

## Sustainable Wallingford Meeting #5 Summary March 8, 2008

Next meeting Saturday, April 12, 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

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

*At the March 8 meeting we discussed community building ideas including disposal of electronic waste, food gardens and emergency preparations.*

The fifth meeting of Sustainable Wallingford brought together more than 20 people – many new folks joined including visitors from other neighborhoods. New people at the meeting included:

- **Arvia Morris**, is a scientist at a biotech company who is leading Climate Dialogs in Wallingford
- **Diane Turner**, who is interested in sustainable food growing, *Passegiata* walks and helps to organize Wallingford Meaningful Movies
- **Elizabeth Strauss** was visiting from the east side and was interested in emergency preparation
- **Eugene Martin**, a Northgate resident and friend of Wallingford who is “an active listener”
- **Heartie Anne Brewer**, a Sustainable Capitol Hill founder who has a P-patch garden and helped start Sustainable Capitol Hill neighborhood walks.
- **Rich Voget** is a neighbor concerned about his carbon footprint who recently biked across America.
- **Steve Krival** is a student of environmental toxicology at UW and wants to help with making home environments more toxic free and sustainable
- **Suzanne Nelson-Pittle**, who lives near Mosaic, wants to learn how she can help with sustainability in Wallingford, and is interested in how to dispose of electronics thoughtfully.
- **Teri Barry**, an event producer with a 12-year-old, Teri has run a program of electronics recycling at the local JSIS elementary school
- **Tim Smith**, a divinity student and one of the guiding forces of Mosaic Community Coffee House

### 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”, “Home energy”, “*Passegiata* neighborhood walks”, “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 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.

April 12. Call (206) 547-9569, [www.sustainablewallingford.us](http://www.sustainablewallingford.us) or contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) for more 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, John Bastyr University, 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 are becoming an important focus of Sustainable Wallingford.

- **Growing Food Growing Community** meets at the **Elysian Brewing Co. in Tangletown, 55th Street** at 6pm on first and third Thursdays to discuss how to grow food locally and help produce fresh produce for at-risk members of our community. The group is planning garden tours, classes on planting and food processing, and eating food, of course. Abby coordinates the group [abbyklingbeil @ yahoo.com](mailto:abbyklingbeil@yahoo.com). The next meeting is NOT on a Thursday, but on Wednesday April 9.
- Susan Ernsdorff would like to have a book group discussion about **Michael Pollan’s In Defense of Food**.

s\_ernsdorff @ hotmail.com

- **Wallingford P-patch** regularly donates produce to the **Solid Ground food bank**. Donations gladly accepted on Monday evenings at informal P-patch garden gathering/work parties at Meridian Park P-patch.
- **Wallingford Meaningful Movies** [www.meaningfulmovies.org/](http://www.meaningfulmovies.org/) will show a food-related movie on May 2, to kick-off the Growing Food Growing Community spring and summer season.
- **Seattle Tilth** <http://seattletilth.org/> will hold its edible plant sale May 3 and 4, where you can purchase healthy organic vegetable starts at the Good Shepherd Center/Meridian Park.

**Responsible electronics disposal.** New Sustainable Wallingford member Suzanne Nelson-Pittle wondered how to safely dispose of the many unusable electronic goods in her garage. This started a discussion with new member Teri Barry who had run a program at John Stanford Elementary School to receive old cell phones to raise money for the school. Teri raised over \$1000 from the program. We discussed putting out a phone collection box at Mosaic. Pastor Tim Smith mentioned a Wallingford “green” electronics recycling firm [www.interconnection.org/](http://www.interconnection.org/) that he knew made sure our old electronic products were not sent to pollute the people and land of less fortunate countries. Teri and Suzanne also learned and shared information about the Seattle-based Basel Action Network [www.ban.org](http://www.ban.org) that is committed to safe disposal of toxic products. Interestingly, another new Sustainable Wallingford member Steve Krival, had just completed a course in home environmental toxins and was looking for ways to share what he knew to help the community.

