

leschinews

December 2015 Issue No. 327



Leschi Community Council is a participating member of the Seattle Community Council Federation

Happy Holidays!

**JOIN THE LESCHI COMMUNITY COUNCIL
FOR OUR 2ND ANNUAL HOLIDAY CONCERT
DECEMBER 2 AT 7:30PM.**

Our 2015 concert features four Garfield Orchestra Students: Alexandria Chuang, Riley Calcagno, Adrian Steele and Sophie Morada performing classical selections. Refreshments served.

Central Area Senior Center
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**Keep the LCC
moving!**

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Presidents' message

Our “Spooktacular” tent in Leschi Park encouraged a stream of costumed children and families despite the rain, which was heavy at times. We had candy and apples, as well as apple cider and donut holes. Straw bales provided a seat for picture taking; subjects ranged from the very shy, who had to be coaxed, to the very polished, posing for numerous glam shots! The apples came in handy when we were visited by six horses out for a joy ride in the rain from a Rainier Beach stable. Thanks to Dr. Bilikas for the loan of the fantastic tent and to the crew that figured out how to erect this structure: Matthew Goossen, Cara Ross and her husband, Richard Bennan, Yousef Shulman and a helper sent by Dr. Mike. Some of the crew returned for the takedown, which went much faster! You can see the slide show on our website: leschinews.com.

Last month’s editorial encouraged folks to exercise their right to vote; turnout tends to be abysmally small in non-presidential years. We want to congratulate the residents of the new District 3 (our district!), as 50% of the registered voters actually voted, while the overall turnout was more like 35%. (These figures were heard on a radio news program; final figures have not been released yet by King County; ballots are still being counted as we write our message.) Our day to day lives are affected more by those who govern locally, and yet we seem to think electing the right president will solve all our problems (or maybe we are just voting for the lesser of two evils; who knows?) but thanks to all who got those ballots in on time.

We have included suggestions for holiday giving in this issue; there are so many needs and these are close to home, so it’s easy. Opportunities in the Leschi lakeside business district are food barrels for Rainier Valley Food Bank, hams for needy families and toys for kids. We were delighted to have Tabernacle Missionary Baptist Church contact us about their giving program (which benefits Nickelsville residents), and we want to see their Nativity Scene; we are curious where they got a camel! Not your everyday pet.

Congratulations to LCC Board member Jeff Floor, who is now serving as co-chair of the Land Use Review Committee. Jeff presented our November program on density and how we voted for this solution to the usual urban/suburban sprawl that eats up all the farmlands and open space.

Last year’s LCC Holiday Concert was a success and we want to repeat that, rather than the traditional potluck in past years. The holidays are a busy time for every family and the concert is less work for the usual volunteers than the potluck. And it gives us the opportunity to support the talented musicians from the Garfield High School orchestra. Please join us!

Be the change you want to see in the world. -Gandhi

-Diane Morris & -Diane Snell

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Please share with a friend.



Christmas: a time of excess and need

This is a difficult time of year for many folks. Some are sad because they are far from family at an important gathering time of year, some traditionally suffer from depression this time of year and I am sure the gray skies don't help. And then there are those who have no home. The Seattle Times article listing the homeless students at various neighborhood schools was shocking. Children need the security of a home and a bed of their own.

I can remember the cross-country summer trips we made with the family during the years spent in Maryland; we spent the trip to and from California staying at various state and national parks and the California part of the trip at Nana's. Where we stayed while on the road was always iffy, depending on vacancies. One night was spent with everyone huddled in the VW van near the Joshua Tree National Park, with Santa Ana winds roaring through the night and buffeting the van. Even though home was always at the end of the trip, our son would sigh as we left the Pennsylvania Turnpike and headed south: "I can't wait to sleep in my own bed!"

Both my husband and I feel uncomfortable at the excess of gifts at family get-togethers. There used to be some pleasure in picking out the "right" gift for grandchildren, but then the grandchildren became teenagers and just wanted gift cards to spend at the mall. Grandparents' tastes didn't cut it any more!

It makes me feel better to really "give" this time of year and that is why we pulled together the resources on giving and giving locally. Leschi Elementary has some projects in place for helping families, but there are many unmet needs. This is what the School is doing now and they could do more with donations of dollars. If you would like to help, write your check to Leschi PTA and note "Families in Need" in the memo section. Checks can be left in the office.

- A backpack food program on Fridays sending non-perishable food home on Fridays.

- Thanksgiving baskets
- Operation School Bell - providing clothes and hygiene products to students in need
- Giving Garland - gifts for kids and gift cards to Safeway and Target for the parents
- Financial assistance with rent, utilities...household bills
- Scholarships to field trips, after-school enrichment programs, etc.

We can't save the world, but perhaps we can help at least one family.

Now that an emergency has been declared on the homeless situation, perhaps the city could open the emergency shelters that are designated to help shelter folks when the "big one" comes. Our neighborhood shelter is at Garfield Community Center; it is a building with a kitchen, showers and two large rooms for cots. Emergency cots and food supplies are stored offsite. Maybe we should consider this event our "big one."

-Diane Snell

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Neighborhood and beyond

SPOOKTACULAR!

Leschi's annual Halloween Spooktacular moved to Leschi Park this year with the loan of a beautiful tent from Dr. Michael Bilikas. And were we lucky to be in a tent! The off and on drizzles turned into full force rain at one point!

