

M a d r o n a

N E W S

www.madrona.us

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Issue No. 187

Neighbors Rally Around Injured Bicyclist

By Leslie Rugaber, 32nd and Pike

Monday, July 24, was a pretty normal day for 28-year-old Madrona resident Corina Stoicescu. She went to a modern dance class, then climbed back on her bike to ride to a chiropractor's appointment. And that's the last thing she can remember of that day.

Eyewitness reports describe a car turning left onto 20th Avenue from Union Street and striking Corina as she rode down Union. The impact sent her flying to the pavement, and ultimately to Harborview Medical Center, where she lay in a coma for three days. The car that hit her slowed down, paused as if to stop, and then sped away. An eyewitness followed but shouldn't catch the truck to see the license plate. The police have not been able to trace the driver or the vehicle.

Corina's jaw was broken in four places, knocking her teeth loose and requiring her jaw to be wired shut. Her face and the back of her skull were fractured in multiple places, and her left arm had a jagged, one-and-a-half inch deep wound. Her brain was injured as well, resulting in mild brain damage. After a week in Harborview, Corina came home to Madrona where her boyfriend Brian, and roommate, long-time friend Marcy Bowers, became her round-the-clock caretakers.

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Madrona "Orchid-ologist" Makes House Calls

You can call her a green thumber, a wall flower, or a plant nerd—but just don't call her late for the tropical plant sale. Madrona's Kimberly Bevington is fascinated with orchids, those leggy exotic dancers of the hot house flower world. If you ask her about orchids, she speaks about them like a scientist. But she's really just someone who loves what she does. Just listen....

The orchid family is one of the largest in the plant kingdom with over 17,000 different species. Their unique beauty, long lasting blooming period, and efficient air-purification capabilities make them wonderful choices for the home. However, for some enthusiasts, the time period between blooming cycles can be frustrating. Perhaps you are eager for your orchid to again demonstrate its blooming abilities?

Coercion can be surprisingly simple...try moving it to a sunny window and incorporating fertilizer in your watering cycles. These two steps can make a significant difference in your orchid's performance. In their natural environments,

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MCC President's Corner

Monthly Neighborhood Update

by Bill Hanson, 32nd Avenue



What a great summer! The weather has been fantastic: sun, sun, sun, including a perfect July day for the Madrona summer BBQ. Many thanks to

John Healy for organizing the event and to Anthony Matlock who did a great job as the MC. I would especially like to thank all the local community businesses that donated items to the raffle. I was the lucky winner of a great breakfast at the Hi Spot.

I would also like to thank Shelley Huestis for answering my call for help for a volunteer to maintain the Madrona Neighborhood email list. This list helps us get the word out quickly about important Madrona issues, such as crimes, local happenings, and community meetings. If

you want to join this email list (your information will not be shared or used in any other way) or if you have something to bring to the community's attention, email Shelley at shuestis@drizzle.com.

Here's a perfect example of the kind of information that is sent out to the Madrona email list. Neighbor Rick Kolpa attended the September Madrona Community Council (MCC) meeting to discuss a scary event that occurred on August 20th at the Madrona playfield. Rick reported that he was part of a group of adults and children in the playfield at a back to school picnic when a fight broke out between two men just outside the playfield. As the picnickers watched, the fighting escalated until one man drew a gun and pointed it at the other man. While no shots were fired, the alarmed parents grabbed their kids and ran out of the park in full panic mode, many dialing

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

911. The police arrived within five minutes but by then, both men were gone. Apparently, the two are part of a group that regularly hangs out at 33rd Avenue and East Marion, blatantly drinking liquor, and selling and taking drugs.

In light of this event, the police have agreed to increase patrols by the playfield. Still, we all need make a point of calling 911 when we see or suspect criminal activity. When you call 911 remember to get an incident report number; the police use them to allocate resources. It helps if you can report license plate numbers, but the police warn not to put yourself in danger to get them.

Another thing we can do to get more police attention is to attend the monthly meeting of the East Precinct Crime Prevention Coalition at 6:30pm on the last Thursday of each month at the Seattle Vocational Institute, 2120 S. Jackson. Our crime coordinator Virginia Sly says that the East Precinct Police Captain attends this meeting, and the larger the Madrona contingent, the better. If you want to really help make the point about drugs in Madrona, collect any drug items you find in and around your yard and bring them with you! The next meeting is September 28; contact Virginia at vsly@msn.com for details.

Tom Flood, local artist and the owner of Madrona Auto, also attended the September MCC meeting. He is seeking our support to change the zoning from L-2 to NC1-30 for all the properties on the east side of 33rd Avenue between Union and Spring. Both ends of the block—the library and Bowling Green Apartments—already have this zoning. Tom plans to move his studio from Madrona Auto to his home on 33rd and wants to raise his house to make room for the studio on the new first floor. While he can do this under the existing zoning, NC1-30 zoning would allow him to add more space. It would also open the door for development on that block, which lead to a discussion on whether the community wants to expand our business district. What are the adverse effects? Would 33rd Avenue become a total traffic gridlock? We plan to have a city representative at the October 3 MCC meeting to help us explore these and other questions. Please come and be part of this important discussion.

At the October meeting we will also have our annual elections of MCC officers. After ten plus years, I will be retiring as President so if you'd like to toss your hat in the ring for that office or any others, let me know! Nominations to-date are:

- President: Mark Melroy
- VP Events: Laura Yurdin
- VP Issues: Rick Kolpa
- Secretary: Suzanne Sheppard/Nathan Goderstad
- Treasurer: Steve Orser

It has been great being involved with the MCC, and I have met so many wonderful people. As a community we have accomplished many wonderful things such as the creation of Nora's Woods, the improvements to Madrona Woods and Madrona Ravine, and the renovation of Madrona Playfield. Thanks to you all, it has been fun and I have really enjoyed it. Before I go, I invite you one last time to attend the monthly MCC meetings on the first Tuesday of each month, in the Madrona Playfield shelterhouse, starting at 7:15. Your next opportunity is October 3.

Orchids (cont'd from page 1)

epiphytic and terrestrial orchids gather water and nutrients from the air, rain, and decaying vegetable matter. By using specialized fertilizer, you can help your orchids thrive at home. Look for orchid fertilizer at garden supply stores and follow the watering guidelines. You will be pleased with the results!

