

## **Summary of December 1, 2007 Sustainable Wallingford meeting**

*Purpose: Meet your neighbors, learn about sustainable projects and suggest ideas for new projects and guilds*

*Our common interests: energy, taking care of vulnerable neighbors, emergency preparation, gardens and food*

**Next Sustainable Wallingford meeting: Saturday, January 5, 10 a.m. to noon. 4412 Corliss Ave N 547-9569**

### **Who was there?**

- Abby Klingbeil works in marketing at the UW and is in the Master's program at the Evan's School <http://evans.washington.edu/>. She is interested in sustainable gardening and in equity issues.
- Cathy Tuttle, 25-year resident and city planner recently returned from a year in Sweden studying sustainable city planning. She is starting the family-friendly urban bike ride Spokespeople [www.Spokespeople.us](http://www.Spokespeople.us)
- Cyrus Appell has lived for 20 years in Seattle but just a few years in Wallingford. He did street theater in New York and Berkeley, helped start the People's Bank in Berkeley, and works now as a hospice MD
- Jadyne Reichner was visiting Wallingford and works for WSU Natural Resources. She is active in the Organic Seed Alliance [www.seedalliance.org](http://www.seedalliance.org) and the sustainable Port Townsend group Local 2020 [www.l2020.org](http://www.l2020.org)
- Jean Darsie has lived in Ballard for more than 30 years. She is retired from KC Community Services, and works now with homeless issues and Women in Black <http://www.scn.org/womeninblack/>
- Mike Ruby has lived in Wallingford for 40 years, is an air pollution engineer, taught sustainable life cycle analysis at Portland State, and was the City of Seattle's first environmental advisor in 1970.
- Peter Clitherow came with his 8-year-old daughter Sonja. Peter was part of the New Jersey green movement in the 1980s and has been working on energy retrofits of his own house in Wallingford for the past 15 years. He was part of the last Wallingford home tour showing how his house saves at least 50% in energy costs.
- Rick Turner, who with his wife Diane, manages the Wallingford Meaningful Movies <http://www.meaningfulmovies.org/> Rick has lived many years in Wallingford and started his involvement with sustainability through SNOW Sound Nonviolent Opponents of the War [www.snowcoalition.org/](http://www.snowcoalition.org/)
- Sarah Kuck, recent Wallingford resident who is studying to be a yoga instructor and interned last year at YES! Magazine [www.yesmagazine.org](http://www.yesmagazine.org)
- Sherry Reynolds works in hospital computing now and affordable housing in the past and was Seattle volunteer coordinator for the Howard Dean campaign. She lives in a "sailboat in the sky", a small apartment.

### **Why did we meet on December 1?**

*This was our 2<sup>nd</sup> meeting. We want to live in a sustainable Wallingford community, learn about great projects currently underway in Wallingford, and discuss ideas we have in common that we can build on in the future.*

### **A little history**

Rick Turner talked about the beginnings of Sustainable Wallingford. When thousands of people gathered before the Iraq war in the Sound Nonviolent Opponents of War (SNOW) Coalition, they organized in neighborhood groups. The hundred Wallingford neighbors in SNOW then formed Wallingford Neighbors for Peace and Justice. Eventually, Rick focused on the Friday night Wallingford Meaningful Movies series and the idea of Sustainable Wallingford languished.

In November 2007, a few of the people who attended the Sustainable Cascadia Convergence session on SCALLOPS (Sustainable Communities ALL Over Puget Sound [www.scallops.sustainableballard.org](http://www.scallops.sustainableballard.org)) got together to discuss revitalizing Sustainable Wallingford and decided to model the group structure on the Sustainable Ballard model.

### **What is the Sustainable Ballard model?**

Sustainable Ballard also started with SNOW when Sustainable Wallingford was first discussed, and grew into a strong organization with monthly general meetings and project/interest-based Guilds that carry out manageable-sized but significant neighborhood sustainability projects. The Guilds (Art, Craft and Design; Community Economy; Environment Waste and Water; Food, Health and Medicine; Home Energy and Conservation; Transportation; and Urban Planning and Building Design) attract people of like interests who get together periodically and work on projects that they enjoy.

