



Sept 2009
Issue No. 216

Calling All Madrona Businesses!

By Nikola Davidson

A new group has formed and if you're involved with a business in Madrona, they want YOU! BOOM, Business Owners of Madrona, was started in April 2009 with the mission of promoting and supporting Madrona businesses. Although recently created, BOOM has already been awarded a grant from the City of Seattle to help with advertising to attract more visitors to Madrona.

BOOM membership is open to all Madrona businesses, not only to stores and restaurants but also to folks working out of their homes in the neighborhood. One of the many benefits of joining BOOM is having your business included in a printed business directory and a local walking map both of which will be widely distributed. BOOM will also have its own website, and host events for networking opportunities.

According to BOOM President Amy Bush, owner of JayWalk, "It's great to see how excited businesses are to pool resources and work together. We're harnessing all that momentum to make the business district here even more vibrant."

The group meets the first Friday of every month at 9:00am at Amara (34th and Union). The next meeting is October 2. Meetings are open to prospective members and are a great way to see what the group is all about. To join BOOM, pick up an application from Barbara Banon's Edward Jones investments office at 3304 E. Spring St, or email me at nikola@earthsystems.com.

Madrona Community Council President's Corner

By Cynthia Stross, 35th Avenue

We are so sorry to hear of the passing of Mr. Tom Thong, one of the proprietors of Ruby Cleaners on 34th Avenue. And we are reminded of how wonderful our community can be, both through the cards and flowers that appear at the storefront, and by the wonderful support of the Business Owners of Madrona (BOOM) who quickly responded with donations to try to help a small business in our neighborhood.

Individuals and the actions they take really do make a difference. Have you noticed that the intersection of 23rd and Union has changed in the past few months? At the last East Precinct monthly crime meeting, area residents commented that there are fewer drug deals, less loitering and an improved sense of safety at the intersection. All of these results came about because area residents began to regularly go to the East Precinct's monthly crime meeting. The City responded with a new program, the Drug

Market Initiative, that has taken the street dealing out of the area.

Are there community interests or concerns that you have? Are there things you want the Madrona Community Council to do? Elections are around the corner, even in your very own neighborhood! If you have any interest in being on the Madrona Community Council, send me an email or give me a call. I'd be glad to talk about it. Names of interested folks need to be announced at our October meeting and elections happen in November. Even if you are not interested in election to the council, you can pursue your interest, be it crime prevention, community improvement, or any ideas you have through the MCC.

Thanks to neighbors Hugh & Suzanne Clark and Chris & Beth Purcell of 35th Avenue, and Susan & Albert Fuchs of Evergreen Place for their recent donations to support the Madrona Community Council. Your
(continued on page 12)

Madrona Author Writes about Idaho

Madrona resident Julie W. Weston reports that her book, *The Good Times Are All Gone Now: Life, Death and Rebirth in an Idaho Mining Town*, is being released by the University of Oklahoma Press in mid-September. The book is a soul-



searching memoir of place about Kellogg, Idaho, where Weston grew up. Her book combines oral history, journalistic investigation, and personal reminiscence to take a fond but hard look at life in Kellogg during "the good times." Her subjects range from hard-rock mining to a bitter labor strike, from gambling and prostitution to high school days and skiing. Northwest author Craig Lesley wrote: "An important portrait of the interior West - the true stuff, raw and gritty, honest to the bone."

Weston will be reading from her book and giving presentations at Ravenna Third Place Books at 7:30pm on September 29, at Elliott

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Get to Know Businesswoman Suzanne Sheppard

By Marie Doyle, 37th Avenue



She's an Unsung Hero and an entrepreneur. She's generous, opinionated, fun-loving, and always ready to lend a hand. And best of all, she's Madrona's biggest fan.

"Downtown Madrona is the center of my world, the embodiment of the word *eclectic*," proclaims local businesswoman and community organizer, Suzanne Sheppard. "It's

the heart of Seattle."

She's lived in the major cities of the United States—Boston, New York, Chicago, Kansas City, San Francisco—but her last stop was Seattle in 1992, a city she praises as "visually stunning" and most important, home.

She still travels the world, but to Suzanne, Madrona is comfortable and comforting because of the "stimulating mix of people, artistic to entrepreneurs. We all don't agree on everything but you can find it all here: people, food, opinions!" And she loves "the wonderful flow of entertainment, business, and art that courses through these blocks."

This hard-driving businesswoman with a love of art and beauty describes her three local businesses, based in Madrona Plaza (across from the Hi Spot), as "two left brains and one right." In 1999, she opened Madrona Plaza, now in its 10th year, and she's "celebrating all year long!"

