

madrona NEWS

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www.madrona.us

Neighbors Rally Around MCC—But We Still Need You!

By Paige Smith, MLK Way

At the December Madrona Community Council (MCC) meeting, the momentum of the huge November meeting continued. We had fourteen neighbors in attendance, down from November but still up from the norm. The energy is behind figuring out the MCC's future course and purpose, along with addressing the developments of the day. If you are interested in getting emails about MCC meetings, join our new Google Group. To sign up, go to the Community Council page of the Madrona neighborhood website at www.madrona.us.

While the last two meetings have been great, the MCC is still without an president and in need of more people to keep things moving. It was exciting as we approved three new MCC Board Members: Barney Mansavage, Karin Richard, and Susan Minogue. These folks pledge to attend meetings and promote the MCC. Barney will serve as liaison with Madrona K-8, Karin will partner with the Garfield Community Center (GCC), and Susan will promote communication. All agreed that we need to give neighbors a reason to attend meetings through compelling topics, guests, and speakers. We will revisit electing a MCC President at the February 1 meeting.

Many exciting things are happening thanks to hard working neighbors and the support of the MCC. Karin Richard got everyone excited with her report on the wonderful new weekly story time events being held at the shelterhouse every Friday from 9:30am to 10:30am. She has also arranged with GCC to hold a sewing class at the shelterhouse. Madrona K-8 recently had its gym open for public use and it was a big hit. The school is looking to host more open gym nights soon.

I hope you're doing some of your holiday shopping in our beautifully decorated business district. Members of BOOM—Business Owners of Madrona—put up the garlands and lights. Thanks to them and everyone who gave donations.

If you've been by Madrona Beach recently you've probably noticed the new concrete play log. It and the new huge rocks installed by Seattle Parks Department as part of the Madrona Beach Restoration project – HUGE thanks to Beth Purcell and the Parks Department for driving this project along. This restoration is made possible by the generous bequest from the estate of long-time Madrona residents Martin and Mimi Kraus.

Lots and lots of great things are going on, and great new ideas are discussed at the MCC meetings. if you have an idea for our neighborhood, want to get involved, or just want to hear about opportunities, I encourage you to stop in! The MCC is YOUR council and your voice. Hope to see you around...or at the next MCC meeting January 4 at 7:15pm in the Madrona Playfield shelterhouse. Contact me for more info, paige.eg.smith@gmail.com.



It started out as a simple lattice of rebar and mesh but before long, the artists from Turnstone Construction had sculpted a new crawl-through log at Madrona Beach.



Parks Thanks Woods

Seattle Parks and Recreation announced the winners of the 2010 Annual Denny Awards for Outstanding Volunteer Stewardship at a ceremony on December 7 in the Lake Union Park Armory.

The winners are a cross-section of Seattle's most tenacious, creative and hard-working volunteers who donate precious time and energy to improving Seattle's parks and programs. Winners of the Lifetime Achievement Award are Madrona's own Fran & Bunny Wood.

For the past 15 years, Fran and Bunny have been advocates for the Leschi Natural Area, located at 36th Avenue and East

(continued on page 4)



In this Issue

- 2 Bring Molly Moon to Madrona
- 3 . Neighborhood Christmas Services
- 4 Seven Years of Cupcakes
- 5 Neighborhood School News
- 6 .. Celebrate New Years on 34th Ave
- 7 GCC Programs at Shelterhouse
- 8 New Mutt Matcher Wanted!
- 9 Reducing Waste & Going Green
- 10 Tips for Better Living
- 11 Community Calendar

Meet & Greet with Artist Trimpin

By Audrey Seale, 36th Avenue

Do you know who Trimpin is? I'll give you some hints. He's:

- Madrona's only MacArthur Fellowship Award winner
- The creator of EMP's guitars tower sculpture, Roots & Branches
- The visionary of the 80 ft long "contraption" at Concourse A of SeaTac Airport that responds musically to people moving by
- Our neighbor, who has his own Wikipedia entry:

<http://en.wikipedia.org/wiki/Trimpin>

And in 2011 he is going to Stanford University to become an Artist in Residence, working with students in engineering, computers,

and music to create an "opera" called Gurs Zyklus. Gurs is his German hometown on the border with France that also happened to be the location of a concentration camp during World War II. Although he was born in 1951, this history has had a strong impact on Trimpin and his art. Are you having trouble wrapping your head around what



that might mean? Just check out this video to be blown away at the creativity and complexity of a true (local) genius at work:

<http://livelyarts.stanford.edu/vimeo.php?video=14403275>

In 2009, Trimpin was also the subject of a documentary by Director Peter Esmonde. The film premiered at the 2009 South by Southwest Film Festival and now, the Madrona Dining & Sipping Society has arranged for a showing at the Central Cinema on February 10. Trimpin will make a special trip home to Madrona from California to share the evening with his friends and neighbors. This will be an unprecedented opportunity for us to learn more about our neighborhood artist and get some insight into his latest project.

