

# leschinews

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

Hello Fellow Leschi Dwellers,  
First the business. We will not have our monthly LCC meeting in May. Hopefully for our June meeting, we will be able to gather together again. We are also still pausing a decision as to our Leschi Art Walk taking place in September. We expect to know by our next newsletter publication at the end of May.

Here we are still in the midst of being "safe at home". What is fascinating about this 'enemy' of ours, is that it crosses all nations, cultures, races, religions and economic circumstances. The amazing consequence is a collection of the most brilliant minds in the world working together to create a cure and or vaccine for this virus. It has caused most of us to slow down, be kinder, more understanding and thoughtful. Those with

children have the opportunity to really know those little humans and engage in family time. There is an inordinate amount of sharing, striving toward a common goal and I truly believe our inner lives will be forever changed. Change can be scary, uncomfortable and yet ultimately amazing results will come from it.

Do not feel you are alone. We all have insecurities we don't want to let on we have. It's really okay. This is a time to engage with others and make certain we take care of ourselves, both physically and mentally. You are not alone...I promise you.

I am sharing a "Break out of a Rut in 30 days" plan with you from our work group you may find interesting. Some of you may know I am a long-time real estate broker

and our business is social in nature. I personally have been challenged on some days to stay upbeat and engaged. I'm pretty sure others reading this newsletter have felt the same way.

Here it is:

- a. Exercise Daily—what you are able to do
- b. Don't drink calories—soda, alcohol
- c. Don't sleep too much or too little
- d. Never skip meals
- e. Never allow negativity around you.
- f. Journal
- g. Pray
- h. Say what you are grateful for
- i. Review your written goals
- j. Laugh daily
- k. Personal growth—books, audio
- l. Do a hobby daily
- m. Focus on others
- n. Protect and limit alone time
- o. If working, don't work more than 50 hrs./week

\*If any of you have questions about this plan, please feel free to contact me.

Finally, now more than any other time, hold those doctors, nurses, first responders, grocery workers, delivery people,

truck drivers and the research scientists working diligently to deliver cures, assistance, hope, and those who care for the grieving in your hearts, minds and thoughts. Pray, in whatever way is of comfort to you, for their safety and a swift resolution to this common, new enemy of ours.

Call someone, send a note to your police precinct, mailman, neighbors, friends or simply reach out and express gratitude for those in your life. If you need anything at all—even to hear another voice, please call. We are there for you.

I wish you health, lots of laughter, peace and an outlook for our future that will be inclusive. You matter. Always remember that.

My heartfelt regards for you and your family.

Janice Merrill Brown

President, Leschi Community Council



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## Editorial

# The Highs and Lows

Waking up in the morning without a fever and a sore throat is a high; I hobble arthritically to the coffee pot to brew the substance that will jump start us on another day of quarantine. I go to the computer with my freshly brewed cup and email my daughter and my long-time friend on Long Island to say we are still alive and well (if a little stir-crazy.).

And this begins another day of limitations; I find that minor grievances assume greater importance when one's life is so limited. The length of time it takes to get hot water to our shower is an annoyance; would I even notice it if I were about to start a day of meetings in the outside world?

I like to cook, and I am finding that hearty soups are very comforting, but it's frustrating to find that you are missing some ingredient that you could have easily (in the past) gone to the store to purchase. This recipe calls for ½ cup of white wine; oops! We drank the cooking wine in an effort to have an elegant pandemic dinner complete with company wine glasses. It wasn't so bad; not sure why we had relegated it to "cooking" category. I wonder if we could substitute vodka; we don't drink much hard liquor. It's there for the rare guest who wants a mixed drink instead of wine. I hear that some folks have taken up junk food in this stressful time, but if you can't run to the store to get cooking wine, how will you gather junk food items? I can't think of a favorite junk food; chocolate is soothing but I would never place it in the "junk food" category. It is one of the essentials of life, isn't it?

As the garden begins to bloom, it is a high point to realize that life does go on and there is beauty as well as grave illness in this world. The Magnolia stellata was first as its furry pussy willows opened into the star-like flowers. Now the earliest rhody is gradually opening up and the bush seems heavily laden this year. The Hellebore has had the most flowers ever; they are the cream and lilac variety which I like best and our crimson azalea is blooming profusely. The Daphne Odora is beginning to open its blossoms and soon that corner of the yard will smell enticing.

We haven't seen too many birds yet. Sitting outside on a sunny day last week, we were rudely scolded by crows who have had the lower patio to themselves all winter, except for the weekly dragging out of the yard waste container. They seem to be claiming this area as theirs and I scold back; this is our patio and we will sit here! But they always have the last word! I tire of the back and forth game before they do.

The newspaper has assumed greater importance; I look to see what Dr. Fauci is saying and I hope that the powers that be will listen to him. This is a time for science to take the most important role; "common sense" is relative and this is something the country has not seen for one hundred years. I see that Worldwide Wrestling is now essential? I'd rather be able to get a haircut; my new hairdo has been labeled "pandemic."

I would like to be able to say that every loose photograph has been carefully put into a scrapbook for our heirs, but sadly this is not so. The two of us looked at computer photos from our 50th anniversary slides not long ago; Jim had compiled the highlights of our many trips and celebrations over the years and I came away feeling a sense of loss for all the pets that had come and gone during those years from Piglet, the Peruvian guinea pig to Abraham, the garter snake and the hissing cockroaches that needed a home when the school year was coming to a close. But most of all, the many standard poodles that were loving members of our family for their all too short lives; they are so intelligent, they seemed to understand everything we said and used their expressive body language to answer back. If I would stay up late after Jim went to bed to read or watch a program on Netflix, our last dog would sit by my chair and stare at me until I finally gave up and said OK! OK! She relaxed as we headed upstairs as she knew my place was in that bed at this time of night. They liked routine but they traveled well too.

The biggest loss during this time is the inability to properly grieve the loss of someone you care about. I would like nothing more than to be able to walk into Leschi Market and give Yousef a big hug and let him know how sad we are to lose his uncle and mentor. Email just doesn't cut it for all situations. Yousef says we will have a great celebration of Steve's life when we can gather again; we look forward to that

*-Diane Snell*

# Neighborhood & Beyond

## A SPECIAL PLEA TO LESCHI HOMEOWNERS

The United Nations Human Rights, Office of The High Commissioner says, "Housing is a Right, not a commodity." It's wrong when housing is treated as a vehicle for wealth and investment, rather than a social good. The financialization of housing has a detrimental impact on human rights, in particular the right to housing from mass forced evictions to make way for luxury developments, to nameless corporations purchasing real estate from remote boardrooms, to empty homes and people pushed out of their communities because they simply could not afford to live there"

I recently had an encounter with investors who purchase lots of single-family homes as commodities, place them in LLCs, rent out rooms of these homes while waiting for the property's value to increase so that they can then sell them for a profit.

