

leschinews

October 2016 Issue No. 335

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

An In-Depth Look at the Sound Transit Proposition

Leschi Community Council has invited pro and con speakers to our October 5 meeting to debate the complex issues in the Sound Transit Proposition. Q&A will follow the presentations.

This is your opportunity to learn more about this issue and how your tax dollars will be spent. Following this discussion, we will vote on bylaw proposals.

OCTOBER 5, 7PM AT THE CENTRAL AREA SENIOR CENTER, 500 30TH AVE. S.

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SAVE THE DATE

OCT. 15 Leschi vs. Madrona,
Ultimate Frisbee match, 2pm

OCT. 22 Work Party at Judkins
Street end, 10am-12pm

OCT. 31 Halloween Spooktacular, 4-6pm



President's Message

Happy October Everyone!

September has been a very busy month. The 5th Annual Art Walk was very successful. We had the largest attendance yet. I would like to put a huge shout out to all the hard work that these members of the Leschi Business Association did for the Annual Art Walk: Ann Conroy (Small World Productions), Cara Ross (Blue Heron Healing Arts), Diane Snell (Leschi Community Council), Andrea Gleason (Edward Jones), Dr. Michael Bilikas (32 Pearls), Chris Gribskov (Park Postal), Stephanie Smiley (Starbucks), Diane Morris (Leschi Community Council), David Yussen (Heavy Restaurant Group (Meet The Moon)) and Bart Evans (Blue Water Bistro).

We had a work party at one of the String of Pearls, the Judkins St. street end. It was very successful. A big shout out to all who came and volunteered their time.

Amy Fink, one of the Executive Board Members, is working to put together the Leschi vs. Madrona pay-to-play Ultimate Frisbee benefit game & potluck. All the proceeds from this benefit will go toward the Leschi Business Association & Leschi Market's Annual Holiday Ham Drive. The Leschi Business Association works with Leschi Market every year to get a great deal on hams that customers can purchase for the Rainier Valley food bank at Leschi Market's cash registers. Here are the current details of the event: it's planned for October 15 in the grassy area of Leschi Park just east of the tennis courts. Look for all the details in Amy's article in this issue.

Now that it is October, that means Halloween is right around the corner. The Leschi Business Association will once again be putting on their Annual Halloween Spooktacular. Look for the huge tent in Leschi Park on October 31, 4-6pm. There will be a map detailing all the participating businesses. And we do need help with the tent! See below.

I have been working with Kirsten Hopperstad, our newsletter layout artist, on the revamp of the website. We should have the website up and running before the end of October.

The Leschi Community Council needs volunteers for the following upcoming dates. All volunteer hours count toward any community service for students so please spread the word:

OCTOBER 22: 10am to 12pm — Back to Judkins Street end where it meets Lake Washington Blvd. Bring pruning tools.

OCTOBER 31: Halloween Spooktacular in Leschi Park.

We need many folks at 3pm to help raise tent and back at 6pm to take it down. The more we have, the quicker the tent goes up! Enjoy some cider and donuts for your efforts.



A handwritten signature in black ink, appearing to read 'Yusef Shulman'.

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

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Building Community

We used to help our neighbors raise a new barn, but the world is different now. We now have the world inside our homes through all our electronic devices and we tend to stay inside and not mix with the neighbors. When is the last time you baked a loaf of banana bread for new neighbors moving in? How do we get to know our neighbors with their fences and their security systems?

A big reason why Leschi CC puts on community events and holds monthly meetings to educate and inform is to build community. We had 40 neighbors “find” their homes on our neighborhood map at the 5th annual ArtWalk. We put out the word that we needed volunteers and they came in the persons of 3 energetic and efficient 12 year olds: Keegan Atchison, Rashid Haroun, and Hudson Lennard; all of them earned a full day of community service hours. They stayed to the end and even helped to stuff the canopies into our van. We reached out to Five, one of our 2015 musicians, to quickly sub when the first band on our slate, cancelled at 4pm the day before the event. We were able to add some last minute local folks to the booths: authors and a musician who wants to interest more children in music. The Sno-cones and our raffle of goodies from participating businesses netted over \$400 toward the next ArtWalk.

It is always interesting to me that folks are interested in history; we probably didn't project that image when we were in school, but the history of the place where we live seems more relevant, more alive. Many visitors to the Leschi CC table were curious about Chief Leschi and the history of Leschi Park with its dance pavilion and zoo. Even though we all come from elsewhere and from different backgrounds, sharing a common community history is a unifying factor. One of the homeless persons visiting our booth told me about the zoo that used to be in the park; I told him I had some photos of the bears that used to live there. A now defunct zoo brought us into discussion despite our very different backgrounds.

Our monthly work parties are also a place to meet one's neighbors and one's Board. Yes, we could be home weeding our own garden, but meeting interesting newcomers like Ken Kamm at a recent stairway cleaning and the student volunteers at the ArtWalk and the high school student at the Pearl clean-up broadens our community experience.

The Seattle Night Out gatherings are community building experiences. Ruby Holland and Patricia Valentine shared their neighborhood welcoming street potluck event with us last month. Once we get to know our neighbors,

we learn to appreciate that one person's seemingly quirky habit might be an important part of their culture.