Houseplants, like orchids, can also sometimes be difficult. Over-watering, under-watering, attacks from the cat, insect infestations, and lighting conditions are all primary factors in a plant's health. Based upon recognition that counsel can best be delivered at the genuine site, I have based a service on home visitation to best advise Madrona residents on how to care for their plants. Trained in ornamental horticulture, tropical plant care, entomology, orchid cultivation and floral design, I can be helpful in many respects regarding plants and flowers. Located in Madrona, and eager to meet my neighbors, I can be reached for an in-home consultation at Kimberlybev@yahoo.com.

Open Air Art Show at Madrona Playfield

Madrona residents were treated to a summer artfest on August 19 at the Madrona Playfield shelterhouse. Four local artists offered a variety of original artworks for sale, and provided snacks to entice their friends and neighbors to linger and enjoy. Sales were brisk and Madrona residents enjoyed original jazz compositions performed by Nelda and Clif Swigget.

Jacqui Beck, who organized the event, exhibited acrylic and watercolor paintings and monotypes. She uses rich color to depict subjects from abstracted seed pods to figures to landscapes. View her fresh and expressive painting style at www.jacquibeck.com.

Retired bus driver Wms. Lawrence exhibited vivid acrylic slice-of-life paintings of ordinary—and extraordinary—people. "I try to bring the visions of living in 13 cities and the spirit and beauty of the Earth and her people. To paint the motions, colors, and of a stone being touched by a baby," he says. Contact him at www.pwowms@peoplepe.com

Kate Harkins' work is abstract, with plant, ocean and human life as subject matter. The paintings are in acrylic, often with mixed media and collage. She explores depth and surface quality, exposing and covering different parts of each painting.

Brett Dedman displayed a colorful assortment of simple and elegant oil and mixed media paintings. Her quiet images of flowers and old-fashioned people are perfect for Madrona.



A potential customer surveys his options at this summer's Madrona Art Sale, with artists Brett Dedman, Wms Lawrence, Jacqui Beck, and Kate Harkins.

Corina (cont'd from page 1)

After a couple days of sleep and pain, Corina was well enough to take a short walk so Brian and Marcy gently helped her get up and out. Just down their block they encountered a group of their neighbors who were outside enjoying the Night Out Block Party at 32nd & Pike. Shocked neighbors quickly gathered around the trio, absorbing details of the graphic story.

That very night, neighbor Rikki Swenson emailed Corina's story to the folks at the block party who forwarded it to others in the neighborhood. By morning, a wheelchair was found, smoothie recipes were shared, a neighbor's malfunctioning icemaker was turned into a gold mine of ice, and a child's bear-shaped ice pack became Corina's constant companion. As the days passed, more help flowed in. Neighbors coordinated Costco runs and home visits, Corina's colleagues at REI donated her their sick time hours, members of the Cascade Cycling Club held a ride to raise funds for her medical costs, and Corina received pint after pint of blueberries.

Now, seven weeks post-accident, Corina is recovering amazingly well, thanks to her great physical shape before the accident, and her dedication to walking as much as possible as soon as she was able. She still wears a neck brace to protect the skull fracture at the back of her neck. Her jaw is no longer immobilized but she can't yet chew; later this month she'll have surgery to remove the metalwork in her mouth. Like a baby, her diet consists mainly of Cream of Wheat, smoothies, pudding, and mashed potatoes! Her memory is much improved, but still not what it was, the numbness in her face is lessening, and the gaping arm wound has finally healed. Her employers are holding her positions and her doctors think she'll be able to return to work by November. Overall, the prognosis is good for Corina to return to her active lifestyle of yoga, climbing, biking, and—her primary love—modern dance.

In Corina's words: "I've had no time to be sad or lonely. There is always someone here helping me. I've been struck by the power of numbers because it was not just one person. Everyone's individual different support and way of helping is so amazing. It has been so inspiring and invigorating. It's helped tremendously with my healing."

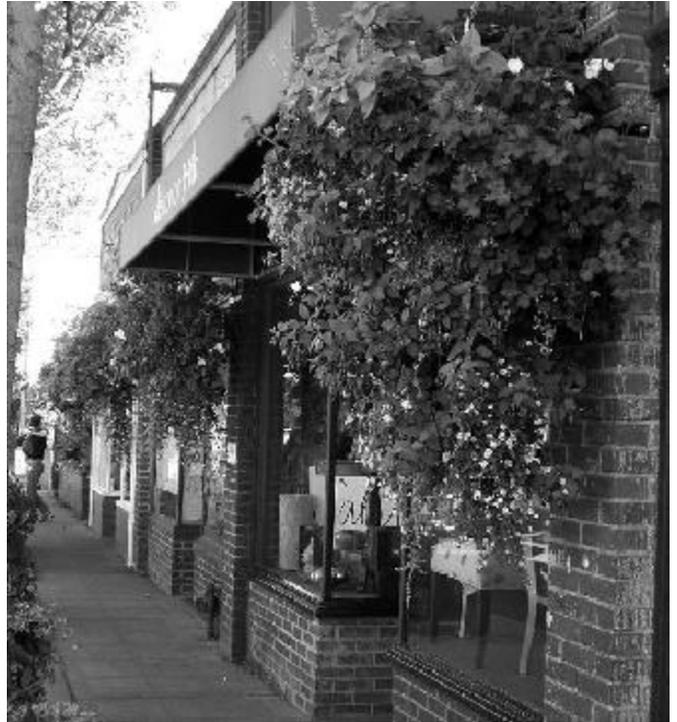
That's the good news.

The bad news is that her health insurance was capped and her expenses have long out-distanced it. As a young healthy person, Corina had little put away "in case of emergency."

How can the Madrona community help? Donations of food—from staples to pre-cooked meals—are an important way to help take the strain off her household. With her continued dependence on smoothies, she's eating an average of seven bananas a day! Of course, financial help would also be enormously helpful. And finally, Corina would particularly love to hear from anyone who has been in a car or bike accident who can share their experience, and how they dealt with it.

To arrange a food drop-off, make any kind of donation, or talk about your accident and recovery, contact at Corina coldbluewater@gmail.com or Marcy at texasreehugger80@yahoo.com.

Madrona Blossoms



Resplendent with color and bounty, the Madrona Blossoms gave our neighborhood something to smile about this spring and summer! Stay tuned for how you can keep Madrona in bloom for years to come!

