

MADRONA NEWS

January 2002
Issue No. 139

Check Out New Madrona Library Staff

By Miriam Driss

If you've stopped by the Madrona-Sally Goldmark Library recently, you already know about the helpful and knowledgeable staff. We are lucky to have such a large and experienced group of folks to help us discover exciting new titles, find and check out materials, research homework solutions, host story times, and answer our questions. Since most all of them are new to Madrona, here's a bit about who they are and their special skills.

Miriam Driss is the new Library Manager for both the Madrona and Montlake libraries. Originally from Milwaukee Wisconsin, she worked in libraries there and in Philadelphia, and her most recent job was Assistant Manager of the Sammamish Library. She enjoys ensuring that neighborhood libraries are effective community resources and connecting people with great books. When she's not at either library, she enjoys bicycling, skiing and cooking.

Nicole Wichienwidhtaya is the Coordinator of the library and her responsibilities include communicating the staff schedule and processing timesheets so that everybody gets paid. She loves to read—Nancy Drew and Hardy Boys got her interested in the library!

Lesley James, the Young Adult Librarian, offers library programs for middle and high school students and visits schools in Madrona. She envisions the library as a place where people hang out comfortably, while respecting the rules that keep the library safe and (reasonably) quiet.

Lio Skye is glad to be back under the moody skies of Seattle after 10 years in Arizona. He is the part-time Adult Services Librarian for both the Madrona and Douglass Truth libraries, and his interests include consumer health, outdoor recreation, poetry and the fine arts.

Lynn Lorenz grew up on Oahu and has lived in the Central District with her husband and two cats since 1992. She just graduated from the UW and recently, as part of Teen Read Week, organized two hip-hop concerts attended by over 150 teens! Lynn is excited about reviving Madrona Library's Wednesday story times, beginning February 6 at 10:30am.

Jennifer Spears is a part time Library Associate who provides great customer service and helps the library work better. She enjoys helping people make use of the excellent selection of videos and CD's.

(continued on page 2)

MCC President's Corner

Monthly Neighborhood Update

By Bill Hanson

Please remember to nominate your neighbors for well deserved community recognition and then mark your calendar for our combined **Neighborhood Appreciation Day** and Starbucks Neighborhood Park grant celebration on February 9th. Send nominations for awards to John Capps 324-6847. Come and honor the people who are making a difference in Madrona and enjoy free refreshments with your neighbors.

I was disappointed to learn that our new mayor fired **Jim Diers**, director of the Department of Neighborhoods for the last 14 years. Jim has been an incredible supporter of our efforts to improve Madrona through the Neighborhood Matching Fund (NMF). This program has

transformed Seattle neighborhoods and helped build a much stronger sense of community. Cities throughout the United States, Canada and South Africa are replicating this award-winning program. During the campaign, our new mayor told me several times that he was not pleased we were using the NMF for Madrona Playfield improvements so I feel fortunate we received our \$100,000 grant just before he took office. To find out what new directions **Mayor Greg Nickels** has planned for the Department of Neighborhoods, I have invited him to our March 5th Madrona Community Council (MCC) meeting.

We have a new Branch Manager of the **Madrona-Sally Goldmark Library**, Miriam

(continued on page 2)

Madrona Honors Its Own

On February 9, as part of the 8th annual Neighbor Appreciation Day, the Madrona Community Council will honor Madrona residents and organizations for community achievements. That same day, Starbucks Coffee Company will publicly recognize the Madrona Playfield Renewal Project and celebrate its award of a \$10,000 grant to that project.

Be sure to mark your calendar for this momentous event. We will start at 10:00am with the presentation of Neighbor Appreciation Awards at the Madrona Eatery and Ale House. Several special guests will be on hand, including our newly elected Mayor and the King County Executive. The Meany Junior High Band will provide music, there will be free refreshments, and plenty of time to meet new neighbors and get reacquainted with old friends.

Then, at 11:00, the party will move on down 34th Avenue to the Madrona Playfield for a brief ceremony at the Shelterhouse hosted by Starbucks. Starbucks has pledged \$100,000 in grants to park improvements because they believe Seattle and King County parks help foster safe, prosperous and educational communities. Starbucks' \$10,000 grant to the Madrona Playfield is in recognition of Madrona's efforts to truly make a difference in our community and the city as a whole.

