



April 2012
Issue No. 242

Madrona's Serial Civic Entrepreneur

After training for academic careers in English at Yale graduate school, David and Joyce Brewster moved west to Madrona to begin their respective jobs at the University of Washington and Seattle University. But David Brewster soon recognized that the words he relished were those of the journalist more than the academic. Further, he had some ideas for Seattle's growth. After writing and editing for the *Seattle Times*, he then worked for the original *Seattle Magazine* in 1969 and 1970. Brewster recounts that the latter was well ahead of its time in sophistication. That factor, combined with interesting writers and editing, hooked Brewster on journalism and tied him to Seattle for good. In the years to follow, Brewster combined wordsmithing with civic action to found, co-found, create, and nurture such varied entities as Sasquatch Books, Seattle Camerata, *Seattle Weekly* and *East-side-week*, Town Hall, and the on-line journal *Crosscut.com*.



David Brewster

Brewster was an editor in television news; became managing editor for *Argus* (which was founded in 1894); started the *Gourmet's Notebook* newsletter, "a private guide to dining"; worked with Madrona publisher Dan Levant on the *Northwest Best Places* editions and further developed the latter at Sasquatch Books; and in 1976 gathered other journalists to found *Seattle Weekly*, where Brewster was the editor and publisher for 21 years.

During those years, Brewster also started Seattle Camerata to feature chamber music in historic sites such as a home, a brewery, or the Museum of Flight. Inspired by the
(continued on page 2)

Council Corner

Controversial issues, planned events, and finances dominated the discussion at the March 6 Madrona Community Council (MCC) meeting. Sarah Westneat and Kevin O'Doherty spoke about the neighborhood matching-fund grants they are pursuing to hire professional landscape and engineering expertise to help create a design for the business corridor on 34th Ave. that will retain the tree-lined look while also preventing sidewalks from buckling.

Those present voted on nominations for awards to be given at Neighborhood Appreciation Day on March 24 at 10:00am in conjunction with student awards given by Madrona K-8. Stacey

Kryman outlined plans for the new Madrona Mayfair Block Party, which will include the traditional children's events in the morning, followed in the afternoon by music, food, crafts, and other retail events sponsored by Business Owners of Madrona. Look for a chance for your child to submit a design for the Mayfair t-shirt, and look for your opportunity to sign up to help Stacey put on a glee-filled morning for children. Sponsorships are still available and volunteers are needed. Please contact Stacey Kryman to help with either at Staceykryman@gmail.com.

Discussion of MCC's finances resulted in some ideas to help its two principal
(continued on page 2)

Meet Stacey Kryman, MCC VP for Special Events

Stacey Kryman, husband Jon, and their two young children moved to Madrona in 2009, taking up residence in a home very near the Madrona Playfield. Proximity to the park convinced Stacey she wanted to play a role in keeping the venue safe, fun, and active, and that motivation led her to attend her first Madrona Community Council (MCC) meeting. After playing a support role for Mayfair in 2010, Stacey moved to leadership later in 2010 when she assumed MCC's role of Vice President for Special Events. In that capacity, Stacey heads
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Stacey Kryman with son Will and daughter Josie

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Brewster... (cont'd from page 1)

vibrant combination of journalists, politicians, and other interesting people who gathered at the former Brasserie Pittsburgh in Pioneer Square, Brewster and longtime collaborator Paul Schell also opened the Mark Tobey Pub under the Alexis Hotel. At the time, Seattle was small enough to gather diverse interests in one spot. For example, on Tuesdays the Tobey table had an invited guest speaker followed by questions that led to lively and wide-ranging conversations that satisfied social as well as work interests. Seattle Camerata and the Mark Tobey Pub had closed by the end of the 1980s, but Brewster stayed busy with *Seattle Weekly* and Sasquatch Books, and started *Eastsideweek*.

Brewster sold his interests in both the weeklies and Sasquatch Books before entering what he referred to as his Walter Mitty phase in 1998 when he started Town Hall (at 8th and Seneca). His driving interest was to work on the intellectual infrastructure of Seattle, fostering an intellectual climate much like Greenwich Village where experimentation, variety, art, and fun combined. At the time he was the head of Seattle Camerata and involved with four and sometimes five musical organizations (such as the Northwest Chamber Organization) that needed performance homes but could not afford to buy or run individual venues. Brewster took the lead of a group that sought a common home for these musical groups. The story of the Town Hall purchase is a long one, taking some nine years and seven offers, but eventually Town Hall became the busy rental and production facility it is today for events that include music, fund raising, speakers, conferences, and parties.

After getting Town Hall into good managerial hands, Brewster was free to do something more and that became the now five-year-old *Crosscut.com*, an on-line publication. Brewster said that *Crosscut.com* provides the “double pleasure of starting something new and being in a new area of journalism.” This nonprofit with the tag line “News of the Great Nearby” draws income from foundations, members, donors, and sponsors. It is nonpartisan, providing broad coverage and multiple points of view on varied topics.

With *Crosscut.com* Brewster is swimming upstream against decline in local ownership of news sources, observing that, with the exception of the *Seattle Times*, almost all other local news sources are in the hands of non-local owners. But Brewster has always believed in a greater Seattle, and his commitment to developing it via journalism and civic activities remains strong.

The Brewsters raised two daughters, both of whom attended Madrona schools, graduated from Garfield High School, and are teachers. Kate teaches high school English composition in Boston and Anne is a reading specialist for Queen Anne's Coe Elementary. Joyce Brewster left academics for a while to raise their girls, worked in development at the Center for Urban Horticulture, and was a writer in the President's Office and in University Relations at UW; she currently writes on contract for the UW.