Nicholas Halberg and Bryce Malone of Buck Buys Houses emailed me on 3/23/20 offering to purchase my home. I let them know that I wasn't interested. They sent me a card the next day which explained that they wanted to purchase 100+ single family homes specifically in Leschi. They claimed to represent an investor who had recently located to the Seattle area. This story ran in the Seattle Times on 4/13/20. After much investigation, Daniel Beekman Times Reporter, traced Buck Buys Homes to founders James Dainard and Will Heaton. Together they have purchased 570 homes in King County since 2006 and purchased 250 after the Great Recession between 2008–2015 in the CD, Rainier Valley, White Center and Lake City, primarily through a network of hundreds of shell corporations. The homes are usually purchased at an average of 22% below assessed values. Dainard thinks the Coronavirus pandemic is also a great opportunity for Real Estate investors. In other words, these guys prey on people's fears and when they are down on their luck. They are rearing their ugly heads again, in Leschi. This is how it usually plays out. You will receive an unsolicited, aggressive offer to buy your home, rarely for the true market value, usually thousands less. They will give you quick cash, sight unseen. Older homeowners are targeted who

are usually on a fixed income. If the owner sells, they find out later that they were cheated. Now they don't have the home and are out of thousands of dollars in equity.

Please, Leschi neighbors, if you must sell your property, list your home with an agent, sell to a family, get top dollar. Houses in the area are selling in 4–5 days (with multiple bidders) and know that you've helped keep your neighborhood. In fact, I'd much rather you hold onto your valuable property. If you have coronavirus jitters take advantage of all of the government programs out there to help us through this crisis, mortgage forbearance, enhanced unemployment, small business loans and grants. Some of these programs are slow to get started because things happened so quickly and systems weren't up and running but they will be on track soon. There is a new income limit of \$58,423 per year for the Senior, Veteran and Disabled Property Tax Exemption, which is already up and running, and John Wilson, Tax Assessor is working on a Homestead Exemption to help middle class property owners. There are other ways to get additional income. You can rent rooms, like Dainard does while waiting for a good time to flip, try Airbnb, rent yard space, work



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from home, sell 1/2 of your property and build a basement or garage apartment with the proceeds. The point is, with a home you have lots of options.

Buck Buys Houses is only one of many predatory Investors, developers, or scamsters looking to rip us off from our valuable land. Anyone advising you to not list your property should be suspect. What makes the rogue investors so scandalous is they are many times slumlords who refuse to make repairs and charge exorbitant rents which lead to mass evictions, they contribute to neighborhood blight, the owners of the properties are often difficult to track down and they steal the American Dream of Homeownership from so many.

*-Ruby Holland, [keepyourhabitat@gmail.com](mailto:keepyourhabitat@gmail.com)*

## SPRING IS IN FULL SWING AT SEATTLE SHORELINE STREET ENDS

As with all public spaces, we repeat the message that is so vitally important to our community, city and country: please stay safe and utilize recommended distancing whenever you visit a public space! We are so fortunate to live in a community full of beautiful and inviting public spaces and this may be the opportunity you have been looking for to explore some of our lesser-visited parks and public spaces! Here is an update from Friends of Street ends regarding several shoreline street ends:

South King, Dearborn, Charles, Norman and Judkins are still seeking volunteers and stewards to help weed and maintain these special places that were opened for public

access by our community over 20 years ago. Contact John Barber at 206-324-1548 or Karen Daubert at 206-310-1792 for more information.

South Massachusetts, located just south of Leschi in our neighboring Mt. Baker community, is the site of a new public access project. Volunteers have been doing some clearing in preparation for a phased project in the next couple years. Contact Daniel Collins at [dmcollins1962@gmail.com](mailto:dmcollins1962@gmail.com) for more information.

East Pine Street, located just north of Leschi in our neighboring Madrona community, is the site of current volunteer work to open up the site and the view of Mt. Rainier. Evan Boyd is the community lead at [evboyd@gmail.com](mailto:evboyd@gmail.com).

And finally, in another neighborhood across the City, a brand-new project is in progress! West Sheridan Street in the Magnolia neighborhood along the Ship Canal is in the process of permitting and fundraising with the goal of raising \$1500. Leschi/Friends of Street Ends is the fiscal sponsor so if you are interested in financially supporting this exciting project, you can donate via Leschi Community Council and specify West Sheridan Street.

During these past few months, I am again reminded about why we live where we live. Our neighborhood is designed for healthy walking, people are friendly but safe and the sense of caring permeates the atmosphere. Thank you Leschi for your continued optimism in a truly challenging time.

*-Karen Daubert*

## UPDATE FROM LESCHI ELEMENTARY

Our deep and heartfelt thanks goes out to Michelle Reese, Leschi's Odessa Brown community care coordinator, and to Mr. Donaldson, our family support worker—and to the teachers, staff and volunteers who have been supporting them as they work to provide our families with basic assistance and access to services.

The Leschi PTA is accepting donations to continue and expand our support for Leschi Elementary's Family Support Office. The Family Support Office is helping Leschi families experiencing financial stress by providing:

- gift cards for grocery and gas
- limited financial assistance with bills including rent and utilities
- non-perishable food, hygiene supplies, and school supplies

During the Covid-19 response, these needs have deepened significantly and will persist beyond the current lockdown.

If you wish to make a donation, checks made out to Leschi PTA can be sent c/o Leschi PTA to 2809 S Washington St, Seattle WA 98144. Easy options for online donations are available here:

[https://leschies.seattleschools.org/school\\_involvement/fundraising](https://leschies.seattleschools.org/school_involvement/fundraising)

*-Benson Wilder*

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## PARKS ALERT

Our Frink Park Steward has alerted us to the fact that there are 3 separate semi-permanent campsites settled into Frink and Upper Leschi Parks. The campers are working the neighborhood for opportunities to grab items such as shovels. Perhaps we should reduce temptations from easily accessible sites; we do not want to inadvertently support illegal homeless sites in the parks.

## MANAGING STRESS WITH TREES

*(The following is an excerpt from the Trees for Seattle April newsletter):*

Many of us are feeling the stress of uncertainty and the unprecedented situation we are all facing right now. Getting outside (safely and in a socially-distant manner) is one way you can help manage that stress. Trees provide a calming grace and beauty, giving us a break from the chaos in our lives. They help us clear our minds and improve our ability to focus, in addition to improving our overall physical health. Studies have shown that people walking amongst trees experience less anxiety and depression than those in urban settings without trees. Even just looking at trees can relax us and lift our moods. Known in Japanese culture as “forest bathing” (shinrin-yoku), being amongst trees is proven to lower our blood pressure and stimulate our parasympathetic nervous system, which lowers stress hormones.

One classic study shows that patients in a hospital with a view of trees recovered faster than those with a view of just walls. So, whether you are looking at a tree outside or through a window, Seattle’s urban forest is here for you.

Did you Know? While we are amongst the trees, we can breathe in airborne chemicals they produce called phytoncides. These help the trees fight disease and insects. In us, they help increase the number and activity of white blood cells that our bodies use to fight viruses and other harmful intruders.

New Tree Walk App: In celebration of the 50th anniversary of Earth Day, the Trees for Seattle Tree Walk App will be available for both Apple and Android smartphones on April 22nd.