Amy Fink's creative idea to host a Frisbee competition with our neighbors in Madrona is not only community building for a common cause, but more fun than a work party!

I met with Iora Primary Care's Community Engagement Leader, Brian Aylward, and was able to make arrangements for Board meeting space on the 2nd Wednesday of each month. Our Board meetings are open to the public, but finding an accessible spot with parking has been challenging. This is a great solution and we happily discovered that Iora is also concerned about community issues such as the impending lack of a grocery store in the area. Good health depends on fresh food availability.

I treasure a poster of mine: How to Build Community... suggestions like “make extra and share”, “turn off the TV and go out”, and and start a dialogue: “Know that no one is silent but many are not heard: *work to change this!*”

-Diane Snell

Ask me about real estate when you see me in Leschi!

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Neighborhood & Beyond



DON'T MISS THE LESCHI HALLOWEEN SPOOKTACULAR!
October 31, 4-6pm



ULTIMATE FRISBEE

Having Fun to Benefit Rainier Valley Food Bank

Every autumn the Leschi Community Council holds a food drive to benefit the Rainier Valley Food Bank. Diane Morris has led the charge in recent years and done a fabulous job. This year we're trying something new in an effort to involve more of the community. On Saturday October 15 at 2:00pm the LCC will host a pay-to-play Ultimate Frisbee game and tailgate potluck on the upper field of Leschi Park (next to the tennis court), proceeds to benefit RVFB. The cost to participate is \$10 per player. Our team captain is Jeff Floor. A few

participants signed up at the ArtWalk on September 10, but we're actively looking for more players, so whether you're a seasoned Ultimate Frisbee veteran or brand new to the game, we'd love to hear from you. Please contact our team captain via email at jsffloor@gmail.com, see Yousef Shulman at the Leschi Market, or Yuki Igarashi at the Leschi Edward Jones office. If you're interested in participating in the event but not an Ultimate Frisbee player, we're looking for volunteers to bring food for the after-game tailgate potluck. Please contact Amy Fink at aefvpn@gmail.com if you're interested in helping with the potluck. And if neither playing nor cooking is in your wheelhouse, but you'd still like to participate, please come on over to the park to cheer on the team and/or donate to the food bank. We look forward to seeing you on October 15! To Recap:

- When: Saturday, October 15th, 2:00pm
- Where: Leschi Park next to the tennis Court
- What: Ultimate Frisbee and tailgate Potluck
- Opposing Team: The Madrona Community Council
- Who: Calling all Leschi Neighbors!
- To Benefit: The Rainier Valley Food Bank
- How much: \$10 per player (donations from supporters greatly appreciated!)

MOORAGE UPDATE

Parks moorage representative, Paul Wilkinson, reports that they are still in positive negotiations with Foss. There will be both a legal and legislative review of the agreement before it goes to the City Council. Stay tuned!



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BY-LAW CHANGES TO VOTE ON

The executive board proposes the following updates to LCC Bylaws section III section 4:

- This section requires all funds received by the LCC to be deposited into an "interest bearing account." Economic realities can make this a difficult standard to meet, so we'd like to change this section to read "interest bearing account whenever the interest rate environment permits."

- Article III designates officers with access and signing capacity to the LCC's financial accounts as the president, vice president and treasurer. We'd like to add the secretary to this list.

- Regarding spending, we have general guidelines that our funds should be spent in support of the LCC's mission and purposes, but no language indicating spending controls or mechanisms. Earlier this year the executive board voted on protocols that could be incorporated into the bylaws. We'd like to add the following to Article III: Executive board members with signing capacity can spend up to \$500 of the funds in the council's operating accounts. These expenditures must be in support of council purposes, can occur at any time and require the president's authorization. Proposed expenditures in excess of \$500 require prior approval of an executive board quorum. All expenditures will be reviewed within the treasurer's report at regular executive board meetings.

- Federal and state lawmakers regularly update regulations affecting non-profit groups. Given this fluid legal, accounting, and reporting environment the Washington Secretary of State recommends that all 501c3 organizations obtain annual reviews by Certified Public Accountants. Accordingly we would like to add this funded mandate to LCC bylaws: Every fiscal year the LCC will engage a Certified Public Accountant to review its financial books and records and keep the council informed on changes to applicable laws and requirements. The council will set aside funds or exchange free advertising in LCC publications to cover the cost of annual CPA reviews as appropriate.

We will vote on these changes at the October 5 meeting after the presentation on Prop.1.

-Amy Fink

MADRONA CC FUND RAISER COMING UP NOV. 5

As has occurred in the past five years, the Madrona Community Council is raising funds with its fabulous wine tasting party. Over 25 wine representatives donate wine to sample and their time to pour so that Madrona neighbors and friends from all over the city can enjoy a wonderful time together. Even better, Leschi Market prints up a list of wines on offer and attendees can leave their order with Leschi Market as

they exit. Ken Brennan of Leschi Market, who assembles the tasting, then calls to let you know when your wine order is ready at the Market. Many thanks to Leschi Market for the time they donate to this event. The Nov. 5 timing of this event is perfect for finding Thanksgiving and other holiday wine options. This year the event is scheduled from 6:30-8:30 at the St. Therese Social Hall at 900 34th Ave. So it is well within walking distance for many. We enjoyed seeing so many Leschi neighbors at our August concerts on Thurs. nights, and hope you also will join us for the wine tasting event. To order tickets, please visit <http://bpt.me/2595083> or the address shown elsewhere on this page.

