

# M a d r o n a N E W S www.madrona.us

December 2008  
Issue No. 209

## St. Clouds Honored as Heroes of the Homeless

If there is one time of the year when most everyone thinks about helping people who don't have enough to eat, it's during the holidays. If we can, we drop a can or two in the donation bucket at the grocery store or send a favorite charity an extra check—or maybe we find ourselves in line for food ourselves this December. Of course, people are hungry every month and it takes dedication and compassion to fight hunger all year round. This month, John Platt and Paul Butler, owners of Madrona's St. Clouds Restaurant and Catering, were recognized for their long standing commitment to feeding those in need. Operation Nightwatch, a Seattle non-profit organization that serves the poor and homeless, named John and Paul the 2008 Heroes of the Homeless. The awards, which were presented by Operation Nightwatch's Pastor Rick Reynolds, include a plaque and two red hero capes!



*(continued on page 2)*

## Madrona Community Council President's Corner

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

The Madrona Community Council (MCC) knows that development news usually interests Madrona neighbors. Very often, we learn of development plans for the first time only after the white board noting a Proposed Land Use Action goes up on a particular property. By that time, an owner has developed a plan and is in the process of permitting with the City. We then have the opportunity to comment on a project that is already in motion. I want you to be aware that we each have the opportunity to proactively influence the future development of our neighborhood through the Central Area Stewardship Committee, and its subcommittee, Land Use, Open Space and Housing.

The City of Seattle plans to develop new neighborhood plans over the course of the next few years. These plans will profoundly impact how each neighborhood develops, and what it looks like in the future. The Central Area Stewardship Committee is already preparing to work with the City to develop neighborhood plan for the Central Area, which includes Madrona.

The City will not be ready to actively participate in the Central Area plan for a couple of years. In the meantime, the Land Use subcommittee is currently working to develop a vision for how we want the

*(continued on page 2)*

## Collage Between the Lines

Madrona artist Irene Mahler spends a lot of time in the studio she created for herself in the daylight basement of her 1920 Craftsman on 37<sup>th</sup> Avenue. It takes awhile to make art the way she does, one layer at a time, a piece of hand-made paper here, a scrap from a vintage photo there. Gradually the collages come alive, ethereal and dreamy.



Irene has lived in Madrona since 1986 and she considers this neighborhood her true home. She raised her family here, attending church at Epiphany and sending her son first to Madrona School and then to Bush School. If the artist is from a place that means her art is from that place too. For Irene that place is Madrona and so she is happy to share some of the work she has created here the past few years with her Madrona friends and neighbors. But you don't have to go down into the basement to see it because during January, Irene's mixed media collages will be featured in a

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## MCC President's Corner... (cont'd from page 1)

Central Area to look, including a vision for Union and Cherry streets, and 34th Avenue. Do you have opinions about zoning, land use and design and how we want Madrona to function from a land use perspective? There are neighbors who have expressed frustration with some of the development in the neighborhood and others who have applauded it. Regardless of your position, this is an opportunity to influence the future.

The Central Area Stewardship Land Use subcommittee generally meets at 6:30 p.m. on the third Monday of the month in the Madrona Playfield shelterhouse. Due to intervening holidays, the next meeting will be on Monday, January 26. You are welcome to attend to learn more or get involved.

## Art Show .. (cont'd from page 1)

solo exhibition entitled *Between the Lines* at Lisa Harris Gallery. The Opening Reception is January 8, from 6:00 to 8:00pm and Irene would love to see some familiar Madrona faces there.

Irene references family history, memory and political events in her richly layered, mixed media collages. She combines vintage photographs, hand-written letters, and other found materials with acrylic painting, interweaving personal and collective histories. Some of the works evoke a personal sense of nostalgia, while others suggest a larger historical context.

