



The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 117 December 2003/January 2004

E-mail: gmvcc@hotmail.com

Business Highlight

Four Seasons Oasis

With the Holidays now in full swing, many of us are experiencing the exhilaration of parties and merry making. Friends and family fill our days with warmth and affection. However, for those of us who are experiencing the illness or death of a loved one, these weeks can be especially difficult and challenging. Individuals journeying the path of grief and loss may feel isolated. The pangs of sadness may be magnified as each holiday is underscored by the one who is missing.

Four Seasons Oasis is a retail space committed to providing a restful and comforting environment to assist in the grieving process. Entering the door from the bustle of Madison Street, one is greeted with the sounds of soothing fountains, delicate music and delightfully soft



Shuko and Trish

carpeting. The owners, Trish Emry and Shuko Hashimoto are on hand to greet and assist clients in choosing from their wonderful merchandise.

They offer over 500 adult and children's books which address all areas of loss including divorce,

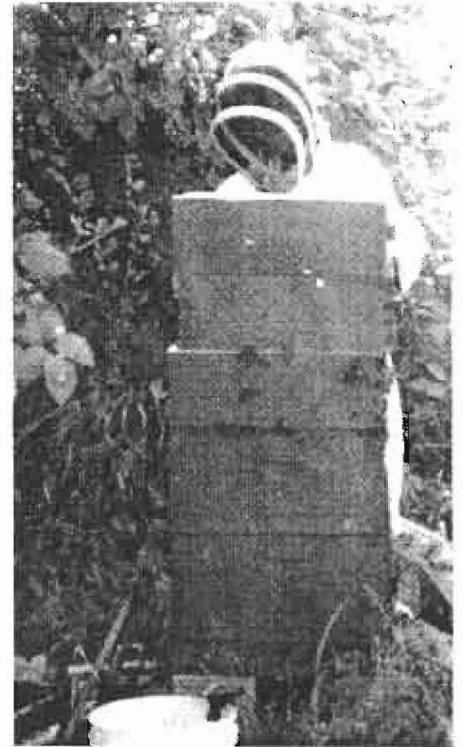
Good Neighbors

Sweetness in the Valley

Has your apple or pear tree produced some great fruit the last couple of years? Did you have a bumper crop of berries? Those of us fortunate to live in Madison Valley may have neighbor Ilana Guttman to thank. Ilana is a beekeeper and with a foraging range of one mile, her bees may have benefited all of our gardens.

Ilana became interested in beekeeping a few years ago after meeting a friend's dad and being introduced to his hive. She was attracted to the nurturing aspects of caring for an apiary as well as the thrill of honey production. She joined the Puget Sound Beekeepers Association and a new hobby was born. She invested a few hundred dollars in quality equipment (including a top of the line bee suit!) and she was off. The Beekeepers meet in the Arboretum monthly to discuss pertinent topics and hold classes. They maintain an apiary to pollinate plant life in the Arboretum and

(Continued on page 2)



Ilana working with her bees

miscarriage and traumatic deaths. Comfy, overstuffed chairs invite browsing. There is a wonderful section of the store dedicated to the loss of pets. Appropriate gifts such as candles, memory books, and fountains are beautiful. Especially unique are the hospital/grieving gift baskets. At least one of the 350 cards is sure to resonate with the special feelings one wishes to express.

(Continued on page 2)

"A peaceful and welcoming place"

FOUR SEASONS OASIS	Over 550 adult and children book titles	Individual & group counseling
	350 card designs	Massage
	Gift baskets	Arrangement & referral services
	Comforting gifts	Workshops Pet loss

206.726.0500

The Madisonian Building
2909B E. Madison St

Supporting the journey of grief, illness and loss

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Dear Dr. Daisy

Healthy Holiday Tips

From the Glow Natural Health Center

How to Survive your Home Life:

1) Don't try to be super woman. There is a lot of pressure at the holiday season to do it all. Set realistic shopping, cooking, and decorating goals and don't be hard on yourself if they aren't accomplished.

