

leschinews

February 2017 Issue No. 339

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

Come join us

for a conversation about two central district neighborhoods, with **K. Wyking Garrett** on *Africa Town* and **Jill Freidberg**, whose *Shelf Life* project documents an oral history of the 23rd and Jackson area.

Feb. 1, 7pm at the Central Area Senior Center
500 S 30TH, ONE BLOCK SOUTH OF JACKSON

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**SAVE
THE DATE**

*Be sure to come Feb. 1
to celebrate our rich
neighborhood memories...*

President's message

It only takes a quick glance around our Central Area to see how rapidly it is changing to accommodate the population growth in our city. As we watch our surroundings evolve, I hope you consider joining us this February 1 at 7pm at the Central Area Senior Center, as we have the pleasure of learning more about the Central Area's history from K. Wyking Garrett and Jill Freidberg. I look forward to not only learning more about our past, but also learning about some of the ways we'll see our past incorporated and honored into our future through art and design. Check out the "Neighborhood Change" article for more details about February's Community Council programming.

February also will bring about the launch of our new website. We appreciate your patience as the team has worked diligently on the new platform, and we look forward to hearing what you think!

Homelessness, particularly amongst children, continues to be a concern of the Council. We have been brainstorming ways to help these children and their families, particularly during this cold winter. Following a conversation expressing our concerns and ideas to Council Member Sawant late last year, we are putting forward a letter with our recommendation to the Central Area Neighborhood District Council (CANDC), and we aim to garner additional support from the CANDC to then publish an open letter to Mayor Murray. Although we recognize that utilizing an emergency plan at Garfield Community Center is more of a stopgap than a long-term solution, we hope to initiate a conversation about alternatives that, to our knowledge, have not been considered yet. In the meantime, I encourage you to check out the information in this newsletter about the Food Drive at Leschi Elementary School and how you can help. Food donations may be dropped off at the school before Feb. 6.

-Yuki



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Nickelsville Works

The website for Nickelsville is NickelsvilleWorks and it is very aptly named. This is a mini-exercise in participatory democracy. The Tiny Housing Village at 22nd and Union operates like other Nickelsville sites; they have a standard set of rules, but rules can be amended at the weekly meetings by a vote of the residents. Everyone shares in the work and everyone gives an hour a month to the greater community. In this area, that work consists of picking up litter at the construction site (where the gas station used to be) and the plastic bags that are immediately dropped on the ground by eager customers from Uncle Ike's. One does not see litter on the Village site. There are recycling bins, a garbage dumpster and a food waste composter.

This Village consists of 14 tiny houses, each with their house number displayed. Various groups have contributed to the building of these houses, including tribal groups. Sawhorse Revolution was mentioned as the builder of the shower house and two of the houses, including one with a loft. *(Sawhorse is a Seattle non-profit that works with high school students in central and south Seattle to build these tiny homes. They use recycled materials as much as possible. Photos of the houses at this site may be seen at www.tinyhousedesign.com/sawhorse-revolution-and-nickelsville/)*

Currently there are 17 adults, 6 children and 5 pets living in this village. The shelter space in Seattle is usually limited to single persons of one sex: men at one shelter and women at another and no space for children or pets at any of the shelters. The children here attend school; one preschooler is in a pre-school program, the teenagers are able to get to Garfield High on Metro and the younger children are taken to school in a taxi.

Each resident has tasks, two shifts for a working person and three shifts for non-working persons. The longest shifts are those at the gate with one person working 7-4, another 4-11 and a third person has the night shift 11-7, but that person can be in their own tiny home (rather than the gate house) as they can be called if a resident returns after the gates are locked at 11pm.

Folks sign up for 30-minute shower periods and in that time must leave the area clean for the next person. The Kitchen tent has many tables with plastic bins storing foods that could attract rodents. The large refrigerator is for personal food; each house has a plastic container with the house number on it to identify the owner. A smaller fridge holds donated foods, which are up for grabs by any resident. There

is a donated microwave, which also has a grill in the upper level that makes great grilled cheese sandwiches, I am told. There is also a burner for cooking. Cookware is shared and hangs in the tent.

The Village is invited to attend Sunday services at the Good Shepherd Church (which owns the property) and join in the Sunday breakfast afterward. The church gives some emergency support, such as adding to the toilet tissue supply when they run out. The \$90 rent for each unit goes toward paying the utility bill. Each house has heat and electricity and of course, the waste costs for garbage and food waste are considerable for a group this size.

This Nickelsville has a local hero: Doug Hobkirk, who is considered their structural guru. Doug has been a builder and actually made the safe, sturdy sheds for the Nickelsville site that was once on Dearborn. He has built the guard shacks at the various sites. He lives within a mile of the Union St. site and visits twice a week. He was checking on the condition of the kitchen tent with its larger porch structure while I was there. He had added handrails to the steps before each of the 14 tiny houses. He said the residents will vote on improvements, deciding if the money will to be found from LIHI or if they are to seek donations.