Madison Valley Potluck Barbeque

After being inspired by the Madrona BBQ festival, the residents of Madison Valley decided to put on their own summer fest, the first annual Madison Valley Potluck Barbeque. The weather was perfect on August 13 as many gathered at William Grose Park to meet the neighbors, make new friends, and eat to their heart's content. A few folks from Madrona even ventured over for the big event.

The Madison Valley Fire Department and Sally Sprinkle the Clown added to the festivities. Children explored a real fire truck, and had their faces painted by Sally's talented hands. Contestants in the barbeque were awarded great prizes and event planners give big THANK YOUs to the business sponsors—Madison Valley Merchants Association, Arosa Café, Baas Art Gallery & Framing, Lea Baker/Coldwell Banker Bain, Bella Dolce, The Bush School, Cafe Flora, Designed Dinners, Honey Bucket, Monart Drawing School, My Coffeehouse, Rover's—for providing prizes, supplies, and entertainment:

And while to some it might seem like an event like this just "happens," those in the know KNOW it takes a village to host a successful barbeque. Thanks and a big hand to the volunteers who helped organize and run the afternoon: Katie Atkins, Adrienne Bailey, Lea Baker, Scott Edwards, William Jackson, Chris Janzen, Kimberly Larson-Edwards, Frank Lawler, Larry Levine, Ann McCurdy, Charles McDade, Chris Page, Charles Triandafilou, Peter Triandafilou, Eric Turnquist, Lindsay Felcyn Zaccara and for all others who helped out!

Madrona, You are Invited to...

....Décor on 34th Third Anniversary Gala

Come join us as we enter our fourth year in business in downtown Madrona with our annual Jazz party on Wednesday, October 4 from 5:30 to 8:30 pm. Enjoy this festive occasion with great music and spirits! We'll have all of our new lines ready for you to view. We are also announcing the launch of our web site at www.decor34.com .

décor on 34th always supported neighborhood schools and community initiatives, such as the Madrona Blossoms. And through our Interiors Fund, have decorated the home of a Rainier Valley family, and made substantial contributions to Habitat for Humanity and Oprah's Angel Network to provide furnishing for Hurricane Katrina victims as they rebuild their homes. Our third community project is in the planning stages and will be completed by the end of 2006.

Meanwhile, every day, we enjoy helping our customers enhance their own homes with our furniture and many accessories. Our furniture clearance "20-50% off sale" continues until Wednesday Sept. 27. Teresa and Suzanne thank you for your support and loyalty and we look forward to another great year in Madrona.

....Wilridge Winery Release Party

"One of Washington's Hottest Wineries." — The Wine Spectator

All Madrona friends and neighbors are invited to Wilridge Winery's Annual Vintage Release Party on October 3 and 4 from 6:00 to 9:00pm. The release party is the one event of the year when Madrona's only winery is open to the public. Wilridge is located at 1416 34th Avenue, next to the Hi-Spot Restaurant and behind the big wine cask.

Winemaker Paul Beveridge will be on hand to give tours of the winery and talk about his wines. Wilridge offers a 15 percent discount on case purchases, and special discounts on rare odds and ends. The following wines will be featured at the Release Party:

- 2005 Elephant Mountain Viognier, \$16
- 2005 Artz Semillon, \$16
- 2005 Rose of Syrah, \$16
- 2004 Kestrel Sangiovese, \$19
- 2004 Nebbiolo di Klipsun (the best ever!), \$24
- 2004 Elephant Mountain Syrah, \$29
- 2002 Klipsun Merlot, \$29
- 2002 Klipsun Cabernet Sauvignon, \$29

...The Genesis House Open House

By Virginia Sly, 38th Avenue

You are invited to visit Genesis House, 621 34th Avenue, on September 27 from 6:30 to 8:30pm. Genesis House is a long term drug and alcohol residential treatment facility located at the corner of Cherry and 34th behind the neatly trimmed laurel hedge.

Genesis House has been part of the Madrona community for 21 years. It is one of the few programs in the state that offers long-term treatment in a therapeutic residential setting that allows clients' children live with them while in treatment. The entire neighborhood is welcome stop by for a tour of the facility including the childcare center. Refreshments will be served and Board members, residents, and staff will be available for tours and to answer questions. For more information call Genesis House Executive Director Jeff Bott at 328-0881

*Spectrum Dance
Paste-up*

*Leslie Lucas
paste up*

BBQ Thought and Thanks

By John Healy 35th Avenue

A group of 15 children, age 5 to 12, stood fidgeting around Larry Reid on the Madrona Playfield basketball court, doing their best to focus on his instructions. They were boys and girls, some skinny, some not. They were Latino, African American, East Indian, East African, white and shades in between. And none of that mattered at all. They were united in their desire: that Larry to stop talking and the basketball contest begin.

I've thought back on that scene often since that sunny Saturday in July, and every time I realize the same thing—that is why the Madrona BBQ Festival exists. It's all about people of all stripes coming together for the single goal of having fun in The Peaceable Kingdom.

So it was again this year with the eighth annual BBQ Fest. The sun shone, Arthur Banks and his Mama Willie Bell's BBQ fed the neighborhood, and Anthony Matlock walking the playfield from end to end with the microphone in his hand, calling the cakewalks and making sure everybody was included.

Craig Vierling and his cast of able-bodied volunteers took care of the logistics. St. Clouds again sponsored the Soundstage where the alternative country group Big Dirt, Madrona saxophonist Frank "Stainless Steel" Fields, and my band Mudcat performed. From that same stage, Melissa Noelle Green graced us with her poetry and introduced us to young poets Adillia Scott, of Leschi Elementary, and her friend, Naomi, from Orcas School.

Roberta Harrison and Sandra Dunn presided over what remains the greatest cake walk in the Northwest. Linda Walton-Sawadago created plenty of fun for the kids at the kids' activities area. April Mae Moland braided the mane of just about every long-haired child in sight. Kim Herber and crew kept the hot dogs sizzling on the grill. Jana Paganan, Michelle Perkins, Kathy Carney and Michele Catalano ran a fabulous raffle for dozens of goodies donated by Madrona businesses. (One way we can all thank these small business owners every day is to spend our dollars in the neighborhood.) And MCC Treasurer Steve Orser deserves special thanks for putting up with my special brand of "organization."

With the blow-out sale of old, I mean "vintage," Madrona BBQ t-shirts, the event managed to pay for itself and set the stage for a lavish 2007 Madrona BBQ Festival. It's never too soon for you to start thinking about how you can be involved next summer, remember, time flies!

