

Sustainable Wallingford Meeting #8 Summary June 14, 2008

Mark your calendar for our next gatherings:

- **Saturday July 12 10am** 4412 Corliss Ave N for wheelbarrow drill team (Kiddie's Parade starts 11am)
- **Saturday Aug 9 5pm** Good Shepherd/Meridian Park potluck picnic (we'll use the Senior Center in case of rain). Party, music, potluck food, croquet.
- **Saturday Sept 13, 10 to noon** Mosaic Community Coffee House 4401 2nd Ave NE

Contact: 206-547-9569 cathy.tuttle@gmail.com Summaries posted at www.sustainablewallingford.us

Hello Sustainable Wallingford friends and neighbors!

This is a summary of our first Sustainable Wallingford un-meeting. Well, quite frankly, it turned into a meeting. We'll need to try again in the fall. There were a couple of new folks at this "un-meeting" including:

- **Christie Rodgers** who has children attending both Hamilton Middle School and John Stanford International School. Christie has been active in school PTSA's and she has worked to create a community within her immediate neighborhood. She'd like to build an even stronger community. Christie rides her bicycle on neighborhood errands.
- **David Sielaff** who has two young children, participates in block parties, but wants to do more to address carbon capping and global warming.
- **Janet Stillman**, the office manager for Weaving Wallingford, the neighborhood office behind Tully's. She is interested in building community. www.wallingford.org
- **Kay Horner** grew up in Wallingford. She went to school at Lincoln and is interested in emergency preparedness and community building, including helping her neighbor Sharon Ehrig during the winter holiday.
- **Sharon Ehrig** is known for her elaborate Santa's House at 39th and Woodlawn. She started her Block Watch group and then evolved with it as here neighbors and the city became more emergency prepared. She rides an electric scooter and will help out getting more neighbors involved in emergency preparedness

Local environment and global climate

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, Wallingford Walks, and 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 our 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. Call (206) 547-9569, www.sustainablewallingford.us or contact cathy.tuttle@gmail.com for information. Join us!

Climate Dialogs

Climate Dialogs www.climatedialogs.org has at least two discussion groups in Wallingford. Climate Dialogs members have been attending Sustainable Wallingford meetings to update us on recent regional, state, and national climate legislation. Wallingford Climate Dialog members have met with staff from Senator Murray and Cantwell's offices and will meet soon with state representative Mary Lou Dickerson. These local groups provide a valuable service educating elected officials and people like us who are working at the grassroots level about what is probably the most important issue facing our civilization.

Washington State recently passed HB 2815 <http://apps.leg.wa.gov/billinfo/>. This Climate Action and Green Jobs bill —proposed by Governor Gregoire—creates a structure and timeline for cutting the state's global warming pollution to 50% below 1990 levels by 2050. It also creates a program to train Washington State

workers for jobs in the clean energy industry. SB 6580, Local Solutions to Global Warming, was also passed in this last session. The bill tackles the global warming pollution created by irresponsible development and traffic and will protect farm and forest land, encourage more energy efficient building, and promote livable, family-friendly communities. Combined, these bills will put Washington State on the path to addressing global warming in a truly meaningful way. Contact Arvia Morris morris358@zipcon.com and www.climatedialogs.org

More Climate information

- NASA Climatologist Jim Hansen made a seminal speech to Congress about a national climate policy on June 23 www.worldchanging.com/archives/008149.html
- Science writer Bill McKibben has started an international climate movement called www.350.org
- Peter Barnes describes a carbon capping proposal www.capanddividend.org/files/CarbonCapping_CitizensGuide.pdf

CoolMom

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 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 about meeting times. Get cool this summer! Kirsten McCaa, the Magnolia mom who founded www.Coolmom.org wrote an OpEd last week in the Seattle PI describing climate as the priority issue in local as well as national elections http://seattlepi.nwsource.com/opinion/368252_voteenvironment25.html