We have a huge number of outstanding

(continued on page 2)

In this Issue

3 Organic Produce at Red Apple
4 Neighborhood School News
5 Central Area Aquatics Team
6 The Doctor is In
7 Hot Live Music in Madrona
8 Community Bulletin Board

Madrona Honors (cont'd from page 1)

people living in Madrona and working hard to make it better and better. Neighbor Appreciation Day is an excellent time to call attention to those people and the contributions they make. Do you know someone special? We are accepting nominations in the following categories:

- **The Nora Award:** Named in honor of Madrona activist Nora Wood, this award is given to a Madrona resident who, over time and in ways both large and small, has left a personal mark on the community. Last year's winner was Mary Holm for her work in the Madrona Woods. Previous winners have included Dorothy Grant, Dee Dee Rainbow and Dr Samuel B. McKinney.
- **The Local Hero Award:** Given to a Madrona resident for an act of heroism, singular kindness or generosity. Tom Flood of Madrona Auto won this honor last year, just as Jocelyn Owens and Ann Lennartz did in years previous.
- **The Unsung Hero Award:** Given to a Madrona resident for service to others in the larger community. The Friends of Madrona Playfield received this award in 2001 and Francois Kissel and Wayne Melonson are previous winners.

If you know someone who deserves recognition please submit his/her name and a brief explanation as to why you think they qualify to John Capps, 1419 -31st Avenue, 98122 by February 2. A committee of neighbors and past recipients will select the winners.

The entire Madrona community is invited so come join us! For more info, contact John Capps at 324-6847 about Neighbor Appreciation Day and Behan Gifford at 325-5469, giffordfamily@attbi.com about the Madrona Playfield grant award. Hope for nice weather on February 9 and, as you walk the streets of our wonderful neighborhood, smile and say "Hello, Neighbor."



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

Driss so please stop by and say hi. Also, Preventative Solutions at 1421 34th Ave has started a monthly **walking program** so we can get our exercise while learning about health. The cost is \$20 per month or \$2 per session. Call Joan at 219-1400 for details. In addition, Seattle Schools has implemented a Community Nights in School pilot program that offers **community groups meeting space in school building** for \$10 a night. Call Sandra Boas-Du Pree, Community In Schools Coordinator, at 615-1812 for further details.

Please plan to attend our next **MCC meeting on Tuesday, February 5th** in the Madrona Playfield Shelterhouse at 7:15 pm. Captain Mark Evenson, the new East Precinct Commander, will be the featured speaker.

Madrona Library Staff (cont'd from page 1)

Michelle Peredo has been a part time Library Associate here for three years, shelving books, filling requests, and checking materials in and out. She likes the library's pleasant atmosphere.

New library hours for 2002 are: 10:00am-6:00pm Mondays, Wednesdays, and Saturdays; 1:00pm-9:00pm Tuesdays and Thursdays, and 11:30am-6:00pm Fridays. The library is closed on Sundays. Call 684-4705 for more information.

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Yoga for Mommy *By Rachel Myers Moore*

I'll take this opportunity to both introduce myself and to make a plug for the pre- and post-natal yoga classes available at Pranaworks Yoga Studio. I just had my baby, Isaac Dylan Moore, in early December. He's a gorgeous, charming baby and my husband, Tim, and I are settling into parenthood. We live at the intersection of 37th and Spring, where Spring is just a series of steps.

I've been doing yoga at Pranaworks on 34th Avenue for a couple of years—it used to be Studio Ganesh, an all Ashtanga yoga studio. When it became Pranaworks last spring, classes in other types of yoga started being taught. I took advantage of the pre-natal yoga classes during my pregnancy. I loved the classes. The teacher is terrific and the studio is really pleasant and easy-going.

I'm doing the post-natal yoga classes now, with the same teacher, and love them. I just thought I'd spread the word to let people know about the studio from the perspective of someone who is presently really enjoying its presence here in Madrona. We'd love to have more people come to the post-natal yoga class (there are only 3 of us right now) on Thursdays at 11:00am. Hope to see some of you at Pranaworks!

