

## Meeting Summary for Sustainable Wallingford Meeting #3

January 5, 2008

Next meeting Saturday, Feb 9 from 10 to noon at Mosaic Community Coffee House 4401 2nd Ave NE  
(Please remember that Feb 9 is the same day as our presidential caucuses. They start at 1 p.m.)

Contact: 206-547-9569 [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) Meeting summaries posted for now at [www.seattledirt.com](http://www.seattledirt.com)

The third meeting of Sustainable Wallingford was a treat – 20 bright people discussing everything from what to do with your surplus chicken burgers and styrofoam, to Wallingford demographics, to a lovely bit of yoga and much more. My husband David said the meeting reminded him of the 1960s except with more pragmatic people.

Most of the people who came to the November meeting returned, as well as some new folks including:

- **Bob Baines**, Seattle Parks crew chief with expertise in urban landscape restoration for wildlife corridors
- **David Notkin**, a professor at UW interested in community building
- **Emily Nuchols**, a recent college graduate interested in Green Schools, and adult and youth literacy. Emily works for Save Our Wild Salmon
- **Genevieve Vayda**, a long time South Wallingford land use activist, architect and urban planner
- **Jun Akutsu**, who works for a noetic transformational group [www.noetic.org](http://www.noetic.org)
- **Karen Leutjen**, Executive Director of Seattle Tilth, a Wallingford-based regional organization that inspires and educates people to garden organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community
- **Mary Hein**, a GIS professional, P-patch gardener, and volunteer in a number of capacities in Wallingford groups including secretary for the Wallingford Community Council
- **Michael Kucher**, an Interdisciplinary Arts and Sciences professor at UW Tacoma
- **Michael Smith**, who is involved in helping to organize tree fruit harvests for Solid Ground
- **Michelle Bates-Benetua**, Lettuce Link Coordinator and Hunger Resource Center activist for Solid Ground, a Wallingford-based regional social service agency

There is a great photo and article about Sustainable Wallingford in the Jan 4 North Seattle Herald Outlook [www.pacificpublishingcompany.com/site/tab8.cfm?newsid=19167098&BRD=855&PAG=461&dept\\_id=616810&rft=6a](http://www.pacificpublishingcompany.com/site/tab8.cfm?newsid=19167098&BRD=855&PAG=461&dept_id=616810&rft=6a)

### What is Sustainable Wallingford? *I wrote this for this month's Wallingford Community Council newsletter.*

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. Some guilds we are starting include “Feeding our neighbors”, “Home energy”, “*Passaggiata*”, and “Spokespeople”.
- We will 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 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 the Wallingford community.

We meet every second Saturday from 10 to noon at Mosaic Community Coffee House 4401 2<sup>nd</sup> Ave NE. The next meeting is February 9. Call (206) 547-9569 or contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) for information. Join us!

### Discussions at the Jan 5 meeting

**Seattle Tilth** <http://seattletilth.org/> plans a garden redevelopment that will address the children's garden, a covered area, and a possible outdoor kitchen. Tilth Director Karen Leutjen invites the neighborhood to participate in two events. The 30<sup>th</sup> anniversary reunion, potluck, and annual meeting on January 24 in the Good Shepherd Center Chapel and the Tilth Garden Planning Open House January 17<sup>th</sup> 7 to 9 p.m. in Good Shepherd Rm 140.

There was discussion about food waste composting in multi-family housing that will soon be done citywide.

Michelle presented **Lettuce Link's** [www.solid-ground.org/](http://www.solid-ground.org/) programs of providing fresh organic produce and gardening info for low income people. She said the Community Fruit Tree Harvest [www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/default.aspx](http://www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/default.aspx)

had grown from gleaned 400 pounds of fresh fruit in 2005 to 10,000

pounds of fruit in 2007 and asked for our creative ideas to increase fresh organic produce for vulnerable populations.

Our group asked whether Tilth or Lettuce Link could offer workshops or advice about starts and seeds for food banks, tree stewardship, parking strips, apple maggots. Are there local businesses or buildings associated land that could be planted for food banks? We might want to find an existing list of Wallingford street trees. Abby Klingbeil told a story about a parking strip planted with raspberries that had a sign, “please feel free to pick from this row.” Once the patch had developed, the gardener offered up even more rows for community picking. We thought Sustainable Wallingford could have signs for parking strip gardeners about what crops they wanted to share.

A lively discussion ensued about parking strips, planting for food banks and wildlife corridors, using gardens as stopping points in the planned *Passegiata*, (*Passegiata* is the walking map and weekly community stroll Rick Turner is helping us to plan – in addition to gardens, the *Passegiata* walks might highlight artists, and community sites of interest). A group, led by Abby Klingbeil, is forming around gardening called “**Feeding Your Neighbors.**” The group also decided at this point that Sustainable Wallingford should be a “wheelbarrow organization” rather than an “umbrella organization” since our goal is to hold ideas and move ideas forward.