This Tiny village is considered transitional housing and caseworkers guide residents through the process of obtaining housing that is more permanent. A one-year anniversary party is planned for January 31 at 6pm with a celebratory dinner at the church. Tours of the Tiny House Village are available before and after the dinner. Donations can be taken to the welcome hut at the entrance any day: 1419 22nd Ave.

-Diane Snell

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Neighborhood and beyond

NEIGHBORHOOD CHANGE

Our central district neighborhoods have changed often over the years, but sometimes it takes some digging to find out anything about the past. We are lucky here in Leschi to have access to Wade Vaughn's Leschi Diary, which documents the early days in this area. Change is probably happening even more rapidly these days as we face an influx of transplants and not enough housing for everyone. The 50's style one level strip malls give way to multi-story buildings with retail on the street level and apartments above.

The changes are already dramatic at 23rd and Union with two new buildings: the Central (23rd) and The Stencil (22nd). Work has begun on another similar building on the NW corner of 23rd and Union where the gas station once was. The Liberty/Key Bank site is under construction by Capital Hill Housing for low-income residents. And now the sale of the Midtown Center with similar housing/retail plans. But an added element is the

inclusion of an area for Africa Town. K. Wyking Garrett will share some of the ideas designed to celebrate the rich history of this area at our February meeting.

Other than the building where Welch's Hardware once was, change has been slower to come to 23rd and Jackson. Construction delays for the planned Vulcan project will keep the Red Apple site in place until the fall.

Documentary filmmaker Jill Freidberg is recording oral histories of the people who make the Red Apple more than just a grocery store. They have had the same manager, assistant manager and checkers since I moved to the area. Sometimes staff from the Beacon Hill store helps on the weekend, but most of the time, you already know the person who helps you. And they know Leschi and its activities. Many times, they have provided sodas and juices for our picnics and ham for our potluck holiday parties. Jim, the produce manager, is always good at helping you pick out the best melon. They have watched my husband and me age throughout the years, and although they don't mention it, they do offer more help...do we want help getting the bags to the car? They have already quietly put the bags in the basket, being careful not to make them too heavy. A nice touch! Jill will share some of the histories she has recorded. Be sure to join us at 7 pm on February 1 at the Central Area Senior Center, 500 30th Ave. S.

DRIVERS BEWARE!

Seattle has lowered speed limits on residential and major thoroughfares. The new speed limit on a thoroughfare such as Martin Luther King Jr. Way is now 25 mph; residential street limits are reduced to 20 mph.

Unfortunately, the city cannot afford to post new signs on every street, but police will hold drivers accountable to the new limits. The reason for the lowered speed limit is laudable: too many accidents at the higher speeds killed or injured pedestrians and bicyclists. May we all remember to obey these new limits and let others know about it, too.

-Diane Morris



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SCHOOL TOURS AT LESCHI ELEMENTARY SCHOOL

Leschi Elementary is offering tours to prospective families on Tuesday, January 31, Wednesday, February 8 and Thursday, February 16. Tours begin at 8:00 am in the school library and run until 9:30 am. Families will be welcomed by staff members in the library and then have a tour of the building led by PTA members and fifth grade students. Call Leschi at 252-2950 to reserve your spot on a tour. School choice forms are available online on Monday, February 6 from the Seattle Public Schools web site. School choice open enrollment begins on Monday, February 13 and ends on Friday, February 24. Families who live in the attendance area for Leschi Elementary are guaranteed a spot at the school. Families who live outside of the attendance area who wish to attend Leschi should submit school choice forms during the February open enrollment.

PEPPI'S WOODS, 2016 RECAP

With the completion of the north trail into Peppi's Woods, students and community members planted 500 plants this year.

Jana Robbins, Peppi's Woods Forest Steward, worked with the staff at Leschi School to have students plant trees, shrubs and plants during class time. With the assistance of parents, she taught students how to properly remove plants from their pots, dig the right size hole and place the plant so that it will thrive.

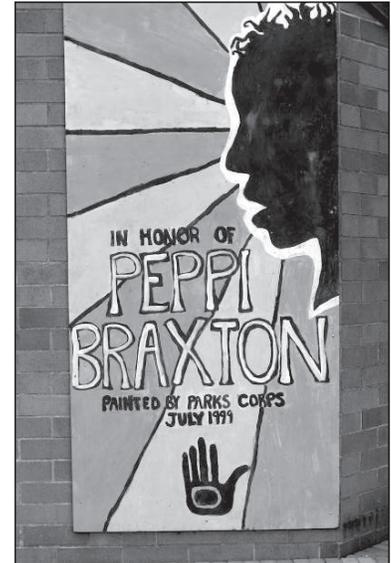
We have also worked with Seattle Parks Department Natural Area Crew to install temporary long-term wood fences around hillside areas so that plants can be allowed to grow to provide stability to bare hillsides.

Children continue to enjoy playing in the woods. They love finding worms, sticks and miscellaneous bugs. One 6 year old even discovered a bird, unfortunately dead, which appeared to be a hawk. Of course, they continue to make collections of logs and sticks.

