

## Sustainable Wallingford August 2008

**This month we're having a picnic! We didn't meet like serious grownups in July either but Sustainable Wallingford members pulled together for the first ever Wheelbarrow Drill Team** on July 12 as part of the SeaFair Kiddie's Parade. Great fun! About 25 of us marched with wheelbarrows, parasols, and costumes and had a great time. **See the fun at:** [www.youtube.com/watch?v=11BjJZ7ap\\_8](http://www.youtube.com/watch?v=11BjJZ7ap_8)

**Sustainable Wallingford Potluck Picnic this Saturday, August 9 at 5 p.m. at Meridian/Good Shepherd Park gazebo.** Please bring a **picnic blanket, a chair if you need one, eating utensils, food and/or drink to share.** Bring along your family and friends too! Games, croquet, face painting, bubbles, and fun.

*Why should you have dinner with a bunch of strangers?* Because we are your neighbors and we shouldn't be strangers anymore! And we all share a common goal of building a more sustainable Wallingford together. It's time to make friends with your neighbors. We'll go into the Wallingford Senior Center in the basement of the Good Shepherd Center if it rains. The next sit-down-meeting-type meeting of **Sustainable Wallingford is on Saturday, Sept 13, from 10am to noon at Mosaic Community Coffeehouse 4401 2<sup>nd</sup> Ave NE.**

[www.sustainablewallingford.us](http://www.sustainablewallingford.us)

**Tuesday August 5 are Night Out Block Parties.** Many Seattle streets (not arterials) close between 6 and 9 p.m. on Tuesday, Aug 5. These parties are a great way for neighbors to get to know each other – an important first step for organizing for emergencies [www.seattle.gov/police/nightout/northregister.htm](http://www.seattle.gov/police/nightout/northregister.htm)

**From Hiroshima to Hope Wed, August 6, 6:30 p.m.** Northwest Shore of Greenlake, south of the Bathhouse Theatre. Each year, Seattle commemorates the anniversary of the August 6, 1945 atomic bombing of Hiroshima with a Lantern Floating Ceremony honoring the victims of the bombings at Hiroshima and Nagasaki and all victims of war and violence. This annual event near Wallingford is the largest Hiroshima commemoration in the world outside of Japan. This beautiful family-oriented evening includes folding paper cranes, and performances by community artists, 6:30 pm lantern calligraphy, 7:30 pm program of musical performances and speakers, lanterns floated at dusk around 9 pm, south of the Bathhouse. More info: Bob Beveridge 206-322-0580. A variety of events around the region mark the anniversary of Hiroshima and prayers for peace. Locally, people will meet at 7 a.m. on both Aug 9 and Aug 10 at Keystone United Church of Christ, 5019 Keystone Place N, to carpool to the Ground Zero Center for Nonviolent Action in Kitsap to join in the nonviolent direct action to close the Bangor Trident submarine base, home of the largest collection of nuclear weapons in the U.S. [www.gzcenter.org](http://www.gzcenter.org).

**Wallingford CoolMom will meet Tues, Aug 12 at 7 p.m. at Mosaic** Coffeehouse 4401 2<sup>nd</sup> Ave NE. They'll have a presentation on happy, healthy kids by Sherry Jaqua from For Your Health Northwest. CoolMom organizes parents with pre-school-aged children to address climate change issues. Anne Marie 206-522-5034 [ajehle@msn.com](mailto:ajehle@msn.com) for more info. [www.coolmom.org](http://www.coolmom.org)

**SPOKESPEOPLE [www.spokespeople.us](http://www.spokespeople.us) rides to the Tilth Harvest Fair and Green Lake PCC Sat Sept 6 at 2pm.** SPOKESPEOPLE rides are designed especially for riders hesitant about riding on the road, children, and people who haven't been on their bikes for a while. Expert bike commuters are invited as well to help new bikers get a gentle introduction to riding on the road. Cascade Bicycle Club staff [www.cascade.org](http://www.cascade.org) teaches a beginners class at SPOKESPEOPLE that goes just to Meridian Park and back.