We loved seeing the neighborhood turn out in costume, especially when the parents were also dressed up! We served apple cider and donut holes and treated the kids with the usual candies, apples and plastic monster teeth. The apples were especially handy when we were visited by six horses on an early evening canter from Rainier Beach.



Thanks to all who helped erect the tent and take it down after the event; to Leschi Market for straw bales and corn husks and to Leschi Business Association's Ann Conroy (Travel Small World) and Cara Ross (Blue Heron Healing Arts) for their annual planning skills! And a huge round of applause for those who showed up in costume and posed for the camera!

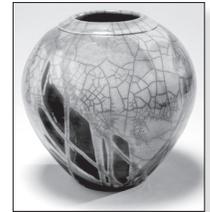
-Diane Snell

HOLIDAY GIFT SHOWS

Here are two opportunities to buy locally and avoid the craziness of the shopping mall...

Seward Park Clay Studio

Holiday show and sale: Unique gifts by local artists at all price ranges. Opening party: Friday evening, December 4 from 6:30 to 9:30. The sale continues until Christmas Eve: Weekends 10-6; Weekdays 12-7.



Holiday Trunk Show

Friday Dec. 11, 5-9pm and Saturday Dec. 12, 11am-5pm, at Lysle Style Studio, 1416 34th Avenue in Madrona (above Bottlehouse/next door to the High Spot) featuring:

- Artcycled by Darcy Thompson: One-of-a-kind jewelry, belt buckles, mirrors and vases
- Lysle Style by Lysle Wilhelmi: Unique clothing designs for women and girls

CHRISTMAS SHIPS

The Christmas ship visits Leschi Pier in early December; each sailing features the Dickens Carolers, onboard singing 20-minute performances to the communities. Departure time is 7 pm. on December 2, 3 and 4th. On Sunday, December 6, the ship will depart from Leschi at 5 pm. and return at 7:20 pm.

HOLIDAY GIVING

The Leschi Business Association is sponsoring a food drive to benefit the Rainier Valley Food Bank. Three collection barrels are located in the lakeside business district: one at **Leschi Market**, one at **Blu Water Bistro** and the other at **Marshall's Cleaners**.

A list of suggested non-perishable food items for the barrels appears at the end of this article.

Another opportunity for giving food is to participate in the gift of 2# hams. Make your donation at **Leschi Market**; all funds go to purchasing 8# hams for needy families.

Edward Jones is collecting new, unwrapped toys for needy families; make your donation by December 11 at any Edward Jones branch. Our local office is at 140 Lakeside.

Tabernacle Missionary Baptist Church is hosting an event on December 11, with a live Nativity scene in the lot just to the east of the church. There will be two enactments every half hour with their own Drama team from 6-9pm. Live animals include a camel, donkeys and goats.



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Shoebox Gift ideas

- knit hat
- small flashlight w/batteries
- pens, pencils
- knit gloves
- knit scarves
- knit headbands
- disposable stick razors
- stationery or cards
- tube socks
- small umbrella
- hotel size toiletries
- plastic poncho
- fast food gift card (\$5 or less)
- hard candy or gum
- Chapstick
- small hand sanitizer
- travel size Kleenex

- small Bible or book of inspiration
- deodorant
- toothbrush/toothpaste
- hand warmers
- transistor radio and batteries

Food Bank suggestions

- Rice and pasta
- Canned soups
- Canned vegetables
- Canned fruits
- Canned tomatoes
- Diapers and infant formula
- Canned chicken, Spam, tuna
- Soy or rice milk
- Multicultural foods
- Cold cereal
- Gluten-free foods

A dinner is served in the church gathering hall. Nickelsville residents are invited to this dinner and receive a “shoebox” gift. The Church sends these instructions:

- **Use an empty shoe box** (standard size-paper or plastic). Please use only boxes that have a separate bottom and lid.
- **Fill the box** with a variety of small, inexpensive gifts. Use the gift ideas listed at the bottom of the page. Please fill with adult, unisex items only. Once filled, place a beautiful ribbon or bow around each box.
- **Personal note:** In a separate envelope you may enclose a card or note from you/your family or group. (Please do not include addresses or phone numbers.) Place your note inside the box.

Whether you are donating one or many boxes, please remember that the number of boxes we receive is not nearly as important as the loving care and thoughtfulness that goes in each individual box.

The church will be collecting finished boxes on the night of the event, Friday, December 11. You may drop your boxes off at the Main entrance of the church at the Outreach Table.

The Tabernacle Missionary Baptist Church is located at 2801 S. Jackson St, across from Flo Ware Park.

In addition to all these ideas, one might consider giving to Leschi Elementary School for the homeless children there. See our editorial on page 3 for information.

LESCHI THANKS THE PARKS DEPARTMENT!

This year the Parks Department improved our local parks in small ways that mean a lot to us neighbors.

The stairway next to the comfort station that was a Leschi Community Council volunteer project in the mid-1990s was completely rebuilt by students in a training program of Goodwill Industries. The result is a much safer and more easily walkable set of stairs, as well as a good stretch of landscaped area adjacent to the stairs that was cleared of invasive weeds and replanted with native vegetation.

A leaning madrona tree that graced a section of Lake Washington Boulevard just north of Leschi Park and the historic cable car bridge was pruned to protect the house of a neighbor, but also enhance the form of the tree...amazing work by the Park Department's arborist.



The ugly hedge of Himalayan blackberries along water's edge of the North Leschi Marina was removed creating better vision into the Marina.

The entire eastern hillside of Powell Barnett Park was cleared of invasive weeds and replanted with native vegetation.