The first left-brain operation is *Executive Conversation*, a global provider of financial acumen sales training to primarily high-tech companies. Seattle is the company's worldwide headquarters, but they have offices in the U.K. and Singapore, and do business in 58 countries. The second left-brainer is her newly updated *Madrona Executive Offices*, which offers long- and short-term professionally appointed office suites, meeting rooms, and state-of-the-art technology

(including video conferencing). She's excited to "provide resources for people who are transitioning by downsizing, travel to virtual, starting new businesses, or expanding from home." Her third business, and creative outlet with business partner Teresa Carlson, is *Décor on 34th*, a local favorite that offers fine home furnishings, as well as house-staging services.

Suzanne is perhaps best known to neighbors for her longstanding community involvement. She was an officer of the Madrona Community Council for seven years, offered to hold the annual Madrona Garage Sale in her underground parking garage for many years, co-chairs and is a major donor to the Madrona Blossoms & Wintergreens project, and is a loyal and generous supporter of many programs at Madrona K-8, including music, language, fund-in-need, uniforms, and the PTSA. Her first community project was the Madrona Playfield Project—and if you ever sit on the bench with the plaque reading, "Hi Mom," you'll understand her dedication.

About Madrona, she says, "I'm excited about how we've evolved as a community. We help each other. I'm excited about BOOM [Business Owners of Madrona], how the business community has become collegial, with a shared focus. The entrepreneurs live their dreams but they're also the 'blood cells' of the community: the health of our businesses enhances the health of the neighbors and vice versa. It showed most during last winter's snowstorm. There is a great richness of resources available here—if Madrona doesn't have it, you don't need it!"

To Suzanne, the importance of her ten years is not just to reflect, but to get ready for the next ten: "I'm grateful for what I've achieved, but I'm excited about what's next." And Madrona will be all the better with a neighbor—a gem—like Suzanne.



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Another Great MD&SS Neighborhood Picnic

By Audrey Seale, 36th Avenue

By the time you read this, the day will have come and gone. But right now all I can do is anticipate that the second annual Madrona family neighborhood picnic on September 13 was a great success!

The picnic was organized by the Madrona Dining & Sipping Society (MD&SS), a casual ad hoc group of Madrona neighbors that meets every month to get to know each other and support the local restaurant scene. The summer picnic in the lawn across the street from St Therese is intended to be a stress-free alfresco way for families to be part of the MD&SS.

The weather was perfect and Madrona moms and dads and kids from far and wide set up their picnic blankets, tables, and chairs in the beautiful September sunshine. Dinner was catered by Armadillo Barbecue and included a mouth-watering selection of meats and vegetarian BBQ staples, followed by dessert to celebrate September birthdays and anniversaries. A prize was awarded for best picnic set up—I wonder if anyone beat the high standard set by the Clarks at the 2008 extravaganza? Thanks to everyone at glassbaby for being the ticket outlet.

In October, the MD&SS goes back indoors for another evening of neighborhood building. If our new Thai restaurant Naam is ready, we may gather there. Or if they are not yet settled enough to handle a large group, we will dine elsewhere and catch Naam another time. Everyone in Madrona is invited to be part of this non-exclusive group. Contact me at audryseale@quest.net for more info.

Winemakers Dinner at Dulces

On September 24, the winemakers from two small Washington wineries will be at Dulce Latin Bistro to talk about their creations and experience them in the context of a special meal designed by Chef Julie Guerrero. Pomum Cellars, located in the Columbia River Valley, will present its wines made of fruit from the western Yakima Valley and Horse Heaven Hills. Charlie Auclair of Auclair Winery will pour the first release of his stunning Red Mountain Sauvignon Blanc. Each of the five courses of this dinner by Chef Julie has been perfectly paired with the wines to celebrate their nuances. Call Carlos at 322-5453 to make a reservation.

Madrona Author... (cont'd from page 1)

Bay Book Co. at 6:00pm on September 30, and at Third Place Books in Lake Forest Park at 6:30pm on October 24.

Weston practiced law in Seattle for over thirty years and has lived in Madrona almost as long. She and her husband, Gerry Morrison, built their house on 34th Avenue in 1981. They now live part-time in Idaho, where they write and photograph. Weston's publications include short stories and essays in literary journals and magazines. She has won several Pacific Northwest Writers Association awards and has been nominated twice for Pushcart Prizes. For more info about the book and Weston, check her website at www.julieweston.com.

Seattle has been my home for over 20 years. I love living in the Northwest and all this great ever-changing city has to offer. I believe that it's important to have local knowledge of the areas you represent, that's why I've chosen Madrona and Denny Blaine as my home. With beautiful streets, charming homes and amazing access to Lake Washington, trails and shops, we simply have it all.