Organics at Red Apple *By Amy Summers*

Hi neighbors! I am writing to encourage you to check out the Union Street Red Apple (a.k.a. Rogers) if you are not already doing your shopping there. I have been delighted to see they are now carrying a good selection of organic fruits and vegetables, milk, eggs, frozen foods, and canned foods. In the past I've only shopped at Red Apple for non-food items or food when I'm in a hurry. I've told several people at the store how pleased I am with their new organic selections and they said they are doing this on a trial basis to see if people will buy it. So I am doing all I can to encourage them to keep it up! Please give the Union Street Red Apple a try. Thanks!

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Cool Classes for Everyone

Coyote Junior High, Madrona's mecca of art, culture and the unusual, is accepting registrations for adults' and children's classes. And, as it starts another great season, Coyote thanks everyone in Madrona who contributed to its fall auction that raised \$60,000. Your support is much appreciated! If you are looking for something different to do this winter, an evening or Saturday class at Coyote could be just the ticket.

Evening class for adults are:

- **Furniture Making**—6:30-9:30 Wednesdays, starting 1/30 at Franklin High, \$190 plus materials
- **Desserts! Desserts! Desserts!** —6:30-9:30 Wednesdays, starting 1/30 at Madison Park, \$200
- **Welding**—7:00-10:00 Mondays, starting 1/28 at Madrona Auto, \$240 plus materials

Kids Saturday classes are starting shortly too. There's photography, welding, acting, glass fusing & blowing, cooking, cartoon animation, ceramics painting, hat making, soapbox derby car building, magic performance, hip hop dancing, desserts, cartoon drawing, painting, furniture making, glass bead making, and swing dancing! Classes are open to 5th-9th graders, tuition varies, and scholarships are available. For more info or to register for classes, contact Coyote at 323-7276.

Vanderspek paste-up

Neighborhood School News

Madrona K-8 Celebrates Holidays & Academics *By Jon Hughes*

On December 20, Madrona K-8 students and staff put on a fabulously entertaining holiday performance. The event nearly filled the large auditorium at Lincoln High as an audience of hundreds of family, friends and neighbors gathered to watch the children.

Each class put on a unique performance. The kindergarten class sang, other classes acted out plays, there was a dance routine choreographed by a Sonics dance team member, and a wonderful class reading of a Maya Angelou poem. Each was wonderful in its own way and Mr. Robert's class brought the house down with their rendition of "I'm Gettin' Nuttin' for Christmas." At the end of the evening the audience was thrilled to hear longtime staff/volunteers Eddy & Olivia Fletcher jam. He wailed on his electric guitar and she sang just like Ella Fitzgerald!

Amid the music and the laughter, academics were not forgotten. All the middle school students with As and Bs were recognized for their tremendous accomplishments with a standing ovation. Congratulations to all these hard-working Madrona students.

To top off the great evening, the students received holiday gifts donated by several Seattle businesses. Each student had written a letter discussing what type of gift they wanted and they were all delighted to see their wishes come true. Special thanks to Roger Rieger and Ernie Burgess for organizing this holiday surprise for the students. It will be great to have this fantastic event back in Madrona when the school returns home next fall.

Artrese Hartman, Parent/Volunteer Coordinator, circulated volunteer signup sheets and questionnaires. If you would like to learn more about the exciting things happening at Madrona School, or join the School Friends e-group, contact Jon Hughes at 323-2238, jon@hugheslaw.net.

Epiphany School Marks MLK Day With Theater

On January 22, the students of Epiphany School experienced "Living the Dream—A Tribute to Martin Luther King", presented by *Imagination Central*, a traveling children's theater. Using the words, principles and magnificent inspiration of this great American, the troupe performed a special musical tribute dedicated to the illustrious Dr. Martin Luther King, Jr. and all the brave people involved in the civil rights movement of the Sixties.

Epiphany is an independent, non-sectarian school for boys and girls in pre-K through sixth grade. Our curriculum provides a traditional approach to learning, with strong emphasis on the fundamental skills of reading, writing and mathematics. The Epiphany experience combines educational excellence with the warmth of a family environment. Epiphany School is currently accepting applications for the 2002-2003 school year. Information on admission procedures and requests for application materials can be obtained from the school at 720-7663.