FORM Ends Spectacular Summer

By Linda Hanson, Madrona Drive

Friends of the Ravine in Madrona (FORM) completed a very productive year that included completion of two grants, installation of a commemorative plaque, work with students from The Bush School, and five Saturday stewardship events. We will wrap up the season with festivities and a special thanks to our outstanding volunteers.

Please join us on September 30 from 9:00am to 12:00 noon. Invite your friends and neighbors, bring your favorite tools and gloves, and meet at the bus stop next to the Pine Street Pedestrian Bridge on Madrona Drive. For more information, call me at 324-5554.

Be a Neighborhood Crime Stopper!

Madrona's Seattle Police Department contact Officer Tim Greeley offers these steps we can take to all be Crime Stoppers.

1. Be a good witness. If you see a crime in progress or suspicious activity, call 911 and identify yourself—leave your name and phone number, and be willing to be a witness. Police cannot act on good information that's given anonymously. If you remain anonymous, the police will have to witness the same activity you did, for it to qualify for testimony in court.

2. Call 911 if you see, or suspect, a crime is in progress. This means keeping an eye out for suspicious behavior such as hand-to-hand exchanges, lots of vehicles in an area, fights, arguments, violence, or transactions through vehicle windows

3. Know what you want to say when you call 911. They want to know exactly what you see, so observe carefully and give the facts. Don't be vague and don't be intimidated. The operators may seem brusque because they are busy, but they need good information to dispatch the right people—police, fire, etc.—to your area.

Officer Greeley is always available to listen and help. Contact him at Community Policing, 684-4349, or timothy.greeley@seattle.gov

A Little Patience Is Required in the Woods

By Judith Starbuck, Grand Avenue

You may have noticed that the Madrona Park Creek day-lighting didn't start this summer as scheduled. Funding and permitting delays meant potential contractors were busy by the time we put out the call for bids. We're disappointed and will solicit bids again in October, select a contractor by November, start construction of the culverts and new lake shore cove in March of 2007, and finish by the end of June—we hope.

Planting in the ravines, outside the actual creek construction zone, begins soon and our summer work parties cleared and mulched in preparation. If you're interested in participating in the day-lighting project but don't want to get your hands dirty, consider adopting a plot to monitor. The Seattle Urban Nature Project will set the plots up for us and then volunteers will keep track of which plants do well and which don't. We'll also need to observe and record what wildlife, from bugs to salmon, is attracted to our improved habitat.

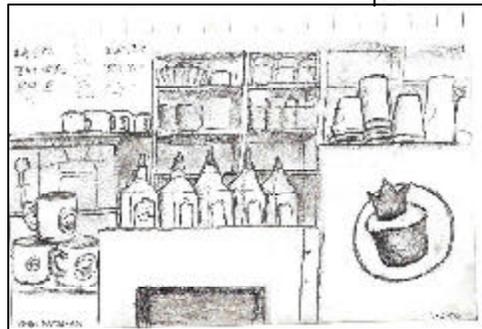
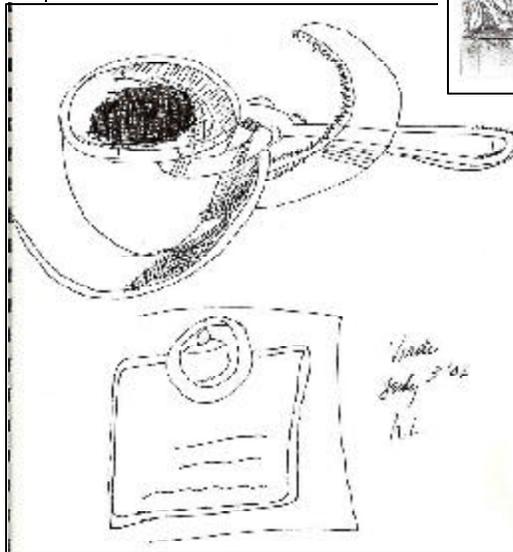
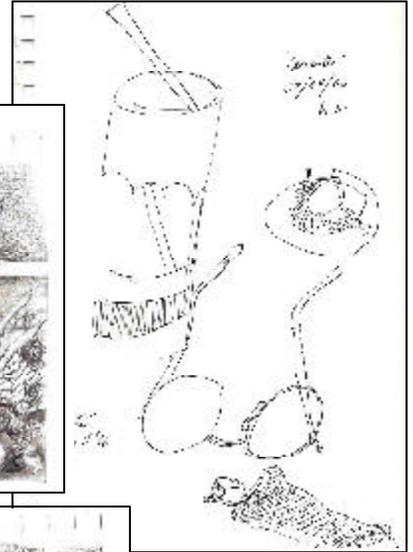
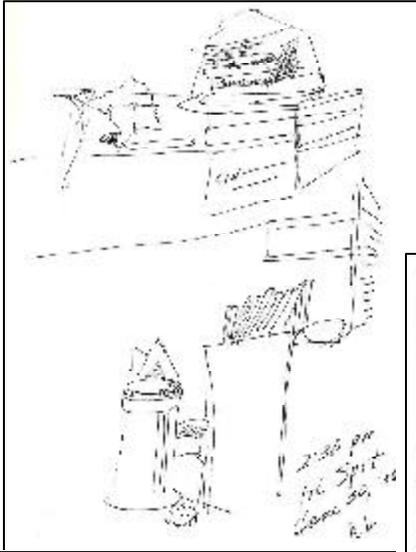
We're delighted to have the water cascade across from the Madrona Dance Studio flowing again. A team of eight volunteers dug out the silted-up channel and filled and sealed around the big rocks with an expanding clay called Bentonite to prevent water from undermining them again. It took four months of heavy and tedious work but now seems well worth the effort.

Thanks to all the *Madrona News* readers who responded to our request for cardboard for sheet mulching. We got more than we expected and need to use what we have now before we accept more. We'll put out the call again when we're ready.

Upcoming work parties to clear, mulch, and plant are from 9:00am to 1:00pm on October 21, November 18, and December 16. If you'd like to be on our email list, contact Deirdre McCrary at jaymccrary@juno.com. For announcements and more information on our activities, watch the kiosks, check our website at www.madronawoods.org, contact me at 322-2640, judithstarbuck@msn.com, or call Ann Bucher at 323-8325.

