

# M a d r o n a N E W S

www.madrona.us

November 2008  
Issue No. 208

## Madrona K-8 Students Experience Election History

The students from Madrona K-8 were very excited to spend a few days on Bainbridge Island at Islandwood, a fabulous outdoor learning center. The plan was to study the environment and native species. Instead, their most memorable experience of the trip was watching the 2008 presidential election unfold on TV. Here are a few of their impressions.



When I was at Islandwood we got a wonderful gift to watch the presidential election. That moment when we came back from dinner we turned on the TV to see the election score. People on the screen were screaming and cheering as we looked at the score

Barack Obama won the election 338 to 156. We all sat down to watch his acceptance speech which was truly phenomenal. Then I thought to myself that never in my lifetime to see an African American become President. I truly found out the meaning of change and “yes we can” make a change. - Sky Sawyer

Watching this election was bigger to me than any other thing on TV. Some kids wanted to play but I instead sat there and listened to the first black president Barack Obama. It seemed like everything he said was true, powerful, and outstanding. I just couldn't believe it, the first African American president in the history of the presidency. My

*(continued on page 2)*

## Madrona Community Council President's Corner

By Cynthia Stross, 35<sup>th</sup> Avenue

In the October issue of the *Madrona News*, you likely received an envelope requesting donations for the flower baskets and seasonal decorations that appear in the business district of Madrona. Many people are very busy and likely have not thought very deeply about where the money comes from, and who makes it all happen.

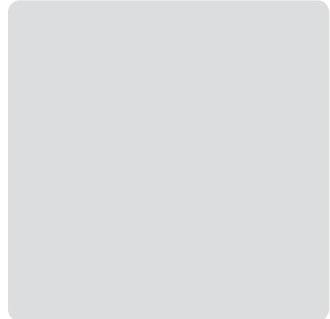
We are fortunate to have volunteers that serve on the Madrona Blossoms Committee and your donations pays the bills. We have enjoyed wonderful support from businesses, real estate agents, and other entrepreneurs. Unfortunately, some of our bigger donors have disappeared over the

years, and the finances of the Madrona Community Council (MCC) dwindle.

We would very much like to support neighborhood beautification and improvement of such areas like the Madrona Woods. We encourage you to consider making the MCC part of your United Way donation, making a direct contribution to the MCC, or finding another way to give. The whole organization is a volunteer effort – and while we are aware that there are many calls for money, and many needs in the world, we hope that you will include the support of your neighborhood in your giving.

## Alkelda the Gleeful

If you had an alter ego, what would her name be? For Madrona's Farida Dowler, it would have to be Alkelda the Gleeful. It's a name that sums up her philosophy about life and gives everyone she meets a preview of who she is. It's also a name that makes children laugh, a sound Farida can never hear enough.



Laughter and fun are Farida's bread and butter and books and music are her life. She was trained as a children's librarian and these days she spends her time performing folktales and songs for kids. Her favorite stories contain fools, tricksters, and unconventional heroes. Her favorite music wraps a solo guitar around the happy voices of children.

Farida often performs at Third Place Books in Ravenna and on December 20 she will

*(continued on page 2)*

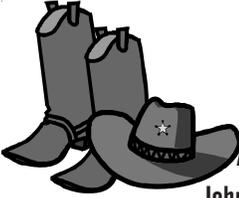
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**Storyteller...** (cont'd from page 1)

be right here in Madrona at the Sally Goldmark Library playing music for preschool aged children and friends. The stories Farida tells are often humorous accounts of how characters with determination and generosity of spirit end up doing well for themselves. Her folksongs invite participation among audience members: "Jenny Jenkins" and "Hop Up Ladies" are recurring favorites.

Farida lives at 27th & Union with her husband Tony and her 5-year old daughter Maddalena. They'll both be "in the house" when she rocks the Madrona library and she hopes you will take a break from serious life and spend a few minutes in the wonderful world of Alkelda the Gleeful.



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**Madrona k-8 ..** (cont'd from page 1)

emotions were that I was excited and that he was a man I could trust in the white house. I just wish I could get next to him and shake his hand and take pictures of him and the family. Just by watching this man I know change has come to AMERICA. This experience has made me believe that I can be anything I want to be. You never know I might be the first black woman president in forty years. YES WE CAN!!!

- Anesha Jackson

I honestly was not very excited about going to Islandwood because I thought that I would miss the election, so I was so happy when I found out that we would be watching it. The presidential campaign has been very long, exciting and nerve-racking for my family and I. Obama winning was important to my family because my parents struggle financially, they take care of my Nana and they worry about being able afford to pay for college. I know Obama will help families who are having a hard time. So when I heard that Obama won the election I was so happy and excited because I know that Obama will make a difference in the world.

- Sophia Ortiz-Williams

It was seven o'clock in the evening, and I was sleepy as all get out. "He won! He won!" Someone yelled from the corner of the couch. "He won!" She screamed again from the top of her lungs. I quietly sat down next to her. "Who won?" I said with the poorest smile ever.

"What do you mean, who won?" she said with a careful grin. "Obama won!"