If you will be interested in this event but are not currently on the MDSS email list, email me at AudreySeale@qwest.net. The Central Cinema seats 120 so there should be plenty of room for all. You do NOT want to miss this amazing Madrona-centric opportunity!

Great Reason to Eat Ice Cream!

Have you heard the news, Madrona? Molly Moon Neitzel, the namesake of Seattle's beloved Molly Moon ice cream shops, has announced that she plans to expand her Seattle ice cream empire by opening a third shop in the summer of 2011. What does this have to do with me, you ask? Well, Miss Moon is unsure of what Seattle neighborhood to call home...so many good choices, such a hard decision... But being the marketing guru that she is, Molly decided to let the neighborhoods decide for themselves. So, over the next three months, she will park Leo, the Molly Moon's Homemade Ice Cream Truck, in three different neighborhoods to see where the most ice cream-lovin' Seattleites reside. In December, Leo is right here in Madrona, waiting for you in the parking lot of Madrona Auto at 34th and Pike.



Leo is open for your pleasure on Wednesdays and Thursdays from 5:00pm to 10:00pm, and Fridays through Sundays from noon to 10:00 pm. The truck is stocked with eight standard and seasonal flavors available for cones and delicious sundaes. Leo is the only place to purchase and enjoy Molly Moon's seasonal ice cream sandwiches, and he also has an adorable array of Molly Moon's merchandise and gifts, including ice cream truck tees for toddlers, kids and adults, Molly Moon's flavored lip balms, ice cream scoops for your take-home pints, and gifts cards in various amounts. Did someone say holiday gifts and stocking stuffers?

The more times you visit Leo, the better chance Madrona has of getting our very own permanent Molly Moon's shop! Fans can also help bring Moon's to Madrona but by "liking" the official Bring Molly Moon's to Madrona Facebook page. Leo will spend January on Queen Anne and February in Ballard. You know that Madrona can out eat those guys so get busy! Don't miss out on this amazing opportunity to make Madrona home to Molly Moon's third shop! Get out there and get the scoop, Madrona!



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Toys for Tots Collection



Barbara Banon proudly shows of some of the many toys Madrona neighbors donated to this year's toy drive. This is the seventh year that her Edward Jones Investment office in the Bowling Green building has been Madrona drop-off site for this important annual giving event. Thanks, Barbara! And thanks Madrona.

Local Christmas Church Services

The staff and parishioners of the three Madrona churches -- Madrona Presbyterian, Epiphany Episcopal, and St. Therese Catholic -- would like to send wishes for Christmas peace and joy to all of our Madrona neighbors! We want to thank you for sharing so many gifts, big and small, with our community. In 2011, may we all continue to find the joy that there is in giving, sharing with people of every faith, race, language, and way of life, and above all, in the complete giving of ourselves to God. Below are the schedules for holiday services this Christmas season. All are welcome. Please visit our websites for more information on events and activities.

Madrona Presbyterian: The church is on the corner of 32nd Avenue and East Marion Street. Website: www.madronachurch.org

Christmas Eve:

- 5:00pm Family Christmas Eve Service

St. Therese Catholic: There will be several services with live music. The church is on 35th Avenue between East Spring and East Marion streets. Website: www.sainttherese-parish.org

Christmas Eve Masses:

- 5:00pm Children's Choir
- 7:00pm Jubilation Gospel Choir
- 9:00pm St. Therese Choir (Prelude begins at 8:45)

Christmas Day Mass:

- 10:00am Shades of Praise Gospel Choir

December 26: Usual Sunday schedule

Epiphany Episcopal: The church is located on Madrona Drive at 1805 38th Avenue. Website: www.epiphanyseattle.org

Christmas Eve:

- 5:00pm Family Choral Eucharist and Christmas Pageant
- 9:00pm Festival Eucharist with Epiphany Choir & Orchestra

Christmas Day:

- 9:30am Holy Eucharist with Hymns

First Sunday after Christmas, December 26:

- 9:30am Congregational Lessons & Carols
- 1:30pm Liberation Ministries Sunday service



Give the Gift of Good Health

What better way to say you care than to give someone a gift certificate to the YMCA? Nothing is more important than health so encouraging someone you love to be healthier is the ultimate gift.

At your neighborhood Meredith Matthews YMCA at 23rd Avenue & East Olive, you can purchase YMCA program gift certificates in any denomination. Recipients can use them toward buying a membership in the Y, or to pay for any MMEM program, including massage, youth sports, personal training, Total Health Classes, and much more... Stop by to pick up several today!