Parents and community members continue to appear at work parties. There is truly a dedication to the continued restoration of Peppi's Woods.

Look for a work party in late winter or early spring. We continue to find errant ivy and other invasives that need to be cleared.

-Liz Ohlson



Leschi Lakecenter and Yacht Basin

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FOOD DRIVE AT LESCHI ELEMENTARY SCHOOL

Missisa Woodbridge is a Washington Reading Corps volunteer at Leschi Elementary School. She and her fellow volunteers are organizing a food drive to ensure that the students have access to nutritious meals during the Mid-Winter Break in February.

“While food drives have been organized in the past for Thanksgiving and Winter Break, the community that we serve at Leschi Elementary School has expressed a need for food assistance during Winter Break. During this time, families will not have the guarantee of school meals for their children. We want to lessen the burden of long school breaks on families and ensure that children are well fed, so that they may return to school ready for learning.

We will be distributing food to families on February 16 and 17th, so we would like to pick up all donations by the week before (February 6th through 12th). Attached is a list of items that have been requested by families. Any items you could donate to our cause would be greatly appreciated.” Food donations may be dropped off at the school before Feb. 6.



Requested Foods List

- Peanut butter
- Green beans
- Corn bread mix
- Stuffing mix
- Sugar
- Spices: salt, pepper, cumin, paprika, coriander, chili powder
- Tuna fish
- Spaghetti O's
- Ramen noodles
- Crackers: saltines, Ritz
- Nutri-Grain bars (no nuts)
- Oatmeal
- Cereal
- Pasta
- Rice: basmati, sticky white
- Beans: black, pinto, red
- Canned tomatoes
- Whole wheat bread
- Lentils

100 WOMEN WHO CARE — SEATTLE CHARITY NIGHT SELECTION

Come join 100 Women Who Care to choose the next charity to receive our donation on February 1, Pyramid Ale House, 6-8pm. The charities up for vote are:

- Citrine Health www.citrinehealth.org
- Plymouth Housing Group www.plymouthhousing.org
- The Pink Daisy Project www.pinkdaisyproject.com

We are a group of women who lead busy lives but want to do some good in our local community. Together we achieve more, so 3 times a year we meet and agree to help one local charity in a really BIG way...

100 people x \$100 = \$10,000 impact to a charity chosen by the group (100% goes to the charity)

If you join prior to our event, you get to nominate your favorite charities for selection at our Feb. 1st event. To date we have donated \$13,000 to local charities.

Invite your friends and join us for the evening. Door prizes for members who bring a friend (no commitment needed).

p.s. If you are unable to attend, there is online voting.

email: 100womenseattle@gmail.com

website: www.100womenseattle.org

Facebook: www.facebook.com/groups/1417012118585172

-Paula Rothkopf

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AN EPIC WINTER FOR PORTLAND, A WISTFUL ONE FOR SEATTLE

It's been a tough winter for Leschi snow-lovers. It's not because we haven't seen any snow – we saw a widespread snowstorm December 8-9 that dropped an inch or two of snow, and we had non-sticking flurries throughout December and the first half of January to keep things interesting. No – it's because our fellow Pacific Northwesterners 170 miles to the south have been hogging all our snow!

This year, Portland has gotten an unfairly large share of winter weather. They saw an inch of snow on December 8 (with gusty winds and freezing rain to boot), 2 inches on the 14th and half an inch on January 7 (again, with extremely gusty winds and heavy freezing rain). And then, on the night of January 10th and morning of the 11th, downtown Portland saw an unexpected 13 inches of snow that brought the city to a standstill and prompted a “State of Emergency” declaration from Governor Kate Brown. And as I write this article on January 16, the Portland area is under an “ice storm warning” for tomorrow as rain from a strong Pacific system falls into a very shallow layer of cold air near the surface. Why has Portland been so much snowier and icier than Seattle has this winter?

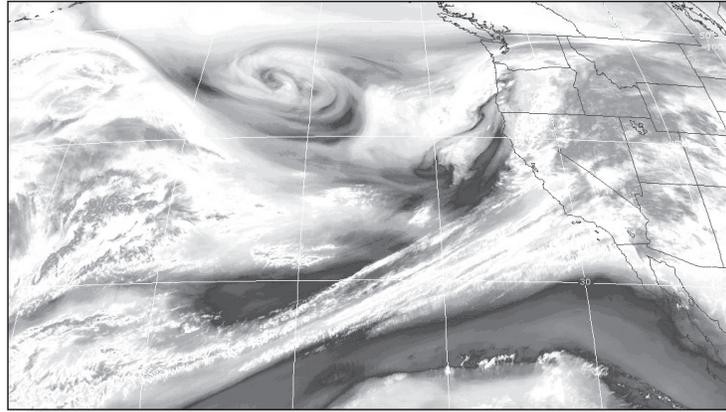
When it comes to snow, they've mainly just gotten lucky. When we had cold air in place, the storms went to Portland and missed Seattle, with the most drastic example being the January 10-11th snowstorm. But when it comes to freezing rain, Portland has a secret weapon that Seattle doesn't: the Columbia River Gorge.

