale blog (legalizefrostition.blogspot.com), or just pop into the café and say hello.

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

Please consider sending a donation to the MCC—we need resources to continue to have all these fantastic neighborhood activities. Mail your tax deductible gift to MCC, c/o Treasurer Steve Orser, 833 33rd Avenue, 98122.

Thanks to these folks who have given recently: DJ Lee and Benjamin Chotzen of 30th Avenue; Dr. Monica Jones of 31st Avenue, Christine Mustelier and Bernard Mansavage & Rachel Katzenellenbogen of 32nd Avenue; Patricia Vadasy of 34th Avenue; Anthony Tippens of 35th Avenue; Andrew Kreis and Mar-Louise & Bruce Colwell of 36th Avenue; Ruth Krauss and Edwin James of 37th Avenue; Frank & Anita Rowe of 38th Avenue; and Marc Lowe & Kathy Kearney of Grand Avenue.

In other news, we have gotten more sand in the Madrona Playfield sandbox, thanks to Beth Purcell of 35th Avenue; please encourage your little diggers and builders to keep it there! We are also looking forward to the opening a new Thai restaurant soon.

Our next MCC meeting is on Tuesday, June 2, at 7:15 in the Madrona Playfield shelterhouse. This is the last meeting before the MCC takes the summer off so if you have something to talk about, let me know and we hope to see you there.

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MAKING SENSE OF INVESTING

Bee Boom... (cont'd from page 1)

honeybees are simply leaving their hives, never to return. Scientists have named the phenomenon Colony Collapse Disorder (CCD) but have no diagnosis. In hives hit by CCD, adult workers fly away leaving a small number of workers and young bees to fend for themselves. Possible theories for this unusual behavior range from pesticide poisoning to farmers working their bees too hard by moving the bees to new sites too frequently. Other possible causes stressing out the bees include radiation from cell phones interfering with the honeybee's natural sense of navigation and unusual weather, powered by climate change.

Whatever the causes, soon there may be not enough honeybees to pollinate our crops, putting one third of our food supply at risk. Bees are also an important part of our economy. Thousands of people have jobs associated with bees. Beekeepers have spent hundreds of dollars on replacement bees and have lost income from lower honey sales and pollination fees. In the long run, many rising food costs directly correlate to the decreased productivity of crops dependent on pollination by bees.

As citizens, it is our responsibility to protect and conserve the honeybees. You can do this by providing nectar and pollen-rich plants in your garden; by avoiding pesticides, and, if beekeeping interests you, raising bees. The balance of our ecosystem hinges on the humble honeybee.

To learn more about the Puget Sound Beekeeper Association go to www.pugetsoundbees.org/. If you would like to learn more about beekeeping I recommend *Beekeeping for Dummies*.

Katherine, a 7th grader at Seattle Girls School, is educating the public about the importance of bees as part of a community action project.



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Two Owls Flies Away

To Our Loyal Customers and Community:

Two Owls Children's Boutique is moving this summer. We would like to thank our loyal customers and terrific neighbors for three years of support. Madrona has been our home; we have enjoyed meeting our neighbors and being part of this incredible community.

Beginning on June 1st, we are having our blow out 30% off moving sale. Shop hours are 10AM-6PM, Tuesday – Saturday and 10AM-5PM, Mondays.

As always, you can find us online at www.shoptwoowls.com

Thank you
Two Owls Children's Boutique

“Not in Our Backyard”: Madrona Walking Tour

Do you think you know a lot about Madrona, its history, and its architecture? Would you like to learn more? Then joining one of the Seattle Architecture Foundation's (SAF) walking tours might be right up your alley. The SAF offers a variety of tours of various parts of Seattle, including Madrona. They call the tour of our neighborhood—*Madrona: Not in Our Backyard*. It sets out from the Madrona Playfield and promises to tell our local history: “From racial red lines to the front line of integration, Madrona's story is a microcosm of urban transformation.”

Upcoming tours of Madrona are planned for 10:00am on June 20, August 15, and October 17. Tickets are \$15 when purchased ahead of time and \$20 cash the day of the tour, if space is available. All tours last about two hours, and are conducted rain or shine. The Madrona tour is not recommended for children under age 12.