## SOCIAL DISTANCING WITH MASKS AND ON STAIRWAYS

### Masks

I thought about making masks but realized that I would not have the fabric needed without going out to a store and couldn’t figure out if there was any fabric store that would be considered an essential business so I was delighted to see on NextDoor Leschi that Impwear was making masks. To order, Google Splash fabric! You are supporting a local business as well as adding a safety factor! These masks have an opening to add another layer if you wish; I had heard that coffee filters could be effective, so I cut them to fit.

### Stair Etiquette in the Age of Coronavirus

We have a lot of public stairs in Seattle and we now need to approach them a little differently to keep everyone safe. When you get to the stairs: if someone is already on

the stairs coming towards you, wait until they are done and past you before you start; if someone is ahead of you going the same direction and no one is waiting at the other end of the stairs, follow them but keep proper distance—6 feet is not enough if someone is breathing hard; if you see someone is already waiting at the other end of the stairs, let them get past before you start; if you are running laps on the stairs, stop and wait at the top or bottom to let others through; and do not stop midway to check your phone.

Good advice from a NextDoor Leschi contributor.

~Diane Snell

## LIFE AND TIMES IN LESCHI

While living in Madrona in the early ‘70s, I met a couple living in Lake Dell, on Alder at 35th, and asked them to let me know if they ever moved. In 1976 they bought a house up the hill, and after they smoothed the path for me with their landlords, I lucked into the quaint tumbledown shack sliding down the hillside.

What the house lacked in foundation it made up for in character. There were three bedrooms on the main floor, including a sun porch with windows overlooking the bottom of the Dell. Windows, but no indoor heat source. Downstairs was an uncountable number of potential bedrooms. The whole place sloped toward Spruce Street, below. If I came home with groceries and dropped the plums, they would find their way to the kitchen on their own.



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The house was on an ordinary lot, but on its property in the back, somehow, there was room for three slim residences built there after I moved out: The Attack of the Skinny Houses. This kind of crowding happened to each of the three places I rented in the Dell.

The back 40 was my playground. A good part of it was a nicely prepared garden space. At the bottom, along Spruce Street, were a funky old garage and a swamp. Water flowing down the hill found its way through my basement and down to the flats below, where it pooled on the ground and in the garage. One day I dug a trench down there to try to drain the swamp, but there kept being more water. Eventually I figured out where it was coming from and gave it safe passage out of the yard. A friend named the resulting stream Lippman Creek. I turned the former swamp into a parking place for my collection of junky old cars that I was either fixing up or scrapping out. That was my contribution to keeping property values down. It included two monstrous Nashes from 1950 and '51 and upside-down bathtubs that I eventually combined into one working vehicle.

Lake Dell/Alder Street was known as Red Gulch, in recognition of the old communists in residence. At the foot of Spruce Street there was Yvonne, or maybe Yvette, an 82-year-old with a delightful French accent and a couple of Pomeranians that she walked every day. She would talk to me about her next-door neighbor, who painted his front steps red, white, and blue. "That Frank, he is evil," she told me. Later I learned that before I moved in, Frank had shot and killed a goat that a neighbor kept to rent out to munch brambles.

Next to Yvonne's was a neighbor I never met, and eventually he died. The house sat vacant for many months, as things did back in those days. Eventually my brother and I went in to explore. All we found of interest was a nice wooden bowl on the kitchen table, still half-filled with lentil soup.

*-Roger Lippman*

## BACKYARD BIRDING

Perfect for Stay at Home and with almost all the airplane noise gone! You can hear the birdsongs and if you want to identify them, Cornell Lab of Ornithology is a good online place to learn a lot: [www.allaboutbirds.org/news/how-to-learn-bird-songs-and-calls/](http://www.allaboutbirds.org/news/how-to-learn-bird-songs-and-calls/)

Here is what you can see right now and in the upcoming migrations as sent by Deborah Turnbull, birder extraordinaire, in a series of brief emails.



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"Current birds, not really migratory, that we are hearing: crow, junco, robin, chickadee, Bewick wren, northern flicker, downy woodpecker, stellar jays, scrub jay, house finch, house sparrow, song sparrow, white crowned sparrow, golden crowned sparrow (they leave and go north soon usually), chestnut backed chickadee, Anna's humming bird, yellow-rumped warbler (they tend to be around all year now and again), spotted towhee, red breasted nuthatch. Also heard some varied thrushes the other day though they move up into the mountains and I rarely hear them. And one more resident!! The tiny bushtit that I just saw outside!

Then the hawks: Coopers, Sharp shinned, red-tailed, and we see bald eagles too.

Birds that will be coming end of April and into May: some warblers: Wilsons, orange-crowned, yellow; Townsend (might be around in the winter.)

The prize is the Western Tanager that will show up the beginning of May probably. Also warbling vireo and Rufous hummingbird. These are the typical ones that show up in our back yards!! The black headed grosbeak and the evening grosbeak I have also seen in my yard. The black headed grosbeak sounds like a robin but speeded up. It is around late May and into June. I only saw the evening grosbeak once (in May) and cannot remember how they sound. My friend, Judy, saw a ton of sandhill cranes flying over her house near Aberdeen yesterday and recorded them. I saw them fly over my house twice in September, two years in a row, about the same time. Listen to the call, it is very loud and distinctive and different from the Canada geese (that would be another resident you might see fly over).

I still have more residents: the much-maligned starling, the ruby-crowned kinglet and the golden crowned kinglet.

Thank you, Deborah! And good luck to everyone. Enjoy the free music right outside our doors.

*-Susan Platt*

When I first started watching the birds around our Leschi house, I bought Birds of Seattle and Puget Sound (Chris C. Fisher, Lone Pine Publishing). At that time, I could readily identify robins and beyond that, the occasional woodpecker. But this book helped me to identify the small brown bird that seemed to be ADHD as it frenetically jumped around bushes, even hanging upside down at times. I found out this is a bushtit. A name I had never heard of before. And the book describes it as gray-brown so apparently my color sense is not accurate. But now I know these little guys and see them daily. So busy, unlike the robin who will take a stately stance and stare off in the distance; is he checking out sources of food or just meditating? He doesn't seem to have the metabolism of the bushtit.

As I discovered flickers, Stellar jays, the sweet and courageous little chickadees and the often bright-colored finches, I realized that we had a veritable aviary right in our backyard. And then there are those we can hear but not often see: the owls in the night and the Red-tailed hawk in the wild ravine next to our house. Our grandson has seen it, but I have not had the privilege! I'll keep watching!

*-Diane Snell*

## THE LAND ON FIRE

*Before there was the pandemic, there were the bushfires.*

This morning it is sunny and warm. From my bed I can see a blue sky freckled with white clouds. Cockatoos and parrots flit past. All seems calm and comfortable. From outside I can hear the usual bustling of a farm morning, but beyond our acreage the national park is drowned in an eerie quietness. At eye-level, my window reveals the scars of the recent fires and floods that have ravaged New South Wales. The forest that slopes down the hill looks like a moonless midnight. From the trees emanates a force that I imagine a black hole would feel like... A resounding absence of life.