During the winter, high pressure builds in the Columbia Basin due to cold, dense air collecting at bottom

of the basin. This phenomenon is even more pronounced when the Columbia Basin is covered with snow like it is now, as snow radiates heat back to the atmosphere far more effectively than bare ground. With high-pressure inland and relatively lower pressure offshore, Portland gets a light but persistent and very cold easterly breeze. When low-pressure systems approach from the ocean, this breeze strengthens and brings even more low-level cold

air through the Gorge and into the Portland metro area while mild and moist Pacific air slides over the top. During this scenario, Portland can often get freezing rain as long as sub-freezing easterly winds are blowing through the gorge.

As of January 16, Portland has had nearly 20 inches of snow this



winter, two significant freezing rain episodes (and one more coming), frigid temperatures and extremely high winds for the Eastern Metro area along the Columbia



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River Gorge. Meanwhile, Leschi has about 1.5-2.5 inches of snow for the year (depending on how close you are to the lake), no freezing rain and no vicious winds. We've been plenty cold, but we still haven't been anywhere near as cold as Portland.

Winter isn't over yet, but it's going to take a miracle for Leschi to hit 10 inches of snow this winter, let alone 20. Let's hope Portland decides to share a little snow next winter!

- Charlie Phillips

MUSIC VISITS NATURE

Work at the Leschi Natural Area continues despite rainy, cold weather. A group of 11 hearty UW students joined the January work party, working side-by-side with neighbors to carry up branches that had been cut to open up the views.

The next week, our tireless volunteer Rich Appleton, was working at the Natural Area when two students from the San Francisco Conservatory set up their music stands and instruments and began playing: a violin and a bass. Their performance was taped with the Cascades in the background! Neighbors Fran and Bunny Wood were able to enjoy the performance and complimented the musicians. I'm sorry I missed it!

In late June, an EarthCorps crew will work on the steep slopes, where our volunteers cannot (Seattle Parks restrictions). We currently have enough money for 3 days work: 6/27-29. However, additional funds are needed for



two more days. EarthCorps costs \$1,500 per day and they work long and hard at tasks that volunteers are not allowed to do. Contributions are needed and are tax deductible. Send to Leschi CC, 140 Lakeside Ave. Ste A, #2, 98122, indicating that it is for the Leschi Natural Area.

Our next work party is February 4 from 9-3. Gloves, tools and lunch are provided. The task: moving mulch to replenish what has been lost from the trails during the rainy season.

Middle and high school volunteers get credit for helping — just bring the forms and we'll sign them. The Natural Area is located at 36th And Terrace. It's really a jewel with excellent trails and outstanding views.

-Diane Morris

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Culture Corner

THE SPIRIT OF STANDING ROCK CONTINUES

We just travelled across the entire country on the train. On the second night, we passed through Minot, North Dakota. It was minus forty degrees. Minot is about two hundred miles north of Standing Rock and the ongoing resistance to the Dakota Access Pipeline (DAPL) continuing in sub zero weather and blizzards.

The spirit of Standing Rock is encouraging a surge in contemporary native art and exhibitions. A fundraiser at the new Sacred Hoop Cooperative Gallery at 55 Bell Street included ceramics, posters, beadwork, paintings, masks, drums, jewelry and graphic art. One whole table was filled with writings about Standing Rock and graphic books that dramatically told the story of the conflicts of whites and natives over several centuries.

But the event focused on the stories of those who had been to Standing Rock. It continued for eight hours! While I was there, the story was both personal and mythic. The storyteller, a large man who compared himself to a bear, had just returned from Standing Rock. He told of the spirit of shared purpose there, of shared resources and shared possessions. In spite of the freezing temperatures, he gave away his warm coat and then nearly froze himself. Then he told a mythic tale from the time when “humans had stopped listening” to nature and the animals stopped listening to each other. He punctuated it with powerful drumbeats that were part of the story. They also ensured we were wide-awake.

At Sacred Hoop, Robert “Running Fisher” Upham aka “Harlem Indian” honored the theme of the DAPL resistance “water is life/ Mní Wičoní” with a large collage that included the early and recent history of the Sioux Indians as text in the background. This artist has also revived the practice of Indian Ledger drawings, the first descriptive images made by Indians in captivity in the 19th century in the margin of ledger books.

The Sacred Hoop Cooperative is the latest addition to native-run gallery/stores in Seattle. Contemporary artist Louis Gong’s 8th Generation in Pike Place Market has received a lot of attention. Sacred Hoop is more low profile. Keep a look out for future events on their Facebook page.



Kaila Farrell Smith Mni Wiconi banner in “Protect the Sacred, Native Artists for Standing Rock,” 2017

Seattle Theater Group with John Feoderov and Tracy Rector, both Seattle-based Native artists, organized a one-night benefit at the Paramount Theater to support the Water Protector Legal Collective, the legal support team for the Standing Rock resistance. Natives and non-Natives exhibited artworks during a concert that spoke of the “connections between land, culture and identity.”

