



January 2012
Issue No. 240

Madrona Community Council News in Review

MCC's stated mission is to be *the voice of our vibrant community, connecting Madrona residents to their neighborhood* through social programs, communication, and monthly meetings, and to speak for the community in larger political and governmental issues. Your community council has worked to uphold its mission by sponsoring neighborhood events such as Mayfair and the Wine Tasting; hosting speakers such as the mayor for his town hall meeting and Seattle police personnel; addressing neighborhood-wide issues; and strengthening ties to Madrona K-8 and the Business Owners of Madrona (BOOM). The MCC has also made a sustained effort to enlist neighbors' involvement and support by recruiting new and expanded membership on the council and increase attendance at monthly meetings. In the course of 2011, the MCC has nearly doubled in size. Further, the MCC produces 10 must-read issues of the *Madrona News*, a popular newsletter that celebrates our unique neighborhood, its residents and businesses, connects neighbors, and gives a real community feel to our corner of Seattle.

In the spirit of list-making that happens at this time of the year, below is a summary of the council's activities in 2011 and their associated costs/income:

- *Madrona News* (annual cost \$17,000)
- Mayfair (\$3,000)
- Garage Sale (yielded \$180)
- Coffee Social prior to MCC monthly meeting (volunteer-supported, no cost)
- Brass Ring Historical Markers (MCC lent its nonprofit status and insurance, and agreed to split the \$150 annual permitting cost with BOOM)
- Halloween (volunteer supported, no cost)
- Wine Tasting (thanks to generous donations from Steve Shulman at Leschi Market, Kevin O'Doherty/Windermere, Naam, St. Cloud's, Bistro Turkuaz, Hi Spot Cafe, and glassybaby, event yielded \$3,000)
- Administer Kraus Bequest for Madrona's Parks (no cost)
- Organize an Emergency Preparedness meeting (in process, likely little cost)
- Maintain Website and Calendar for Neighborhood (\$140/year, donated by Kim Herber; updated design by Jason Cook is in process)
- Serve As Nonprofit Umbrella Organization for Friends of Madrona Woods (no cost)
- Organize Nominations and Selection for Neighborhood Appreciation Day (in conjunction with Madrona K-8, no cost)
- Heating Shelterhouse, Licensing, Insurance (a few hundred dollars)

(continued on page 2)

Council Corner

Madrona Community Council Meeting

January 3, 2012, 7:15pm, Madrona Playfield Shelterhouse

Agenda:

- SDOT / Dave Allen—feedback on tree removal
- Fund-raising and event planning for 2012 – Subcommittee meeting date?
- SNAP emergency preparedness meeting planning – next steps
- *Madrona News* Issues-general discussion – Barbara Parker
- MCC officers' bios printed in *Madrona News*
- Madrona K-8 work party – next steps
- Crime update—tentative
- Other business –

A Different Madrona Christmas

By Sandra Chait, Schubert Place

Just as retired Christmas trees start dotting the January sidewalk, Ethiopian and Eritrean Coptic Christians in Madrona start gearing up for celebrating *their* Christmas on Jan. 7. But don't expect to see sparkles and baubles at local ethnic restaurants or even the exchange of lavish gifts. The Coptic Christmas is not a commercial celebration, but a spiritual one signifying peace and unity.

On the night of the sixth, congregants wearing white and carrying white candles start gathering for prayers at the Orthodox Tewahedo churches, like Saint Gebriel Ethiopian or Debre Genet Kidisti Sellassie Eritrean. Men sit on one side, women on the other. "We pray from 9:00 pm until 2:00 am," explains Germai Tsegai, a member of the Kidisti

(continued on page 2)

In this Issue

- 3 Spectrum Dance Studio
- 4 Seattle Neighborhoods Prepare
- 5 Neighborhood School News
- 6 Proposed Changes to the #2
- 7 Protect Your Home
- 8 Madrona Businesses
- 9 Madrona Woods Palette
- 10 Anxiety Management
- 11 Community Calendar

MCC Year in Review... (cont'd from page 1)

- Madrona Blossoms on 34th from May-October (\$9,000 for baskets and maintenance)
- Wintergreens of lights and greens on 34th Avenue from Nov.-Jan. (\$1,500)

The MCC is an all-volunteer effort and depends upon community financial support to make all of these wonderful things happen. You can donate to MCC through the Paypal link on the website or by sending a check to Casey Losh, treasurer, at 1615 31st Ave, 98122. We'd like to think we're too big to fail!

