

leschinews

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

LESCHI IN A TIME OF CRISIS

Greetings to all my Leschi Friends and Neighbors,

As I write this to you, I want to reach your hearts. This time of unprecedented upheaval is profound and has touched all of us globally. There is no distinction. It has reached all corners of life as we know it. Literally it has brought countries to their knees. The silver lining right now is that it has united people. Neighbors are reaching out to each other and helping. There is genuine concern and abundant kindness that sometimes gets left out in the general pace of life we live in this country.

As this edition of the newsletter goes to publication, we learned of Steve

Shulman's hospitalization and subsequent passing the evening of March 18, 2020. Steve's family business, the Leschi Market, has been an anchor of the Leschi community for 72 years. Our hearts go out to Yousef, his family, and the entire Leschi Market family. Steve experienced a fall Friday, March 13th at his home and when X-raying him for spinal injuries, discovered spots on his lungs. Steve had underlying health issues but lost the Coronavirus battle. He had been in ICU at Harborview. Yes, this virus is real."

I want to take this time to encourage you to maintain relationships within our community. The Leschi Market, BluWater, Meet

The Moon, Daniel's Broiler, Starbucks, Grocery Outlet - to name a few are making accommodations to do business within the confines of restrictions made to minimize the spread of this virus. Please continue to patronize to the very best of your ability, as we all work together to come out the other side of this massive change in our daily lives.

For the moment, our Leschi Community Council programs are in suspense. Please follow the CDC guidelines of limiting contact with groups, which at the moment is 10. Please follow us on Facebook or our website for updates. For other general communications NextDoor Leschi will have updated news releases as they come in.

In the meantime, please know that we at the LCC care about each of you. As we live in such an electronic age, we are fortunate to have the ability to communicate with each other. But as a thought, take this time to slow down, hand write a letter, pick up the telephone to inquire as to someone else's well-being, write letters to servicemen and women, and even notes of encouragement

to the healthcare, police, fire and first responders who are overwhelmed right now.

It is a time we reach out to each other. A loving heart, small gestures of kindness, and genuine caring are all free, but can touch people's lives in ways you can never even imagine. Love wins out every time over fear.

My sincerest wishes for you to embrace the challenges of this time with courage, patience and a look to a brighter future. And don't forget to wash your hands and follow the guidelines set forth by the CDC to minimize the impact in your lives.

Sincerely,

Janice Merrill Brown

President, Leschi Community Council

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Like us on Facebook: **LESCHI**
and visit our website: leschinews.com

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Please share with a friend.



Crisis Behaviors

These are difficult times for all of us and especially those of us in the demographic most susceptible to complications from the pandemic virus. There are many of us in that demographic who have chosen to self-isolate and we'll be looking at tips from those who have shared their newly developed habits.

And I would like to share with you a letter from our daughter who is not an epidemiologist but is a doctor on the front lines and the medical director of the clinic where she works. This is a personal letter, not an official one from an agency, but she is concerned about us and wants us to know the seriousness of the situation.

-Diane Snell

March 15, 2020

Dear Mom and Dad,

I'm writing this letter as we stand on the brink of what appears to be the worst pandemic of our lifetimes. I know that I have never experienced anything like this virus that is causing the closure of schools, churches and restaurants and leading to travel bans all over the world. You asked me to write down whatever advice I have for getting through this coronavirus (Covid-19) pandemic. I have been immersed in dealing with Covid-19 every day at work for the past few weeks and I'm realizing that maybe I didn't do a great job of impressing upon you how dangerous this virus is for the elderly. I guess I thought everyone was fully aware. There is actually a lot you can do to protect yourselves and your family, friends and neighbors from this virus. But first, a disclaimer: I am not an expert on coronavirus. I am merely a pediatrician who is working on the frontlines at the epicenter of this outbreak in Washington. At my clinic, everyone at all levels from the executives to the physicians, nurses, receptionists and housekeepers has been in high gear for the past month, initially preparing for the possibility of coronavirus illness in our community and then trying to contain the virus and care for those who have become sick. The situation is rapidly evolving, requiring us to quickly adjust what we are doing as the number of cases increases and as we learn more about the virus. The rest of the country is looking to healthcare workers in the Seattle area for information and guidance on how to deal with this virus. Feel free to share this with your friends and neighbors—the advice below is relevant for all ages.

First of all, here is what we know about the Covid-19 virus:

1. Covid-19 appears to be spread by droplets, not airborne. An airborne virus can travel a distance of many feet in the air and infect people who breathe in that air across the room. Examples of airborne viruses are measles and chicken pox. Coronavirus is not spread that way which is good because it is a little easier to avoid. Coronavirus spreads via saliva, mucus, and probably tears. If an infected person coughs or sneezes on you, you can catch it. If that person leaves their germs on a doorknob or surface and you come along, touch that surface and then rub your eye or nose, you can catch it. Also, if you are within 6 feet of someone who has coronavirus, it is possible to come into contact with their respiratory droplets.
2. It has become apparent that there is now "community spread" of Covid-19 which means that we can be exposed in a variety of settings in our everyday lives.

...and what to do

3. Symptoms include fever (temperature over 100.4), cough, shortness of breath, extreme fatigue and/or weakness and sometimes rash.
4. Early research suggests that the virus may be able to survive on surfaces for up to a week.
5. Covid-19 is affecting the elderly and those with underlying health conditions much more severely. People with underlying health conditions such as heart disease, lung disease, or immunocompromised conditions are especially vulnerable.

6. It takes from 2 days up to 2 weeks from the time of exposure to start showing symptoms. This makes it especially challenging to contain the virus. However, infected people are most contagious during the peak of symptoms. So, when they develop a fever or cough is when they need to be most careful about exposing others.

Next, here is how to protect yourself and others:

1. Wash your hands or use hand sanitizer frequently, especially before you eat or touch your face. Wash your hands every time after blowing your nose, coughing or sneezing, or going to the bathroom. When you wash with soap and water, scrub your hands for 20 seconds (sing the Happy Birthday song twice before you rinse).
2. Social distancing is extremely important. Stay at home!! Avoid gatherings of people such as church, meetings or social clubs. Make sure that anyone visiting you is wearing a surgical mask if they have any respiratory symptoms, even a runny nose, or if there is any chance they have been exposed to someone with coronavirus. Do not go out to public places unless absolutely necessary. If you are elderly or have medical conditions, have young people shop for you if at all possible and if you must go to public places, wear a surgical mask if you will be within 6 feet of others. Use hand sanitizer immediately after leaving the store.
3. Clean surfaces and objects frequently with disinfectant.
4. Try to avoid touching your face.
5. Limit exposures to other people and ask your family and friends to wear a mask when they visit if they have any symptoms or a known exposure to someone who tested positive for coronavirus.
6. Avoid travel. Avoid church. Avoid meetings of any kind.

If you become ill, stay home and away from others. Try to distance yourself from others in your household. If possible, stay in a separate room and use a separate bathroom. Wear a mask if you must be around others. Contact your doctor to see if you should be examined and possibly tested for covid-19. If you are advised to stay home, quarantine yourself until you have been free of fever for 72 hours and your symptoms have improved. Seek medical attention early if:

1. You are over 60 years of age.
2. You have any chronic medical conditions

3. You have a severe cough, shortness of breath or difficulty breathing, bloody sputum, chest pain or extreme fatigue or weakness.

For more information, visit these links:

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/>

COVIDExposed.pdf

Call me with any questions!

Love, Ann

LETTERS TO THE EDITOR

Thank you for keeping a spotlight on the importance of newspapers and local journalism to our communities. A small correction though – we don't just have one paper. Besides the Seattle Times there's The Stranger, which does some good investigative journalism! It would also be good to highlight professional local online journalism, such as Crosscut, which employs several reporters and does a good job looking into local and regional issues.