WHAT'S HAPPENING AT THE CENTRAL? (CENTRAL AREA SENIOR CENTER)

Don't miss the Supa Sonic Soul Sistahs at the Green Dolphin on Oct. 21. This is Aretha Franklin inspired soul music.

- Estate Planning Class with Louis Drake: 10/11 4:30-5:15 OR 10/12 9:30-11. Learn about probate, healthcare decisions, taxation. Solarium
- Take part in a new jewelry class beginning October 28-Nov.18 on Fridays from 1:30-3:30. Cost is \$2 for members; \$3 for non-members. Location: Activity room. Instructor: Elizabeth Shier

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Advance Care Planning

Wednesday, 10/19, 10-11:30am

Learn about the importance of advance healthcare planning and how to start the conversation with your loved ones. This session will include Iora Primary Care physician, Dr. Matthew Schlough.

Circuit Training

Wednesdays, 10/12 and 10/26, 2-3pm

A structured environment for strength training, balance and cardio! Catered to whatever fitness level you are at!

Origami

Friday, 10/21, 2-3pm

Origami, the centuries-old Japanese art of paper folding, is a great way to unwind and relax. Come learn basic origami techniques that can be used to make hundreds of different shapes. No experience required - bring a friend!

Stress Reduction/Relaxation

Every Thursday, 1-2pm

Did you know instant relaxation could be yours through some very simple techniques? By exploring things like meditation, breathing and reflection, you can strengthen your relaxation response -- all in a safe and supportive environment. Friends and family welcome!

Walk n' Roll

Every Friday, 11am-12pm

Increase your physical activity and make some social connection by walking with others in a supportive and accessible environment! We're collaborating with Seattle Parks and Recreation to offer a weekly walking group right here in the CD. Our route takes us to the nearby Garfield High School track where you can increase your steps on the remodeled, cushy track surface.

What's Up, Doc?

Wednesday, 10/28 10-11:30am

Stop in for a group medical appointment with Dr. Matthew Schlough. You'll have a chance to ask about health and wellness issues that concern you--all in a friendly and fun environment.

Or Just for Fun:

Board Games

Fridays, 10/14 and 10/28, 2-3pm

Embrace your competitive side and swing by the practice to play some of your favorite board games. We will have

classic games available and, of course, a deck or two of cards. Have a game at home you'd like to share? Bring it in and teach us! Family and friends welcome!

Sing-Along: Motown

Friday, 10/21, 2-3pm

What's goin' on? Come sing your favorite songs from Hitsville, USA with us! Singing has been shown to boost hormones that ease stress and increase feelings of happiness - we heard it through the grapevine. All are welcome to join - no singing experience required!

If you are not familiar with Iora, plan to attend either their 2 yr. anniversary or an Open House:

Two-Year Anniversary Party!

Tuesday, 10/1, 10am-12pm


Join us to celebrate our second year in the Central District! It's a party to celebrate you -- so bring your friends and family for some refreshments and fun activities.

Iora Open House!

Wednesdays, 10/12 and 10/26, 10am-12pm

Do you have a friend or neighbor that could benefit from Iora Primary Care? Bring them in to meet our team and have a tour at one of our Open Houses.

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THE "BLOB" RETURNS!

In late 2013, a massive area of abnormally warm water known as the "Blob" began to form in the Northeastern Pacific. Growing in strength throughout 2014 and persisting through 2015, it had significant impacts on the climate of the Pacific Northwest and the marine life of the Pacific Coast. The Blob was partially responsible for the recent period of record warmth throughout the Pacific Northwest, and the lack of nutrients throughout the Blob negatively affected a variety of marine creatures ranging from marine birds to salmon. Thankfully, it slowly weakened over the 2015-2016 winter, as the continuous barrage of powerful Pacific storms from one of the strongest El Niños on record eroded our Blob away. But alas, such relief was only temporary.

After a calm, tranquil summer over the open waters of the Northeastern Pacific, the Blob is back. And it is back with a vengeance. The last winter the Blob was in full force, the Pacific Northwest saw record-low snowpack and record-warm temperatures. Should we expect more of the same this winter, or will this finally be the winter we end our mini snow-drought here in the Leschi neighborhood?

As long-term residents of Seattle know, meteorologists here have trouble forecasting snow one day in advance, let alone three months. And while ocean temperatures can give us clues as to what type of weather we can expect over the next couple months, the Blob has been studied far less than other phenomena such as the periodic warming and cooling of the Tropical Pacific, respectively known as El Niño and La Niña.