Different Christmas... (cont'd from page 1)

Sellassie congregation. Incense wafts through the air, bells ring, and the church fills with the sounds of clapping, drumming, and ululations. In the inner sanctum, the priest conducts communion for those who have fasted and purified themselves. Young children, considered innocents, participate too. "I take my four- and-a-half-year-old daughter to communion," Germai adds. At the center of the activity is the , a replica of the tablets in the original Ark of the Covenant.

Following services at St. Gabriel, families partake of traditional spicy meat stews served on *injera* bread that are laid out on a white tablecloth. "Many of the observant have been fasting since after Thanksgiving," Ezra Teshome, a parishioner at the church, explains, depriving themselves of meat for forty days. For the remainder of Christmas Day, families stay home or visit with friends. While no gifts are exchanged, parents sometimes will buy their children new clothes. With the increase of American adoption of East African children, however, new online stores have sprung up to cater to a growing demand for Ethiopian-style gifts, as well as Ethiopian Christmas tree ornaments, though such trees are not featured in Ethiopian culture.

In celebrating Christmas, Ethiopians and Eritreans pay tribute to the three East African magi who brought incense, myrrh, and frankincense from their countries to the stable in which the biblical Jesus is believed to have lain swaddled in a manger. Legend has it that the king bearing frankincense was King Balthazar of Ethiopia.

Long before Christianity spread across Europe, Ethiopian King Ezana in the fourth century CE made Christianity the established church of the Axumite kingdom. The king had been

converted by a Syrian Greek, Frumentius who, with his brother, had been shipwrecked on the Eritrean coast and subsequently brought to the royal court. There he had risen to positions of power and become known as the "Father of Peace" and the "Revealer of Light." Today Coptic Christians still practice their religion as it was in the first Christian Church. Their Coptic calendar, which is based on the Julian calendar rather than Pope Gregory's, consists of 13 months--365 days, with 366 every four years. Ethiopian Coptic Christianity differs from Catholicism and other Christian religions in that it is miaphysite (sometimes called "monophysite"), meaning that Coptics believe in Jesus's "one united" nature. Other Christians follow the doctrine of the Council of Chalcedon which decreed in 451 that Jesus had "two unmixed" natures, one human, the other divine.

Although back home, Socialist governments have reduced the power of the Ethiopian and Eritrean Orthodox Tewahedo churches, here in Seattle the churches provide their refugee and immigrant congregants with the comforting feel of home.



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World Class Dance in Madrona: Spectrum Dance Theater and Donald Byrd

Did you know that Madrona is home base for one of America's most acclaimed and innovative dance companies? And that this



Donald Byrd

professional company of dancers is led by the TONY-nominated choreographer of *The Color Purple* musical?

Spectrum Dance Theater is the dance company and its Artistic Director is choreographer Donald Byrd. He joined Spectrum

in December 2002 and immediately steered the organization into a new and artistically innovative direction.

Donald Byrd became an international sensation when *The Harlem Nutcracker* was first performed in 1996. His reimagining of the classical Russian ballet was heralded as an "instant classic" by the *New York Times* for its mix of jazz and contemporary dance with ballet, as well as for the story, which placed the setting in 1920s Harlem.

Spectrum Dance Theater was founded by Seattle dancers in 1982 to make dance more accessible to diverse communities, putting extra stress on the motto "Dance is for all." In ensuing years, Spectrum Dance Theater became a highly respected dance company and community-based school focused on jazz technique. In the nine years since Donald Byrd took the helm, Spectrum developed further into a formidable contemporary

ballet company, with national auditions, physically demanding choreography, and artistically challenging pieces.

Byrd's impact on Seattle's artistic community was recognized this fall when he was honored with the Mayor's Arts Award. He is a Bessie Award winner, the Academy Award of the dance world. He also received a Tony award nomination for choreography on the Broadway musical *The Color Purple*, and in December 2011 he was honored by an award from United States Artists, a national nonprofit organization dedicated to investing in America's finest artists.


His most recent work with Spectrum includes *The Beast*, an unflinching look at domestic violence that the *Seattle Times* called "Byrd at his most intense and most disciplined... The dancers' limbs are often rigid as the bars of a cage. Actions and rage burst out of them, but never lose clean shape or sharp angularity."

Spectrum Dance Theater's season of performances will continue in February 2012 in a partnership with the 5th Avenue Theatre's production of *Oklahoma!* The show features new choreography by Donald Byrd in a contemporary envisioning of the classic Rodgers and Hammerstein musical. The company will return to its home stage in the historic bath house at Madrona Park on Lake Washington Boulevard for *Petruschka*, a puppet's tale of love and longing, April 12-21.