At that moment the only words that came to mind were "The first African American President elect. It was so complicated. At that moment I really wanted to cry. The only time I cry is when I'm sad this time I was happy so the tears were joyful.

- Ny'il Damis-Salaam

I think that having Barack Obama as the president of the United States will make a huge difference. By the end of his first term I think America will be a lot different by not being as racial and also that people will be more comfortable about being friends with people out of their race. The reason why I think that we've never had a black president before or any other race besides white people is that people that weren't white were afraid because white people ruled the United States of America. I was really happy when I heard that Barack Obama had won. Even though John McCain said some nice things about Barack Obama, I thought our country needed change. One reason why I think we need a change is that other races and cultures need to show that they are brave. I surely will never forget this moment when I found out that Barack Obama won for president of the United States of America.

- Emma Hughes

**Ben Chotzen**  
paste-up

## Epiphany Parish Welcomes Father Conn

By Shannon Polson, 29<sup>th</sup> Avenue

After a three year search, Epiphany Parish, Madrona's neighborhood Episcopal Church, is excited to welcome a new rector! Father Doyt Conn joins Epiphany Thanksgiving weekend, where there will be one 10:00am Sunday service followed by a potluck. He will be officially welcomed, fittingly, on January 6, the feast of the Epiphany. As always, the neighborhood is invited to come and meet Father Conn.

Doyt Conn comes to Seattle from All Saints' Beverly Hills, where he is currently an Associate Rector with primary responsibility for Pastoral Care. Doyt joined All Saints' in the fall of 2003, after graduating from Virginia Theological Seminary that spring with a Master of Divinity.

"My passion is inviting people to be transformed by the love of Christ, through serving and being served by their church family," says Father Conn. "When this happens, people grow in holiness and the body of Christ is more clearly revealed in the world. Pastoral Care is a community vocation, and it is my mission to form and teach groups of people how to live into this community calling."

Doyt received his Bachelors of Science from Northwestern University, Evanston Illinois in 1989. After college Doyt worked as a Project Director for the international relief organization AmeriCares. In 1992 he joined the Hawk Group of Companies in Cleveland, Ohio where he worked as a Director of Corporate Strategy and part of the mergers and acquisition team. In 1997



Doyt and Kristin with Margaret

Doyt received his Masters of Business Administration from Case Western Reserve University. While in Cleveland Doyt also worked as a general manager for Cleveland Steel Container.

Doyt and his wife Kristin met at Northwestern in

1985 and were married in 1994. Kristin is a family physician and currently practices medicine on the eastside of Los Angeles. Doyt, Kristin, and their two children, Margaret and Desmond, are looking forward to getting to know their Madrona neighbors and all of Seattle, their new home town.

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## Report on the Madrona Business District Parking Study

At its November meeting, the Madrona Community Council (MCC) discussed the pros and cons of implementing a residential parking zone (RPZ) in Madrona. The impetus was the results of a parking study conducted by the city last spring. The city surveyed a five-block area of Madrona—from 32<sup>nd</sup> to 35<sup>th</sup> between Pine and Marion—and found that 75% of parking spaces there were full during business hours. This finding means that Madrona qualifies for an RPZ but it will only be put in place if the neighborhood and the people who reside on those streets request it. The RPZ requires residents within the parking zone purchase \$35 permits that allow them to park longer than the hourly limit posted for the area. These permits run on a two-year cycle with each house allowed a maximum of three car-specific permits, plus one for guests.

To help figure out how to proceed, the MCC voted to form an RPZ & Alternatives Parking Committee. The committee shall be made up of concerned neighbors, representatives from Madrona K-8 and St. Therese schools, and members of the Madrona business community. The new RPZ & APC Committee will meet with the Seattle Department of Transportation (SDOT) to explore how to improve residential parking in Madrona with an RPZ and other creative, less bureaucratic solutions. The area of focus is the residential streets surrounding the Madrona Business District.

Several neighbors volunteered to be on the committee and others are welcome to join. To volunteer or give your thoughts, contact Helen Payton at 328-8390 or [Jakosp44@comcast.net](mailto:Jakosp44@comcast.net). The RPZ & APC Committee will report back to the MCC and the broader community with recommendations on how to proceed. To read more about the marking study and its boundaries, see the October Madrona News at [www.madrona.us](http://www.madrona.us)



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## The Little Stream That Could!

By Judith Starbuck, Grand Avenue

This time it's for real! No more excuses. The stream was released in the Madrona Park Ravine on October 24 and reached Lake Washington a couple of days later. It has been growing in quantity and beauty ever since. It no longer takes a huge stretch of the imagination to envision small salmon in the pond west of Lake Washington Blvd.



Come hear for yourself the amazing sounds! Look and listen from the little overlook at the curve on 38<sup>th</sup>, or walk down 38<sup>th</sup> and listen to the splashing where the pipe comes

out of the hillside to drop over the rocks into the ravine. Stop at the 38<sup>th</sup> and Spring bridge to admire, and then walk down to the bridge by the lake. You'll get the views from the other direction as you huff and puff back up the hill.

The next project is building a bridge across the main trail at Spring St. We're getting bids for the footers and hope to re-open the trail in the next couple of months. We'll also do repair and maintenance on the other trails.