The Blob helped warm us up throughout the past several years because air streaming off the Pacific into our region was warmed by its above-average sea-surface-temperatures. As 2014 progressed into 2015, the Blob migrated east toward the coast of North America, warming the Pacific Northwest more directly and setting all-time monthly temperature records for October and December 2014 and February, March, June,

and July 2015. However, when the Blob first formed and the warmest sea-surface temperatures were further offshore, most areas in the Pacific Northwest did not register significantly above-normal temperatures. Right now, the center of the Blob is far offshore, and the water near the coast is actually cooler than normal due to windier-than-normal conditions and upwelling, the process by which cool, acidic, nutrient-rich water rises up from the depths to the surface.

How this winter turns out will likely depend on if the Blob decides to scooch eastward, closer to the Washington Coast, or whether it stays far out at sea. If it comes closer, expect a warm winter, with negative effects on marine life along the West Coast. If it stays further out at sea, both meteorological and biological effects in the Pacific Northwest should be much less pronounced.

Enjoy the few remaining pleasant days of autumn. By the time next month's Leschi News comes out, we'll be in the thick of storm season, with more rain and wind than you can shake a stick at.

~ 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 forecasting wind energy along the Columbia River Gorge. Check out his weather website at weathertogether.us.



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POLISHING A PEARL

In September, we moved from stairway cleaning to sprucing up one of the Pearls, our street end parks along the lake. We worked on the Judkins street end, which didn't look like a park that fronted on the lake when we first got there. Overgrown shrubbery obscured the sightline. Our crew leader, Joyce Moty, recommended cutting the snowberry and Nootka rose to the ground as they spring back quickly.

Bindweed was also a problem at this site, weaving its tendrils around the stalks of other plants. The crew of Yousef Shulman, Elizabeth Sanders and her son Aden, Janet Oliver, Diane Morris, Jeff Floor, Jim Snell, Amy Fink and Diane Snell were able to open up the view and create a small mountain of brush for SDOT to pick up. SDOT is responsible for these parks as they are the dead ends of neighborhood streets.

Joyce shared some homemade grape juice with us on a quick break; the grapes are local...an abundant crop from Georgetown. The threatening rain held off for the 2 hours we were there and although we had accomplished much, Joyce felt we could visit this spot again next month. The next work party will be on October 22, one week later than usual due to the scheduled Ultimate Frisbee competition in Leschi Park.

-Diane Snell



*Joyce Moty delights in the huge brush pile created by our hard-working crew!
Photo courtesy Jeff Floor*

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THE IMPORTANCE OF FLOSSING

Just about every time you visit your dentist, you hear the question: "Have you been flossing regularly?" You brush your teeth twice a day, so surely flossing can't be that important. Or is it? The American Dental Association says that it is, your dentist says that it is, so what's the story?

When you use your toothbrush, you brush the fronts and backs of your teeth, but the bristles can't reach the sides of the teeth or the space between your teeth and gums. Using a fluoride toothpaste helps strengthen your teeth, but again, it can't get in between your teeth on its own. Mouthwash helps destroy the bacteria that cause gum disease, but unless you have removed the plaque and bits of food that lodge where the toothbrush can't reach, the mouthwash is only doing half its job.

Gingivitis is the start of gum disease that is preventable with proper brushing, flossing and regular dental checkups. Inflammation and bleeding of the gums, however slight, is a definite sign that not all is well and gingivitis is beginning its ugly work on your gums. You might not notice any symptoms of gingivitis at first, and there may be no pain, either. But that little bit of red on your toothbrush is a warning sign: gingivitis has begun. The only thing that is going to go away if you ignore it is your teeth!

Plaque buildup doesn't happen overnight. What at first is a sticky substance on the teeth and around the gums becomes hardened over time and can only be removed by the hygienist's scraping the teeth. But you needn't wait until your annual cleaning to get cleaner teeth. Flossing rids the teeth of plaque before it hardens in those hard to reach places where the toothbrush is just not as effective.

One very important study recorded in the Journal of Periodontology discovered that improvement in gum health and a reduction in the proportion of bacteria linked to periodontal disease directly correlate to slower progression in the thickness of the innermost two layers of the arterial wall. That means that cleaner teeth makes for a healthier heart, and you may be able to prevent or slow the progression of heart disease by flossing on a regular basis (at least once per day).

Although there is currently no definitive evidence that periodontal disease causes heart disease, there is evidence that when the bacteria in the mouth is released into the bloodstream, it leads to hardening of the arteries, which then can lead to heart attack and stroke. Flossing can clean between teeth, enabling mouthwash and toothpaste to get into the areas the toothbrush misses, and thus kill bacteria that might lead to heart disease.

Think of it like painting a wall. You use a brush and a roller to achieve the best result. Using a toothbrush, fluoride toothpaste, floss and mouthwash as the tools to clean your mouth will lead to an overall healthier you.

