

## Sustainable Wallingford Meeting #4 Summary February 9, 2008

Next meeting Saturday, March 8, 10 to noon Mosaic Community Coffee House 4401 2nd Ave NE

Contact: 206-547-9569 [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) Meeting summaries posted at <http://lockedrockmedia.com/seattledirt/phpBB2/index.php>

We discussed community building ideas including food gardens, moving Wallingford and emergency preparedness.

The fourth meeting of Sustainable Wallingford brought together about 20 people just before the presidential caucus – many of the same people came back from previous SW meetings as well as several new new folks including:

- **Anne Fote**, a yogi, parent, and medical professional. She is especially interested in making sure Wallingford stays a community and worries about the negative community effects of traffic and noise
- **Laura Brady**, a Lettuce Link employee passionate about urban gardening
- **Lev Klarnet**, a 5<sup>th</sup> grade student who loves sports and wants more crosswalks so he can safely walk to playgrounds with basketball hoops
- **Susan Ernsdorff**, a gardener interested in fruit trees who works for Seattle Public Utilities

### 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. Some activities we are starting include “Share What You Grow”, “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 March 8. Call (206) 547-9569 or contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) for information. Join us!

### Local Food/ Share What You Grow

\*Wallingford is blessed with a P-patch, Seattle Tilth <http://seattletilth.org/> that promotes organic gardening in the region, lots of household gardens, and Solid Ground [www.solid-ground.org/](http://www.solid-ground.org/)— a social service agency that has programs such as Lettuce Link committed to addressing poverty and community food needs. It is understandable that food and gardens would become a focus of Sustainable Wallingford.

\***Anna Lappe will speak on March 13 about local food at Town Hall** (Sustainable Wallingford will be part of the event)

\*Susan Ernsdorff would like to have a book group discussion about Michael Pollan’s *In Defense of Food*.

\***Share What You Grow** Abby abbyklingbeil @ yahoo.com has been leading the Share What You Grow activity in several meetings and says, “We generated a cornucopia of great ideas, so now the question is just deciding which ones to pursue. I think this should be a primary objective of our next meeting: **Share What You Grow 6 p.m., Thursday, March 6 at Elysian Brewing Co. in Tangletown, 55th Street.**”

**Food comments at the Feb 9 meeting:** How can we use planting strips? Partnerships possible with Lettuce Link, Solid Ground, Tilth, Bastyr University? How about a Community Harvest Day, Day of Giving linked with P-patch food bank donations? Can we set up a program to garden in other people’s yards who don’t want to grow crops but would like the landscaping? Garden programs could be great singles dating events – fruits of love? Can we team up with Seattle Tilth at their Spring Plant Sale May 3-4 and Harvest Fair Sept 6? Can we plan some potlucks? How about a Snack Luck? How about a potluck where we traded plant starts? Can we help to survey of Wallingford vegetable gardens and parking strips? Let’s have a Canning/Drying day – could we use Good Shepherd kitchens? Can we make a map with gardens and calendar of Wallingford garden/food events

Michael Kucher wanted to “share a fantasy with the tree people” of a cider day using local apples (those that weren’t harvested in the food bank tree gleaning program) to be held at the Good Shepherd Center. We could possibly follow up with a cider distillation party in a private home.

## **Other community building ideas**

**\*Transfer station.** The South Wallingford Transfer Station will be remodeled soon. This led to discussions about food compost, multi-family composting, an idea for a co-op biodiesel plant at the transfer station. People wondered why the transfer station was not going to be relocated next to a rail yard (e.g. Ballard) to cut down the number of transfer steps. People asked if Wallingford could be a test site for multi-family composting or biodiesel. Are there grants we should look at?

**\*Green collar jobs** Short discussion about local businesses, manufacturing, recycled paper, and carpet reclamation

**\*Mosaic Community Coffeehouse** In addition to providing a beautiful and central meeting space, Pastor Tim has offered Sustainable Wallingford the opportunity to be the sponsored non-profit for November 2008. We'd like to do that, and we'd also like to work with Mosaic on a possible green project – composting, bike racks, solar? Up for discussion now.