(Continued on page 4)



Alliance for Education Visiting Local Community Groups

By Bunny Bixler

Two volunteer members of the Alliance for Education and consultant, Kristi England, visited the November GMVCC meeting. The team is traveling throughout Seattle to meet with as many community groups as possible. The group solicits opinions from groups and individuals about how to improve teaching quality in our schools.

The Alliance is a non-profit, independent group formed in the mid '90s and comprised of about 60 business and community leaders dedicated to fostering higher academic achievement by all children in the Seattle Public Schools. This group develops initiatives and channels private community resources towards programs developed to achieve this goal. They send out five teams, each with a particular focus. Teaching quality is the focus of this group.

The group receives grant funding as financial support. Fifteen staff members are paid and volunteers comprise the remainder of the team. They have developed a relationship with the School Board and work with the research and development team. High School graduation requirements are one area in which they have collaborated with the Board.

The Alliance is very interested in meeting with diverse groups from all over the city. If you have a group that would be interested in expressing your ideas and opinions to them you may contact Kristi England at 206-632-1005 or kristiengland@aol.com.

Bees, continued

sell the bees' honey to support their organization.

Carrying her infant Mia, Ilana strolled through her sunny, large garden describing the basics of honey production. The bees gather nectar from flowers in the area and pollinate plants as they forage. Blackberries are the primary source for nectar in our area. They then deposit the nectar into individual cases in combs within their hive. Fanning the nectar with their wings causes the water to evaporate and the resulting thickened substance is what we know as honey. This year Ilana's bees produced about three gallons of honey.

Ilana stresses that honey bees are docile creatures bent upon their life's work of maintaining their hive. Swarms of homeless bees are usually ones that have been forced to abandon their hive due to disturbance or overcrowding. Before leaving, they gorge on their honey so they are rather sluggish and harmless. Beekeepers may sign up with the city to catch these home-seeking bees for their own hives.

The Beekeepers Association has numerous classes on beekeeping if you are interested in this exciting activity. Ilana recommends reading A Book of Bees--and How to Keep Them by Sue Hubble for an overview of bee keeping and a great read. It is available in the library.

Thanks Ilana! As a gardener, I certainly appreciate your efforts.

Oasis, continued

In addition to the retail merchandise, *Four Seasons Oasis*, offers counseling and several bodywork practices. An art salon and a comprehensive referral service are in development. Connections with the area's therapists, hospitals, hospices and home care services should enhance the business as the relationships develop.

Four Seasons Oasis is indeed a place of rest and restoration. Drop by for cider and cookies all during the month of December to get acquainted! The store is located at 2915 E Madison in the Madisonian Building. Trish and Shuko may be reached at 726-0500 and at www.fourseasonsoasis.com.

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Welcome to the Neighborhood

Two new stores have opened up in our valley along Madison. Both owners are first time proprietors and women. The number of woman-owned, independent businesses continues to overshadow the traditional male-dominated field. Keeping the corporate chains to a minimum is also cause for applause. Welcome to Red Ticking and Plum!

PLUM

Plum is a shop dedicated to the notion that children should have beautiful, well made shoes.



Owner, Karen Garland became frustrated with the limited choices available in Seattle and began to order shoes on-line for her daughter. After several years of searching, she decided to open her own specialty shop.

Plum carries French and Italian shoes and boots in sizes for infants through 8 years old. The beauty of this

footwear is something to behold. Plum is located at 2913 E Madison in the Madisonian Building. Just look for the purple sign out front.

RED TICKING

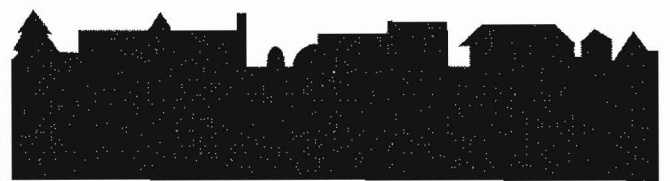
After seventeen years of clothing design, owner Pam Robinson has turned her creative talents to the use of fabric for home design. Her personalized, full custom service is best described in her own words as "elegant and whimsical French seaside". Pam does all her own consultations and design work. Red Ticking is easily found at 2802 E Madison --just look for the window with the beautifully upholstered chairs covered with vintage red ticking fabric. Pam may also be reached by phone: 282-9890 and of course, email robinson_pamela@msn.com.