Nosh Around the Hood

Coffee House sketches by Madrona artist Alix Lorance and drawing pal Mindi Katzman. Alix's artwork is collected in more than a dozen countries, and she has twice represented the USA abroad as a fine artist and art expert.



Michael Cuccina's pasteup

Madrona Laundromat

1408 34th Avenue

M - F 7:30am-9pm / Sat-Sun 6:30am-9pm

**Your community self-serve
Laundromat since the 1950s**

Joan Paulson 954-5074

***Judy Honican
in email***

Neighborhood School News

Valley School Opens New Addition

By Gail Mensher, The Valley School

The Valley School inaugurated its new office building this fall after acquiring and renovating the house at 309 31st Avenue East, adjacent to the school campus. When the property came on the market last spring, Valley parents urged its acquisition and participated in a highly successful capital campaign to fully fund buying the purchase.

Teachers and families now benefit from a private conference room, administrators from spacious offices, and everyone from a well-equipped kitchen and new garden area. The offices previously housed in another school building were revamped and are now used for the expanded library, an activity space, and tutoring rooms.

Returning families are finding the relocated offices by heading north east of the Valley School salmon sculpture at mid-campus. Visitors may come directly to 309 31st Avenue East. Admissions tours of Valley, which serves children ages 4 to 11, begin on Thursdays in November. Interested parents may reserve a visiting date by calling the office at 328-4475. The new office building and increased outdoor space will be part of the tour of classrooms and campus. "I hesitate to call it the 'jewel in the crown,' but we couldn't be happier with this beautiful new addition to Valley," said school director Barry Wright.



First and second graders give the new addition to the Valley School campus their complete approval.

St. Therese Paste-Up

*Seattle Schools
Superintendent
Raj Manhas visited
Madrona K-8 on the
first day of school.*



Panther Partners Reps Step Up

It's a new school year and enthusiasm continues to rise among our Madrona K-8 Panther Partners. We welcome involvement from school staff, families, and community members. Our goals are to empower caregivers to find a voice to advocate for all students, to partner in realizing the academic achievement plan, to create community, and to understand and commit to making decisions around equity.

Our board includes our school's Building Leadership Team, as well as the following parent/guardian representatives. The Panther Partners officers (President Scott Houghton, Vice President Christina Brown-Thomas, Treasurer Christina Williams, Secretary Shelley Huestis) are so excited to have someone representing each and every grade this year for the first time ever! Thanks to these folks for getting involved in our school.

- **1st Grade:** Jan Frederick
- **2nd Grade:** Miasara Cuevas
- **3rd Grade:** Liz Petrak
- **4th Grade:** Cerissa Parfait
- **5th Grade:** Kathi Webster
- **6th Grade:** Carmel Jefferson
- **7th Grade:** Andrea Jackson
- **8th Grade:** Shawna Hawk

*Giddens School
paste-up*

*20/20 Cycle
paste-up*

Neighbors Come Out & Play All Over Madrona on Night Out

August 1 was the official Night Out, sponsored by Seattle SPD. It was a beautiful evening and lots of blocks and alleys and corners and street ends became open-air parties as neighbors come out and spend time together. A few highlights:

The folks on **37th between Pike & Pine** had everyone—from two-year olds to grandparents—represented. They set up a table in front of the white house at 37th and Pike that the Kenney's have called home for more than 35 years. The party drew about 35 people, including folks from 36th, further south on 37th, and three other nearby blocks. All the corners of 37th & Pike were represented, as well as two corners of 36th & Pike. A special thanks to Hannah Wallis for her spontaneous face painting.



Savannah Cockrill and Caroline Roy enjoy playing in the street on 35th Avenue, just like their mothers told them to.

Neighbors from blocks away congregated near **35th & Columbia**. The crowd included folks who have lived on the block since the 1960s, and the family that has just moved into The Castle on the corner. Kids zoomed by on bikes and older folks sat back in

lawn chairs fanning themselves in the heat. Huge hand-made Thank You cards for the local mailman and UPS driver were available for people to sign, and everyone went home with a map of

their block complete with photos of each home and the names and telephone numbers of the people who live in them.

The group at **32nd between Pike & Pine** didn't think to take any photos of their event this year. But a good time was had by all and the most important moment of the night was when the neighborhood was introduced to—and adopted—bicycle-accident victim Corina Stoicescu.



*Down at **29th & Denny**, some 40 people at filled the street between Denny & Howell. There were tons of burgers, hot dogs, sidewalk chalk, bubbles and fun. If it's possible, there may actually have been too many cookies and brownies!*



Two tables were heavy with goodies when the neighbors around 37th & Olive turned out in force to chat, chew, and celebrate the summer and each other. Those whose last name starts with A-J brought hot and cold main dishes to the potluck picnic, the K-Q group provided the side dishes, and those lucky R-Z folks heaped on the desserts, from apple crisp to zebra cakes. The only thing sweeter than the food was the camaraderie!

Bubarooni (reduce size in email)

Debra Thompson Harvey
pasteup

*Ben Chotsen
paste-up*

Vérité Coffee Supports Local Filmmaker

Vérité Coffee and Cupcake Royale, located at 34th and Spring, opened for business in Madrona in December of 2003. Since then, their coffee and cupcakes have become neighborhood staples. "Madrona residents really get the idea of neighborhood and coffeehouse, and they care deeply about their community," says Vérité Coffee owner Jody Hall.

Jody is a long-time student of coffeehouse culture—from its origins in Constantinople and its journey to Italy and England where citizens, artists, writers, politicians, and merchants gathered at the coffeehouse to hear the latest news, conduct business, talk politics, and explore the latest literature.

"Supporting the arts and independent expression are core to my coffeehouse vision," says Jody. "That's part of the reason I chose the name Vérité, which means truth in French. It is also a style of true life filmmaking called *cinéma vérité*, which is why we have a Super-8 camera in our logo."

It is that spirit of community involvement that lead Jody to support long-time friend and award-winning documentary filmmaker Sandy Cioffi as she set out to document the impact of oil in the Niger Delta. "Sweet Crude" is true, in the full sense of the word, and it tells a story just like those exchanged for hundreds of year in the community coffee houses of old Europe.

Sandy, who lives in Madrona, just returned from Nigeria where her crew captured on film a story that has never been told before. They documented life in Africa's most populous country where, at the mouth of the Niger River, billions of dollars of crude flow deep below the feet of desperately impoverished people. "Sweet Crude" features families struggling to eat in a land with no more fish, and of people living amidst environmental devastation and under the constant threat of war.