The SAF is about the discovery of our cities and neighborhoods through active exploration. It's about fact and fiction, history and folklore, egos and eccentrics. And it's about inspiration, education, and involvement. Reserve your spot on a walking tour of Madrona or any of the other interesting Seattle excursions at www.seattlearchitecture.org.

madrona community garage sale saturday, may 30th, 9am-3pm

hold a sale at your home or
host a table at madrona k-8
for more information, and to place your home
on the sale map, please contact us.
we'll provide free advertising
and we'll pick up any items left after the sale.

rita – 206.860.0124
janna – jannalp3@hotmail.com

Annual Garage Sale Goes Neighborhood-wide

By Janna Pekaar, 29th 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, 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 below, 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.

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, or 323-0553 (home), or 200-9892 (cell). Join us. It will be lots of fun.



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2009 Madrona Neighborhood Events

If anyone is willing to take the lead on organizing the summer BBQ, now is the time to step up!

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

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

Play Madrona Mutt Match-up

By Shelly Haverkamp, 30th 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 11.



Cali



Costa



Simon



Hayden & BeBe



Princess



Susan

Seattle has been my home for over 20 years. I love living in the Northwest and all this great ever-changing city has to offer. I believe that it's important to have local knowledge of the areas you represent, that's why I've chosen Madrona and Denny Blaine as my home. With beautiful streets, charming homes and amazing access to Lake Washington, trails and shops, we simply have it all.

It's also important to be a full time agent, its the only way to have current knowledge of our rapidly changing market and accurate, clear information regarding that market.

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Steven E. Smith

Nurturing the New Plants in Madrona Woods

By Judith Starbuck, Grand Avenue

Now that the new plants in Madrona Park's Woods, natural area and ravine have blossomed and leafed out, our thoughts turn to keeping them watered and weeded over the drier summer months. Since this is our main activity until September, we're suspending our monthly third-Saturday work parties and will spend our time supplementing some professional maintenance on a regular basis. If you'd like to be part of our maintenance team, we'll be glad to train you and put you on the schedule for where and when to place the sprinklers and what to pull out. This is a lovely way to enjoy the sounds, sights and smells of the Woods. Contact Deirdre McCrary at deirdre_jaymccrary@msn.com to help out this summer or to get on our email list to be notified of activities and events.

Thanks to the Seattle Works group that worked with neighborhood volunteers the Saturday before Earth Day. And thanks to Tom Kushner for the welcome treats he provided.

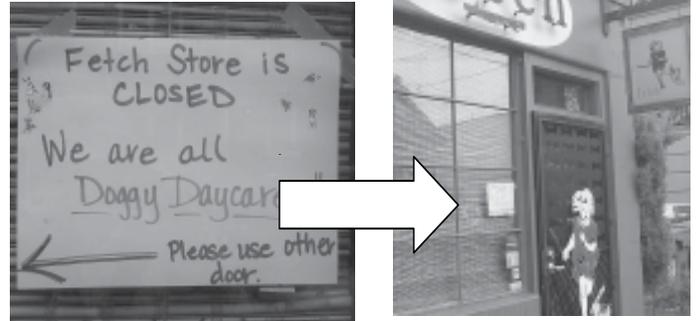
Seattle Urban Nature's native plant walk on April 26 was fun and informative. We're sorry notice didn't get out to the community before the event. If you'd like a guide to show you the new stream and what's growing in the Woods, please contact me and we'll set a time for you to have your very own tour.

To help us retire our remaining debts, please 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.

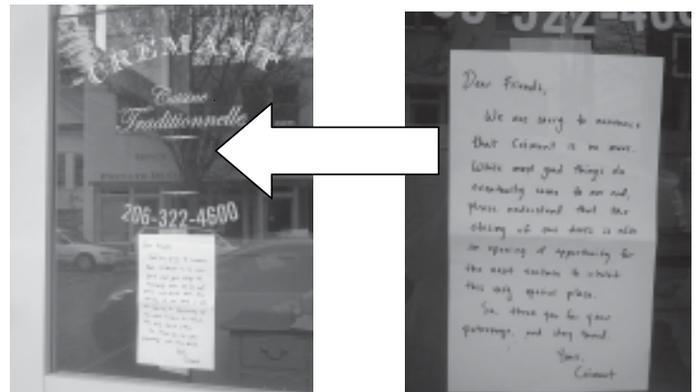
For more information about involvement in the Woods and natural area, contact me, judithstarbuck@msn.com or 322-2640, or visit our website at www.madronawoods.org. We're hoping to plan a big daylighting-completion celebration this summer, so make sure you stay tuned.