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vintage fabrics and interiors

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2) Make sure to get at least 8 hours of sleep per night. This will make you less likely to re-fuel with sugar and caffeine.

3) Drink plenty of water. Dehydration decreases immunity, causes you to feel hungry when you are really thirsty, and contributes to headaches and muscle pain. Drink 6-8 glasses of water per day. For every alcoholic drink, caffeinated drink, or hour of exercise, you should have another cup of water.

4) Schedule time for yourself. Treat yourself to a matinee, a trip to the library for a new book, a massage or haircut. Take time to relax and breathe.

How to Survive the Parties:

It's very important to remember that you don't have to overindulge at a party. Enjoy the festivities of socializing and dressing up. Make the food the least important aspect of the event. Here are some party basics to remember.

1) Don't go to a party hungry. Don't go to a meal too hungry. Always eat a filling, high protein snack first.

2) Don't socialize near the food. Avoid talking in the kitchen or next to the buffet table.

3) Choose drinks that are low in sugar (i.e.: skip the pop and juice mixers, choose gin and tonic over eggnog or beer).

4) See your plate. Only fill your plate with enough food so that spaces are empty and you can actually see the print underneath.

5) Watch for the main weight gain culprits- the three "S": sugar, simple carbohydrates and saturated fats. You can fill up on the healthy fats and proteins such as nuts, seeds, lean meat, fish, chicken, bean dishes, and tofu. Keep the cheeses in moderation. Have as many fruits and vegetables as you'd like.

6) If you know the host ask him or her to include some healthy options (fruits, veggies, etc.) in the offerings, or bring them yourself!

7) Focus on Health rather than weight. (You can lose a couple holiday pounds much easier if you're feeling generally good). Will you regret the hot buttered rum and chocolate pie? Probably. Much better to have an herbal tea and sorbet or a fruit dish with a small amount of chocolate.

SPAGHETTI DINNER GREAT SUCCESS

By Muriel Puse

Our annual neighborhood event took place on November 7th at the ML King lunchroom. We had a wonderful turnout. The Garfield Jazz Quartet started off the evening with lively music to set the tone and Mistress of Ceremony, Rebekkah Dinaburg of Santosha Yoga kept the pace flowing. Bush School Unicyclers performed amazing feats that surely are a testament to their increased skill. Perennial performers from the Garfield Jazz Choir won the hearts of everyone. Four lucky winners went home with door prizes. Volunteers had filled baskets with a complete spaghetti dinner, a pancake breakfast, yummy snacks and a basket with two bottles of wine. The face painting station proved popular with young and old alike. Thank you Miranda and Claire Levy, Sean Hughes, Catie Moniz and Nina Sundsten! Thanks to Izilla Toys for the donation of paint supplies!!

ML King Principal, Barry Dorsey spoke of the plight of King's after-school program. Generous donations were given as we passed the hat to try and salvage the program.

Attendance by the Station 34 Firefighters always excites the crowd. We were happy they had a quiet evening to enjoy company of the very neighbors they protect and serve daily.

Thanks for donations by Leschi Food Mart for the meat and Essential Bakery for several varieties of absolutely delicious bread. We had several volunteer bakers who created the much appreciated desserts.

Do you have any ideas to enhance the spaghetti dinner next year? We would LOVE to hear about them. Any suggestions to make it a more fun event are most welcome.

Many thanks to all those volunteers who organized, shopped, cooked, cleaned, decorated and served their neighbors. If you couldn't make it this year—come next year. It's always on the first Friday night in November.



Pilates in the Park

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Notes From the Near Distance

By Jack Irwin

Rebuilding the Wall: The retaining wall along 32nd Avenue East between E. Denny and E. John had been failing. The weight of earth above it, in the Harrison Ridge Greenbelt, was slowly pushing the wall over. A bronze plaque on one of the concrete pillars told us that the wall was built by the Works Progress Administration in 1939-1940 to keep the hill from sliding down into the valley. The pillar is a historical artifact from the Depression days when public works saved millions of people from destitution. Work has been completed: the failed portion of the wall is gone and a crew placed new drainage lines at the foot of the hill. The City said it would restore the wall close to its original form and it has. The new section is 96 feet long. It stands on 15 massive concrete pilings 38 feet deep. May it hold that hill for generations to come. When we told the contractor about the plaque, he was unaware of its existence. However, they have now located it and have promised to replace it. We hope they put it back where it belongs.

