



THE VALLEY VIEW

SEPT — OCT 2011, ISSUE NO. 178

www.madisonvalley.org

Green Plate Special

By Libby Sinclair

Have you been wondering what's behind the slowly evolving garden at MLK and East Union Streets? It is the work of a new non-profit called *Green Plate Special (GPS)*. Its mission is to engage middle school students in the growing and cooking of fresh, whole foods. The group was started by chef, Laura Dewell, and teacher, Libby Sinclair (a GMV resident for 35 years).

Starting in January, Green Plate Special (www.greenplatespecial.org) held work parties to clear the trash-strewn lot, stack re-usable materials, and construct a neighbor-friendly fence. With the ideas, guidance and service of middle and high school students in the Madrona/Garfield and Madison Valley neighborhoods, you can see the transformation to a thriving garden taking place.

In addition to learning how to grow and cook food, Green Plate Special has also designed many intentional lessons in what is meant by *sustainability*.

- Many raised garden beds have been created with the remnants of the small building that once existed on the southwest corner of the property, and slabs of broken concrete.
- Untended fruit trees were pruned, wood was cut and stacked. Many raised beds are edged with this wood.
- Burlap coffee sacks – free from coffee roasters, provide mulch, serve as planters, and cover hay bale seating.
- Hay bales are seating for now, planting medium in the future.
- Both of the umbrellas shading our worktables were retrieved from the trash and repaired.
- High school students from Ground Up Organics built compost bins from wood pallets destined for the landfill. *Cont'd on p. 7...*



Our Back to School Issue!



School is back in session in September, so please remember that means more child pedestrians will be on the roads in our neighborhoods and in school zones. AAA of Washington reminds drivers to be “especially cautious and alert during the morning hours and afternoon hours.” (Sept. 2011) Here are a few of tips from AAA to keep kids safe as they navigate through our neighborhood streets and school zones:

Follow the speed limit — The speed limit for school zones in WA state is 20 mph and speed violations are double the normal fine!

Look for AAA School Safety Patrollers — They post more than 22,000 safety patrollers at 800 schools across WA, and are a sure sign you're approaching a school zone.

Come to a Complete Stop — at intersections with stop signs!

Always Stop for Loading/Unloading School Buses — Not stopping is dangerous and against the law!

Eliminate Driver Distraction — AAA research shows that taking your eyes off the road for *two seconds* doubles your chances of crashing. This is a sobering message for cell phone users!

Plan Ahead — Leave early for your destination and build in extra time for traffic congestion. Modify your route to avoid school zones and traffic hot-spots altogether.

Thanks for keeping our streets safe for everyone!

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GMVCC ID STATEMENT



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The GMVCC is a 501(c)3 not-for-profit member of the Seattle Community Council Federation. The Valley View reaches over 2,000 house-holds and businesses in the Madison Valley area, and is published in Jan, March, May, July, Sept, & Nov.

The Next Submission Deadline is October 21st

We welcome your events, bulletins, photos, stories and ads!



GMVCC News Briefs

No GMVCC meetings were held over the summer.

The first meeting to adjourn this fall will be September 21st. Please see full schedule below and mark your calendars.

The Community Picnic will be held on Saturday, Sept. 10th, from 4:00 -7:00 p.m. at the Valley School campus, 309 31st Ave East. Molly Van Nostrand, owner of Fast Frame, is the chairperson organizing this year's event. It is being sponsored by CCC@MLK, the Madison Valley Merchants Association, and the GMVCC.

MLK Jr. Elementary School — In August F.A.M.E. Church announced the formation of *The Martin Luther King Jr. Family, Arts, Mentoring, and Enrichment Community Center*. The church held a dedication & ribbon-cutting ceremony on Saturday, Aug. 27th, with Reverend Dr. Carey G Anderson and other officers of the church attending.

Merchant Association News — MVMA met on August 18th at Luc Restaurant. The merchants are looking to redesign their website, www.madisonvalleyonline.com, to better meet their needs and become more user-friendly. They discussed combining the website with the GMVCC site. Council President Lindy Wishard is a member of the website committee formed. MVMA is currently looking for web designers to help with the project, preferably a resident of Madison Valley. The goal is to attract more shoppers to the neighborhood. The committee meets again on September 15th at The Harvest Vine. If you have questions or suggestions, you may contact MVMA President Larry Levine at 206-953-0283, or email lal77@comcast.net.

MVMA Monthly Meeting: Thursday, Oct. 13, 8:30 a.m.
Location to be determined — please contact Larry for more details.