Signs of the Times

It seems that this month in Madrona, there were times when sending an email or a text, or even making phone calls just wouldn't do for getting the word out. It appears that even in our tech savvy neighborhood, when it comes to communicating your message to the masses, nothing beats a plain old sign posted on the door.



Fetch Pet Grocery goes all Doggie Daycare.



Cremant calls it quits (again).



Jon Hughes,
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Madrona K-8 notifies students and staff of the swine flu closure.

Travis B. Colburn, A.I.A.



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Thai Food is on its way to 34th Avenue!

Letter to the Editor:

RPZ Parking Permits Avoid the Issue

While out for my daily walk, I was recently informed by a neighbor about an upcoming proposal devised to ease parking. In our part of Madrona, where the streets are mostly so narrow that parking is only permitted on one side, parking is a significant issue. The Residential Parking Zone (RPZ) Program, allows residents to restrict parking by designating specific blocks as an RPZ. Within the RPZ, there may be two-hour parking for non-residents or none at all. Residents must purchase permits for each vehicle they own at a cost of \$45 for a two-year cycle. Each household would also be allowed to purchase one guest pass.

My neighbor informed me that an RPZ petition would soon be presented to my wife and me for our signatures. Although I no longer park on the street, I understand the problem. Out of frustration to find regular parking for my single car on the one legal curb side, a few years ago I built my own makeshift parking space off the street. I told my neighbor the RPZ seemed an excellent idea, and continued my walk.

However, as I proceeded I asked myself a question that had been bothering me for several years: why has the number of cars parked on 'my' street increased so much over the last fifteen years? When I moved here in 1969, parking was never a problem. Since the number of houses has not changed, I concluded that residents own more cars. Indeed, on 'my' street only two other homeowners besides me own only one vehicle.

I would imagine that everyone living on our street is concerned about global warming, increasing road congestion, and the need

to use public transportation. Similarly, I would assume that everyone knows a limited space can only accept a limited number. Then why not apply these insights to the number of cars one purchases?

Consequently, I propose a different solution to the problem of residential parking: just as the owner of a vehicle must display a renewable license tab on the license plate, why not have each vehicle also display a sticker stating the street name and number of vehicles parked and associated with each house or apartment? Instead of an RPZ sticker, each vehicle would show a VP (Vehicles Parked) sticker. Any vehicle with the figure 'Grand 1' would be fee-exempt, while each vehicle displaying a '37th Avenue 2' would be subject to a designated annual fee (\$50? \$75? \$100?). All vehicles displaying a larger number—Newport Avenue 3, 36th Avenue 4, or Randolph Avenue 5!—would be subject to an incrementally increasing fee. To apply for exemption to the rule and fees, one would have to prove 'valid need' (as defined by law) to have more than one vehicle. Such vehicles could display a '2E' (for Exemption) sticker. All this data would require further registration and documentation, not a problem in this information age.

As with so many proposed solutions to the serious problem threatening our future, the RPZ program fails to consider the underlying causes and substitutes a quick fix for long-term prevention. Car down and green up, Madrona

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It's Bike Season at Last!

Every summer for the past 43 years, the city of Seattle has done something extraordinary and we'll do it again this year. From the first Sunday in May to the last Sunday in September, (except July 5 and 26, August 2) we turn over Lake Washington Boulevard to bicyclists and pedestrians. You and your family can walk or ride along the shores of Lake Washington from Mt. Baker Beach south to Seward Park. It's fun. It's safe.

And it's a great climate-friendly way to enjoy our city. Join us once, twice, three times or on all 19 Sundays. The choice is yours!