Until then, keep up with Spectrum schedules and dance classes, and the activities of Byrd and other dancers by checking in at www.spectrumdance.org.

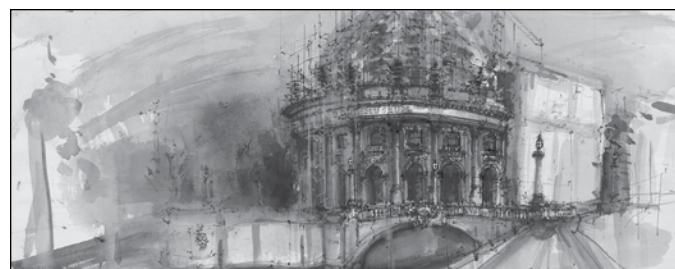
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SNAP: Seattle Neighborhoods Actively Prepare

By Sabrina K. Seward, Grand Avenue

The December 2011 *Madrona News* ran an article on “Navigating Streets and Winter Weather” referencing Take Winter by Storm, a city program used to prepare for weather-related emergencies. The City of Seattle has a complementary program organized as SNAP: Seattle Neighborhoods Actively Prepare. The premise of SNAP is that neighborhoods should be self-sufficient for three days following a major disaster such as an earthquake, when 911 emergency response services typically are unavailable. Neighbors may need to respond to fire, injuries, and leaking natural gas. The first 60 minutes following a disaster are critical to save lives, reduce the severity of injuries, and minimize property damage. For assistance to be timely, organization in advance of an emergency is critical. Prepared neighbors take advantage of skills, resources, and equipment already in the neighborhood to mount an effective disaster response.

The first priority in emergency preparedness is to make sure we as individuals are ready to take care of our own homes and families in the event of a disaster. The second priority is to take care of others. The SNAP program provides step-by-step checklists to prepare a family disaster plan and emergency kit, and set up an out-of-area contact. Neighbors then form a group, ideally 10 to 20 households, with a designated leader who registers as the point of contact with the Seattle Office of Emergency Management (OEM). If you already have a Neighborhood Block Watch program, that’s a good place to start. Neighborhood groups can come together as a larger, stronger community under a hub.

The SNAP program was discussed at the Dec. 6 Madrona Community Council meeting. If there is enough interest within our community, Susan Minogue will coordinate with the City and Madrona K-8 to organize an informational meeting. Please convey your interest within the coming month by contacting Susan at skminogue@yahoo.com. Other resources include disaster preparation materials found at www.seattle.gov/emergency/programs/snap. For information about the Neighborhood Block Watch program, see www.seattle.gov/police/blockwatch/starting.htm.



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New Urban Farm Taking Root in Madrona

by Kiki Gram, MLK & E. Columbia

In December 2005, the house next door to us burned and was later demolished. Since then, the 7,200 square foot lot sat vacant waiting for a use. After seeing the success of the community gardens on E. Union at 22nd and Green Plate Special on Union and MLK Jr Way, we contacted Alleycat Acres, a nonprofit urban farming collective to see if they could use the lot next door. In November the group completed soil tests and signed an agreement with the property owner to start a new farm on the lot at 720 MLK Jr Way between E. Columbia and E. Cherry Streets.

Alleycat Acres has a volunteer base of more than 200 individuals (including Mayor McGinn) who have contributed over 1,500 service hours to their farms and projects. In addition to helping repurpose underutilized land, the organization works to build communities and educate area youth through hands-on gardening. The harvest is shared with volunteers and given to the Central Area Motivation Program on 18th Ave.

For those who would like to be involved with this new garden, an initial meeting is scheduled for Jan. 7 to bring interested parties together and gather ideas for the garden. A ground-breaking party will take place in February. Locations and times for both events will be posted on the Alleycat Acres website at www.alleycatacres.com, where one also can donate to support the garden. I can be reached at kmgram@yahoo.com.



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Madrona K-8

Madrona K-8 would like to thank the community for buying books and supporting the school library fund at the Scholastic Book Fair in early December. Proceeds will be used to create a place that helps kids discover a love of learning through reading.

January offers fantastic opportunities to learn more about Madrona K-8 through school tours and open houses. See the school firsthand, talk to teachers, and meet parents with children at the school. Open houses are Jan. 12 for elementary school and Feb. 8 for middle school; both are 6:30-7:30pm. School tours for all grades will be 9:45-10:30am Jan. 18 and 31 and Feb. 16; all will begin in the library inside the front Madrona K-8 entrance.