Here in Taralga, a blink of a town on the outskirts of the Blue Mountains National Park, they have experienced the disaster that much of the country has seen in the past months. In January, an enormous bushfire raged through the area. Thankfully, the rural community's volunteer fire-fighting service saved almost all residences, but the surrounding mountains are decimated.

The fires are a daily topic of conversation, whether in the city or the country. A two-year drought has plagued Australia and, combined with increasing restrictions against controlled burning, the bush was in a prime state for a major fire. Local "fireys" at the pub explain how the increase of residents in rural areas has put a halt to the necessary hazard reduction burns. (Compared with 100 years ago, there are many more human assets scattered about so controlled burning poses too much risk.) Those who have not had flames in their fields are not optimistic that they have been spared: "It's not an 'if,' but a 'when'."

Because of the buildup of fuel, these fires have burnt more furiously than ever before. The flames are not 2 meters but 60 meters tall, moving as fast as 50 miles an hour. Skills that have been honed for survival in this environment, such as climbing trees or rapid ground cover, are no longer enough to save the Australian wildlife. White bones are scattered unceremoniously amidst the singed forest.

Australia is famous for having "four seasons in a day." The weather changes on a dime; storms brew from clear skies and hail replaces sun rays in less than a minute. Locals say the swings have gotten more extreme in the past years. Only days after the fire here in the Blue Mountains, the heavens opened and more than 200mm of rain poured down in a matter of hours. The debris of the incineration was swept down hillsides by the ash-tainted water. Blackened trees took their final bows, rocks tumbled loose. It hasn't rained this much here since 1961. Neighbors passing each other on washed out roads roll down the windows of their utes and ask: "what's next!?"

The traumatized wildlife in this region that managed to survive the blazing heat, smoke, and starvation were then met with freezing temperatures and torrential rains. The flood conditions were exceptionally perilous for the already exposed and defenseless animals. Tragically ironic, most of those who survived the burning died of hypothermia... Amid the fire's bones are the flood's carcasses of iconic Australian animals: kangaroos, wallabies, wombats, koalas, and more.

Walking amid the destruction, we mourn.

It is silent.

And still.

Save for some red-bellied black snakes which I scream at.

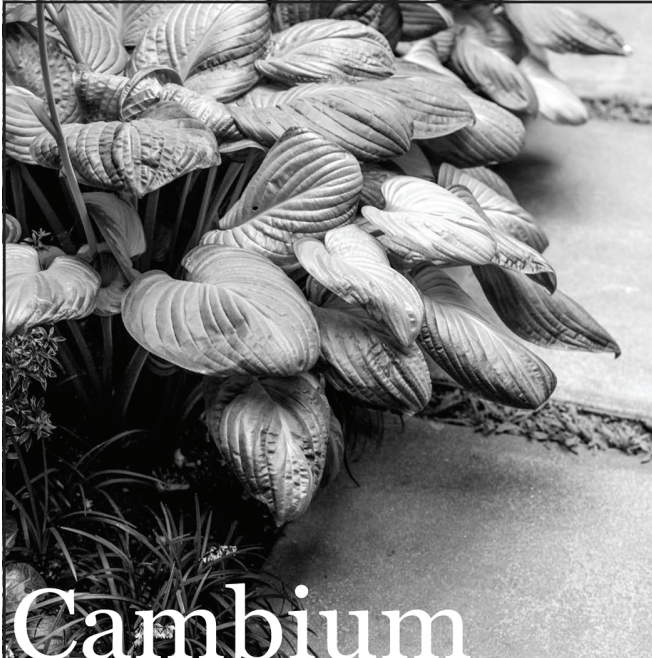
I am staying with Dr. Andrea Harvey, an energetic vet originally from the UK. Andrea is heavily involved in the ongoing debate regarding brumby management. She is currently finishing a PhD on wild horse welfare analysis and is on the scientific advisory board for wild horse management in Kosciusko National Park. We discuss the various angles of the concerns regarding the brumby population in Australia as we feed her herd of 30+ rescued brumbies and do chores around the yard. She shares with me valuable insights from her research and involvement in the debate over brumby welfare and appropriate management.

Along with horses, the yard is "chocker block" with goats, geese, sheep, chooks, cockatoos, parrots, donkeys, kangaroos, and more. All rescues, a couple still have special privileges, like Gertie the goat who lives on my veranda and keeps me on a strict curfew (she'll start bleating if I'm late to bed). Toffee the rescue kitten also lives in my quarters. She's a bit laxer about when we go to bed but wouldn't be caught dead letting me sleep alone. My favorite four-legged resident is the wombat who's bunking in the feed room as he recovers from mange and hypothermia. (You have to be careful not to disturb his snoozies when getting grain.)


We finally got electricity back on Thursday (it has been out for two weeks). There were whoops of celebration as hot water finally trickled out of the shower head. Thankfully, I had not opened the freezer while the power was out... as I'm not sure if the snake in the plastic bag would have un-thawed enough to regain consciousness.

As always, much more to come soon...

*-Cello Lockwood*



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## NEWS FROM SEATTLE PARKS AND RECREATION

Due to the City of Seattle's ongoing stay-at-home order, Seattle Parks and Recreation programs and activities that were scheduled to occur between May 4 through June 20 have been cancelled.

All rentals and permitted events remain cancelled, and all community centers, pools, environmental learning centers, and all other recreation facilities remain closed to the public until at least May 4.

Registration for summer programs (May 5) and camps (May 12) is still planned, though subject to change if stay at home orders continue beyond the current time frame.

"We know that these continued facility closures and program cancellations create a significant burden to the many families who rely on SPR for places to gather and connect with friends, family and community around health, wellness, educational, athletic, recreational, and environmental offerings," said SPR Superintendent Jesús Aguirre.

SPR staff is dedicated to supporting Healthy People, a Healthy Environment, and Strong Communities, and has been finding ways for the community to engage with staff and activities via virtual programming on Facebook and YouTube. We encourage everyone to check the following resources for programming, as well as updates about SPR operations and facilities.

Stay informed:

- Seattle Parks and Recreation Website: [www.seattle.gov/parks](http://www.seattle.gov/parks)
- Seattle Parks and Recreation Blog: <https://parkways.seattle.gov/>
- Seattle Parks and Recreation on Facebook: [www.facebook.com/SeattleParksandRecreation](https://www.facebook.com/SeattleParksandRecreation)
- Seattle Parks and Recreation on Twitter: <https://twitter.com/SeattleParks>
- Seattle Parks and Recreation on YouTube: [https://www.youtube.com/channel/UCu\\_TDwi9mJPWDKKEvY0BbrA](https://www.youtube.com/channel/UCu_TDwi9mJPWDKKEvY0BbrA)

If you have questions or concerns, please contact your local community center or pool, or email us at [PKS\\_info@seattle.gov](mailto:PKS_info@seattle.gov).