If you want to support Standing Rock you can go to Tacoma until February 16 to visit “Protect the Sacred: Native Artists for Standing Rock” an exhibition curated by Asia Tail at the Spaceworks Gallery in Tacoma (950 Pacific Ave. Entrance on 11th St. Mon – Fri / 1pm – 5pm, Third Thursday open until 9pm.) Tail, formerly on the staff of the Tacoma Art Museum, selected a cross section of 26 well-known and young Native artists. She told me that all 452 tribal affiliations recognized in the United States are represented in the Seattle to Portland corridor! She herself is from an Oklahoma tribe.

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A large banner by Kaila Farrell-Smith hangs at the entrance to the gallery. A contrast to Harlem Indian's more realistic and text-based homage, Farrell-Smith Mni Wičoni Banner, combines abstract basket patterns, and a political call to action. As the artist explains: "I explore the space that exists in-between the Indigenous and western worlds, examining cultural interpretations of aesthetics, symbols, and place. It is in this space I search for my visual language: violent, beautiful, and complicated marks that express my contemporary Indigenous identity."

Be sure to look for this negotiation between the native and the "Western" (meaning colonial) in every work in the exhibition.

For example, the photographs of Matika Wilbur, just back from Standing Rock, resonate with Indigenous significance as well as the conventions of photographic modernism, in the close up of the hands of "Miss Helen, Last Carrier of the Lovelock Paiute Language." Facing Wilbur's photographs are two realistic watercolors by Yatika Starr-Fields. The artist usually paints intensely colored abstraction, but the impact of joining the protest at Standing Rock led him to record what he was actually seeing and provide an evocative description: "At the time this was painted, these two tipis were the northernmost structures in the whole Oceti Sakowin encampment. That day the air was alive with anticipation, and the scent of campfire smoke and sounds of all kinds echoed throughout the camp. With the setting sun casting its radiance on the changing colors of the distant fall trees and surrounding plains, the Missouri river seemingly created its own dominant horizon between past and present. This sacred hill – where burial grounds are present, and where many actions, prayers, and ceremonies take place – has been reclaimed as our own."



Robert "Running Fisher" Upham aka "Harlem Indian" water is life/Mni Wičoni, poster, Sacred Hoop Gallery

Sara Stiestreem's layered conceptual images represent a matrix of female and indigenous power in the red circles, as well as an emphasis on non-violence (in photographs of hand gestures). Fox Spears bases her abstract color patterns directly on ancient basket patterns that suggest the "pioneering" work of white males in the 1960s. The elegant prints of Martin Oliver and Shaun Peterson as well as Alano Edzerza celebrate traditional styles as well, while also subtly intersecting with the contemporary world.

Some of the artists clearly address the DAPL and its implications. Erin Genia's striking ceramic sculptures such as Facing/Not Facing: Toxic Devastation from Oil combine red clay and black glazes that become literal spills on the earth. Next to Genia is the bold graphic image by her fifteen-year-old son, Samuel Genia, opposing the DAPL.

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Perhaps most to the point, as we shake Ryan! Feddersen's oversized "snow globe" Micro Spill, nasty black particles swirl everywhere.

The outpouring of creativity by these Native artists and curators, as they respond to and support the unique spiritual energies emerging among the protestors at Standing Rock, provides an anchor for resistance for everyone. As the story teller at the Sacred Hoop gallery put it. "Stories Heal. Find your Standing Rock and pull yourself together."

-Susan Noyes Platt,

www.artandpoliticsnow.com

MOVIE REVIEWS

IRON JAWED ANGELS (2004)

A movie to see for Women's History month (March) is Iron Jawed Angels, which documents the activities of Alice Paul, a Quaker, Swarthmore graduate and passionate supporter of the movement for women's right to vote. Similar protests for the vote were occurring in London and Paul studied and lived there for a while, joining in the protests where she was jailed three times. On her return to the states, she formed a group of young suffragettes who were impatient with the slow progress of the conservative leaders of the National American Women's Suffragette Association. This new group, the National Women's Party, used the more radical tactics Alice had learned in London with marches, protests and a daily presence with signs and banners in front of the White House during Wilson's era.

Often attacked by men during their protests, the police looked the other way and eventually Massachusetts and Pennsylvania sent members of their National Guard to form a barrier between the women and the angry men. This support was left out of the movie for dramatic reasons, I am sure!

Jailed on the charge of "impeding traffic," a ludicrous charge when the women were backed up against the fence around the White House and the traffic was in the street, they began a hunger strike. There are horrendous scenes of force-feeding raw egg to the women, scenes that made me feel nauseous. Reports of this made it into the papers, embarrassing Wilson who eventually came out publicly in support of a women's right to vote in 1917.