It would be great to point out that there's actually a cost to not having a strong local media presence. This study https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3175555, recently published in the Journal of Financial Economics shows that there's a relationship between how much citizens pay for their local government and services and the presence of local journalism. It makes sense – being able to send a reporter to court hearings, city council meetings etc. ensures some level of accountability, as the citizens' business is not conducted entirely behind closed doors. For the folks less inclined to read through an academic study, this John Oliver segment https://www.youtube.com/watch?v=bq2_wSsDwkQ makes the same point and is much more entertaining.

What can you/we do about it? To the best of your ability, keep local journalism in business! Subscribe to a local paper or make a small recurring donation to those that are available for free. Even if you can't keep up with all the local news, realize that there will be that story on homelessness, city council candidates, gentrification, transit funding etc. that will compel action and make it worth having had the eyes and ears of reporters around to report on it.

-Best regards, Matthias Linnenkamp

Editor: Many thanks for this thoughtful response. There are also online sites which compile the best articles from numerous publications in their daily message: Truthout and Common Dreams are just two.

Another site we just heard about is the site created by a 17-year-old Junior on Mercer Island. Avi Schiffman started tracking the coronavirus this past December and probably has the most accurate numbers, gathered from various global government websites. Site: nCoV2019.live

Neighborhood & Beyond

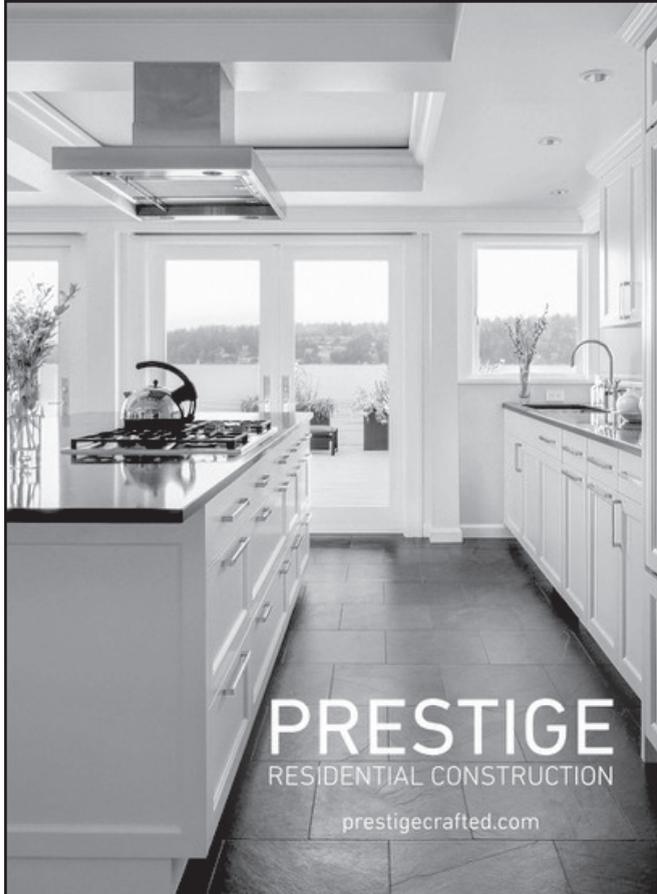
TRYING TIMES, INDEED.

We will print tips from neighbors both in Leschi and nearby on keeping yourself safe. I talked to John Barber; he and Kate have been self-isolating longer than anyone else I know. John said they had already been Amazon Prime members and they started ordering food from Amazon's Whole Foods site. Although I did not see any fresh foods on their site, he assured me that if you use the arrows properly you can get fresh fruit and vegetables. He said he was pleased with the quality and did not feel the prices were higher than he would pay locally for the same items. He said he is prepared for those errands one can't avoid like returning books to the library; he carries paper towels in his pocket to grab the pull-down bar on the book drop box. If he forgets to use his paper towels, he also carries a small bottle of hand sanitizer in his pocket.

(The library has since closed and will forgive late returns.)

Response & Responsibility

Friends, Family & Neighbors: We have been discussing how we respond to the coronavirus pandemic, National Emergency Declaration and actions announced at a State and local level



by Gov. Inslee. Washington State is lucky to have a governor who seems to be one of the adults in the room - but what he says and does will only be effective if we follow his lead.

The US is finally playing catch-up with testing. But debating who was to blame for the testing delays will achieve nothing. It's almost certain that a dramatic increase in testing will produce an even more dramatic increase in the number of people testing positive and that this may well include people we know or have been in contact with - even ourselves.

Here's what we've decided:

1. We were supposed to be going to Europe in May. That's not going to happen, unless the situation improves dramatically. Even if we're allowed to travel, as residents of a "hot-spot" we should not impose ourselves on others in airports, airplanes and other countries who have plenty of sick folks to worry about already.
2. We will continue to pursue our own personal interests, so long as they don't involve significant contact with - or risk to - others. We're lucky that an art studio and a boat are pretty good quarantine sites.
3. We still want to patronize local businesses, so long as they clearly demonstrate the additional precautions they and their staff are taking. If we don't see any notices, hand sanitizer, gloves or other evidence, then we'll explain why we're leaving - and leave.
4. We'll continue to meet and visit friends, if they invite us, or accept our invitation.

Most of all we won't panic or seek to blame others - no matter how obvious or tempting the target - for circumstances which were initially beyond anyone's control.

We hope this explanation is helpful. Feel free to share it with others if you wish.

-Malcolm & Sarah

Less Active Than Usual

Our commentator, Georgia McDade has been less active than usual:

I have been home more than I have since sciatica grounded—bedded—me for five weeks! I've missed at least two plays. I did not swim this week.

I am reading, writing more, catching up on recorded television programs.

Some church members and I are having Prayer Meeting and Sunday School via conference call. (See "free conference call" to set up a call.)

I have to learn to use Zoom to contact some folks.

-Take care, Georgia

And your Editor:

Our daughter put us on lockdown several weeks ago. She is allowing Jim to continue his 3-mile walks as long as he doesn't go into a store or other business. Our grandson has been shopping for us, but we are seriously thinking of ordering online. Numerous stores including PCC offer this service. With

the library closed, I have been getting used to eBooks downloaded from the library. And of course, the library offers 2 great film sites: Kanopy and Hoopla. We ordered dinner from BluWater last night to be delivered by Uber and we plan to order out at least once a week to help out our local businesses. My dinner was such a large serving, it will make at least one more meal! I have been reaching out to old friends by phone or by email to not only to see how they are doing, but to let them know how much we care about them. This is a time to share our love as we cannot assume it will be business as usual. There may not be time to do it later. Diane Snell

And our businesses:

Shortly after BluWater adopted aggressive cleaning procedures, the governor ordered restaurants closed for in-house dining. BluWater is now offering take-out for curbside delivery and free Uber delivery within a two-mile radius of the restaurant. Open at 11am Call 206 328.2233. We appreciate BluWater's quick responses to the rapidly changing situation and we appreciate them for their long support of the community.

Both That's Amore and Mioposto in Mt. Baker are offering curbside pick-up; place your order and just drive up to have your meal delivered to your car. Other options for many restaurants are food delivery services; check out your favorite restaurant online and you may see one of the many delivery services listed.

Leschi Market recently closed for a few days to have the store cleaned by a professional cleaning service. They were not required to do this cleaning by the Health Department but chose to do it on their own. Thank you, Leschi Market!

