

Hello Sustainable Wallingforders,

We are gathering next Saturday, Dec 13 from 10-12 at www.MosaicCoffeeHouse.org. Actually we're gathering a few times before Saturday, but you're busy people, so you'll need to choose. Some of you know I've got two kids, son Akiva who is 11, and Emma who is 16. Akiva is a student of Japanese at John Stanford International School. Emma is a senior at Ingraham High School, currently schooling at home and coping with cancer (see www.caringbridge.org/visit/emmanotkin for updates). I am like you. I must pick and choose very carefully how to spend my time and energy. Yes Virginia, I do believe in climate change and economic meltdown, but I also believe in a positive future that begins with knowing and loving you, my neighbors.

What makes www.SustainableWallingford.us different than the social networking clubs of our parent's generation, and indeed what makes all of the fledgling groups in www.ScallopsWA.org (Sustainable Communities ALL Over Puget Sound) different from other places you might choose to spend your time with is that we are very local, active, and joyful, and we are doing our very best to live within the resources our planet has provided for us. Sustainable Wallingford is a wheelbarrow organization—holding and moving forward ideas bubbling up in the community about how to live on one planet with joy and grace.

I've written a long message below. There is a lot going on because there is a lot of hope.

- First, I want to let you know about what's happening in Sustainable Wallingford in the next week.
- Then, I want you to meet [some of our newest members](#). They are your awesome neighbors.
- Following the info about your neighbors, I divided the remainder of the message up into five categories – so you can jump to area in what interests you most: [FOOD AND GARDENS](#), [CLIMATE CHANGE](#), [ARTS](#), [COMMUNITY AND SPIRIT](#), [EDUCATION AND LEARNING](#), and [WALLINGFORD TRANSPORTATION AND LAND USE](#).

WHAT IS HAPPENING THIS WEEK AROUND SUSTAINABLE WALLINGFORD?

By definition, our events are in places you can easily bike or walk to, places where you can meet and get to know your neighbors.

Dec 9 Tuesday 7 p.m. Climate Dialogs focused political action. www.ClimateDialogs.org at www.MosaicCoffeeHouse.org.

Dec 9 Tuesday 6:30-8pm Gardeners and global warming. www.nwf.org/gardenersguide Woodland Park Zoo ARC www.zoo.org

Dec 11 Thursday 6:30-8 Green holiday carol practice at 4412 Corliss Ave N. Cathy 206-547-9569 Cocoa and cookies. This is the first meeting of the Great Wallingford Musical Society. Musicians and singers of all ages and ability welcome! What rhymes with snowflake? Music at www.sustainablewallingford.us/GreenChristmas.pdf

Dec 12 Friday 7 p.m. Wallingford www.MeaningfulMovies.org

Dec 13 Saturday. Meet 10 to noon with all Sustainable Wallingford members at Mosaic 4401 2nd Ave NE.

Dec 13 Saturday SCALLOPS lunch. 12:30-2:30. Good Shepherd Senior Center Lower Level dining room www.WallingfordSeniors.org. We've invited all 15 SCALLOPS groups from Seattle to a potluck lunch. You're invited too, but only if you RSVP!

Dec 13 Saturday Wear green and bring a candle you can carry. Meet at 6:30 in front of the community center for the Green Lake Luminaria walk and carol singing <http://tiny.cc/OCl4V> RSVP 206-713-6269

NEW MEMBERS AT OUR LAST TWO MEETINGS (let me know if I missed you or if I got your info wrong!)

You can meet another 50 or so Sustainable Wallingford members at www.sustainablewallingford.us/WHOSW.pdf

Ann Marie Jehle is mom of an active pre-schooler, Ann Marie has taken on organizing the www.CoolMom.org Wallingford group. Ann Marie cares about building community while using less stuff.

Arvia Morris co-founded the www.ClimateDialogs.org group in Wallingford. She is a scientist and mom to a young bicycling enthusiast with www.Spokespeople.us at www.MeridianSchool.edu.

Barbara Burrill was recently a green team member at Alaska Airlines. Barbara worked with our responsible electronics recycler www.InterConnection.org on an Earth Day event. Since she grew up on an orchard, she's got deep roots in gardening and volunteers in Parks invasive removal. Barbara's child is at www.JSISweb.org.

Bharti Kirchner is an expert gardener. She harvests enough in her double lot to feed family, friends, and food bankers.

Charlie Cunniff is a community activist and is now part of the Mayor's Office of Sustainability and Environment.