Holiday Bake Sale — As part of our Fall Fund-raising Drive, *The Valley View* editor is organizing a Holiday Bake Sale. Proceeds will benefit our publication costs in 2012. If you're interested in planning, volunteering, or just attending this fun family event, please contact editor@madisonvalley.org to receive emails or donate a batch of your favorite cookies toward a good cause. I can't wait to see you there — your stomach will thank you for it!



GMVCC Fall Meetings:

Would you like to meet the local merchants or connect with a broader array of active community members and neighbors? If so, please consider attending one of our **Fall Council Meetings**, held the third Wednesday of each month at the Valley School, 309 31st Ave East, from **7:00 — 8:30 p.m.** Kids are always welcome!



Wed, September 21st
Wed, October 19th
Wed, November 16th

Fall Fundraising Drive

The Valley View has enjoyed a long run as your community newsletter and we hope you like reading our articles. However, as the recession lingers on and local businesses struggle, advertising dollars are harder than ever to come by (which is how we fund about 75% of our printing and mailing costs). By the end of 2011, the community council funds will be depleted. So we are mounting a fundraising drive this fall to procure the funds needed to ensure our continued publication in 2012. We need your help to make this happen!

To all the merchants who advertised in 2011, and to all the residents who donated this past year, I want to personally thank you. Neighbor donations raised over \$700 towards printing costs, which made a real difference. Special thanks also to our anonymous donors — Josie & Sam, April, Alicia, Jonathon, and Linda — you are all appreciated!

If we fail to raise the needed funds for 2012, our alternatives are to switch to an online-only version, or to a paid subscription newsletter. Since readers have voiced their desire to keep receiving a mail copy, we're asking folks to make a donation this fall! Any amount helps, but we're suggesting a voluntary subscription fee of \$10. If you can give more, that helps too! For \$25, you can become an official sponsor. So please, fill out the form at right and mail it in soon. We thank you for reading, caring and giving — *the Editor, N. Hawkins*

The Valley View Needs YOU!



If you love Madison Valley and like reading *The Valley View*, then become a sponsor today! **Your tax-deductible donation, of any amount, will help support the continued publication of our community newsletter — bringing you more great stories, local history, and neighborhood news right to your doorstep.**

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Answers to VALLEY TRIVIA:

A. Spire of the Ebenezer A. M.E. Church at 1716 23rd Ave. B. Weathervane at the James Washington Studio, 1816 26th Ave. C. Bronze sculpture at Homer Harris Park, 2401 E. Howell, by Artist M. Elohim. D. Coppola & weathervane at Bailey Boushay House on E. Madison & MLK. E. Pyramid skylight at Café Flora

Friends of Alder Creek

By Wallis Bolz, at far left in photo below



Hello Friends of Alder Creek — in September we will host two work parties and invite you to join us. A neighborhood work/info party will meet on **Saturday, Sept. 10, from 9 a.m. to noon.**

Then we'll host a **United Way Day of Caring event on Friday, September 16, from 9 a.m.**

to 2 p.m. Wireless Advocates/Car Toys has chosen Alder Creek as its United Way Day of Caring project site. We expect 25-30 volunteers from Wireless Advocates at Alder Creek to assist in our efforts to restore the natural area.

The United Way Day of Caring event has become very important to Alder Creek as a large amount of work is accomplished in a short amount of time. United Way volunteers work hard and well. It has been a pleasure to host this event each September.

If you are interested in supporting this event, please contact me. You can provide snacks and beverages for the volunteers; assist with set up of the event; help coordinate volunteer efforts on the day of the event; or just show up and work with volunteers as a friendly neighborhood presence. For additional information, you may contact me at wallisbolz@gmail.com, or call 206-329-3672. Please join us!

Also, on Saturday, October 1, the Washington Native Plant Society is hosting a plant sale. Here's the info: **Washington Native Plant Society, Central Puget Sound Chapter's Fall Native Bulb, Seed and Plant Sale on Saturday, October 1, 2011, 10 a.m. – 4 p.m.** The Central Puget Sound Chapter will hold the annual fall sale in Building 30 at Magnuson Park, 6310 NE 74th Street, Seattle. The fall sale features camas and other lily bulbs, a big selection of native seeds, and potted trees, shrubs, perennials and bare root material (if it is available). A list of plant species that will available is posted at www.wnps.org.

Native plant experts will be on hand to advise shoppers about the right plants for their particular site. Books about Pacific Northwest native plants and ecology, as well greeting cards with a botanical theme, will also be sold. Fall is a good time to plant, so come early for the best selection, and please bring your own boxes or trays if you can.