And finally, Madrona students are discovering a love of healthy food thanks to a grant that provides fresh, organic produce for snacks. Peaches, pears, and apples are among the foods students eat as they learn the basics about healthy nutrition.

YMCA Offers Kids Pre-School Programs

Parents' Night Out are coming up Jan. 13 and Feb. 10 for children ages 1-10. Parents can drop off their children between the hours of 4:30-8:45pm to enjoy activities that include gym games, story time, board games, arts and crafts, as well as dinner and a movie. Parents also can avail themselves of similar support on Jan. 28 and Feb. 25 from 12:45-4:45pm. Contact Shea Trogdon at strogdon@seattleyymca.org for reservations or details.

The YMCA also offers other pre-school classes including:

Karate for Kids from Jan.5-Feb. 23

* Ages 4-6: 5:15-6:00pm

* Ages 7-11: 6:15-7:00pm

Itty Bitty Sports for ages 3-5

* Jan. 5-26 (Thursdays): 3:00-3:45pm

* Feb. 7-28 (Tuesdays): 11:00-11:45am



Register at the front desk of the Meredith Mathews East Madison YMCA at 1700 23rd Avenue; by telephone at 322-6969; or online at meredithmathewsymca.org.

Preschool Fair

Thanks to the generosity of Garfield Community Center, this fair is free for participating schools and families.

Are you in the market for a preschool? It can be a daunting task to sift through options to find a good fit for families, budgets, and schedules. But Central Seattle Parent Resource (CSPR) is teaming up with Garfield Community Center to make it easier to find the right fit by hosting a Central Seattle Preschool Fair on January 21 from 10:30am-12:30pm.

There will be over 30 local preschool and daycare programs on site. Additionally all schools in the Central Seattle Area are welcome to attend, and can reserve a table at the fair by contacting Emily Wheeler at centralspr@gmail.com. Central Seattle Parent Resource promotes community among parents of children from birth to age five by encouraging social connections that build foundations for long-term civic involvement. Learn more at centralseattleparentresource.com.

 <p>Igniting minds, dreams and faith since 1927</p> <p>Please join us for our Preschool, Pre-K and Kindergarten Information Night Thursday, January 19, 2012, 6:30-8:00 p.m.</p> <p>Catholic Schools Week Open House Preschool to 8th Grade Sunday, January 29, 2012, 12:00-2:00 p.m.</p>	<p>ST. THERESE CATHOLIC SCHOOL</p>  <p>For Info or Tours Contact Gina Purdy 206-324-0460 x117 gpurdy@sttheresesea.org 900 35th Avenue, Seattle, WA 98122</p>
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ALERT! Proposed Metro Changes to the #2 Bus Route

By Harriett Cody, 35th Avenue

Metro Transit plans radical changes to the #2 Madrona bus route. Without citizen input, these changes are scheduled to take effect in Sept. Proposed changes and their effects are as follows:

- First Hill rerouting off central residential Seneca Street would eliminate current stops that service Harvard Market, Seattle Community College, Virginia Mason, Horizon House, and Town Hall. Instead of traveling on Seneca, the rerouted #2 would travel west on Madison Street to the waterfront.
- Proposed termination of the revised #2 at the Washington State Ferry Terminal will eliminate #2 north-bound stops on Third Avenue including current service to Benaroya, the University Light Rail Station, Westlake, Belltown, Seattle Center, and Queen Anne Hill. This means people would have to transfer downtown to get to these locations.

The #2 Madrona bus route is one of the oldest, most-used routes in central Seattle. This route will be effectively decimated by proposed changes. Notice and information about these significant route changes has been poor. For example, no information about proposed changes is available on board #2 buses, and the only public meeting in Central Seattle was hastily scheduled for November 10 with little local publicity. Further, the "Have A Say" link on the Metro website (metro.kingcounty.gov/have-a-say/get-in-the-know/projects/route-information.html) is not user friendly. While the first phase of outreach to gather public feedback ended December 2, there is still time to act to oppose the dramatic #2 route changes.

Metro is still accepting public comments and feedback before proposals for route changes are finalized and presented at a series of community open houses in February, one of which will be held in Central Seattle. Open house dates will be on the website in January, so get these on your calendar (metro.kingcounty.gov/have-a-say/calendar.html). Ridership and productivity on the #2 bus route is very high, and proposed changes will affect a large number of current and future #2 riders. These demographics provide an excellent opportunity to shape Metro decisions as they are weighed and made.