St. Therese SOUL FORCE *By Geeny Colas*

"We must meet the forces of hate with the power of LOVE, we must meet the physical force with the SOUL FORCE."

Dr. Martin Luther King, Jr.

In honor of Dr. M.L. King's birthday, St. Therese School celebrated a two-day SOUL FORCE. On the January 14, the Eighth Grade class sponsored a liturgy in honor of Dr. King, with students presenting excerpts of Dr. King speeches, including the complete "I Have a Dream" speech. The prayer service also included a beautiful vocal performance of the "Lift Every Voice and Sing" and "We Shall Overcome" by fifth grader Marcus Pettit. Students from Kindergarten through Fourth Grade followed up the liturgical event with a Peace March from St. Therese to Al Larkins Park where they heard speeches and listened to reflections from fellow students.

Soul Force continued on January 15 with a special guest speaker, Aaron Dixon, political activist and St. Therese parent. Following Mr. Dixon's presentation, he and the middle school students discussed how to use SOUL FORCE to overcome hate, racism, sexism, stereotyping, violence, and all the things that separate us. In keeping with tradition, as the event completed, Dr. King's birthday was celebrated with cupcakes enjoyed by all.

Ed. Reception at St. Therese *By Aloria Mercer*

St. Therese is hosting a series of receptions culminating Catholic Schools Education Week. The gatherings will be held on Saturday January 26 after 5:00pm mass and again on Sunday January 27 after the 9:00am and 11:00am masses. All receptions, as well as the preceding services, are open to the public. For more information contact Aloria Mercer 767-3507.

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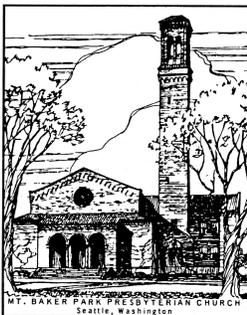
By Luis Lopton

Monday through Friday, 4:00 to 5:30pm, Medgar Evers Pool fills with echoes of children laughing and playing. Among the smell of chlorine and warm air you hear a voice: "100 Free! 100 Fly! 100 choice!" It's James Millar, head coach of the Central Area Aquatics Team (CAAT), a 501c(3) non-profit swim team that serves children ages 5 through 17 from Madrona, Capitol Hill, Central Seattle, and surrounding neighborhoods. The team had a successful 2001 season, with several swimmers qualifying for Regional Competition.

Our swimmers compete from Bellingham to Olympia with our big meets held at the Olympic pool in Federal Way. Last year, we lost several members when our home pool, Medgar Evers, was closed for repair. In April the team had 50 members but when the pool resumed operations in June, membership dwindled to 13 swimmers. Thanks to Coach Millar and dedicated parents, today were back to a team of 20 and hope that number grows. We keep our membership fees low to ensure CAAT is affordable for all families. Our coaches get paid very little; they coach for the love of swimming, have a relaxed attitude and incredible patience. CAAT member 11 year-old Gailen speaks for all when he says: "I like swimming with Jamie. He practices you in what you need to do better and he is very nice about it. I also made good friends here, the kids here are nice."

James Millar, a two-time All-American, became CAAT head coach in 1999 right after another a pool closure reduced the team to just seven. Jamie transfers his love for swimming to all his swimmers. The kids work—and play—very hard. At practice they swim between 1.5 and 2 miles a day. Once a month the team enjoys a special root beer float and pizza day.

If you have a child interested in swimming, please come to Medgar Evers Pool weekdays at 4:00. We invite you to practice with us for a week to see if CAAT is right for you. If you decide to join, our coaches can assess which program best fits your child's skills and interests. For more information contact coach James Millar at 726-0710, james.l.millar@boeing.com or Parent Board members Bruce Fulton 325-2838, bruceedu@juno.com or Luis Lopton 772-0805, swimdad38@hotmail.com.