**Moving Wallingford** Sometimes the best way to explore your neighborhood is on foot or bike.

- **SPOKESPEOPLE** An article on SPOKESPEOPLE and the Phinney Ridge April 26 Green My Ride are in the North Seattle Herald Tribune <http://tiny.cc/SPOKESPEOPLEandGMR>. SPOKESPEOPLE rides are also featured in the Seattle Times calendar, ParentMap Editor’s Choice and Pioneer Organics newsletter. On April 5 the advanced biking group will ride to the Fremont PCC and get a free piece of fruit. All levels of bicyclists especially riders hesitant about riding on the road, children, and people who haven’t been on their bikes who can 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 Fremont and back. [www.spokespeople.us](http://www.spokespeople.us)
- **Passaggiata Neighborhood Walks** are weekly community strolls Rick Turner is helping to plan starting in the spring. Sustainable Capitol Hill member Heartie Anne Brewer described how her group is now doing *passaggiata* and making a map of neighborhood trees and landmarks after hearing about the idea from Sustainable Wallingford! Sustainable Capitol Hill is also planning a July 20 sustainable festival.

### **Survival and Emergency Preparations**

- Mary Heim maryheim @insightgis.com is leading the Emergency Planning team for Sustainable Wallingford. SW member Rick shared an emergency food bar as a snack when the group met on March 8. Several members followed up with citywide SNAP training in mid-March [www.seattle.gov/emergency/programs/snap/](http://www.seattle.gov/emergency/programs/snap/)
- We discussed bicyclists and runners trained to deliver messages. We thought about the five suggested teams – communication, fire, shelter, first aid, and evacuation – as a way of breaking into planning groups. We also thought caucus groups might make a logically-sized emergency planning group.
- SW member Jun shared information from Tokyo emergency planning that included three levels of neighborhood meeting places – local shelter, neighborhood, and regional park – and we compared the small backpack of emergency supplies Tokyo residents keep on hand – shoes, flashlight, map, jacket, gloves, radio, food and water for 3 days – with the two page list recommended by US emergency planning experts.
- 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.

### **Other community building ideas**

**Mosaic Community Coffeehouse** In addition to providing a beautiful and central meeting space, Pastor Tim Smith 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, a

garden? Depending on what Mosaic wants, we may plant a tree or build a learning garden to honor a gardener who recently passed away who lived across the street from Mosaic.

**Neighborhood Convergence** is one of Mike Ruby's many 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 to help with. 633-4456  
[www.envirometrics.com](http://www.envirometrics.com)

**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 will engage community people and institutions in a discussion about how to transform the Senior Center into a community center for the entire community.

**Home Energy Guild** Rick Turner studies home energy retrofits 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** We have a sustainable sister city in England. Wallingford is a city of 10,000 a bit west of London. [www.sustainablewallingford.org](http://www.sustainablewallingford.org). Let's find a project we can collaborate on!

**King County is looking for volunteer Citizen Councilors to discuss local issues.** Register at [www.countywideCommunityForums.org](http://www.countywideCommunityForums.org), or call 206-296-1633, or toll-free at 800-369-2584, and leave a message. Once 1,000 people are registered, King County will convene opinion forums. The first topic is transportation.

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

**Upcoming events:** There is so much happening in Seattle around Earth Day on April 22 including a five-day visit by His Holiness the Dalai Lama. Check out the Green schedule at [www.ecoapril.org](http://www.ecoapril.org).

- **SPOKESPEOPLE** bicycle rides **April 5, 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., Wednesday, April 9 at Elysian Brewing Co. in Tangletown, 55th Street.
- **Sustainable Wallingford Saturday, April 12 from 10 to noon Mosaic Community Coffee House 4401 2nd 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 to participate in the meetings)
- **Seattle Green Festival April 12-13** at the Seattle Convention Center [www.greenfestivals.org](http://www.greenfestivals.org). SCALLOPS will meet on April 12 at 6 p.m. Sustainable Wallingford encouraged to participate!
- **Climate Day for Kids** at the Olympic Sculpture Park on April 19
- Seattle City Council discussion of the **Local Food Action Initiative** on Earth Day April 22  
[www.cityofseattle.net/council/conlin](http://www.cityofseattle.net/council/conlin)
- **Green My Ride** at the Phinney Neighborhood Center on April 26 [www.greenmyride.info](http://www.greenmyride.info)

May 2 Growing Food/Growing Community Meaningful Movie, May 3-4 Seattle Tilth Edible Plant Sale, May 3 SPOKESPEOPLE ride, May 10 Sustainable Wallingford 10 to noon, June 1 Wallingford Garden Tour, July 12 Wallingford Kiddies Parade, September 5-6 Seattle Tilth Harvest Fair, October 5 Wallingford Home Tour

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