



The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 119 March 2004

E-mail: gmvcc@hotmail.com

Neighborhood News

CALLING ALL ARTISTS

First Annual Art Show and Sale

Saturday, May 8 11AM-6PM

Bush School Theater

The Greater Madison Valley Community Council is excited to announce that we are sponsoring an art show and sale for the neighborhood. We have artists of many talents interested in participating so the show is sure to be a pleasure. This free event will provide a special opportunity for us to view the unique creations of our very own neighbors. Thus far we have woodcarving, painting, pottery, floral design and photography. We would like to represent as many art disciplines as possible – performing artists are most welcome to provide entertainment and showcase their talents.

The art show will be held on May 8, 11 am to 6 pm, in the **Bush School Theater** located on East Harrison at 36th E and one block west of Lake Washington Blvd. It is a big, well-lit space. IF the weather cooperates, we will be able to use the outside courtyard. Participants will be responsible for setting up their own displays and clean-up. Some tables may be provided. We are planning to provide complimentary dessert and coffee for our guests during the show.

Assistance with planning and dessert would be MOST appreciated.

Interested? Contact Cathy Nunneley 329-4083 or cjnunneley@yahoo.com

In This Issue

Art show.....	1
Barbara Dunshee, artist.....	1
Pancake Breakfast.....	2
Courtyard Sale.....	2
Public Waterfront: Opinion.....	3
Dr Daisy.....	4
Community Council Minutes.....	4
My Coffeehouse.....	5

Good Neighbors

An Artist of Our Own

By Bob Boulware

On any given day you'll find Barbara Dunshee hard at work at her studio, concentrating on the clay spinning beneath her hands. Unlike many potters at the wheel, Barbara is standing. One foot is on an elevated pedal that she uses to tune in a desired speed. She is bent over a cylindrical shaped slab that is slowly but steadily transforming into a bowl-shaped object. The process is fascinating to watch and one cannot help but live vicariously through her. It's like watching a seasoned musician play an instrument.

Surrounding her on large display racks is a family of pottery pieces. They range from freshly thrown bowls to finished vessels and all the stages of development in between. As a result, this array of "offspring" begins to resemble an exhibit of her work's evolution, from child to mature adult. It's an especially fitting analogy for her unique vessels as no two are alike.

In addition to getting her hands dirty at the wheel, Barbara performs a myriad of other tasks such as

bookkeeping, taking orders, updating her website, speaking to gallery owners, and collaborating with other artists. It is a continuous effort: a perpetual ritual of swimming upstream to gain exposure. "It's a lot of work," she says, "but as demanding as it is, I really have no intention of slowing down. There's still so much to do and discover".



Barbara with some of her "offspring"

Barbara's artistic background is extensive. Drawing, painting, printmaking and sculpture have all been part of her history. However, her fine arts degree in graphic design from UW has been the most helpful. She explains: "My time in graphic design was excellent preparation for my jump to pottery. I can see how it influences my aesthetics and helps me walk that line between complex and simple."

Barbara admits that she has an added

(Continued on page 3)

ANNUAL COURTYARD SALE

SATURDAY, JUNE 19TH

BUSH SCHOOL COURTYARD

LOCATED AT

E HARRISON and 36TH AVE E

AND

ONE BLOCK WEST OF LAKE

WASHINGTON BOULEVARD

Mark Herkert
Owner / Certified Arborist



Madison Park Tree

Pruning, Removal, Planting

Call for a free estimate
(206) 322-4546
Licensed, Bonded, Insured

2514 E. Ward St.
Seattle, WA 98112

e-mail: belhomark@aol.com

A Paul Bunyan Breakfast

The annual free Pancake Breakfast for Neighborhood Appreciation Day came on the fine morning of February 7th. Madison Valley people came from all parts to our regular site at the Bush School lunchroom where Council President Gary Emslie and art teacher Juan cooked the delicious fare. Blueberry flapjacks and sausages were top of the menu and judging from the crowds rising in number every year, their quality is becoming famous.

Lisa St. George, Charles McDade and Anita Rowe were there, civic campaigners all. Wallis Bolz, Floyd Hunter and the Madison Park Times photographer stayed long. Richard Conlin of the City Council and Mayor Nickels enjoyed our colorful company. I think the crowd would have all gone back for thirds until the last drop of batter was gone, but the Democratic Party caucuses were scheduled the same morning. The voters gulped down their coffee and orange juice, bid friendly goodbyes and rushed off to stand up for their hot candidates.

REPORT ON YOUR NEIGHBORS!!!