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Movie: "A Force More Powerful"

On Friday, January 25 at 7:00, the St. Therese Social Justice Commission invites parishioners, neighbors and friends to join us for a thought-provoking movie and conversation about non-violence. This will be one of many activities offered to the St. Therese community in conjunction with an invitation to take individual vow of non-violence during the season of Lent. The feature-length documentary will be shown in the Parish Center and is suitable for families. We hope that by viewing it together, it will encourage discussion and contemplation of non-violence in our families and in our community. Popcorn and drinks will be provided!

Released in 1999 and shown at film festivals in the US and England, the movie contains three stories:

- Gandhi's famous Salt March of 1930, during which the most influential figure in the history of nonviolent resistance enjoined Indians to protest the British salt monopoly—a turning point in that paved the way for India's independence from Britain.
- The 1960 Nashville, Tennessee civil rights campaign to desegregate the city's downtown business district in which the Rev. James Lawson Jr., a principal architect of the African-American struggle, successfully used non-violent resistance techniques.
- The mid 1980s consumer boycott against apartheid in the black townships of South Africa as led by the young activist Mkhuseleli Jack who became a key leader of the grassroots efforts instrumental in defeating apartheid and freeing Nelson Mandela.

"These are powerful stories, about truth overcoming lies, love dissolving evil, and life eclipsing death," former President Jimmy Carter said of this documentary. "Non-violent valor can end oppression, and the world of the 21st century will be safer, freer and more humane if it heeds the lessons of this series."

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The Doctor is In. . . .

by Dr. Emily Cooper, Institute for Prevention Solutions

Did you know that nearly 80% of disease is preventable? A healthy lifestyle avoids diseases and improves longevity and quality of life. The New Year is the time to adopt new healthy habits.

Improving Nutrition: A diet of a variety of nutritious foods helps fight disease and enhances health. Some good food choices:

- 5+ servings of fruits and veggies daily, especially those that are dark green and deeply colored
- Whole grain cereals, breads, pastas or cooked grains
- Beans and legumes
- Healthy fats, including olive oil, avocado, canola oil, natural nuts, seeds and nut butters
- Lean proteins such as low-fat dairy, skinless white poultry, fish, beans, and soy products

Improving Fitness: Increase activity in your every day; ride your bike or walk to work, take the bus, or use stairs instead of the elevator. A regular exercise program offers tremendous benefits. Thirty minutes of aerobic exercise stimulates the immune system, strengthens the heart, lowers cholesterol, improves blood pressure and relieves stress. Aim for these exercise goals:

- 30 minutes of moderate aerobic activity 5+ days a week.
- 15 minutes of strength training twice weekly; certain types of yoga, Pilates, free weights and circuit training are effective.
- 15 minutes of aerobic activity twice weekly. This intensity feels "somewhat hard" to "hard" but you can still converse although you are slightly breathless.

Before embarking on a new diet or exercise regimen, check with your health care provider. If you have any questions, please contact me at emily@preventionsolutions.com.

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Sell Your Home On The Fast Track

By Gerard M. Stannard, Coldwell Banker Bain Associates

Part 3 of 3

It's every home seller's dream—a fast sale. In today's market, crossing the finish line first isn't a matter of luck. To win the home-sale race, you have to stay ahead of the pack. Here are three ways to get your home on the fast track: 1) price the house right, 2) market the house competitively, and 3) make sure the house is in move-in condition.

Get Your House in Move-in Condition

To tempt a buyer, your home has to be inviting. Today's buyers generally don't have the time to fix things up so, for maximum appeal, your home must be in move-in condition. First impressions really do count and so you must recognize that prospective buyers want to see your home in near-perfect condition. While they likely won't keep the house looking like a show place once they move in, that's how they like to see it while they are shopping. An experienced real estate professional can take care of all the details of getting your home ready for sale and help do what it takes to make your home stand out from the crowd. Make your house a "home" and you'll soon be taking a victory lap after a fast sale.

Day & Evening Tot Playgroups

By Cristi Benefield, YWCA Garfield Family Center

We are excited that so many Madrona parents showed an interest to our starting both an Evening Tots Play Group and a Daytime Toddler Open Time and continue to spread the word. We kicked-off both groups in early January and hope to run them all winter so come on and share the fun.