Cheri Gale is a medical professional, dedicated mom, and activist with Wallingford Community Council. www.Wallingford.org.

Dick Spady founded Dick's Drive-In's www.ddir.com in 1954 and recently moved back to his original home in Wallingford. Last year, Dick and his sons started the democracy-building King County Community Forums www.countywidecommunityforums.org. Dick is clearly ready to become active in his new community.

Jake Weber is director of www.FamilyWorksSeattle.org, Wallingford's food bank and family resource center.

Jason Moll recently moved to Seattle to work for a green architecture and planning firm and is also recently laid off. He's a hiker, biker, and a new member of on the Wallingford Community Council Board. Jason is a Community Group Leader at www.marshillchurch.org.

Lori Michetti is a new resident and retired teacher. She's interested in gardening, communities, and biking.

Paul Haas is the development director of Wallingford's amazing social service agency www.Solid-Ground.org. His passion is in ending hunger and inequity.

Sidney Collins is an urban gardener who dropped in from Sustainable NE Seattle.

FOOD AND GARDENS [\(back to top\)](#)

Raise \$44 or 44 cans of food over the 44 days leading up to the inauguration of our 44th President!

FamilyWorks Food Bank www.familyworksseattle.org, like all food banks, is experiencing a sharp increase in the number of people needing food and a decrease in the amount of food we have to give. We believe in the power of community activism that is promoted by President Elect Barack Obama, and have faith that we CAN meet this need if we all participate. Here at FamilyWorks Food Bank our visits are up 30-50%. Friends, neighbors, and those that already have little are experiencing hard times. You CAN ease this hunger. The Drive begins on December 8 and ends on January 20th, 2009.

Gardners and global warming: Hear from experts about the impacts of global warming on the environment. Tuesday, December 9 6:30 pm. Real solutions for how gardening can protect plants and animals. Network with other like-minded gardeners and plant enthusiasts. Tips to strengthen and beautify your community. "Become a Trainer" session after the lecture. Lecture: 6:30 – 8:00 pm; Become a Trainer: 8:00 – 9:00 pm (optional) Location: Activities and Resource Center, Woodland Park Zoo Activities and Resource Center, Woodland Park Zoo Class materials at www.nwf.org/gardenersguide

At November's Sustainable Wallingford gathering there was a critical mass of people interested in vegetable starts and fruit trees. We need more help with the www.solid-ground.org Community Fruit Tree harvest in late summer and fall, help both organizing and picking. And we need help in the next few months pruning and assessing productive neighborhood trees. At the November meeting there were several expert orchardists, and people who offered greenhouses for plant starts, and just lots of good energy about processing and sharing our abundant healthy food. Friends of Fruit Trees may end up being the next Sustainable Wallingford group.

Willi at www.SeattleTilth.org www.omnivoracious.com/2008/11/the-best-of-wil.html has a profile of Willi Galloway, a member of the Board of Directors of Wallingford's [Seattle Tilth](http://www.SeattleTilth.org), a non-profit offering new gardeners classes on everything from composting to raising chickens in the city. Willi is the West Coast Editor of *Organic Gardening* magazine and Garden Expert on www.eHow.com, Willi's also a weekly guest on a [local NPR affiliate's gardening show](#), as well as a Master Gardener.

Our food group www.GrowingFoodGrowingCommunity.org (GFGC) can't grow much food in the winter, but its ideas are sprouting fast! Last month, a young farmer, Brad Halm, from the Seattle Urban Farm Co. spoke about soil, chickens, planning for spring, winter gardens, garden consultations and veggie garden installations. Keep your ideas growing! Abby Klingbeil organizes GFGC abbyklingbeil@yahoo.com Seattle Urban Farm Co.: www.seattleurbanfarmco.com

www.GrowingFoodGrowingCommunity.org, www.AbundantYards.org, www.SeattleTilth.org, and www.Solid-Ground.org, and www.WallingfordSeniors.org and www.FamilyWorksSeattle.org are Wallingford groups dedicated to improving food security in our neighborhood.

We need a food wheel for Puget Sound. The new local food wheel for the Bay Area. www.chelseagreen.com/bookstore/item/the_local_foods_wheel_san_francisco_bay_area:10-copy%20prepack

What a great resource we have in Tilth! Wallingford gardeners can learn organic vegetable gardening at one of the leading institutions in the nation. Tilth classes and events are for all of us. Mark your calendar now for the Edible Plant Sale May 2-3 and the Harvest Fair Sept 5-6 (our country fairs in the city) www.SeattleTilth.org

The WHO Farm? www.thewhofarm.org/ The White House Organic Farm project.