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Steven E. Smith

Letter to the Editor:

Keep Madrona K-8 a Neighborhood School

By Janis White, 37th Avenue

I live in Madrona and have a third grader who attends TOPS, a public alternative K-8 school located in the Eastlake neighborhood. My husband and I chose not to send our child to Madrona K-8 because we felt its educational approach would not be a good fit for our child or for our family. After this year, many Madrona families may lose the ability to make that choice for their children.

In June, the Seattle School Board approved a new Student Assignment Plan and will begin implementation in 2010-11. The new plan will significantly change the current "choice" system in the district. Under the new plan, all students will be assigned to an "attendance area" school based on their address. Students will also be able to apply to attend a different attendance area school if it has any open seats and will be able to apply to attend an "option" school. Option schools include alternative schools and other schools that "offer a variety of approaches and instructional methods" and "provide a variety of programmatic opportunities for families looking for alternatives to their attendance area schools."

Under the new plan, most students will attend their neighborhood or attendance area school. According to the Summer 2009 issue of *Madrona News*, the Madrona K-8 School has asked the School Board to designate the school an option school, not an attendance area school.

According to maps and data on the school district web site, in 2008-09 there were 328 elementary age children living near Madrona K-8 who were attending public schools. (This number does not include the Madrona families who send their children to private school.) Only 61 (about 18.5%) attended the elementary grades at Madrona K-8.

It makes sense that the leadership at Madrona K-8 wants the school to be an option school. Most public school families in the Madrona neighborhood do not choose the school for their children. If Madrona K-8 is an option school, Madrona families will automatically be assigned to a different school as their attendance area school and Madrona K-8 will be able to continue to serve children from other neighborhoods.

However, with 328 public school elementary age children, this neighborhood has enough children to fill its school. (In 2008-09, Madrona K-8 had 255 students in the elementary grades.) If families in the Madrona neighborhood want a neighborhood school, they should let the School Board know that Madrona K-8 should be an attendance area school, and not become an option school. They should also ask the Board to address the reasons why most Madrona families do not choose the school. As an attendance area school, Madrona K-8 should serve its neighborhood and that will mean changes in its curriculum, culture and educational approach to better meet the needs of families in Madrona who will no longer have as much choice about where to send their children to school.

Reading Volunteers Needed at Leschi School

To encourage kindergarteners and first-graders to get hooked on books, Denise Degabriele, the librarian at Leschi School, has set up a weekly program in which kids choose books for volunteers to read aloud to them. The program is on Wednesdays from noon to 1:30, during which time four groups of children go to the library—20 minutes for each group—and volunteers read to one or, more likely, two children at a time.

Last year's group of volunteers has dispersed, and a new group of readers is needed. Anyone interested in volunteering is asked to e-mail Denise at ddgabriele@seattleschools.org or to call Leschi School at 252-2950. The program is a big hit! Kids love it, and volunteers find their reading time to be a particularly cheerful part of their week.

Gardening & More at Madrona K-8

By Rita Sheckler, 24th Ave

It's been a plentiful summer in the garden at Madrona K-8! We've harvested peas, beans, zucchini, strawberries, tomatoes, radishes, lettuce and potatoes. Our fall squashes, pumpkins, broccoli, leeks and corn are coming along too. Some of our students will contribute our produce to the neighborhood Cooking for the Homeless meal preparation events. If anyone is interested in gardening with us, contact us at PTSA@Madronapantherpartners.org.

We're looking forward to the school year! We kicked it off with our annual August back to school BBQ. A good time was had by all as we gathered to eat and meet our new teachers.

Now that school is back in session, we are busy putting in place new programs and activities to enrich the experience of all our students. This year's extended day provides many new learning opportunities. We are excited to see what the year will bring!

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Local History Comes Alive at Leschi Centennial Celebration

The bands played and the local dignitaries mixed and mingled with the ladies dressed in their 1909 finery. Leschi Park looked like a postcard, much like the ones on display in the History Tent. After months of planning, the Leschi Community Council (LCC) celebrated Leschi's Centennial by recreating the feeling of the time when central Seattle neighborhoods like Leschi and Madrona began to come into their own.

The official program opening was launched by past LCC president Thurston Muskelly and kind words from City Council President Richard Conlin and the Superintendent of Parks, Tim Gallagher. Then Cynthia Iyall, Tribal Chief of the Nisqually tribe, spoke passionately about her ancestral history. She recounted the story of the young Nisqually girl offered in marriage at a potlatch and being won by a young man with a gift of 50 horses. Cynthia said this was the beginning of a union between the Nisqually and the Cowlitz tribes. She spoke of the long bond between the tribe and the Leschi area and mentioned the community support in the exoneration of her great, great uncle, Chief Leschi, who was wrongly hanged in 1854. He was finally exonerated in 2004.