Thanks for reading.

Best, Wallis Bolz
 Neighbor and Forest Steward,
 Green Seattle Partnership



Local Arts & Culture

The 2011 Madison Park Art Walk kicks off Friday, September 9th from 6-9 pm with a reception at Starbucks where folks can enjoy refreshments and pick up the art walk guide containing a map to the over 20 participating venues featuring the work of a wide range of artists from the greater Madison Park area including Madison Valley, Madrona and Montlake. Artists will be at their venues that evening, and their art will be available throughout the month of September. Additional information on the event is available at the website, www.MadisonParkArtWalk.com.

Madison Valley artist Heidi Randall will also be exhibiting in this Madison Park Art Walk. You can see more of her work online at www.heidirandall.com, or just come to the art show!

City People's Garden Store is hosting their **Annual Garden Art Show** running from September 10th to October 9th. The opening is on Saturday, Sept. 10th from 9 - 11 am. Local artists will display large and small scale work in metal, ceramics, recycled material, and glass. We also have the following **Free Fall Workshops**. Pre-registration is required, just call 206-324-0737!

Don't Forget: The Annual Fall Plant Sale Begins Sept. 17th!
Planting Fall Bulbs for Spring Color — Sat, Sept. 17, 11am
Putting the Garden to Bed for Winter — Sat, Sept. 24, 11am



Saint Demetrios Greek Festival is the original one of its kind in Seattle! Come and enjoy what has become a Seattle tradition now in its 50th year! Wonderful authentic Greek food awaits you, along with Greek Folk Dancing by their award winning Greek Folk Dancers, with whom you can join to dance to Greek music. Learn about the St. Demetrios church and faith with church tours, shop for bargains on Greek items, and visit our Greek Deli to stock up on pastry and other Greek delicacies. Family and kids activities are scheduled for a truly memorable day at St. Demetrios!

Friday, Sept. 16, Noon - 9:00 p.m.

Saturday, Sept. 17, 10:30 a.m. - 9:00 p.m.

Sunday, Sept. 18, Noon - 7:00 p.m.

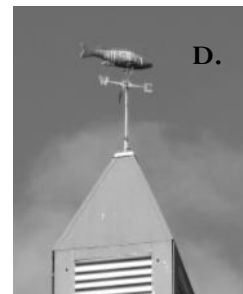
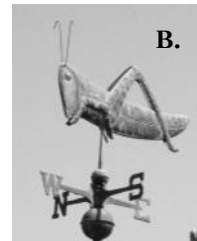
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For more information, call 206-325-4347

MAD VALLEY TRIVIA

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 Play our photo trivia game below to find out!



Answers are listed on
 page 4, at lower left.

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 local shoppers know what's
 happening right here in their own
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 for our **Annual Holiday Edition**

Submission deadline is October 21st.

Contact the Editor to reserve a spot!

Email: editor@madisonvalley.org

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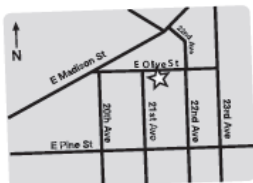


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Garbage 101

By Cathy Nunneley

I recently had the opportunity to meet at SPU headquarters downtown with two representatives: Bret Stav and Andy Ryan. After my initial awe of the view from the top of the municipal building, I was able to get some answers to questions I receive from our community's citizens.

At a rate of 51%, Seattle is a national leader in recycling. Bret Stav feels that with the enthusiasm of residents, we could push that success rate up a few more points. Additionally, there is very little contamination of un-recyclables in the materials received — only about 5% of it is unclean. So, we are doing a great job.

Recycling trucks take their full loads down to 4th Avenue where materials are dumped onto a giant conveyor belt. Personnel on both sides sort out unacceptable materials: dirty or loose plastic bags, lids smaller than 3 inches, and garbage, for example. There is no limit to the amount of recycling you can set out each week.

Although, we do not receive any charge on our SPU bills for recycling, it is not free to us. The cost of home recycling and hazard waste drop off centers are bundled into our regular garbage bills.

Speaking of the garbage: with expanded recycling, yard and kitchen waste disposal, there is very little being collected these days. A huge portion of the garbage is diapers and pet waste.

People often ask what ever happened to using our garbage disposals instead of recycling their kitchen scraps? The answer: "Rats, Rats, Rats", says Bret Stav. When you put food into the sewer system you are providing a tasty meal for our rat population, which is in the millions throughout the city. Inappropriate uses of compost piles are also open-air diners for the rats.