This was after longtime owner Steve Shulman was diagnosed positive for the virus; Steve was put in intensive care at Harborview, but tragically he did not make it and passed away on March 18th. Our thoughts are with the family and co-workers who have gone into self-quarantine if they had contact with Steve.

We need a community wide memorial for Steve, who has been a pillar of this community for so many years, but we will need to wait until this crisis has passed.

It's also encouraging to see the outpouring of help offers and helpful suggestions on Nextdoor Leschi instead of the usual stolen packages and suspicious characters. Eva Hoffman (Leschi) offered a homemade recipe for hand sanitizer: 2/3 cup alcohol, 1/3 cup Aloe Vera gel and 5 to 10 drops essential oil (so you don't smell like the alcohol!) and Robbie Reaber offered her recipe for disinfectant wipes. She used bamboo paper towels, cut them in quarters, soaked them in alcohol and put them in a baggie for on-the-go use. And there are offers from many neighborhoods for running errands (groceries, etc.) for those self-isolating. If you are not on Nextdoor and are without family to help, please join now. No cost; easy to sign up and use.

KEEPING SANE WHILE QUARANTINED

As social beings, this self-isolation is difficult. Reach out to friends and neighbors and extended family through phone calls, letters and emails. Try to limit listening to the news as a daily diet might lead to despair! Audio books are a good escape while the library is closed. I saw an ad for new Board games that might entertain your family but one of the games was named Pandemic; it might be wise to avoid that one. Our literary maven, Anne Depue, has suggestions for good audio books.

With the doors of the public library closed, audiobooks become a great source for entertainment and intellectual stimulation. Of course, e-books are an option, but who wants to spend more time on screens? Keep in mind that listening takes more time than reading, (it took me 22 hours to get from Ulysses Grant's birth to his accepting the surrender of Robert E.

Lee at Appomattox Courthouse), but audio frees one to garden, do dishes, look out the window, and walk along the lake in the company of great literature. To say nothing of long car rides.

While some readers are decidedly more talented than others, the Seattle Public Library's audiobook app, called Libby, allows listeners to preview a reader's voice before committing to check out. Libby is also easy to manipulate, and, unlike CDs or tapes, you can back up a few seconds or minutes to catch missed words or passages worth repeating. You can listen through your phone, or plug in headphones, or run the sound through a Bluetooth speaker.

A few recommendations. All available from SPL. (We'd love to hear your favorites: leschinews@comcast.net).

History/Memoir

Ron Chernow's *Grant* (captivating account of the man and the Civil War—I ran out of time so will have to do his presidency at a later date)

Barbara Tuchmann's *The Guns of August* (revisiting this classic, which details the first few weeks of World War I, reminded me of why I chose to be a history major)

On Tyranny: Twenty Lessons from the 20th Century by Timothy Snyder. (Potent and captivating analysis of historical trends and personalities with comparisons to today's political situation. Under 2 hours and read by the author.)

Becoming by Michele Obama. Read by the amazing author.
Leonardo da Vinci by Walter Isaacson

Mystery/Thriller

Poirot mysteries (and others) by Agatha Christie. Many are read by the incomparable David Suchet.

The Maisie Dobbs series (female detective in London—World War I into the 40s)

Anthony Horowitz novels (in addition to writing detective stories, Horowitz wrote Foyle's War and Midsomer Mysteries. His books are very clever with a welcome touch of humor.)

Lady in the Lake by Laura Lippman (the acclaimed Baltimore murder mystery told thru a number of characters' voices)

The Girl in Cabin 8 by Ruth Ware.

Any John Le Carre if read by the author. His pacing and vocal nuance are marvelous.

Booker Prize Winners (fiction) and other Literary Fiction

Milkman by Anna Burns (a young woman's story of her fraught life during The Troubles in Northern Ireland).

The White Tiger by Aravind Adige (a startling story of social inequities in India narrated by a driver for the wealthy)

The English Patient by Michael Ondaatje (even if you read it years ago years ago, the rich detailed layering in this novel will stun you. The movie does not do it any justice)



Cascade
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physical therapy

Lisa Eaton, DPT, OCS
Julie Grove, MPT

120 Lakeside Ave
Suite 210
Seattle, WA 98122
206-925-3762
Fax: 206-324-3600

If Beale Street Could Talk by James Baldwin (the classic comes alive on audio)

Here are some favorites from Madrona resident and freelance editor, Marie Doyle. Most of these are available through Seattle Public Library. Or you can subscribe to Audible.

The Hobbit (Really wonderful!)

The Great Gatsby (read by Tim Robbins)

Astrophysics for People in a Hurry (read by its author, Neil DeGrasse Tyson)

Cutting for Stone by Abraham Verghese. (One of my favorites, too. Beautiful production)

The Princess Diarist (read by its delightful author, Carrie Fisher. A lot about her time on the Star Wars films)

And of course, don't forget *Where the Crawdads Sing*, *Educated*, *Little Fires Everywhere*, and any of the Jane Austen novels, particularly ones read by Juliet Stevenson.

MARCH MEETING

Our last meeting on the 19th Amendment was much appreciated by a mostly female audience. It was gratifying to see two mothers with their daughters.

One audience member felt that this program should be in the schools and we are considering writing a grant if we find a willing school to host the meeting. It is critical that young women learn about this struggle and embrace voting as a hard-won struggle that must be exercised. Thanks to Tames Alan, the talented actor that instructed us that evening. And thanks to Senior Center director, Dian Ferguson, who took on the task of helping our actor with her costume, the corset being the most challenging piece. Tames researches and makes her own costumes.

-Diane Snell

LCC ELECTIONS IN MAY

Leschi Community Council officers have two-year terms and all positions are open in May. One officer is term limited and that is the current secretary. The other three officers have completed their first two-year term and can run again if they wish. To learn about the duties of the positions, go to Leschi CC website and select "our Council" from the choices at the top. Then select Documents and page down through the constitution and by-laws until you come to Article V: Officers—Duties, Section 1-4. We no longer elect a representative to the Seattle Community Council Federation as this group is no longer meeting. We encourage all who are interested to send their names to leschinews@comcast.net. The president will appoint a nominating committee who will present names at the May meeting.

Please note that it may not be possible to meet in May, but our bylaws require that we publish the information about the elections for two months before the election. If necessary, the meeting could be postponed, and the elections moved forward accordingly.

IS THERE A STAR NEAR YOU?

The Leschi Community Council Board is now accepting applications for Leschi Stars. Applications must be submitted by April 20th to be considered; winners will be presented with the prestigious star at our annual May meeting. Please use this application:

And please note that we don't know at this point that we will have a May meeting, but we do want to recognize our stars if there is a meeting!

Once a year we honor Leschi Stars, those folks or groups who have made a big difference in Leschi. Example of individual: Henrietta Price who has been a crossing guard at Leschi Elementary School for more than two decades and encourages the children to do their best as she safely guides them across the street. Group example: Keller Williams staff who sent 60 folks to Leschi Park to weed, mulch, prune for their day of community service.