If you yourself have pledged to live healthier in 2011, the MMEM has a program to get you started right away. Have you heard of "The Biggest Loser"? Are you ready for a healthier you in 2011? Do you have more than ten pounds to lose to get to a healthy weight? If so, then this program is for you. You will meet with a trainer in a group setting once a week for 90 minutes, where a weekly weigh in, workout, nutrition discussion will take place. Your trainer and team will help you achieve your goals and support you through your journey. Registration is open now and the program begins in January.

Downtown MADRONA

- ❄ Artradenas
- ❄ Bistro Turkuaz
- ❄ Bottlehouse
- ❄ Buggy
- ❄ Café Soliel
- ❄ Cupcake Royale
- ❄ Decor on 34th
- ❄ Driftwood
- ❄ Dulces
- ❄ Glassybaby
- ❄ Guesthouse
- ❄ Hi-Spot Cafe
- ❄ Hitchcock
- ❄ June
- ❄ Juniper
- ❄ Kismet
- ❄ Madrona Alehouse
- ❄ Madrona Deli
- ❄ NAAM
- ❄ Nena
- ❄ St Cloud's

STAY Local
This Holiday
Season

7 Sweet Years of Cupcakes & Coffee

It all started in Madrona seven years ago! That was when Jody Hall decided to take a chance and open a cupcake shop. It sounds like a no-brainer now but back then, it raised plenty of eyebrows. But In 2003, Jody, who had worked at Starbucks and REI, took the plunge and opened Cupcake Royale & Vérité Coffee in Madrona. The cafe at 34th and Spring was the first cupcake shop in the US outside of New York City. Immediately a generation of folks who'd rarely had anything but box-mixed cakes fell in love with her baked-from-scratch cupcakes and hand crafted coffee. The rest is history.



Photo by Central District News

In December, Cupcake Royale celebrated its 7th year anniversary. A lot has happened since 2003. Jody and her crew just opened their fifth shop in the old I-Hop building in Bellevue. Jody's been to Washington DC and talked with President Obama about the impact of rising health care costs on small businesses. She and her business have won many honors and this fall Jody was a finalist in the Puget Sound Woman Business Owner of the Year Awards.

The anniversary celebration featured a live show by Seattle's most rockin' band for kids, The Not-Its, and a visit from the Cupcake Royale Roller Girl. Guests got a chance to make their own sweet creations at the Sprinkle Your Own Cupcake Bar and were treated to snacks & libations. Jody was happy to do it—just a little thanks to Madrona for being the first and for all the love and support showered on Cupcake Royale the past seven years!

Commemorating the Birthday of Martin Luther King, Jr.

Following a tradition of several years, neighborhood churches will come together in January for a "Celebration of Rev. Dr. Martin Luther King, Jr in Songs and Readings."

The event travels from church to church and this year the celebration will be held at 7:00pm on January 15 at Madrona Presbyterian Church, 832 32nd Avenue. It will feature the choirs of St Therese Parish, Epiphany Parish, Liberation Ministries, and Mt. Baker Park Presbyterian Church. The entire Madrona community is invited to attend and be part of this ecumenical service honoring a man of peace, love, and faith. For information, call the church at 328-2704 or visit their website at www.madronachurch.org.

Parks Thanks Woods... (cont'd from page 1)

Terrace, right on the border between Madrona and Leschi. They have identified funding to support park restoration with native trees and shrubs and led work parties in the park once a month. Fellow volunteers report that they are always fun and easy to work with, which inspires them to keep coming back. The work parties serve not only to beautify and restore the park, but also to build community and neighborhood pride for this very special place.

"It is always difficult for us to choose winners," said Acting Superintendent Christopher Williams. "All of our volunteers make valuable contributions for which we are deeply grateful. Our intention is to single out those who whose work builds community, inspires others, and improves lives."

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BINGO at Madrona K-8

If you haven't been to Madrona K-8 for awhile, here's a great opportunity to come over, look around—and maybe win a prize! The annual Madrona K-8 Bingo night is January 21 at 6:30 in the school library. This is one of Madrona K8's greatest events and it is open to all community families. Come join us for a night of family fun and prizes. Everyone is welcome!

Madrona K-8 Looks to the Future

By Madrona K-8 Panther Partners

On December 1, Madrona K-8 School Principal Farah Thaxton presented information on and took questions about the school's report card released by the Seattle School district on November 9. The District has developed these report cards for all of its schools as part of the second annual District Scorecard, which provides detailed information on how each one is performing in the major academic areas and what they are doing to increase academic achievement.