Do **You** or **Your Neighbor** have an interesting story to tell? As you have read in this newsletter, many of us are involved in a number of interesting projects. Sharing brings us together as a community and creates an identity for which we can be proud. Let us hear from you! Contact Cathy Nunneley at 329-4083 or cjnunneley@yahoo.com

Pilates in the Park

Private Pilates Instruction

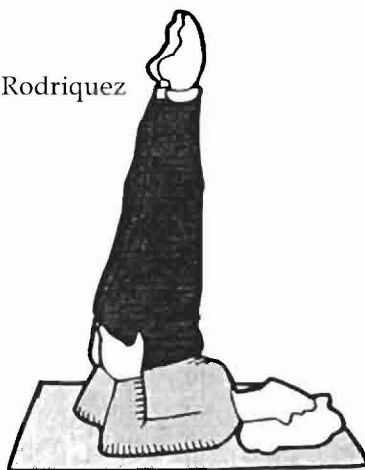
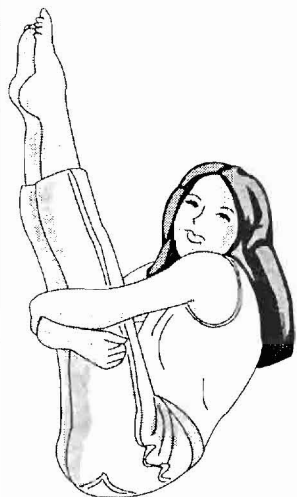
in Madison Park

led by

Certified Instructor, Nadia Rodriguez

and

Kathy Olsen, MSPI



Renaissance Physical
Therapy NW
3131 East Madison #205
206.322.1846
www.renaissancept.com

Courtyard Sale Date Set: June 19th

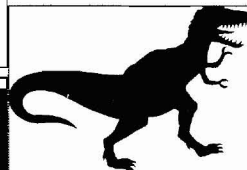
Before the call of spring pulls you out into the garden, take a moment to consider your donations for this year's Community Council Courtyard Sale. This event is the **ONLY** fundraiser of the year. The money raised helps fund the publication of *The Valley View*. Currently, *The Valley View* costs about \$700/month to print and mail to our 2000 neighbors.

We are **DESPERATE** for help with this year's sale. Last year a handful of people spent two weeks constantly working to make the event a success. Please **contact us to volunteer**. We **urgently need someone to take charge of the sale this year**.

If you need help transporting your donations to the sale let us know. In most cases, a pick-up can be arranged.

The Courtyard Sale is held in the courtyard of the Bush School on E. Harrison at 36th Ave E and one block west of Lake Washington Blvd..

To volunteer contact GMVCC president Gary Emslie at



Izilla Toys

BIG YARD SALE

Sat & Sun March 27th &
28th

2840 E Madison

206.322-toys



Barbara Dunshee
P O T T E R Y

www.bdpottery.com

Eclectic, hand-crafted, multi-use pottery. Come visit us at the next Open Studio.

studio: 206.322.6240

mobile: 206.229.3311

barbara@bdpottery.com

CITY PEOPLE'S
GARDEN
STORE



2939 East Madison
Seattle, WA 98112
(206) 324-0737
Fax (206)328-6114

advantage. Her fiancé, Bob Boulware, a graphic designer, maintains a very attractive website for her pottery endeavors. It's an easy way to keep folks apprised of the latest events and musings. It also makes purchasing her pieces possible for out of town patrons. "It really helps to be engaged to my own graphic designer!" The two met at design school while Barbara was earning her BFA.

The work emerging from Barbara Dunshee's modest home studio near the arboretum is getting noticed. She showed her work at so many venues last year that people frequently recognize her art. Her award winning work is on display at the Tacoma Art Museum store, Phoenix Rising Gallery located at the Pike Place Market and Rosette's in Seward Park. She opens her studio to the public every month. Aptly named *Open Studio*, the event gives her a chance to connect with the community on a regular basis and is a great opportunity for anyone to meet Barbara and purchase current one-of-a-kind work. "I love visits during Open Studio. It gives my workspace such a festive atmosphere and folks get to understand a little more about the process." Check Barbara's website for address and directions.

More information can be found about Barbara Dunshee and her work at www.bdpottery.com

PLEASE SUPPORT The valley view's wonderful advertisers. They make this newsletter possible for all of us. Thanks!