Start this biking season off with a new helmet. Wearing a properly fitted bicycle helmet reduces your risk of severe head injury by 85%. Every Bicycle Sunday from 1:00 to 4:00, helmets will be for sale for only \$10 at the Mt Baker Rowing and Sailing Center at Stan Sayers Park. The price also includes a free professional fitting, thanks to the members of the Cascade Bicycle Club education Foundation.

Bicycle Sunday is brought to you by Seattle Parks and Recreation and its co-sponsor, the Cascade Bicycle Club, with the support of the Seattle Police Department. Remember, Bicycle helmets are now the law. Please wear a CPSC-approved (or SNELL, ASTM ANSI-certified) bicycle helmet. It could save your life! For more information about Bicycle Sunday, visit www.seattle.gov/parks/bicyclesunday/ or www.cascade.org.

Tips for Safe Riding:

- Be in control of your bicycle and ride on the right side of the road.
- Wear a helmet at all times.
- Give pedestrians the right of way.
- Check your speed! Ride at a safe speed and slow down in congested areas.
- Use hand signals and look before turning.
- Obey all traffic signs and vehicle traffic laws.
- Allow maximum two cyclists to ride side-by-side.
- Respect the rights of property owners.
- Stay aware!

**LAKE WASHINGTON
BICYCLE SUNDAYS**
May 3, 10, 17, 24, 31
June 7, 14, 21, 28
July 12, 19
August 9, 16, 23, 30
September 6, 13, 20, 27

Law for All:

Future of Federal Estate Tax Uncertain

By Lori Rath, MLK Way

The federal estate tax is in flux. As of January 1, 2009, the exemption amount increased from \$2 million to \$3.5 million per person (and from \$4 million to \$7 million for a married couple), with a maximum rate of 45%. If Congress does not act this year, the estate tax will be repealed in 2010, followed in 2011 by a reversion to the former \$1 million exemption with a top rate of 55%. President Obama's proposed 2010 budget would continue the \$3.5 million exemption and 45% maximum rate. Some members of Congress want to raise the exemption to \$5 million, and lower the maximum rate to 35%.

Only 0.2% of estates are subject to the existing federal estate tax. In other words, currently 99.8% of estates are transferred to heirs and beneficiaries free of any federal estate tax. More information about the federal estate tax can be found at the nonpartisan Tax Policy Center's website, under Tax Tip at www.taxpolicycenter.org.

It is important to remember that Washington is one of many states with its own estate tax. The Washington estate tax exemption amount is \$2 million per person, with a tax rate of 12% to 19%, and that is not scheduled to change. Thus, a Washington resident's estate may owe estate tax to the State, even if the estate is below the federal exemption amount. For more information on the state estate tax, check the Department of Revenue's website at www.dor.wa.gov.

If you have estate-related questions, contact me at 382-2573 or lori@rathlawmediation.com.



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Bringing the Freshness to You

By Michele Catalano, 35th Avenue

Spring is a wonderful time of year. The first fresh greens are ready to harvest along with spring onions and rhubarb, giving our taste buds delicious goodness that reminds us of the bounty yet to come. Seasonal farmers markets are opening and CSA season is around the corner!

With Madrona Farmers Market now open on Fridays, plus the nearby Columbia City Farmers Market on Wednesday and the Sunday Broadway Farmers Market in Capitol Hill, fresh veggies are never far away from Madrona. However, there is another way to participate in community supported agriculture (CSA) and ensure your family gets the best of what local farmers have to offer.

CSA allows consumers to connect directly with growers. CSA members purchase a share in the farm in the spring, giving the farmer much-needed 'seed' money when cash-flow is at it's lowest. In return, members receive a weekly box of produce that changes along with the harvest. How you pay varies, with some farms requiring payment for a full season's share up-front, some offering shorter, consecutive sessions, and still other simply charging by the week. Some farms also offer work shares, whereby you exchange farm labor for your produce.

There are several CSA farms to choose from and no two are alike. Some offer different size boxes, others allow you to choose some or all of the items, and still others give you the option of picking up at the farm or at a drop-site. Many CSA boxes are filled with produce from just the grower's farm while others supplement with items from neighboring farms. Other programs, particularly year-round options, are a mix of farm-grown produce and regional produce that helps fill out the box during the off-season.