The 2009-2010 report card is one of several tools that the district and school use to ensure that all students are making academic progress. The report card measurements for our school vary, helping us identify target areas for improvement. Although the combined reading and math scores for 3rd-5th graders are both down across the district and at Madrona, the good news is that reading scores for 3rd graders and math scores for 4th graders are both up at our school. Likewise, although the combined reading score for our middle schoolers is about the same, it is down significantly for 6th graders, which we have identified as a target area. An area where we are doing well is middle-school math, where the scores are up 14%--35% for 7th graders! Based on this data, the school sees two challenges--student performance and under-enrollment. This year, Madrona K-8 has almost 100 fewer students than last year. It is our goal to increase student population once again.

At the December 1 meeting, Principal Thaxton presented a slideshow on the school's ongoing goal to know "every student by name and need." She also described a plan to make strides in academic success and increase enrollment by adding additional programming to the school – programs that will serve the current student population and attract new students. One possibility is a partnership with MESA, a program that serves students by preparing them for college in mathematics, engineering, and science achievement. To further develop non-academic offerings, the school wants to bring in vocal music, instrumental music, and drama programs. These ideas have been proposed to the school district with a hope that they will be implemented next year.

If you would like to contact Principal Thaxton to ask more questions, she welcomes conversation. She hosts monthly "Coffee Chats" and can be reached at the school at 252-3100 or by email at fgthaxton@seattleschools.org any time. The next Coffee with Farah is January 20 from 8:30-9:15am, and then again in the evening from 6:00-6:45pm.

Students Discover How Pennies Bring Peace

By Gina Purdy

How can a penny bring peace? It doesn't buy much in Seattle. But in the villages of Pakistan and Afghanistan, it can buy a pencil, start an education, and transform a life. In a region where terrorist organizations recruit unschooled, illiterate children, a simple pencil can empower a child to read, write, and learn. The students of St. Therese School have joined hands with thousands of other school children around the world to empower children and communities, especially girls, in remote areas of Pakistan and Afghanistan, through education.

We at St. Therese School hope to help build a bridge of peace, one penny at a time, by giving children in remote villages in Pakistan and Afghanistan a chance to be in school.

Our middle school students have been reading, learning, and making presentations about this area of our world. Throughout December and January, students are collecting coins for the cause. For more information on this project we strongly suggest reading *Three Cups Of Tea* by Greg Mortenson to see just how much a penny can be worth!



Students collect money and sell Pennies for Peace gift certificates for after Sunday mass.

ALL-SCHOOL OPEN HOUSE
Tour the school. Meet faculty and staff for preschool, primary and extended day programs.
Wednesday, Nov. 17, 2010
6:30 p.m. - 8:00 p.m.
Saturday, Jan. 8, 2011
10:00 a.m. - 12:00 p.m.

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We're Neat and Tidy for a Woods

By Judith Starbuck, Grand Avenue

If you've walked or driven along Lake Washington Boulevard through Madrona Park recently, you may have noticed there's been an ambitious clean-up effort on the steep slope along the west side of the road. Restoration Logistics was hired by the Parks Department to remove many of the invasive trees and ground covers. Replanting with native plants will go on this fall and winter, with plants and professional help for the steepest areas purchased with some of the money allotted to Madrona Woods from the Kraus fund.

The interior of the Woods was also tidied up at the November work party when volunteers raked the leaves from the trails and stream. In early December, Parks Department trails people repaired the section of the Stairway to Heaven that was damaged in the spring by an uprooted tree and cleared the path in Devils Ditch where a large bigleaf maple fell during the November snow storm.

More than 60 students from the Restoration Ecology class at the UW toured the Woods and cove in early December during their fourth annual visit. They were interested to learn about our restoration efforts, environmental education program, and stream daylighting. We hope some will be inspired to do similar projects in their communities.

We'll be holding regular work parties again the fourth Saturday of the month from 10:00am to 1:00pm beginning in January. If you'd like to be added to our email list announcing work parties and other events, contact Deirdre at deirdre_jaymccrory@msn.com. Or watch the kiosks or check the website for announcements. For more information about involvement in the Woods and natural area, contact me at judithstarbuck@msn.com or 322-2640, or visit our website at www.madronawoods.org.



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Ring in 2011 with Friends in Madrona

Here are a couple of wonderful opportunities to ring in 2011 on 34th Avenue in Madrona. There is no shame in admitting that you don't yet have any plans for New Year's Eve. Instead, get busy and make some!

St. Clouds New Year's Eve Party. We are turning the main dining room into a dance hall and bringing in a fantastic band – Danny Wheatman (of John Denver's band and Marleys Ghost), Trevor Wheatman (headliner for J-Minus), and special guests, playing music that will MAKE you dance. The party begins at 9:30pm and goes until you're not allowed to order a drink anymore aka 2:00am. The price is \$125 per person, including light snacks, a midnight buffet, and an open bar! You don't even need to bring your wallet, just your dancing shoes and your imbibing arm; a smile might look nice as well. Space is limited, so sign up now. Payment required when you sign up, by credit card or check. Last seating for an early New Year's Eve dinner is at 7:30. Make reservations at the restaurant or call 726-1522.