**\*Neighborhood Convergence** is one of Mike Ruby's great ideas to bring together neighborhood institutions. He wants people working for government, social service agencies and other groups in Wallingford to have a chance several times a year to sit down with each other to get to know each other as people work together on common issues. Contact Mike if this is something you'd like too. 633-4456 [www.envirometrics.com](http://www.envirometrics.com)

**\*Anniversary Fish and Movies.** February 15<sup>th</sup> was the 5<sup>th</sup> anniversary of Friday night Wallingford Meaningful Movies. Congradulations! The anniversary movie was In-laws and Outlaws [www.meaningfulmovies.org/](http://www.meaningfulmovies.org/) Check the website because every Friday offers another interesting community movie. On Friday Feb 1, Wallingford Meaningful Movies teamed up with Sustainable Wallingford members (Emily Nuchols [www.wildsalmon.org/](http://www.wildsalmon.org/) from Save Our Wild Salmon and Sarah Kuck at [www.seattledirt.com](http://www.seattledirt.com)) who dressed up in giant salmon suits and videotaped interviews and encounters with customers at Dick's and fish sellers at the Wallingford QFC. That Friday, Meaningful Movies showed Net Loss: the Storm over Salmon Farming.

**\*Green Schools.** Cathy Tuttle is still working with Washington State Green Schools and the Seattle Green School Network to incorporate green planning ideas into John Stanford International School. Contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com)

**\*Wallingford Senior Center possible closure.** Mike Ruby would like to engage as many community people as possible in a discussion about how to transform the Senior Center into a community center for the entire community.

**\*Home Energy Guild** Rick Turner took some home energy retrofit classes and is interested in meeting with other Sustainable Wallingford members who want to form a group to discuss home energy and insulation.

**\*UK Sustainable Wallingford** I am still amused that we've got a sustainable sister city in England. Wallingford is a city of 10,000 a bit west of London. When we have our March 8 meeting "Sustainable Wallingford UK" will be holding their Swap Shop. They wrote to me "Just about anything that can be re-used by someone else is welcome at a Swap Shop, with the exception of electrical goods and clothes. Items collected for recycling include old light bulbs and fluorescent tubes, batteries, tins of paint (though these should be over one-third full), aluminium foil, mobile phones, computers and tetrapaks." Learn more about Swap Shops and our sister city at [www.sustainablewallingford.org](http://www.sustainablewallingford.org). Let's find a project we can collaborate on!

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

**\*Yoga.** The mid-meeting yoga break is becoming a regular fixture of Sustainable Wallingford meetings. New Sustainable Wallingford member Anne Fote offered a brief respite that helped re-energize the group so that we could continue to focus on issues both heartfelt and important.

## **Moving Wallingford**

Sometimes the best way to see your neighborhood is on foot or bike. Here are several activities that Sustainable Wallingford members invite you to join.

**\*Spokespeople** will have its first ride on March 1, from 2 to 4 p.m. starting from Wallingford Playfield. All levels of bicyclists are welcome. New riders hesitant about riding on the road, children, and people who haven't been on their bikes for a while will get a gentle introduction to riding before taking a very short ride to Meridian Park. More advanced riders can go with a group leader to Green Lake and back. Please come! Read more about Spokespeople at [www.spokespeople.us](http://www.spokespeople.us) and [www.coolmom.org/actionoftheweek/spokespeople.html](http://www.coolmom.org/actionoftheweek/spokespeople.html)

**\*Passegiata Neighborhood Walks** are weekly community strolls Rick Turner is helping to plan. In addition to walking past gardens, the *Passegiata* walks might highlight artists, and community sites of interest. The walk will follow a fixed route at a time, short enough that elderly people and children can complete it, and more

athletic walkers can complete several circuits. The *Passegiata* walks might loop from the Wednesday Farmer's Market or from Mosaic after the Sustainable Wallingford meetings. Sustainable Capitol Hill now is doing *passegiata* after hearing about it from Wallingford!

**\*Weekend walks.** Sustainable Wallingford and the Wallingford Community Senior Center want to start a weekly community walk around the neighborhood in March (the first would be the weekend of March 8). We are planning to meet at the Animal Storm statue. Twice a month it will be a Short and Slow walk (about 30 minutes to 1 hour and at a pace for those with young children and others who need to move more slowly) and twice it will be more ambitious (about two hours). Sometimes we will have a guest with us who can point out interesting house architecture, tell us about local history, or interesting gardens, etc. Contact Mike Ruby for more specifics: 633-4456 [www.envirometrics.com](http://www.envirometrics.com)

**\*Benches and Bike racks.** The group discussed the locations and legality of neighborhood benches, especially those in residential parking strips. We mentioned the idea of a bike rack that could include bench/bike combination. Sustainable Ballard Transportation Guild plans to hold a bike rack contest – is this something we'd like to partner with?

\*The Wallingford Neighborhood Office is planning an Art Walk in April.

## **Survival Training and Emergency preparations**

Mary Heim is researching Emergency Planning for Sustainable Wallingford. This is what she had to report.