Time is of the essence for spreading the word and getting citizen comments to Metro. Below are my suggestions for doing both:

1. Take the online survey on the website at metro.kingcounty.gov/have-a-say/get-in-the-know/projects/route-information.html. It's lengthy, but it matters and provides valuable demographic information to Metro about your family's use of transit. Fill in as many of the blank comment spaces as you can. Provide your e-mail address at the end to receive notification about every step in the process going forward. If possible, have every member of your household fill in the survey, including regular as well as occasional riders, students, teens, seniors. If you are not a regular

rider, but have relied on #2 to go to Seattle Center events, say so. If you plan to be a more frequent rider after upcoming retirement, say so. Use the Madrona or downtown library to connect if you do not have an internet connection at home.

2. Sign up for Transit Alerts at metro.kingcounty.gov which will provide information about route changes.
3. Watch for information alerts on Madrona Moms.
4. Calendar and plan to attend the February meeting in Central Seattle.
5. Tell other riders and Madrona residents about how these changes will affect the #2 route. Many riders have no idea that proposed changes mean the #2 will not travel on Seneca at all nor go north on 3rd Avenue to the Seattle Center.
6. Tell others how to get involved.
7. Call or e-mail Ashley Deforest, Community Relations Planner, who is responsible for all public input on the #2 route changes. (684-1154 phone, e-mail Ashley.deforest@kingcounty.gov)
8. Communications with King County Council members will come later, but don't hesitate to talk to Larry Gossett, Larry Phillips, and others about proposed #2 bus route changes.

Editor's Note: Metro proposals also would eliminate off peak bus service to Leschi neighbors served by the #27 route along Lakeside Avenue South. According to a Dec. *Leschi News* article by Diane Snell, proposed changes would eliminate off peak services in lower Leschi and to Douglas Truth Library, Odessa Brown Clinic, and Langston Hughes. It would also complicate bus travel for university and community college students as well as the many who live in multi-family units along Yesler. As is true for the #2 route, proposed changes would have greatest effect on the elderly, people with disabilities, and those who have few or no alternatives to bus travel.

Madrona News seeks a volunteer graphic designer who knows print as well as web design. The job requires around 5 hours once a month mostly working with small businesses to put together ads for the newsletter. If interested please email Barbara Parker at madronanews@gmail.com.

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Protect Your Home and Neighborhood in 2012

Seattle Police attended the November MCC meeting, providing details about criminal activities in Madrona as well as advice on how residents can protect their homes. From September to November 2011 there were 22 burglaries in Madrona; in seven there was no forced entry. So be sure all entrances and windows are locked when you leave your house and car. Also keep valuable items out of sight, and set alarm systems that may be in place.

Francisco Tello (francisco.tello@seattle.gov; 684-4730) encouraged Madrona citizens to call 911 to report suspicious activities and also to share information about these activities with neighbors. Some block leaders maintain distribution lists for this purpose, making it possible to share information quickly. Another way to obtain information is to check the City's website where all 911 calls are logged at web5.seattle.gov/mnml/incidentresponse.aspx

Most forced entries occur between 6:00am and 6:00pm. Popular modes of operation are for burglars to knock at a door. If there is an answer, they then ask about a lost pet or ball, or pretend to be a salesperson. The City regulates salespeople with specific requirements, so homeowners can easily establish the veracity of such people. If any of these visits occur, people are asked to observe closely for reporting: remember and describe the person from the top down, look people in the face, and make a visual scan. Also look for and record license plate numbers.

Dumber than Dominique

By Malcolm Harker, 37th Ave.

An unsuccessful break-in into a basement apartment in the 1600 block of 37th Avenue occurred in the past month.

At around the same time, Dominique, a chicken belonging to the basement apartment tenants made a successful attempt to break out of her coop. Dominique returned home after a couple of days on the lam and left an egg on her landlords' porch.

Meanwhile, Seattle police are still looking for the failed burglars. The only description they have is: "dumber than Dominique."

The standard modus operandi for would-be burglars is apparently to

knock on the door to see if anyone is home. If someone comes to the door they'll be asked "does Frank live here?" or something equally lame. If this happens to you, don't hesitate or feel embarrassed about bothering the police - **call 911 immediately**.

Unless you find an egg on your porch.....



That's Dominique on the right - back with her Homegirls.