Since their return, Sandy and her crew have been busy putting together their footage and playing the role of diplomat. Although the United States receives 20 percent of its oil from the Niger Delta, most Americans are not aware of the war and destruction occurring there. Currently, Sandy is working with our Senators to raise awareness and to urge our government to quickly seek non-violent political solutions to the region's complex problems. Through her film, she hopes to educate Americans so that we understand how what unfolds in the far away Niger Delta really does affect us all. To get involved or learn more about the project, visit www.sweetcrudethemovie.com or www.Véritécoffee.com.

Edward Jones
paste-up

CD Forum Inspires New Thoughts

The Central District Forum for Arts & Ideas, Seattle's premier organization for African-American art and culture, recently announced its 2006-07 schedule. This season is dedicated to bringing more challenging and engaging performing arts, readings, lectures/discussions, youth programs, and special events that explore the diversity and complexity of African-American culture.

On September 8 and 9, the CD Forum presented the Northwest premiere of Tania Isaac and Cynthia Oliver, two amazing choreographer/dancers. On October 12, it hosts another installment of Which Way Seattle? to address current inequality in the Seattle public school system and how it directly impacts African-American students. *Which Way Seattle?: Inequality in Public Education* will be held at the UW. On November 8 at Seattle University, exiled Kenyan novelist, playwright, poet, and literary critic Ngugi wa Thiong'o presents *Wizards of the Crow*, a masterpiece of traditional African storytelling. On November 16, Keith Knight, creator of the award-winning nationally-syndicated weekly comic strips the K Chronicles and (th)ink brings *Fear of a Black Marker: Underground Cartooning and Activism*, an evening of urgency, edge, humor, satire, politics and race to the Richard Hugo House. On December 7, join a discussion of Nat Turner and John Brown and their legacy of armed resistance in the face of a post 9/11 world called *Patriot or Terrorist? Exploring the Legacy of Nat Turner and John Brown* at Langston Hughes Performing Arts Center.

The events continue into 2007 with the annual Martin Luther King Day People's Celebration on January 15, and Carl Hancock Rux's *No Black Male Show* on February 9 and 10.

The Central District Forum for Arts & Ideas's mission is to present and produce African-American cultural programs that encourage thought and debate for the greater Seattle area. For most events, tickets are \$7 for adults, \$5 for CD Forum members, students, and seniors. For more information, visit www.cdforum.org or call 323-4032.

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Middle Way paste-up

Law for All: Honoring Last Wishes

By Lori K. Rath, Attorney/Mediator

In King County, a new protocol has been put in place to honor individuals' dying wishes in emergency situations. In the past, when emergency medical technicians (EMTs) responded to a call for emergency assistance, their mandate was to save the life of the person through resuscitation—even if the patient was dying from a terminal illness, and sometimes even if the patient had left written instructions that refused life-sustaining measures. Today, EMTs in King County are taking a different approach to treating patients. A new protocol adopted by many King County entities grants EMTs discretion—taking into consideration written and/or verbal instructions from the patient or the patient's family—in deciding whether to perform resuscitative measures. For an interesting article on this change, read "EMTs are Listening to Patients' Dying Wishes" by Carol M. Ostrom, in the May 9, 2006 *Seattle Times*.

King County's revised approach is especially important for elderly folks and people with life-threatening conditions and illnesses. One step that people can take to help ensure that their wishes about life-sustaining treatment are followed is to complete a Physician Orders for Life-Sustaining Treatment (POLST) form. Ask your doctor about the POLST form, and help make sure you get the treatment you desire.

This article is from Rath Law & Mediation News, a quarterly e-newsletter created by Lori Rath, an attorney and mediator with an office in Madrona. To receive the newsletter directly, email lori@rathlawmediation.com.

YMCA
in email

YMCA Phase I Renovation Improvements Near Completion

By Gretchen Ostrick, MMEM YMCA

The Meredith Mathews East Madison (MMEM) YMCA is about to complete Phase I of the capital development plan. Our members have been asking for improvements, and we are proud to say that we have made many. Over the past few weeks only the weight room, circuit training room and group exercise room have been open. Behind closed doors we have installed new basketball hoops, refinished the gymnasium floor, completely renovated our locker rooms, made improvements to the air circulation and pool ventilation system, and painted many areas. We are looking forward to being able to offer members from Madrona and beyond a better and brighter facility very soon. We hope you can join us October 6 for our Renovation Celebration and Open House at 3 pm as we unveil our new look!

The next phase of our capital development plan includes expanding our facility with a new Youth Development Center and family gathering space—new tools to help kids, parents and grandparents develop stronger connections and greater health in spirit, mind, and body. We will keep Madrona informed about these projects scheduled to begin in early 2007.

Our fall programs are just starting and we offer everything from swimming to aerobics to child care. Fall swim lessons for youth and adults run from September 18 to October 28 so register now. Parents of young children should check out our Nurturing Pathways, Creative Dance Programs for baby (birth to 3-years) and a parent; the current session is Sunday afternoons, September 17 through November 12. If your kids are a bit older, consider YMCA Adventure Guides, a program for Dads and their 5- to 9-year-old children. Our after school enrichment program, Kids University, meets Tuesdays and Thursdays from 3:30pm to 6:00pm, with a different fun theme every month. On the last Friday of every month everyone can enjoy our open Film & Float swim at 6:00pm. For more information about our programs, contact the MMEM at 322-6969 or www.meredithmathewsymca.org

And here's an event that's a ways off but you will want to put on your calendar now. On November 5 we are hosting the YMCA/USAPL Northwest Women's Powerlifting Championships. MMEM Executive Director, and Madrona resident Paula Houston is a current World Champion, so join her at this fall's local powerlifting tournament.

Rath Law
in email

Madrona News Reader Survey Results

By *Kim Herber, 35th Avenue*

As the editor of the Madrona News, I always wonder if people in Madrona read this newsletter. So to find out, the summer newsletter included a short survey, which some 60 Madrona News readers took the time to complete and return.