2020 LESCHI STAR NOMINATION FORM

- Who are you nominating? Include their contact info.
- Tell us why this person is a STAR! Be specific.
- How do these activities enrich life in Leschi?
- Your name and contact information

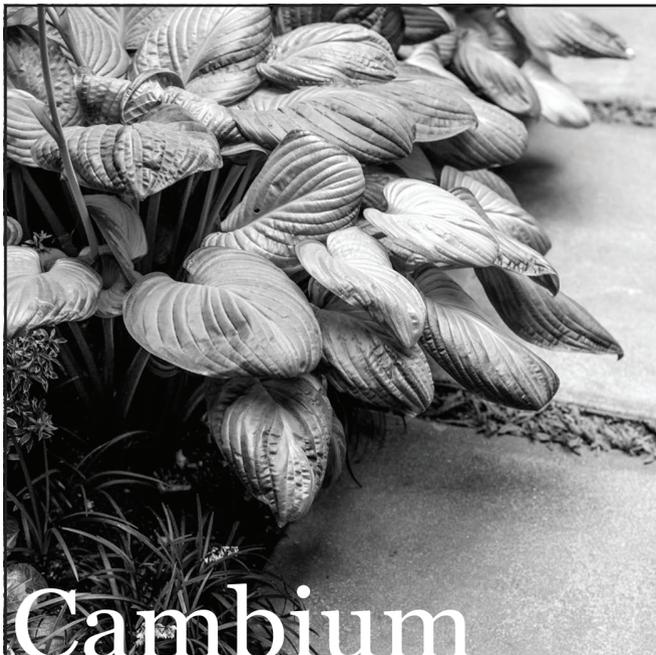
Email to leschinews@comcast.net or mail to LCC, 140 Lakeside Ave. Suite A, #2, Seattle 98122

GREENSPACE COMMITTEE SUBMITS APPLICATION TO IMPROVE CHARLES STREET SHORELINE STREET END

Each year lately, the entry to the shoreline street end mini park at S Charles Street and Lake Washington has been flooded into a pond. The drainage stream that was constructed in 1993 is clogged with soil and the shore edge is eroded by too much storm runoff and overuse by people bringing their dogs down to the shore.

An application has been submitted for a grant from the City's Department of Neighborhood, through the YourVoiceYourChoice (YVYC) Program. This program invites "Ideas" for local park and street improvements.

Also, of interest nearby are Ideas for other improvements of other shoreline street ends: for E 37th Street (Beaver Lodge) in Madison Park and for E Massachusetts Street in Mt. Baker.



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Voting for this year's Your Voice, Your Choice projects will take place in Summer 2020.

- Voting is open to anyone age 11 and up (must be 13 and up to vote online) who lives, works, goes to school, worships, receives services, volunteers, or is part of a program in the City of Seattle.
- Each voter may cast one ballot per City Council district and may choose up to three (3) projects per district.
Please keep tuned for more information as we approach summer.

-John Barber

UPDATES FROM LESCHI ELEMENTARY

We at Leschi Elementary are grateful to be part of such a strong community at a time like this. Our hearts go out to the entire Leschi Market family. Steve Shulman's kindness and generosity toward our families over the years was just one aspect of the central part he played in the Leschi community. We are mourning his passing with deepest sorrow.

At the time of writing, this phase of the emergency is still new, and we are doing our very best to stay connected with each other, to share information, and to look out for our most vulnerable families. Along with our classroom teachers, our tireless staff from the family support office, Odessa Brown Clinic, and our ELL teachers are reaching out to families to determine specific needs.

The current crisis will have a significant impact on our PTA Annual Giving Campaign due to the cancellation of community events and fundraising opportunities. Now more than ever, we welcome your support, as we continue to offer immediate assistance for the covid-19 response through our family support office, while also preparing to meet the needs that our school and scholars will have in the 2020-2021 school year.

If you wish to donate, checks made out to Leschi PTA can be sent to Leschi PTA, 2809 S Washington St. Seattle WA 98144. Easy options for online donations, including corporate matching opportunities, are available here: https://leschies.seattleschools.org/school_involvement/fundraising

We are all in this together.

-Benson Wilder

CENTRAL AREA SENIOR CENTER ACTIVITIES

Please note that at the time of assembling the neighborhood news, these activities are scheduled but anything can change in these times. The Casinos are not closed at this point, but we ask that you consider the wisdom of going to a place where there will be more than 10 folks and it is less likely that one can maintain a 6 ft. distance. Above all, be safe!

SNOQUALMIE CASINO & NORTH BEND OUTLET MALL

Monday, April 13, Departs CASC at 10:30AM; \$12 members; \$15 Non-members

CENTRAL AREA SENIOR CENTER MEMBERSHIP MEETING

Wednesday, April 15, 1:15-2:30 PM in the Dining Hall
Join us for all the updated news and happenings around the Center!

GREEN DOLPHIN LOUNGE

Friday, April 17, 6:00 PM – 9:00 PM
Featuring Triple Treat Band, DJ Mr. Cliff, delicious appetizers and FUN!
\$15 Lifetime Members; \$20 Annual Members (before 2/21); \$25 at the Door

"GEORGIA LOVES LEARNING" - HONORING

EDUCATION AND EDUCATORS

Monday, April 20, 1:30-3:30 PM in the Dining Hall
Special guests Shash Woods and Gracie Williams of African American Writer's Alliance will read from "Georgia Loves Learning" and participate in a conversation about the impact teachers have on us. Free

RED WIND CASINO TRIP

Wednesday, April 29, Departs CASC at 10:30AM; \$15 members; \$20 Non-members

GARFIELD COMMUNITY CENTER NEWS

Due to COVID-19 concerns, all Seattle Parks and Recreation community centers, pools, teen life centers, environmental learning centers, small craft centers, Amy Yee Tennis Center and all childcare through SPR are closed. All associated recreation programs are currently canceled, including rentals and permitted events. The closure expected to run March 13 – April 12, 2020.

Garfield Staff recognize the strain this puts on our community and are seeking ways to continue engaging with those who are seeking recreation activities at this time. Please follow the Garfield Community Center Facebook page at www.facebook.com/GarfieldCommunityCenter for news and information over the next month and beyond.

In the meantime, we are exploring ways to keep involved and active online. Keep your eyes on the Seattle Channel for short exercise classes by your favorite instructors (Zumba, Line dance, tai chi, yoga, and others). We will also be looking to add virtual field trips, potentially online book discussions and others. Adults over 60 may also be interested in signing up for the Lifelong Recreation online newsletter at <https://tinyurl.com/LifelongRecNews>.



A+ IN FRUGALITY **GROCERY OUTLET**
bargain market

SPRING IS HERE!

TIME TO GET OUT AND DIG AROUND IN THE DIRT AND PLANT THOSE BARGAINISTA BLOOMS

YOU WILL FIND EVERYTHING YOU NEED FROM GARDEN TOOLS TO SEEDS AT GROCERY OUTLET

Check out www.groceryoutlet.com to see this week's specials and read up on the Bargainista Blog!

1126 Martin Luther King Jr. Way, Seattle, WA 98144 (206) 302-1005
Store Hours: 8a.m. - 10p.m., 7 Days a Week

Save these dates!

NEIGHBOR DAY OPEN HOUSE

When: Saturday, May 2nd

Time: 11am-2pm

Where: Garfield Community Center, 2323 E Cherry St.

What: With everything going on in our world and in our city, we could all use a chance to de-stress and reconnect with our neighbors, friends, and communities through small acts of generosity. GCC instructors will lead demonstrations, games and workshops and provide information about all the free and low-cost classes and camps we have available for youth and adults.

MOTHER'S DAY LUNCHEON

When: Saturday, May 9th

Time: 11am-12:30pm

Where: Garfield Community Center, 2323 E Cherry St

What: Food, live entertainment, a raffle and Mother's Day affirmations!

NEIGHBORHOOD POTLUCK

When: Second Tuesday of every month, starting April 14th

Time: 5:30-7pm

Where: Miller Community Center, 330 19th Ave E

What: Join Miller Community Center and Rainbow Recreation for a monthly potluck where we share food, games, and fun with your local LGBTQ community. Please bring something to share.

The outdoor restrooms will be opened daily during this period; they are cleaned three times per day.

If you have any questions about programming at Garfield Community Center or any other SPR park or facility, please email Jennifer.Romo@seattle.gov. We look forward to seeing you again soon!

