

## Sustainable Wallingford Meeting #7 Summary May 10, 2008

Next gathering Saturday, June 14, 10 to noon Mosaic Community Coffee House 4401 2nd Ave NE

Contact: 206-547-9569 [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) Summaries posted at [www.sustainablewallingford.us](http://www.sustainablewallingford.us)

*We discussed Climate Dialogs, food gardens, walking tours, a community center and emergency preparations.*

There were about 20 people at the meeting including several people new to Sustainable Wallingford:

**Connie Voget** is interested in climate change and emergency preparations

**Jarad Barkeim**, whose interests in sustainability includes bicycle transportation and happiness

**Judy Stoloff** is interested in food gardens and bicycling

**Kate Speltz** sees sustainability as improving economic and social justice

**Kathleen Crompt**, director of the Wallingford Senior Center, wants to build community, to help with walking tours, and make community kitchens work

**Kelly Cannon** wants to encourage a sense of community in Wallingford

**Lynn Fitz-High**, has interests that range from reducing carbon footprints, food gardens, a family-based peace group, and teaching young adults a class on imagining a sustainable world

**Mona Memmer** wants to help build a pedestrian-friendly neighborhood with a good community feeling

**Rich Gamble** is a Pastor at Keystone Church interested in community building

### 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", "Emergency Preparation", "'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.

June 14. 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 environment and global climate

### Climate Dialogs [www.climatedialogues.org](http://www.climatedialogues.org)

Arvia Morris [morris358@zipcon.com](mailto:morris358@zipcon.com) brought a letter and to ask individuals at the Sustainable Wallingford meeting to sign. The letter was crafted by the Wallingford Climate Dialogs group and addressed to Senator Patty Murray. New SW member Connie Voget has also started a Climate Dialogs group to discuss community action to affect social/political change. The Wallingford Climate Dialogs group met with Senator Murray's staff on May 16 and will continue lobby our legislators, particularly our Senators to elevate their level of interest and action on climate change. Currently Senate Bill 2191 Climate Security Act and House Bill 1590 Safe Climate Act

<http://www.house.gov/waxman/safeclimate/> are under consideration. **Learn more.** Background aplenty on the web.

See [www.climatedialogues.org](http://www.climatedialogues.org), [www.350.org](http://www.350.org), and [www.capanddividend.org/files/CarbonCapping\\_CitizensGuide.pdf](http://www.capanddividend.org/files/CarbonCapping_CitizensGuide.pdf)

**What can you do?** Start or join a Climate Dialog circle. Write your legislators to let them know climate change should be their top priority. Make personal and local efforts to reduce your greenhouse gas footprint. Speak at Town Hall meetings such as Jim McDermott's on May 29, 31, and June 1 [www.house.gov/mcdermott/](http://www.house.gov/mcdermott/) and write or testify at citizen budget forms such as the Seattle City Council's Budget Committee [www.seattle.gov/council/committees/budget\\_comm.htm](http://www.seattle.gov/council/committees/budget_comm.htm)

### InterConnection [www.interconnection.org](http://www.interconnection.org) wants a partner for a Wallingford a computer recycling event.

InterConnection is a wonderful Wallingford business that works with volunteers to refurbish or recycle donated computers reducing the effects of E-Waste. Those computers that are refurbished are then sent to non-profits throughout the world to ensure they have access to technology. The volunteers who refurbish the computers receive excellent training and after 30 hours service they get a free computer to help them improve their technology skills to help them secure a job.

InterConnection would like to run a computer donation event in Wallingford. InterConnection will accept donations of old

computers, monitors and other computer peripherals from individuals, small businesses, and community organizations on May 31 from 7am to 3pm at the Bellevue Community College Parking lot [www.interconnection.org/bellevue](http://www.interconnection.org/bellevue) InterConnection is looking for interested community partners to make this kind of an event a success in Wallingford. See: Seattle-based Basel Action Network [www.ban.org](http://www.ban.org) to learn more about safe disposal of toxic products. See [www.storyofstuff.com](http://www.storyofstuff.com) for information about the life-cycle of the things we use. **Who benefits?** Computers collected at the event will be refurbished and provided to schools and non-profit organizations around the world. Computers that are too old to be reused, monitors and computer peripherals will be properly recycled at the InterConnection Computer Reuse Center in Seattle and a local hazardous waste recycler. Proceeds from the event will go to the Computers for the World travel scholarship, which sends students to developing countries to set up computer labs. **What can you do?** Help InterConnection find a location for a Wallingford event and help to find volunteers (SW can help!). InterConnection will take care of all the logistics and outreach. Contact Heather [heathereggeltonconsulting@gmail.com](mailto:heathereggeltonconsulting@gmail.com) to help.