In 2003, I put out a very similar survey and it's interesting to see what has and has not changed. Both times I asked what types of stories people enjoy reading—some or all the time—and got nearly the same results. It seems that everyone likes to hear about neighborhood land use issues (100%) and Madrona history (100%); most (98%) enjoy news from the Madrona Community Council, profiles of neighbors and business owners, notices of upcoming events, status on neighborhood projects, and profiles of people and business owners; and many people (34%) don't read news from neighborhood churches. How you feel about the Neighborhood School News depends, not surprisingly, on whether your kids or grandkids attend a local school. A few folks (6%) don't read the Neighborhood Congrats column, and about as many people read it all the time (49%) as those who read it sometimes (45%). 73% of people find the Community Bulletin Board useful, down from 83% in 2003. The percentage of people who purposely patronize Madrona News advertisers remained at around 85%. Very few people read the newsletter on line at www.madrona.us; but the 57-year Madrona resident who said she looks at the website occasionally made my day!

Your critiques and suggestions were also much the same as in 2003. People don't like it when they get their newsletter and find events on the Bulletin Board that have already happened. Several people said that the newsletter is geared too much to kids and young families, someone said it should be more objective and less "cheerleadery," and one reader lamented the obvious liberal bias.

One thing that did change quite a bit these last three years are some basic demographics. There are just as many long-time residents as before—40% have lived here 20 years or more. Today there are fewer new folks, 30% in 2003 and 20% in 2006 but more who have lived in Madrona between five and twenty years—28% versus 17%. In 2003, 16% of you had a child or grandchild in a neighborhood school; today 25% of you do. Seems to me that once you get established in Madrona, you just don't want to leave!

Another constant is my need for your help to make some changes happen. I depend very heavily on you to send in news tips and write stories. I do most of my newsletter correspondence via email and I know not everyone has that capability. That is probably the main reason the newsletter contains so many kid/family stories; those are the folks who email me! Still, I encourage everyone to submit a story—you can write it in long hand and shove it under my front door like someone did today (Thanks, Mary!) My contact info is on the back page of every issue.

I would also love you long-time Madronans record your neighborhood history stories. Everyone is so curious about what life was like in Madrona "back then," no matter if "back then" for you means 1980, 1950 or 1920. The stories can be about simple things: your best day at Madrona School; the time you got stuck or lost on the trolley; your most interesting neighbor; your adventures in Madrona Woods, or shopping with your mom in downtown Madrona. I wish I had time to offer to do interviews!

Thank you very much for sharing your opinions—and kudos—with me. I am always interested in your thoughts and ideas.

Welcome Babies!

Picture them in their little summer Onesies, squinting against the sunshine, precious as life itself. Congratulations to these growing Madrona families.

- **Sage Carlson Guttman**, son of Gary Carlson and Ilana Guttman, was born September 3, 2006 at 5:39 pm. After a "mere" 1 hour and 13 minutes of labor, he emerged weighing 7lbs, 4oz. The family lives on 29th between Denny and John and Big Sister Mia is extremely excited and doing a terrific job of cuddling with Sage.
- **James Hudson Boland**, first child for Jacqui & Peter Boland, was born on August 18, 2006. He weighed 7lbs, 19oz.
- **Henry Stuart Hart Baird** arrived August 16, 2006 and weighed 7lbs, 6.5oz, and was 20 inches long. He is the first child of Chris Baird and Heather Hart, of 32nd and Union.
- **Wyatt Austin Bare** was joyfully welcomed into the world by parents Todd and Anne Bare of 35th Avenue on July 3, 2006. He arrived weighing 8lbs, 10 oz. and was 21 inches long. He joins Big Sister Dagny, who just started pre-school.
- **Lilah Katherine Conway** was born June 7, 2006. She weighed 8lbs, 11oz. and is an amazing bundle of joy for first time parents Karin Richard and Brad Conway.

The Birth of Red Tricycle

By *Jacqui Boland, 35th Avenue*

After living 10 years in San Francisco, I knew the city inside out—from its restaurants to retail shops. And although I wasn't a mom, I also had in my back pocket a list of great daycare centers, music classes, cool maternity shops and tips gleaned from friends for "when we were ready."

Then my husband Peter and I relocated to Seattle in 2005. I was thrilled to be in another fabulous city but frustrated to not know its best places, plus we were finally "ready" and I needed that back-pocket parenting resource list. To get a jump start, I polled my Seattle friends and we began to exchange tips on neighborhood resources from throughout the city and the Eastside. Of course, I shared what I knew and loved about Madrona.

Through that email exchange, my business partner Molly and I launched, Red Tricycle, a bi-weekly newsletter for Seattle parents. We share information about new products, stores, sales and kid-friendly events, and feature longer articles such as "Best Kids Friendly Coffee Shops in Seattle," on our website. From our initial group of ten friends, our newsletter now has over 4,000 subscribers and our website, www.red-tri.com, receives 10,000 visits a month!

Red Tricycle was built around the understanding that parents want to know what's happening in their city, even if they have little time to find out. They care about trends and being "with it" and that's where Red Tricycle glides in to help. We provide Pint-Sized News for Savvy Grown-Ups.

Over the last two years, I've slowly built-up my Seattle back-pocket parenting list —although it now resides in my laptop and I share it with 4,000 people! And many days I am my own best customer as our first baby, James Hudson, arrived on August 18.

To Your Well-Being: Managing Change

By Kathy Underwood, MSW, LICSW

"Autumn is a second spring when every leaf is a flower. ~Albert Camus

Autumn is a time of changes: the air is crisp, sweaters are buttoned, and leaves must be raked. Seasonally it's a time for us to begin to slow down, but changing pace is difficult in a society with on-going demands and activities. Summer seems hardly over and yet Halloween costumes are on display. Moreover, many of us are reviewing our summer "to do" lists and realizing that we haven't accomplished nearly all we had expected.

It's hard not to feel compelled to act now, especially in our fast-track culture. At this time, the world is revving up with new things: school, football, holidays, transplanting, painting, etc. We feel driven to get moving, despite the slowing effects of the cooler weather. The difficulty here is that we feel we have to act without remembering that Time continues; Time never stops. The dilemma becomes the fine balancing act of time and change.

Change is movement from one stage to another. Change is inevitable but not made without inconvenience. The funny thing about change is that it's always changing, morphing, evolving as we lead our lives. Change is part of everyone's lifelong journey.

For many, change is difficult because of the unknown; even the smallest transition can produce anxiety and stress. One way to manage is to take the event "step by step." Too frequently we go from the beginning to the ending (from A to Z) in one frenetic leap. What is more helpful is to be present with the activity, to delineate the actual process, consciously going from A to B to C. Doing so is one way of becoming patient in the process of change. Taking small steps allows us to be in the "now." Prioritizing the things that need to be done can also reduce anxiety and promote productivity.