Her work has been included in exhibitions at The Nordic Heritage Museum, the Gage Academy, the Coos Bay Museum and the Seattle Art Museum Gallery, as well as in national juried shows in several states. Lisa Harris Gallery, 1922 Pike Place, Seattle, Washington



## Happy Holidays!

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## St. Cloud Heroes... (cont'd from page 1)

Every month, volunteers gather at St Clouds to prepare and deliver meals for 400 people to six homeless shelters, including Tent City, the Men's Inn, and the YWCA Women and Children's Shelter. Under John's supervision, they spend a morning of spirited cooking and good fellowship putting together donated fresh ingredients to prepare a tasty meal that provides an hour of dignity and good food to those who enjoy too little of both in their lives. Many Madrona volunteers—from professional chefs to well-intended stirrers and choppers to suds-loving dishwashers—pitch in. Madrona restaurants Dulces Latin Bistro and The Hi-Spot plus the Madrona-based Neighborhood Cooking Foundation also support the monthly cooking endeavor. Everyone can contribute.

You can learn more about St. Cloud's homeless cooking program at [www.stclouds.com](http://www.stclouds.com). If you're a volunteer and already know how much good this program does, the next time you're in the restaurant, ask to try on a cape!

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*As you do your Christmas shopping, don't forget about all the great gifts and goodies available right here in Madrona. A special thanks to these small business neighbors for taking the time to decorate their windows for Christmas: Dr Stephen Stuehling, DDS, Jon Hughes and the crew at City Life Real Estate, Artranetta Gray of Artradina's Thriftique, and all the gals at decor on 34th. You make Madrona look Mahvelus!*

### Local Christmas Church Services

The staff and parishioners of all three Madrona churches, Madrona Presbyterian, Epiphany Episcopal, and St. Therese Catholic, would like to send wishes for Christmas peace and joy to all of our Madrona neighbors! We want to thank you for sharing so many gifts, big and small, with our community. In 2009, may we all continue to find the joy that there is in giving, sharing with people of every faith, race, language, and way of life, and above all, in the complete giving of ourselves to God. Below are the schedules for holiday services this Christmas season. All are welcome to join us for our celebrations.

**Madrona Presbyterian:** The church is on the corner of 32<sup>nd</sup> Avenue and East Marion Street.

Christmas Eve:  
 • 7:00pm Candlelight Service

**St. Therese Catholic:** There will be several services with live music. The church is on 35<sup>th</sup> Avenue between East Spring and East Marion streets.

Christmas Eve Mass:  
 • 5:00pm Children's Choir and Pageant  
 • 7:00pm Jubilation Gospel Choir  
 • 9:00pm St. Therese Choir (singing begins at 8:30)

Christmas Day Mass:  
 • 10:00am Shades of Praise Gospel Choir

**Epiphany Episcopal:** The church is located on Madrona Drive at 1805 38<sup>th</sup> Avenue.

December 21:  
 • 10:30 am Holy Eucharist and Children's Christmas Pageant

Christmas Eve:  
 • 5:00pm Building the Nativity and Family Eucharist (with childcare)  
 • 9:00pm Festival Eucharist with Chancel Choir and Instruments

Christmas Day:  
 • 9:30am Holy Eucharist (one service only)

**Christmas Ships at Madrona Beach**  
**December 21 6:35 PM – 6:55 PM**  
**Bon fire and Christmas carols on the beach**  
**Pacific Sound Chorus performs on board**

## A Grateful Season in Madrona Woods

By Judith Starbuck, Grand Avenue

Now that the stream is running at full force and the bridge at Spring Street is moving ahead, we're letting up a bit and celebrating our successes. We got a couple of respondents to our request for a new treasurer, and we hope to have an announcement about that in the January *Madrona News*.

But there are still plenty of things to keep us occupied. There are thousands of native plants to put into the banks and edges of the stream and ponds. We got several welcome hands in planting wetland rushes, ferns, and skunk cabbage from members of the UW business fraternity Alpha Kappa Psi at our November work party. This group also helped repair the hazardous spot in the secondary trail going into the woods where Spring St meets Newport Ave, under the very able supervision of Seattle Park's trail guru Jacobo Jimenez. Also, thanks to a city Watershed Climate Action Grant, in early December a team from Earth Corps cleared and planted in the upper ravine near the source of the creek.

Plants will continue to arrive over the next couple of months, and we'll need lots of help getting them into the ground while it's still nice and soggy. Email Deirdre McCrary at [deirdre\\_jaymccrary@msn.com](mailto:deirdre_jaymccrary@msn.com) if you'd like to be notified by email of our work parties. Typically they're the third Saturday of each month from 9:00 a.m. to 1:00 p.m. Meet at the toolbox at the Spring Street entrance—Spring & Grand.