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Business Owners Look at Madrona

By Barbara Parker, 37th Avenue

Earlier this fall, I asked members of Business Owners of Madrona what brought and kept their businesses in the neighborhood. Among respondents the newest business polled (Madrona Wine Merchants; 2 months), the longest-standing (St. Clouds at 11 years), and those in-between consistently emphasized the friendly atmosphere as a reason to conduct business in Madrona. Also noted is the diversity of the neighborhood and the growing number of businesses that call Madrona home.

Business people observe the friendly nature of Madrona neighbors in many ways. John Platt notes that customers frequently stop to greet neighbors when they enter St. Cloud's Restaurant. Other neighborhood regulars make St. Clouds a stopping place on their way to a party or event, and often return after their event. There are also evening dog walkers who stop for a beverage on the patio; doubtless everyone knows the dogs by name. This friendly quality also is evident during Saturday afternoon tastings at Madrona Wine Merchants when those entering greet those they know and introduce themselves to those they didn't know until then. Soni Dave-Schock and new husband Henri Schock note that they received a warm welcome to Madrona, resulting in relationships that have made many customers a part of their family. Perhaps reflecting the time required to be an entrepreneur, the Bottlehouse owners said they often see their customers more than they see family and friends.

Both Platt and Soni Dave-Schock enjoy the generational nature of Madrona as they witness little ones growing up. Dave-Schock laments that some of their favorite families move to different cities, only to be replaced by another family in the neighborhood. But she notes it is great to be a firsthand witness to the life of a community and how it evolves. Platt similarly enjoys seeing families grow. Mahoney notes he has lived in the neighborhood for over 25 years and also has enjoyed watching it grow and develop without losing its character.

The diverse nature of the community is a high point for the business owners who responded to my queries. Several note that Madrona has a nice balanced demographic with a good mix of young families, older couples, and singles. It also has a blend of economic diversity that helps to support businesses over the long term.

In addition to noting diversity within the community, both Platt

and Mahoney point out differences between Madrona and other neighborhoods. Mahoney said that while he and partner Mark looked at lots of neighborhoods before finding their present Madrona location, they observed that none of the other candidate communities was both vibrant and tight knit like Madrona. Platt observed that unlike other neighborhoods, Madrona neighbors "are humble, with no sense of entitlement. The result is people who are grateful for all that comes their way, and they express that gratitude with humility and joy." Heather Scarce points to another Madrona quality that is especially relevant to her business, Conscious Body Pilates: Madrona neighbors like to maintain their health and are very interested in staying fit.

Platt observes that the business neighborhood has grown a great deal in St. Cloud's 11 years. Milestones he points to include the Bowling Green building that brought many businesses to Madrona, the Madrona Plaza building, and development of many new places that make Madrona a destination neighborhood for restaurant diners. He notes that a recent expansion in retail shops has continued along the block from Union to Spring.

Madrona News Thanks Volunteers

Barbara Parker, Madrona Newsletter Editor

As recorded in earlier issues, the *Madrona News* is produced entirely by volunteers. At the beginning of this new year, particular thanks go to the volunteers "in the trenches" who work behind the scenes to bring this newsletter to you 10 months of the year. Special thanks go to Judson MacLaury who works behind the scenes to copy edit each and every article, making sure that all convey intended messages and conform to *Madrona News* style. Once we have a final paste up, Julie Wroble and Lori Roth proof read the final result. Thanks also go to the many individuals who submit articles, provide tips, and otherwise enhance content for the *Madrona News*. That includes former editor Kim Herber who is a ready source of ideas, forwards many news items, and is always a source of good advice. All of us are very grateful for those businesses and individuals who provide financial support for the *Madrona News* in the form of advertising and donations, and thank you to Casey Losh of the MCC for working hard to build the advertiser base. Finally, we thank you our readers who welcome *Madrona News* into your home.

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Madrona Woods Palette

By Judith Starbuck, Grand Avenue

Madrona Woods is a good place to observe the changing seasons as a native forest presents them. Last month the canopy and forest floor were colored yellow by big leaf maple leaves. This month the canopy is a sketch of its summer self, with dark branches drawn against the sky. The forest floor is a study in browns, and every snowberry bush or hazelnut tree with any carrying capacity is overflowing with large, curling maple leaves. Bracken ferns provide yellow accents until they too turn to brown. Salal, sword ferns, rhododendrons, and evergreen huckleberries add greens. On your winter walk through Devil's Ditch, be sure to notice the little bright-green licorice ferns growing in the moss on the downed maple logs lining the trail at the curve.