CLIMATE CHANGE ([back to top](#))

Join Climate Dialogs Dec 9 Tuesday 7 p.m. at Mosaic for focused political action. www.ClimateDialogs.org at www.MosaicCoffeeHouse.org. Wallingford Climate Dialogs works to influence regional and national climate legislation. Contact Arvia morris358@zipcon.com Arvia and other Climate Dialog members will try to influence State Environmental Priorities. Frank Chopp, the Speaker of the House of the Washington State legislature is giving a legislative preview December 14th 9135 15th Place South IAM Hall (this is early enough in the process to have some impact) . This would be a great time to ask him about Environmental Priorities for Washington State, see this link for a list of pending legislation. www.environmentalpriorities.org
Some of Wallingford Climate Dialogs recommended links:

REGIONAL:

www.psp.wa.gov/downloads/ACTION_AGENDA_2008/Action_Agenda.pdf Puget Sound Action Agenda

www.ecy.wa.gov/climatechange/2008CATdocs/ltw_app_v2.pdf--Climate change Action Agenda.

www.1skywashington.org/--1 Sky Washington web site--handy for updates on Washington state issues

NATIONAL:

President-elect Obama's energy program <http://change.gov/agenda/energyenvironment/>

Video "HEAT" from Frontline is an excellent overview on how energy has traditionally been produced in the US and what stands in the way of changing the way we do business. www.pbs.org/wgbh/pages/frontline/heat/.

Sustainable survey UK/USA results are in! The results at www.sustainablewallingford.org/Q/results show our two communities seem to have pretty similar views -- it is very encouraging! Our friends in Sustainable Wallingford (UK) contacted us in September, to see if we could ask our townspeople the same questions at the same time. We wanted to see if we had similar interests, knowledge, and concerns in both countries. Wallingford, UK (www.SustainableWallingford.org) is a small town of about 10,000 people, located 47 miles (75 km) west of London. Wallingford, USA (www.SustainableWallingford.us) is a neighborhood of around 20,000 people, located 4 miles (6 km) north of Seattle.

SWEET Plan for Sustainable Energy Efficiency. Last month we wrote a first draft of a neighborhood energy plan. The Sustainable Wallingford Energy Efficiency Plan (the SWEET Plan) is a work in progress. You can help with the plan or its implementation! www.sustainablewallingford.us/WallingfordEnergyPlan.pdf

Street trees on Corliss/Sunnyside. Nancy Merrill, a volunteer tree steward, has been systematically planting the neighborhood (in cooperation with City donations and crews from SDOT and DON), one north-south corridor at a time. This year the Sunnyside/Corliss corridor was planted and Nancy gave a walking tour at a Sustainable Wallingford Walks event in October of recently planted trees (as well as some teenaged trees -- Nancy has been in the tree planting mode for a long time).

Carbon Salon. A Wallingford is developing a brilliant carbon reduction mentoring program that will be available in the spring. Several Sustainable Wallingford folks are getting trained as mentors. Learn more at www.CarbonSalon.org

www.b-sustainable.org/ is a new local tool for making sustainable choices with Sustainable Seattle guidance The City of Seattle Carbon Tool just got released for your use and should be up on our site as soon as I figure out how to post it. Check the top of www.sustainablewallingford.us Dec 13.

CoolMom is modeling good climate habits for the next generation. Green parenting. Sharing tips through schools. Recycled gifts and the material impact of gifting (shipping, wrapping, consumption as in www.storyofstuff.org). Contact www.coolmom.org or CoolMom Wallingford coordinator Ann Marie Jehle for upcoming events: ajehle @msn.com 206-522-5034

ARTS, ORGANIZING AND SPIRITUAL WALLINGFORD (back to top)

Wear green and bring a candle you can carry. Dec 13 Saturday meet at 6:30 in front of the Community Center/Evans Pool for the Green Lake Luminaria walk and carol singing <http://tiny.cc/OCI4V> RSVP 206-713-6269. Music at www.sustainablewallingford.us/GreenChristmas.pdf including such favorites as:

Oh Composting (Oh Christmas Tree)

(chorus) Oh composting, oh composting, we gather leaves and plant stocks (x2).

We put you in a pile and turn. And keep you warm and moist and firm.

(chorus) We might add worms or coffee grounds. Eggshells or seaweed to the mound.