Park lovers in our neighborhood have much more to be grateful for thanks to sensitive work by Parks Department staff.

-John Barber

PEPPI'S WOODS UPDATE

Children continue to find Peppi's Woods a magical place. When you take a walk through the woods you may find a fort made of sticks and logs that children have crafted into a makeshift shelter. Or you may encounter a circle of kids gingerly stick fighting. Despite the ruggedness of the setting, the stick fighters have rules that guide their bouts. Sometimes, entrepreneurial motives guide their activities. Treasures found in the ground, after carefully targeted digging, have become monetary rewards for games played.

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While the children would prefer that the woods remain fully in their hands, the Forest Stewards have worked with the children, parents and the community to minimize the return of invasive plants, continue restoration of native growth and finish the trail system to ease access to the woods. A Department of Neighborhoods grant, which we received in June of 2014, has enabled us to work with Seattle Parks to install a trail that enters the woods at the north end, near Spruce St. Now that the trail is complete, work parties are installing plants surrounding it. In October, Leschi students planted 60 trees and bushes as part of their curriculum.

In all, the neighbors and friends of Peppi's Woods, including many Leschi students and their parents, will have planted over 500 plants this fall. Seattle Parks has provided at least 300 of those plants and the grant accounts for the others.

We appreciate the consistent participation in work parties by community members, parents and Leschi students. A special thanks to the Peppi's Woods Steering Committee for guiding the grant process: Jana Robbins, Erikka Sagor, Joanne Donohue and John Barber.

-Liz Ohlson, Forest Steward Peppi's Woods

SENIOR CENTER UPDATE

The 11/18/15 member meeting featured a speaker from SPU on recycling and that difficult decision of what goes where; as a group, we seemed to do pretty well with the answers. The Center has new recycling containers for ALL rooms and Director Dian Ferguson is anxious to bring the membership up to speed as co-mingling is costing the center extra in SPU fees. There are many groups that use the Center and not all may be up to speed on the dos and don'ts of recycling. One thing that

would make it easier is for each group serving food would be to use the compostable plates rather than the pretty colored, but plasticized ones.

The remodel is showing! The new carpeting is down, walls are painted and it remains for the custom furniture to arrive, probably in early December.

The Center's Holiday party is scheduled for December 13, 3:30-7:30pm. There will be food and music, and a showing of some clips from the Memory Lane project where seniors reminisce about the era from 1920-1945. Admission is only \$5; children aged 12 and under are free.

Dian said that December would be known as Kitchen Month. They will convert to gas for the new stove; both a stove and a new freezer will be purchased and installed.

Dian found out at a meeting with Senior Services that they had changed their name to Sound Generations. It has been known for some years that Boomers shun anything with the senior appellation and this is an attempt to welcome those who are not yet ready to be "seniors." With the name change at Senior Services, Dian said she was looking favorably on The Central replacing The Central Area Senior Center. Someone brought up the fact that the new building under construction at the SW corner of 23rd & Union is called The Central. Dian felt that name had been given some protection when it was considered for the Senior Center, so perhaps the company on the 23rd project will reconsider. The purchase of the Central building is still being pursued; the Seattle City Council will consider this on Feb. 15, 2016.

A question was asked about the city's Gold Card that entitles the bearer to certain discounts for goods and services, and even admission to museums and theaters. There was some thought that the website was not easy to navigate. I did not find that so, but the offerings are limited. Dian said she would get a discount directory for the front desk so members can review it. One handy service is a discount on pet licenses; you just enter your Gold Card number on the renewal form. Members offered that Red Apple gives Gold Card carriers a 5% discount every day, not just Tuesday and Wednesday. Fred Meyer also gives a discount for the Gold Card. So Happy Shopping, Gold Card seniors!

-Diane Snell

MEETING WITH JESUS AGUIRRE

The November 14 meeting of the Seattle Neighborhood Coalition featured our new Parks Superintendent, Jesus Aguirre. His previous job was heading up the Washington, DC, Parks Department. The audience consisted primarily of south end folks, many of whom were interested in the moorage

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issue and the appropriate place for mountain biking. Leschi representation was pitiful: just me.

Mr. Aguirre began with an overview of the parks and a few slides on what the new Park District will mean. He set the stage with the Parks Mission statement:

“Seattle Parks and Recreation provides welcoming and safe opportunities to play, learn, contemplate and build community, and promotes responsible stewardship of the land.”

He said that Seattle ranked ninth in the country for the best park system as rated by the Trust for Public Land. The rankings are based on acreage, facilities and investment (per capita investment) and access (within a ten minute walk). We have 465 parks of differing sizes, 12 community gardens, 30 P-patches and 3 urban farms, as well as community centers, etc.

The 2016 budget will be the first in ten years with no cuts. The Metropolitan Park District will provide extra funds, and the main focus will be reducing the huge maintenance backlog over the next 6 years. The extra funds will amount to 48 million, but 10 million was extended already in this calendar year and needs to be paid back. Much of the maintenance backlog is not the type of maintenance currently provided by volunteers, but structure maintenance: new roofs, restroom repairs and upgrading...hard stuff. In answer to a question from the audience, he indicated that there would be some weeding, pruning, etc.

The 2015 funds for the waterfront amounted to 1% of the total; this will grow to 10% in 2016. The detailed plan does not specify much activity in this area: improve and maintain in-water pilings at swimming beaches along Lake Washington Blvd., increased maintenance of Powell Barnett Park and grants for events in some specific parks with Flo Ware and Powell Barnett being in the high priority group.