We wish we didn't have to ask for money ever again, but unfortunately we're not to that point yet. We're still much in need of donations for cash match for our Department of Neighborhoods

grant. 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 ways you can get involved, contact me at [judithstarbuck@msn.com](mailto:judithstarbuck@msn.com) or 322-2640, or visit [www.madronawoods.org](http://www.madronawoods.org).



*Cupcake Royale / Verite Coffee founder Jody Hall and damn fine barista Jane Johnson have a sweet time at the Madrona coffee shop's 5th Birthday celebration on December 8.*

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## 2009 Madrona Neighborhood Events

It's a clean slate of activities for the upcoming year! Thanks to everyone who took the lead on an event in 2008, and also to those who baked cookies, blew up balloons, put in a pair of work gloves, sent in a cash donation, painted a face, or showed up at a meeting. It takes lots of energy and ideas to make it all happen. Now is the time to ask yourself: **HOW WILL I BE INVOLVED IN MADRONA IN 2009???**

<b>January</b>	<b>Ecumenical Martin Luther King Celebration</b> —Jan 18th Epiphany Parish
<b>Feb/ Mar</b>	Neighbor Appreciation Day
<b>April</b>	Community Garage Sale
<b>May</b>	Neighborhood Cleanup Mayfair Parade & Carnival Madrona Blossoms Flower Baskets
<b>July/ Aug</b>	Madrona BBQ Festival
<b>September</b>	MCC Officer Election
<b>October</b>	Kids' Halloween Party
<b>November</b>	Winter Greens & Holiday Lights
<b>December</b>	Christmas Ships, Bon Fire & Carols at Madrona Beach

To get involved, contact these event coordinators or Madrona Community Council VP of Events Paige Smith at 225-5821 or [paigeinmadrona@hotmail.com](mailto:paigeinmadrona@hotmail.com)

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## Play Madrona Mutt Match-up

By Shelly Haverkamp, 30<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 7.

### What is your New Year's resolution?



**Mr. Brown**

To get more ear-scratches.



**Andrew**

To spend more time with family & in the neighborhood.



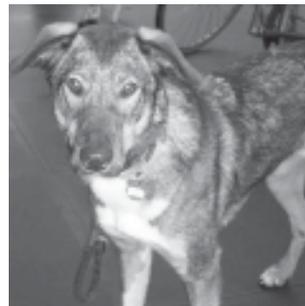
**Bingo**

To learn to fetch.



**Larry**

To travel with my brother.



**Fitroy**

To chew more bones.



**Marcie:**

To stay within budget.

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## Look East for Health: Dealing with IBS

By Haydn Engelke MSA Lac, 34<sup>th</sup> Avenue

Have you ever experienced alternating constipation and diarrhea, abdominal bloating, excessive gas and pain, usually as a reaction to stress? Other general symptoms may include heartburn, fatigue, headache, faintness, back pain, palpitations, and weakness. If you find yourself nodding your head, join the estimated 20 million Americans who suffer from IBS or Irritable Bowel Syndrome.

Irritable Bowel Syndrome (IBS) is a functional motility illness of the small and large intestines. Causative and aggravating factors surrounding the disorder include diet, food allergies, medication, hormones or, especially, emotional stresses such as depression, hysteria, obsessive-compulsive traits, and anxiety. IBS affects three times as many women as men, and the onset of the symptoms usually occur between the ages of 20-40.

According to Chinese Medicine, IBS is a disharmony between several organ systems, primarily the Liver and Spleen. The Liver is responsible for the smooth flow of substances throughout the body. This flow can be upset by emotions or stress, causing stagnation of Qi (energy) or blood. Traditional Chinese medicine associates the Spleen with digestion and transforming food into energy (Qi and blood). The Spleen can be weakened by a number of factors, including overeating unhealthy foods, overwork, too much worry, fatigue, and lack of exercise. When the Spleen is weak and the Liver is not moving smoothly, the Liver overacts and can manifest as symptoms of IBS.