Planting and mulching time is now here. Let Deirdre McCrary at [deirdre\\_jaymccrary@msn.com](mailto:deirdre_jaymccrary@msn.com) know if you'd like to be notified by email of our work parties. Typically they're the third Saturday

of each month from 9:00am to 1:00pm, and we meet at the toolbox at the corner of Spring & Grand.

We haven't made as much progress as we'd like on that \$30,000 cash match for our Department of Neighborhoods grant. It's not too late to help. Send a much-appreciated check to Joan Scott, 3700 East Marion St., 98122, or pick up an envelope from the sign at the construction site. Make the check out to Friends of Madrona Woods.

For more information about activities in the Woods and natural area and how to get involved, contact me at [judithstarbuck@msn.com](mailto:judithstarbuck@msn.com) or 322-2640, or visit [www.madronawoods.org](http://www.madronawoods.org).

### We Need a Number Cruncher!

There must be someone in the community who may not want to get his or her hands dirty pulling out ivy and planting plants but would still like to help out the Friends of Madrona Woods by being our treasurer. Joan Scott has done yeoman service these last few years, taking in the money we receive from individuals and various grantors and paying the bills. She's ready to hand over this job—she hopes by the beginning of the year—to someone who will enjoy keeping the Madrona Wood's finances in order.

Now that the main creek construction is finished, there should be less for the treasurer to do, although we're still responsible for maintenance and monitoring for the next three years. Joan would be glad to provide anyone considering this with the details of the job and about how much time to expect to put in. Call her at 324-6468. We guarantee you'll have great people to work with and the satisfaction of helping with this project that we believe is a real asset to our community.



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## Donate Dollars to Local Non-Profits

This time of year, many of us participate in United Way or other fundraising campaigns at work. As you complete your United Way paperwork, remember that you can designate your dollars to ANY 501(c) (3) non-profit organization. Just tell United Way where to send your contribution and they will distribute it to your organization(s) quarterly. Please provide the group's tax ID number on your contribution designation form.

Madrona has many worthy non-profits that would love your ongoing financial support—or an end-of-the-year tax deductible gift. To name a few:

- Amara Parenting & Adoption Services: 91-0577487
- Central Area Senior Center: 91-1156571
- Community Day School Association: 91-0987650
- Coyote Central (formerly Coyote Junior High): 91-1444797
- East Cherry YWCA: 91-0482890
- Epiphany School: 23-7014921
- Genesis House: 91-0874756
- Madrona Community Council: 94-3202136
  - Madrona BBQ
  - *The Madrona News*
  - Friends of Madrona Woods
  - Madrona Blossoms/Wintergreens
- Madrona K-8 PTSA: 91-1229255
- Meredith Matthews East Madison YMCA: 91-0482710
- Neighborhood Cooking Foundation: 20-8957831
- St. Therese School & Parish: 91-0577134

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## Play Madrona Mutt Match-up

*By Shelly Haverkamp, 34<sup>th</sup> Avenue*

Sometimes it seems like everyone in Madrona has a dog. All of these dogs live in our neighborhood. To play Mutt Match-up, pick which dog lives with which owner by drawing a leash to connect them. The answers are on page 9.

### What's the best thing about Thanksgiving?

**Sadie:**



[No answer]

**Gerie:**



Everyone sitting around the table together.

**Eleanor:**



Yip! Yip!

**Elliot:**



It only takes one day.

**Bear:**



Woof!

**Julia:**



I don't have to go to school!

### Madrona Real Estate Recent Home Sales

*Compiled by Jon Hughes, City Life Real Estate*

ADDRESS	BD	BA	SQ. FT.	PRICE \$
717 26th Ave.B	2	2.5	800	292,000
3206 Republican	3	1.75	2480	350,000
327 32nd	3	1	1720	355,000
1518 36th Ave.	5	1.75	2540	560,000
1527 32nd Ave	4	2.5		670,000
1710 37th Ave	4	2.75	2640	975,000
1708 Madrona D.	4	3	2870	1,350,000
712 Lk Wash.	4	4.5	4018	1,650,000
1600 Lk Wash.	4	4.5	3600	4,600,000

Statistics not compiled or published by NWMLS

## Holiday Craft Sales—Gifts Galore!

Wouldn't it be great if you had the time, energy—and talent—to make all your holiday gifts? You could knit cozy custom designed scarves and slippers, hand craft earrings of beads, beach glass and precious stones, and throw useful and colorful mugs. You could paint classic scenes of beauty and create edgy modern multi-media collages. For you could let someone else do the creative work and take the easy route and shop! You don't have to go far to find all kind of hand crafted treasures this year.

### St. Therese Church Christmas in November Craft Sale

November 22 & 23

Kick-off the shopping season in the social hall at St. Therese Church at 936 35<sup>th</sup> Avenue. After the 5:00pm mass on Saturday and after three Sunday masses—9:00am, 11:00am, and 5:00pm—vendors will offer hand-made items from the US and Central America. Find that perfect gift from a selection scarves, jewelry, stationary, soap, card holders, banners and more. A portion of profits from sales go to support the St. Therese Musicians' Fund. A few vendor slots are still open; contact Nancy Buckland at 325-2711 for more information.