### **This guild will meet right before the Sustainable Wallingford March 8 meeting. 9-10 am at Mosaic.**

There are certainly a lot of resources to build on and I think that we can find where Sustainable Wallingford can effectively "dovetail" into several of these efforts. Once we get a handle on what is already in place here in Seattle, and also the resources from Port Townsend (Local 2020 is Port Townsend's sustainability group that has done a lot of work in emergency planning), we can meet and decide on next steps regarding how to proceed.

Mary is talking with Elizabeth Mash, the City's Department of Emergency Management (DEM) coordinator. Sustainable Wallingford members would like to see if we could arrange special class sessions for Wallingford if we get a critical mass of folks interested and how many people we would need to have commit to participate. Mary identified several resources in the Seattle/Puget Sound area:

\*<http://www.seattle.gov/emergency/>\* City of Seattle web page with information on a variety of issues and overall disaster planning documents: Seattle Disaster Readiness and Response Plan, Seattle Hazard Identification and Vulnerability Analysis, information on earthquake retrofit, after action report from the December 2006 storm, and links to other public information resources.

\*<http://www.seattle.gov/emergency/programs/snap/>\* Seattle's office of emergency management SNAP (Seattle Neighborhoods Actively Prepare) program has a lot of good information on how to organize on an individual, family, and group basis. They have online fliers, meeting planning materials, handouts, suggested structure for organizing groups of community responders, suggestions for drills, and supply and task lists.

\*<http://www.l2020.org/index.php?page=emergency-preparedness-menu>\* Sustainable Port Townsend's website, Local 20/20, emergency preparedness information. Local 2020 download center has some sample meeting agendas, other planning documents, and a quick reference sheet of emergency contact information that would be great to model just as an introductory handout for community members we are trying to encourage to participate.

\*<http://www.getemergencyprepared.com/>\* An outstanding resource with an online 8-step course to prepare for a host of emergencies. They also have a tool-kit of documents and suggestions for neighborhood scale preparedness as well. The disasters they listed on their home page include house fires, floods, wild fires, hurricanes, earthquakes, tsunamis, volcanic eruptions, wind storms, winter storm/freezes, power outages, pandemic flu, landslide, mudslide, terrorist attack, and nuclear accident or attack. Yikes, I guess if we prepare for the worst, we'll be ready for most anything else!

\*<http://www.seattleredcross.org/show.aspx?mi=4002>\* Seattle Red Cross information on getting prepared.

\*<http://www.seattleredcross.org/show.aspx?mi=4022>\* Seattle Red Cross training for First Aid, CPR and emergency response.

\*<http://www.kcts.org/affairs/features/earthquake/links.asp>\* Links to various resources from KCTS on how to prepare for a major earthquake.

**Next steps.** We will ask DEM if they can come to the community, perhaps as part of a future Friday Night at the Meaningful Movie night Prepare letter of introduction describing our project to use as we contact and coordinate with neighborhood organizations (Public school safety committees, private schools, churches, day care centers, Boys and Girls Club, Seattle Parks and Recreation, Community Councils in Wallingford, Fremont, Green Lake) Prepare a "press release" or articles to send to various community groups: Wallingford E-News, Wallingford Wallpaper newsletter, North Seattle Herald, electronic newsletters at the various public and private schools in the community

Contact Diane Horswill, Seattle Police North Precinct, to see if we can get her to send out a notice to block watch captains about this effort

Once we get the word out we can start to identify neighborhood leaders/coordinators at the block watch or precinct level

<http://www.amazon.com/Surviving-Big-One-Prepare-Earthquake/dp/B00000JX38>

### **From Deborah Stinson at Pt. Townsend Local 2020**

Our effort started with looking at what was already being done in the Community ... After about 18 months of this partnership, we have grown organized neighborhoods from 5 to over 80! This participation earned us a seat on the newly appointed Jefferson County 'Citizens Emergency Preparedness Advisory Council' ... This effort has also carried our larger mission throughout the community in that it has provided us an introduction to residents and groups who might not otherwise get involved with 'sustainability'. It helps that our DEM officials understand the importance of sustainable practices in both a healthy and 'recovering' community. While we are still focusing on emergency preparedness with newly identified neighborhoods, we are starting to branch out with the more advanced groups by introducing community gardens. Another concept we hope to get going soon revolves around energy surveys and conservation.

**Comments from the Feb 9 meeting:** What is a logical organizing unit? 20 houses, precincts, or existing block watch groups? City practices YOYO planning, meaning, 'You're On Your Own'. We should talk about water barrels, CPR and 1<sup>st</sup> aid knowledge, and ask the City to provide training in Wallingford. We need to ask, "Who works in Wallingford? Who is going to get stuck here?" We should link long-term emergency planning to the food/share what you grow program. Every household member should have a backpack with 3 days of life support supplies and emergency phone numbers. Jun worked in Tokyo on emergency preparation (Japan is a leader in emergency prep). Can we develop a community emergency plan? People will work on it because they are motivated to help others. Consider language barriers in planning. What is best scale to pool resources? Every house doesn't need all the tools, generators, supplies – how can we intelligently distribute material? What time of year the emergency occurs is important – summer has food, heat, but less water.