Worried that you'll have too much food? Most CSA farms provide newsletters and recipes, helping you get through your box. Many first-time members find it helpful to split a weekly box or alternate weeks with friends. No matter which farm you choose to support, CSA is a fantastic way to help farmers, eat healthy food, and learn about what's in season when during our region's growing months.

Ready to join a CSA? Now the hard part is deciding which one is right for you! Fortunately, there is somewhere to turn. The best CSA information for our area can be found on the Puget Sound Fresh website at www.pugetsoundfresh.com/csa.htm. Sponsored by Cascade Harvest Coalition, they provide great general information, factors to consider when choosing a CSA, plus a handy farm directory with contact info for each.

To help narrow down the search for Madrona families, below is a list of CSA farms that deliver to drop-sites in Madrona. Contact information for each may be found in the Puget Sound Fresh directory noted above.

- Full Circle Farm
- Growing Washington
- Nature's Last Stand
- Oxbow Farm
- Willie Green's Organic Farm

Thanks for supporting local agriculture!

Madrona Market Now Open Fridays 3-7pm

The Madrona Friday Farmers Market opened its 2009 season on May 15 at 3:00pm. The market will again be held in the Grocery Outlet parking lot, at Martin Luther King, Jr., Way and E. Union St. The Seattle Farmers Markets Association (SFMA) operates the Madrona market, as well as the Ballard Sunday Farmers Market, Fremont Sunday Market, and Wallingford Center Wednesday Farmers Market. See www.SeattleMarkets.org for information on all markets.

The Madrona market kicked off Opening Day with a chef demonstration by Autumn Maddox, personal chef and cooking instructor. On May 22, St. Clouds Chef Michael King will also present a chef demonstration. For the sake of the environment, disposable plastic utensils at all cooking demonstrations have been replaced with real silverware that will be cleaned and reused.

Here are some highlights of produce coming soon or now available at Madrona and the other markets. Looking for organic asparagus? Find it at Alm Hill and Alvarez at Madrona. It's rhubarb season, and Alm Hill and Stoney Plains have it first. Nash's wins the award for the first cauliflower of the new year, at Madrona, Ballard, and Wallingford. They will have broccoli by mid-May. Stoney Plains also has beet greens now, and Alm Hill and Colinwood have mustard greens and spring kale. Full Circle Farm at Madrona, Ballard, and Wallingford is bursting at the seams with greens, boasting spring salad mix, baby spinach, baby leeks, baby bok choy, baby red Russian kale, mizuna, turnip greens, French Breakfast and purple radishes, and chives. Perhaps most exciting of all is the opening of the Washington coastal fishing season, which means Wilson Fish has fresh, wild Washington salmon and halibut at Madrona, Ballard, and Wallingford.

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Look East for Health:
 Treating Allergies with Acupuncture

By Haydn Engelke, MLK Way

With spring's sunshine and flowers come wind and pollen, which for many people signals the onset of allergy season.

For many of us allergies mean a season of runny noses, itchy eyes, sneezing, sore throats, and general fatigue. Allergic rhinitis, or hay fever, is an example of misplaced immunity. It is a learned response by the immune system wherein rapid physiological changes result in itchy eyes and throat, sinus congestion and sneezing, asthma, and even diarrhea. Typically, exposure to an allergen such as tree pollen elicits a massive release of Immunoglobulin E (IgE) antibodies that attach to white blood cells. These cells are mostly located in the lungs and upper respiratory tract, the lining of the stomach, and the skin. When stimulated, these cells release a number of chemicals, including histamine, which produce the allergic symptoms.

While many over-the-counter remedies promise symptomatic relief, some have side effects such as drowsiness, insomnia, and thirst. Allergy symptoms are frequently treated with antihistamine agents, which treat the symptoms of allergies by suppressing the immune system.

Practitioners of Traditional Chinese Medicine believe that addressing the causes of allergies, treating the whole person, and focusing on balancing the immune system lead to substantial long-term health benefits. For some people, allergies can be managed with acupuncture during seasonal changes. Patients suffering from allergies should seek treatment a month prior to the start of the allergy season.

For more information, please visit our website, www.Eastern-Elements.com

MDSS Gets a Pleasant Surprise!