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

*-Jennifer Romo, Assistant Coordinator at Garfield Community Center*

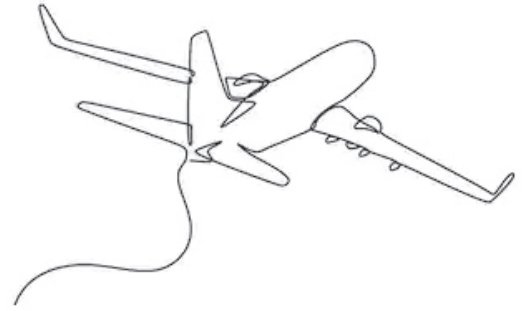
## LESS TRAFFIC: CLEANER SKIES?

With the substantial decrease in travel due to stay-at-home orders in response to the coronavirus, many urban areas have seen declines in the byproducts of combustion. But has this decline translated into a significant improvement in our air quality? And how does Seattle's improvement compare to other cities across the world?

The pollutant around the world with the most dramatic drop in levels due to the coronavirus has been nitrogen oxide. Nitrogen oxide is formed during the combustion of fossil fuels due to the resulting heat allowing oxygen and nitrogen to bond.

However, air pollution is not simply a factor of the pollutants emitted into the air; it is also related to the weather patterns that an area experiences. For example, the inversions we typically see a few times during the winter trap moisture and pollutants near the surface, enshrouding

Western Washington in a thick layer of smog while higher elevation spots like the Issaquah Alps bask in sunshine and unseasonably warm temperatures.



Governor Inslee's "Stay Home, Stay Healthy" order was issued on 3/23, but traffic began a long-term downtrend during the first week of March. It bottomed out around the end of March and has been very slowly rising over the past month. Interestingly, in Seattle, nitrogen oxide concentrations only began to decrease at the end of March despite the month-long decrease in transportation, and this was likely due in part to a shift in the weather pattern to cleaner, onshore flow towards the end of the month.

Still, the change from average has been slight, with nitrogen oxide concentrations only about 10–20% less than usual. In other words, the decrease in traffic has decreased the amount of nitrogen oxide over Seattle, but the decrease has been relatively slight and was only realized after a shift in the weather pattern.

The decrease has been much more dramatic for other cities. Los Angeles often sees a ton of nitrogen oxide to hefty transportation emissions, but they were 40% below their baseline as of mid-April. At Wuhan, the center of the outbreak, declines were even more stark, with nitrogen oxide levels reaching nearly 1/3rd of the 2015–2019 average during the lockdown. Restrictions on travel have eased since, and levels are now only 10–20% below average.

With all the hardship and suffering caused by the coronavirus, finding silver linings can take quite a bit of work. But hopefully we can rejoice in knowing that the air we breathe is cleaner in a socially distant world, even if only a little bit.

*-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 [charlie.weather.together.net](http://charlie.weather.together.net).*

## SURVIVING THE PANDEMIC

During the pandemic of the century, a number of my email friends have mentioned being bored, a word that never describes me! As much as I wish the world could have avoided this, no death, no illness, I don't mind being quarantined. I have so very much I need and want to do. What I desire most often is time.



So how am I spending my time? I'm cleaning my bedroom and closet. I am reading. I have in one corner a stack of 30 books—I counted them for this article. I listen to audio books. I've been watching recordings of television programs and movies.

Of course, I am busy writing. I want so much to finish two biographies and another book of poetry. Almost all of my journals from my six-month-around-the-world trip are being put in the computer. I have to edit them for publication. I'm finally seriously trying to get my doctoral dissertation revised for publication.

I've been cooking favorite recipes as well as a few I had not tried.

This week I will get my garden started. Last year I said I had done my last garden—I worked on one in my yard and one in the churchyard. But a pandemic is no time not to have a garden, especially when confined to my address! And I must replace the flowers that did not survive the winter.

Thanks to Zoom, which I had not heard of March 11th, my first day of staying home, I have missed very few meetings and added a few unplanned ones! One day I did two teleconferencing calls, three Zoom meetings, and one recording.

Of course, I'm answering e-mails, trying regularly to check Facebook, and proofread/edit when friends ask. I have stepped up calling and sending cards to the sick and shut-in. I miss seeing my friends in nursing homes.

Aside from saving gasoline and, therefore, polluting less, I am saving money and reducing my carbon footprint. What has been the biggest difference is regularly suggesting how others can spend their time. (I wish they could come help me. I'm sure I have enough tasks for everyone.) I often invite friends to see or do something that is not new. But I said I would send out a suggestion a day. I selected a few persons, and then a few heard about my plan and wanted to be included. I began putting the suggestion for the day on Facebook. By Day 4 I had decided to make one long list to share with anyone who wanted something to do.

I followed a pattern I have used for decades: When I taught, I encouraged participants to try what they had not tried before because they had heard of it or seen it or because they had done neither! I usually had students who had never been to a professional play or the ballet, the opera or a museum. Sometimes I had students who had only worshiped in their

places of worship. Because these persons were computer pals, I relied on the computer and regret that not everyone in our country always has access to a computer.

With so many organizations putting their works online during this time of the virus, we can be well schooled by the time we are free to leave our homes whenever we choose.

- "Traces of the Trade: A Story from the Deep North" is an interesting film. There are several titles about the movie on the page; I did the one that is 34.23 but will probably return to see other films.

- [www.youtube.com/watch?v=H1bRmzMEzmY](https://www.youtube.com/watch?v=H1bRmzMEzmY) YouTube is a treasure chest of most anything that interests you.

"Visit" museums all over the world, parks all over the country, hear concerts, lectures from well-known persons, etc. and never pay a penny other than the cost of the wi-fi!

Some of the premium channels are showing movies free. [www.purewow.com/news/museums-to-visit-online](https://www.purewow.com/news/museums-to-visit-online) has virtual tours of 10 major museums around the world from Paris to Mexico City.

Seattle Arts & Lectures brings some of the world's best-known speakers to Seattle. Over 30 years of its lectures are online! You may listen to many of these lectures free! Among the ones here are Zadie Smith, Jodi Kantor, Ta-Nehesi Coates, Malcolm Gladwell, and Rachael Maddow.

Alvin Ailey has decided to release some free streaming of performances and dance classes to keep you moving. Check it out at [www.alvinailey.org/alley.all.access](https://www.alvinailey.org/alley.all.access).

Seattle Opera has a variety of programs. Check the site: [seattle.opera@seattleopera.org](mailto:seattle.opera@seattleopera.org)

Smithsonian Magazine has a number of virtual tours: [www.smithsonianmag.com/smart-news/](https://www.smithsonianmag.com/smart-news/)

Sir Patrick Stewart reads a Shakespeare Sonnet a day

Check out TED Talks. Many excellent speakers present subjects on a variety of topics.

Remember there are yoga classes, exercise classes on the internet. Recipes for all kinds of dishes abound. Music of any kind is on the internet. (I like to look up lyrics.)

By all means, keep a journal.