## Sustainable Food

**Community Fruit Tree Harvest** [www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/TheCommunityFruitTreeHarvest2007.aspx](http://www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/TheCommunityFruitTreeHarvest2007.aspx)

In 2007 it was huge (volunteers picked 11,000 pounds of fresh fruit) – so huge that many deserving trees didn't get picked. This year Lettuce Link is attempting to build capacity for more neighborhood-based fruit harvests: Wallingford trees picked by you, with fruit distributed in Wallingford. **Who benefits?** The Wallingford food bank, Children's programs, low income Senior housing, Disabled residents, meals programs. Recipients are people who have difficulty obtaining fruit, either for financial or mobility or other reasons. And YOU benefit by building community when you pick fruit together for people who need fresh food! **How can you help?** If you would like to learn more about picking fruit, volunteering, or offering your trees for picking, attend a meeting **Tuesday, June 3 from 6:45-8 p.m. at Solid Ground at 1501 N 45th** (It's a little tricky to get into the building after hours. You need to wait for someone to let you into the building or better still contact Gail). **Gail Savina at [gails@solid-ground.org](mailto:gails@solid-ground.org) 206-694-6746.** Please contact Gail even if you can't attend the meeting.

### Growing Food Growing Community (GF GC) Guild:

- **Check out the new GFGC website, [www.growingfoodgrowingcommunity.org](http://www.growingfoodgrowingcommunity.org) for photos and great info**
- GFGC meets next on alternate Wednesdays and Thursdays at 6 p.m. to discuss growing food locally and producing fresh produce for at-risk members of our community. Contact Abby Klingbeil [Abbyklingbeil@yahoo.com](mailto:Abbyklingbeil@yahoo.com)
- GFGC had a local food weekend beginning with a hugely popular evening of short films on food and sustainability at the Wallingford Meaningful Movies [www.meaningfulmovies.org](http://www.meaningfulmovies.org).
- GFGC members helped out at the Seattle Tilth Edible Plant starts sale on May 3 and 4.
- **GFGC had their first, incredibly successful food garden tour on May 5.** Almost 30 people toured three very distinct vegetable gardens before going to the Meridian Park P-patch for Cinquo de Mayo snacks and a discussion about growing food in high demand for the community Solid Ground food bank.
- The Meridian Park P-patch hosts a community food-bank work party and celebration every Monday night. Community members are invited help out at the P-patch or to donate their extra produce on Monday evenings to be taken to the Solid Ground food bank on Tuesday morning.
- GFGC is planning tours and classes on planting and food processing, and eating food, of course. GFGC is planning a fall healthy soil workshop. **How can you help?** Join the GFGC guild and meet your neighbors!

New Sustainable Wallingford member Griggs Irving has started a project of sharing yards among neighbors who might not have yard space to plant food called **Abundant Yards**: see [www.abundantyards.org](http://www.abundantyards.org)

The **Wednesday Wallingford Farmer's Market** opened in May [www.fremontmarket.com/wallingford/](http://www.fremontmarket.com/wallingford/) at Wallingford Center from 3 to 7 p.m. Cathy Tuttle is hosting and encourages others to host periodic Wednesday potlucks with farmer's market ingredients throughout the summer. The first farmer's market potluck was delicious!

Wallingford Neighborhood Office offers a **Self-guided Garden Tour on June 1** from 10-4 [www.wallingford.org](http://www.wallingford.org) A 4.5 mile loop bicycle map of all 10 of the gardens is available, created by SW guild [www.spokespeople.us](http://www.spokespeople.us)