MD&SS Dinner at Dulces. Imagine a wonderful dinner, candle lit tables filled with those we know and whose company we enjoy, and those we would like to know because we all live in Madrona! The Madrona Dining & Sipping Society has had some of our best dinners at Dulces, with great conversations, delicious food, and plenty of time to mix and linger. Have you been meaning to join us in 2010? Here's your last chance!

We will have one big table for those who want to share a meal starting at 8:00pm. But there will be other options for groups of any size, eating earlier...or later. Dinner will be served until 10:00pm. Dulces is a comfortable place where you can come dressed to the hilt, or just jeans. The food is great and the price is right. For \$40, expect an exceptional 3-course New Years Eve meal, including paired wines. Dulces will stay open until midnight and has a full bar for all your celebratory cocktail needs. Some of us will be leaving before the witching hour to hear Mozart at St James Cathedral at 11:00pm

This is a real MDD&SS BYOCH&NM party so Bring Your Own Crazy Hat & Noise Maker. Let's fill the restaurant with neighbors! RSVP to Audrey Seale at audreyseale@quest.net for the 8:00 meal; make other reservations directly with the restaurant at 322-5453.

Can't Decide? Do both! What better way to ring in the hope and joy of 2011 than with great food, live music, and plenty of booze? We suggest you walk over and stumble home--no need for a designated driver! And feel free to invite others to join us too.... even if they don't live in Madrona.



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Shelterhouse Programs for Kids and Adults

By Karin Richard, 32nd & Marion

The rainy days are here. My time at Madrona Playfield with my children is now limited until spring. What to do? Join me for Story Time at the Madrona Shelterhouse. Story Time will be hosted 9:30-10:30am on Fridays this winter. No Story Time on Dec. 24 or Dec. 31. We are asking our gifted community to help with reading stories and putting together activities for the children. If you are interested in helping, you can email or call me at k_e_richard@yahoo.com or 262-1537.

Also, Garfield Community Center (CC) is offering an adult sewing class on Tuesday evenings and a couple of Sunday sewing workshops this winter at the Shelterhouse. Grab a cup of tea and sit by the fireplace as you create something for yourself or someone else. Registration for these classes is through Garfield CC. Call 684-4788 to register or for times or other information.

Have other ideas for Shelterhouse programs? Email or call me. We are working on more programs for spring and hope to have some outdoor programs for summer.



Storyteller Nora Wheat mesmerizes her audience at story time in the Madrona shelterhouse.



More fun with Storyteller Nora Wheat at the Madrona shelterhouse.

Preschool Fair Coming to Central Seattle

By Karen McHegg, 36th Avenue

In the market for a preschool? The task can be daunting, as parents sift through options to find a program that is a good fit for their family, their budget and their schedules. To make it easier for parents to learn about their options, the Central Seattle Parent Resource (CSPR) is teaming up with Garfield Community Center (GCC) to host a Central Seattle Preschool Fair on January 15 from 10:30am to 12:30pm. Child Care Resources will be present to spread the word about their referral program, and The Car Seat Lady will be on hand to answer questions from parents about safety for young children riding in cars.

Thanks to the generosity of the GCC, the fair will be free for both participating schools and for families shopping for the best preschool for their child. Participating schools include: Baker Learning Center, Beginnings Childcare Centers, BRIGHT!, Bright Horizons, Capitol Hill Cooperative Preschool, Community Day School Association, El Cuento Spanish Immersion Preschool, Epiphany Early Learning Preschool, Seattle Children's Playgarden, Seattle's Progressive School, Sprout Preschool, The Secret Garden Preschool and Y.S. Learning Center. All schools in the Central Seattle Area are welcome to attend, and can contact me at centralspr@gmail.com to reserve a table at the fair.

The CSPR promotes community among parents of children from birth to age five by encouraging social connections that build foundations for long term civic involvement. For more information, visit centralseattleparentresource.com.



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Can Madrona Win \$50,000 Again?

Last year CleanScapes launched a community-based waste reduction competition, the **Neighborhood Waste Reduction Rewards** program. The neighborhood that reduced the most TOTAL waste – garbage, recycling *and* yard waste - between Fall 2009 and Spring 2010 received a \$50,000 grant for a community improvement project. Raise a toast to your ‘Thursday’ collection neighbors north of Union, because Madrona was part of the winning area!

For 2010/2011, CleanScapes is sponsoring the neighborhood waste reduction challenge again and the competition has just begun! This time, the total tons of neighborhood waste will be tracked for a year—from fall 2010 and fall 2011. Once again, the neighborhood collection area that reduces its TOTAL waste the most will win a \$50,000 community improvement project. Can Madrona win it again?