- Jennifer Romo,

Assistant Coordinator at Garfield Community Center

THE INCREDIBLE, EDIBLE, BIG LEAF MAPLE

[The following is excerpted from the City of Seattle Monthly Tree Newsletter (March)]

As one of the few deciduous trees native to the Pacific Northwest, big leaf maple's contributions are many – including edibility! Maple syrup? Yes. It takes 60 – 100 gallons of big leaf maple sap to make 1 gallon of tasty and nutritious syrup. The industry is just starting to take off here in Washington, where you can find local maple syrup in some restaurants and bars.

Big leaf maple flowers are edible as well. The yellow-green flowers emerge in March through April. The flowers have a complex sweet / bitter green flavor that is best when they are young and haven't fully elongated. Try them in salads, stir-fries, wraps, fritters, or as a garnish in soups.

You know what else those flowers are good for? Honey. When the hillsides are lit up with their chartreuse glow, the honeybees are busy collecting the nectar. Maple flower honey is a treat found throughout the Pacific Northwest.

Our wildlife friends love eating big leaf maples too. While not edible for us, the seeds inside the winged fruit are enjoyed by squirrels and birds.

Times are tough for big leaf maples right now. Our hotter, dryer summers are proving to be stressful, leaving them vulnerable to insects and disease, and in the end, decline.

Our big leaf maples give so much. Why not give back by helping them stay healthy.

LIFE AND TIMES IN LESCHI

In the 1930s, as the first floating bridge was being planned, a nearby property owner named Lacey sued the State Highways Director, Mr. Murrow, to prevent construction. In a significant ruling, the State Supreme Court upheld the state's powers of eminent domain to acquire land for the bridge terminus. The bridge was then named after the landmark case of Lacey V. Murrow, as you'll see on the sign at the Lake Washington Boulevard overlook.

My friends and I loved the compact 4-bedroom house we had rented in Madrona (1973-76). It should be on the National Register of Historic Places, because that's where we met to organize Seattle's collectively owned, community-oriented auto repair shop, Black Duck Motors, which opened in 1974.

But I was still attracted to Leschi's demographics and geography. There were old communists of my parents' generation, more recently joined by younger counter-cultural and politicized types (like me), settling down after the '60s. A small remnant of aging fascists added more spice to the mix.

Lake Dell was pretty woody in those days, with plenty of vacant lots and sylvan hillsides. This was before developers around here learned how to sink deep pilings to support houses on steep inclines. It seemed that nothing new had been built since the 1940s.

I had some earlier memories of the neighborhood. When I was a child, growing up in Madrona, my parents had friends we would sometimes visit on Superior Street – Herb & Shirley

Fionnuala O'Sullivan

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Schneider, who we called Sherb & Hurley. (Herb was president of the Leschi Improvement Council in 1960.) This was before Superior was paved, and I was frightened when my father drove our 1950 Chevy up the steep gravel road. We met the Schneiders through their two kids in my pre-school. Just last year I met their older half-brother, and I took a walk with him around that part of the neighborhood, now ravaged by outsize homes.

Another memory was from 1968, when I hitch-hiked to Seattle from college in Portland over spring break with a classmate. She was Bolivian. Friends of hers ran with Che Guevara there up till the time he was killed. She and I stayed with friends of mine at 23rd and Cherry, in a little old house they got rent-free in exchange for keeping it from falling down. The previous summer I had lived with them, my base of operations for my work as regional anti-war organizer for Students for a Democratic Society. We were there for the couple's traditional Sunday morning pancake open house, when all their friends were invited to drop by, no reservations needed. On this occasion, Judy mixed a good dosage of marijuana into the batter. It powered us on a walk to Leschi Park, where my classmate made me a necklace out of little daisies she picked on the lawn by the swings.

PS – If you believed that first paragraph, April Fool! The rest of what I write is guaranteed relatively accurate, till next April.

Next month: In the Dell

–Roger Lippman

DON'T CRY FOR ME ARGENTINA

After the 18-hour trek back to Buenos Aires with the Scarpatis (trailer eight horses and nine people), I had a 48-hour window to myself. Unfortunately, I spent 47 of those hours feeling like I was on my South American death bed. There's nothing worse than being ill in a foreign country. Later, I was informed that it was likely I had a small bout of Yellow Fever.

I managed to recover just in time to meet my parents at the airport. (The Watson is strict on its visitor's policy, but it does allow family/friends to join the adventure for a limited amount of time.) Art and Anne met me for my last stint in BA during which I had planned to delve back into the polo world during the famous Argentine Open, the biggest polo tournament of the year...Think Wimbledon but horses instead of rackets, fewer hats, and more champagne.

In the days leading up to the tournament we headed to Pilar (polo central) where we stayed with Alejandro, an ex-professional polo player and well-known breeder/dealer who was bursting with classic English humor—we were treated to a pitch perfect Inspector Closeau accent and daily 'Allo! 'Allo! references. Alejandro invited us to private practice polo matches at professional clubs and put me to "work" riding his horses. He even found some calm mounts for Anne and Art to toodle around on. As per usual, tennis was a daily necessity. We enjoyed the red clay but didn't hit many shots out wide as our potholed court boasted an enormous active beehive on the eastern fence.

Back in Buenos Aires I showed Anne and Art all my spots—the handmade paper/letterpress shop, the designer consignment store, hidden cafes, vegetarian restaurants, the Notorious jazz club where we saw the famous Ibrahim Ferrer Jr.

On December 14th we were only able to obtain two tickets for the Abierto final so, having picked the short straw, Art was loaded up with some snacks and water and left to enjoy a park close by. (I was glad Annie had won as she had the better outfit of the two.)

The 126th final was a typical rematch between Ellerstina, a team of all brothers, and La Dolfina, one of the most successful polo teams in history. Despite the prestige of the event, the security was amazingly relaxed compared to an event of such stature in the USA. Before the match started, we were able to

meander through the La Dolfina area, close enough to touch the 40+ horses lined up neatly under the trees (including the eight clones who would be playing today with Adolfo Cambaiso). Bridles and saddles are carefully laid out over blankets on the ground, grooms smoke as they re-rolled bandages and braided tails.

La Dolfina's dominate the field amid a large and passionate crowd. During play the 30,000-person stadium is silent, but as soon as a goal was scored or a penalty flagged, they erupt with exaltations in many languages. I had seen a preview of this exact game two months earlier when working at Palo Alto. Then I had sat on the back of a pick-up truck, 10 feet from the sideline, drinking mate and chatting with professionals. The game had been intense, but some laughs were shared between players on both teams in-between chukkers. (The players are good friends off the field, some are even godparents to their rivals' children.)

In this final, friendships have been put aside. The competitiveness is palpable. It smells of broken-in leather, horse sweat, and Latin loyalty. The players charge like warriors down the field, slamming into each other with unapologetic force. The men could be riding bucking broncos for the amount of time they sit still; their bums rarely touch the saddle, their bodies swiveling above their mounts like a game console in the jittery hands of a sugar-high seven-year-old. The horses snarl and froth, and I am reminded that this is the animal who fought alongside humans in the most brutal wars of history. The gladiators of Argentina.

The battle doesn't pass peacefully. One minute after I had confidently responded to Anne's question confirming that "at this level it is extremely rare for the players to fall off," the tumbles began. Snap crackle pop go the professional polo players. They slide off after impacts with other players, tumble down when a stirrup breaks, are wrenched off by opponents' illegal jousts with their mallets.



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The half-time show is a flying French woman singing while riding her Friesian. I recognize her immediately—It's Yasmine Issola, who hosted me for a night back in October. (She was the former singer for the Ritz in Paris and had fantastic stories of her travels and adventures.)