The Bush School
EXPERIENCE EDUCATION

*Thank you to our neighbors
for making the Greater Madison Valley
a great place to educate kids!*

The Bush School 3400 East Harrison Street Seattle, WA 98112
www.bush.edu

Opinion Private Control of Public Waterfront

There are 149 shoreline street ends in this city. These sites are public property and should be open for all to see, especially with the fine vistas of mountain, sky and the moods of the water. For years, however, adjoining property owners sought to hide these amenities from the public by planting screens of tall shrubs and building garages, patios and elaborate bar-b-ques.

The Leschi community brought this to everyone's attention after locating their hidden street ends along Lake Washington. Encroaching neighbors were made to vacate the precious land and these opened waterside gems were named the "*String of Pearls*". This process has its nasty features: landholding neighbors unwilling to lose their privileges organize and fight. With lawyers involved, the process many take months and years.

In our bailiwick lies the Mercer Street end just off 39th Ave E. It is more than 120 feet of waterfront entirely shielded from view by 12 foot high laurels. The owners negotiated a annual payment to the City of \$50,000 for the use of the land. The citizen committee for public rights at Mercer Street consider this permitting policy of the City to be questionable—perhaps motivated by the urgent need for revenue. Nevertheless, the team (comprised of veteran volunteers from Leschi, Madrona and Madison Valley) is pressing on with their application for opening the precious shoreline. They have resilience and determination and are aware of the opposition's power of money and influence.

For more information on this issue, call Jerry Sussman at 325-6308 or email jacksus@msn.com

MAKE A DIFFERENCE with Bailey-Boushay

Bailey-Boushay House is recruiting volunteers to provide transportation, companionship and meal service to clients of the Adult Day Health and Residential Care programs.

This is an opportunity to make a difference in the lives of people who are living with HIV/AIDS and other life threatening illnesses. Individuals with a reliable vehicle, a current driver's license, insurance, and who are available during the day should call David Pavlick at (206)720-2260 and request a volunteer application.

SOUTH SEATTLE *Star*
The World Starts Here

Your
**Community
Newspaper**

206-721-7265
info@southseattlestar.com
www.southseattlestar.com



**Kron-Kellett
Builders, Inc.**

Larry Kron
General Contractor

Cell: (206) 963-4578
Fax: (206) 324-6802
312 - 36th Ave. E.
Seattle, WA 98112

Licensed • Bonded • Insured
License #: KRONKST099816



TENNIS LESSONS

for individuals and small groups of all levels

Lew Kiner

phone: 206.351.3233

rates and (excellent) references available upon request

USPTA licensed

GMVCC CONTACTS

Council Affairs: Gary Emslie, president.

Email: gary.emslie@bush.edu

Council business, agenda requests, inquiries

Valley View Newsletter: Cathy Nunneley

Email: cjnunneley@yahoo.com or 329-4083

Article submission, advertising, suggestions

Community Council Minutes

GMVCC Meeting of February 17th, 2004

This meeting was called to order at 7:55; there was not a quorum present. First, Eli Stahlhut gave the treasurer's report. Our total income since 1/20/04 was \$142: \$75 from advertisements in the newsletter, \$57 from the Pancake Breakfast, and a \$10 mailed donation. The total amount paid out since 1/20/04 was \$777: \$602 for the January newsletter itself, and \$175 for postage. Eli also suggested that the council open a safety deposit box to store valuable documents. This idea will be voted upon at the next meeting providing there is a quorum.

Next, Jerry Sussman shared news about the Northwest artist Bill Cumming and the painting he donated to MLK School forty years ago. Mr. Cumming recently repainted his original work and signed it. The painting is currently hanging in the principal's office in MLK. Plans are being made to build a secure case for this painting so that it can be protected while being displayed for everyone's enjoyment.

Jerry also informed us that the committee to open the Mercer Street end has met several times and is seeking an attorney to help with their case. The meeting was adjourned at 8:20.

Dear Dr. Daisy

Seasonal Allergies

In the Northwest, it's hard to tell when spring has sprung. Spring sneaks up on us, like the warm afternoon sun-breaks that pop up randomly amidst the standard rain and gloom. You can always tell spring is coming, however, by the allergies.

Tree pollen soars through the air, spreading plant life and triggering the histamine release associated with allergy symptoms: itchy eyes, runny nose and general fatigue. Sensitivity to pollen can be compounded by the prevalence of mold that has accumulated after 4 to 5 months of damp weather. Before you reach for the antihistamines, here are some tips for decreasing your allergies this season.

Do some Spring Cleaning. Most people with allergies are allergic to more than one thing. Clearing out the dust and washing out the mold in your house can help improve your symptoms.

Eat your veggies. Fruits and vegetables contain vitamin C and bioflavonoids, nutrients that block excessive histamine release. Dark leafy green vegetables, and brightly colored fruits have the highest levels of bioflavonoids.