Unfortunately there was little time for Q and A, as Mr. Aguirre had to meet the Mayor for a walk-through in another neighborhood, but there were some good suggestions: use the power line cuts for mountain bike trails so they don't interfere with natural areas, develop a contingency plan to beef up staff and services when the weather surprises us and summer comes before school is out, and give folks answers on why something can't be done or might it be considered in the future. Often suggestions seem to drop into one of those black holes that scientists discuss.

Jeannie O'Brien representing the Friends of Lakewood Moorage recommended their website with a petition to sign, asking that Parks not privatize the marinas. This group feels that the marinas can be run successfully without privatization. She mentioned programs that had been successful in the past with lessons around boating. It brings to mind the wonderful Leschi Park Centennial poster with the popular boat rentals. Is it possible to rebuild a vibrant neighborhood waterfront?

-Diane Snell

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WHY ARE OUR WINDSTORMS SO DESTRUCTIVE, AND HOW CAN WE PROTECT OURSELVES FROM THEM?

This past November was one of the stormiest Novembers since the record-breaking, exceptionally tempestuous month of November 2006. We've had two major flood events on our rivers in mid-November, and we had another one on Halloween. We had a windstorm that knocked out power to 522,000 customers, and as of this writing, we still have nearly two weeks to go! Long-range forecasts show spotty lowland snow near Thanksgiving... we will see if they are right!

Although even a little bit of snow is very disruptive and flooding can cause hundreds of millions of dollars in damage, the biggest threat to life and property in our region are our fierce windstorms that we get throughout the winter season, particularly in November and December. With the exception of hurricanes that impact the Gulf Coast and Eastern Seaboard, the Pacific Northwest gets the strongest region-wide windstorms of anywhere in the lower 48. For example, the legendary Columbus Day Storm of 1962 resulted in widespread triple-digit gusts throughout the Pacific Northwest, including a 116-mph gust in downtown Portland, a 127-mph gust near Corvallis, and a mind-boggling 179-mph gust at Cape Blanco, a coastal headland on the southern Oregon Coast. Our most recent windstorm this past

the Pacific Northwest. These trees can topple during strong windstorms, especially if they have most of their leaves/needles and/or the ground is saturated. The amount of trees felled and branches broken by these storms can be mind-boggling; the Columbus Day windstorm took down 15 billion board feet of timber, leading to a massive timber salvation effort throughout the Pacific Northwest. Falling trees and branches are also a leading cause of death due to windstorms; all five windstorm deaths this storm season have been due to trees or large branches crushing the victim.

Thankfully, there are some precautions we can take to decrease our risk of death or injury from these storms.

First, if you are indoors, move to the basement and stay away from windows. Many houses, particularly those in more rural areas, are surrounded by large trees. Being in the basement is much safer than being on the top floor of the house, as any toppled tree will have either had its fall broken or stopped completely by floors higher up. If the winds are particularly fierce, they can blow out windows that have already been compromised by weak or rotten frames, so stay away from those as well.

If you are outdoors, make sure you are away from trees that could fall. Large conifers with shallow roots, like Douglas fir and Sitka spruce, are particularly prone to toppling. Also, stay away from utility poles of any kind, and watch out for downed power lines! These lines are often still live and can cause electrocution and death to those who touch them. Additionally, try to get inside if possible.

Lastly, if the power goes out, never bring devices that generate carbon monoxide indoors. This includes most devices that produce heat via combustion, including gas stoves, propane/charcoal grills, and generators. The majority of deaths from the Hanukkah Eve Storm of 2006, which knocked out power to nearly 1.5 million customers, were due to asphyxiation from carbon monoxide poisoning.

It's pretty interesting how we've had such stormy weather here the past several weeks. This El Niño is looking more and more like it could be the strongest one ever recorded, but we've been in a very atypical pattern for an El Niño year, with storminess off the Pacific Northwest while California remains high and dry. Historically, the effects of El Niño on West Coast weather have been much

more noticeable after Christmas, so our second half of the winter may be calmer than our first. Either way, strong El Niños are often directly followed by strong La Niñas, which bring additional storminess to the Pacific Northwest. So, even if we are done with windstorms for this year, we may have our hands full with them next year.

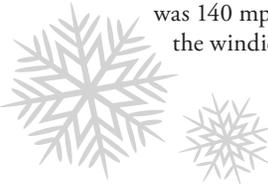
Charlie Phillips, a Madrona resident, just received his B.S. in atmospheric sciences at the University of Washington. He writes for WeatherOn, a local organization that provides forecasts, blogs and podcasts for the Pacific Northwest. Check out their extended winter forecast on November 1 at www.weatheron.net!



Seattle City Light employees on South Frink Place clearing a rotten streetlight pole toppled in the windstorm on Tuesday, November 17, 2015. They later put a new streetlight in place. Credit: Charlie Phillips

November brought 50-mph gusts to much of the Puget Sound lowlands, but was significantly windier at higher elevations, bringing 100-mph gusts to many ski resorts and a 137-mph gust to Mission Ridge. For comparison, the peak gust from Hurricane Sandy, which caused 71.4 billion dollars in damage, was 140 mph, and this was at Mt. Washington, one of the windiest places on the entire planet.