In the 5th chukker a La Dolfina player is charging full speed amid the swarm when his horse stumbles, falling on its chest and doing a full somersault. The horse recovers in an amazing writhe of muscles, but the man does not. The crowd is dead-silent as we watch the rider-less horse bolt towards his grooms. The man remains face-down on the field. These worshiped gods of polo are not, in fact, immortal. I wonder if there is an implant the shape of his body in the grass, like the white paint at a crime scene. Ambulances arrive; the crowd lets out held breath as the man stumbles to his feet. He is driven back to the tent and, limping terribly, remounts 5 minutes later. Resilient? Competitive? Loyal? Machismo?

The game continues at full throttle. I am not like the Spaniards watching a bull fight, secretly yearning for gruesome outcome. For me, the last of the wilting romance of the sport was shattered at the sound of the next impact. Unforgiving, horse on horse. Chest to rump. A resounding, pulsating SMACK.

The minutes counted down and La Dolfina raised the trophy for the 16th year in their 20-year history. Anne and I dipped out of the famous "after polo party" to find Arturo and head to dinner to celebrate my last night in Argentina.

It's okay if you cry for me Argentina, for I am certainly crying for you. In this country I was consistently pushed out of my comfort zone, but I found that the more effort it took to overcome a challenge, the more of my heart I left in it. At this rate I'll be a tin woman by the time I get back to Seattle!

-Cello Lockwood

WILL SPRING SLOW THE CORONAVIRUS?

One of the most well-known aspects of influenza, more commonly known as the 'flu,' is that it occurs in yearly, seasonal outbreaks, with infections increasing as much as ten times from their summer minimums during the dark days of winter. This is also true with the common cold, which is not a specific virus like the influenza virus but is an umbrella term for a mild upper-respiratory infection caused by over 200 virus types. The fact that these viruses favor winter has been attributed to people spending more time indoors and thus facilitating person-to-person transmission of the virus, and the colder, drier weather may also be a more favorable environment for the viruses themselves. The cold/dry weather and reduced UV radiation allows viruses to survive longer on exposed surfaces, and these same cold and dry conditions dehydrate mucous membranes and make them more susceptible to infection. Finally, kids are in school during the winter months, and if there's anybody who knows how to spread germs around, it's those little rascals!

Coronaviruses are relatively common and are responsible for approximately 15% of all cases of the cold. But the novel coronavirus that has resulted in thousands of deaths, hundreds of

millions quarantined, and a record sell-off in global equities has proven to be a particularly virulent strain. This novel coronavirus, known officially as "Coronavirus disease 2019" (COVID-2019), has approximately a 1-2% mortality rate, approximately 5 times less than the 2003 SARS outbreak in China, another coronavirus, but 10-20 times higher than the mortality rate for the seasonal flu.

One significant question regarding COVID-19 is whether the disease will abate with the turn to warmer weather this spring and summer. According to the CDC, "it is not yet known whether weather and temperature impact the spread of COVID-19."

To be clear, I'm taking the CDC's position here; this is a novel virus with unique characteristics, and it is impossible to know if warmer weather would ameliorate its spread at this time. However, I thought it would still be worthwhile to study the seasonality of some past pandemics and how they differ from the ebb and flow of the endemic viruses that traverse the hemispheres through the seasons, and if we could at least draw some conclusions about their spread rate relative to the seasons.

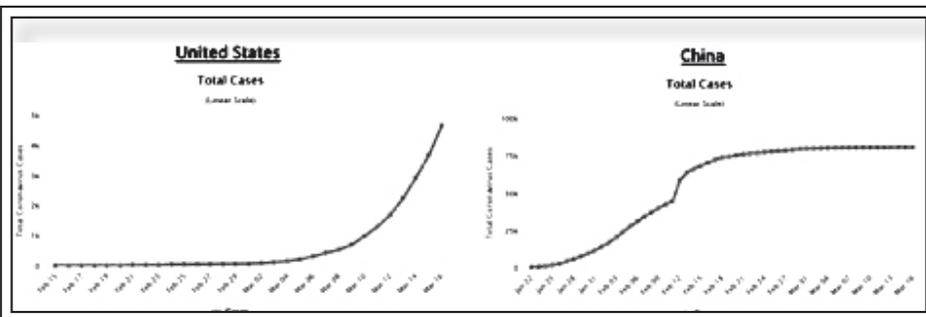
The Greatest Pandemic in Modern History: The Spanish Flu of 1918

The greatest viral pandemic in modern history was the Spanish Flu of 1918. According to the CDC, approximately 1/3 of the world's 1.8-1.9 billion people contacted the virus, and at least 50 million people died from it. To be sure, the Spanish Flu was an extraordinarily virulent and contagious version of the influenza virus, but the pandemic was substantially amplified by World War I, as the combination of close quarters, unsanitary conditions, and mobile troops spreading the virus worldwide created a perfect storm for a global pandemic to ensue.

There were three "waves" of the Spanish Flu - the initial outbreak in spring/summer 1918, the second, deadliest outbreak during autumn 1918, and a third outbreak in winter/spring 1919 that was somewhere between the first and second outbreaks in severity. The Spanish Flu did not follow the typical "seasonal flu" profile; the second, deadliest wave began in August, peaked in late October/early November, and was over by December. As mentioned earlier, it is true that influenza viruses last a much shorter time on warm, humid surfaces and are easily killed by UV radiation, and that the behavioral shifts in winter (such as spending more time indoors) are more efficient at spreading contagious diseases. However, the Spanish Flu was far more contagious than the seasonal flu since most people had little-to-no-immunity to the virus and was able to easily overcome these seasonal barriers.

The 1918 Spanish Flu was so virulent that young, healthy adults could die less than 12 hours after showing their first symptoms. Most viruses of this virulence do not grow into a pandemic, as they kill their hosts before their hosts can spread the virus to others. The Spanish Flu thrived in large part because it was sustained in the trenches; the trenches were a perfect environment for the virus to spread among pre-existing soldiers, and new, uninfected soldiers were constantly being deployed to replace those that had died, either from battle or from the virus. Soldiers then interacted with the local population, spreading the virus and allowing it to subsequently ravage other communities.

COVID-19 is the first coronavirus pandemic, but many of us remember two other coronavirus epidemics - SARS from November 2002 to June 2003, and MERS in 2012 and 2015. SARS has been completely contained, while MERS continues to circulate at low levels. Because SARS lasted only one season, we can't really infer any seasonality from it, and MERS does not have a predictable seasonal pattern.



When we take a holistic look at all 20th/21st century influenza/coronavirus pandemics and epidemics, we do not find a clear, seasonal factor like we do with endemic influenza and the common cold. I can only infer that this is because these influenza/coronavirus strains are 'novel' viruses with which there is little or no pre-existing immunity, and they can be easily spread throughout the population regardless of the season. To reiterate the CDC: we do not know enough about COVID-19 yet to know if it has a seasonal cycle. But if past upper-respiratory (namely, influenza and coronavirus) pandemics are any clue, seasonality might not play that big of a factor.

One thing is for sure: how countries respond to the virus has a much, much greater impact on its spread than the season. Just compare the graphs of confirmed cases in China vs the U.S. After initial exponential growth, the Chinese government issued draconian but highly successful lockdowns on major cities and got testing kits to millions of people, and the virus is now effectively contained with now only dozens of new cases per day. But even with months of lead time, the US was woefully unprepared, and cases continue to grow at an exponential rate. Australia is also currently seeing an exponential increase in cases, even though it is late summer there.