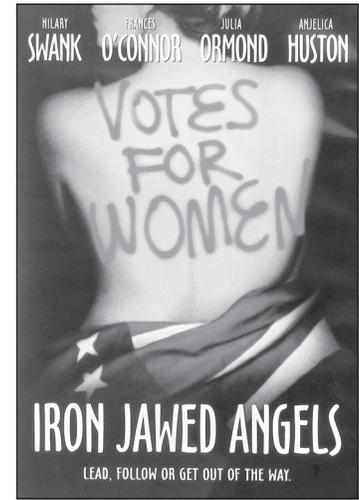
Many know of the dramatic scene in the Tennessee assembly when the vote was taken and it looked as though it would go down to defeat when a telegram was delivered to a young Harry Burn. The telegram was from his mother, urging him to vote to pass the bill. He did, ensuring victory by delivering Tennessee as the 35th state with his one vote.

A 2014 movie, The Suffragettes, documents the fight for the vote in England. If the movie is true to circumstances,

the movement there seemed to involve many more working women rather than the more privileged women here in the States. The working women in the English mills were poorly paid, working conditions were abominable and in this movie, the women were subject to the whims of the boss. But then privilege is relative; you may have a nice home, plenty of food and a fashionable wardrobe, but if you are considered a man's property, with no legal rights to your own children, then you are not free.

Once the vote was won, Alice went on to work for the Equal Rights Amendment, drafting the first version. The ERA needed the vote of 38 states by then, but only 35 states favored its passage; it's still waiting out there, women...perhaps we should take it on. Alice lived to be 92; one can imagine her now taking on the lawmakers who decide on women's health and access to care as though we were still their property. A quote from Alice that we can strive to change: There will never be a new world order until women are a part of it.

-Diane Snell



A black and white advertisement for Cambium Landscape Architecture. The top half features a photograph of a garden with several small trees and a large, dark, circular stone structure in the foreground. Below the photo is the Cambium logo, which consists of a stylized 'C' made of concentric lines. Underneath the logo, the word 'Cambium' is written in a large, serif font. Below that, the text 'LANDSCAPE ARCHITECTURE' is written in a smaller, sans-serif font, followed by 'DESIGN CONSTRUCTION MAINTENANCE' in a similar font. At the bottom, the website 'cambiumlandscape.com' and the telephone number 'telephone 206 860 7625' are listed.

ALIVE INSIDE

With our aging demographics and the increase in dementia diagnoses, it seems as though this documentary should be required viewing for all adults. We may have someone in our own family or we may have visited a nursing home and seen a resident slumped in their wheelchair, eyes closed or unfocused, and not interacting with any other residents. Often these folks are nonverbal. And you silently offer a prayer that you do not end up this way.

This film follows social worker, Daniel Cohen, as he visits nursing homes and tries to “waken” these folks with music. He attempts to find out something about the



patient and use music from the era of their young adult years to rouse them. One example from this film has been viewed thousands of times on YouTube: this elderly man has his eyes closed as he slumps in his wheelchair and many staff members have never heard him speak. Cohen puts earphones on him and plays

some New Orleans jazz, having noted from his file that he lived in the New Orleans area in his youth. The reaction is amazing! The man's eyes fly open, he sits up in his chair and begins speaking rapid-fire. He's been reached!

A short segment of the film shows Oliver Sacks talking about the relationship between the brain and music. “The past which is not recoverable in any other way is embedded, as if in amber, in the music, and people can regain a sense of identity.” — Oliver Sacks. This link is something I noticed years ago in an adult day care setting. One of the patients had severe impairments following a massive stroke. He had been a very successful surgeon who now did not speak, could not feed himself and seemed to get little from the program. Music was a part of the program, often the oldies but goodies that we associate with our parents' heyday. But one day, someone played music from an opera and this patient broke into song, singing the words in Italian! If I hadn't been there that day to see this, I am not sure I would have fully believed a report from a staff member.

There are other scenarios including two women who are cared for at home by their spouses. In one case, the woman is nonverbal and seems worried and agitated. She is a little

younger than Cohen's nursing home patients are. He first tries some Beatles music on her, but she becomes more irritated and pushes him away. He switches to the Beach Boys and the woman looks alert and begins snapping her fingers. She even begins dancing, leaving the comfort of her sofa where one imagines she has spent her day in agitated silence.

My husband seldom wants to watch any film that features a social worker as he fears he will be depressed. I was a social worker for much of my working years and he feels he has heard enough horror stories to last a lifetime. But he was very impressed with this film, impressed to the point that he asked family to donate to Music and Memories (Cohen's foundation) as birthday gifts.

This film was shown at the 2014 Sundance Film Festival where it won the Audience Award. You can see it on the Sundance Channel, Hulu and YouTube if you don't have Netflix. Interacting with dementia patients lessens the need for psychotropic drugs with their side effects. The Music and Memories Foundation provides earphones and I-pads to patients. There are 5.2 million Alzheimer's patients in this country and probably more that are not counted. I keep remembering the speaker at a conference who said we are all living longer and the chance of Alzheimer's increases with age. It is reassuring to learn that we are making progress in breaking through the fog of dementia.