Council Corner... (cont'd from page 1)

events—Mayfair and *Madrona News*—come closer to being self-supporting. Madrona residents can help by thanking our business advertisers and inviting businesses you patronize to advertise in the *News* and at the Mayfair Playfield event. Enjoy breakfast before the Mayfair parade at Madrona K-8. Buy a child-designed t-shirt, a grilled hot dog, a cookie, and a bottle of water while you watch the excitement mount, or simply donate to the MCC at the event.

Madrona Community Council Meeting *Draft Agenda for April 3rd

7:15pm at Madrona Playfield Shelterhouse. All Welcome!!

- » Neighborhood Appreciation Day review
- » Mayfair update
- » Movie Night proposal, options, volunteers
- » MCC response to e-mail voting
- » Recruiting

*Please be aware that draft agendas can and do change.

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Stacey Kryman... (cont'd from page 1)

Mayfair and also organizes other special MCC events, such as the Halloween party, last fall's MCC wine tasting fund-raiser, and Neighborhood Appreciation Day awards—to name only a few. These events mean lots of behind the scenes work for Stacey and volunteers, but at Mayfair she plays a more visible role when, bullhorn at the ready, she drops the flag on the annual children's bike parade along 34th Avenue from Pike to the Madrona Playfield to kick off the day's events. As you will read elsewhere in this Madrona News issue, Stacey has worked with Business Owners of Madrona and attracted sponsors to the newly branded day-long event now titled Madrona Mayfair Block Party.

In addition to devoting time and energy to MCC activities, Stacey is a freelance brand strategist for advertising agencies. In that capacity she helps clients examine current and desired customers to develop a clear brand message that creative teams then use to produce advertising, whether in the form of television, print, or other media.

Stacey and her family moved to Seattle from Ohio, settling first in Ballard and then in Madrona. She notes that winter Seattle weather is moderate and enjoyable—perfect for all the outdoor activities the Pacific Northwest offers. She has found her rapid involvement with the MCC to be fun, informative, and gratifying. She has met many new neighbors, enjoys seeing familiar faces at the playground and park, and feels attending MCC meetings helps her learn what is happening in the community. Look for Stacey and her bullhorn before the parade on May 12 to say hello and thanks.

Nick of Time Foundation

By Darla Varrenti, 34th Avenue

Nick of Time Foundation (NoTF) recently opened an office in Madrona. This nonprofit works diligently to raise awareness about children's heart health. Its goals are to increase survival from sudden cardiac arrest and to reduce SCA risk in young people through the promotion of healthy hearts. Although heart disease is often perceived as an adult disease, it is the leading cause of death in young, exercising athletes. Nick of Time Foundation programs work to help protect young people and communities via the following programs:

- Free Youth Heart Screenings. Nick of Time Foundation and its partners—UW Medicine and Seattle Children's Hospital—provide free heart screenings at high schools throughout the Puget Sound. Combining strong volunteer support and community collaboration from local fire and medical organizations, this unique program is designed to identify cardiovascular disease that may place the student athlete at risk of sudden death. The best way to detect these conditions is through a heart screening, consisting of a comprehensive family health history survey, an electrocardiogram, and an echocardiogram.
- Awareness Programs. NoTF is working to increase survival

from sudden cardiac arrest, by creating awareness in bystander CPR, encouraging AED training, and stressing the importance of having Automated External Defibrillators (AED) in all public places.

- Heart of Schools Project. NoTF helps to educate school districts and communities about the need for public access defibrillator (PAD) programs by providing site assessment, emergency-preparedness guides, training, and program management for school AEDs.

Free Youth Heart Screenings scheduled for the remainder of the school year are:

- April 4 at Hazen High School in Renton
- May 2 at Roosevelt High School in Seattle
- June 6 at Arlington High School in Arlington

For more information visit:

www.nickoftimefoundation.org/programs/screenings/



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Madrona Blossoms Coming Soon!

By Marie Doyle, 37th Avenue

Welcome Spring! The Madrona Blossoms hanging flower baskets will once again adorn storefronts and street lamps throughout our community. The baskets have been planted and are growing nicely in the greenhouse, so look for their colors in mid-May, just in time for Mother's Day. Neighbors frequently tell us how much they enjoy the beauty and color from May to October (and the holiday wintergreens from November through January).



The lush, colorful flower baskets attract visitors (and photographers), making them want to linger—to shop, dine, play, relax. So they're also good for business, which is why the Blossoms Project is strongly supported by our local restaurants, shops, and businesses—led by the Hi Spot Café's Mike Walker, St. Cloud's John Platt, and Madrona Plaza's Suzanne Sheppard.

If you appreciate the color and vibrancy in our community, we invite you to join local business leaders, and your neighbors, in support of the seventh year of the Madrona Blossoms program. One basket and holiday wintergreen decorations costs \$275 annually to plant and maintain. Consider supporting one or more baskets—as a family, with your friends, or with a group of neighbors.

Use the fund-raising envelope included in this newsletter to send your tax-deductible contribution, made out to Madrona Blossoms Treasurer. If the envelope is missing, mail your check to Madrona Blossoms Treasurer, 1121 37th Ave., Seattle, WA 98122. You can email doylemf@comcast.net or call me at 323-6128 to volunteer today.