This virus has exposed how healthcare is not a service, or even a right; it is a national security issue that holds the fabric of our economy and society together. The US may have been able to sidestep a severe recession if we had the resources to provide free, public COVID-19 tests to all citizens, as South Korea has done. Unfortunately, we were not prepared, and we now must practice isolation and social distancing instead, which is far more damaging to our economy and society.

Please take care of yourselves, and focus diligently on washing your hands, not touching your face, and limiting social interaction/exposure over the next several months. Life is already beginning to return to normal in China, and if we do this right – and I have faith that we will – our lives should eventually return to normal within several months.

-Charlie Phillips

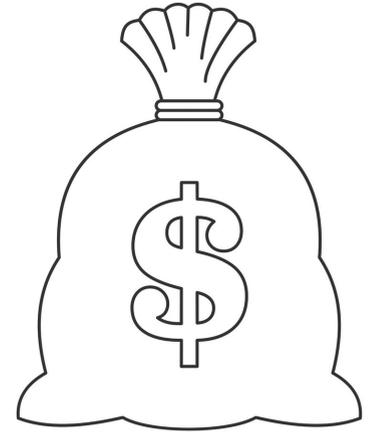
Charlie Phillips, a Madrona resident, received his B.S. in atmospheric sciences from the University of Washington and works in Portland as a meteorologist. Check out his weather website at to charlie.weathertogether.net

REPARATIONS: WHAT ABOUT THE COST?

Cost is always a major opposing point to reparations. I echo Alexandria Ocasio-Cortez, who asked about cost when millionaires and billionaires were given a tax break? Furthermore, who asked about the cost of flying Melania Trump back and forth between New York and D. C. or the president on his many golf outings? Who asks about the cost of military installations around the world? (Finding the number is difficult because installation covers much space: "a military base, camp, post, station, yard, center, homeport facility)." Around 600 are overseas.

How much do we spend in foreign aid? We were told our country was rebuilding Iraq; now we learn that too was untrue. So, where did the money go? How many millions were found in the walls of Saddam Hussein's palaces? Surely you can think of spending that could be cut or eliminated. Furthermore, this act refers to Washington only, a minuscule number of contracts in the country.

Before I submit this, I'll most likely have come up with more suggestions for reparations. You yourself may have ideas. For much too long, African Americans have been marginalized, left out, ignored. Despite ability, talent, desire, effort, African Americans have not always had opportunities in any area. Our country has committed heinous deeds, slavery at the top or certainly near the top of any list. These deeds cannot be undone, but financial compensation could at least provide a means of acknowledging descendants of those whose personhood was never acknowledged. Financial compensation could provide a semblance of racial justice.



According to Washington's Office of Minority and Women's Business Enterprises, "In the five years before the passage of I-200, state agencies spent an average of 10 percent of their public contracting dollars on small businesses owned by minorities. In the 20 years after I-200 passed, that rate has fallen to an average of 3 percent. That translates to \$3.5 billion dollars lost in earnings." Stated another way, before I-200, minorities received 10¢ of each \$1.00; after the passage of I-200, minorities received 3¢ of every \$1.00.

Port of Seattle Commissioner Stephanie Bowman said, "We have empirical evidence that disparity has grown, meaning opportunity has been denied to those who have not had the traditional advantages of contracting." Bowman then added, "I would ask you a question: How many Caucasian males have come before this committee saying that they have not had enough work in the last 20 years?"

Thanks to each of you who voted to accept Referendum 88. Perhaps the day will soon come when more persons will see that such an act as Referendum 88 would contribute to the movement of this small section of the country on the road to parity.

-Georgia S. McDade, Ph. D.

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Culture Corner

“RACISM, SPIRITUALITY AND SEX: THREE SHOWS AND THREE THEMES AT THE SEATTLE ART MUSEUM”

Part I

John Akomfrah’s “Future History” (until May 3, 2020) majestically fills three major galleries on the fourth floor of the Seattle Art Museum with video works projected on huge walls in separate darkened rooms. Spanning 500 years of history from the beginning of the slave trade in Elizabethan England to the present moment, each work is immersive and mesmerizing.

We first encounter *Vertigo Sea* of 2015. Projected as three large adjacent images, it overwhelms us. Sometimes the images flow from one to another, other times they sharply clash. If you have ever seen one of David Attenborough’s BBC nature films, you will recognize some of his incredible footage: the artist gained permission to use it after befriending Attenborough for a full year. But Akomfrah goes the extra step that Attenborough only touches on in his most recent film: climate crises caused by our own actions.

He juxtaposes stunning nature sequences with the murder of humans in the slave trade and the hunting of whales. We watch horrified as the spears enter the animal and the helpless whale bleeds into the sea and dies, even as another screen celebrates their beauty. We gasp in disbelief at the reenactment of slaves forced overboard alive. Akomfrah gives us the unrelenting brutalities of genocide by hunters of animals and people who shared a single-minded goal - to make money. Interspersed in the film are many quotes including *Moby Dick* and Heathcote Williams 1988 poem *Whale Nation*:

“From space, the planet is blue/ From space the planet is the territory/Not of humans/ but of the whale.”

Occasionally the sequences take a breath with three blank blue screens. But you will not be able to stop watching.

Akomfrah spoke of the flux and fluidity of water as suggesting the past, present and future. Our bodies are 90 percent water. But rather than acknowledge our connection to the sea, the planet, and its occupants, he stated, our hyper consumerism is destroying it.

The second film *Angel of History*, 1995, gives us Afro- Futurism: musicians, writers, poets, actors, journalists, philosophers and techies. As described by Greg Tate “It’s like a beautiful compendium of the cats who were obsessed with what I call the “imagining” of ideas—putting Black folks in a science

fiction setting, in the future, or in the retro-future, listening back to ancient African kingdoms as a kind of science fiction fodder.” (*Capitol Bop*, interview 2015)

Seventeen creative thinkers, ranging from the cosmic musician Sun Ra to Nichelle Nichols, Star Trek actress, spin off Tate’s idea that “all those things that you read about- alien abduction and genetic transformation- they already happened. How much more alien do you think it gets than slavery, than entire mass populations moved and genetically altered, forcibly dematerialized?” (quoted by Kodwo Eshun). Tate died last fall at the young age of 60.

The third piece *Tropikos* 2016 silently and chillingly presents the historical roots of the slave trade in Plymouth, England, the major slave trading port during the reign of Queen Elizabeth. Here Akomfrah quotes from *Paradise Lost* and *The Tempest*. He segues from images of the royal family and its pirates, decked out in the riches from the slave trade, to a silent raft moving up the river Tamar. The raft holds one slave with his back to us as well as potatoes, pineapples and a sculpture of Akuaba associated with childbirth in Ghana. According to curator Pam McClusky it evokes the yearning to return home.

Part II

Aaron Fowler’s “Into Existence” (until June 28, 2020) in the Jacob Lawrence and Gwendolyn Knight gallery, brings us another young cutting-edge winner of the Jacob Lawrence and Gwendolyn Knight award. Fowler collects trash to bring “into existence” homages to friends and family. It metamorphoses into deeply spiritual imagery.

Baby J celebrates his nephew’s birthday, with a delightful neon extension across the wall evoking one of the toys at a children’s party. *Amerocco* joins America and Morocco, honoring a friend from Morocco. We see the artist washing his friend’s feet in a last supper scene attended by his friends. In *Pops and Me* Fowler collaborates with his father in a workshop. At the entrance to the gallery, he sets an imprisoned friend free in *Debo Free*. After admiring the brilliant transformations of discarded junk, we can explore the spirituality that permeate all of the works.