### Columbia City Gallery Holiday Gift Shop

December 1- 25, seven days a week

Get your shopping list and head to the Columbia City Gallery's Holiday Gift Shop of small works and contemporary crafts within the gallery. We have invited dozens of delightful Seattle artisans, craftspeople and designers to show their handmade works. Our gift shop features gift items from \$5 to \$500 and will be open through January 18, 2009. This year, everybody can give the gift of art. The gallery is located at 4864 Rainier Avenue South, in the center of Historic Columbia City. For complete schedule of open hours, see [www.ColumbiaCityGallery.com](http://www.ColumbiaCityGallery.com).

### Seward Park Clay Studio Ceramic Sale

December 5-24, weekends 10:00am to 6:00pm, weekdays noon to 7:00pm.

Featuring works by over 40 clay artists, this sale holds something for everyone, ranging from collectibles by well know ceramic artists to unique holiday "stocking suffers." This is also a good opportunity to support a vital part of the local arts community. The clay studio has been in existence for over 30 years, first as a City run Parks Program and now for many years as a non-profit arts program. Shop for amazing holiday presents while supporting one of the Northwest's cultural gems. The opening night party is December 5, from 6:30-9:30, with a \$10 suggested donation. The studio is at 5900 Lake Washington Blvd South in Seward Park. For more information go to [www.sewardparkart.org](http://www.sewardparkart.org) or call 323-3974.

### Pratt Fine Arts Center Holiday Art Sale

December 6 & 7, 11-14, 10:00am-7:00pm

Pratt Fine Arts Center invites holiday shoppers and art enthusiasts to purchase unique artwork at its popular Holiday Art Sale this December. This event features work by over 100 local established and emerging artists in a variety of mediums including glass, jewelry, ceramics, fine art, ceramics, sculpture, painting and print. Much of this art was created in Pratt's own studios. This is an excellent venue to find one-of-a-kind gifts. All proceeds support local artists, and Pratt's classes and programs. Opening Night Celebration is December 5 from 6:00 to 9:00pm; tickets are \$20. Pratt Fine Arts Center, 1902 S. Main St. 328.2200 or [www.pratt.org](http://www.pratt.org).

## Conrow Studio Opens for the Holidays

Bright lights, dazzling jewelry and silk scarves, seductive porcelains and bright Australian birds... are all joined this year by metal sculpture garden art, crows and chickens to delight your garden visitors.

It's Conrow Gallery's annual holiday event, a once-a-year invitation to our neighbors to see the clay-covered studio all cleaned up and ready for a show! For just two weekends, December 5 & 7 and 13 & 14, kicked off with an artists' reception on December 5, Ginny Conrow invites some talented, nationally recognized artist friends to show their newest work at the studio.

This year **Gunter Reimnitz**, whose fanciful bird sculptures brighten any garden, joins the group. **Kate Beck**, transplanted to New Orleans, has sent a beautiful collection of silk and shibori scarves and accessories.

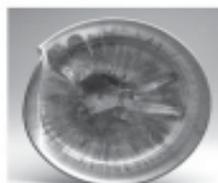
**Susan Goodwin** displays a sparkling collection of earrings and necklaces, crafted with gold and semi-precious stones. Australian potter **Barbi Lock Lee**, who works during the summer months at Conrow's studio, has once again left behind a small collection of brightly painted bowls, vases and pitchers, each with a bright little Australian bird perched on the lip.

**Ginny Conrow's** latest crystalline porcelain, vases and wall pieces, serving pieces and drinking vessels, add an elegant touch to any room. And **Kathy Ackerman's** tapestry bags add great color and texture to the mix.

Join the celebration! Stop by the studio for a chance to meet the artists and visit with your neighbors! Guitarist **Erie Jones** will entertain during the December 5 Friday Night Artists' Reception and opening gala from 4:00 to 9:00pm. Then the sale continues the following two weekends from 10:00am to 5:00pm at Conrow Porcelain, 1429 34th Avenue. Questions? Contact Ginny at 427-1941 or [www.conrowporcelain.com](http://www.conrowporcelain.com).

### CONROW STUDIO

#### Holiday Show & Sale



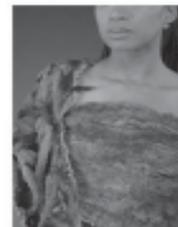
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[www.conrowporcelain.com](http://www.conrowporcelain.com)

## Letter to the Editor:

### Response to an Upset Neighbor

The October *Madrona News* included a story about the Madrona Blossoms project, which decorates downtown Madrona with flower baskets in the spring and evergreen swags in the winter, and a request for donations. Donation envelopes were returned to me and in one I received an anonymous complaint. I was a bit taken aback yet would like to address the writer's concern that this project is a flagrant misuse of money when so many people are "desperate" in the midst of this economic crunch.