Economic Justice Workshop

From the Social Justice Commission at St. Therese Parish

The St. Therese Social Justice Commission invites the community to a two-part event titled "Reclaiming the American Dream." The first workshop is planned for April 24 from 7:00pm to 9:00pm at St. Therese Parish, 3416 E. Marion St. It will be a provocative and inspiring interactive economic justice education workshop presented by Mark McDermott. The evening will close with a discussion of ideas and strategies to reclaim the American Dream. The second part of the workshop will convene on May 1 from 7:00pm to 9:00pm at the same location to continue the discussion on economic-justice issues at a local level and develop avenues for action.

Mark McDermott is a lifelong political activist working for greater economic, social, and racial justice and for peace. He spent many years in the labor movement and has served as a senior executive and policy adviser in state and local government. He is a board member for the Puget Sound Alliance for Retired Americans and the Advisory Committee for the statewide Faith Action Network.

Help Wanted: The Madrona Community Council (MCC) seeks a volunteer to help with the community website found at www.madrona.us. Community Council member Jason Cook has donated his time and knowledge to reformat the website on a Wordpress platform. Going forward, the MCC would like to expand the website and keep it current. If you can volunteer 3-5 hours per month for these purposes, please contact us at madronanews@gmail.com.

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Reflections on Korea Revisited 2011

By Sue Ann Allen, 34th Avenue

The 50th anniversary of the founding of the Peace Corps by President John F. Kennedy took place in 2011. After a 40-year interval between my Peace Corps service to Korea as an English teacher in a girls' middle school on the island of Jeju Do, I recently returned to Korea with my husband, Richard Conlin, as guests of the Korean government. Prior to participating in the official, week-long Korean celebration of the Peace Corps' golden anniversary, we enjoyed opportunities to reconnect with family, friends, students, and co-teachers.

When the Peace Corps left in Korea 1981, it was a developing country. By 1991 Korea transitioned from recipient to donor of foreign assistance and formed its own "Peace Corps." Korea now has an incredibly dynamic economy. Although a lot of the early charm I witnessed 40 years ago is gone, we witnessed a life that is prosperous, comfortable, and convenient for a large middle class.

Meeting up with my former students after a separation of 40 years was heartwarming. These women-- now in their 50s--hosted the unofficial part of the trip. They are professionals, several teaching English at various levels (university, kindergarten, corporate sector) or other subjects (history, anthropology, political thought). In a traditional teahouse one of the students played guitar and we sang traditional Korean songs and songs I'd taught them years ago, accompanied by laughter and tears. It was incredible to hear the students say what an impact I made on their lives.

On the small island of Udo, where I had dived with the famed diving women, we had an amazingly serendipitous adventure. Now the diving women are designated a national treasure, and Udo is a very developed tourist destination. We stopped at a coffee house where the young owner's aunt knew many of the diving women. When I pulled out my album and showed her the 40-year-old pictures, she went to fetch two of the female divers, a 78-year-old and an 83-year-old. When they returned a few minutes later, the excitement and hugs flew around, and we talked for almost an hour. Amazingly, both of these older women still dive!

Another surprising little experience came at the very end of our trip. After a bit of small talk about what we were doing in Korea with our taxi driver on the day we left, he told us how much Korea owed to the US Peace Corps and how much he appreciated what we had done for them. He refused to let us pay for our taxi ride.

I have so many wonderful memories of years past and of this past October's return visit. I offer my thanks to a country and a people who welcomed me in 1970 and welcomed me back in grand style in 2011.

Easter Sunday Church Services, April 8

Epiphany Parish will sponsor many activities this season; see the back page of this issue for full details.

Epiphany Parish Easter Service masses at 1805 38th Ave. are:

- 8:30am
- 11:00am

Madrona Grace Presbyterian Church at 832 32nd Ave:

- Sunday service at 11:00am

St. Therese Parish at 3416 E. Marion

Mass Schedule will be the following hours and feature these choirs:

- 9:00 AM Children's Choir
- 11:00 AM Shades of Praise Gospel Choir
- 5:00 PM Jubilation Gospel Choir

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4/8/2012	Easter—No classes—Services at 8 and 10:30 am
4/15/2012	What is Easter?
4/22/2012	C.S. Lewis; Know Thyself!
4/29/2012	How to Consider the Bible—Part 1
5/6/2012	Hymns We Sing
5/13/2012	How to Consider the Bible—Part 2
5/20/2012	Outreach: Inspired to Serve
5/27/2012	What is Pentecost?

For full course descriptions see
www.epiphanyseattle.org/teaching

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Coyote Central

Young Coyote Central artists are constructing giant silk and bamboo lanterns to be part of "Next 50," the Seattle Center's



celebration of the 50-year anniversary of the 1962 world's fair. When the celebration opens on April 21, the entire glass-ceiling walkway along the Center House will be festooned with bigger-than-life-sized lanterns.

Fifteen young Coyote artists, inspired by public artists Carl Smool and Brent McDonald, are designing and presenting their lanterns to portray their concerns, hopes, and dreams about what the next 50 years might bring. The artists, who range in age from 10 to 18, dedicated their midwinter break to developing their concepts, building bamboo frames, and covering them in silk and rice paper. They now are ready to move to the final stage of applying their artwork to each lantern, and they will be featured in the May *Madrona News*.

Madrona K-8

Upcoming events include:

- April 1. Garden Work Party for every first Sunday of the month from 10:00am to noon. We provide tools; no experience is necessary. Join us as we rejuvenate our butterfly garden and plant veggies for the local homeless shelter. All are welcome. Please contact Rita Scheckler at Rita@5500rpm.com with any questions. Hope to see you there.
- April 4. PTSA Board Meeting 6:00–7:30pm in the school library.
- April 6. Informal Coffee Chat with Principal Thaxton 9:20–10:00am in the school library.
- April 10. Dine Out for Madrona K-8. Make reservations for this annual event that fills neighborhood restaurants with school boosters and neighborhood residents. See the ad in this edition of *Madrona News* to reserve with and thank

participating restaurants.