Our windstorms are particularly dangerous because of the amount of large, shallow-rooted trees that exist in



DR. MIKE'S DENTAL TIPS

Do you need to wear a sports mouth guard? The answer to that question lies in your activities and habits. If you participate in collision or contact sports, sports that include flying equipment, or in activities in which the likelihood of sustaining orofacial damage is prevalent, or if you grind your teeth at night, then the answer is probably yes. Even “soft” sports such as gymnastics increase your chances of injury to the soft tissues in your mouth, including gums, tongue, lips and cheeks, as well as to your teeth themselves. In addition, recent studies have shown that wearing a sports mouthguard can reduce the likelihood and severity of concussions during contact sports.

The American Dental Association recognizes that the use of mouthguards greatly reduces the incidence and severity of mouth-related injuries, and advises that all athletes who might be at risk of orofacial injury should be fitted for and wear a sports mouthguard in practices as well as competitions.

There are three types of mouthguards available:

1. The stock mouthguard is sold at sports stores and is not made to fit. Many dentists do not recommend these guards because they offer little protection and interfere with talking and breathing. They are, however, the least expensive alternative.
2. The “boil and bite” mouthguard is made of a material that softens when heated in hot water and then is shaped around the upper teeth by using pressure from the tongue and a finger to form it. This creates a better fit than the stock mouthguard, but may still provide less protection and make it difficult to speak.

3. The custom-made mouthguard is created by a dentist. A mold is made of the teeth, a model made from it, and the mouthguard is custom-fit over the model using special materials. This is the most expensive, but is also the most effective and comfortable.

No matter which guard is selected, it is important that it is comfortable, durable, tear-resistant, and does not restrict your breathing or speech.

Maintaining the mouthguard is an important part of using one, too. The device should be rinsed in cool water, cleaned with a mild soap and a toothbrush, rinsed again and stored in a perforated, hard case when not being worn. The rigid case keeps the mouthguard safe from damage and the perforation allows air to circulate. If the appliance is made of acrylic, it should be stored in clean, cool water. Protection from heat and direct sunlight are important to keep the shape intact. Examine the mouthguard often for tears or signs of wear, and bring it to each dental appointment so the dentist can recommend when it should be replaced. (Children who wear mouthguards may have to have a new one made after each season, as their teeth and mouths continue to grow until they are adults.)

If you grind your teeth at night, your dentist may want to construct a mouthguard called an “occlusal guard” or “bite splint” for you to wear when you sleep. This helps protect the teeth from damage caused by grinding.

In most cases, mouthguards are only worn on the upper teeth, but your dentist will tell you if your specific case might require one for the lower teeth as well, such as if you wear braces or an appliance on the lower teeth.

Mouthguards should be worn by anyone—adult or child—who engages in activities that might pose a risk to the mouth, and should be considered by anyone who grinds their teeth. It is a small price to pay for the protection that is afforded by a sports mouthguard.

-Michael Bilikas, DDS

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Happy Holidays!

BEWARE OF SCAMS!

At a recent state meeting for seniors, a representative of the State's Attorney's Office spoke about current scams, most of which seem to be directed to seniors. The top current scam is the call where you are told that the IRS is suing you... but wait, these people on the other end of the line can help! They can help relieve you of any excess money you might have! First of all, do not lose any sleep over this one as the IRS does not call; they write letters. And they usually question something on your return and don't jump to lawsuits without a long process. Both of your LCC presidents have received this type of call and at least half of the hundreds of attendees at this recent meeting raised their hands to indicate they had received such a call. The speaker indicated that this scam had reaped its perpetrators many thousands of dollars.

A second scam is the grandparent scam; you receive a call with a child's voice on the other end saying Grandma (or Grandpa, depending on who has answered the phone) and you will hear a long story about being stranded somewhere and



needing money (a lot of money!) to get back home. We got this call and kept the child on the line asking clarifying questions until he finally hung up.

I have stopped giving money over the phone even to bona fide charities that I do support; I just tell them “send me something about your organization and I will consider a donation.” Many of the so-called charitable groups never follow through and if you do receive a mailed request for a group you are not familiar with, check them out on Charity Navigator. A newspaper in Tampa, Florida recently published an article about the top 25 charity scams and many of them have names that make it sound like they benefit the police or fire fighters (that perhaps you might want to support) but check it out.

-Diane Snell

GET “SKI-READY!”

With “storm of the century” predictions, and opening day at many ski resorts just around the corner, it’s time again to do some preseason ski/ride conditioning. This will translate into a kinder, gentler first day or week on the mountain. A bit of time invested now will aid in preventing injury, improve your stamina, endurance and overall performance as well as make your après-ski activities more enjoyable.

When prepping for days on the slopes, I like to focus on these areas: Core and Balance Conditioning, Agility and Power Drills, Functional Strength and Cardiovascular Endurance, as well as Overall Endurance. It might look something like this:

- A dynamic warm-up
- Squats or one leg squat on bosuball
- Plank with abduction
- Mountain climbers
- Spiderman push-ups
- Four-square jumps
- Lateral step-ups
- Split squat jumps
- Russian twists
- Stretching and cool down

Obviously, it’s important to use movement patterns that mimic the action on the hill. The key is to train movements, not muscles. U.S. Ski Team Head Super G and Downhill Coach John McBride writes that “When I first came to the team in 1996, there was a big emphasis on power lifting, now we’re using exercises that add an element of unpredictability to simulate what really happens on the hill.” Bode Miller pushes wheelbarrows full of friends up steep terrain, but for the average guy or gal, working on the BosuBall properly can add the elements of balance, agility, core strength and endurance that you’ll need on the slopes.

So, with only a few weeks before opening day, get in top ski shape pronto and have a more productive season on the slopes.