I know someone is always saying, "We're in this together," and to a degree, we are. But I know that some of us for all kinds of reasons can weather this period better than others. But all of us should emerge stronger, better, kinder, and gentler.

*-Georgia S. McDade*



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# Culture Corner

## DISCOVER THE ART ALL AROUND US!

### Part I

Since all the venues for art are closed, I invite you to walk or bike through our neighborhoods and discover the amazing public art everywhere.

My most exciting “discovery” was the recently completed Shadow Wall sculpture in the Jimi Hendrix Park. Designed by Scott Murase, who also beautifully designed the whole park to suggest a guitar, the Shadow Wall evokes the rhythms of music.

From the entrance at 2400 S Massachusetts Ave, the Hendrix signature on the wall leads us on a purple (now faded to blue) swirling path inscribed with the words of Hendrix famous songs “Angel” and “Little Wing” and as well as horizontal strips with a succinct biography of Hendrix’s amazing life from humble beginnings in the Central District of Seattle to world-wide fame and acknowledgment of his brilliant innovations in music. The path leads to the large red butterfly that hangs over the seating area, intended for performance and community gatherings.

From there, we approach the newly installed Shadow Wall. From a portrait of Hendrix, it swirls out with a perforated steel curtain that creates vibrant shadows, including silhouette cut outs of the musician. Appropriate to the innovative Hendrix, it takes a conventional sculpture into a new level of movement.

### Part II

There is more to enjoy just across Martin Luther King Jr, Way.

Have you seen the Philosophical Promenade by Keith Beckley and Dennis Evans on the way into the I 90 lid pedestrian and bike tunnel with its imagery and cairns and as well as texts embedded in the sidewalk? The carefully chosen quotes from people like Plato and Jung will expand your day. Not far away is the Urban Peace Circle dedicated to children killed by gun violence. It was designed by Gerard Tsutakawa, son of George, in 1994!

Everyone in Leschi is familiar with the stupendous Dream Catcher at Yesler and 32nd St. Designed by Lawney L. Reyes in 2003 in honor of his brother Bernie Whitebear and sister Luana Reyes, The Dream Catcher wards off evil. Take another look! Inside the dreamcatcher are images that seem to refer to animals, nature and humans, all being protected. That is what we need right now.

The salmon sculpture Homecoming created in 1999 by Tom Jay, in Nora’s Woods on the corner of 29th and Columbia refers to the homecoming of Coho Salmon, now so threatened. In this period of staying close to home, Nora’s Woods is a wonderful respite, the result of one woman’s vision and determination with the collaboration of many people in the community.

Do you know about The People’s Wall designed and painted by Dion Henderson in 1970 at 20th and Spruce? Its sequence of potent images is still easy to interpret as a reference to the history of the Panthers. It is dedicated to nine fallen Panthers: Sydney Miller, Welton Butch Armstead, Albert Postel, Larry War, Lewis Jackson, Maud Allen, Carolyn Downs, Jim Graves and Henry Boyer.

Seek out the subtle stone sculptures by James W. Washington, Jr, throughout our neighborhood. Mt Zion Baptist Church has the largest work, The Oracle of Truth 1987 outside their entrance; Meany Middle School moved V Obelisk 1970 to near its new front door, Odessa Brown Clinic’s My Testimony in Stone 1981 at 2101 Yesler almost hides under a bush, and Children’s Touchstone with Eagles 1991 is outside Bailey-Gatzert Elementary at 1301 Yesler.

You can walk past James Washington’s home at 1816 26th Ave, preserved as an historic landmark by the incredible foresight of the artist. Through the fence you see the wrapped-up Fountain of Triumph 1995, a sculpture about salmon migration that used to be on 23rd near Union. Hopefully, it will return nearby soon. On the corner of 26th







Scott Murase with Murase Associates Shadow Wall, photo by Susan Platt



Tim Fowler home at 26th and Howell



Dion Henderson, *The Peoples Wall*, 1970, detail



James W. Washington V Obelisk 1970 outside Meany Middle School photo by Henry Matthews

and Howell is the home of Tim Fowler, our own local Gaudi. You can't miss his mosaic wall, animals and people as well as his collection of old parts and cars. Speaking of Union Street, revisit the Liberty Bank Building that this paper has already discussed. It has a lot of public art visible from the street, including the seats by Esther Ervin and poetry by Minnie Collins.

On Madison St, just West of the arboretum entrance, look at the simple 3-part stone memorial to Kate Fleming, the talented audio artist who drowned near that location in a flash flood in 2006.

In Volunteer Park take another look at Isamu Noguchi's Black Sun, 1969. Its circular form with unusual indentations and an empty center was carved from a single piece of Brazilian granite. It creates a focal point for the park and its view. But if you look at Black Sun itself, it can feel like a celebration or a warning according to the lighting and our mood.

Finally, a new, anonymous piece just appeared at the Galer entrance to Interlaken Park, with its stunning old growth grove of cedar trees. Someone placed there two chairs separated by a six-foot-long bar suggesting "Communicate, Connect." You can read the amazing quotes painstakingly written on the chairs. Here is one of them

*A human being is part of the whole called by us universe, a part limited in time and space. They experience themselves, their thoughts and feelings as something separated from the rest, a kind of optical delusion of their consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.*  
~Albert Einstein.

~Susan Platt  
*Art & Politics Now*

## FILMS TO FIGHT PANDEMIC DOLDRUMS:

Karen Daubert: Old favorites we recommend: *The Way, Peanut Butter Falcon, The Secret Life of Walter Mitty, US, Our Finest Hour, the Russians are Coming.*  
Georgia McDade watched these recommended films: *Rocketman, 1917, Bird, and Marriage Story.*



# Seeking Sustenance...

## WINE PICKS REDUX

Hello there Leschi. On behalf of everyone at Leschi Market, I would like to take this opportunity to thank everyone for their support, understanding, and words of encouragement throughout this difficult and stressful time that we find ourselves in. Leschi Market is committed to providing a safe and friendly environment for all customers, employees and vendors. Thank you. Need a new distraction, or just something new to read? Here is a baker's dozen worth of fine wines to become acquainted with. ~Cheers

### RED WINE

---

#### **2017 Vieux Telegraphe Chateauneuf du Pape \$104.99/\$88.99/\$80.09**

The nose has closed up a little since tasting in barrel. It has some reserved, sanguine notes and an essence-like, raspberry core. Some stones and chalk here, too. Very long and focused palate. The grenache is singing here. Dense but soft and supple tannins, the product of thick, healthy skins. Best from 2025." ~James Suckling. 96-points

#### **2016 Domaine de la Charbonniere Brusquieres Chateauneuf du Pape \$76.99/\$66.99/\$60.29**

Features the dense, dark, ripe profile of the vintage, with a core of steeped currant, fig and boysenberry fruit, supported by a dense structure, notes of dark earth, tobacco and bitter cocoa, and a long finish that ripples with latent energy. Grenache, Syrah and Mourvèdre. Best from 2023 through 2037. ~Wine Spectator. 94-points