Created by Grace Schlitt-Lenz

As I was preparing for our annual Madrona Blossoms fund drive, I did consider that very idea but decided to carry on because of several strong reasons:

1. Donations are optional.
2. The overwhelming majority of neighbors who support the blossoms—either financially or only in their hearts—tell me that it gives them such pleasure to see the flower baskets in spring and summer, and they feel such cheer from the sparkling lights of the ever greens during our dark Seattle winters.
3. Local Madrona shops and offices know that a welcoming façade is good for business, which in turn is also good for the *entire* Madrona community.

The letter writer probably doesn't know that most of the money to support this project comes directly from community businesses. These small businesses are also extremely generous in their support of many community events like the summer BBQ and Mayfair, as well as other broader charities. For example, St.

Clouds, Dulces and the Hi-Spot all participate in monthly "cooking for the homeless" sessions; Executive Conversation has underwritten music and other educational programs at Madrona School, glassybaby donates a percentage of sales to a plethora of cancer-related funds, Décor on 34<sup>th</sup> has provided home furnishings to needy families, and City Life Real Estate's Jon Hughes is a one-man dynamo at Madrona school and in the neighborhood. We can all be proud of our business community—for what it gives back and for what it gives to us: a prosperous, lovely center – within walking distance from our homes. If the letter writer feels that Madrona Blossoms is not the best way to contribute to our community, I accept that choice and ask instead that he/she consider finding another way to give back. Why not volunteer at our local schools, donate to clothes and food drives at our churches, join the Cooking for the Homeless team, attend Madrona Community Council meetings, get involved on a neighborhood committee, or add a little extra on your next Seattle City Light bill for Project Share? Perhaps the anonymous writer would be willing to organize a local food drive?

When I served as chairperson of the Madrona Playfield renovation in 1998, our theme was "Building Common Ground." And the work I continue to do in the neighborhood—that many Madrona "community organizers" do—has that same goal: Keep this neighborhood thriving and welcoming to all, even in the hardest and most trying times.

Yes, the times are hard, more for some than for others. But in tough times it's even more important for us to stand strong together and not abandon the symbols of neighborhood pride we have created within our Peaceable Kingdom. Now is not the time to turn your back on what makes our community so vibrant. When we all do what we can to make our corner of the world better and brighter—through flower baskets or other acts of beauty—we spread light, not dark.

Thank you,  
Marie Doyle, 37<sup>th</sup> Avenue



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## 2008 Madrona Neighborhood Events

The kids' Halloween party was such a success it was spooky!  
Thanks to all who contributed time and treats.

- Jan** Ecumenical Martin Luther King Celebration—Jan 20  
Mount Baker Presbyterian
- Feb/  
Mar** Neighbor Appreciation Day—March 8  
Jon Hughes
- May** Community Garage Sale—May 3  
Kim Herber
- Neighborhood Cleanup—May 10  
Tema Neshoff
- Mayfair Parade & Carnival—May 17  
Paige Smith
- Madrona Blossoms Flower Baskets  
Marie Doyle
- July/  
Aug** Madrona BBQ Festival  
CANCELLED
- Sept** MCC Officer Election—September 2  
MCC Officers
- Oct** Kids' Halloween Party—October 31  
Marina Parascenzo-Brush
- Nov** Winter Greens & Holiday Lights—November 15  
Marie Doyle
- Dec** **Christmas Ships, Bon Fire & Carols at  
Madrona Beach**—Dec. 21 6:35pm-6:55pm  
Shannon Polson—*shannon@polsons.com*

**NEW!**

To get involved, contact these event coordinators or Madrona  
Community Council VP of Events Paige Smith at 225-5821 or  
*paigeinmadrona@hotmail.com*.

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## CD Forum Presents: Afro-Mexico Discussion

The CD Forum is a non profit organization whose mission is to present and produce African-American cultural programs that encourage thought and debate for the greater Seattle area. Our vision is to inspire new thoughts and challenge assumptions about African-American Culture. As part of our on-going American Heritage series of lectures and discussions that offer new perspectives on the role of African-Americans in American history, we are presenting a panel discussion on Afro-Mexico.

The African presence in Mexico is rarely recognized or wildly known. Two hundred years before the United States abolished slavery; a community of free Blacks was established in the 1600s in what is now Veracruz, Mexico. As a result, issues of nationalism, color and race are integral to the discussion of what it means to be Mexican. Join the CD Forum and a panel of experts on December 4 at 7:00pm at the Northwest African American Museum as we discuss historical and contemporary issues of Afromestizo identity.

The moderator for the evening is Ileana M. Rodriguez-Silva, Ph.D, Assistant Professor of Latin American and Caribbean History at the University of Washington. Discussion panelists are Sagrario Cruz Carretero, from the University of Veracruz, and Mexico's leading expert in the investigation of African history in Mexico; **Naomi Andrade Smith**, chef and owner of Villa Victoria/Cafe Mocambo; and Ben Vinson, Director of the Center for Africana Studies at Johns Hopkins University and author of "Bearing Arms for His Majesty: The Free-Colored Militia in Colonial Mexico and Afromexico."

Tickets: \$7 for general admission/\$5 students and seniors. For more information, visit [www.cdforum.org](http://www.cdforum.org) or call 323-4032.