That depends on you! Between now and next fall, every action you take to reduce waste at home will tip the scale in your neighborhood’s favor. **This holiday season, there are many ways you can stop waste before it happens.** Use refillable water bottles and coffee mugs. Bring your own shopping bags. Purchase gift certificates, memberships and experiences as gifts instead of things. Re-gift! Buy rechargeable batteries. Replace paper towels and napkins with washable cloth. Send electronic cards, invitations and greetings. Use reusable food containers. Buy in bulk. Buy local. Buy second-hand. Share. Trade. Swap. Rent. Stop junk mail, catalogs and phone-books... you get the idea! To learn more, sign up to be emailed Weekly Waste Reduction Tips at educationoutreach@cleanscapes.com.

Monthly updates showing total tons for each neighborhood collection area are posted online at www.cleanscapes.com. (Click on Seattle in the “Neighborhood Rewards!” section.) What are you going to do to help your neighborhood win?

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Play Madrona Mutt Matchup

By Melissa Baerwald, 30th Avenue

Who says people always look like their pets??? To play Mutt Matchup, match the people to their dogs. The answers are on page 9.

Have you been Naughty or Nice?



Elia - 31st Ave

Nice -
until Mommy and
Daddy to go to sleep.



Inara

Naughty -
had a rotten milk party
in the house.



Sarina - 30th Ave

Naughty -
haven't kept my calm
with the dog disasters.



Lizzie

Both.



Mengmeng - 34th Ave

Both.



Gwen

Naughty -
unless you have treats.

HELP WANTED: New Mutt Matcher! After a year of service—and having a baby in September and going back to work in January—I have to ‘retire’ as the Madrona News Mutt Matcher. But it’s a great gig and the perfect way to meet people—and dogs—from all over Madrona. If you’d like to take my place and keep this column going, contact Editor Kim Herber at kdh5027@aol.com.

Wilridge & Bottlehouse Offer Refillable Wine Bottles

Madrone wine drinkers are going green! In a continuing effort to protect the environment, lower their carbon footprint, reduce packaging waste and save energy, the Bottlehouse tasting bar and Wilridge Winery are proud to introduce Wilridge Maison wines in the first refillable wine bottles in Washington State. Refilling a 1.5 liter bottle uses only 5% of the energy required to recycle a bottle--and the cork is reusable too!

Wilridge Maison wines in refillable bottles retail for around \$20. At the time of purchase, an \$8.00 one-time bottle charge is added. Simply bring the empty bottle back to the Bottlehouse at 1416 34th Avenue--behind the big wooden wine cask--and you'll receive \$8 credit on your next Maison purchase. Currently, the Wilridge Maison line includes a red blend, a white blend, and a rotating varietal that is presently Barbera.

Before you make your purchase, you can always try wines by the taste or by the glass at the Bottlehouse. Add a wine-based cocktail or one of their beers on tap plus a snack of fresh cheese curds for a great environmentally sensitive neighborhood pit stop.

Mutt Match-up Answers: Sarina & Inara, Mengmeng & Lizzie, Gwen & Elia, born on September 22nd. Congratulations to Gail and Alex on their beautiful baby girl!



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Drop Used Goods at the Big Blue Truck

If you drive by or shop at the Grocery Outlet store, 1126 Martin Luther King Jr. Way at E. Union, you will see Northwest Center's Big Blue Truck in the parking lot on weekends. It's hard to miss - a blue truck with the Northwest Center logo prominently displayed and a driver helping donors unload bags from their cars. This "donation station" collects reusable clothing and household items.

Northwest Center was created in 1965 by a group of passionate and dedicated parents who refused to institutionalize their children with developmental disabilities. They rejected the idea that their children couldn't be taught. They hired their own teachers to develop education programs targeted to special needs and found that their children could indeed learn.

One of the earliest methods Northwest Center used to fund these programs was the collection and sale of reusable clothing and household items. Starting with residential pickups, the blue truck soon became a symbol of Northwest Center and the programs and clients we serve.

When you drop off items you are doing more than cleaning out your closets and getting a tax deduction. Donations divert items out of landfills and provide affordable options to local families. Most importantly the proceeds from donations assist Northwest Center to continue programs and services to children and adults with disabilities.

Conveniently located at the Grocery Outlet, the station is open Saturday and Sunday, 9:00am to 5:00pm. For a complete list of items accepted visit www.bigbluetruck.org or call (800) 992-2060. Donations are tax-deductible and donors receive a \$3-off coupon for a purchase at Value Village.

HAVE 401(k) QUESTIONS? LET'S TALK.

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Be Cautious of Door-to-Door Sellers

The City of Seattle has developed a handout on door-to-door salespersons to help residents protect themselves from being victimized. Below are excerpts.