A few of the volunteers have begun clearing what we're calling the "Southeast Mess," the wet and infested corner of the Woods bordered by the trail to Washington Boulevard on the east, the houses on the street ends on the south, and the already restored areas up the slope to the west and north. Work parties will likely focus there, and it is possible that we will be able to hire professionals to help with the more difficult slopes. We'll be resuming our regular work parties the fourth Saturday in January. If you'd like to find out when our next work party is, go to www.cedar.greencitypartnerships.org and click on "CEDAR." Enter "Green Seattle Partnership" and select "Madrona Park." You can sign up on the website. You can also check our website for work parties, as well as other information, at www.madronawoods.org or sign up on paper when you show up at the Spring Street entrance to the Woods to get your gloves and tools. I'm available to give tours or answer questions; contact me at judithstarbuck@msn.com.



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Madrona Dining and Sipping Society

By Audrey Seale, 36th Avenue

It was a perfect winter evening dinner for the Madrona Dining and Sipping Society on Dec. 8, beginning with prawns diabla followed by cassoulet and finishing with a dense chocolate dessert. Those were just a few of the choices off the prix fixe menu for the MDSS dinner at Dulce's new location at 1404 Western Ave. Since Dulce's on 34th Ave. was where the MDSS idea was born, it was a lot like coming home to start the holiday month. We had two long tables of neighbors enjoying the food, the company of new friends and neighbors we've known, as well as the spacious, quietly elegant new restaurant. As always, the conversations and unexpected connections added lively reminders of what fun it is to know our neighbors.

Dulce's owner Carlos also arranged another treat from prior days on 34th Ave. by inviting pianist Eric to play during our dinner. Eric was joined by an accordionist, making it very much like a European bistro, not far from home. The reduced rate parking lot across the street solved the parking-downtown dilemma as well.

If you would like to join the MDSS for future events, contact me at audreyseale@gmail.com to join the list. (Note to all MDSSers already on the list: my former qwest.net address no longer gets mail to me.) You will receive an invitation (by pingg.com) to each planned event. I hope to hear from you for these upcoming events:

- January 8, dinner for 24 at Bistro Turkuaz.
- Future event at Restaurant Bea. Chef Tom Black and wife Kate Perry look forward to meeting new neighbors when they open in the former Cremant/June space in mid-February. We will arrange a dinner there as soon after they open as feasible.

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Living Through the Loss of a Beloved Pet

By Diane Dyer, NW 63rd St.

The Animal Caregivers' Support Circle is a service provided by the AHELP Project (Animal Hospice, End-of-Life, and Palliative Care Project).

If you are caregiving for an animal companion that has special needs or has been given a life-limiting diagnosis, or if you are actively grieving the loss of a beloved animal friend, the ASCS is here to support you, offering a safe and caring environment for you to share your journey.

Beginning Jan. 8, we will be meeting in Seattle every second Sunday of the month, 3:00-5:00pm at Great Dog, 11333 Roosevelt Ave NE, 98125.

Drop-ins are welcome. Suggested donation is \$5, but no one will be turned away. Please bring a photo of your pet or a keepsake if you've lost your beloved pet.

AHELP Project is a resource for families whose animals have special needs due to illness, injury, or aging. Our mission is to increase awareness of the caregiving options for our animals. We do so by sponsoring educational and social opportunities for animals' persons and also provide access to veterinary professionals and allied animal service providers. Please join our community! Go to AHELPProject.org or contact michelle@AHELPProject.org.



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Anxiety Management

By Haydn Engelke, Eastern Elements Acupuncture

Recently, I have answered a lot of phone calls asking if acupuncture can treat anxiety disorders. My answer is always yes. Anxiety disorders affect about 40 million American adults age 18 years and older (about 18 percent). In a given year, it affects women twice as frequently as men. In Western medicine, generalized anxiety disorder (GAD) is a psychological and physiological state characterized by excessive, exaggerated anxiety and worry about everyday life events with no obvious reasons for worry. People with symptoms of GAD tend to always expect disaster and can't stop worrying about things such as health, money, family, work, or school. Eventually, the anxiety dominates the person's thinking and interferes with daily functioning.

Traditional Chinese Medicine (TCM) views anxiety not as a brain dysfunction, but more as a dysfunction of inner organs, and sees intimate connections between emotions and organ health. Organs can develop imbalances and dysfunctions due to dietary, environmental, lifestyle, and hereditary factors. By understanding these connections, we can see how anxiety disorder might be due to an imbalance and dysfunction in different organs. Worry, dwelling, or focusing too much on a particular topic are symptoms of a spleen disorder. Lack of enthusiasm and vitality, mental restlessness, depression, insomnia, and despair are symptoms of a heart disorder. Liver-related emotional symptoms are anger, resentment, frustration, irritability, bitterness, and "flying off the handle." With lung disorders, we see more grief, sadness, and detachment. And finally, with an imbalance of the kidneys, a person may be fearful, insecure, aloof, isolated, and lacking in willpower. When there is a disturbance in one or more of these organs from any cause, an imbalanced emotional state can result. Anxiety is divided into different types by Chinese medicine.