## Emergency Preparedness Guild

- **Friday, June 6, the EP Guild will host CASCADIA: HIDDEN FIRE at Wallingford Meaningful Movies** [www.meaningfulmovies.org](http://www.meaningfulmovies.org) at Keystone Church 5019 Keystone Pl N. **Mark Howard, from Seattle's Office of Emergency Management will lead a discussion about preparing for disasters in Seattle.** Cascadia: Hidden Fire is the riveting story of scientists and ordinary people caught in extraordinary seismic events and discoveries around the globe. It explains the dynamic geology of our Cascadia Region, and how and why earthquakes and other seismic-related events occur. The film provides an education on the current earthquake risk and why it is important for residents here to consider natural hazards such as earthquakes.
- **Saturday, June 7, the EP Guild will host a workshop following the film at NOON with Debbie Goetz from the Seattle Office of Emergency Management on PREPARING FOR DISASTER: A NEIGHBORHOOD ORGANIZING & TRAINING MEETING** at Keystone United Church of Christ, 5019 Keystone Place N, in Wallingford: Learn the specifics on how to protect yourself and your family, and how to work with your neighbors to build strong community networks that can respond more effectively and recover more quickly in the event of a disaster.
- City events and classes available at: [www.seattle.gov/emergency/news/calendar.htm](http://www.seattle.gov/emergency/news/calendar.htm) and [www.seattleredcross.org](http://www.seattleredcross.org)
- Night Out on Tuesday, August 5, is a great way for neighbors to get to know each other – an important first step for organizing for emergencies [www.seattle.gov/police/nightout/northregister.htm](http://www.seattle.gov/police/nightout/northregister.htm)
- The EP Guild recommends these emergency checklists: [www.getemergencyprepared.com](http://www.getemergencyprepared.com), [www.seattle.gov/emergency](http://www.seattle.gov/emergency)
- The EP Guild will help coordinate local businesses, schools, faith groups, and non-profit organizations with Wallingford Community Council and local residents. Mary Heim [maryheim@insightgis.com](mailto:maryheim@insightgis.com) is the EP contact.

## Building Community

### CoolMom [www.coolmom.org](http://www.coolmom.org)

Wallingford has started a CoolMom group! Anne Marie and her 3 ½ year old daughter have started the newest CoolMom climate action group in Seattle. CoolMom is a support and action group for parents uniting to confront the most important issue of our time: global warming. Now is the time to act for our children's future. Interested parents can reach **Anne Marie at 522-5034** or [ajehle@msn.com](mailto:ajehle@msn.com) about meeting times. Get cool this summer!

**Wallingford Community Council** [www.council.iactivesite.com](http://www.council.iactivesite.com) **The WCC Annual Meeting will feature The Honorable Frank Chopp**, Representative for the 43rd District and Speaker of the State House of Representatives. Meeting will be held in the 4th floor Chapel of the Good Shepherd Center, 4649 Sunnyside Ave. N. **Wednesday, May 28, 7pm.** WCC members will also new Board members and vote on proposed WCC by-law changes. Sustainable Wallingford members Mary Heim and Cathy Tuttle are on the slate for WCC president and secretary, respectively. The next WCC Board meeting is Wed, June 4, 7pm in Room 202 of the Good Shepherd Center

**Sustainable Wallingford Wheelbarrow Drill team.** SW members and friends will participate in the Wallingford Kiddie Parade on Saturday, July 12<sup>th</sup> at 11 a.m. Wheelbarrow drill practice will happen sporadically in the garden but definitely the evening of July 9<sup>th</sup> after the farmer's market. Contact [Cathy.tuttle@gmail.com](mailto:Cathy.tuttle@gmail.com) if you want to wheel with us.

**Wallingford Community Senior Center is beginning an exciting transformation** – from a primary focus on seniors to an organization that reaches out to the broader community. Sustainable Wallingford member and Senior Center Director Kathleen Crompt [kcrompt@wallingfordseniors.org](mailto:kcrompt@wallingfordseniors.org) would like to hear from you if you would like to help envision building a revitalized community center.

**Two new SCALLOPS neighbors (Sustainable Communities ALL Over Puget Sound)** held their first meetings in May. The **Ravenna-Roosevelt Ecovillage** <http://tiny.cc/sustainablelavenna> held an Open House May 10 at the Ravenna-Eckstein Community Center and about 50 people met at the Grateful Bread for the May 15<sup>th</sup> gathering of the **Northeast Ecovillages**. I went to both gatherings and loved the variety of ages and experience – from students just getting their degrees in green building and public policy to folks who've been through the 30-plus year experience of making the Burke Gilman Trail a reality. At the Northeast Ecovillage meeting, five groups quickly and efficiently formed in the last hour of the meeting to address energy, transportation, green building, community building, and food gardens. People knew right where to go with what they were most passionate about. At the table I sat with, food gardens, people immediately started collecting names, figuring out projects to put energy into, and sharing resources. Our neighbors have remarkable and wonderful skills and ideas and they are eager to work

with their community to help realize our paradise here on earth. Let's do something with our SCALLOPS neighbors soon!

**Northwest Earth Institute** [www.nwei.org](http://www.nwei.org) offers discussion courses in Global Warming, Sustainable Living, Voluntary Simplicity, Healthy Children, Deep Ecology, and a Sense of Place. These are great community building courses that groups can gather and complete over several weeks or months. Please contact [cathy.tuttle@gmail.com](mailto:cathy.tuttle@gmail.com) if you have ideas about where to gather in a study group.