History was the name of the day. Balloons and large photographs marked the locations where old features of the park once stood: the Dance Pavilion, the Bandstand, the zoo and of course the street cars, which must have seemed like an amusement park ride for those city folk who rode it to the beach from downtown. Madrona historian Junius Rochester took the crowd back to a time in prehistory and the cataclysmic beginnings of our area with its hills and steep ravines and led us through the early days with the Battle of Seattle, the Olmsted brothers, and the grand plans (not all realized) of Hiram Chittenden.

A special History Tent was erected to house a collection of visual memorabilia. The tent was stocked with books, including several from Leschi historian and photographer Wade Vaughn, neighbors' personal collections of old photos and postcards, and large reproductions of period photographs from the Museum of History and Industry collection. People couldn't get enough of the history! Many spontaneously offered to share their stories. One favorite was told by a gentleman who recalled how his father took the streetcar from Ballard to downtown and boarded the cable car to Leschi where he caught the ferry to Mercer Island for a day of picking cherries. As he spoke, you could almost feel the streetcar tearing down the hills toward Lake Washington!

The evening wrapped up with an outdoor showing of Charlie Chaplin in *The Goldrush*. It was the perfect way to end a day of magical theater in Leschi Park.



A typical 1909 ladies beach outfit. Showing all of the skin from mid biceps to wrist, wow! The sun glasses are from the time period and the shoes are reproductions of what would have been worn at Madrona Beach at the time.

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We have a number of exciting things happening right now. Here are a few of our current activities.

Portfolio Project, a Saturday program to assist 11th and 12th grade students through the college and scholarship application process, runs from September 12 through November 7 at Garfield High School. In it students learn about entrance requirements of various educational institutions, and compile the necessary data to complete college and financial aid applications. Volunteer mentors offer students guidance on writing college essays and help them identify and categorize their service and leadership activities for application inclusion. Since 2006, Portfolio Project has produced a 90% college acceptance rate and also helped students procure thousands of dollars to attend college. Interested students should email sjones@seattleyymca.org for more information and applications.

Strong Kids Strong Teens is an 18-week program that combines nutrition guidance and physical activity to help overweight youth develop healthy lifestyles. This program starts September 29.

Exercise and Thrive is a partnership with Fred Hutchinson Cancer Research Center. It is a 10 week program for those who have cancer treatment. This strength and fitness program is designed to help reduce the severity of cancer's side effects, prevent unwanted weight changes and improve participant's energy levels and self esteem. To join the next session contact Theresa Billings at tbillings@seattleyymca.org.

America on the Move! runs from September 20-27. To participate, members set a goal to compete in a one-week triathlon of swimming,

running/walking, and biking. Individual results will be posted on the Meredith Mathews East Madison board. Everyone who participates wins a prize and those who reach their goal will be entered in a raffle drawing for an assortment of prizes.

For more information on these programs or general membership, stop by our facility, call 322-6969, or e-mail cbyrne@seattleyymca.org.

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Spectrum Performs at Madrona Dance Studio

On July 21, Spectrum Dance Theater's Artistic Director Donald Byrd celebrated his 60th birthday. Now, a few weeks later, the fall of 2009 represents Byrd's six-year anniversary at Spectrum, based at the Madrona Dance Studio at Madrona Beach. In celebration, the *Byrd Retrospective Festival* will present a selection of Spectrum's rich repertoire: World premieres created exclusively for Spectrum, Seattle premieres of significant works, and new choreography commissioned by Spectrum.

Spectrum kicks off its 27th season with a benefit performance from the *Byrd Retrospective Festival* on October 9 at the Madrona Dance Studio. The festival runs through October 25 and multiple visits are a MUST! For a full calendar of performances, visit www.spectrumdance.org.

In November, Spectrum is pleased to welcome Leschi-based classical chamber music group *Simple Measures* to the Madrona Dance Studio. They will present their fall performances, *Earth*, with guest dance company, *Seattle Dance Project*. *Simple Measures* offers a new kind of concert-going experience with the goal of making audience members fall in love with chamber music—or be reminded why they love it—by presenting it in fresh new ways. *Simple Measures* will perform at the Madrona dance studio on November 6-8.

Look for more creative and exciting dance throughout the rest of the season as Spectrum moves through year II of its PAMU (promoting awareness and mutual understanding) initiative. In the spring of 2010, Spectrum will again wrap up with a collaboration with the 5th Avenue Theatre. Spectrum strikes again with a season of exhilarating dancing, relevant and engaging choreography and a strong commitment to bringing the arts to the forefront of our Community's life. Come out and be a part of it.



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To Your Well-Being:

Conquering your Fears

By Kathy Underwood, MSW, LICSW, 34th Avenue

"You must do the things you think you cannot do."