For better results from anxiety treatment, I encourage patients to make changes in their lifestyles to help balance their mind, such as studying meditation to learn how to control and relax the mind. Activities such as Taiji, Qigong, and Yoga are excellent mind-body exercises that can improve the ability to control both anxiety and depression. Practicing these arts in conjunction with regular acupuncture treatments will provide the foundation for a positive, medication-free change in an anxiety patient's life.

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MADRONA COMMUNITY CALENDAR

The Madrona website at www.madrona.us allows you to update or add community events to the “Calendar of Events.” Alternatively, send your event in the format below to madronanews@gmail.com by Monday noon for Tuesday additions.

WEEKLY RECURRING EVENTS:

- MONDAYS** **Tom Bennett and The Rolling Blackouts**—Playing 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.nikkifitt.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** 9:00am – 11:00am **Valley School Tours for Prospective Families**—Through February. Reservations required.
The Valley School, 310 30th Ave E, 328-4475
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.bottlehousesseattle.com
7:30pm **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573
- FRIDAYS** 7:30am **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker kbarker715@comcast.net
9:30am – 10:00am **Sing-A-Story**—Ages 1-5, 11/18 and 12/2– 12/30; Madrona Shelterhouse; fees apply. For additional information, consult www.seattle.gov/parks/centers/garfieldcc.htm. (This activity also is offered on Saturday mornings.)
- SATURDAY** 2:00pm – 4:00pm **Free Wine Tasting at Madrona Cellars**—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

Jan **No Meeting Leschi Community Council**—We will meet Feb 1 at 7:30 pm. Central Area Senior Center, 500 30th S. Diane Snell jdsnell1@comcast.net

Jan 3 7:15pm **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelterhouse. Holly Smith, ho2lye@yahoo.com

Jan 6 1:00pm – 2:00pm **BOOM (Business Owners of Madrona) Meeting**—Amara meeting room. Contact Soni Dave-Schock madronabusineses@gmail.com

Jan 7 10:00am – 12:00pm **All-School Open House at Giddens School**. Free childcare for ages 3 and older. Please RSVP at www.giddensschool.org

Jan 7 9:00am – 3:00pm **Neighborhood Work Party for the Leschi Natural Area**—Rain or shine we will meet at the Park entrance at 36th Ave and East Terrace. Gloves and lunch provided for participants. Contact Bunny and Fran Wood 323-2296 or Diane Morris 322-7648

Jan 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

Jan 28 10:00am – 1:00pm **Friends of Madrona Woods Work Party**—Meet at the toolbox at Spring & Grand, Deirdre McCrary deirdre_jaymccray@msn.com

Feb 1 1:00 – 2:00pm **BOOM (Business Owners of Madrona) Meeting**—Amara meeting room. Contact Soni Dave-Schock madronabusineses@gmail.com

Feb 7 7:15pm **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelterhouse. Holly Smith, ho2lye@yahoo.com

January

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February

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Jan 10, 2012 Next MADRONA NEWS DEADLINE

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SHORT SALE VS. FORECLOSURE



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*I often get asked what is the difference between a **Short Sale** and a **Foreclosure**. Here is a brief overview. If you think you are going to have to do either, you may want to call me as soon as possible. I have successfully closed many of these sales.*

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Loan	Foreclosure	Successful Short Sale
Fannie Mae	A homeowner who loses a home to Foreclosure is ineligible for a Fannie Mae backed mortgage for a period of 5 years.	A homeowner who successfully negotiates & closes a short sale will be eligible for a Fannie Mae-backed loan after only 2 years.
Conventional Loan-Late	A homeowner who loses a home to Foreclosure is ineligible for a Fannie Mae backed mortgage for a period of 5 years	2 Years
Conventional Loan –Current		No wait {for Freddie and Fannie– backed loans}- borrower must be current on all obligations, including installment debt.
On any future 1003 application, a prospective borrower will have to answer YES to question C in Section VII of the standard 1003 that asks “Have you had property foreclosed upon or given title or deed in lieu thereof in the last 7 years?” This will affect future rates.		