#### **2017 Montfaucon Chateauneuf du Pape \$49.99/\$41.99/\$37.37**

Bright, with cherry, damson plum and raspberry coulis flavors streaming through, flanked by floral and rooibos tea hints and carrying through a racy, sanguine-tinged finish that is sneakily long. Well done. Grenache and Mourvèdre. Best from 2020 through 2035. 650 cases made; 150 cases imported. ~Wine Spectator. 93-points

#### **2016 Travaglini Gattinara \$42.99/\$32.99/\$29.69**

Beautiful freshness and poise to this Gattinara with nutmeg, dried rose petals, saffron and cinnamon. A finely constructed structure follows with velvety, steely tannins and a spiced, chewy finish. ~James Suckling 93-points

#### **2016 Bear Flag Zinfandel California \$25.99/\$18.99/\$17.09**

Flavors of crayon wax, vanilla bean and dark cherry appear on the palate along a continuum of tight, firm tannins. This is a thick, powerful wine that is given extra lift by a fresh citrus tug on the midpalate, providing a breath of refreshment. ~Wine Enthusiast. 92-points

#### **2016 Sodo Cellars Deadbird Cabernet Sauvignon \$19.99/\$14.99/\$13.49**

This wine, a 100% varietal from juice master Ryan Crane at Kerloo Cellars, brings aromas of gun smoke, dried and fresh herbs and jammy black fruit. Well-balanced black cherry and blackberry flavors follow, carrying on the lightly smoky finish. ~Wine Enthusiast 89-points

#### **2018 Guttturnio IL Negrese Barbera/Bonardo \$17.99/\$13.99/\$12.59**

(Croatina) is a blend used in the red wines of the Guttturnio DOC of Emilia-Romagna. Here the blend is based on between 55–70 percent Barbera and 30–45 percent Croatina (known locally as Bonarda). The wines tend to be softly flavored and well-rounded with distinctive cherry aromas. ~Winery Notes.

#### **2018 Underwood Pinot Noir Oregon \$16.99/\$11.79/\$10.61**

This wine delivers a lovely core of black cherry-candy fruit accompanied by light, refined tannins and balanced acidity. It is a perfect choice for near-term drinking. ~Paul Gregutt, 89-points.

### WHITE WINE

---

#### **2018 Saget Blanc Fume de Pouilly \$36.99/\$26.99/\$24.29**

Bright, mineral Sauvignon Blanc from the Loire Valley. Taut grapefruit and apple flavors, crisp and focused, with just a bit of weight from lees-aging. A perfect wine with trout, salmon and aged cheeses. ~Wine Enthusiast 91-points

#### **2018 Domaine Masson-Blondelet Villa Paulus (Pouilly-Fumé) \$27.99/\$23.39/\$21.05**

Named after the Roman who built a villa where Pouilly now is, this is a ripe, smoothly textured and ageworthy wine. Ripe apples and apricots are cut with lemon acidity, balancing the wine and giving it a full, rich aftertaste. ~Wine Enthusiast 90-points

#### **2018 Chateau La Rabotine Sancerre Blanc \$27.99/\$23.39/\$21.05**

The classic Sancerre is white, bracingly acidic, and has pungent aromas of gooseberries, grass, nettles, and a hint of stony minerality. Richer, riper examples—particularly those from warmer, west-facing sites with chalky soils—often show fruitier notes of passionfruit and lemon peel. ~Winery Notes

#### **2018 Domaine Verena Wyss Viognier \$22.99/\$19.99/\$17.99**

This wine is sooo easy to drink. It has soft fruit and floral notes but with enough acidity to keep your palate interested. Very interested. Fabulous with Indian and Asian foods! ~Winery Notes





## ...in the Wilds of Seattle

### 2018 Labbe Point Royal Savoie Abymes \$17.99/\$13.99/\$12.59

If you haven't experienced Jacquère lately, do yourself a favor. As far as alpine whites go, this is exemplary—a nose of white flowers and a palate of wet stone. This is a fragrant and succulent dry white priced perfectly for glass pouring. ~Importer Notes

*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 Dahlia 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](http://www.LeschiMarket.com) or request to be added to email updates or send questions, comments, or suggestions to [ken@leschimarket.com](mailto:ken@leschimarket.com) and follow the wine department directly on twitter at [twitter.com/leschimarket](https://twitter.com/leschimarket).*

### CAFÉ SOLEIL

New situations often present new opportunities. Our favorite local evening dining destination on the corner of 34th & Union used to be the Madrona Arms—the only real choice for a beer lover!

For Sunday brunch we enjoy Cafe Soleil, Ethiopian during the week, but brunch with a twist at weekends. My favorite twist is Garlic Egg Croissant. I'm looking forward to the return of garlic following the eventual departure of coronavirus.

Cafe Soleil's owner Kuri is now only doing take-out. Our Saturday Night Special is Lamb Tibbes, Swiss Chard, Garlic Spinach, Split Peas, Spicy Lentils, Eggplant with Onion and Injira Bread! A single order of each provides a delicious dinner for two. The left-over Injira bread makes a great breakfast crepe!

Kuri's only help is her teenage son, who is doing his best to help his mum. I asked him how this was working out: "fine" he said.

But Kuri was standing behind him wielding a large frying pan—so what else could a dutiful son say?

#### CAFÉ SOLEIL

1400 34TH Ave. 206.325.1126 (Take out or delivery only)

~Malcolm Harker

### TAKE-OUT OPTIONS ON 31ST

Iconiq was just named by Seattle Times as one of the four best restaurants in the City for special daily take out feasts. Owner Toshi is a genius and this might be the time enjoy this treat!

That's Amore continues to creatively evolve its menu—and they still have their famous Leschi and View Point Park Pizzas! Take out here is as friendly as ever and our favorite is the Polpetta and Fettuccine with Shrimp or Chicken.

Heyday—located on Day Street—is also doing take out and have included their excellent burgers, salads and a daily special. Check out those Brussels sprouts and chicken wings!

Golden Wheat Bakery is closed for the time being, but we look forward to Angel's return with his perfect pastries and croissants. Golden Wheat's Cherry St. location is open for takeout! But Golden Wheat on Cherry St. is open for take-out!

QED is open for take-out and continues to excel in its coffee creations—using beans they roast fresh daily!

~Karen Daubert



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## LCC EXEC. BOARD MEETING 4/6/20

This meeting was held by email due to the “shelter in place” restriction. Participating: Janice Merrill Brown, Trevor Menagh-Lalish, Janet Oliver, Diane Snell, Tracy Bier and John Barber.

The Board decided to cancel the May general meeting as it falls on May 5, the day after the current shelter in place restriction might be lifted and that is too late to get the word out if the restriction is extended. Unfortunately, the May meeting is our election. There is nothing in our Bylaws to deal with election postponement due to a crisis. Although this might be the only pandemic we experience in our lifetime, we are also at risk for earthquakes so having something in the bylaws seems to be wise. Janice has drafted a bylaw which we will run by our bylaw guru, Gwen Rench and wait for her response.