By Audrey Seale, 36th Avenue

On Sunday evening May 3 the Madrona Dining & Sipping Society (MD&SS) gathered at Bistro Turkuaz for a delicious home-style meal prepared by chef and restaurant owner Ugur Gurus, and served by her daughter Dila. It was our pleasure to be there to help them celebrate the first anniversary of their wonderful restaurant in our neighborhood.

Ugur promised a festive surprise would arrive for us after the main course and our tummies imagined all kinds of delicious and heavenly Turkish desserts. But what appeared was even more exciting and exotic—a black veiled belly dancer! Wow! She moved muscles the rest of us had forgotten we had and we couldn't help but all get caught up in the Turkish celebration. It was an amazing MD&SS exclusive!



If that doesn't make you want to come out and have dinner with us, I don't know what will. On June 11 we'll be at Café Soliel for a fine Ethiopian meal, and to help owner Kuri Teshome celebrate her 15th year in Madrona! If you've never tried Ethiopian food, this is the perfect time to sample a little bit of every dish. Expect lots of round, spongy nam bread, many vegetarian choices, and wide ranging conversations with the neighbors.

Everyone is welcome to join. Contact me at audreyseale@qwest.net for details and reservations.

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Blossoms Back Up & Beautiful

By Marie Doyle, 37th Avenue

Thank you Madrona, for your generous support of the Madrona Blossoms project! With the help of so many neighbors and businesses, this is our fifth year of bringing beauty, vibrancy, and a sense of unity to our community. And our particular thanks go out to these community members who contributed to the Blossoms project this year:



Created by Grace Schlitt-Lenz

INDIVIDUALS

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And remember, it's never too late to help! If you'd like to make a tax-deductible donation to the project, please send a check, payable to Madrona Blossoms, MCC to Madrona Blossoms Treasurer, 1121 37th Ave., Seattle, WA 98122, or contact me at 323-6128.

Welcome spring and thanks, Madrona!

Mark Travers
Architect, AIA

2315 E Pike St, Seattle WA 98122
 206-763-8496

www.marktraversarchitect.com

Precocious Photo Opportunity

If a picture is worth a thousand words, a picture of a child must be worth ten thousand. If you have a little one that is growing and changing before your very eyes, you know how precious photos are. The folks at Precocious Toys understand that too and so are excited to bring photographer Shellie Gansz of Shutterbox Photos to Madrona.

A self-taught artist and mother of three boys, Shellie captures personalities and highlights the uniqueness of each subject. She says, "A shoot is like a playdate" and she's the best at capturing that goofy two-tooth grin. On June 6, Shellie will be at Precocious for 10-minute mini-photo sessions for cuties 6 months to 8 years old. In lieu of Shellie's session fee, Precocious is asking for a \$35 donation to Treehouse For Kids. Stop by Precocious or visit www.shutterboxphotos.com to see samples of Shellie's portraits. As the seasons are short, Shellie can only accommodate one child per sitting. Parents can choose either color or black & white photographs and reservations are required. Contact Shellie at 819-3849 or Shellie@shutterboxphotos.com. Space is limited so sign up soon, don't miss out

Don't forget—Precocious continues to host Game Night on the first Thursday of every month from 5:00 to 7:00pm. Kids and adults are all welcome to come and learn to play a new game and have some pizza. This summer, Precocious will be doing all kinds of fun special events. Keep an eye on www.precocoustoys.com so you don't miss Free Popsicle Day, Story Time, Book Exchange, Making Paper Planes, Collectible-Trading Day and more!

On August 8, Shellie will be back at Precocious to help do-it-yourself photographers improve their photo taking skills. In a workshop called How to Capture Moments, Shellie will give great tips on how to take better photos of your kids. Parents, join us for this great opportunity and a night out with wine, little yummys, and friendly Madrona neighbors. You must sign up for this event in advance and space is limited so call 322-9396 to make a reservation.

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Grant Installs Solar Panels at Valley

By Gail Mensher, Valley School

The Valley School, a small, nonprofit K-5 school located in Madison Valley, is very pleased to announce that it has received a \$25,000 grant from the local Norcliffe Foundation, to help fund solar panels and monitoring systems for the Meeting Room Building. The proposal grew out of environmental studies at the school in the spring of 2007. We thank parents Gina Anstey and Karen Conover for researching and writing the grant.