(chorus) Oh composting, oh composting, we gather leaves and plant stocks (x2)

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Dec 13 Saturday SCALLOPS lunch. 12:30-2:30. Good Shepherd Senior Center Lower Level dining room www.WallingfordSeniors.org. We've invited all 15 SCALLOPS groups from Seattle to a potluck lunch. You're invited too, but only if you RSVP! www.evite.com/pages/invite/viewInvite.jsp?inviteId=WXNMQGMTZXLBOECORRSK&li=iq&src=email

Dervishes at South Lake Union (easy bike) Dec 17, the birthday of Rumi www.brownpapertickets.com/event/43693

Greendrinks on Tuesday, January 13, 5:30 pm - 9:00 pm Network and have fun with www.seattlegreendrinks.org abbyklingbeil@yahoo.com could use help planning for this event.

Community Preparations grant of \$7000! Three groups – Queen Anne/Magnolia, West Seattle, and Wallingford – were each awarded \$7,000 from the City Council to purchase the supplies to create communication hubs and the "material" to supply them. Planning for Community Preparations in Wallingford have been spearheaded by Mary Heim, representing both Sustainable Wallingford and the Wallingford Community Council. There will be a meeting early in the first quarter of 2009 with Mark Howard of the Office of Emergency Management. Mary holds monthly meetings of people who are responsible for their blocks, businesses or non-profits to address community level planning. Contact MaryHeim@insightgis.com if you want to be part of this effort.

Our Green Lake neighbors held their first meeting! On Dec 2 www.SustainableGreenLake.com kicked off with a documentary about the economy called *The money fix* www.themoneyfix.org/index.php North end Wallingford residents may want to link up with our nearby neighbors sometimes and bridge the neighborhoods. Pennie O'Grady is one of the group's organizers [pennielink @ mac.com](mailto:pennielink@mac.com)

www.MeaningfulMovies.org shows films and hosts lively discussions every Friday night at 7 p.m. at Keystone Congregational Church 5019 Keystone Place N. (they are taking a break for some of December).

Wallingford has a \$15,000 Department of Neighborhoods grant to help plan our Community Center. Planning will start with theme-based focus groups in January. You can contact Chris Mackenzie at [chris @ nuancestonetworks.com](mailto:chris@nuancestonetworks.com) or Mike Ruby at [mruby @ envirometrics.com](mailto:mruby@envirometrics.com) to participate.

Indra's Rainbow, an IONS Community Group, has several Sustainable Wallingford members. This IONS meeting is way out of the neighborhood, at the Shoreline Library at 345 NE 175th St, on Tuesday, December 16 from 6:30-8:30. They'll be gathering around the ideas of Light, Peace and Music: an Exchange of Inner Gifts. If you are attending, please reply to: info@indrasrainbow.org (and maybe ask about carpool!)

www.indrasrainbow.org www.noetic.org and www.shiftinaction.com

Mosaic Community Coffee Shop rocks! Seattle Times columnist Jerry Large thought so to in last month's feature article that begins... Our economic culture is going to change. No one knows just yet how we will rebuild our economic lives, but I'm betting the aptly named Mosaic...

http://seattletimes.nwsourc.com/html/jerrylarge/2008371436_jdl10.html

Happiness is contagious <http://sciencenow.sciencemag.org/cgi/content/full/2008/1205/1>

LEARNING WALLINGFORD ([back to top](#))

Earth Day is April 22 When was the first Earth Day? My son thought hard and answered this on his Swedish 3rd grade exam with, "About 4 billion years ago." The first international human Earth Day was in 1970. And did you know it was kicked off in Seattle? And the first organizer of Earth Day, Denis Hayes, still lives in Seattle and is president of the Bullitt Foundation? www.earthday.net Sustainable Wallingford has more modest ambitions for this Earth Day. A teach-in or a feed-in or a love-in or something. Details forthcoming.

Do you want to build an adult learning community? Expert teacher Lori Michetti will organize a class on "Discovering a Sense of Place" using materials from the Northwest Earth Institutes www.nwei.org. The course materials are relevant and cost less than \$25. NWEI recommends a group of 8-12 people with each participant ordering a guide. Lori wants to start the 7-session discussion group in January. Contact Lori if you want to learn more too. lorimichetti@gmail.com 408-373-2862.

www.StoryofStuff.org is a movie and a web-based teaching tool that kids and adults love equally. Study its messages before you head off for the mall. Shop locally.