ArtWalk: It was agreed that it's too early to consider canceling this annual event, but we should order the equipment (no charge) from Parks and plan a cancellation date if it looks like it is necessary.

It was agreed that we plan the June meeting if it looks possible, asking Lawrence Pitre to present his mural plan, hold elections and present Leschi Stars.

There were two other issues: one regarding the S King St street-end park and the other regarding Powell Barnett Park. John Barber will address those to the public in his Parks and Greenspace report.

*-Respectfully submitted, Diane Snell*

## MAY CALENDAR

We have received no notices of meetings and we understand that lifting restrictions will not be determined this early. We have cancelled our May Meeting which is our annual meeting when we normally have elections and honor our Leschi Stars. IF it becomes possible to have a meeting in June, we will go forward with the election and Leschi Star recognition.

## BONUS ARTICLE: MUSINGS ON (OR MESSING WITH) SOURDOUGH

As we settled in for the long isolation, once-idled projects began to gain momentum. My husband started (finally!) to build a wall to hide the garbage bins, hauling enormous fallen maple limbs from the neighboring green space and constructing what looked like a Lincoln-logs-on-steroids structure complete with hewn notches and delicately balanced timbers. My daughter went through years of collected clothing and sorted out the ever so many loved-but-never-worn numbers to send off to the Jubilee Women's Center. And then a friend gave me a sourdough starter.

I had always wanted to try my hand at the tricky business of baking sourdough bread. For years I had been the cheerful recipient of my neighbor's efforts in this realm. He studied breadmaking with a passion, watching the bakers at Macrina's during his lunch hour, buying large bags of Morehouse flour, staying up late at night to tend his rising loaves which he baked in flowerpots, spray bottle in hand. The results were perfection, and I reveled in my role as taste tester. But now he has gone on to raising Mason bees and, while I appreciate their important role in the balancing our ecosystem, I sorely miss the taste of a fresh sourdough loaf.

	Income	Expenses	Balance 2/29/2020
<b>General Fund</b>			
Ad Revenue	\$4,087.00		
Dues	\$520.00		
Donations	\$365.00		
Insurance			
Printing and postage		(\$2,066.20)	
Totals	\$5,089.50	(\$2,741.20)	\$12,713.69
<b>Restricted Funds</b>			
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	(\$2,741.20)	\$38,026.41
<b>Certificate of Deposit</b>			\$11,254.35

On an April Saturday we happened to stop at Q.E.D. on 31st where not only were they making satisfying coffees behind a plexi-glass shield, but they were selling toilet paper and flour—two of today's most sought-after essentials. I picked up a five-pound bag of white flour, now determined more than ever to figure out how to feed my starving starter and fill the house with the aroma of fresh bread. It was time to step up to the challenge.

But first we drove out to the Dahlia Barn at the base of Mt. Si where we had ordered tubers last Fall when the fields were brimming with every dahlia imaginable. Last Saturday they were also selling additional tubers—gladiolas, peonies, begonias. We were greeted by the tail-wagging Dante, a rotund chocolate lab who accepted petting despite regulations. On our return trip, we stopped at what looked like an old school bus stop outside Fall City. It was Lennox Hill Farm's stand which operates on the honor system. We marveled over the fresh eggs, arugula, and stunning bouquets. After loading our arms, a quick flash from my daughter's cell phone completed the no-cash payment.

Back to the bread. My first baking mistake: as I searched for recipes online, I chose an “expert” as opposed to a simple recipe. This meant tackling a 3-day version offered by the New York Times. I had taken the starter out of the fridge the day before our dahlia adventure and had fed it more flour and water. I couldn't bear, as instructed, to throw a large portion of it out before the feeding but the goo

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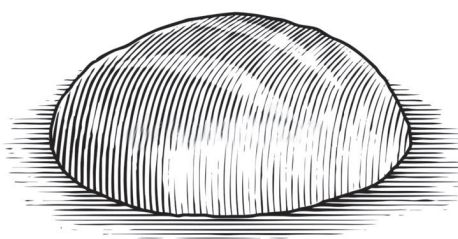


still seemed to be growing. Second mistake: I had chosen a recipe that used weight, not volume, in the ingredient list. I don't have a kitchen scale, so I had to do a little guessing. Four ounces is maybe this much? 700 grams of flour is—well, I decided in my world it was two or so cups. And then a cup of wheat flour to cover 300 grams? Having mixed the flour with “weighted” warm water, I left it to autolyze. “Why? If starter is the life force of bread, then the stretchy strands known as gluten are its backbone. When two proteins in flour come into contact with water, gluten forms a network inside the dough, trapping the gas produced by the yeast.” This sounded like chemistry in action!

I skipped the starter float test, substituting faith that it was ready and stirred it in. Then let it rest. Then added salt. “Why? Adding salt tightens the gluten network, so the dough will go from very extensible to more elastic (having the tendency to snap back after being stretched) and stringy.” This was also English in action! Extensible, autolyze. New Scrabble words were being filed away.

There was more mixing and on to the first rise. Then more folding (note: not kneading). Apparently determining if bulk fermentation is complete is a tough call. Does the dough feel alive? Are we ready to go on to the next step? Here was a determination that needed to be made and it was based on both science and subjectivity. It sounded like a metaphor for today's world.

Then more shaping, rising, resting and a check to see if the dough had “proofed.” No bleeding idea if it had or hadn't but I was ready for bed so skipped to the next step and put it in the fridge overnight



to increase the tangy flavor. I confess I had shorted the dough out of its second rising but trusted all was good. Now it seemed what with faith and risings, religion had also entered the process.

Cut to the chase. The next morning, the oven was heated to 500 degrees and the loaf was slashed then lowered into the pre-heated dish and baked for an hour (which included leaving the lid on the pot for the first 20 minutes). By now, I had lost track of my mistakes

though their existence was evident as my efforts had produced only enough dough for one loaf not two. And then the ultimate insult. After 3 days and 20-some steps, my loaf refused to leave the womb. When, signaled by the heavenly smell, I removed it from the oven, it took a full 15 minutes of knives and long serving forks to dislodge the baked bread from the pan.

Twenty minutes later, and somewhat discouraged, my family and I sliced the very-dark-around-the-edges, rather flat, unprofessional looking, cockeyed sphere. And it was absolutely divine. Sour with a thick crust. No holes. Authentic. That flour, water and salt can be transformed by chemistry, faith, and patience into such delicious nourishment is something to celebrate. And how reassuring to re-learn that our mistakes will often work themselves out. Now I am ready to try again.

Please let Leschi News know what projects have captured your time and attention in these unsettling weeks.

—Anne Depue

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The next Leschi News deadline is **MAY 18**. Mail all articles, comments, letters, advertisements, and membership dues to this address:  
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## QUARANTINE JOURNALING

*We have received several suggestions that each of us keep a journal during this trying time. If you are having trouble getting started, here's an example:*

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last

Day 3 – Strawberries: Some have 210 seeds; some have 235 seeds. Who Knew??

Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jell-O Shots!!

Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen." You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.

Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals led the Blue Jays 3–1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

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