Sustainable Ballard also has several Task Forces to take care of the organization (Events, Fundraising, History Archives, Information Technology, Operations, Media/Outreach). These are all volunteers, working for a sustainable community. They have lots of parties, potlucks, and seem to care about each other socially as neighbors. <http://sustainableballard.org>

### **What is Wallingford?**

There was discussion at the meeting about Wallingford demographics. There are lots of studies of Wallingford by folks at UW and the City. One study was done in 2006 by Sustainable Seattle about Wallingford transportation, and includes interviews with some key local people <http://www.sustainableseattle.org/Programs/SUNI/>. People at the Sustainable Wallingford meeting commented that Wallingford is not homogenous and there are many vulnerable people in the neighborhood – elderly, homeless, in transitional housing. Also, Wallingford has many UW people and many renters. A better portrait, including a demographic inventory of Wallingford would be nice to have.

Wallingford assets (people, places, institutions) were discussed at the November meeting and there was more discussion at the Dec 1 meeting as well. Some of these assets are Tilth, Solid Ground (FPA) including food bank, library, public and private schools, Good Shepherd organizations, UW, faith communities, Wallingford Chamber, Wallingford Community Council, Wallingford Senior Center, donation-only Mosaic Coffee shop in the Methodist church, Wallingford events such as SeaFair kiddie parade, Home and Garden tours.

The Wallingford Neighborhood Plan shows geographic borders that extend east-west from I-5 to Stone Way, [www.cityofseattle.net/neighborhoods/npi/](http://www.cityofseattle.net/neighborhoods/npi/) and north-south from Lake Union to Tangletown (56<sup>th</sup>). The group decided to be inclusive and open to whoever wanted to be a member and define themselves as a Wallingford.

### **What are some sustainable projects happening now in Wallingford?**

\*Rick Turner organizes a weekly Friday night movie series [www.Meaningfulmovies.org](http://www.Meaningfulmovies.org) that shows political, socially interesting, or environmental films every Friday night at 7 p.m. at Keystone Church 5019 Keystone Place N. What especially distinguishes this film series, in addition to showing good and rarely seen movies, is the panel discussions that follow, with people with expertise in the issues presented in the movies invited to comment. Typically 30-60 socially interested people come to this weekly event.

\*Rick also hosts an internet forum and meeting for people who want to follow up with the discussions from Friday night on Saturday morning. To join Rick's email list: [wnfp@bridgings.org](mailto:wnfp@bridgings.org)

\*Sarah Kuck started an internet forum [www.Seattledirt.org](http://www.Seattledirt.org) for under-reported ideas in local environmental and social justice. Sarah also teaches a community yoga class at her house. She also sent a link to [www.storyofstuff.com](http://www.storyofstuff.com)

\*Peter Clitherow has very complete data about energy savings in his house that he can provide on-line. He has tried a variety of energy sources including solar and ground source heat pumps and finds his biggest savings is through insulation. Several people at the meeting expressed interest in touring Peter's house and learning more.

\*Jadyne Reichner mentioned two organizations: [www.relocalize.net/groups/sequim/](http://www.relocalize.net/groups/sequim/) and [www.postcarbon.org](http://www.postcarbon.org)

\*Cathy Tuttle has started a group called SPOKESPEOPLE that will gather the community for a monthly family-friendly bike ride from Wallingford Playfield beginning March 1 [www.spokespeople.us](http://www.spokespeople.us)

\*Cathy also mentioned a few active community projects in Wallingford that support sustainable goals.

\*Solid Ground, the social service agency located in the same building as the Wallingford Library has a new Hunger Resource Center [www.solid-ground.org/](http://www.solid-ground.org/)

\*John Stanford International School may join the Seattle Green School Network [www.schoolsinaction.org/html/seattlegreenschoolnotes.html](http://www.schoolsinaction.org/html/seattlegreenschoolnotes.html)

\*Several Wallingford parents belong to the low carbon Seattle-based [www.coolmom.org](http://www.coolmom.org)

\*Seattle Climate Action Network [www.seattlecan.org](http://www.seattlecan.org) supports neighborhood programs in Wallingford

\*Many Wallingford businesses joined the Interra community card program [www.interraproject.org](http://www.interraproject.org)

\*The Wallingford enews now includes a "Sustainable Tip of the Month" written by Sustainable Wallingford members [www.wallingford.org](http://www.wallingford.org)

### **What are some ideas for new Wallingford sustainability projects?**

*Forgive me if I don't attribute the right people to each idea. They are all great – the point is to hear the idea!*

\**Passegiata* is an Italian custom of strolling in the evening and meeting your neighbors. Rick Turner and his

family have been strolling around Wallingford streets in order to make a map of interesting strolling and stopping places. The idea would be to encourage an evening stroll (once a week perhaps in good weather) to meet and greet neighbors outside who are also strolling along the *Passegaita*. Are *Volksmarch* fitness walks related?