Climate Action Lab Sustainable South Seattle is hosting a Climate Action Lab: Transportation Shift! to rethink Seattle's transportation options. On Saturday July 12 from 10-2 at the new Freeway Hall, 5018 Rainier Ave S. (4 blocks south of S. Alaska). More info and to RSVP www.nweec.org/ea.php

Sustainable Food

A number of food related groups are growing in Sustainable Wallingford

Community Fruit Tree Harvest

Last year volunteers picked 11,000 pounds of fresh fruit for people who have difficulty obtaining fruit, either for financial or mobility or other reasons. The need is 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. There are three orientations scheduled for new harvesters, all at 6:45 pm: **July 2** (Wed.), **July 24** (Thurs), and **August 5** (Tues). All are at the Solid Ground offices in Wallingford. **If you didn't harvest fruit last year and plan to do it this year, you need to attend one of these orientations.** Gail Savina gails@solid-ground.org 206-694-6746. www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/TheCommunityFruitTreeHarvest2007.aspx

Community Kitchen

The Wallingford Senior Center www.wallingfordseniors.org is starting a community kitchen. Raspberry Jam with 15 of your neighbors on July 19. More community kitchen events are planned later in the summer including special events when you can make mixed vegetable pickles, blackberry cordial and pies, and salsa. Contact Kathleen Crompt info@wallingfordseniors.org or 206-461-7825 for details.

There are over 500 community kitchens in British Columbia, and the idea is just starting up in this area. See <http://tiny.cc/GDxiX>. Community kitchens save energy, money, teach nutrition and cooking skills and are a great way to build community. Community food preparation can be built around seasonal food, low carbon cooking, ethnic cooking skills, good nutrition, cooking with or for children, cooking for low income, cancer patients, shut-ins. The possibilities are almost endless when 15 people cook together!

Growing Food Growing Community

GFGC helps local gardeners learn about organic vegetable gardens through tours and sharing information. GFGC Plans a tour (and potluck) of sustainable Wallingford vegetable gardens south of 40th on Wednesday, July 16. For details contact Abby at 206-930-8765 abbyklingbeil@yahoo.com www.growingfoodgrowingcommunity.org

- **Abundant Yards** www.abundantyards.org matches condo and apartment dwellers with property owners interested in having food instead of lawns
- 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.

Visit the **Wallingford Farmer's Market**, Wed. 3 to 7 p.m. through Sept 24 www.fremontmarket.com/wallingford/

Emergency Preparedness Guild

The City is prepared for emergencies, many individuals are prepared, but we lack coordination and information at the block and neighborhood level. Sustainable Wallingford tries to address community emergency preparation.

In June, **Wallingford Meaningful Movies** www.meaningfulmovies.org showed the earthquake documentary Cascadia: Hidden Fire to kick-off events for the Sustainable Wallingford Emergency Preparedness Guild.

- **Wednesday, July 30, from 7 to 9 p.m.** the **EP Guild will host a workshop at the** Wallingford Senior Center in the basement of the Good Shepherd Center. This workshop will help to train you as a leader for Emergency Preparation at the Block Level. You can get information you can give to your neighbors at your Night Out Block Parties on Tuesday, August 5th.
- **Night Out Block Parties** close many Seattle streets (not arterials) between 6 and 9 p.m. on Tuesday, Aug 5. They are a 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
- City events and classes available at: www.seattle.gov/emergency/news/calendar.htm and www.seattleredcross.org The EP Guild recommends these emergency checklists: www.getemergencyprepared.com, 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 is the EP contact.

Building Community

Wallingford is in the midst of a sustainable renaissance. We've got a wealth of fantastically imaginative, productive, and compassionate people. And what amazing things you've accomplished collectively in Wallingford! Walks, talks, bike rides, food garden tours, a fruit tree harvest for the food bank, Climate dialogs, a CoolMom group, free yoga classes, farmers' market potlucks, an emergency planning guild, and a wheelbarrow drill team are some of the highlights of what's springing up out of our shared vision. Anything is possible! YOU are why Wallingford is sustainable! What's next?