Seattle is hosting the International Walk-Bike Conference from September 2-5. [www.bikewalk.org/2008conference](http://www.bikewalk.org/2008conference) SPOKESPEOPLE will be presenting a poster at the meeting and we've invited conference participants to join us Sept 6 as we take a ride to the Tilth Harvest Fair [www.seattletilth.org](http://www.seattletilth.org) and Green Lake PCC [www.pccnaturalmarkets.com](http://www.pccnaturalmarkets.com).

**Seattle Tilth Harvest Fair Sept 6 10-5** Local organic food, and family celebration [www.seattletilth.org](http://www.seattletilth.org) Meridian Park. Meet backyard chickens & mini dairy goats, shop for fresh local organic produce and products, enjoy live music, partake in the family square dance & much more!

**Growing Food Growing Community** had a second successful garden walk and potluck on July 22. About 25 people visited vegetable gardens south of 40<sup>th</sup>. Contact Abby at 206-930-8765 [abbyklingbeil@yahoo.com](mailto:abbyklingbeil@yahoo.com) if you want to go to future gatherings. See pictures from the walk at: [www.growingfoodgrowingcommunity.org/July08walk.aspx](http://www.growingfoodgrowingcommunity.org/July08walk.aspx)

**Sustainable Wallingford Emergency Preparations Guild** held a neighborhood-wide organizing meeting on July 30. About 25 folks gathered at the Wallingford Senior Center to share ideas with Mark Howard from the Seattle Office of Emergency Preparation. More events helping you prepare yourself, your family, your block and your neighborhood will be held soon. Contact Mary Heim [maryheim@insightgis.com](mailto:maryheim@insightgis.com) to get more information. City events and classes available at: [www.seattle.gov/emergency/news/calendar.htm](http://www.seattle.gov/emergency/news/calendar.htm) and [www.seattleredcross.org](http://www.seattleredcross.org) The EP Guild recommends these emergency checklists: [www.getemergencyprepared.com](http://www.getemergencyprepared.com), [www.seattle.gov/emergency](http://www.seattle.gov/emergency), [http://emd.wa.gov/myn/myn\\_why.shtml](http://emd.wa.gov/myn/myn_why.shtml)

**Simplicity Evenings – Less is more: Creating a culture of simplicity. Every Monday evening from 7:30-9** in the conference room of St. John United Lutheran Church 55th and Phinney (Across from zoo west entrance). Led by our neighbors in Phinney Ecovillage, contact Cecile Andrews, [cecile@cecileandrews.com](mailto:cecile@cecileandrews.com), 206 783 1152 <http://www.cecileandrews.com> <http://www.phinneyecovillage.net>

**Wallingford Art Walks** on the first Wednesday of the month, from 6pm-9pm. [www.wallingford.org](http://www.wallingford.org) Walk your socks off for art. Shuttle provided by the Wallingford Community Senior Center for non-walkers. Or bike!

**19 member groups of SCALLOPS (Sustainable Communities ALL Over Puget Sound) met on August 3** at the Port Gamble Great Peninsula Future Festival, including members of Sustainable Wallingford, West Seattle, Ballard, South Seattle, Northeast Seattle, and Phinney Ridge. It is wonderful to meet other communities and people engaged in similar sustainable community building projects, and informative to share insights unique to less urban towns such as Bremerton, Edmonds, Burien, Whidbey, and Port Orchard. After some serious discussions, we got down to some serious fun and games. Learn more about SCALLOPS at [www.scallopswa.org](http://www.scallopswa.org)

**Climate Dialogs** Climate Dialogs [www.climatedialogs.org](http://www.climatedialogs.org) leads many discussion groups around the city and you can join one in Wallingford. Climate Dialogs members have been attending Sustainable Wallingford meetings to update us on recent regional, state, and national climate legislation. Local groups provide a valuable service educating elected officials and people like us who are working at the grassroots level about what is the most important issue facing our civilization. Contact Arvia Morris [morris358@zipcon.com](mailto:morris358@zipcon.com) or [www.climatedialogs.org](http://www.climatedialogs.org)

**Community Kitchen** The Wallingford Senior Center [www.wallingfordseniors.org](http://www.wallingfordseniors.org) is starting a community kitchen. There are over 500 community kitchens in British Columbia, and the idea is just starting up in this area. See <http://tiny.cc/GDxiX>. Community kitchens save energy, money, teach nutrition and cooking skills and are a great way to build community. Community food preparation can be built around seasonal food, low carbon cooking, ethnic cooking skills, good nutrition, cooking for special needs. The possibilities are almost endless when 15 people cook together! Contact Kathleen Crompt [info@wallingfordseniors.org](mailto:info@wallingfordseniors.org) or 206-461-7825 to help plan.