Valley will provide the modest additional funds needed to pay for a 4.2 kilowatt solar photovoltaic system. It includes an inverter to convert the energy for interconnection to the utility grid and a large display for the Meeting Room to allow students to view the energy output of the solar panels. Here are excerpts from the grant application:

We propose to use the solar panels as a call to action – a means that will consistently present our students with ways that can connect them to social deeds, the concepts of environmental accountability, and personal responsibility. The accompanying monitoring systems will supply a teaching tool for students, a visible and constant commitment to social responsibility.

The estimated energy output of the project is approximately 4,800 kilowatts per year, or 12-15% of the Valley School's electricity needs. Operation of this project would reduce 5,200 lbs of CO₂ in the 1st year, which is equivalent to:

- Planting 17,623 sq. ft. of trees
- Not driving 6,281 miles (2.5 times the distance between LA and NY).

Solar panels are but one step on Valley School's journey to improve the local and global environment. However, they are a huge step. They are a springboard to conversations about other energy systems, such as fossil fuels, hydropower, and wind.

Many thanks again to Gina and Karen and to the Norcliffe Foundation for making sunny days at Valley School even more valuable.

St Therese School Graduation

Congratulations are in order for the 24 eighth graders who are graduating from St. Therese School on June 5th! Ninety-six percent of the graduates are going to a Catholic college prep high school: Holy Names Academy, five girls; Seattle Prep, one girl; O'Dea High School, eight boys; Kennedy High School, three boys and girls; and Bishop Blanchet High School, six students.

If you are interested in registering your child at St. Therese School, we will be reviewing applications over the summer. Contact our office at 324-0460 or stop by for details.

Thank you in advance for your interest and support!

Madrona K-8 Rocks in May.

By Rita Sheckler, 24th Avenue

Our night with Sherman Alexie at the University Village Barnes & Noble was a huge success and tons of fun! What an amazing local writer; we were all inspired!

This month the Madrona K-8 PTSA hosted Teacher/Staff appreciation week, helped out at Mayfair, and we are getting ready for the annual Madrona Community Garage Sale on May 30. This year the school will serve as the main hub where shoppers can pick up maps that list the homes participating in the sale. And, as in years past, there will also be loads of great things for sale in our gym, as well as a plant sale to help fund our school garden. Speaking of the garden, our students have been busy planting summer vegetables that we hope to donate to the Neighborhood Cooking Foundation.

We're enjoying all our spring sports and looking forward to field day, eighth grade graduation and summer vacation! Time flies when you're having fun!

Mutt Match-up Answers: Susan & Simon, Costa & Princess, Cali & Hayden, BeBe

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Your YMCA Keeps Madrona Fit

By Chip Byrne, MMEM

If you were there at Healthy Kids Day at the Meredith Matthews East Madison (MMEM) YMCA, you know what an amazing event it was. There were bouncy houses, fire trucks, police horses and even a unicycle drill team. Plus we brought in all kinds of experts on health and wellness to answer questions about how to get fit, lose weight, eat better, and make exercise a part of your daily routine.

Staying closer to home this summer? Join the YMCA of Greater Seattle at Meredith Mathews East Madison for affordable, convenient, healthy fun. During the month of May we are offering 50% off the joining fee if you become a member.

Attention triathletes! Are you training to do a triathlon this summer? Get some expert help on how to improve your swimming and stroke technique at our Triathlon Swim Training clinic. This will be held on Saturdays at 12:15 to 1:00pm from May 23 through June 27 in the MMEM pool. Cost is \$45 with a



limit to 6 participants so contact our front desk at 322-6969 to reserve a slot.



We are looking for Board Members to guide our branch and community in meeting our mission of "building strong kids, families, and communities." If you have the time and the desire to make our YMCA a

better place, please contact Chip Byrne at cbyrne@seattleyymca.org.