Many in my private practice suffer from this syndrome and benefit from a combination of Acupuncture, Chinese Herbal Medicine, and dietary and lifestyle changes. Treatment focuses on addressing the disharmony within the body, and mitigating the causative and aggravating factors. To learn more about how Chinese Medicine can help this and other health issues, contact me at my Madrona office at 229-5084 or on line at [www.Eastern-Elements.com](http://www.Eastern-Elements.com).

## Law for All: Online Resource for Caregivers

By Lori Rath, Estate Planning,  
Trusts & Probate Attorney

Many people serve as caregivers for elderly or ill family members and friends. Although the caregiver's work is extremely important, it is usually also extraordinarily challenging and stressful. The challenges and stresses become even greater when a caregiver lacks his or her own support and resources. Thankfully, the internet offers a wide variety of helpful resources for caregivers, and one such website – [www.MyCareCommunity.org](http://www.MyCareCommunity.org) – is based right here in Madrona!

[MyCareCommunity.org](http://www.MyCareCommunity.org) offers many resources for caregivers, including discussion forums and blogs on a variety of topics, ways for caregivers to create their own blogs and post update information about their loved one, a “virtual support group” for caregivers, scheduling tools, and an “ask the expert” page that offers professional advice from medical, legal, pharmaceutical, and social work professionals. I am currently serving as the “legal expert” on the [www.MyCareCommunity.org](http://www.MyCareCommunity.org).

The site's sponsor is Enclara Health, a healthcare resource organization based in California, and the site was developed with funds from a grant from the National Cancer Institute, which is part of the National Institute of Health. The NIH grant was awarded to Talaria, Inc, a healthcare technology company located right here on 34th Avenue where the Scottish Tea Shop used to be. Talaria developed the website and continues to manage it.

This site is a worthwhile resource for caregivers. If you have any questions about planning your estate or how to administer the estate or trust of a loved one who has passed away, contact me at Rath Law and Mediation, 382-2573 or [lori@rathlawmediation.com](mailto:lori@rathlawmediation.com).



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## Thinking Big Inside a Small Box

By Ron Rubin

As a traveler walking through some of my favorite places, like Bangkok and Amsterdam, I fell in love with the uniqueness of the sidewalk cafes and small shops. I found myself constantly snapping photos and soon realized that I was so intrigued with these spaces because they represent a

certain individuality and character. Contrary to the American perspective which is dominated by "Big Box"



retailers, I set out to bring this "Small Box" concept back to my neighborhood in Central Seattle.

If you've lived in Madrona any time at all, you probably know "The Dilettante Building." It is located at 23rd Avenue and E Cherry, across from the Garfield Community center and until recently was the home of the Dilettante Chocolate seconds store. The building was constructed in 1927 as Greenfield's Grocery and later housed Barnes Fuel Co. which delivered heating coal throughout Seattle. Dilettante had occupied the building since the 80's, functioning as a chocolate factory for over two decades. This local landmark is finishing up a restoration and I'm looking for an anchor tenant, perhaps a coffee shop or small restaurant that will help create a pedestrian-friendly neighborhood shopping destination. The Small Box spaces are adjacent to this space, in the old garages on the Cherry Street.

I envision those small spaces filled with the types of businesses that neighborhoods need—shoe repairs, ice cream walk up window, small retail shops. There are already several artist studios in the building, as well as a floral design studio called R. David Adams Flowers. [www.rdavidadams.com](http://www.rdavidadams.com).

Our vision is to recreate a typical street scene from Asia or Europe. The Small Box Blog is dedicated to sharing this vision with the people who will help make this happen, including our Madrona neighbors. Ultimately, this project is being built to promote a better quality of life for members of the Central Seattle community. Thus, we welcome all feedback and suggestions on how we can make it better serve the people. [www.smallboxretail.com/](http://www.smallboxretail.com/)

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-Mahatma Gandhi

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## Commemorate Dr. King on January 18

Following a tradition of several years, three local churches—Madrona Presbyterian, Epiphany Episcopal, and St. Therese Roman Catholic—will come together for a special service to honor the memory of Dr. Martin Luther King Jr. This event also includes faith community participants from beyond Madrona, Madison Park's Parkshore Retirement Community and the members of the Mount Baker Park Presbyterian Church.