SPU provides many websites to assist with questions:

How Seattle is doing at recycling: http://www.seattle.gov/util/groups/public/@spu/@garbage/documents/webcontent/spu01_006693.pdf


Seattle's Where does it Go? Recycling Game:
<http://web1.seattle.gov/spu/recycling1Qgame>

Videos: Showing recycling & composting facilities, & landfills:
http://www.seattle.gov/util/Services/Recycling/Recycle_at_Your_House/HowtoRecycleVideos/index.htm

Frequent Recycling Questions: http://www.seattle.gov/util/Services/Recycling/Recycle_at_Your_House/TopRecyclingQuestions/index.htm

Recycling Look-Up Tool to figure out what to do with what you want to get rid of: <http://www.seattle.gov/util/Services/Recycling/LookupTool/index.htm>

This tool can help you find out where to take block Styrofoam, "Styro Recycle" in Renton will take it: <http://www.styrorecycle.com/services/public.htm>


Keep up the good work! 

Garbage Walks

By Ann McCurdy

Every morning I walk my 7-year-old son to McGilvra Elementary school, about one mile along E. Madison from Café Flora to 38th Avenue E. And some mornings, while walking back home, I improve the neighborhood: I pick up garbage. I bring a trash bag or old grocery bag with me, a pair of gloves, and pick up what others have carelessly left behind. It's not a glamorous job, but it is satisfying to walk along a recently cleaned sidewalk and think, *I did that*.


This is *our* neighborhood. It is our responsibility to take care of it. So even if there's trash on the ground that I didn't put there, and even though it's not directly in front of my house, I want it cleaned up, so I do it. I want to be part of the solution. You can be part of the solution, too. Next time you walk your dog, pick up some trash along the way. Or schedule a garbage walk around the block with your family — I've gotten my husband, my son, and other friends all chatting together and picking up garbage together. And smokers, remember that cigarette butts are trash too, so please bring them home or throw them away in a trash can!

Finally, if you see someone picking up garbage on the street, honk, wave, and say "thank you". Let them know you appreciate that they're making your neighborhood great. 



www.greenplatespecial.org

Green Plate Special Cont'd from p. 1...

After finding it too expensive to buy a much-needed garden shed, GPS drew up its own plan and began *gleaning* for donations of scrap wood. In two weeks, wood headed to the landfill from private backyards, as well as from construction sites, was "harvested" with the help of kindly neighborhood truck owners and others. With this "throwaway" lumber, volunteers and students from the STARTS program have built a beautiful garden shed, three benches, and four raised planting beds so far. **Green Plate Special will be having an Open House for the neighborhood on a Friday in September.** We are delighted to be a part of both the GMV and Madrona neighborhoods. We especially appreciate our volunteers and neighbors, and the passers-by who lean over the fence with a friendly thumbs-up or a question about what's growing. 

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Autumn Events Calendar

Sat, Sept 10, 9-11:00 a.m. — Annual Garden Art Show at City People's Garden Store, runs through Oct. 9th. See p. 5 for more info, CPG Free Fall Workshops, and the Plant Sale dates.

Fri, Sept 16 – Sun, Sept 18 — St. Demetrios Greek Festival, at the St. Demetrios Hall & Cultural Center, 2100 Boyer Ave. East (in nearby Montlake). See p. 5 for complete info.

Fri, Sept 16, 9:00 a.m.- 2:00 p.m. — United Way Day of Caring event at Alder Creek and at the Washington Park Arboretum. See article on p. 4 by Wallis Bolz for info. Arboretum volunteers will focus on the Pacific Connections Garden.

Sun, Sept 25, 10:00 a.m. - 2:00 p.m. — Fall Abundance Plant Sale, hosted by the Pat Calvert Greenhouse & the Donation Nursery, at the Washington Park Arboretum. Fall is the best time to plant in the Pacific Northwest!

Sat, Oct 29, 6:30-8:00 p.m. — The McGilvra Elementary Harvest Dance. An event for McGilvra families — please wear your costumes for a potluck dinner followed by dancing in the gym, with music by the Dad's band.



**Wishing our Madison Valley
 Friends and Neighbors
 Warm Fall Greetings!**

Please mark your calendars and come to one of the GMVCC meetings this fall. Council meetings are held the third Wednesday of each month, from 7:00–8:30 p.m. at the Valley School, at 309-31st Ave East. These are family friendly events and kids are always welcome! See you there...



**September, 21st
 October, 19th
 November, 16th**