### Mutt Match-up Answers from page 5: Gerie & Bear, Julia & Sadie, Elliot & Eleanor

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## Villa Victoria in Columbia City

Remember those amazing tamales and that tangy/crunchy jicama orange salad? She may be one of the speakers at this CD Forum lecture, but Chef Naomi Andrade Smith hasn't quit her day job cooking. Her tiny take out window in Madrona has expanded and is thriving at its new location in Columbia City at Rainier & Edmunds. Remember the smell? Remember the taste? The short jaunt south is well worth it to say HI to an old Madrona friend and hunker down to enjoy some comfort style Mexican food. [info@villa-victoria.net](mailto:info@villa-victoria.net) 329-1717.

## Madrona Toys for Tots Drive

For the fifth year in a row, Barbara Banon, the local Edward Jones investment representative, is supporting the U.S. Marine Corp Toys for Tots program, and using her office in the Bowling Green building as a drop off location for donations. Madrona residents are encouraged to help needy children by delivering new, unwrapped toys any time during regular business hours from November 24 through December 23.

"With the holiday season around the corner, we are all getting ready for the festivities," says Barbara. "As this is the season of giving, now is a great time to remember the less fortunate in our community."

Edward Jones, which is headquartered in St. Louis, offers clients a variety of investments, and investment advice. Barbara's Madrona office is located at 3304 E. Spring St, across the street from the Madrona Playfield tennis courts and a few doors down from Café Verite. For more info, call the office at 323-0440.

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## A New Look at Variable Annuities

By Matt Roper, 34th Avenue

Is the market keeping you up at night? If so, now might be the time to take a new look at variable annuities (VA). VAs are long-term investment contracts with an insurance company. They are designed to provide retirement income and are recommended for individuals looking to accumulate additional capital for retirement. Within the VA money is invested in sub accounts, which in-turn are invested in portfolios that provide exposure to stock and bond markets.

Most VAs provide a wide selection of investment options within the separate accounts. Earnings grow tax-deferred with no required withdrawals at age 70 ½ like a 401(k) or traditional IRA. In addition, there are no earned income limits so you can contribute any amount up to the policy limit. While these benefits are attractive, I believe the most valuable features are the optional riders available at an extra charge. Here are a few common riders:

- *Step-ups*: allow you to lock-in a higher account value for income as your underlying investments increase. The income is then guaranteed at the new value, regardless of market performance.
- *Guaranteed income for life*: can guarantee a stream of income for your life.
- *Annual bonus*: pay an annual bonus for a specific period of time (assuming no withdrawals).

While VAs offer attractive benefits, they come at a price. Typically, VAs have high internal expenses, which can minimize the benefits of tax deferral. Large surrender charges may also apply if you withdraw money within a specified period of time (typically 3 to 10 years). In addition, withdrawals before age 59 ½ are generally subject to a 10% tax penalty in addition to any gain being taxed in a non-qualified account as ordinary income. And lastly, annuities do not receive a step-up in basis upon your passing, so beneficiaries pay taxes on gains.

Variable annuities are complex contracts that can provide valuable benefits when used appropriately. The key is to ensure they're suitable for your situation, you take advantage of their features, and you integrate them with your overall investment portfolio.

VAs are not FDIC insured and are subject to investment risk, including the possible loss of principal. VAs are sold by prospectus, which may be obtained from the issuing company or your registered representative. The prospectus contains details on investment objectives, risks, fees, charges, and expenses, as well as other information about the investment company, which should be carefully read before investing. Guarantees are based on the claim paying ability of the issuing company.

**Mathew W. Roper** is a Certified Financial Planner™ Practitioner, registered representative of Great American Advisors®, Inc. ("GAA") and investment advisor representative of Shelgren Financial Group, Inc. ("SFG"). He can be reached at 713-1476 or (800) 367 4388, ext. 137.

*Disclaimer: This is not intended as financial, tax, or legal advice. Consult your attorney, financial advisor, or tax advisor for your specific situation.*

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## Look East for Heath: (Wo)Managing Menopause

By Haydn Engelke MSA Lac., 34th Avenue

Menopause is not a disease but a normal physiological transition in a woman's life. Menopause indicates the permanent completion of menstruation and ceasing of reproductive function. It usually occurs between the ages of 48 to 55 years and can take 6 to 12 months to confirm a diagnosis. Many women experience very mild or no symptoms during this time, while others can experience many symptoms of varying degrees. The severity of the discomforts a woman encounters during menopause depends on lifestyle and dietary habits throughout her life.

From a Chinese Medicine perspective, menopausal symptoms are generally due to a decline and weakening of the Kidney Essence in both Yin and Yang aspects. When Yin is more deficient it indicates that there is not enough fluid to nourish the body and too much heat, giving rise to hot symptoms such as thirst, flushes and constipation. When Yang is deficient there is an abundance of fluids and lack of warmth in the body, leading to symptoms such as swelling in the lower legs and frequent urination. It is very common in clinical practice for women to have a combination of Yin and Yang deficiency, causing them to experience any of the symptoms listed below.