Evening Tots Play Group

- Who: Parents/Guardians and their Children 5 years and under
- When: 5:30—7:30 Wednesday evenings
- Where: Garfield Community Center Multipurpose Room (23rd & East Cherry)
- Drop-In Fee: \$2.00 per child

Daytime Toddler Open Time

- Who: Parents/Guardians and their Children 5 years and under
- When: 10:30—11:30 Tuesday and Thursday mornings
- Where: Garfield Community Center Multipurpose Room (23rd & East Cherry)
- Drop-In Fee: FREE! Donations gladly accepted

Our collection of toys, play equipment, mats, and games is small, but growing. Parents might want to bring some of their children's favorite toys as we get started. Drop-in fees and donations will be used to purchase a permanent and plentiful collection of more fun things exclusively for this program. We look forward to seeing you and your little ones! If you have suggestions or questions contact Cristi Benefield at 861-8248, cbenefie@ywcaworks.org.

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Hot Live Music In Madrona

Like many of Seattle's in-city neighborhoods, Madrona provides both a small neighborhood feel and a big city vibe, especially if you happen to catch some hot live music at St. Clouds restaurant. Thursday thru Monday nights, there is always first-rate entertainment in this intimate, personal neighborhood bar setting. St. Clouds takes pride in booking musicians who love to play for an audience. And, while no musician will get rich performing in such a small spot, national recording artists and aspiring Seattle artists gladly play there again and again. Instead of a liability, the small venue has become the draw for both the musicians and the audience.

The enthusiastic St. Clouds' crowd inspired Alice Stuart, a veteran of 60s Bay Area rock and blues, to sign on for a monthly gig. Dan Wheatman, national recording artist and creator of the very successful Broadway musical *Ain't Nothin' But the Blues*, plays St. Clouds because it's a place that gives his pleasure of performing right back. The up and coming *Tom Bennett and the Rolling Blackouts* have become a Monday night powerhouse with their upbeat blue-grassy honky-tonk music, much of it written by Madrona's own Tom Bennett. On any given night, you might even see Frank "Stainless" Steele wander over from his home across the street to light up a song or two with his incredible saxophone.

The audience is always a mixture of neighbors and fans of the performers. People often worry that there won't be room for everyone but somehow folks just make it work, even if that means joining a table of strangers who soon become friends, standing back by the bar, or by setting up camp in the dining room.

St. Clouds weekly music calendar is posted on the restaurant door and is available in local newspapers, on-line at stclouds.com, and via email. For information or reservations call 726-1522. Madrona, the Peaceable Kingdom, is also a happening kingdom, a place to find the beat right in our backyard.

Epiphany Parish Welcomes You!

As an Episcopal Church, Epiphany belongs to that worldwide body known as the Anglican Communion, which celebrates the "middle way" between the Roman Catholic and Protestant traditions. Located in the Madrona neighborhood, Epiphany is one of Seattle's oldest congregations, founded in 1907.

Our church buildings and grounds have been designed and faithfully maintained in order to inspire those who enter. We hope such entry and inclusion will offer a gift of faith for all people whether they join the worship community or simply walk through the doors.

We believe that our campus is not for ourselves alone but for generations yet to come. Our church buildings, therefore, are not a monument to one or many, but are instead something that honors God's grace and way in the world.



As a congregation, we say that what we most deeply value is our connection with each other. Our church is a "home" and not an institution.

EPIPHANY PARISH

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Spectrum Dances Chicago Style

Madrona's Spectrum Dance Theater presents *Jazz Danced, Chicago Style* at Meany Hall, January 25 and 26 at 8:00pm. *Jazz Danced, Chicago Style* will feature works of Hubbard Street Founder Lou Conte, River North Dance Chicago co-founder Frank Chaves, Gus Giordano Jazz Dance Chicago former principal dancer Michael Williams, and Hubbard Street former Co-Artistic Director Claire Bataille. Influences such as Swing, Scat, Tango, Latino, Blues and good old-fashioned romance create a well-rounded and entertaining performance that will appeal to a wide range of audiences.