This is the peak time of year for door-to-door sales, including those using traveling sales crews. There are many legitimate companies in this industry with professionally trained salespeople, selling between the hours of 8:00am and 9:00pm, and a long history of law-abiding customer service. There are, however, less reputable companies in this business willing to take advantage of unsuspecting individuals who trust people knocking at their door. Sometimes residents forget to practice good personal safety...

With these facts in mind, what should you do when a person knocks at your door?

BEFORE OPENING YOUR DOOR: Look for proper identification. Acknowledge the knock as ignoring it may lead to an attempted burglary. It is preferable to speak to strangers through your door. Each residential seller shall, immediately upon contacting the prospective buyer:

- Disclose their name
- Disclose company and the product or service represented
- If requested to do so, leave your premises immediately

KNOW YOUR RIGHTS: Use good judgment. It is safer not to allow the salesperson into your home. You are encouraged to avoid paying immediately. In Seattle, if you make a purchase, the salesperson must tell you of your right to cancel the order and the contract must include a statement regarding the right to cancel. For each sale of ten dollars or more, the seller must provide a receipt or contract to the purchaser...

HIGH PRESSURE TACTICS: Don't give in! Never be afraid to say "NO!" If a salesperson in your home tries to pressure you into buying their product, terminate your conversation with them. If you feel intimidated, pressured, or threatened at any time, call 911. It's not a nuisance, the police wants you to be safe!

To Your Health: Avoiding Food Allergies

By Haydn Engelke, MSA LAc.



According to the National Institutes of Health, 19 million people in the United States reported symptoms of acid reflux, the most common symptom of Gastroesophageal Reflux Disease (GERD). Those who suffer from GERD spend approximately \$107 billion yearly on drugs and antacids in an attempt to alleviate the pain and prevent damage to their esophagus.

There are many possible causes of acid reflux. Two physical abnormalities that may contribute to chronic acid reflux are a malfunction of the lower esophageal sphincter or hiatal hernias. Other factors may include genetics, Helicobacter bacterium, obesity, smoking, pregnancy, certain foods, medications such as aspirin, and hormones. Complications from chronic acid reflux can be severe, including esophageal stricture, bleeding, pain during swallowing, and esophageal scarring.

Western medical treatment for GERD includes calcium tablets (such as TUMS), proton pump inhibitors (such as Nexium), and Prilosec. Long term use of these medications can cause constipation, diarrhea, dry mouth, abdominal pain, nausea, anemia, and bone loss. For many individuals who discontinue the use of these medications, the heartburn symptoms return because the underlying imbalance is not corrected.

Chinese Medicine views reflux as rebellious energy (Qi) that is rising up into the esophagus rather than descending to the small intestine. Two common energy imbalances are Stomach Fire and Liver Qi. Stomach Fire occurs when too much heat overflows into the stomach. Herbs that can be used to treat this include:

- **Shi gao**, a form of gypsum that clears heat and fire from the stomach and resolves inflammation.
- **Zhu ru**, shavings from bamboo plant that clears heat from the stomach.
- The second cause for acid reflux is an imbalance in the liver.

Again, a variety of herbs can be used, including:

- **Bai shao**, root of the white peony, chosen for its ability to calm the liver;
- **Chai hu**, root of the Chinese thorowax which stimulates movement of Qi in the liver;

Treatment for acid reflux will include a combination of Acupuncture and Chinese herbal medicine to cool the Stomach Fire or to regulate the overbearing Liver energy. For most who suffer with GERD regaining a balanced and healthy digestive system includes dietary and lifestyle changes and exercising regularly. Lifestyle recommendations include the following: quitting smoking, eliminating or reducing alcohol consumption, not eating before going to bed, avoiding acid foods, and eating smaller meals throughout the day.

For more information, contact Eastern Elements Acupuncture and Massage at 229-5084 or www.Eastern-Elements.com.

Madrona Real Estate Quick Look

	Nov '10	Compared to Previous	
		Month	Year
Homes for Sale	32	▼ 13.5%	▲ 10.3%
Median List Price	\$720 K	▲ 10.8%	▲ 4.5%
Median List / SqFt.	\$407 K	▲ 0.2%	▼ 8.3%
Homes Sold	4	▲ 33.3%	▲ 100%
Median Sold Price	\$557 K	▲ 71.4%	▲ 14.3%
Median Sold \$ / SqFt.	\$393 K	▲ 57.2%	▼ 26.3%

Compiled by Redfin.com

MADRONA COMMUNITY CALENDAR

WEEKLY RECURRING EVENTS:

- MON & THURS** 6:00 AM **Bootcamp Class**—Get up early and get fit! Epiphany Parish Great Hall. Nikki Lundin www.nikkfitt.com
- TUESDAYS** 6:00PM – 7:00PM **Spiritual Reading and Prayer**—Madrona Presbyterian Church, 832 32nd Avenue. www.madronachurch.org
- TUESDAYS** 7:00 PM – 8:30 PM **Library Book Club**—Contact the Madrona library for this month's selection. 684-4705.
- TUESDAYS** 7:30 PM – 9:30 PM **Adult Sewing Class**—Madrona Shelterhouse. Register for class through Garfield Community Center. Call 684-4788.
- WEDNESDAYS** 4:00 PM – 7:00 PM **Free Winetasting**—See what inexpensive bottles Carlos recommends. Dulces, 1430 34th Avenue, 322-5453.
- WEDNESDAYS** 4:00 PM – 5:00 PM **Bible Study**—Epiphany Christie House Library, 1805 38th Avenue, 324-2573. www.epiphanyseattle.org
- THURSDAYS** 9:00 AM **Valley School Tours**—Tours run through February. Reservations required. Lynn Addison www.thevalleyschool.org
- THURSDAYS** 11:00 AM **Family Story Time**—Bring your preschoolers and toddlers to enjoy stories, rhymes, songs. Madrona Library 684-4705
- THURSDAYS** 7:30 PM **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- FRIDAYS** 7:30 AM **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker [www.kbarker715@comcast.net](mailto:k_barker715@comcast.net)
- FRIDAYS** 9:30 AM-10:30 AM **Children's Story Time**—With local storytellers! Madrona Shelterhouse. Karin Richard at k_e_richard@yahoo.com or 262-1537. (No story time Dec 24 or Dec 31)
- WEEKENDS** 9:00 AM- 5:00 PM **Donate Used Goods**—Northwest Center Big Blue Truck. Grocery Outlet. www.bigbluetruck.org

- Dec 20-Dec 31** **Winter Break**—Seattle Public Schools. Back to school Monday, January 3, 2011.
- Dec 24 & 25** **Various Christmas Eve & Day Services**—Madrona churches. See detailed listings on page 3.
- Dec 31** 8:00 PM **MD&SS New Year's Eve Dinner at Dulces**—Enjoy an exceptional 3-course meal, including paired wines for \$40. Serving dinner until 10:00 PM, open until midnight. Reservations at 322-5453.
- Dec 31** 9:30 PM–2:00 AM **St. Clouds New Year's Eve Party**—Featuring live music, snacks, open bar and midnight buffet for \$125! Reservations at 726-1522.

December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- Jan 4** 7:15 PM **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelter House. Paige Smith, paige.eg.smith@gmail.com
- Jan 5** 7:30 PM **Leschi Community Council Meeting**—Central Area Senior Center 500 30th Ave S. Diane Snell jdsnell1@comcast.net
- Jan 7** 9:00 AM **BOOM (Business Owners of Madrona) Meeting**—New comers welcome! Amara conference room, 34th & Union, Soni Davé, soni@bottlehousesattle.com
- Jan 13** 6:30-7:30 PM **Madrona K-8 Open House**—Come see the school, meet the teachers, staff , principal, and current students and families. www.madronapantherpartners.org
- Jan 15** 10:30 AM-12:30 PM **Central District Preschool Fair**—Opportunity for parents to learn about many local preschools. Garfield Community Center. Karen McHegg centralspr@gmail.com.
- Jan 15** 7:00 PM **Rev. Dr. Martin Luther King, Jr Celebration**—A non-denominational tribute with songs and stories. Madrona Presbyterian Church, 832 32nd Ave. www.madronachurch.org
- Jan 19** 9:00 AM **Madrona K-8 School Tour**—Come see the school, meet the teachers, staff , principal, and current students and families. www.madronapantherpartners.org
- Jan 19** 9:00 AM – 1:00 PM **Homeless Cooking Wednesday**—Bring a knife and a cutting board. Donations of fresh food (no protein) and money always welcome. St. Clouds Restaurant. John Platt, john@stclouds.com
- Jan 21** 6:30 **Bingo Night at Madrona K-8**—All community families invited for a night of family fun and prizes. School library. www.madronapantherpartners.org
- Jan 22** 10:00 AM – 1:00 PM **Madrona Woods Work Party**—Meet at the kiosk at Spring and Grand. Deirdre at deirdre_jaymccrary@msn.com
- Jan 23** 12:00 – 4:00 PM **Adult Sewing Class**—Bring your own machine and work your own project with a sewing expert. Madrona Playfield shelterhouse. Register through Garfield Community Center, 684-4788.

January

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
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23/30	24	25	26	27	28	29



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Jan 7, 2011 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 Susan Steele at sjsteele24@yahoo.com.

Advertising: Contact Steve Orser at steveorser@yahoo.com. Rates are on-line at www.madrona.us.

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

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Don't forget the Madrona Community Council is a 501(c)3 non-profit!

Tax deductible gifts welcome at:

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Wishing you a wonderful holiday season and a year of peace!

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