- Hot flushes or redness in the face day and/or night
- Excessive sweating, especially with hot flushes
- Insomnia and dream-disturbed sleep
- Menstrual irregularities of heavy bleeding
- Thirst and dry mouth
- Frequent urination and constipation
- Anxiety, restlessness, irritability, depression
- Tiredness and headaches
- Lower back-ache

Chinese Medicine treatment of menopausal problems involves tonifying and balancing the Kidney energy with herbs or acupuncture. After the practitioner has established the individual causes of the menopause symptoms, she can give advice about specific diet, lifestyle and exercise choices that would best support the body. In a general sense, all women can benefit from these dietary:

**Food to increase:** wheat, oats, rice, millet, barley; eggs, dairy in moderate amounts, yogurt, tofu, tempeh, nuts & seeds, aduki; beans, black beans, mung beans, black soy beans, kidney beans, black sesame seeds; pork, chicken, black boned chicken, duck, pigeon, eggs, organic bone marrow; mackerel, sardines, oysters, mussels, clams, cuttlefish, squid, perch; seaweeds, eel, bird's nest soup; zucchini, squash, potatoes, sweet potatoes, melons, string beans, beets; mushrooms; apples, banana, blueberries, black berries, peaches, mulberries, mango, coconut; olive oil, flaxseed oil, almond oil; kelp, spirulina.

**Foods to restrict or avoid:** chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi; coffee, vinegar, pickles, tea; lamb, shrimp, prawns, veal, game birds; citrus fruits; cigarettes, alcohol, recreational stimulants.

If you or someone you know is affected by menopause consider the natural alternative- Acupuncture and Oriental Medicine. To learn more about how Chinese Medicine can help this and other issues, contact me at my Madrona office at 229-5084 or on line at [www.Eastern-Elements.com](http://www.Eastern-Elements.com).

# COMMUNITY CALENDAR

- WEDNESDAYS** 5:45 PM **Weight Watchers Meeting**—Central Area Senior Center in Leschi, 500 30th Ave S. Scott Linford 726 49263.
- WEDNESDAYS** 4:00 PM – 5:00 PM **Bible Study** – Epiphany Christie House Library [www.epiphanyseattle.org](http://www.epiphanyseattle.org)
- THURSDAYS** 7:30 PM **AA/ALANON Meeting**—Epiphany Great Hall. [www.epiphanyseattle.org](http://www.epiphanyseattle.org)
- THURSDAYS** 9:00 AM **Valley School Tours for Prospective Families**—Tours begin November 6 and run through February. Reservations required. The Valley School, 310 30th Avenue East, 328-4475.
- FRIDAYS** 7:30am **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker [kbarker715@comcast.net](mailto:kbarker715@comcast.net).