Lakeshore Public Land: The Leschi Council campaigned in the 1990's to open up many street ends along Lake Washington. These had been hidden by neighboring waterfront property owners who more or less adopted the precious land for themselves. Leschi dubbed the street ends the "String of Pearls". Today, they are marked as public shoreline and are open to all. Now a local committee is working to open a 12 foot length of lakeshore at Mercer Street end along 39th Avenue East. It is at a cul de sac, entirely screened by tall laurels. The adjoining householders have quietly used the place for years and recently negotiated a lease arrangement with the City to use the shore exclusively. The committee asks why the City did that without public notice. The neighboring homeowners have hired a formidable lawyer and the citizens committee may do the same. It is a matter of money, of course. We'll keep you posted.

Community Council Minutes

GMVCC Meeting of November

The meeting was called to order by Vice President Charles McDade at 7:30 PM. The minutes of the last meeting were approved.

The treasurer was ill. Jerry Sussman gave a summary. There was a deposit of \$850 from the spaghetti dinner and for ads. We still have outstanding bills for the Nov newsletter and spaghetti dinner. We should show a profit from the dinner for the first time in years.

MLK principal Barry Dorsey reported that he is to meet with facilities to review enrollment at MLK and the school's future. In Aug they will begin a Kindergarten Academy to prepare youngest students for school. Two teachers and the nurse will be available. Classes will be 9-12 each day. A yearbook is planned for this year. A Harrison School and MLK reunion will be held in the Spring.

The Alliance for Education discussed their survey of citizen's perceptions of how to improve teaching quality. They presented data and solicited opinions for council members. They will present their findings to the school board along with their analysis and recommendations.

The meeting was adjourned at 9PM. *Cathy Nunneley, acting secretary*

GMVCC Contacts

Council Affairs: For Council business, including agenda requests for upcoming council meetings, please email Gary Emslie, president of the Council, at gemsle@helen.bush.edu.

Newsletter: For newsletter submissions and letters to the editor, please call Miriam Roskin at 325-8126 (email: mroskin@seanet.com).

Advertising: To advertise in the Valley View, please call Cathy Nunneley at 329-4083 (email: cjnunneley@yahoo.com) to request pricing

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.

A

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Deadline: 15th of each month. Your submissions are appreciated! Mail to the address above.

2002-2003 Officers
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 Secretary - Miranda and Claire Levy
 Treasurer - Eli Stahlhut
 MLK School Rep. - Joanie Robertson and Andrew Engelson
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Valley View Newsletter



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Next Community Council Meeting
NO DECEMBER MEETING
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MLK Teacher in the Dream Business

Have you ever wondered what you would do if you won the lottery? In 1994 Martin Luther King Jr. Elementary School teacher Jan Lind-Sherman found herself in just that situation. And for students at MLK, this was a dream come true. Jan, who still teaches at MLK, and her husband Vaughn founded the MLK School Dream Foundation. The Foundation grants college scholarships on a competitive basis to students who received at least two years of their elementary education at MLK and meet other qualifying criteria.

As of 2003, about 30 students have received assistance from the Foundation in pursuit of their own life dreams. In addition to the scholarship, the Dream Foundation contributes in other ways to enrich the school programs and facility at Martin Luther King school. Right now in fact, the Dream Foundation is acting as the non-profit agency for the fundraising efforts geared toward replacing the Before and After School Program at MLK, which will be terminated by the YMCA in January. (See article in November Valley View.) Contributions are still needed, and can be sent to the address listed below.

Checks should be made payable to "King Enrichment Program c/o The Dream Foundation" and sent to:

705 Spruce St.
 Edmonds, WA 98020

For more information, visit the school's website:
www.seattleschools.org/schools/mlking