- **READ BABY READ!** is the title for the Spring Break Reading Challenge which encourages students to spend at least 20 minutes a day reading. The Madrona K-8 reading chant is: You gotta read, baby read. Say What? You gotta read, baby read. OK!

Madrona K-8 continues its commitment to teaching children via integrated learning. Two neighborhood organizations, Spectrum Dance and Green Plate Special, are helping.

- Spectrum Dance is helping middle school students at Madrona K-8 dance their way around the world, specifically from Benin on the West Coast of Africa to Bahia in Brazil. Students learn the history of these two countries by studying the dances that existed there and those that originated in Africa but were brought to Brazil via the slave trade in the 1500s. The students learn that in both cultures dance, song, and music are connected to the everyday lives of the people. Through these art forms they tell their stories of family, spirituality, work, play, overcoming obstacles, and celebrating life. Students learn movement styles and the music and rhythms of both indigenous and African cultures. Then they look at the similarities and differences of both styles and how to dance both to live accompaniment. Finally, they will learn choreography, which they will present in a performance for family and friends June 5 at Madrona K-8.

(continued on next page)

**The Madrona K-8 PTSA and
Business Owners of Madrona invite you to
Dine Out for Madrona K-8
April 10**

**Contact: *Bistro Turkuaz, St.Clouds,
Madrona Eatery and Alehouse, Naam,
Hi-Spot, and Bottlehouse for reservations***

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School News... (cont'd from previous page)


- Green Plate Special is helping Madrona's seventh-grade class learn science and math as they grow and cook food. As spring warms the air, students will be starting plants from seed, planting the starts, and tending them in four beds set aside for the class. You can watch the plants grow at Green Plate Special's site at MLK and Union. There will be signs showing which beds were planted by Madrona K-8 students.

An easy way to support Madrona K-8 is by signing up for eScrip when you use your Safeway Club Card or Bartell's Savings Card to shop at either store. Funds raised help pay for a school nurse, after school enrichment programs, healthy snacks, camp fees for all 5th grade students, scholarships for children who cannot afford field trip fees and so much more.

You can help the PTSA exceed its 2012 goal to add 50 new subscribers by going to <https://secure.escrip.com/jsp/supporter/registration/step1.jsp>. Enter the group name Madrona K-8 PTSA in SEARCH and follow the prompts to register your 11 digit Safeway Club Card and/or Bartell's Savings Card. Then when you shop at either store, 2-4% of your monthly purchases are sent to Madrona K-8's PTSA. It's that simple. Need to get your Safeway Club Card number? Call Customer Service at 1-800-400-7878, 8:00am-5:00pm weekdays.

St. Therese School

St. Therese students are conducting a food drive in April and May. Everything students collect will be donated to St. Mary's Food Bank.



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The School has exciting news to share with the community; details will be forthcoming in this and other media outlets.

Meredith Mathews East Madison YMCA:

- Announces Session B of Itty Bitty Indoor Soccer April 3-24, 11:00-11:45am for children ages 3-5. For information contact Amanda Brown at 322-6969 or abrown@seattleyymca.org. To check costs or register online, visit meredithmathewsymca.org.
- Will hold Healthy: PLAY, LEARN, CONNECT! Day on April 28, 10:00am-1:00pm. Activities include an obstacle course, face painting, Zumba demonstrations, Y program registration and information, Seattle Public Library information about summer reading and other programs, arts and crafts, PAWS, and much more! All activities are free; the community is invited.




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Young Madrona Writes

Longtime educator and Madrona resident Ron Jones suggested some months ago that Madrona News publish occasional submissions from schools to showcase what children are thinking, writing, and doing in school. Ron met with leaders at Madrona schools, and below are submissions from schools that participated this month.

Epiphany School

As part of the third-grade biography unit, Epiphany students research, organize, and synthesize information on a historical figure for written and dramatic presentations. Students' written notes are presented in an accordion-style chronological book about the person being studied. Students also design a museum backdrop of images, then dress in character to represent wax figures. By pressing a button, visitors can bring each biographical figure to life. The student then provides a recital such as the following:



HYPATIA (aka Isabelle Wang, Epiphany class 2014) "Hello, my name is Hypatia and I was born around 370 in Alexandria, Egypt. When I was a child, I was taught by my father. He taught me not the things girls do, but the things boys and men do, like swimming and fishing and all sorts of things. When I was a young woman, I learned mathematics, philosophy, geometry and much more. Soon I was wise enough to

get a scholarship, so I did. Afterward, I knew how to lecture and teach. My nickname is 'The Beloved Teacher' because I was the only woman teacher. Alas, we must part!"

Students Discover Madrona K-8's Link to Nelson Mandela

By Romeo Brown and Michael Ybarra, Madrona K-8 Eighth Grade

In World Geography at the Madrona K-8 school, the eighth grade class studied South Africa, and we focused on the leadership qualities of Nelson Mandela. We learned that Mandela was the first black president of South Africa. After spending 27 years in jail for fighting for equality, he helped change his country and the world. We were happy to hear from our teacher that Mandela had been to Seattle 12 years ago. When we further learned that Mandela had visited our school in 1999 and stood in our library and cafeteria, we became interested to learn more!