-Liz Goodheart, Certified Personal Trainer,
PSIA Certified Ski Instructor and Director of Training
at Pulse Fitness, liz@pulsefitseattle.com

Pulse Fitness is a personal training studio conveniently located in the Mt. Baker neighborhood, offering 1-on-1 personal training, small group classes, and sports-specific training, including ski conditioning.



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Culture Corner

CREATIVE ACTIVISM PART III

11th Annual Ofrenda Exhibition at El Centro de la Raza: “Black Lives Matter”

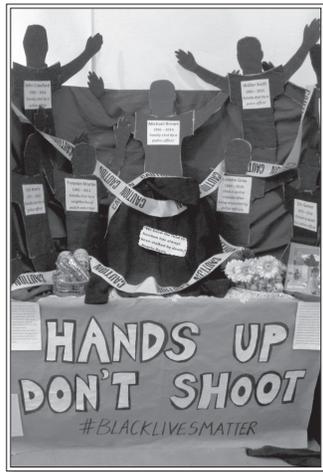
As I walked through the 11th Annual Ofrenda exhibition at El Centro de la Raza, the halls were decorated with paper flowers and banners in the wonderful bright colors of Mexican folk art, as well as photos of young black people who have died, and the traditional “Día de los Muertos” skulls.

For many years, El Centro has hosted by far the most moving and beautiful ofrenda exhibition in Seattle, combining the idea of celebration that is so central to the Day of the Dead with timely political themes. The theme this year was “Black Lives Matter.”

The YWCA, “Dear America, Black Lives Matter” opened the show on the second floor with a moving display based on cardboard headstones and a theme of “Say their names”: at the top a line of six people identified with “Last Words”; near the bottom the ofrenda honored the nine people killed in Columbia, South Carolina. Thirty other photographs honored other people both familiar and unfamiliar. What I found both moving and cause for despair was the sheer number of people, and knowing these represented only a few of the total number. Yet, the collective spirit created a festive atmosphere. Over a thousand people (although few white people) came to the opening night, which included a free dinner for everyone.

SHARE/WHEEL, our excellent homeless empowerment project, honored the dead with hundreds of stones, each with a name that commemorates a homeless person who has died without shelter. It is a shocking number of people and it is only going to escalate, since we are busy tearing down low income housing and replacing it with “affordable” and “mixed use” buildings that will be inhospitable and unavailable to most homeless people. The Mayor just declared a “State of Emergency” for homeless people, calling it comparable to a “natural” disaster. Like “natural” disasters, homelessness is the result of decisions made by those in power, in this case to underfund low-income housing and social programs that support them.

Another notable theme was transgender people of color, who are killed disproportionately. Both the YWCA and Peace for the Streets by Kids from the Streets included moving photographs of transgenders. The Black students in the School of Social Work at UW honored Black women specifically.



Hope for Youth After School Program produced one of the most spectacular displays; it included paintings, poetry, and many paper flowers. Other ofrenda, each one striking, included 206 Zulu, Mothers Against Police Violence, the Garfield Black Student Union, the Black Prisoners Caucus, Refugee Women, From Hiroshima to Hope, and as well as Freedom for Nestora (Salgado) (she is a US citizen who organized an indigenous community to resist violence and has been kept in prison since April 2013). The ofrenda honored Nestor as a leader and the 43 students from Ayotzinapa who disappeared and apparently were killed by the police. Ayotzinapa is the name of a teachers’ training college that was sympathetic to indigenous resistance.

Washington Anti-trafficking Response Network (WARN), and Lutheran Community Services Refugee and Immigrant Children’s Program, addressed refuge for trafficked children and those who flee violence across borders.

Patricia Ann Wilson made moving portraits of victims of police violence.

Major Latino artists rarely have exhibitions at major museums. But the Centro de la Raza annual ofrenda exhibit invites a range of community groups from different backgrounds who are much closer to the Latino concept of honoring the dead as well as celebrating their lives. Ofrenda are not altars or sites of ritual and prayer. Historically, they were usually in a private home and a woman’s practice. The well-known Latina artist Amalia Mesa-Baines was one of the catalysts for the revival of ofrenda through her monumental 1984 work honoring Dolores del Rio.

The most healing ofrenda at El Centro came from the Beacon Hill International School: under a “People of Peace” banner in three languages, it quoted Martin Luther King: “Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything

Octavia’s Brood

Octavia’s Brood features the works that exemplify the themes woven through the science fiction and Afro-futurist writings of Octavia Butler. Featured artists Augusta Asberry, Marita Dings, Laura Haldane, Aramis Hamer, Henry Luke, and Maya Milton present works in a variety of media, including painting, photography, and holography, that continue Butler’s engagement with social justice, living beyond Earth, activism, and the future of humanity.

Gallery Hours are 9:00 AM to 3:30 PM, Monday through Friday, with evening hours on Tuesdays and Wednesdays from 5-7 PM. Admission is free. The gallery is located at the north side of Seattle Central’s Atrium Cafeteria, main campus building at the corner of Broadway and Pine.

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~Susan Noyes Platt,
www.artandpoliticsnow.com





Seeking Sustenance...

THE GIFT OF WINE

Happy Holiday Season Leschi!

Giving the gift of wine can be equally as fun for the gift giver as it is for the recipient. When choosing a bottle of wine (or two) to gift, keep a few basic ideas in mind. Know what they tend to like, and have a rough estimate of what you would like to spend. Many great wines can be found across all ranges of price points. When in doubt- ask an expert- like US! Leschi Market will be well staffed with wine experts throughout the month to assist you with all of your wine questions.