Eleanor Roosevelt

Eleanor Roosevelt's quote is on a refrigerator magnet, daily reminding me to push myself, to strive in new terrain, which is not always easy. I wonder how many of us avoid hard choices and difficult situations, and in doing so, are dissatisfied with our lives.

What stops you from having the life you desire? Very simply, it's Fear: fearing failure or success, fearing disapproval from ourselves or someone else, fearing to look foolish in the eyes of peers.

What is fear, anyway? It's an irrational belief about how an event, thought, or feeling will result in negative consequences. It is a negative self-script given to yourself or learned from another — your family, the environment, culture, or society. These self-scripts keep you trapped, doing the same thing over and over again. They prevent you from having a healthy, full life and enjoying events and activities that you would like to participate in.

The consequences of fear include immobilized decision making, being stuck in the same old pattern, resistance to getting help, depression and anxiety, self-doubt, self-judgment, and low self-esteem.

The good news about fear is that, since it is an emotion, it can be changed along with your negative belief systems. Remember that life is 10% what happens to us and 90% how we respond. Here are a few ways to change your fear and make it work for you:

- Refute your irrational fears, redefine your fear and yourself.
- Identify the fear, visualize it, then re-label it into a workable form.
- Develop a step-by-step plan to build confidence.
- Change your thinking about yourself and your abilities.
- Focus on the here-and-now.
- Replace negative self-beliefs with positive, productive statements.

Changing your fears and belief systems takes time and practice. You deserve to have the things in your life that give you passion and joy. It is OK to be afraid and fearful but seek these things anyway. Enjoy your journey through this new season knowing that you can conquer your fear.

Kathy Underwood specializes in Stress management, stress related illnesses, and Performance in all areas of life from her office in the Amara Parenting building at 33rd and Union. She can be reached at 293-8308 or visited on-line at www.kathyunderwood.net



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Kathy Underwood

New Community Center Makes Progress at MLK School in Madison Valley

By Kimberly Larson-Edwards

Over the summer months, the Citizens for Community Center at MLK (CCC@MLK) steering committee and volunteers continued to make progress in forging partnerships. We conducted outreach to the Seattle School District and city and state officials and continued to build community support for a future community center at the currently closed elementary school.

In July, the School District announced their draft request for proposals (RFP) regarding MLK. They scheduled a meeting and set a comment period to solicit input for the RFP guidelines for lease or purchase of the property. CCC@MLK sent postcards to Madison Valley neighbors to generate comments in support of a community center and used a phone bank to stimulate turnout at the meeting, held July 29. We were successful in getting the School District to conduct a new appraisal of the building and to extend the proposal deadline from four to eight weeks. Thanks to everyone who attended the meeting or commented in support of a community center at MLK. We will be submitting a proposal by the School District's deadline of October 15.

Also in July, Mayor Greg Nickels announced support for "community organizations to convert surplus schools. . .into community gathering places" by asking for up to \$1 million for each project. In his announcement he specifically named MLK Elementary as an example of such a project. We will be conducting outreach to the City Council and the mayor's office to urge the city to include this proposal in the upcoming budget this fall.

Throughout the summer the steering committee met with several organizations that have an interest in community center programming, including possible daycares/childcares and other organizations providing opportunities for children, adults, and families. We continued our work with the architectural firm Environmental Works, which we hired to conduct a feasibility study of the building and the property. We wrapped up the summer's activities by conducting, with the help of about 30 volunteers, a successful clean-up on the school grounds.

If you are looking for how to get involved, visit www.mlkcommunitycenter.org. There you can sign a letter to the School Board in support of a community center, check out our upcoming events, and find out more about ways to volunteer.

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Coyote Central Gears Up for Fall Term

Fall term begins October 17. See www.coyotecentral.org.

Coyote Central, winner of the 2008 Mayor's Arts Award, is a non-profit enrichment program that was founded in 1986 to offer action-packed courses and projects to 5th – 8th graders during their weekends and out of school time. They are taught by professionals in professional works settings throughout central Seattle. Participants have fun *and* learn lots of sophisticated, creative, technical, and problem-solving skills as they become photographers, hot glass artists, welders, cooks and pastry chefs, soapbox derby car builders, bicycle choppers, fashion illustrators, breakdancers, cartoon animators, actors, painters, singers, and much more.

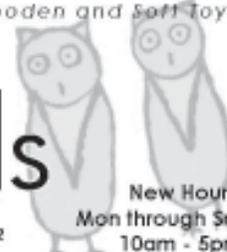
Coyote has lined up 27 hands-on courses for Fall term, from Forging & Blacksmithing to Cartoon Animation, Welding to Fashion Design, Cooking to Photography. Enrollment is first come-first served. Their scholarship program and system of barter and trades makes Coyote available to *all* kids. Kids will enroll from some 30 different schools.