Imaging a Sustainable Planet Lynn Fitz-Hugh has come to a couple of Sustainable Wallingford meetings and is offering a workshop with Elizabeth Heath called Imaging a Sustainable Planet workshop Jan 25th and 26th from 9am to 5pm both days at the Youngstown Cultural Arts Center in West Seattle. This exciting workshop allows participants to create a full and compelling image of what our society would look like at peace and sustainably organized. Then through a fascinating "backwards history" process it allows us to see how such a world could come into reality and identify the specific steps we can take as individuals to help bring about a sustainable planet. Recharge your batteries for the work ahead. Register by contacting Lynn: lynn.fitzhugh@earthlink.net or 206-417-0422 (ask about carpools). The workshop will be offered at a slightly higher cost at the UW in March thru Experimental College on March 14th and March 21st

There are lots of daily enews updates you can sign up for. I read regional environmental enews summaries at <http://daily.sightline.org/> Tell me what you read. cathy.tuttle@gmail.com

www.SeattleFreeSchool.org has life skills classes, some taught near Wallingford.

2nd annual Seattle Green Festival March 28-29 www.greenfestivals.org/seattle

K-12 Sustainable Schools. If you want to learn more about Washington State's very progressive advances in Education for Environment and Sustainability (and getting sustainability concepts on the WASL!) please check out the new programs at www.k12.wa.us/curriculumInstruct/EnvironmentSustainability/default.aspx . If you are an interested educator or parent, and want to keep up with how our local schools are involved with Green School programs at the city and county level you can become part of www.SeattleGreenSchools.org.

The Northwest Environmental Education Council has low cost classes in energy, edibles, and environmental issues. Many are taught in South Seattle but some are offered in the north end <http://nweec.org/ea.php>

Sustainable Wallingford is filled with schools, teachers (including University professors) and students. So what are you learning?

WALLINGFORD TRANSPORTATION AND LAND USE [\(back to top\)](#)

Stoneway Village is going to be built on the big hole at Stone Way and 40th. The property owner has been very proactive working with the community to get input on both the design and the traffic impacts. Contact Mike Derr to be put on the list of future meetings on this project. Miked @ wsmak.com

Wallingford Community Council Board will host Parks and Utilities. Parks Superintendent Tim Gallagher will answer community questions at the **January 7** Board meeting at 7:30 p.m. Seattle Public Utilities staff will answer questions about the North Transfer and Recycling Station improvement on **February 4** at 7:30 p.m. Both meetings are at the Good Shepherd Center and open to the public. www.Wallingford.org

The Friends of MacDonald School on Latona and 54th received a \$15,000 grant from the Department of Neighborhoods for a playground improvement project. They will have a public meeting at Green Lake Elementary on January 22nd.

John Stanford International Schools is a public school rich in culture, but poor in outdoor play spaces to serve kids in the school and the neighborhood. Over the past 6 months, Daniel Winterbottom and Associates, landscape architects, developed a plan – and an opportunity for building community within an area of Wallingford that lacks community spaces. For more information visit: www.jsisplayground.blogspot.com

www.Spokespeople.us is a Wallingford-based group linking reluctant bikers to neighborhood centers along secure bike routes. Spokespeople rides next on Saturday, January 3 at 2 p.m. from the south end of Wallingford Playfield.

Spokespeople supports bicycle boulevards www.en.wikipedia.org/wiki/Bicycle_Boulevards

Spokespeople received a \$1000 grant from Seattle Transportation www.seattle.gov/transportation/saferoutes.htm for a program at John Stanford International School (JSIS) called **Safe Lights to Schools**. Spokespeople and the JSIS community will stage a light and reflective clothing test early in 2009 (at night), and provide support for a Bike Rodeo prior to Bike to School Month in May and Walk to School Day in October 2009. Safe Lights to School will raise awareness of importance of good visibility of walkers and bikers at several times during the school year and provide some light or reflective clothing for frequent walkers and bikers.

Barack on a bike www.tiny.cc/OXseQ

During last summer's presidential campaign, alert SW member Lori Michetti noted that President-elect Obama recommended simple steps such as tire inflation to save our energy and climate. Lori also noted that getting air in service stations is no longer as easy, cheap, and efficient as it used to be. Lori is working on a tire inflation event, perhaps in conjunction with Earth Day. Maybe we should check our tire inflation every time we adjust our clocks? For every pound of tire pressure below recommended levels, your fuel economy drops 1 percent. Properly inflating your car (and bicycle) tires pays off big time. So do other simple driving techniques. Sweden requires new drivers to master eco-driving, which, properly done, produce nearly a 25% efficiency.

www.npr.org/templates/story/story.php?storyId=93408952 Ideas and help for Lori? Contact her at lorimichetti@gmail.com 408-373-2862

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