-Dr. Michael Bilikas, 32 Pearls



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CULTURE CORNER

WATER IS LIFE

by guest author Henry Matthews

What do protests by the Standing Rock Sioux against the Dakota Access oil pipeline construction (DAPL) in North Dakota have to do with the culture of Seattle? The answer is: plenty. First, it is part of our shared battle against the fossil fuel industry. Second, it is part of the explosion of Native culture and activism. Right here in our city and around the Salish Sea, we have observed the vigor of native culture from the revival of disappearing languages to the construction of the Duwamish Longhouse. Each year the Canoe Journey brings together Indians who have paddled from far flung tribal lands to a different location to celebrate their heritage. The Seattle Art Museum's collection of Northwest Tribal Art, including spectacular contemporary works and their exhibition "Indigenous Beauty: Masterworks of American Indian Art from the Diker Collection" last year




March in support of Standing Rock Sioux, in opposition to Dakota Access Pipeline DAPL, downtown Seattle, September 16, 2016. Photo courtesy Susan Platt.

leaves no doubt that the days when indigenous culture was brutally suppressed are over. The solo exhibit of paintings by Robert Davidson at SAM in 2014 showed how an artist nurtured by his forebears in Haida Gwaii, off the coast of British Columbia can embrace today's world without losing his identity.

Native people have taken a lead in the environmental movement and offered traditional wisdom about our relationship with the planet we all inhabit. They contributed vitally to the protests in 2015 around the Shell Oil Arctic drilling platform, by joining the kayactivists in their splendid canoes and inspiring the crowds with flute and drum music as well as eloquent homilies broadcast from a barge.

In May this year the Lummi nation, backed by an 1855 treaty, succeeded in preventing the construction of a massive coal port at Cherry Point, Anacortes. In the same place, with the Swinomish, Makah, and Tulalip tribes as well as partnership with 350.org Greenpeace, and our own Backbone Campaign, they participated in the protests against an expansion of an oil refinery that would infringe on their fishing and increase the pollution of air and water. The truth is that the tribal elders and articulate spokesmen who have engaged in the environmental discourse have a lot to teach us, particularly about collaboration over critical issues that affect us all. Here is a quote from Paul Cheokten Wagner, the amazing flute player based in Seattle who has just returned from Standing Rock:

"We must step back into the circle of life and learn to honor the gifts our Mother Earth has to offer us, the linear action of the colonial world has a finite end and if our


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Mother Earth reaches the tipping point, the point of no return for stable climate, the human race will reach that end and there will be a great reciprocity or giving back to our Mother Earth but not of our liking. . . . It will be the bones of our grandchildren and their children being given back to our Mother Earth due to our lack of respect for the gifts our Mother” Paul Wagner

It is no surprise that tribal leaders from the Northwest have joined their brothers and sisters at Standing Rock in the fight to protect their water and cultural heritage from destruction by Dakota Access LLC. The point is that their cause is a universal one. They are asking the question: can we allow big corporations to take fossil fuels from the earth and use them in a way that will threaten drinking water, increase air pollution and desecrate cultural heritage? Not surprisingly, representatives of over three hundred tribes have joined the Sioux at Standing Rock and the solidarity with them nation-wide is phenomenal. Protecting future generations by environmental action is central to the culture of Seattle. On September 16, our city council passed a unanimous resolution in their support; the mayor issued a proclamation from the city hall steps, before the march set off to Westlake.

The next morning the Seattle Times, which has been known to belittle or ignore demonstrations, published an article by Lynda Mapes that did justice to the endeavor and endowed it with well-deserved dignity. Describing the procession, she wrote: “As they marched from City Hall to Westlake Center along Fourth Avenue the songs of drummers and singers echoed off the tall buildings of downtown. Some of the protestors wore their finest white buckskins and splendid beaded regalia; others carried eagle feather fans and carved rattles.” Walking with the tribal members and many supporters, I experienced their magnificent singing voices and thundering drums. I felt their anger, their resistance and their authority. From time to time, the whole crowd shouted: “Water is Life! Water is life!” The truth of this slogan resonated through the streets.

At Westlake the eloquent Matt Rimley, a member of the Standing Rock Sioux Tribe, who lives in Seattle and had just returned from North Dakota updated us, in his lilting musical voice, on the aggressive actions of the corporations

and the ever-expanding resistance. Fawn Sharp, president of the Quinault Nation and of the Affiliated Tribes of Northwest Indians, galvanized the crowd:

“I call on the voices and ancestors and children yet unborn; we stand on sacred trusts. Do you feel the power? The power of our ancestral teachings?” As Lynda Mapes reported: the crowd “thundered its affirmation with voices and Drums.” The core of Fawn Sharp’s message is we must resist climate change and pollution:

“We stand for environmental justice and we will not stop. An offense against any of our rivers, or our forests, is an offense against all of us.”

Keep yourself informed and also donate to support this crucial resistance by looking at <http://standingrock.org/>

Henry Matthews, Professor Emeritus of Washington State University, is an architectural historian. His most recent book is Greco-Roman Cities of Aegean Turkey. See www.henrymatthews.com for more information.

THE CRASH OF 2016, BY THOM HARTMANN

Though the title implies that this is another book on the stock market, it is, rather, a review of the history of America’s experiment with democracy and of the difficulties that experiment has entailed over the years. It includes, of course, a prophecy. This might sound depressing and dull, but it is not. For those who are not familiar with Thom Hartmann through his many books and his daily call-in program on KBCS, it should be made clear that he is an unabashed progressive, totally committed to social democracy. His beliefs conform to those of Jefferson and he frequently cites Jefferson’s letters in support of his views. This is lively in its combativeness. His enemy is monopoly capitalism and the excessive inequality in welfare and political power that it causes.