A group of us went down to the Seattle School District Archives after school to conduct some research. Did they have more information about his historic visit? We learned they did, and the biggest prize of all was the many photographs of Mandela at our

very own Madrona School.

We then sought out and interviewed former principal Rickie Malone, who met with Mandela that day in 1999. Ms. Malone shared with us that Mandela came to Madrona K-8 to talk to the students about the importance of reading. But also he wanted to learn about a program that Madrona called Team Read. He wanted to duplicate it and take it back to South Africa.

Mandela's trip to Madrona was one of the most historic moments in the school's history. We also learned that a sister school in South Africa existed and that students from Madrona and that school would correspond with each other. One idea we have is to revive that relationship with the school. We feel honored that Mandela visited our school. We enjoyed learning about his accomplishments and his overcoming unbelievable obstacles.



Photo: Madrona Eighth Grade Students/Researchers Romeo Brown, Keilyn Myers, Michael Ybarra, and Emma Hughes.

Valley View School

After reading The Seven Wonders of Sassafras Springs, which chronicles a character's search for the seven wonders of his small Missouri town, Valley View School fourth graders each wrote about a wonder in their own lives. Milo Greenberg wrote this charming piece:

I call it the crab and sting ray vacation. I was in steaming hot San Juan Tonaya, Mexico. We rolled over a rock and got a flat. The tire was switched and we drove three miles on the smallest tire you have ever seen. It was about a foot across. Once we arrived to our hotel, we went to the beach. The beach was very quiet, with only one other family there. As I walked down the dark sand, waves were crashing. I started to walk toward the clear water. I had gotten five steps when I felt a sharp pain on my toe. When I looked I saw a small blue crab. As I leveled my gaze, I saw something surprising. There was a four foot Eagle Ray thrashing about on the beach and they are one of the deadliest rays on earth. So, because the crab made me stop and look at the beach and see the ray's camouflage, I thank that little crab.

St. Therese School Students in Future City Competition

By Sue Park, 35th Avenue

As St. Therese students, we were honored to compete in the Future City national engineering competition. The students who joined Future City had to create a virtual city on the SimCity software, one that would include fuel-efficient and fuel-conserving energy sources. Next, we had to build a model to scale that represented our virtual city. We had to write an informative essay on the environmentally friendly resources of our city. Three students were chosen to participate. We presented our ideas and how we came upon them at the state level. Even though we did not place in the finals, this experience was something we will always remember and cherish.



Photo (left to right): Teacher Ann Jennings; competitors Jess Juanich, Sue Park, Anna Fraser-Philbin, and Monica Monda (alternate); and mentor Michael Redher

Madrona Dining and Sipping Society

By Audrey Seale, 36th Avenue

On March 11 the Madrona Dining and Sipping Society (MDSS) had its first house party. Thirty of us visited the family home of chef Rachael Coyle, who will open her own restaurant, Café Breton, later this year. Chef Rachael prepared a variety of entrée and delicious dessert crepes, to order. Her parents topped off the dinner with French-style hard cider, fresh-shucked oysters, and salad. We had a wonderful time.

All our upcoming events are announced via the MDSS email list. If you aren't on the list yet, here's what you will miss:

- April 11: neighborhood welcome to newcomer Restaurant Bea
- May 17: opening night of music theater piece *The Gurs Zyklus*, by Madrona's own MacArthur-Fellow artist Trimpin at On the Boards, with cocktails and dinner preceding

Taste the newest and best in Madrona-related restaurants with your neighbors in the MDSS. Have dinner, make a friend! To add your name to the email list, contact audreyseale@comcast.net.

Neighborhood News and Notes

Linda Thielke, a public information officer for Metro, writes to say that proposed September No. 2 bus changes definitely will not be part of Metro's service change ordinance being prepared for the King County Council's review. Next steps have not been determined.

In other transportation news, construction begins this April on the First Hill Streetcar, which will travel on Broadway along the west side of Seattle University, providing a vital transportation link between Link Light Rail's transit centers in Pioneer Square, Chinatown International District and Capitol Hill. For more information, visit www.seattlestreetcar.org or for questions contact Seattle.streetcar@seattle.gov or 257-2121.

Dr. Loren Tarr and the team at Madrona Family Dental are committed to their patients and community. Accordingly, everyone in the community is invited to a free oral cancer screening on April 7 from 10:00am to 1:00pm. Oral cancer screening is the best method for early detection and treatment success. Additional details about this event can be found at www.oralcancerfoundation.org.

Madrona News seeks a volunteer to manage the monthly calendar. The job takes 2-3 hours per month and includes preparing the calendar for the print edition, as well as updating the website calendar on a weekly basis. Current calendar editor Nikki Bains will share her knowledge and templates with a new volunteer. For additional information or to volunteer, contact madronanews@gmail.com.

Madrona Wine Merchants continues to display art in their store at 1127 34th Ave. The featured artist from April 4- May 27 is Jessica Dodge whose show is titled "Primavera." She uses a variety of media, including compositions on glass, prints, and studies, to explore gardens and their many inhabitants.

The corner of 23rd Ave. and Union St. is buzzing with new activities. Mediterranean Mix plans to open a second restaurant there, serving a menu similar to that in its Pioneer Square location. Items offered include about two dozen Greek and Mediterranean dishes. According to the *Central District News*, a new restaurant and bar called Neighbor Lady also soon will open in the location vacated by Thompson's Point of View. Decisions about the liquor

(continued on next page)

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Neighborhood News... (cont'd from previous page)

store at 23rd and Union are pending, with bids on the current location due April 7.