The event travels from church to church and this year the celebration will be held at 2:00pm on January 18 at Epiphany Episcopal Church. The entire Madrona community is invited to attend and be part of honoring a man of peace, love, and faith. This is an ecumenical service featuring live music and readings of Dr. King's works.

Epiphany Episcopal Church is located at 1805 38<sup>th</sup> Avenue in Madrona. For more information, call the church at 324-2573.

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## Tips for Safe Seasonal Shopping

By Joanne Factor, *Strategic Living*

How are things going with your holiday shopping list? Have you been hitting the stores? Have you got everyone covered? Did you know that this is the time of year when theft increases? Although the peak season for stealing is during the summer in most neighborhoods, generally theft makes a spike in December. While you are out shopping for gifts for your family and friends, carrying more cash and credit cards, and often not being too mindful, here are three tips to reduce your risk of seasonal theft.

- When you order merchandise, do not have the package delivered to your house if nobody is home to receive it. Eleven out of 12 months you can usually get away with it. But in December — and I found this out the hard way — enterprising thieves know that they can follow UPS and FedEx trucks around and collect left boxes. Merry Christmas for them!
- Even though this tip seems obvious, I am often surprised by what people leave in plain view in their cars. It does not take much time at all to break into a car and clean out its interesting contents. Don't make a thief's shopping spree so easy! If you are driving to several locations to shop, store all packages out of sight in the trunk, even if you think you'll only be gone "a couple of minutes."
- This one is so basic, I'm amazed when I hear how many students in my self-defense classes do not lock their home or car doors. As a former New Yorker, locking every door is natural to me. Apparently not so in Seattle and the results is that many thefts—and sometimes assaults — happen because the perpetrator can just come right in.

A corollary on locking doors is that anyone moving in to a new home, condo or apartment should change your locks right away. If you are a renter, your landlord is obligated to have it done between tenants. A friend of mine was unpleasantly surprised in the wee hours one morning when several intoxicated young men used a key to open her condo's door, claiming they thought it was another friend's unit. Needless to say, she changed her locks.

Of course, if you see anything or anyone suspicious, call 911 right away. Just a few extra precautions can help you avoid lost time, gifts and possessions. Just a little extra awareness can keep the holiday season cheery and festive, for you, your neighbors, and the people you care about.

Joanne Factor is owner of Strategic Living, a safety and self-defense training firm in Seattle. She holds a Bachelor's degree in Anthropology, a black belt in karate, and was selected Best Feminist Butt-Kicker of 2007 by the *Seattle Weekly*. She lives in Beacon Hill and enjoys visiting Madrona for coffee and scones. You can find more useful safety tips at [www.StrategicLiving.org](http://www.StrategicLiving.org).



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## Epiphany Serves Villagers in Guatemala

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

In October, Epiphany sent its fifth service team to the village of Belen, Guatemala, a tiny village nestled deep in the highlands of the Ixil region of Guatemala as part of the Epiphany Parish and Agros International Journey With a Village. The Ixil Region is one of the areas most heavily affected by the civil war that occurred in Guatemala toward the end of the twentieth century. Those who work in the Ixil say that there is an entire generation missing.

Epiphany Parish, Seattle has sponsored Belen for the past three years. Twice a year teams from Epiphany make the long journey to Belen, landing in Guatemala City and driving the eight to ten hours over steep and windy roads, frequently dodging landslides and chicken buses. The team stays in the small town of Cotzal in an Agros facility, a rudimentary bunkhouse subject to the fickle electricity and water supply of the town. Each day the team bumps up barely passable roads to the village of twenty five families, living in small concrete block houses tucked into the steep and lush hillsides of the Guatemalan highlands.

The villagers of Belen are from the indigenous Mayan group called Ixil. Each family contracted with Agros on the initial establishment of the village. In the Agros model, the poor, displaced by civil war and other devastations, are provided with long term land loans combined with the technical training needed to build sustainable communities. Those on the trip to Belen this October were impressed by the work that has been done in the village, building and running a school, farming corn and beans, and a well developed micro-enterprise training and production program for the beautiful weaving by women of the village. But what struck the visitors from Madrona most was the opportunity to interact with the people themselves.