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23rd & Union Project Collects Personal History

You probably drive by it every day—the corner of 23rd and Union. Today it's a place filled with weeds, parking lots and sporadic violence. But The Corner used to be a bustling commercial center, crammed with grocery stores, pharmacies, bars, restaurants and professional offices. What was life like then? What is it like now? What happened in between?

Those are the stories neighborhood resident—and KUOW Public Radio and Hollow Earth Radio producer—Jenny Asarnow wanted to hear. So this summer she and a team of multimedia artists – Inye Wokoma, Anna Callahan, “Scratchmaster” Joe Martinez and NKO - set out to create an experiment in community story telling.

“I’m a relative newcomer to the neighborhood,” said Asarnow. “I wanted to find a way to create a rich portrait of the neighborhood’s past, present and future - one that goes beyond the headlines of development, drugs and violence - and invite everyone to collaborate in the process.”

On the corner of 23rd and Union, the artists established a monumental art installation featuring six larger-than life portraits of neighbors taken by Inye Wokoma, a lifelong Central District resident. From mid-June through August the art revitalized the corner and drew attention of those driving by. Anyone who was interested was invited to call and leave impressions and stories on an automated story hotline. Callers recorded over 200 messages expressing their memories, songs, desires, and fears. Every voicemail automatically became an outgoing message others could hear:

- “I’ve been here 53 years. And I remember a time, of course this was mostly African American. Most non-African American people were afraid to come in this area.”
- “I lived on 23rd and Union around 1935. Mostly it was an all white neighborhood. I used to walk to Horace Mann grade school. Those were good years!”
- “I’m a 65 year old white woman who grew up in the CD. I’ve had black friends move away because of the high cost of maintenance and utilities. I just miss that character that we had.”

The stories depict a rich and complicated location, and touch on all facets of the past, present and future of the Central District. The collection became a three-part radio documentary narrated by hip hop artist and Central District resident Yirim Seck that ran on KUOW radio in late August. The series incorporated messages from the story hotline, along with interviews and music to depict a sweeping look at life on the corner from the 1930s to the present.

The Corner and the messages left by those who know it best live on at <http://23rdandunion.org>.



WWW.MADRONAPROPERTIES.COM

New website for the Madrona neighborhood

Join the Salmon SEEson

By Judith Starbuck, Grand Avenue

Fall is here, and salmon are once again returning to streams and rivers around the Puget Sound. King County's "Salmon SEEson" program is sponsoring events and viewing stations in the Lake Washington/Cedar/Sammamish Watershed throughout the fall for the public to watch and learn about these natural beauties as they make their seasonal journey.

Viewing stations are located at: the City of Redmond along the Sammamish River Trail, Piper's Creek, Cottage Lake Creek, Cedar River, Ballard Locks, Issaquah Creek, Kelsey Creek, and Bear Creek.

Viewing at Ballard Locks began in June. The other sites begin to provide viewing events in late September, continuing into November. For specific information on all locations, visit www.kingcounty.gov/salmon and click on "Salmon SEEson" (down the page on the right) or call 296-8016. You'll also find links at the website to learn about ways you can protect salmon and their habitat this fall, and year-round!



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As the Leaves Turn in Madrona Woods

By Judith Starbuck, Grand Avenue

The coming of fall turns the thoughts of Friends of Madrona Woods volunteers to planting, taking stock, and teaching.

Several of our volunteers did a lot of watering during the hot, dry summer to keep the thousands of new plants in the natural area alive. This supplemented the watering and weeding we hired Restoration Logistics to do along the stream corridor and in the cove. Now we're ordering replacement plants for the ones that didn't make it and a few we never got last year. We'll put them into the ground in the coming months when the rains return.

September is the month for our second annual monitoring of 15 plots in the natural area and woods set up for us by Seattle Urban Nature more than a year ago. We'll keep careful records of plant survival and growth. We've set up teams to do the monitoring, but we'd still welcome volunteers who would find this part of restoration interesting. Contact Peter Mason at peterma5@msn.com to find out how to help.

We're looking forward to working with students from Garfield High School's Earth Service Corps during this school year. They'll adopt a plot in Madrona Woods and come monthly to restore it.

As an official stop on the Restore Our Waters Cascade Bicycle Club's Spawning Cycle tour September 20 we provided information and cookies to all those interested in stopping to check out our project. This tour was one of many events scheduled throughout the Lake Washington/Cedar/Sammamish Watershed (WRIA 8) region this fall as part of Salmon SEEson.

We're changing our regular work party day from the third to the fourth Saturday of the month, with November and December as possible exceptions on the third Saturday. Check the emails, kiosks, and website for final dates. Contact me if you'd like to be put on our standing email list to be notified of activities and events throughout the year.