Anthony Matlock, winner of the 2004 Madrona MCC Local Hero award, passed away this past month. According to Kim Herber, former editor of the *Madrona News*, "Anthony was a great guy! We worked a lot of the neighborhood BBQs with Sayre Coombs and [Anthony] was the MC for the event a couple of years. He knew tons of people in Madrona and at the BBQ he just walked around with a hand-held mike, chatting with this person and that person, joking and telling stories; I think he was a life-long Madrona resident. He worked at the city for years. For a while he called himself Mr. Graffiti because it was his group who went around and painted out the tags on public buildings." Anthony Matlock will be missed; condolences to family and friends.

Seattle neighborhoods such as Madrona can organize to purchase solar systems at a significant discount. Magnolia, Queen Anne, and Northeast Seattle already have gotten this going already through Solarize Washington, and Madrona could be next if someone can step forward to lead the charge. The initiative has a streamlined process with free residential assessments; take a look at solarizewa.org.

Twenty three percent of Seattle currently has tree canopy, but the city's goal is to reach 30 percent cover by 2037. The Tree Ambassador program could help the city reach that goal with residents empowered to become stewards of the urban forest and serve as resources for their local community. People trained as Tree Ambassadors learn the basics of urban forestry and community organizing and, in teams, develop neighborhood projects, such as tree walks, invasive species removal workdays, and/or tree plantings. The 2011 Tree Ambassador cohort cared for 113 street trees in Capitol Hill, developed a Tree Walk around Greenlake, produced brochures on conifers and ivy, staffed tables at many local neighborhood events, and more. You can learn more about the Tree Ambassador program or apply by visiting www.Seattle.gov/trees. Applications are being accepted through April 16 for teams of two to four people to serve as local neighborhood advocates for urban trees. Individuals may apply, but they would be expected to form a team with people who live close to them. Tree Ambassadors must live in Seattle.

Play Madrona Mutt Matchup

By Andrea Matus-Magee, Randolph Place

Who says people always look like their pets??? To play Mutt Matchup, match the people to their dogs. The answers are on page 14.



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Lizzie



Leslie - 36th Avenue



Scout & Woody



Sandy - 31st Avenue



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The Face of Boxing in the Central District

By Julie Wroble, 36th Avenue

When you think of boxers, what do you picture? *Rocky*? *Raging Bull*? *Million Dollar Baby*? There are many stereotypes about boxers, and Cappy's Gym in the Central Area defies them all.

Cappy's has been a mainstay in my fitness routine for about two years. Several of us on hiatus from a neighborhood Boot Camp class checked out Cappy's for a more structured workout, finding that the high-intensity, diverse workouts met mutual needs for fitness and fun. I combine a few weekly visits to Cappy's with some of my other activities, because I find I am more likely to avoid injuries with varied activities. My core strength and overall fitness have improved, and I feel better and have more endurance when I ski, play soccer, bike, and run.

I see lots of Madrona neighbors at Cappy's--including Lisa Thomas, Michele Catalano, Nguyet Gladney and Rachel Ashby--all of whom have been boxing for years. Rachel worked out through pregnancy--including the day she delivered--and was back in the gym six weeks later. Children also enjoy Cappy's; my own children as well as many of their friends find the kids' classes provide excellent cross-training for soccer and off-season exercise.

These Madrona neighbors find what they seek at Cappy's. I've watched a wide range of neighbors incorporate boxing into their lives. And none of them look like Rocky. For more information, including full class schedules for the 22nd and E. Union St. location, consult www.cappysgym.com.

Fit Tips with NikkFitt

By Nikki Lundin, E. Marion


Many people whom I train tell me that they "can't" do certain exercises. For some, it's running, others don't like to do a workout outside, and I've even had some people tell me they can't do jumping jacks. I'm here to tell you that you can do any type of exercise. Yes, this seems easy when it's on paper, but if you have a goal (fitness related or not) these three steps are definitely the way to get there.

So, let's break it down:

1. Make the choice. For example, you decided you are ready to exercise every day before work. Bam! You made a choice. Now, how will you do it?
2. Take a chance. This is where it gets scary for some. You may have to go to bed earlier so that you can get up earlier. Yes, you're taking a chance and doing something that may seem foreign to you. Remember, it *does* get easier, but you need to be consistent.
3. Make the change. So, you're taking chances, which may be a change for you already, but making the actual change will affect you and those around you. Remember, having a good support system really helps when making changes.

I could go into lots more detail with these three steps, so this is just a start. The challenge, if you decide to commit, is to try these three steps. Maybe not with exercise; maybe it's for a career change or for a better relationship with a family member or close friend. The beauty of these three steps is that they can be used in many different situations. But you need to decide if you are ready to tell yourself you *can!*

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Spectrum Dance Theater to Perform in Madronal Park

Spectrum Dance Theater (SDT) will stage choreographer Donald Byrd's reimagining of the Igor Stravinsky/Alexandre Benois ballet about ill-fated love, *Petruchka*. Performances are scheduled for April 13-15 and 20-22 at the SDT home venue in Madrona Park. Intriguingly, audience members will follow the performance as it moves from one location to another in the park and into the SDT building, moving up a short set of stairs into the building and a long flight of stairs to the studio theater. Parts of the performance will require the audience to stand for short periods of time. Audience members are advised to wear weather-appropriate gear. Although the story takes place in a puppet world, this is definitely not a show for children. Audience members who have mobility issues should call to discuss special arrangements at 325-4161. SDT is located at 800 Lake Washington Boulevard; consult Spectrumdance.org for show details.