A comment that I will never forget was said to me one of my first holiday seasons at the Market. "Giving wine just seems so last minute." We have discussed the art of gift giving many times before. As we embark on the biggest gifting season of the year, let me offer some ideas on putting a little meaning behind those gifts. Trust me, in general, everyone loves to receive wine as a gift, and if you put just a tiny amount of thought into it, it won't seem so last minute at all.

We've explored several options in the past of theme based wine gifts. These definitely show some amount of thought was taken into account. They are just as fun to assemble as they are to receive. All you need to do is choose your price point and choose your theme. Here are some of my favorites from over the years.

For the bicyclist on the list, for example, a "Tour de France" package can include a wine from several different regions in France: Alsace, Beaujolais, Bordeaux, Burgundy, Champagne, Chateaufeuf du Pape, Gascogne, Languedoc-Roussillon, Loire, and Rhône are great starting points. These regions are so diverse themselves that you could easily choose a few wines from within each region.

"Around the World" packages are great for those fresh off a journey, or for those about to embark on one in the coming year. Focusing on one country, or several, is easy enough to do. Rieslings from Germany, Barberas from Italy, Tempranillos from Spain, Cabernet Sauvignons from South Africa, Malbecs from Argentina or Carmeneres from Chile.

Domestic sets can be great too. Walla Walla, Yakima, Columbia Valley, Willamette Valley and Napa all provide great themed packages. The possibilities and spin-offs are endless. From an "Italian Getaway," to an all organic grouping, from all under \$10 wine, to an all animal themed label, use your imagination and creativity, and most of all, have fun with it.

This brings me to Champagnes and Ports. These are ultimate gift wines, if not for the sole fact that people rarely buy them for themselves. Who knows why, but I've seen the trend that we tend to put off splurging for these special wines for ourselves, yet are ecstatic when we are gifted them. When in doubt, look to the Port and Champagne sections. Many of these wines are discounted during holiday months, and great finds can be had for under \$30. Vintage Champagnes and Vintage Ports are more expensive and harder to find, however "Colheita" Ports (years of ports not designated as "vintage") can be found for a lesser dollar amount and for nearly every year; a great idea when trying to match birth years, anniversary years, and other significant dates in one's life.

Finally, let's conclude with highly sought after wines that are in fairly limited supply. Collectors, cellar builders and new winos alike will appreciate getting their hands on some of these rarities!

- 2006 Woodward Canyon Old Vines Cabernet Sauvignon (\$88) Wine Advocate 94-points
- 2006 San Filippo "Les Lucere" Brunello di Montelcino (\$54) James Suckling 95-points
- 2012 Brittan Vineyards Basalt Block Pinot Noir Willamette (\$47) Wine Spectator 94-points
- 2013 Domaine de Vieux Telegraphe Telegramme Chateaufeuf du Pape (\$36)
- International Wine Cellar 92-points
- NV Champagne Henriot Souverain Brut (\$35) Wine Spectator 91-points
- 2011 Baer Winery Red Ursa Stillwater Creek Columbia Valley (\$27) Sean Sullivan 91-points
- 2013 Black Slate Tinto Priorat Spain (\$18) Wine Advocate 92-points

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...in the Wilds of Seattle

Still unsure what gift to give the wine lover on your list? One of my favorite reminders is that accessories like wine glasses and decanters rarely need a gift receipt!

Have a safe and memorable holiday season and we'll see you next year!

CHEERS! ENJOY!

Kenneth Benner, a Seattle area native, is a trained chef and has worked in such restaurants as Barbacoa, B.O.K.A. Kitchen + Bar, and Dablia Lounge. Ken is the wine buyer at Leschi Market. He has a passion for learning, a meticulous palate, and a tenacity for searching out the best for his customers while offering some of the most highly coveted wines in the area. His wine column is intended to inspire and explore new choices in wine, learn about wine with his readers, and share his knowledge and experiences in the wine world. Check out the latest at www.LeschiMarket.com or REQUEST to be added to email updates or send questions, comments, or suggestions to ken@leschimarket.com and follow the wine department directly on twitter at twitter.com/leschimarket.

TOULOUSE PETIT

We discovered that we had not yet used a gift certificate from last Christmas and quickly arranged to remedy that oversight. This restaurant is at the foot of Queen Anne and easily reached by the #2 bus. It is right on the NW corner of Queen Anne and Mercer; we had to get very close (in the doorway) to actually see the name on the posted framed info. We did not have reservations, but were fortunate to get a cozy booth toward the end of very busy lunch hour (on a Thursday). The menu is extensive and this being our first visit, we took a while to decide and ordered a drink while we perused our options. It was a little cold and rainy out, so I ordered a Mud Bug, a hot coffee drink with Kahlua and probably other things that I have forgotten. I sipped it throughout the lunch and it warmed me up quickly!

The cuisine is a French/New Orleans combo with crawdads and po' boys. My husband ordered Cajun meatloaf and I ordered Saffron and Dijon Mussels and Frites. We shared a Yellow Beet Salad with young green beans (Haricot Verts) and pistachios served with Stilton walnut vinaigrette. A very nice combination which I might try at home if I can bear to put the Stilton in a dressing without nibbling it beyond recognition. Everything was very good; I had to have help with the frites as there were so many; cut very thin, they were crisp and not soaked with cooking oil. An aioli dip that was not overly garlicky and another that seemed to be straight Ketchup accompanied the frites.