Through visits with each family, giving hand massages to the women, teaching the men back exercises to help avoid farming injuries, and working with the school children, we connected more deeply than anyone expected to with the hearts of the people in the village. In the Agros model, participants from the US come alongside the villagers, respecting and acknowledging each person in his or her work. In some respects we didn't "do" a lot during the October trip other than connect with the villagers through cultural exchanges, education, and training. But that connection proved profound as it opened and expanded the hearts of everyone on the journey. Perhaps that is the greatest good we can hope for from any experience in our lives.

Agros International was founded in Seattle in 1982 by local attorney Chi-Doooh Li. In September 2008, Agros won the prestigious World Bank Development Marketplace Award for its work in Central America. It was selected from in a field of 1,800 world-wide applicants. Epiphany Parish has renewed its Journey With a Village commitment for an additional three years. For more information about this amazing program, visit [www.agros.org](http://www.agros.org).

We also invite everyone in Madrona to get to know Epiphany Parish. Our annual Christmas Pageant is December 21, during the



*Shannon Polson with three girls from Belen*

10:30 Eucharist. The Christmas Eve Family Choral Eucharist is at 5:00pm, with childcare provided. The Festival Eucharist with the Chancel Choir and Orchestra is at 9:00pm. Christmas Day services are at 9:30am and on December 28, the first Sunday after Christmas, the service at 9:30am includes lessons and carols, with childcare provided. Childcare is regularly provided at Epiphany, and Sunday school and youth group are held every Sunday at 10:30. We welcome families of all ages!

Finally, Epiphany invites the neighborhood to the Celebration of a New Ministry, welcoming Father Doyt Conn to Epiphany on January 6 at 7:00pm. The service will be conducted by the Bishop of the Diocese of Olympia, Bishop Greg Rickels, and will be followed by dinner in the Great Hall. Please join us.

Ben Chotzen  
paste-up



## Property Tax Appeal Process

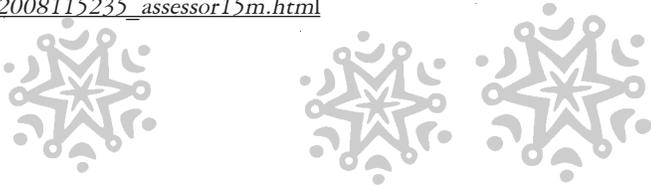
Many of us in Madrona got quite a shock this fall when our tax assessments for 2009 arrived. Some neighbors had their land and dwellings assessed at about 25% higher than last year, even though houses in Seattle have depreciated an average of 10% over the past year. Unfortunately, King County assesses values based on neighboring properties from the last three years, so even major changes in value such as we have seen over the past six months are not considered. Because there was a significant increase in home values in Seattle in 2007, the numbers seem especially off in today's market.

Believe it or not, if you think your assessment is unfair, you can challenge the amount with the King County Department of Assessments. But you have to be quick—you only have 60 days after receipt of your assessment to make an appeal of the value of your home. For most of us that window of opportunity has already closed but it's never too early to think about next year.

More than half of those who make an appeal do get some reduction in the assessed taxes. The county's web site at [www.metrokc.gov/Assessor/ValueDisputes.htm](http://www.metrokc.gov/Assessor/ValueDisputes.htm) tells you what you need to do. To get the most that you can from the process, do your homework and be prepared. Be ready to submit information about the values of comparables properties near your home that have sold recently. Write up a determination of how much you think your home is worth, including estimates for major and essential work that needs to be done to your home such as a new roof or an improved retaining wall.

You can appeal your property taxes every year, if you feel they are unfair. After you submit the required paperwork, a hearing of your case will be scheduled with the King County Board of Equalization. You must attend the hearing in person, although it is an informal review where property owners may represent themselves. It is usually a relatively painless process and over in a few minutes. Those who have done it say it is well worth the time!