The surprising phenomenon of the insurgency of Sanders and Trump may make this book especially timely for those who have turned away from politics in disgust. The failure of both parties to deal with the nation’s economic problems has clearly contributed to terrible rates of voting participation over the years. Yet the excitement generated by Obama, (quickly disappointed) and the emergence of the current insurgents may indicate

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a political sea change in activism is in progress. The question at hand is whether this will lead to more or less effective political representation for society as a whole, and whether its effect upon the general welfare will be beneficial. Hartmann argues that removal of big money as an influence in politics, the universities and corporate news media is key.

If you are wondering what all the fuss is about among the Bernie-ites, this book will present their point of view with lots of easily digested historical references as backup, going back to Aristotle and forward through Lincoln to FDR. His analysis of our problems relies heavily on Jefferson's radical thoughts on the need for periodic adjustment of the laws to current circumstances. Jefferson believed the living generations (about two) should deal with their own welfare, and not be bound to past generations' ways. Hartmann also believes in the existence of a "Great Forgetting" by the generations, which explains the recurring 80 year cycle since the 1760's of financial excess and crash, war, reform, and a return to concentration of wealth. He refers to Arnold Toynbee and current historians in this matter. They see a cycle consisting of about four generations during which the experience of the difficulties of the previous period disappear from the cultural memory, allowing the cycle to continue. His hope is clearly that the historically unprecedented explosion of the middle class after WWII and the Roosevelt reforms might break this cycle through better education and welfare. But the middle class must be preserved as essential to this.

To my mind, his material on the effect of tax and trade policies since the early 80's on our middle class is most

important. He bears down on the influence of reduced tax rates on corporate leaders' decisions to either invest in their company or take money out in the form of bonuses, salaries, stock options and dividends. The reduced tax rates begun by Reagan are seen as inducing this tendency to take the money and run, letting domestic investment in technological advancement languish. He sees the offshoring of wealth and jobs and a turning to international banking financial legerdemain as a direct result of the lowering in tax rates for the very wealthy begun in the 80's. He believes this has led to the breaking of the domestic circulatory flow of production and employment and the subsequent reduction of demand for production within our economy. This in turn, has caused the great disparities in income and wealth we have experienced. In this regard, it is persuasive that writers, such as Forbes columnist, Eamonn Fingleton and Reagan's former Assistant Secretary of the Treasury and associate Wall Street Journal editor Paul Craig Roberts, support this analysis. In fact, Roberts is so fervent a convert that he advises his readers to read deeply and take-to-heart the writings of Michael Hudson, a Socialist economist. Hudson advocates government infrastructure investment, and student and consumer debt forgiveness, as necessary to escape the debt-deflation trap we are mired in now. And our own Nick Hanauer advises his fellow billionaires to take heed, that the pitchforks may come if they don't soon embrace reform. Change is certainly in the wind.

-Jim Snell



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Seeking Sustenance in the Wilds of Seattle

TREATS FOR THE BIG KIDS

With Halloween at the end of the month, I thought it would be fun to celebrate with thematically appropriate names and labels to help all the big kids out there get into the spirit of things a little bit! Don't be scared, these Scary Seven selections are sure to be a Thriller!

2014 Mark Ryan Numbskull Walla Walla Valley (\$30)

"Numbskull is a dense supple blend from some of Walla Walla's best vineyards. Red and black cherry fruits explode on the palate, eventually mingling subtler tones of vanilla, dark chocolate and hints of toasty oak. It is a substantial wine, with mouth-filling richness and remarkable complexity for the price." –Winemaker notes.

2015 Owen Roe Sinister Hand Columbia Valley (\$26)

"This generous fusion of 44% Grenache, 27% Syrah, 16% Mourvèdre and 13% Cinsaut is easily approachable while displaying undeniable complexity. The Grenache portion of the blend contributes cranberry and raspberry candied fruit notes, while the Syrah fragment delivers darker fruits and savory characteristics. Mourvèdre enhances the structure and richness of the body and provides delicate aromas of violets. Our partially carbonic macerated Cinsaut brings liveliness and tropical fruit flavors to the blend." –Winemaker notes.

2010 Beresan 'The Buzz' Red Yellow Jacket Vineyard Walla Walla (\$19)

"This is a sophisticated table wine that will make you want to buy a nicer table and then sit at it all day, every day. Think chocolate-covered cherries, rich coffee, white pepper, cedar on the nose, and a siesta's worth of drinking. 40% Syrah, 30% Cabernet Sauvignon, 20% Merlot and 10% Cabernet Franc." –Winemaker notes.

2014 Darby Purple Haze Columbia Valley (\$18)

Cabernet Sauvignon, Cabernet Franc, Merlot, Petite Verdot and Syrah. When you combine the warm, ripe vintage 2014 with the keen, deft ability of Darby, you get the best wines. Big, exuberant and not overdone. Like fine architecture.

2014 Barnard Griffin Syrah Columbia Valley (\$14)

"Plush and juicy, with red and black fruit flavors, offering raspberry and plum notes on a polished frame that shows some transparency. Drink now through 2020." –Wine Spectator, 89 points.