**Fish and Movies.** February 15<sup>th</sup> is the 5<sup>th</sup> anniversary of Friday night Wallingford Meaningful Movies. Congratulations! [www.meaningfulmovies.org/](http://www.meaningfulmovies.org/) On Friday Feb 1, Wallingford Meaningful Movies will team up with Emily Nuchols and Save Our Wild Salmon [www.wildsalmon.org/](http://www.wildsalmon.org/) and show Net Loss: the Storm over Salmon Farming with discussion after the movie with the filmmakers and people involved in the fishing industry. The day after the movie, at noon Saturday February 2, starting at 4216 1<sup>st</sup> Ave NE, people involved with Save Our Wild Salmon will don seven salmon suits and invite the public to walk (or run like a salmon run) down to the locks to highlight the distress of our salmon.

**Green Schools.** Cathy Tuttle (that’s me) is working with Washington State Green Schools and the Seattle Green School Network to incorporate green planning ideas into John Stanford International School. Washington State Green Schools are funded by utility companies and so emphasize pollution prevention and resource conservation. Cathy is interested in expanding the definition of Green Schools to include community health and social equity issues. More to come.

**Wallingford Senior Center possible closure.** After discussing the possible closure at the meeting and how the senior center could be transformed into a community center for the entire community, Mike Ruby followed up with this note: the Wallingford Community Senior Center is in desperate straits because of mounting debts. The fundamental problem is three fold, 1) a lack of significant funding from the City or County because Wallingford is seen as too wealthy an area to merit subsidies, 2) a very high rent (but, unfortunately, a realistic unsubsidized rate for this area) for a Senior Center, 3) too small to enjoy the economies of scale that would make it cost-effective. The recent closure of the more than 50-year old Hamilton House, the unsubsidized Senior Center in the University District, for all these same reasons went unnoticed and unmourned by the City. Secondly, a recent study of the locations of Seattle Department of Parks and Recreation community center buildings shows that the distance between centers is much greater for the Wallingford-Fremont areas and its surrounding community centers than for any other pairs of neighborhoods in Seattle. Again, city folks tell us Wallingford-Fremont just doesn't need a community center because we can afford to purchase those services ourselves or travel to Laurelhurst, Greenlake Ravenna-Bryant, Queen Anne or Ballard. What this all ignores is 1) the community building nature of a community center and its activities and 2) the nature of the elderly population of Wallingford-U District, which often bought into this area when it was a blue collar neighborhood and thus not really as wealthy as our current yuppie status suggests to government agencies. The solution suggested by some is a significant expansion of the services of the Senior Center into a complete community center. The Phinney Neighborhood Center is taken as an example of what could be accomplished. Basically, grow it into a large enough operation that it benefits a broad range of ages in the neighborhood and can economically support the staff needed to make it function. The Senior Center has put together a committee to examine what can and should be done in order for the center to survive. It will have a first meeting the evening of January 16. If anyone would be interested in serving on this committee or otherwise helping with this rescue effort they should contact Kathleen Crompt at the Senior Center to volunteer: [kcrompt@wallingfordseniors.org](mailto:kcrompt@wallingfordseniors.org). Alternatively, you might want to go to the monthly spaghetti supper the Senior Center runs as a fund-raiser this Tuesday (January 8) evening from 4:30 to 7 pm. Adults \$4 Children \$2. You can't find a cheaper night out for the kids - or better spaghetti - anywhere else in the neighborhood. You can probably find someone to talk to about the center then. Finally, there will be a membership meeting of the Senior Center on February 6 to make some decisions about the way forward.

**Green Yoga.** Sarah Kuck offered a lovely yoga interlude during the meeting. She plans to organize some free yoga in the park classes this summer (payment is a food bank donation). This is the meditation Sarah led us through: In a comfortable seat, bring your attention to your breath. Inhale, your chest lifts; exhale, your chest slowly lowers. Your heartbeat is slowing down, and your mind is becoming still as you inhale and exhale. We are what we think. All that we are arises with our thoughts. With our thoughts we make the world. Speak or act with a pure mind and happiness will follow you, as your shadow, unshakable. In Sanskrit, Attha means now and Shanti means peace. On your inhale, softly say to yourself Attha, now, on the exhale, and Shanti, peace. Attha, Shanti. As you bring peace to yourself, imagine bringing this sense of peace you feel to your neighbor sitting next to you, imagine bringing this sense of peace to the people outside this room and to all people all over the world. Imagine this sense of peace as bright light shining from within. See this light as equal within you and all people. The light within me recognizes and greets the light within you, Namaste.