For more about the process and the possibilities, consult the county's web site and reread this story from the August 15, 2008 Seattle Times: [http://seattletimes.nwsourc.com/html/localnews/2008115235\\_assessor15m.html](http://seattletimes.nwsourc.com/html/localnews/2008115235_assessor15m.html)



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MAKING SENSE OF INVESTING

## To Buy or Not to Buy (Stocks)

By Barbara Banon, Edward Jones Investments

Whether you've been investing for four decades or four weeks, you've no doubt heard this classic piece of investment advice: Buy low and sell high. And it's generally good advice, too, because the less you pay for your investments, the greater your chances may be for earning bigger returns. But how low is "low"? Since stock prices have already fallen so much, shouldn't you wait until the market hits bottom before investing?

Ideally, that would indeed be a smart move. In reality, however, it's impossible for anyone to predict when a bear market will hit its lowest point. Did we bottom out before the huge rally on Oct. 13, which turned out to be the stock market's biggest day in seven decades? Or are we going to bottom out following the drop of 733 points on Oct. 15, the second-worst day ever for the Dow Jones Industrial Average? Given such wild extremes, it's pretty hard to project when the market will finally hit its lowest point. Still, identifying the bottom isn't strictly a matter of guesswork – because we do have a history that we can study.

Of course, in the investment world, what's happened in the past can't necessarily predict the future. Nonetheless, it's also true that the financial markets over time, have shown some definite patterns.

Consequently, it's interesting to note that, since 1900, the average bear market has lasted slightly over 13 months, according to Ned Davis Research – and the current bear market is 12 months old. So, unless we are facing a truly disastrous economic outlook, history suggests that our present bear market could be close to running its course.

If we are nearing a market bottom, what does it mean to you? It means opportunity. A bear market tends to bring down the prices of most stocks – even those that represent strong companies with good prospects. Right now, you have a chance to buy these quality stocks at lower prices. And buying quality stocks at good prices can be a formula for long-term investment success.

But what if we're not yet at the market bottom? If you buy stocks now, and the market declines further, won't you be making a mistake?

That depends, in large part, on how much farther you think the market may fall. Following the Oct. 15 drop, the S&P 500 was down 38 percent in 2008. That's already a pretty big drop – and it's certainly big enough to have dragged down the prices of even good stocks. Could these prices fall further? Of course. On the other hand, quality stocks are typically the first ones to bounce back when the market recovers, so if you wanted to wait until you were sure we hit rock bottom before investing, you might miss the first stages of a rally – which is when the biggest gains typically happen.

In all likelihood, we are in for more volatility in the months ahead.

And it will only be at some point in the future when we can look back and truly identify the market bottom. By then, it may be too late to take advantage of it – so don't miss the opportunities you have today. If you'd like to talk more about your investment planning, stop into my Madrona office at 3304 East Spring St or call me at 323-0440.