Sustainable Wallingford Wheelbarrow Drill team. SW members and friends will participate in the Wallingford Kiddie Parade on Saturday, July 12th at 11 a.m. Wheelbarrow drill practice will happen sporadically in the garden but definitely the evening of July 9th after the farmer's market. Contact Cathy.tuttle@gmail.com 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 would like to hear from you if you would like to help envision building a revitalized community center. The Senior Center is co-sponsoring the following events:

- Community Forum: Transportation Priorities, choices & funding. Thursday, July 17, 7 p.m.
- Wallingford Walks: Saturday, July 19, 10am and Sat. Aug 2, 11am (Walks meet at Tully's)
- Community Kitchen Raspberry Jam: Sat July 19 time tbd
- Emergency Preparedness Workshop, Wed July 30, 7 pm
- Pancake Breakfast Sunday July 27 and Aug 24
- Spaghetti Dinner Tues July 8 and Aug 12

Wallingford Community Center

A community center has been a goal of Wallingford community members for many years. Sustainable Wallingford member Mike Ruby has assembled a coalition of many Wallingford groups to begin planning this fall for a community center. Contact Mike for more information mruby@envirometrics.com

Sustainable Wallingford member Lynn Fitz-Hugh offers a workshop on **Imaging a World Without Weapons** lynn.fitzhugh@earthlink.net

Check out a sustainable school teaching life skills for free at <http://seattlefreeschool.googlepages.com/>

SCALLOPS (Sustainable Communities ALL Over Puget Sound) will hold a gathering August 3-4 at the Port Gamble Eco-Festival

Northwest Earth Institute 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 if you'd like to gather in a study group.

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. this summer. If you'd like to know more please visit my website at <http://sarahmichelle108.wordpress.com/>, or contact me 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 On Saturday, July 5 at 2 p.m., Spokespeople bicyclists will gather in the south end of Wallingford Playfield before taking a short ride to Phinney Ridge and the zoo. In August we'll go to the Tour de Fat. (The New Belgium Brewing Company brings its popular bicycle event for the first time to Gasworks on August 2 from 11 a.m. to 4 p.m.) The June 7 SPOKESPEOPLE bike ride went the Sunlight Café in Ravenna. All levels of bicyclists went on this ride including a 7-year-old who pedaled herself, and old folks like me. 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 teaches a beginners class that goes just to Meridian Park and back.

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

Upcoming Local Events July 5 2pm Spokespeople rides to Phinney; **July 12 11am Wallingford Kiddie's Parade (with Sustainable Wallingford wheelbarrow drill team)**; July 16 Growing Food Growing Community garden tour; July 17 Community Forum transportation options @ Senior Center; July 19 10am Wallingford Walks from Tully's; July 19 Community Kitchen Raspberry Jam; July 20 Imagine Capitol Hill Sustainable Street Fair; July 24 6:45 Community Fruit tree harvest class; July 30 7pm Emergency Planning workshop @ Senior Center; Aug 2 11am Wallingford Walks from Tully's; August 2 11-4 Tour de Fat Gasworks; Aug 2, 2pm Spokespeople rides to Gasworks; August 3-4 Port Gamble Eco-Festival and SCALLOPS meeting; August 5 Night Out Against Crime; Aug 5 6:45 Community Fruit tree harvest class; **Aug 9 5pm Sustainable Wallingford picnic Good Shepherd/Meridian**; September 5-6 Seattle Tilth Harvest Fair; **Sept 13, 10 to noon Sustainable Wallingford monthly meeting** Mosaic Coffeeshop; October 5 Wallingford Home Tour; **Ongoing:** Wallingford Farmer's Market open Wed 3-7 pm through September 24; 10 am Sunday morning yoga at Meridian Park through the summer; Friday 7 pm Wallingford Meaningful Movies at Keystone Church; Wallingford Art Walks first Mondays 6-9pm; Wednesday, July 16; Monday 6pm Meridian P-Patch work party food bank donation

All Sustainable Wallingford meeting summaries are at www.sustainablewallingford.us. Contact cathy.tuttle@gmail.com 547-9569 for additional information. Thank you!