The usual plug: If you'd like to help reduce our remaining debt, send checks made out to Friends of Madrona Woods to John Lahti at 1715-33rd Ave, 98122. For more information about involvement in the Woods and natural area, contact me at judithstarbuck@msn.com or 322-2640, or visit www.madronawoods.org.



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Law for All: Top Ten Estate Planning Mistakes

By Lori Rath, Attorney

Our lovely summer is fading, and people are transitioning from the beaches and the mountains back to work, school, etc. The number of estate planning inquiries that I receive is typically high at this time of year, as folks return to addressing the practical aspects of life. As I review new clients' existing estate plans, I often find several common problems and oversights. Here is a Top Ten list of the estate planning mistakes that I frequently come across:

- 10) Leaving assets to minor children outright, instead of via a Trust or custodial bank account.
- 9) Improper titling of assets, which may mean a transfer upon death that is inconsistent with your wishes.
- 8) Outdated beneficiary designations for retirement accounts and life insurance.
- 7) Failure to update one's estate plan after a major life event such as divorce or the birth or adoption of a child.
- 6) Not granting anyone else access to your safe deposit box.
- 5) Incomplete funding of Revocable Living Trusts.
- 4) No mention of post-death matters such as cremation, person authorized to take possession of remains, etc.
- 3) No instructions for the handling of business assets or a business succession plan.
- 2) No explicit mention of family members who were purposely excluded from the plan, which may invite potential challenges.
- 1) And the number one problem I come across: Not having any estate plan at all! An estate plan is truly a gift for your family and friends. When someone dies without a plan, the surviving family sometimes faces a greater burden (and sometimes additional expenses) than the already difficult task of dealing with a loved one's death.

If you have any estate planning questions, contact me at 382-2573 or lori@rathlawmediation.com.



Lori K. Rath, Attorney/Mediator

- ◆ Estate Planning and Probate
- ◆ Separation/Divorce Mediation
- ◆ Relationship Agreements

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2009 Madrona Neighborhood Events

Welcome back from summer, Madrona! The Madrona Community Council is gearing up for another season of community events and looking for new officers to help. If you're interested, come to the October 6 MCC meeting.

- | | |
|---------------------|--|
| Jan | 18—Martin Luther King Celebration, Epiphany |
| Mar | 7—Neighbor Appreciation Day, Jon Hughes |
| April | 19—Neighborhood Cleanup, Didi Burpee |
| May | 16—Mayfair Parade & Carnival, Paige Smith
30—Community Garage Sale, Janna Pekaar |
| Sept
BBQ | 13 Madrona Dining & Sipping Society Family
Audrey Seale |
| Oct | 6— MCC Officer Nominations —Cynthia Stross
cynistr@gmail.com
31— Kids' Halloween Party , Ruth Walther
surperruth@msn.com |
| Nov | TBD—Winter Greens & Holiday Lights, Marie Doyle |
| Dec | TBD —Christmas Ships, Bon Fire & Carols at
Madrona Beach — Need Coordinator |

To get involved, contact these event coordinators or Madrona Community Council VP of Events Paige Smith at 225-5821 or paige.eg.smith@gmail.com

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Friends of Cedar River Watershed Fundraiser

As it has for the past several years, St. Clouds opens its doors for the annual Bread and Water Night. On September 29, the restaurant will donate a significant portion of their earnings for the evening to the Friends of the Cedar River Watershed.

The mission of this non-profit organization is to keep our drinking water clean and healthy, and also safe for salmon and other fish that inhabit our rivers. Most of the water for Madrona comes from the city-owned Cedar River watershed. The site also contains the Cedar River Watershed Education Center, a stunning education center completed just a couple of years. The center is open to the public and is a great place for school-age kids and grown-ups to visit and learn more about our precious water.

We humans take it for granted that clean, delicious waters flows from the tap whenever we turn the handle. We also expect that someone is making sure that enough water remains flowing free to keep our rivers and the fish that live in them safe and healthy. It isn't magic that makes this balance happen.

Reservations the night of the fundraiser are welcome, or just stop in for dinner as usual. Things tend to be pretty crowded between 7:00pm and 8:30pm, so you might try to eat to support this worthy cause a little earlier or later. But whatever time you choose to dine, raise your glass of ice water in a toast to the Friends of Cedar River Watershed.



Leschi Market Wine Tasting Benefits Central Area Senior Center

It's a bit outside Madrona but close enough to make it worth the short drive to support this fundraiser for the only senior center in the Central District.

On September 25, Steve Schulman and The Leschi Market are hosting a wine tasting at the Central Area Senior Center (CASC) in Leschi at 500 30th Ave South from 6:30pm to 9:00pm. This is an annual event and one the CASC counts on for funds, and one that regulars count on for a good time.