**Spokespeople** will have its first ride on March 1, starting at 2PM from Wallingford Playfield. Read more about Spokespeople at [www.coolmom.org/actionoftheweek/spokespeople.html](http://www.coolmom.org/actionoftheweek/spokespeople.html) and [www.spokespeople.us](http://www.spokespeople.us)

**Wallingford Demographic** study was presented at the meeting and is available in its entirety at: <http://chamber.iactivesite.com/page.aspx?pageid=775>

**Disaster preparedness classes** are being offered by the City, all classes at Sand Point Magnusson. The classes are not on the City's website (which makes me wonder about how prepared the City is) and they fill up quickly. Classes include "Disaster First Aid", "Light Search & Rescue" and "Fire Extinguisher and Utility Control". Register with Seattle Office of Emergency Management 206-233-7123 [snap@seattle.gov](mailto:snap@seattle.gov) Fire Extinguisher: April 26 9:00 — 11 AM or 12:00—2:00 PM; Disaster first aid: Saturday, February 9th, 2008 or Saturday, April 12, 2008 or Saturday, June 7, 2008 Time: 8:30am-5pm (8 hour training plus 1/2 hour lunch); Light Search & Rescue March 15 or May 3 from 8:30-3.

**Several Craigslist type lists** have recently started offering free stuff including, among other oddities, unwanted chickenburgers. One is [www.freecycle.org/](http://www.freecycle.org/) and a newer local one is [www.ourlendinglibrary.com](http://www.ourlendinglibrary.com) \with books, movies, tools and dogs needing walks that people have offered to share free of cost: <http://apps.facebook.com/lendinglibrary/?page=showAll> Several Sustainable Wallingford members asked the more technically adept members to offer a laptop skills class to learn more about these and other social networking sites.

**Arts and Land Use guilds.** Genevieve Vayda is interested in bringing artists into Sustainable Wallingford and also would like to head up a land use committee. We can discuss both of these great ideas at our next meeting.

**Styrofoam recycling.** Sherry Reynolds said she had received a couple of gifts for Christmas that came with white packing sheets (like around a computer monitor) and discovered that you can't recycle this material at all in Washington. The group talked about maybe uses for the material – homeless housing, insulation, road-building material, and making a giant float of the material to pull through the Fremont Solstice parade to leave at the transfer station. We thought the UW Design/Build class could help with construction. Here is what Sherry heard back from Tom Watson who works for King County and is the host for the Ecoconsumer web site. We might want to reach out to them as well going forward with a built project. Thanks for your message (and for your comment to my EcoConsumer blog about junk mail). I agree, the lack of recycling options for EPS (polystyrene blocks used for packaging) is a problem. Even though this material is technically recyclable, there are currently no viable markets for it anywhere in Washington state that we know of. There have been one or two markets for this material in Oregon in recent years, but when I checked a few months ago even those markets were glutted, and the few collection programs down there were stockpiling it. I appreciate you sending that link about the new program to collect this material in Roseville, CA, near Sacramento. Apparently they have stable markets for this material down there. At King County Solid Waste Division, we have been looking into this problem (the lack of recycling options for polystyrene blocks), and we do have some hope. A local non-profit has expressed interest in setting up a processing and collection program, and King County may provide development funding for that program or something similar, if it appears viable. We will also try to work with other government agencies to put pressure on the industry to resolve this problem. It is a product stewardship issue, and we believe that the manufacturers and users of this packaging material should ultimately be responsible for providing recycling options for it. Thanks again for writing, and please let me know if you have any more comments or questions. We appreciate your efforts with the sustainability group in Wallingford. Tom Watson King County Solid Waste Division - EcoConsumer columnist for the Seattle Times [www.KCecoconsumer.com](http://www.KCecoconsumer.com) 206-296-4481

**Events:** UW will have an all-day teach-in on January 31 with dozens of local groups including Sustainable Ballard and Spokespeople at **Focus the Nation** <http://depts.washington.edu/uwfocus/>

Rick Turner will work with interested Sustainable Wallingford members to form a **Home Energy Guild**

**Finally this note from UK Sustainable Wallingford** I was amazed to find the other day that the name "Sustainable Wallingford" is shared by both yourselves and us here in England. You can read all about us at [www.sustainablewallingford.org](http://www.sustainablewallingford.org). I'm not sure whether we might somehow be able to exploit our common name and (I presume) interests to our mutual benefit, but I'm sure we'd be willing to do so if you have any ideas. I used to visit your beautiful area (actually Microsoft at Redmond) before I retired. Whatever else happens, good luck with your venture! Chris Cussens Sustainable Wallingford (UK) webmaster, Mokes Corner Berrick Salome WALLINGFORD OX10 6JR Tel: 01865 891197

**Next Meeting Sat Feb 9 from 10 to 12 at Mosaic Coffee House 4401 2<sup>nd</sup> Ave NE** [www.mosaiccoffeehouse.org/](http://www.mosaiccoffeehouse.org/)

Mosaic is a wonderful community resource and a great place for neighbors to be. There is a meeting room and young child playroom as well as books and games to keep various people who might accompany you to a meeting occupied if they find sitting still during a meeting challenging.

Sustainable Wallingford meeting summaries are available at [www.seattledirt.com](http://www.seattledirt.com), a community-based forum for Seattle environmental news. Go to Forum and click on Sustainable Wallingford, the last forum on the page. Contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) 547-9569 for additional information about Sustainable Wallingford. Thank you!