\*A Neighborhood Convergence was one of Mike Ruby's great ideas to bring together neighborhood institutions. He thought if people working for government, social service agencies and other groups in Wallingford had a chance several times a year to sit down with each other, they would get to know each other as people and be more likely to work together on common issues.

\*Sarah Kuck is involved in two groups that might be interesting to Wallingford people: Save our wild salmon and Yoga behind bars. She and others also discussed the idea of inviting people to do a large tai chi or yoga movement (maybe along 45<sup>th</sup>?).

\*Cyrus Appell said that some Washington island communities kept a list of frail and vulnerable elderly people to call on after an emergency – perhaps this is something Wallingford people could do too.

People at the meeting wanted to learn and do even more!

- Getting more emergency preparedness training from the city
- Port Townsend's group, Local 2020, focused on energy independence and emergency preparedness
- Getting to know Real Change vendors in the neighborhood
- Helping the Wallingford Food Bank with fresh produce donations
- More block parties and ways to get to know your neighbors. Potlucks, parties, dances, music
- Have a sustainable gardening club (an "offshoot" of the Wallingford garden club?)
- Learn more waste reduction ideas
- Learn more water conservation ideas, especially in gardening
- Make a map of bus routes to and from Wallingford – is this something Metro could help with?
- See if any Wallingford restaurants are part of Slow Food Seattle <http://www.slowfoodseattle.org/>
- Map local drop points for Community Supported Agriculture
- Have a study group for a low carbon diet
- Have a study group for hands-on home improvements to reduce carbon footprints
- Purposely work on projects that appeal to Wallingford's large population of renters
- Inventory and have a contest for best Wallingford traffic circle plantings
- Classes/tours of great parking strip gardens in Wallingford – use Seattle's Saving Water Partnerships
- Give parking strip areas to apartment dwellers to plant
- Plant parking strips for food banks

### **What are some common themes that could become Guilds?**

\*Energy saving, taking care of vulnerable neighbors, emergency preparation, water and waste resources, food and gardening, transportation. People really want to have events when they can meet their neighbors!

\*Some kind of communication/web/media/get out the word organization is really needed for this group.

### **When will we meet again?**

\***Saturday, January 5, 10 a.m. to noon. 4412 Corliss Ave N 547-9569**

\*SCALLOPS Sunday, January 13, the regional sustainability network SCALLOPS will meet in Port Hadlock from 10 a.m. to 3 p.m. Three representatives from Sustainable Wallingford are invited to attend. Let me ([cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com)) know if you'd like to go too.

\* [www.Seattledirt.org](http://www.Seattledirt.org) will have a link to Sustainable Wallingford until a web site is developed Does anyone want to develop our web site? Please?

Meeting summary by Cathy Tuttle (206)547-9569 [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) I look forward seeing you again!

### **A really easy bread recipe (the oatmeal bread we ate with soup)**

This recipe is from Sonja Vidén, a Stockholm architect specializing in co-housing (converted from metric).

1 oz yeast; 1 teaspoon salt; 1 tablespoon honey; 2 c hand-warm water

3½ c wheat flour

2 c oat bran or thick cut oatmeal

1 c sunflower seeds

Stir the yeast, salt and honey with the water, then add the other ingredients. Allow the dough to rise for 1-2 hours. Let the dough "roll" carefully down on a baking tray covered with oven paper. Get the oven warm, 480F, and let the dough rise during this time (ca 20 minutes). Do not cover it, anything you use will get stuck! Bake the bread for 15 minutes, lower the heat to 250F and bake it for another 40-45 minutes. Let it cool down, covered by a light towel. Enjoy it half-warm with butter!