There will be light snacks and over 70 wines from around the world to taste and explore. Fill your plate and wander out to the back patio where the view toward Mt Rainier is stunning! There will be plenty of parking at the CASC lot, and down the block at Grace Methodist Church.

A \$25 donation is requested and all funds raised go toward maintaining the CASC and its great variety of classes and events. There will also be special event-only pricing for wine orders—yum!

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

contributions keep the newsletter presses rolling, and the community events alive. Your tax deductible gifts are always welcome at Madrona Community Council Treasurer, 833 33rd Avenue, 98122.

We hope to see you at our next meeting, on Tuesday, October 6, at 7:15 in the Shelterhouse!

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MADRONA COMMUNITY CALENDAR

RECURRING EVENTS:

- WEDNESDAYS** 5:45 PM **Weight Watchers Meeting**—Central Area Senior Center in Leschi, 500 30th Ave S., 726-4929
- WEDNESDAYS** 4:00 PM – 5:00 PM **Bible Study** – Epiphany Christie House Library www.epiphanyseattle.org
- WEDNESDAYS** 7:00 PM – 8:30 PM **Library Book Club**—Madrona-Sally Goldmark Library, 1134 33rd Ave.
- THURSDAYS** 7:30 PM **AA/ALANON Meeting**—Epiphany Great Hall www.epiphanyseattle.org.
- FRIDAYS** 7:30 AM **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker kbarker715@gmail.com.
- FRIDAYS** 3:00 – 7:00 PM **Madrona Farmers Market**—Grocery Outlet parking lot, MLK & Union . Runs through September 25.

- Sep 24 Wine & Dine at Dulces** – Winemakers from two small Washington wineries talk about their creations while you experience them with a special meal designed by Chef Julie Guerrero. Call 322-5453 for reservations.
- Sep 24 6:30 PM - 8:00 PM East Precinct Crime Prevention Coalition Meeting.** Members of the public meet with the police to discuss local issues. Seattle Vocational Institute, 2120 South Jackson, Room 401. More info at www.sngi.org/epcpc/epcpc3.html
- Sep 25 4:00 PM Cooking Demonstration by Chef Michael King of St Clouds**—Madrona Farmers Market.
- Sep 26 10:00 AM - 1:00 PM Friends of Madrona Woods Work Party.** Meet at the toolbox at the Spring Street entrance (Spring & Grand), Deirdre McCrary deirdre_jaymccray@msn.com
- Sep 26 12:00 PM – 4:00 PM Outdoor Concert in Leschi** – Jam session, hotdogs grilled by East Precinct officers, children’s activities and more! Leschi at Flo Ware Park, 28th & Jackson
- Sep 29 7:30 PM Reading by Madrona Author Julie W. Weston**—From her book *The Good Times Are All Gone Now: Life, Death and Rebirth in an Idaho Mining Town* . Third Place Books in Ravenna.
- Sep 30 6:00 PM Reading by Madrona Author Julie W. Weston**—From her book *The Good Times Are All Gone Now: Life, Death and Rebirth in an Idaho Mining Town*. Elliott Bay Book Co.
- Oct 2 9:00 AM BOOM (Business Owners of Madrona) Meeting,** All Madrona business owners are welcome. Amara (34th & Union), membership applications available from Barbara Banon (Edward Jones, 3304 E Spring St) or email Nikola@earthsystems.com.
- Oct 3 1:00 PM – 5:00 PM Neighborhood Cooking for the Homeless**— Italian Cuisine! Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- Oct 4 1:00 PM – 5:00 PM Neighborhood Cooking for the Homeless**— Italian Cuisine! Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- Oct 6 7:15PM Madrona Community Council Meeting** – Madrona Playfield Shelter House, Cynthia Stross cynistr@gmail.com
- Oct 8 6:00 PM Central Area Neighborhood District Council Meeting**— Douglas Truth Library, 2300 E. Yesler Way. Madrona Contacts: Max Liebowitz maxliebowitz@gmail.com and Cheryl McCain clmc2000@gmail.com
- Oct 9-25 Byrd Retrospective Festival** – Various live dance performances at Madrona Dance Studio. Benefit performance on October 9. www.spectrumdance.org.
- Oct 10 10:00 AM –2:00 PM Neighborhood Cooking for the Homeless**—Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.

September						
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Newsletter of the Madrona Community Council

Published monthly except for July and August, with a circulation of 2450, reaching homes & neighbors throughout Madrona & Central Seattle.

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 US Postage
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 Seattle, WA
 Permit No. 6873

October 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 and to production editor Christine Bender at christineb@conversation.com.

Advertising: Contact John Schuitemaker at 910-1111 or jschuite@comcast.net. Rates are on-line at www.madrona.us.

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

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Printed by Overnight Printing — 621-9412

Permit Holder: Seattle Community Council Federation

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