2013 Peirano Estate Vineyards Immortal Zinfandel California (\$7)

100% Estate grown! This is silken smooth, rather elegant rendering of this classically Californian grape; chiseled with fine, yet never overwrought or ungainly tannins, brightly aromatic notes of wild raspberry and cranberry,

and zesty flavors that linger with sprinkles of cocoa dust and earth. Produced from the largest single block of 100+ year old, natural rooted Zinfandel vines in existence today. – Winery notes.

2013 Corvidae Mirth Chardonnay Columbia Valley (\$7)

"Best Buy! This is the second label for the renowned Owen Roe. A delicious debut with Chardonnay. Its fruit-forward style offers a nose of fresh citrus, pineapple and mint, followed by bright flavors of Granny Smith apple, lime and lemon juice. Alcohol, sugar and acidity are nicely balanced, and the citrus pith finish plays well. Outstanding!" –Great Northwest Wine.

CHEERS! ENJOY!

Kenneth Benner, a Seattle area native, is a trained chef and has worked in such restaurants as Barbacoa, B.O.K.A. Kitchen + Bar, and 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 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.



CAFÉ SOLEIL

Recently a friend and I had dinner at Café Soleil, a small Ethiopian restaurant in Madrona. We arrived early at their opening (5:30) as the café fills up later in the evening. We both like lamb, so we chose Lamb Wet and a spinach dish, served with two sauces, both delicious. The injera, Ethiopian bread, which one uses to pick small bites with one's fingers was the lightest I've ever had and perhaps the most delicious. We enjoyed a leisurely dinner in the light-filled café, but I was unable to finish either entrée. I took the leftovers home and had a second dinner the next evening!

The café serves Ethiopian beer and gluten-free injera can be ordered with advance notice at an extra cost. A weekend brunch is served 8:30-2pm Saturday and Sunday. I'll have to try that sometime!

CAFÉ SOLEIL

1400 34th Ave. 98122 (corner of Union) 206.325.1126
5:30-9:30 Wed. through Sunday (closed Mon & Tues)

–Diane Morris

LCC BOARD MEETING 8/10/16

Attending: Yousef Shulman, Yuki Igarashi, Amy Fink, Jeff Floor, Diane Snell

TREASURY: Amy reported that the IRS forms must be sent to the US Treasury Dept. for review; she is waiting for some information from the state. She urged bylaw changes to include an annual audit, a requirement that all officers have the ability to sign (currently the requirement is for the President, Vice President and Treasurer), and to formalize the previous Board approval of a \$500 spending limit for the President without getting prior Board approval.

RESTRICTED FUNDS: Diane requested a monthly report on the restricted funds; we need a new category for Art in the Park. We need to review these funds monthly to ensure revenue and debits are going into the appropriate fund. Once a year, we need to let the chairs of these funds know the amounts in their respective fund. We need to discuss the multiple accounts for all the parks and need to make a decision about the Cherry St. Corridor. Diane will check with Thurston as a last resort in discovering the origin of this fund.

LURC: Jeff reported that Capitol Hill Housing is working with HCAACD; Vulcan will have a gate at the cut through to 24th which will be closed at night (not what LURC envisioned); Rainier and Dearborn project planned with mixed use, but cutting back on retail. City People's site: another design meeting to be held re: connecting with area down below (per SDOT). Jeff questioned the Board about CD project boundaries concerning where design review meetings will be held. The fact that the Promenade 23 meeting was held in Columbia City confused folks who are used to attending such meetings at Seattle U. Among the various choices, putting the CD south boundary at I-90 seemed most sensible in keeping the meetings more in this area.

PARKS: John Barber absent; Diane mentioned his issue: getting word out about the wading pool,

WEBSITE: Board members agreed to contract for the most part. Amy felt that more than one person should be trained on Word Press. Yousef to address with Kirsten.

STAIRWAYS: 33rd & Lane for August project. Diane suggested moving the work parties to the String of Pearls to give them a boost. Verbal assent from Board.

PROGRAMS: Judith Bentley in September; October forum on Prop I and some initiatives. Board felt that the public knew the candidates and we could concentrate on the sometimes obscure initiatives. Vulcan will come in November.

PUBLIC HEALTH & SAFETY: Tracy was not able to attend but Yousef spoke on her "Before Someone Dies" project requesting cameras in affected areas. Some concerns about cameras voiced but if neighborhood agrees on this, then it is their choice. Police on board; need City Council approval.

Newsletter deadline: August 22. Bylaw changes must be announced two months ahead of vote so will appear in Sept and October.

Frisbee: what started out as flag football became an ultimate Frisbee game to benefit the Rainier Valley Food Bank. Details to be worked out later, but in time for the September newsletter.

-Respectfully submitted by Diane Snell

LCC BOARD MEETING 9/14/16

Attending: Yousef Shulman, Yuki Igarashi, Amy Fink, Tracy Bier and Diane Snell.