Avoid foods that increase mucus production. Cow's milk

and orange juice can both increase mucus production in many people.

Vitamin C is a natural antihistamine in high doses. 1000 mg three to four times a day is considered a safe high dose for adults.

Many herbal remedies are useful for improving allergy symptoms. Freeze-dried Nettles, Licorice, Dong Quai, and Chinese Scullcap are some good examples. Ask your naturopath, or natural pharmacist for help finding an herb and dosage that's right for you.

One of a kind resource center

FOUR SEASONS OASIS



Over 600 book titles for adult, teen and children
350 card designs
Gift baskets
Comforting gifts

Individual & group counseling
Massage
Arrangement & referral services
Programs
Pet loss

Supporting the journey of grief, illness and loss

206.726.0500

The Madisonian Building
2909B E. Madison St

Parents Rejoice

Hurray! Hurray! *My Coffeeshouse* arrived. The days of trying to manage a conversation with a friend over coffee while simultaneously entertaining your "active" toddler may have finally ended..

My Coffeeshouse opened on Valentine's Day to happy applause from the area's grateful families. The forward-thinking owner, Julie Parker has developed a child-friendly café that will have children begging to visit. The sophisticated décor and casual menu will attract grown-ups and the toys will entertain the little ones. The space has a built in play area that can take whatever energy a child has to expend. Parents can relax. There are no displays to knock over or "precious" objects to protect. The ordering area even has a mounted play board on the wall right at child-eye level. The kids seem enthralled.

The menu is classic coffee house and boasts "Real New York" bagels. There is even the thoughtful inclusion of small boxes of cheerios.

My Coffeeshouse is conveniently located next door to Izilla Toys across Madison from Café Flora. Their logo: "A Family Friendly, perky, little neighborhood place" certainly fits this welcome addition to the neighborhood.



Ella, age almost 2 enjoying the scrumptious toys at My Coffeeshouse.



ROVER'S
the art of cooking
 Celebrating 15 Years in
 Madison Valley!

LESCHI
 Food Mart Inc.

MON - SUN - 9:00 - 8:00
 OPEN HOLIDAYS
 leschimart@aol.com

STEVEN M. SHULMAN
 MANAGER

GROCERIES - SUNDRIES - BEER - WINE
 QUALITY MEATS - HOMEMADE SAUSAGES
 103 LAKESIDE AVE. 322-0700

SUPPORT THE VALLEY VIEW NEWSLETTER

Name: _____

Phone: _____

E-mail: _____

Address: _____

Donation Amount: _____

I don't receive the Valley View; please add me to the mailing list.

Please contact me for mailing parties, writing, reporting, artwork, or other. My interests are:

GMVCC P.O. Box 22278 Seattle, WA 98122

THE VALLEY VIEW
 P.O. Box 22278
 Seattle, WA 98122
 Greater Madison Valley
 Community Council
 Member of the Seattle
 Community Council Federation
Newsletter Staff
 Miriam Roskin, Editor
 Jerry Sussman
 Cathy Nunneley
 Jeanette Karovsky

The Valley View is published nine times each year.
Deadline: 15th of each month.
 Your submissions are appreciated!
 Mail to the address above.

2002-2003 Officers

President - Gary Emslie
Vice President - Charles McDade
Secretary - Miranda and Claire Levy
Treasurer - Eli Stahlhut
MLK School Rep. - Joanie Robertson and Andrew Engelson



Non-Profit Org.
U.S. Postage
PAID
 Seattle, WA
 Permit No. 6873

Next Community Council Meeting

Tuesday, March 16, 2004, 7:30 p.m.
 Martin Luther King Elementary School Portables
 3201 E. Republican Street

SANTOSHA



We now have childcare Tuesday and Thursday mornings!

206.264.5034

www.santoshayoga.com

2812 East Madison St. Seattle

A REFUGE FOR

PHYSICAL HEALTH

5 WELL-BEING



Acupuncture

Elizabeth A. Goldberg, L. Ac.
 FIVE SEASONS ACUPUNCTURE

3111 E. Ward Street | Seattle, WA 98112 | T: 206.371.7215 | F: 206.325.5067

elizabeth@fiveseasonsacupuncture.com



EPIPHANY SCHOOL

Pre-Kindergarten-5th Grade



3710 E. Howell St. Seattle, WA 98122
 206-423-9411

www.epiphany-school.org

**WE ARE EXPANDING OUR SCHOOL
 APPLY TODAY!**

*A community inspiring leadership
 through the values of Respect,
 Resourcefulness and Responsibility*