-Diane Snell

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Seeking Sustenance...

WINE WE LOVE

Love is in the air all month long. Let us celebrate with Wine We Love! Following are twelve of the wine department staff's favorite bottles currently being offered at Leschi Market. All have received the attached heralding accolades and praise, but most importantly, the all-important Leschi Market stamp of approval. Prices listed are shelf price, and everyone receives 10% off any 6-bottle purchase, all the time.

RED

2013 Foradori Vigneti delle Dolomiti Red Granato (\$54.99)

"Foradori's 2013 Granato is superb. Like all of these 2013s, the Granato is a bit laid back in this vintage. Still, there is plenty of depth and intensity in the dark black cherry, plum, spice, new leather and menthol flavors. That said, it is the wine's textural depth and creaminess that separate it stylistically from the other wines in the range. Drinking window 2018-2028." - Antonio Galloni, Vinous, 93-points.

2014 Buty Conner Lee Vineyard Merlot & Cabernet Franc Columbia Valley (\$41.99)

"Supple, broad and expressive, layering rose petal—accented cherry and plum flavors against powdery tannins, finishing with sleekness and harmony. Drink now through 2024. 325 cases made." -Wine Spectator, 92-points.

2013 Domaine des Miquettes St. Joseph Rouge Côteaux de L'Ardeche (\$29.99)

Syrah as it ought to be. The vineyard rows are worked throughout the year with horse drawn plough. Fermentations occur with natural yeasts. This is unmanipulated wine—a simple but powerful expression of the place from which it came. An organic gem from an independent winery at a very attractive price.

2012 La Chenade de Pomerol Bordeaux (\$25.99)

A blend of 80% Merlot and 20% Cabernet Franc (50% new oak) it has a ripe, quite generous bouquet with dark cherries, a touch of cassis and iodine with fine definition. The palate is medium-bodied with fine definition. I really appreciate the nervosité in the wine – great freshness with fine tannins and beautifully interwoven new oak on the finish." -Wine Advocate, 90-92 points.

2013 Felsina Berardenga Chianti Classico (\$21.99)

"Rich and sumptuous, boasting pure flavors of cherry and raspberry, matched to a juicy texture. There are plenty of tannins neatly folded into the overall structure, with hints of mineral and

tea on the long, expansive finish. Best from 2017 through 2024. Smart Buy. Top 100 # 40." -Wine Spectator, 92-points.

2013 Colutto Refosco Friuli Rosso Italy (\$20.39)

Refosco wines have particularly high acidity and are mostly dark and densely colored with violet and grassy aromas. Flavors of dark peppery spices and plums abound on the palate, and the wine often displays a slightly astringent, almond-skin finish on the palate. This wine has impressive fruit intensity laced with minerality.



2013 Maison Bleue Metis Red Columbia Valley (\$19.99)

"This wine is a blend of 45% Grenache, 37% Syrah and 18% Mourvèdre, coming from Boushey, Pepper Bridge, Olsen and Minnick vineyards. The aromas pop with notes of clove, orange peel, black pepper, funk and red and blue berries. The palate is lithe, pure and focused, with a pleasing mouthfeel and sense of balance to the citrus and blue-fruit flavors." -Sean Sullivan, 90-points.

2014 Château Bizard Montagne de Raucoule (\$13.99)

"Aromatic and rich, expresses scents of black fruits –blackberry, sloe, cherry- underscored by notes of licorice. Retro-olfaction of ripe fruits and spices. Well-structured, fine and coated tannins. A very pleasant wine, cajoling and mellow." -Winemaker notes.

WHITE

2014 Domaine Paul Cherrier Sancerre (\$18.69)

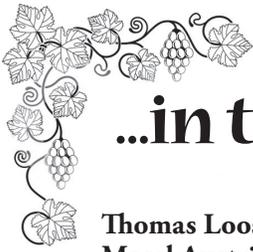
Stéphane Cherrier decided to get back to old-fashioned winemaking in a region where wines were becoming a bit too homogenized, mechanized and over-treated with chemicals. Classic Sancerre aromas of citrus and flint. Lime and passion fruit come through on the palate. Such a fresh finish with racy acidity, mineral and structure. Given the small harvest of 2014 Sancerre this is an amazing value.

2015 Jubilee Pinot Bianco Alto Adige Italy (\$13.99)

"Classic aromatics of pears and green apples. Great density, tied into a long backbone of minerality that finishes with brilliant acidity." -Wine Spectator, 92+ points.

2016 Château Bizard Blanc d'Amour Grignan Les Adhémar (\$12.19)

"Aromatic, complex, fruity. Exhales fragrances of grapefruit, white peach, lychee and acacia flower. Beautiful balance on the palate, ample and suave, with a fresh finish. A blend of Viognier, Grenache Blanc, Marsanne and Roussanne." -Winemaker notes.