**Abundant Yards** [www.abundantyards.org](http://www.abundantyards.org) is a Wallingford group that matches condo and apartment dwellers with property owners interested in having food instead of lawns.

**Wallingford Community Center** A community center has been a goal of Wallingford community members for many years. Sustainable Wallingford member Mike Ruby has assembled a coalition of many Wallingford groups to begin planning this fall for a community center. Contact Mike to get involved [mruby@envirometrics.com](mailto:mruby@envirometrics.com)

**Northwest Earth Institute** [www.nwei.org](http://www.nwei.org) offers a series of really accessible discussion courses in Global Warming, Sustainable Living, Voluntary Simplicity, Healthy Children, Deep Ecology, a Sense of Place, and Food and Sustainability. You can build great relationships with neighbors interested in similar issues and learn

by studying together over several weeks or months. Please contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) if you'd like to gather in a study group on Food and Sustainability called Menu for the Future.

**Meridian Park P-patch hosts a community food-bank work party and celebration every Monday night.** Community members are invited help out at the P-patch or to donate their extra produce on Monday evenings to be taken to the Solid Ground food bank on Tuesday morning.

Visit the **Wallingford Farmer's Market, Wed. 3 to 7 p.m.** through Sept 24 [www.fremontmarket.com/wallingford/](http://www.fremontmarket.com/wallingford/)

**Aug 5 6:45 Community Fruit tree harvest class** Gail Savina [gails@solid-ground.org](mailto:gails@solid-ground.org) 206-694-6746. [www.solidground.org/Programs/Nutrition/Lettuce/Pages/TheCommunityFruitTreeHarvest2007.aspx](http://www.solidground.org/Programs/Nutrition/Lettuce/Pages/TheCommunityFruitTreeHarvest2007.aspx)

**Wallingford Senior Center Spaghetti Dinner Tues Aug 12 and Pancake Breakfast Sunday Aug 24**  
[www.wallingfordseniors.org](http://www.wallingfordseniors.org)

**Wallingford Meaningful Movies** [www.meaningfulmovies.org](http://www.meaningfulmovies.org) held weekly Friday at 7pm. Starting back up after summer vacation on Sept 5 at Keystone Church, 5019 Keystone Place N.

**Sustainable Ballard Festival Sept 27-28** Make sure to visit the fifth annual fair! [www.sustainableballard.org](http://www.sustainableballard.org)

**Wallingford Home Tour October 5** [www.wallingford.org](http://www.wallingford.org) Bike or walk the tour!

### **What is Sustainable Wallingford?**

- We are a group of neighbors and friends of Wallingford who meet every month to educate, participate, and celebrate. We educate ourselves and each other about the small and large steps we need to take to have whole and meaningful lives using the resources the planet is able to contribute to our well-being.
- We participate with each other in guilds and activities that improve our neighborhood one step at a time including:
  - Growing Food Growing Community, Emergency Preparation, Wallingford Walks, and Spokespeople bike rides. We celebrate events as diverse as community potlucks, neighborhood walking tours, yoga in the park classes, and summer festivals.
- **We are a wheelbarrow organization**—holding and moving forward ideas that are bubbling up in the community about how to live on our one planet with joy and grace. We will work to support the sustainable goals and aspirations of all of the wonderful people and institutions that build Wallingford community. Call (206) 547-9569, [www.sustainablewallingford.us](http://www.sustainablewallingford.us) or contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) for information. Join us!

**The next Sustainable Wallingford meeting is on Saturday Sept 13, 10 to noon** Mosaic Community Coffee House 4401 2nd Ave NE. we have a picnic this Saturday, August 9, from 5pm at Meridian/Good Shepherd gazebo. In the Wallingford Senior Center in the basement of the Good Shepherd Center in case of rain.

All Sustainable Wallingford meeting summaries are at [www.sustainablewallingford.us](http://www.sustainablewallingford.us) Contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) 547-9569 for additional information. Thank you!