And yes, we split a dessert...after all, who knew when we would pass by this place again? We had Bananas Foster, a plate with a small circle of a dark spice cake topped with a scoop of bourbon vanilla ice cream and smothered in the banana foster sauce. It was truly sinful. We did not eat again until the next day, so I got a double deal: great lunch and no need to cook that evening.

In checking their website, I see that they do not take reservations except for dinner. I suspect it would be wise. It must be very interesting at night; hundreds of votive candles on small shelves line the walls and are apparently lit in the evening. The place is decorated with very small floor tiles and tiled platforms for the booths. It must have taken an army of tile-setters to put this place together. It's not cheap; one would not eat lunch here every week unless you drank water and stuck to a sandwich only. With tip, the bill came to about \$75 for the two of us.



TOULOUSE PETIT
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Hours: 8am-2am

-Diane Snell

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LCC BOARD MEETING 11.10. 2015

Attending: Janet Oliver, Tracy Bier, Yousef Shulman, Jeff Floor, Diane Morris and Diane Snell.

Minutes to be approved by email.

Treasurer's report

Kim Murillo ill; no report.

Board Meeting Day

The Tuesday after the meeting on the first Wednesdays proved to be the most workable day for everyone.

Spooktacular recap

Successful! As fewer and fewer children come door to door, these community events become more important. The tent, loaned by Dr. Bilikas, was critical to the success, given the weather.

Holiday Giving

Yousef reported on the Rainier Valley Food Bank Drive and the donation of 4# hams (\$8 each). Diane Snell told about the Shoebox Gifts for Nickelsville residents, being organized by Tabernacle Missionary Baptist Church.

Stairway Project

Diane Morris said November's project would be to sweep leaves off the Spruce St. stairs, leading from Peppi's Park down the hill to Lake Dell Ave. If SDOT cleans the stairs beforehand or if it is raining heavily, the work party will be cancelled. The Stairway project will be suspended for the winter months, beginning again in March.

December Program

Jeff will arrange for Garfield students to perform at our holiday meeting. Start time will be 7:30 to give us some time for set-up.

LLC Website

Webmaster Allan Fink had become concerned about ads that we don't want on our website and made some suggestions for change. The options had been spelled out by Allan for discussion, but there was not time to discuss them and any decision will be held over to a later meeting.

Minutes respectfully submitted by Diane Snell



Support your community by joining the Leschi Community Council!

We create awareness of neighborhood issues so residents may make informed and effective decisions.

LCC joins with the Leschi Business Association on ArtWalk and Halloween Spooktacular

LCC supports the Instrumental Music Program at Leschi Elementary

LCC supports volunteer activities in our local parks and on our public stairways

LCC supports the Central (Central Area Senior Center)

LCC produces the Leschi News 10 times a year

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\$15 student/low income/ senior membership

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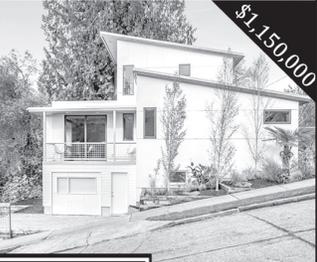
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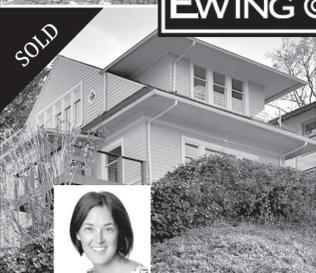


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leschinews

The next Leschi News deadline is **DECEMBER 16**. Mail all articles, comments, letters, advertisements, and membership dues to this address:
Leschi Community Council, 140 Lakeside Ave Suite A #2, Seattle WA 98122-6538
or email Diane Snell at leschinews@comcast.net

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december 2015 | calendar

DEC 2 Leschi Community Council Holiday Concert 7:30pm; at the Central Area Senior Center.
PLEASE NOTE: we are starting at a later time! (We need some prep time.)

DEC 2, 3, 4, & 6 Christmas Ship sails from Leschi Pier. See page 4 for more information.

DEC 4 6:30-9:30pm. Holiday show and sale at Seward Park Clay Studio. Sale continues until Christmas Eve: weekends 10am-6pm; weekdays 12-7pm.

DEC 5 Leschi Natural Area work party 9am-3pm. Lunch & tools provided. 36th & Terrace.

DEC 8 Leschi CC Executive Board Meeting, 7pm, 128 30th Avenue (Diane Morris's)

DEC 10 Central Area Neighborhood District Council, 6pm, The Central 500 30th Ave S.

DEC 11 6-9pm, live Nativity Scene at Tabernacle Missionary Baptist Church, 2801 S Jackson

DEC 11 5-9pm. Dec. 12, 11am-5pm. Holiday Trunk Show in Madrona at Lysle Style Studio, 1416 34th Avenue in Madrona (above Bottlehouse/next door to the Hi Spot.)

DEC 12 Seattle Neighborhood Coalition, 9am at The Central (Breakfast: \$14)

DEC 13 3:30-7:30pm. Holiday party at the Central Area Senior Center. Food and music, plus a preview of the Memory Lane video. Adults \$5; children 12 and under free.

DEC 18 Green Dolphin Street Lounge 6-9pm featuring Triple Treat Band. Admission is \$20 for non-members and \$15 for lifetime members. Refreshments. No Host bar.



**Contact John Barber about
String of Pearls work
parties at 206.324.1548 and
contact Darcy Thompson
for Frink Park work
parties at 206.325.4295.**

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