...in the Wilds of Seattle

Thomas Loosen Edition Riesling Mosel Austria NV (\$8.39)

“Under close to perfect conditions, we were able to harvest grapes with optimal must weights and acidity levels, producing wines in all quality levels. The vintage also gave us excellent yields, with a beautiful balance of ripeness and acidity. The wines are dense and concentrated, but with the delicate and graceful style of the Mosel.” –Winemaker notes

Cheers!

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.



MADRONA ARMS

I have started to call this place the Madrona/Leschi answer to Denny’s for neighborhood seniors. I found myself feeling offended at a radio commentator urging those who want to know how Seniors feel about their Social Security to go to Denny’s during the early dinner hour. I can’t remember ever having dinner there before, but it could be a mental block. I see visions of mashed potatoes swimming in gravy; this is not a personal favorite. We have found that the Madrona Arms is a great place for a “senior dinner” during Happy Hour.



We have smaller appetites than during our “salad” days and the Madrona Arms Taco Tuesday special is just perfect. One gets a small street size taco for \$2 or if you want grilled fish, it’s \$3. Two of these little guys are filling and you get your protein and raw veggies in one package. Available at all Happy Hours: \$5 offerings: Mozzarella Sticks, Baked Potato and a Hummus Plate. \$6 will get you Coconut Shrimp, a Caprese Salad, Quesadilla or Irish Nachos (potato chips instead of tortilla chips).

Or if you’re a big spender, go for the \$7 Kobe Sliders with Frites, Steak Tips with Frites, Hot Wings or Shrimp Cocktail. Draft beers are \$1 off during the Happy Hour and the House wine is a respectable Wilridge Winery red or white for \$5.

It was much quieter than I remember its predecessor (Madrona Alehouse) and comfortably warm despite the cold outside. We had a reasonable dinner and we got happy!

MADRONA ARMS

1138 34th Ave. (corner of Union) 98122

206-739-5104, www.madronaarms.com

Hours: Monday through Friday 11am-12am;

Sat/Sun 9am-2am

–Diane Snell

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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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LESCHI COMMUNITY COUNCIL

EXEC. BOARD MEETING 1/11/17

ATTENDING: Yousef Shulman, John Barber, Tracy Bier and Diane Snell

GUESTS: Larry Levine, volunteer for Nickelsville and Kelly Lyons, resident at Tiny House Village

Our guests Larry and Kelly, had a copy of the Leschi News from the Douglass-Truth library, and decided to visit and tell us more about the Village on 22nd. Ave. behind the Good Shepherd Church. The Village was mentioned in the article about Sharon Lee, director of LIHI. We were invited to visit and given a notice of their first anniversary dinner on January 31 at the church. Larry also suggested that we work with the Office of Economic Development to solve some of our issues.

WEBSITE: Yousef said that Kirsten would be paid for her work on Friday when she trains Diane on the calendar additions and ad placement on the web.

JOHN BARBER: The Pearls work party is Saturday, the 21st at the Dearborn streetend. He feels we need to tell our story as a Community Council as he feels that city ccs were dissed in the fall out around the Mayor's action toward the District Councils. He mentioned all the things we have done towards parks enhancement, safety measures with cross walks, etc.

Tracy Bier expressed an interest in meeting with the Leschi resident who wants to join with us in getting some resolution about traffic issues on Lake Washington Blvd.

DIANE: Newsletter deadline is 1/16/17. Renewal letters were sent to all whose dues lapsed in 2013-2015. February program will feature Africa Town (the specific neighborhood around 23rd and Union) and Shelf Life, the oral history project about 23rd/Jackson area.

-Respectfully submitted by Diane Snell

**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 **FEBRUARY 13**. 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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february 2017 | calendar

JAN 31 First Anniversary at Nickelsville, Join them for a celebratory dinner at the Lutheran Church of the Good Shepherd. 1419 22nd Ave. at 6pm.

FEB 1 Leschi Community Council Meeting, 7pm at the Senior Center. See cover for details.

FEB 1 100 Women Who Care event, 6-8pm; see page 6

FEB 4 Leschi Natural Area work party, 9am-3pm. Lunch & tools provided. 36th & Terrace.

FEB 8 Leschi CC Executive Board Meeting 7pm at Iora Primary Care, 306 23rd Ave. between Yesler & Jackson; driveway entrance on Main.

FEB 9 Central Area Neighborhood District Council, 6pm at The Central 500 30th Ave. S

FEB 11 Seattle Neighborhood Coalition, 9am at The Central (Breakfast: \$14)

FEB 17 Green Dolphin Street Lounge, 6-9pm, featuring The Lonnie Williams Quartet. Admission is \$20 for non-members and \$15 for lifetime members if reserved in advance. \$25 at the door. Refreshments. No Host bar. The Central (Senior Center) 500-30th Ave. S.

FEB 18 String of Pearls work party this month: Charles St & Lake Washington Blvd. 10am-12pm.

FEB 23 EastPAC meeting, 6:30pm. Chardin Hall, Seattle U. Parking off Jefferson past 12th on right.

Contact Darcy Thompson
for Frink Park work parties
at 206-325-4295.

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