TREASURY: Amy emailed the treasury report with these comments: "Regarding the attached report: please note that I haven't yet reconciled the restricted funds section to reflect the ArtWalk. Everything that's been paid out or received was recorded, but not yet sorted out between the operating and restricted funds." And other items to note: "I had another talk with Bank of America. They walked back their assertion that we'd need to submit another signature card to open a savings account. They also said that there were more options for business savings that weren't presented before, and that we may have been assigned a 'remote' personal banker in the wake of the local branch closing. So, I'll contact our banker and investigate interest bearing savings accounts for our restricted funds. Our CD has been automatically rolled into another 9-month CD at the same rate as the last one."

RESTRICTED/UNRESTRICTED FUNDS UPDATE: review postponed until debits/credits are reconciled for ArtWalk. Raffle winners that could not be reached: Yousef suggested putting the names in the newsletter.

FRISBEE COMPETITION: Amy asked about naming the teams for the newsletter; decision made on "trophy" for winning team. Amy asked Diane to call the insurance company re: any liability but we will get waivers signed for players. We may need canopies to cover food tables as no one seems to have tailgates anymore.

PARKS: John on vacation through 9/27; other vacations gathered from Board members.

MARKETING: Yuki reported on mailing to all of Leschi and what it would cost. Chris at Park Postal verified that if the Leschi newsletter qualifies for the USPS program, the cost could be as

Support your community by joining the Leschi Community Council!

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

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

LCC supports the Instrumental Music Program at Leschi Elementary

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

LCC supports the Central (Central Area Senior Center)

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low as \$0.17 to 0.24 per newsletter, and we can narrow down participants by carrier route. He estimated about 1400 homes in the area, or \$238 - 336 per month to send the newsletter to all Leschi residents (a la Madrona). I don't know what is being spent on shipping the newsletter now, but it seems like if we qualify, and if the assumptions are somewhat accurate, this is a relatively cost efficient way to spread the awareness of LCC and Leschi newsletter. Diane said that the cost for our 16-page newsletter is 24 cents a copy if we meet the number in a zip code (125). Years ago we mailed to the entire community twice a year: for our June rummage sale (we no longer do this) and the December Holiday party. It seems that the obvious time now would be the September issue, with the ArtWalk.

WEBSITE: Yousef reported that Kirsten would soon have some designs available for us to look at.

PROGRAMS: Diane said that Gwen Rench was working with her on the October forum covering Sound Transit Prop & Carbon WA in one hour, leaving time for Bylaw changes. Diane suggested reading one change at a time and then voting on that one; can take the two-signature form for any questions about non-invoice payment.

NOV. PROGRAM: Vulcan; interest in this meeting has been expressed by community members and Rev. Manaway from Tabernacle Missionary Baptist Church.

TRACY: Before Someone Dies project; waiting for appts. with City Councilmembers but hopes to hear something from the police.

NEWSLETTER: Deadline is 9/19/16 for October; suggested articles: Frisbee competition; ArtWalk

DIANE: Submitted a proposal for increased advertising rates. The rates are far lower than market rates and have been the same for the last 10-12 years. We would not increase rates until Jan. 2017, as we did not send prior notice to our current advertisers. Board agreed to these rates and suggested that once we have website ads, we offer a combo rate and a website only rate.

BOARD MEETING SPACE: Diane met with Brian Aylward at Iora. They have a community room, which they were interested in offering to a community group, and apparently, she was the only one to respond. The space has parking, is accessible and roomy enough to accommodate visitors. Our meetings have always been open to the public, but the public may not want to come to someone's house and few of our houses are accessible in this challenging topography. Board accepted this with the provision that we change our meeting time to 7-8:30, rather than start at 7:30.

-Respectfully submitted by Diane Snell

**Leschi News advertising rates:
business card, \$30; 1/4 page, \$60;
1/2 page, \$120. Contact Diane Snell
at 206.726.0923 to advertise to
your community.**

leschinews

The next Leschi News deadline is **OCTOBER 17**. 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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october 2016 | calendar

OCT 1 Leschi Natural Area work party 9-3. Lunch & tools provided. 36th & Terrace.

OCT 5 Leschi CC meeting; 7pm Central Area Senior Center, 500 30th Ave. S

OCT 8 Seattle Neighborhood Coalition 9am at The Central (Breakfast: \$14)

OCT 12 Leschi CC Executive Board Meeting, 7pm, Iora Primary Care, 306 23rd Ave. between Yesler & Jackson; driveway entrance on Main. Please note new time and new space.

OCT 13 Central Area Neighborhood District Council meeting 6pm at The Central (500 30th Ave. S)

OCT 15 Leschi vs. Madrona: Ultimate Frisbee game in Leschi Park near the tennis courts. 2pm. Tailgate party follows; sign up with Amy to bring a dish. Food Bank donations: \$10

OCT 21 Green Dolphin Street Lounge 6-9pm featuring Supa Sonic Soul Sistahs. Admission is \$20 for non-members and \$15 for lifetime members. Refreshments. No Host bar.

OCT 22 String of Pearls work party 10am-12pm. Meet your LCC Board at the Judkins St. & Lake Washington Blvd. shoreline park to complete what we started in September. Bring pruning tools!

OCT 27 EastPAC meeting 6:30pm. Chardin Hall, Seattle U. Parking off Jefferson past 12th on right.

OCT 31 Halloween Spooktacular in Leschi Park, 4-6pm

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

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