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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
- WEDNESDAYS** 7:00 PM – 8:30 PM **Library Book Club**—Madrona-Sally Goldmark Library, 1134 33rd Ave.
- THURSDAYS** 5:30 PM **Marathon Training** — Meredith Mathews East Madison YMCA,. 322-6969.
- THURSDAYS** 7:30 PM **AA/ALANON Meeting**—Epiphany Great Hall www.epiphanyseattle.org.
- FRIDAYS** 7:30 AM **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker kbarker715@gmail.com .
- FRIDAYS** 3:00 – 7:00 PM **Madrona Farmers Market**—Grocery Outlet parking lot, MLK & Union .

- May 20** 9:00 AM –1:00 PM **Neighborhood Cooking for the Homeless**—St. Clouds Restaurant, Darren Pritt darren@neighborhoodcooking.org.
- May 21** 5:00 PM - 8:00 PM **YMCA Black Achievers Program 20th Annual Scholarship Awards and Recognition Dinner Banquet**. Don James Center, Husky Stadium, University of Washington. Shomari Jones, 322-6969 x104 or sjones@seattleyymca.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
- May 24** 1:00-4:00 PM **Bicycle Sunday**—Lake Washington Blvd closed to cars from Seward Park to Mt Baker Blvd..
- May 30** 9:00 AM – 3:30 PM **Annual Madrona Community Garage Sale Day**—Madrona K-8 and homes throughout Madrona, Proceeds benefit The Madrona Community Council, Janna Pekaar, 323-0553, 200-9892 or jannalp3@hotmail.com
- May 31** 1:00-4:00 PM **Bicycle Sunday**—Lake Washington Blvd closed to cars from Seward Park to Mt Baker Blvd..
- June 2** 7:15 PM **Madrona Community Council Meeting**—Madrona Playfield shelterhouse, Cynthia Stross cynistr@gmail.com
- June 5** 9:00 AM **BOOM (Business Owners of Madrona) Meeting**—All Madrona business owners are welcome. Location TBD. Amy Bush info@jaywalkseattle.com.
- June 5** **St. Therese 8th Grade Graduation** Congratulations everyone!
- June 6** 11:30 – 3:30 **Skin Clinic with FREE Mini Organic Facials**—Seattle Art of Wellness Day Spa celebrates its First year in Madrona! 1125 34th Ave Suite A, 324-3552, www.SeaWellness.com
- June 6** 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**— Northwest theme! Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- June 6 Kids' Photo Sessions**—Mini-photo sessions with photographer Shellie Gansz, for cuties 6 months to 8 years old. \$35 donation to benefit Treehouse For Kids, Precocious Toys 701 34th Ave, www.shutterboxphotos.com
- June 7** 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**— Northwest Theme Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- June 7** 1:00-4:00 PM **Bicycle Sunday**—Lake Washington Blvd closed to cars from Seward Park to Mt Baker Blvd..
- June 13** 2:00 PM **Read a Book/Share a Book** – Madrona Sally-Goldmark Library, 1134 33rd Ave, 684-4705
- June 13** 10:00 AM –2:00 PM **Neighborhood Cooking for the Homeless**—Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- June 13** 6:30 PM **Madrona Dining & Sipping Society** – Café Soleil celebrates their 15th year anniversary in Madrona by welcoming us with a sampling of all things Ethiopian served family style! RSVP with Audrey adureyseale@qwest.net
- June 14** 1:00-4:00 PM **Bicycle Sunday**—Lake Washington Blvd closed to cars from Seward Park to Mt Baker Blvd.
- June 17** 10:30 AM **Preschool Story Time** – Madrona Sally-Goldmark Library, 1134 33rd Ave, 684-4705
- June 17** 9:00 AM –1:00 PM **Neighborhood Cooking for the Homeless**—St. Clouds Restaurant, Darren Pritt darren@neighborhoodcooking.org.
- June 18** 7:00 PM **Singin' in the Rain Family Choir Concert** – Epiphany Parish Hall (Upstairs) FREE & kids welcome.
- June 20** 10:00 AM **Madrona Walking Tour**—Learn about neighborhood history and architecture—with this tour led by Seattle Architecture Foundation. Tickets at www.seattlearchitecture.org.
- June 21** 1:00-4:00 PM **Bicycle Sunday**—Lake Washington Blvd closed to cars from Seward Park to Mt Baker Blvd.

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Newsletter of the Madrona Community Council

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June 5, 2009 Next MADRONA NEWS DEADLINE

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

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