Part III

“Georgia O’Keeffe: Abstract Variations” (until June 28, 2020) includes seven works from the first decade of the artist’s career starting with drawings created on the high plains of West Texas in the teens to her 1920s abstractions promoted by Alfred Stieglitz in New York City. The works change from soft to hard edged. Look for the unmissable symbolism shift in *Gray Lines with Black Blue and Yellow*, 1923, right before she married Stieglitz.

The Stieglitz photograph of O’Keeffe is from right after they met: it is obviously post-sex. Today we would call that exploitation. Georgia O’Keeffe spent the rest of her life contradicting that utter exposure. We see resistance already setting in with the sharp angles of *Black, White and Blue*, 1930.

-Susan N. Platt, Ph.D.

www.artandpoliticsnow.com



Video still from *Vertigo Sea*, 2015, John Akomfrah, three channel HD color video installation, 7.1 sound, 48 minutes 30 seconds, © Smoking Dogs Films; Courtesy Lisson Gallery



Seeking Sustenance...in the Wilds of Seattle

We do not have a wine column this month from our illustrious wine guru, Ken Benner, as he is in quarantine due to proximity to Steve Shulman, who was diagnosed with coronavirus and has since passed away. Our hearts go out to the Shulman family and to the Leschi Market family, as we know how close they are. Once we are able to freely transverse the neighborhood again, we should all buy a bottle of the special label Leschi Market wine and toast the memory of Steve, neighborhood icon and pillar of this community. His support for the community, the school, the Senior Center and the Leschi Community Council shall long be remembered.

-Diane Snell

From Jared Smith and Karen Daubert

Since 1989 I have enjoyed Steve's humor, care for our neighborhood and his community leadership. Every time I saw Steve at the store we would engage in a conversation about civic issues. I was one of his many conduits to City government during my 2 stints at the City and I always appreciated his keen wit and perspective. When it came to our neighborhood's community safety issues, Steve was my go-to leader who had the ear of the East precinct captain and leaders at City Hall. He was a selfless community leader; we will miss Steve greatly. Our hearts go out to Yousef and the Shulman family. Hope you are all safe.

-Jared and Karen

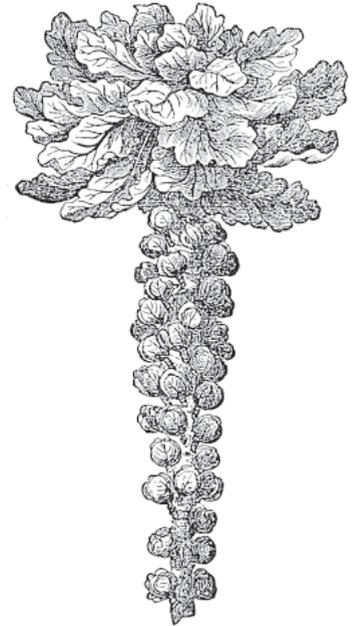
TASTE OF THE CARIBBEAN

Stephanie Tschida, EastPAC coordinator, recommended ordering in during these difficult times; she raved about dinner from Taste of the Caribbean. It's on 12th in the Seattle U area. Menu can be found online.



THE RISE OF THE LOWLY SPROUT

Editor: My first Brussels sprout experience was most likely at Thanksgiving dinner growing up in Michigan: boiled, buttered and lemon juice if lucky. Sometimes they were a little bitter, but hey? Once a year? No prob. I have grown to love them as I realized the vast cooking possibilities and I truly love the way they grow: mini vegetable Christmas trees with sprout ornaments!



Meet the Brussels at Meet The Moon:
Bacon & Brussels: braised bacon, candied pecans, apple cider gastrique.

They got me at bacon.
The Mad Arms lost me at Goop di Parmegiano—
and no bacon!

-Malcolm Harker

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LCC EXEC. BOARD MEETING 3/9/20

This meeting was held online with these Board members participating: Janice Merrill Brown, Trevor Lalish Menagh, Janet Oliver, John Barber and Diane Snell. Guest Eva Hoffman also participated.

We mostly discussed whether or not we should cancel the April meeting. We finally decided we could hold off until the newsletter deadline and then decide based on the current situation. The April meeting HAS BEEN CANCELLED. Stay tuned for future developments. We will follow the guidelines recommended by the Governor and the Mayor. Stay safe.

-Diane Snell

Financial report

We are grateful to our residents who continue to renew their membership in this difficult time. As long as we continue to publish the newsletter, we do incur the same layout, printing and postage expenses and your renewals help to pay the bills.

	Income	Expenses	Balance 2/29/2020
General Fund			
Ad Revenue	\$4,087.00		
Dues	\$520.00		
Donations	\$365.00		
Insurance			
Printing and postage		(\$1,295.24)	
Totals	\$5,089.50	(\$1,545.24)	\$13,909.65
Restricted Funds			
ArtWalk			\$2,447.32
Cherry Street Corridor			\$635.76
Flo Ware Park			\$686.53
Friends of Powell Barnett			\$1,068.06
Friends of Street Ends			\$885.59
Frink Park			\$2,067.60
King Street			\$1270.00
Leschi Gateway Project			\$347.39
Leschi Natural Area			\$4,845.39
Officer Brenton Fund			\$3,287.85
String of Pearls			\$2,130.38
SW Frink Park			\$1233.08
W. Vaughn Memorial Fund			\$1200.00
Wading Pool			\$3006.13
Whitebear DreamCatcher			\$201.64
Totals	\$5,089.50	(\$1,545.24)	\$39,222.37
Certificate of Deposit			\$11,254.35

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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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april 2020 | calendar

APRIL 1 LCC MEETING CANCELLED

APRIL 6 LCC Board meeting 6pm. Most likely this meeting will be online so we can keep our distance!

APRIL 9 6pm is the usual CANDC meeting; we have not rec'd word about any cancellations

APRIL 11 SNC Breakfast meeting at Central Area Senior Center; we assume this will be cancelled as the group is larger than 10 persons but check with the Senior Center to be sure: 206 726 4926

APRIL 15 Senior Center Member Meeting. 1:15-2:30pm. Again, check with the Senior Center to make sure the meeting has not been cancelled. 206 729 4926

APRIL 17 6-9pm Green Dolphin evening at the Senior Center. Check to make sure this is happening. 206 726 4926

APRIL 23 6:30pm Usual date for the EastPAC meeting. Again, we don't know if this is happening as attendance is usually greater than 10 persons. Check the website.

Be safe. Use your own judgment before attending any gatherings.

**Leschi News advertising rates:
business card, \$35; 1/4 page, \$70;
1/2 page, \$140. Contact Diane Snell
at 206-726-0923 to advertise to
your community.**

leschinews

The next Leschi News deadline is **APRIL 20**. 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

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

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PANDEMIC

*What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?*

Cease from travel.

Cease from buying and selling.

Give up, just for now,

*on trying to make the world
different than it is.*

*Sing. Pray. Touch only those
to whom you commit your life.*

Center down.

*And when your body has become still,
reach out with your heart.*

*Know that we are connected
in ways that are terrifying
and beautiful.*

(You could hardly deny it now.)

*Know that our lives
are in one another's hands.*

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

*Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.*

*Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.*

-Lynn Ungar 3/11/20

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Lynn Ungar's first book of poetry, Blessing the Bread, earned her fans around the world. In her professional life she serves as a minister for the Church of the Larger Fellowship, an online congregation for Unitarian Universalists and other religious liberals. In her free time, she trains dogs for competition in obedience, agility and canine musical freestyle (dancing with dogs). She is also an avid singer and contra dancer. Lynn lives on the east side of the San Francisco Bay with two Australian Shepherds.

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our website: leschicommunitycouncil.org
or leschinews.com