On January 26 and 2:00, Spectrum will also present a Family Matinee Performance of this celebration of Chicago's many well-known dancers, choreographers and professional companies. This performance is carefully planned to ensure it is a welcoming and positive experience for all audience members aged five and up. The Family Matinee Performance includes four complete dance works, created by difference choreographers, and lasts two hours, including an intermission. Tickets are \$16 for adults and \$8 for children under 17. For more information or to purchase tickets, call Spectrum Dance Theater at 325-4161.

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at 219-1509 or laurel@conversation.com

Madrona Community Council Officers

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Community Bulletin Board

List your Madrona neighborhood event for FREE! Send details to Christine@conversation.com

January 20, 4:00 TRI-CHRUCH ECUMENICAL MLK SERVICE—St. Therese Church, 325-2711
January 23, 7:00 **FREE CLASS**: STARTING AN INVESTMENT CLUB—Neighborhood Academy, SAFECO 521-1100
January 23, 9:00 ST. THERESE 6TH GRADERS IN MADRONA WOODS—Kristen Moss 324-0460
January 23, 5:30 TOTS DROP-IN PLAY GROUP—Garfield Community Center, Cristi Benefield 861-8248
January 25&26, 8:00 JAZZ DANCED, CHICAGO STYLE— UW Meany Hall, Spectrum Dance, 325-4161
January 25, 7:00 MOVIE NIGHT: "A FORCE MORE POWERFUL"— St. Therese Parish Center, 325-2711
January 25 & 26, 6:45pm PARENT'S NIGHT OUT CHILDCARE FOR KIDS 7 TO 13—East Madison YMCA, 322-6969
January 26 & 27 CATHOLIC SCHOOLS EDUCATION WEEK RECEPTION—St. Therese, Aloria Mercer 767-3507
January 26, 9:00 **FREE CLASS**: WOMEN & MONEY (part 1 of 4)—Neighborhood Academy, SAFECO 521-1100
January 29, 7:00 **FREE CLASS**: BOOK DISCUSSION "*UNDAUNTED COURAGE*"—Neighborhood Academy, SAFECO 521-1100
January 29, 6:30 SPORTS NUTRITION WORKSHOP—Institute for Prevention Solutions, 34TH Ave, 219-1400
January 31, 7:00 **FREE CLASS**: PRESCRIPTION FOR HEALTH—Neighborhood Academy, SAFECO 521-1100
February 1, 6:00 MADRONA MOM'S PLAYGROUP—Shelley Heustis 322-8004
February 2, NEIGHBOR APPRECIATION DAY NOMINATIONS DUE— 1419 -31st Avenue, 98122, John Capps 324-6847
February 5, 7:15 MADRONA COMMUNITY COUNCIL MEETING—Madrona Playfield Shelterhouse, Bill Hanson 323-3450
February 6, 9:00 ST. THERESE 6TH GRADERS IN MADRONA WOODS—Kristen Moss 324-0460
February 6, 6:00 **FREE CLASS**: WOMEN & MONEY (part 2 of 4)—Neighborhood Academy, SAFECO 521-1100
February 7, 7:00 **FREE CLASS**: QUILTING—Neighborhood Academy, SAFECO 521-1100
February 8, *MADRONA NEWS*STORY DEADLINE—Kim Herber 325-9923
February 9, 10:00 NEIGHBORHOOD APPRECIATION DAY CELEBRATION — Madrona Ale House, John Capps 324-6847
February 9, 11:00 STARBUCKS GRANT CELEBRATION—Madrona Playfield Shelterhouse, Behan Gifford 325-5469
February 12, 6:00 NUTRITION COOKING WORKSHOP—Institute for Prevention Solutions, 34TH Ave, 219-1400.
February 13, 6:00 **FREE CLASS**: WOMEN & MONEY (part 3 of 4)—Neighborhood Academy, SAFECO 521-1100
February 15, 5:00 *MADRONA NEWS*LABEL PARTY—Madrona Ale House, Kim Herber 325-9923, **VOLUNTEERS WELCOME**
February 15, 6:00 MADRONA MOM'S PLAYGROUP—Shelley Heustis 322-8004
February 16, 10:00 MADRONA WOODS WORK PARTY—38th Ave. Entrance, Judith Starbuck 322-2640
February 16, VOICES OF JAZZ, DANCED— Enumclaw High, Spectrum Dance 325-4161