How do we address change on the bigger scale? Many therapists promote a three stage approach. The first step is to acknowledge that a change has occurred or that you are engaged in a transition. Perhaps we've experienced a loss or we must do something differently than we have in the past. Acknowledging the change is crucial before moving onward. The next step is usually the most challenging because we have to sit in the unknown in what some call the "neutral zone." This is the time of self-reflection, resource gathering, and communication. Frequently, it takes considerable time for acceptance and self-awareness to occur. But we must accomplish this self-knowledge before moving to the final step—the new beginning, the doing it differently.

Transitions are times to look at our strengths and abilities. One of the key elements to a successful transition is communication so talk with friends, colleagues, family, and children and, be willing to acknowledge when you need the help and support of a professional.

Kathy Underwood, MSW, LICSW, runs a private practice out of the Amara Parenting building at 33rd and Union. She can be reached at 293-8308.

Librarians Speak Out Against Bush

By Kim Herber, 35th Avenue

Recently, a group of Seattle Public Library employees approached their union with a proposed resolution about something much more far-reaching than expanding Library operating hours or limiting patrons' Internet access. The union passed the Resolution, titled *Resolution Condemning the Actions of President George W. Bush and Calling for His Immediate Removal or Resignation from Office*. Two local Librarians then brought the Resolution with them to the American Library Association (ALA) conference this summer, where they met supportive colleagues from around the country. One of the initiators of the Resolution is Lynn Lorenz, Children's Librarian at the Madrona Sally Goldmark Library.

This crusade stuck me as an odd—but interesting—course of action by people who are stereotypically reserved and unassuming. So I contacted Lynn to get her take on the purpose and result of the Resolution. She explained to me that she and a colleague, who kept running into each other at protests, discovered they were both deeply disturbed by the Bush administration's actions regarding war, torture, domestic spying, and a move away from democracy toward theocratic rule. As Librarians they are all about "open access to ideas, protecting people's intellectual freedom, and encouraging critical thinking", so they came together around the need to speak out against the administration's attacks on these very issues and other actions. They wanted to do something that could really make a difference, and go beyond words on paper. "We drafted the Resolution and asked a few co-workers to join with us to introduce it to our Union, Local 2083 of AFSCME," said Lynn. "It was an opportunity to go beyond ourselves and allow others to take meaningful action." The Resolution was passed by a vote of the Union's general membership at one of the most well-attended Union meetings ever.

Their plan to formally present the Resolution at this summer's ALA conference fell through but their attempt stirred up plenty of discussion about US foreign policy and whether Librarians should speak out publicly about political issues. They now hope to share the Resolution at the next ALA Conference here in Seattle in January, and Lynn is more involved in local anti-Bush activities than ever, despite the potential negative impact on her job. "I love working for the Seattle Public Library as a Children's Librarian, especially in Madrona," Lynn said passionately. "But I basically decided that, whatever the consequences, it's worth it to be vocal." She recently spoke on a panel about the Articles of Impeachment hosted by the Center for Constitutional Rights at Elliot Bay Books, and is helping organize a National Day of Mass Resistance called by *World Can't Wait* on October 5. "The stakes of what is happening in society right now are huge," she said. "Many more people will have to step out of their normal lives and make sacrifices to ensure a future worth living on this planet."

Lynn continues her service to Madrona children at the Sally Goldmark Library. To get a copy of the Resolution, email libraryvoices@fastmail.us



Madrona Community

Seattle, Washington

www.Madrona.us
Calendar of Events

- WEDNESDAYS** 10:30am **PRE-SCHOOL STORY TIMES**—Madrona-Sally Goldmark Library, 684-4705
- THURSDAYS** 7:30pm, **AA/ALANON MEETING**—Epiphany Great Hall
- FRIDAYS** 7:30am **MADRONA/LESCHI CITIZENS AGAINST THE WAR**—Quiet demonstration, 23rd & Union

- Sept 22** 11:30am, **Global Visionary Information Lunch**—Galeria Restaurant 611 Broadway E, Chris Fontana 322-9448 or fontanas@global-visionaries.org
- Sept 22** 6:00pm, **Film & Float**—Meredith Mathews East Madison YMCA, call the front desk at 322-6969 to find out what movie is playing!
- Sept 27** **Professional Development Day**—2-hour early dismissal, Madrona K-8, school office 252-3100
- Oct 11** 6:30pm, **Panther Partner (PTSA) Meeting**—Madrona K-8 library, school office 252-3100
- Oct 13** **No School**, Professional Development Day, Seattle Public Schools
- Sept 28** 6:30pm, **East Precinct Crime Prevention Coalition**—2120 S. Jackson, Seattle Vocational Institute, Madrona Crime rep Virginia Sly vsly@msn.com
- Sept 28** 6:30pm-8:30pm, **Genesis House Open House**—621 34th Avenue, tour the facility and meet the staff, Jeff Bott, 328-0881
- Sept 30** 9:00am to noon, **Friends of the Ravine in Madrona (FORM)**—Meet at the bus stop on Madrona Drive next to the Pine Street Pedestrian Bridge, Linda Hanson 322-5554
- Oct 3** 7:15pm, **Madrona Community Council Meeting**—Madrona Playfield shelterhouse, Bill Hanson 322-3450
- Oct 4** 5:30-8:30pm, **Décor on 34th Third Anniversary Gala**—Live jazz and new items for the home, Teresa 324-1283
- Oct 6** 3:00pm, **MMEM Post-Renovation Open House**—Meredith Matthews East Madison YMCA, 322-6969 or www.meredithmathewsymca.org
- Oct 12** 7:00pm, **Which Way Seattle? Inequality in Public Education**—Central District Forum for Arts & Ideas, 323-4032 or www.cdforum.org
- Oct 18** 9:00am-noon, **Homeless Cooking**—St. Clouds Restaurant, 726-1522
- Oct 21** 9:00am-noon, **Madrona Woods Work Party**—Meet at 38th & Marion, Deirdre McCrary jaymccrary@juno.com
- Oct 26** 6:30pm, **East Precinct Crime Prevention Coalition**—2120 S. Jackson, Seattle Vocational Institute, Madrona Crime rep Virginia Sly vsly@msn.com

September

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