Madrona Park's Bike-to-Work-Day Station

By Bridget Quigg, Lake Washington Cottages

Have you ever biked around town on annual Bike to Work Day? The next one is coming up on May 18. You can visit rest stations and collect free snacks and high fives from volunteers. Seeing so many people outside, meeting each other and moving by their own power has always inspired me and strengthened my belief in the health and happiness that biking can bring communities.

That is why four years ago, when the Cascade Bicycle Club introduced do-it-yourself bike stations, I knew I wanted to host one. The stations are meant to give more riders in more parts of Seattle a chance to fuel up and feel appreciated. And I knew exactly where we needed one: Madrona Park. Most of the stations are concentrated on the I-90 and Burke-Gilman trails or close to downtown. Meanwhile hundreds of bikes pass by Madrona Park each day, commuting to and from the south end of town or to the UW campus.

If you're riding along the lake, the only thing that could improve the experience is a quiet rest stop with homemade muffins and fresh coffee. That is exactly what our station offers; it is so peaceful that someone called it the Zen station. Some people just stare

quietly at the lake or the mountains, but most folks are happy to chat about where they are headed. Riders often learn they are neighbors or work nearby one another as they share commuting tips and build friendships.

Over our three years of existence we have become a sleeper hit. Word is getting out. Some people now go out of their way just to enjoy our scenery, great snacks, and company. The Leschi Starbucks has donated coffee every year, and those who volunteer make fresh baked goods or donate juice.

What more could we do? Add music? Spread the word about the station better? Offer Madrona/Leschi bike crafts as presents? Offer basic bike maintenance? I'd love to get kids involved with creating the signs for the cyclists as they pass, and I would love some help getting those signs in the ground that morning. Hollering "free muffins" and "free coffee" at passing cyclists usually gets their attention, but I'd love to have more signs up so they know that they have a bike station coming and can turn safely off the road.

Interested? Please join me on May 18. We will open the station at 6:30am and stay until 9:30am. Even better, let me know in April if you would like to be involved. I'm happy to host a planning meeting at the Leschi Starbucks on or before April 28. For more information or to share ideas, email me at quiggles98@yahoo.com.

Here We Go Again

By Judith Starbuck, Grand Avenue

We've taken a deep breath two years after the completion of the Madrona Park Creek daylighting and decided to tackle the last piece in the restoration of the entire Madrona Woods—1.5 acres in the southeast corner. Volunteers have already started working there, and we have submitted grant applications to raise funds for clearing, planting, and maintenance. We also hope to raise enough to add informational signage to a few sites at the cove and in the Woods and to enhance and make safer the south trail-head entrance across from the dance studio.

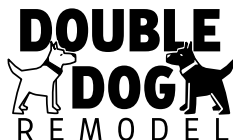
The steering committee has pledged 800 hours as a match for a couple of the grants, but broader community support is important to our grantors, and also to us—to raise our spirits and ease our

(continued on next page)

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Madrona Woods... (cont'd from previous page)

load. If you can pledge volunteer hours between June 2012 and June 2013, let Peter Mason know at peterma5@msn.com. Your hours don't have to be in field labor; you could provide food/drinks for a work party, do trail maintenance or some administrative task. And, money is another way to show community support. Checks can be made out to Friends of Madrona Woods, a 501(C)3 and sent to John Lahti, at 1715 33rd Ave., Seattle, WA, 98122.

Of course there's work to be done right now. Get in the mood at our next work party on April 28. To sign up, go to cedar.greencitypartnerships.org and click on CEDAR. Put in Green Seattle Partnership and select Madrona Park. You can also sign up on paper when you show up to get your gloves and tools at the entrance at Spring Street and Grand Avenue. Check our own newly renovated website for announcements of work parties, as well as for all kinds of interesting information, at www.madronawoods.org. I'm available to give tours or answer questions most any time; contact me at judithstarbuck@msn.com.



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Why Everyone Should Have a Wine Cellar

By Jim Maloney, Madrona Wine Merchants

Wine cellars come in all shapes and bottles, but everyone who loves wine should have one. Otherwise you are at the mercy of whatever you find at the end of the grocery aisle. Here are a few types of cellars:

- The Pantry Cellar. The pantry cellar should be stocked with a versatile range of wines, a dry white like a Sauvignon Blanc or a Muscadet, a fuller-bodied white like a Chardonnay or a Chenin Blanc, and maybe a Riesling. For the reds pick a light-bodied one like a Pinot Noir or a lighter Rioja along with medium bodied wines like a Côte du Rhône, and a couple of hearty reds like a Cabernet Sauvignon or Merlot. Six to eight wines cover most menus. Restock or make changes when you find a new favorite or pick new wines to have on hand.
- The Favorites Cellar. You found a bottle you really enjoyed. Go back and get more--maybe six to twelve bottles--to enjoy again. Whatever amount you buy, plan to drink in the next year so you won't worry about how long it will last.
- The Pairing Cellar. The more one gets into food and wine the more particular one can get in matching the two. You want some Riojas to go with paella, some Bordeaux for steaks and roast beef, some Chianti Classico to go with carbonara, Muscadet for shellfish, and so forth. Vary the wines as you vary your menus.

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Wine Cellar... (cont'd from previous page)

- The Ageing Cellar. The majority of wine gets drunk before it has hit its peak. That is not to say that it won't taste great when drunk young, just that you have missed out on the nuance and complexity that comes with age. Even wines that aren't known for their longevity change with a year or two in the cellar. So put some of your favorites away and drink one every six months or so to experience the differences. Try this with inexpensive wines like Côtes du Rhône, South American Cabernets, and Portuguese reds. The classic ageable wines such as Bordeaux, Burgundy, and Barolo take longer to mature but each can hit a whole new level when allowed to develop over time. If you have the patience, it's worth it.