## Event Summaries:

- We shared events members might want to attend including the **Citizen's Budget Conference** on Feb 10, and **Michael Pollan's** Feb 13 lecture on alternatives to corporate food culture (Eat food. Not too much. Mostly plants.)
- Cathy reported on the **UW Focus the Nation** teach-in on January 31 that hosted dozens of local groups including **Sustainable Ballard** [www.sustainableballard.org](http://www.sustainableballard.org) and **Spokespeople** [www.spokespeople.us](http://www.spokespeople.us)
- Cathy also represented **Sustainable Wallingford at SCALLOPS** (Sustainable Communities ALL Over Puget Sound) in Port Haddock on January 13. She sailed there from Shilshole with two Sustainable Ballard members and nearly capsized coming back! The SCALLOPS meeting was an invigorating mix of rural and island people (from Vashon, Kitsap, Bainbridge, Whidbey, Bremerton, Sequim) and urban groups (Ballard, Wallingford, Queen Anne, Edmonds, Ravenna, South Seattle). There are currently 44 SCALLOPS member groups and about half attended this all-day meeting. Cathy said the meetings were important for the diversity of ideas that each group brought to the meeting, for networking, and for giving SCALLOPS members confidence that their actions were part of a larger and significant regional movement.

## Upcoming events:

\***SPOKESPEOPLE bicycle rides March 1, Saturday 2 to 4p.m.** from Wallingford Playfield [www.spokespeople.us](http://www.spokespeople.us)

\***Wallingford Meaningful Movies** screens movies every **Friday at 7 p.m.** schedule at [www.meaningfulmovies.org/](http://www.meaningfulmovies.org/)

\***Share What You Grow 6 p.m., Thursday, March 6 at Elysian Brewing Co. in Tangletown, 55th Street.**

\***Emergency Preparation organizing right before the Sustainable Wallingford March 8 meeting. 9-10 am at Mosaic.**

\***Sustainable Wallingford Saturday, March 8 from 10 to noon Mosaic Community Coffee House 4401 2nd Ave NE**

\***IONS** Sustainable Wallingford member Jun invited us to join **Indra's Rainbow** – a newly formed Institute of Noetic Sciences (IONS) community group. The mission of IONS is "to explore the frontiers of consciousness to advance individual, social, and global transformation." The group will meet in the Phinney Neighborhood Center in March. IONS builds on a recent workshop in Portland called "Conscious Universe" Jun invites people to "bring your ideas for topics based on your latest insights, visions, discoveries and curiosities. Expand your horizons and go home refreshed!" [indrasrainbow@gmail.com](mailto:indrasrainbow@gmail.com) IONS info [www.noetic.org](http://www.noetic.org) [www.ionsnw.org](http://www.ionsnw.org)

\***The Greater Seattle Climate Dialogues** [www.climatedialogues.org/](http://www.climatedialogues.org/) is a campaign of community learning and discussion that begins with small group dialogues (in neighborhoods, workplaces, schools, etc.) and will culminate in a **Citizen's Climate Summit**, where our informed, collective voice will be heard by local and national political leaders. Sustainable Wallingford member Aviva Morris is leading this first Climate Dialog discussion group in Wallingford this March. The Climate Dialogues process that has been endorsed by Seattle City Council and the Mayor's climate change program. It uses a citizen's briefing document as the basis of deeper learning about the climate crisis and what citizens can do about it. The group will meet in the Library/Solid Ground building on Wednesdays **March 5th, 19th, 26th and April 2nd 7:00pm-8:30pm**. Climate Dialogs are free and open to everyone 12yrs and up. Younger children are welcome if they can entertain themselves while the discussions are going on. The program is non-partisan. Please email Ariva with any questions and RSVP so that she knows how many to plan for. [morrisarv@gmail.com](mailto:morrisarv@gmail.com)

\***Seattle Tilth brings Anna Lappe to Town Hall on March 13 talk about local food.** Sustainable Wallingford will bring at least two of our members to talk to people after the event about our organization and activities. <http://seattletilth.org/events/annalappemarch13>

**Next Meeting Sat March 8, 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. (But young people are VERY welcome at the meetings)

Sustainable Wallingford meeting summaries are available at <http://lockedrockmedia.com/seattledirt/phpBB2/index.php> 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!