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- Nov 22 & 23** 5:00 PM – 7:00 PM **St. Therese Church Holiday Craft Sale** – Browse and find unique crafts for the holidays.
- Nov 23** 9:15 AM **Adult Forum: Advent, Season of Waiting, Margaret McGee** - Epiphany Great Hall [www.epiphanyseattle.org](http://www.epiphanyseattle.org).
- Nov 24 – Dec 23** **Toys for Tots** – drop-off location is Barbara Banon’s Edward Jones office in the Bowling Green building, 3304 E. Spring Street, 323.0440.
- Nov 27** 10:00 AM-2:00 PM **Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients ~ Thanksgiving Theme. Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Nov 30** 10:00 AM **Epiphany Parish Welcomes Father Conn** – Potluck to follow service.
- Dec 1 - 25** **Columbia City Gallery Holiday Gift Shop** – Open seven days a week, featuring dozens of Seattle artisans, craftspeople and designers. 4864 Rainer Avenue South, [www.ColumbiaCityGallery.com](http://www.ColumbiaCityGallery.com)
- Dec 2** 7:15pm **Madrona Community Council Meeting**—Madrona Playfield shelterhouse, MCC President Cynthia Stross 860-7640.
- Dec 4** 5:00 PM **Family Game Night**—Bring the whole family for games, snacks, prizes, and fun. Precocious Toys, 34th & Union, 322-9396.
- Dec 4** 7:00 PM **Central District Forum for Arts & Ideas Presents: Afro-Mexico** – Lecture and discussion regarding African-Americans in American History, tickets \$7 General/\$5 Students & Seniors, Northwest African American Museum, 2300 South Massachusetts Street. [www.cdforum.org](http://www.cdforum.org)
- Dec 5** 4:00 PM – 9:00 PM **Conrow Studio Artists Reception**— Ginny Conrow invites some talented, nationally recognized artist friends to show their newest work at her Madrona studio. 1429 34<sup>th</sup> Ave, 427-1941 [www.conrowporcelain.com](http://www.conrowporcelain.com).
- Dec 5** 6:00 PM – 9:00 PM **Pratt Holiday Sale Open Night Celebration** –Join us for a glass of holiday cheer and enjoy the best bargains, finest selection and tastiest appetizers around. Pratts Fine Arts Center, 1902 S. Main Street. Tickets: \$20. 328-2200, [www.pratt.org](http://www.pratt.org)
- Dec 5** 6:30 PM to 9:30 PM **Seward Park Clay Studio Ceramic Sale Opening Night Party** – Featuring works by over 40 clay artists offering collectibles to holiday stocking stuffers! (\$10 suggested donation) 5900 Lake Washington Blvd South. [www.sewardparkart.org](http://www.sewardparkart.org), 323-3974.
- Dec 6** 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients. Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Dec 6 & 7** 4:00 PM – 9:00 PM **Conrow Studio Artists Reception**— Ginny Conrow invites some talented, nationally recognized artist friends to show their newest work at her Madrona studio. 1429 34<sup>th</sup> Ave, 427-1941 [www.conrowporcelain.com](http://www.conrowporcelain.com).
- Dec 6 & 7** 6:30 PM to 9:30 PM **Seward Park Clay Studio Ceramic Sale**– Featuring works by over 40 clay artists offering collectibles to holiday stocking stuffers! 5900 Lake Washington Blvd South. [www.sewardparkart.org](http://www.sewardparkart.org), 323-3974.
- Dec 6 & 7** **Madrona Holiday Celebration** – Visit local Madrona merchants for special discounts, chic shopping, fabulous foods and unique gifts. For participating merchant information contact Ty Nelson, [tyrone@seawellness.com](mailto:tyrone@seawellness.com)
- Dec 7** 9:15 AM **Adult Forum: Advent, Season of Waiting, Margaret McGee** - Epiphany Great Hall [www.epiphanyseattle.org](http://www.epiphanyseattle.org)
- Dec 11** 6:30PAM **Madrona Dining & Sipping Society**—Tentative plan is to meet somewhere we can see the Christmas Ships. Contact Audrey Seale for details & reservations [audreyseale@qwest.net](mailto:audreyseale@qwest.net)
- Dec 11-14** 10:00 AM – 7:00 PM **Pratt Holiday Art Sale** –Featuring the work of local artists in glass, jewelry, fine art, ceramics and sculpture, you are sure to find unique gifts for all of your friends and family. Pratt Fine Arts Center, 1902 S. Main Street. 328-2200, [www.pratt.org](http://www.pratt.org)
- Dec 13** 10:00 AM - 2:00 PM **Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients. Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Dec 13 & 14** 4:00 PM – 9:00 PM **Conrow Studio Artists Reception**— Ginny Conrow invites some talented, nationally recognized artist friends to show their newest work at her Madrona studio. 1429 34<sup>th</sup> Ave, 427-1941 [www.conrowporcelain.com](http://www.conrowporcelain.com),
- Dec 13 & 14** 6:30 PM to 9:30 PM **Seward Park Clay Studio Ceramic Sale**– Featuring works by over 40 clay artists. 5900 Lake Washington Blvd South. [www.sewardparkart.org](http://www.sewardparkart.org), 323-3974.
- Dec 13 & 14** **Madrona Holiday Celebration** – Visit local Madrona merchants for special discounts, chic shopping, fabulous foods and unique gifts. For participating merchants contact Ty Nelson, [tyrone@seawellness.com](mailto:tyrone@seawellness.com)
- Dec 14** 9:15 AM **Adult Forum: Advent, Season of Waiting, Margaret McGee** - Epiphany Great Hall [www.epiphanyseattle.org](http://www.epiphanyseattle.org)
- Dec 17** 9:00 AM - 1:00 PM **Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients ~ Christmas Theme. St. Cloud’s Restaurant, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Dec 19 & 20** **Madrona Holiday Celebration** – visit local Madrona merchants for special discounts, chic shopping, fabulous foods and unique gifts. For participating merchants contact Ty Nelson, [tyrone@seawellness.com](mailto:tyrone@seawellness.com)
- Dec 20** 9:00 AM – 1:00 PM **Friends of Madrona Woods Work Party** — Stream enhancement and planting. Meet at the Spring Street entrance. Deirdre McCrary [deirdre\\_jaymccray@msn.com](mailto:deirdre_jaymccray@msn.com)
- Dec 20 1** 0:00 AM **Musical Storytelling** — Farida Dowler shares folktales & plays music for preschool aged children and friends. Madrona-Sally Goldmark Branch Seattle Public Library, 1134 33<sup>rd</sup> Ave 684-4705
- Dec 20 & 21** 6:30 PM to 9:30 PM **Seward Park Clay Studio Ceramic Sale**– Featuring works by over 40 clay artists 5900 Lake Washington Blvd South. [www.sewardparkart.org](http://www.sewardparkart.org), 323-3974.
- Dec 21** 6:35 PM – 6:55 PM **Argosy Christmas Ships @ Madrona Beach** — Bon fire and Christmas carols on the beach while the Pacific Sound Chorus performs on board. Shannon Polson [shannon@polsons.com](mailto:shannon@polsons.com)

## November

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## December

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**Dec 5, 2008 Next MADRONA NEWS DEADLINE**

**Article Submission:** Contact editor Kim Herber at 325-9923,  
 1522 35th Ave. or send material to [kdh5027@aol.com](mailto:kdh5027@aol.com) and to  
 production editor Christine Bender at [christineb@conversation.com](mailto:christineb@conversation.com).

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

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