What you need for a cellar is simple: A cool place with minimal temperature fluctuation—55 degrees is optimal, but anywhere from 50 to 65 is acceptable. Store the bottles on their sides so the wine keeps the corks wet. You also want some humidity, but that isn't really a problem in the Northwest.

Effects of the Dog Craze

By Michael Read, Madrona resident


I sympathize with Kathleen Learned, who, in the March *Madrona News*, complained of owners' disregard for the pollution dogs create. I wonder how many dog owners consider that canine companions add pollution to our environment, often in noise as well as excrement?

I had a dog, but after it got run over by a car on Lake Washington Blvd., I realized a city is not suited to dog ownership, and never owned one again. Since the dog craze hit Seattle about a decade ago, Madrona Park has become the only area where Madrona dog owners can relieve their cooped up canines of inertia and excrement. Despite the leash law, many owners let their dogs run free in the park, for where else can an energetic, four-legged animal enjoy a run? And what of the excrement-filled plastic bags? Do dog owners consider that plastic, a petroleum product, takes millennia to decompose? Meanwhile, trillions of similarly-filled plastic bags pile up in the waste to pollute the soil and, eventually, our groundwater. Disposing of the waste was a problem to one dog owner, who used my empty garbage can for the plastic, excrement-filled bags—I had to place a sign on my garbage can asking the person to desist.

I used to enjoy swimming in Lake Washington, but when warm weather arrives, dog owners naturally like to let their suffering, sweaty animals swim in the lake. I can't help imagining what else the dogs are depositing while in the lake, so I don't swim at Madrona Beach any more. I read a sign at one nearby beach stating it is against the law to let dogs swim in the lake. I suggest that *Madrona News* replace "Mutt Matchup" with a feature that neither celebrates nor encourages dog ownership.

Mutt Match-up Answers: Helen and Lizzie, Leslie and Scout & Woody, Sandy and Kodiak


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MADRONA COMMUNITY CALENDAR

See the Madrona website at www.madrona.us.

WEEKLY RECURRING EVENTS:

- MONDAYS** Tom Bennett and The Rolling Blackouts—Every Monday at St. Clouds. www.tombennettmusic.com
- MON & THURS** 5:50am – 6:50am **Bootcamp Class**—Get up early and get fit! Epiphany Parish Great Hall. Nikki Lundin, www.nikkfitt.com
- 1st & 3rd TUES** 8:00pm **Song Writer's Salon**—A not-so-open mic at Bottlehouse; contact comalrkin@gmail.com for information about performing
- WEDNESDAYS** 4:00pm – 5:00pm **Bible Study**—Epiphany Christie House Library, Epiphany Episcopal, 1805 38th Avenue, 324-2573. www.epiphanyseattle.org
6:00pm – 7:00pm **Spiritual Reading and Prayer**—Madrona Grace Presbyterian Church, 832 32nd Avenue. www.madronachurch.org
- THURSDAYS** 10:00am **All Threads Together**—Join for conversation and knitting, crocheting, needlepoint, etc. Epiphany Library, Deanna Killian, 524-1501
11:00am **Family Story Time**—Bring your preschoolers and toddlers to enjoy stories, rhymes, songs. Madrona Library, 684-4705
6:00pm – 8:00pm **Wine Maker Reception & Free Tasting**—Support our local winemakers at Bottlehouse, 1416 34th Ave www.bottlehouseseattle.com
7:30pm **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573
- FRIDAYS** 7:30am – 8:30am **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker www.kbarker715@comcast.net
- SATURDAYS** 2:00pm – 4:00pm **Free Wine Tasting at Madrona Wine Merchants**—1127 34th Avenue. For more information consult www.MadronaWineMerchants.com
- WEEKENDS** 9:00am – 5:00pm **Donate Used Goods**—Northwest Center Big Blue Truck. Grocery Outlet. www.bigbluetruck.org

- April 3 7:15pm **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelterhouse. Holly Smith, ho2lye@yahoo.com
- April 4 1:00pm–2:00pm **BOOM (Business Owners of Madrona) Meeting**—Amara meeting room. Contact Soni Dave-Schock, madronabusineses@gmail.com
- April 4 7:30pm **Leschi Community Council Meeting**—This meeting will feature designs for the post-viaduct waterfront. Central Area Senior Center, 500 30th S. Diane Snell, jdsnell1@comcast.net
- April 7 9:00am–3:00pm **Neighborhood Work Party for the Leschi Natural Area**—Rain or shine we meet at the Park entrance at 36th Ave. and East Terrace. Gloves and lunch provided. Contact Bunny and Fran Wood 323-2296 or Diane Morris 322-7648
- April 7 10:00am–1:00pm **Free Oral Cancer Screening**—For community members at the office of Dr. Loren Tarr, 3306 E. Spring. Additional details about this event are at www.oralcancerfoundation.org
- April 10 **Evening Dine Out**—Participating Madrona restaurants to benefit Madrona K-8 (see ad in this issue for participant list)
- April 18 9:00am–1:00pm **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
- April 28 10:00am–1:00pm **Friends of Madrona Woods Work Party**—Meet at the toolbox at Spring & Grand, Deirdre McCrary, deirdre_jaymccray@msn.com




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Sunday, April 8 • 8 am & 10:30 am*, Church

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