**IONS Public Gathering.** Mon, June 16th 6:30-8:30pm Indra's Rainbow –IONS Community Group. at the headquarter of Northwest Environmental Education Council, 650 S. Orcas St, Suite 220 [www.noetic.org](http://www.noetic.org) or [www.ionsnw.org](http://www.ionsnw.org)

## MOVING WALLINGFORD

**Yoga in community** Sustainable Wallingford always has a refreshing yoga break during our gatherings, often led by SW co-founder Sarah Kuck. Sarah will be leading a community yoga class in Meridian Playfield gazebo on Sundays at 10 a.m. throughout the summer. Sarah writes, "I feel incredibly grateful to finally be a Registered Yoga Teacher and to have had the opportunity to go through my wonderful training program. To give back to my community, who has no doubt supported me along the way, I will offer a free one-hour, basics class Sundays at 10 a.m. behind the Good Shepard Center, near the Tilth Gardens and the gazebo. You may practice in the grass or bring your mat. If you'd like to know more please visit my website at <http://sarahmichelle108.wordpress.com/>, or contact me [sarahk1128@yahoo.com](mailto:sarahk1128@yahoo.com) with any questions. This class is a project of Sustainable Wallingford and is an effort to strengthen not only our minds and bodies, but also our community. I believe that getting neighbors to come together, even if just for an hour to stretch, will help strengthen our community and perhaps our feelings of neighborliness. As one of my favorite thinkers, Bill McKibben, wrote: 'Being a neighbor is a skill like any other, and it's a skill we've increasingly lost as we've turned into hyperindividuals...The big question for this century may turn out to be how fast we can relearn the skill of neighborliness.' I hope to see you soon. Namaste, Sarah"

**SPOKESPEOPLE** [www.spokespeople.us](http://www.spokespeople.us) On June 7 at 2 p.m., Spokespeople will gather in the south end of Wallingford Playfield before taking a short ride to the Ravenna neighborhood and the Sunlight Café. The May 3 SPOKESPEOPLE bike ride went to the Tilth Edible Plant sale for a free plant and the Greenlake PCC for a free piece of fruit. All levels of bicyclists went on this ride including a 7-year-old and a very fit senior over 80! SPOKESPEOPLE rides are designed especially for riders hesitant about riding on the road, children, and people who haven't been on their bikes for a while. Expert bike commuters are invited as well to help new bikers get a gentle introduction to riding on the road. Cascade Bicycle Club staff [www.cascade.org](http://www.cascade.org) teaches a beginners class that goes just to Meridian Park and back.

**Wallingford Art Walks** on the first Wednesday of the month, starting June 4th from 6pm-9pm. Walk your socks off for art. Shuttle provided by the Wallingford Community Senior Center for non-walkers. Or bike!

**Wallingford Walks: Exploring Neighborhood Together** Saturday, June 14 9:30 am "Aboveground History" tour of "downtown" Wallingford will meet at Tully's for a moderate walk, of approximately 1 ½ hours. Mike Ruby [mruby@envirometrics.com](mailto:mruby@envirometrics.com) organizes the walks for SW and the Wallingford Senior Center [www.wallingfordseniors.org](http://www.wallingfordseniors.org)

**May is Bike-to-School month and Bike-to-Work month** – over 40 **John Stanford International School** students are participating during the month of so be extra alert if you drive during school hours. [www.jsisweb.com](http://www.jsisweb.com)

**Upcoming Local Events** Wallingford Farmer's Market open Wed 3-7 pm through September, 10 am weekly Sunday morning yoga at Meridian Park through the summer, every Friday 7 pm Wallingford Meaningful Movies, May 28 Wallingford Community Council Annual Meeting, May 31 InterConnection Computer recycling, June 1 Wallingford Community Garden Tour, June 3 Community Fruit Tree Harvest meeting, June 4 Wallingford Community Council, June 4 Wallingford Art Walk, June 6 Hidden Fire/Emergency Planning at Meaningful Movies, June 7 noon Emergency Planning workshop, June 7 2pm SPOKESPEOPLE rides, **June 14 Sustainable Wallingford 10 to noon**, June 14 Aboveground Tour of downtown Wallingford, July 12 Wallingford Kiddies Parade (with wheelbarrow drill team), July 20 Imagine Capitol Hill Sustainable Street Fair, August 3-4 Port Gamble Eco-Festival and SCALLOPS meeting, September 5-6 Seattle Tilth Harvest Fair, October 5 Wallingford Home Tour

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