# MADRONA COMMUNITY CALENDAR

## RECURRING EVENTS:

- WEDNESDAYS** 10:30 AM **Preschool Story Times**—Madrona-Sally Goldmark Library, 1134 33<sup>rd</sup> Ave, 684-4705.
- 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, 206.328-4475.
- 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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- Dec 1-25 Columbia City Gallery Holiday Gift Shop** – Open seven days a week, offering small works and contemporary crafts within the gallery featuring dozens of Seattle artisans, craftspeople and designers. 4864 Rainer Avenue South, [www.ColumbiaCityGallery.com](http://www.ColumbiaCityGallery.com).
- Dec 5-24 Seward Park Clay Studio Ceramic Sale** – Weekends from 10:00 AM to 6:00 PM, 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) or 323-3974.
- Dec 17** 9:00 AM - 1:00 PM **Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients. St. Clouds Restaurant, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Dec 17** 10:30 AM **Preschool Story Times**—Madrona-Sally Goldmark Library, 1134 33<sup>rd</sup> Ave, 206.684.4705 (Please note: No Story Times on: 12/24, 12/31, 1/7, 1/14 or 1/21).
- Dec 20** 9:00 AM – 1:00 PM **Friends of Madrona Woods work parties** — Stream enhancement and planting. Meet at the Spring Street entrance. Deirdre McCrary [deirdre\\_jaymccray@msn.com](mailto:deirdre_jaymccray@msn.com).
- Dec 20** 10:00 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 206.684-4705.
- 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. For more information contact Shannon Polson [shannon@polsons.com](mailto:shannon@polsons.com).
- Dec 21** 10:30AM **Holy Eucharist and Children's Christmas Pageant**—Epiphany Episcopal, Madrona Drive at 1805 38<sup>th</sup> Avenue.
- Dec 24** 5:00 PM **Christmas Eve Mass with Children's Choir & Pageant**—St. Therese Catholic Church, 35<sup>th</sup> Ave between E. Spring & E. Marion.
- Dec 24** 5:00 PM **Building the Nativity and Christmas Eve Family Eucharist**—Childcare provided. Epiphany Episcopal, Madrona Dr at 1805 38<sup>th</sup> Ave.
- Dec 24** 7:00 PM **Christmas Eve Mass with the Jubilation Gospel Choir**—St. Therese Catholic Church, 35<sup>th</sup> Ave between E. Spring & E. Marion.
- Dec 24** 7:00 PM **Christmas Eve Candlelight Service**—Madrona Presbyterian Church, 32<sup>nd</sup> Ave & E. Marion.
- Dec 24** 8:30 PM **Christmas Eve Mass with the St. Therese Choir**—St. Therese Catholic Church, 35<sup>th</sup> Ave between E. Spring & E. Marion.
- Dec 24** 9:00 PM **Christmas Eve Festival Eucharist with Chancel Choir & Instruments**—Epiphany Episcopal, Madrona Dr at 1805 38<sup>th</sup> Ave
- Dec 25** 9:30 AM **Christmas Day Holy Eucharist**— One service only. Epiphany Episcopal, Madrona Drive at 1805 38<sup>th</sup> Avenue.
- Dec 25** 10:00 AM **Christmas Day Mass with the Shades of Praised Gospel Choir**—St. Therese Catholic Church, 35<sup>th</sup> Ave between E. Spring & E. Marion.
- Dec 28** 9:30 AM **Holy Eucharist** (first Sunday after Christmas)—Epiphany Episcopal, Madrona Drive at 1805 38<sup>th</sup> Avenue.
- Dec 25** Times: **TBD Neighborhood Cooking for the Homeless**—Bring a cutting board and fresh ingredients ~ Christmas Theme. Madrona Presbyterian Church, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Jan 3** 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).
- Jan 4** 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).
- Jan 4** 6:00 PM – 7:00 PM **Neighborhood Cooking for the Homeless Serving** —Seattle's Outdoor Meal Site, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Jan 6** 7:00 PM **Celebration of a New Ministry: Welcoming Father Doyt Conn to Epiphany** – Service conducted by Bishop Greg Rickels of the Diocese of Olympia, followed by dinner in the Great Hall. Epiphany Episcopal, Madrona Drive at 1805 38<sup>th</sup> Avenue.
- Jan 6** 7:15 PM **Madrona Community Council Meeting**—Madrona Playfield shelterhouse, MCC President Cynthia Stross 860-7640.
- Jan 8** 6:00PM **Artist's Reception: Irene Mahler**—In conjunction with her exhibit Between the Lines, Lisa Harris Gallery, 1922 Pike Place.
- Jan 10** 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).
- Jan 10** 3:30 PM – 5:00 PM **Neighborhood Cooking for the Homeless Serving** —Seattle's Outdoor Meal Site, Darren Pritt [darren@neighborhoodcooking.org](mailto:darren@neighborhoodcooking.org).
- Jan 17** 9:00 AM – 1:00 PM **Friends of Madrona Woods work parties** — Stream enhancement and planting. Meet at the Spring Street entrance. Deirdre McCrary [deirdre\\_jaymccray@msn.com](mailto:deirdre_jaymccray@msn.com).
- Jan 18** 2:00PM **Ecumenical Martin Luther King Junior Celebration**— Epiphany Episcopal Church, Madrona Drive at 1805 38<sup>th</sup> Avenue.

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

January

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**Jan 9, 2009 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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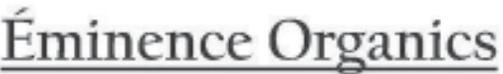
**Mailing List Additions:** Contact Kim Herber (see above).

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