

The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 118 February 2004

E-mail: gmvcc@hotmail.com

Neighborhood News

ML King Elementary Welcomes "Kids at King" Extended Care to Campus

As of January 1, 2004, the before and after school program at ML King has been renamed "Kids at King"—a name chosen by the students. A new provider has replaced the YMCA program. Last fall, the YMCA notified the school that they would combine the King extended day program with two other schools and then move it to a new location. Knowing the value to the students, families, and neighboring communities of having an on-site program, former Y employee Maya Gutierrez, former director, Edgar Masmela, coordinator and 3rd grade teacher Shauna Oswald along with the MLK Dream Foundation, sought means to continue providing a program at the school. A widespread search for a provider was fruitful and fundraising efforts procured \$16,000 for tuition assistance and program development.

"Kids at King School" has 22 children enrolled with a capacity for 30 or more

(Continued on page 2)



MY COFFEEHOUSE

2818 East Madison

(Across from Cafe Flora and next to Izilla Toys)

Opening Mid-February

A Family-Friendly, parky, little neighborhood place

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Good Neighbors

Valley Woodcarver Creates Art in Centuries-old Tradition

Upon entering the studio, no one could doubt that a master woodcarver lives and works in this space. The entire house is dedicated to wood art and the tools used to create it.

Elias "Dutch" Schultz has lived in our valley for the past two years. He was fortunate to find a house perfectly suited to his needs. All interior walls (except for the kitchen) had been removed when the house functioned as a dance studio in a previous lifetime. He uses the house as his studio and lives in a small space in the backyard.

Dutch was born on August 26, 1910 in Harlem, New York City. He has been carving wood for as long as he can remember. As a young boy, he received a pearl-handled knife from his grandfather and a career was born. He had the opportunity to attend an art high school and specialize in the wood carving that he already loved. Following high school, Dutch was apprenticed to a picture frame house under the direction of a German master carver. He learned mostly by observation and constant practice. At that time, pure gold leaf was applied to the wood frames and his pay was \$1 per day. During this time, World War II began and he was swept into the fighting.

Following the War, as a beneficiary of the GI Bill, Dutch elected to study woodcarving in Europe. Although the "true" masters were in Germany, he was unable to study there because of restrictions in the GI Bill. Instead, he went to study in Switzerland, Italy and England and spent several years in Europe. He was able to travel and marvel at the intricately carved altars, wall panels and statuary that harked




Dutch at work in his studio

from the 1400s. His favorite artist is Tilman Wurzburg Reimenschneider. His personal library holds books that illustrate this master's work.

After his return from Europe, Dutch was unable to find carving work. His army buddies convinced him to move to Seattle with the promise of a job. He worked as a longshoreman until his retirement and continued his art during free times.

Dutch still carves every day. He is surrounded by his work from student days to his "modern period". He visits with his friends frequently and exercises at the senior center three times a week. An exhibit of his work was held at the Nordic Museum in 1996. Dutch's work is rarely for sale. Some of the art is gifted to friends and he has earmarked his collection for his family to inherit.

Dutch is truly an example of an individual living life to its fullest. 


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full time participants. The program combines curriculum support, homework assistance, field trips, creative play and free time for the children. There is schedule flexibility and drop-in care. It is open every day except weekends and major holidays. The program begins at 6:30 AM and closes at 6PM and is available for children ages 5 to 12. A summer Day Camp will be organized as well. Children do not have to be students at the school to participate.

Fannie Williams, the Director of PRIMM (the parent organization for the program) has been involved in child-care since 1971. In addition to keeping the program accredited by the National Academy of Early Childcare Programs, she hopes to offer a pre-kindergarten program in the fall of 2004. It is notable that she has been able to retain a number of the former YMCA staff to provide continuity for the children. Her experience, enthusiasm and caring is a welcome addition to the school community.

Those who are interested in more information about the program or in supporting it with a donation, can contact ML King Elementary directly. 

CORRECTION: Last month's article regarding the Mercer Street end at Lake Washington incorrectly stated the extent of the waterfront. There are 120 feet of waterfront, NOT 12 feet.


www.ultimatenanny.com

Valley Residents' Voices Are Heard

The following is an excerpt of a December, 2003 letter sent by Charles Bookman of the Seattle Department of Transportation to The Valley View. It explains City actions to remedy some poor paving and responds directly to neighbor concerns that were sent to the City and also published as an open letter in The Valley View.

"Last February, you corresponded with the Mayor's Office concerning utility repairs near the intersection of 27 Av E and E Madison. I just received the correspondence at 1:45 this afternoon.

Seattle Water Department (part of Seattle Public Utilities) performed some utilities repairs near this intersection in early 2003. The excavation was covered temporarily with asphalt, which is standard practice until permanent restoration can be scheduled. The work you were complaining about was a temporary restoration, not the permanent restoration.

We have a work order from Seattle Water Department to permanently repair a 10'X10' excavation near the intersection of 27 Av E and E Madison. I hope this is the same area that you have been concerned about. I have asked our concrete repair field supervisor to confirm with the Water Dept. first thing Monday morning that the excavation is ready to be permanently restored, and to complete the job as soon as he can." 

THANK YOU – THANK YOU – THANK YOU

As Friends of the Ravine in Madrona (FORM) wrapped up the second phase of work in the ravine adjacent to Madrona Drive – and we approach the Thanksgiving season – it is a pleasure to thank the Madrona Community and to celebrate our successes. The support we have received from the community for this project has been outstanding!

The grant began with students, teachers and parents from The Bush School who brought their enthusiasm and wonderful work to help grub out invasive plants, plant native species, and install bird and bat houses to improve the ravine for birds, bats and butterflies. The second graders even released their newly hatched classroom-raised butterflies into the ravine -- it was quite an event.

Volunteers from the community participated in seven work parties over the last six months. Participants showed great commitment, giving new meaning to the term 'sweat equity' during hot summer days. They were creatively inventive, finding an effective way to change the way we did a particularly labor-intensive task. They stuck to the job while having a good time talking with neighbors.

EarthCorps joined in to accomplish tough work by concentrating on slopes so steep they had to rope themselves to trees up above. They removed invasive plants and replaced them with native species. They are a fine group of young people who have come from around the world to learn about environmental restoration.

Folks throughout this phase joined in to do the important stewardship necessary to maintain the work completed earlier. Linda Hanson had the honor of receiving a special award on behalf of FORM from the Seattle Garden Club.

Work in the ravine concluded with community volunteers and Earth Corps planting over 1000 plants in the ravine. That's a lot of plants.

Final reports for this phase of work are now being completed. We would appreciate any additional contributions and value any comments or questions. Please contact Linda Hanson at 206-324-5554 or lghasla@comcast.net. Thanks!

ARTISTS

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Finally, Neighborhood Cafes Come to the Valley

If you ask anyone from the neighborhood about our local dining choices the usual response is "GREAT!.....but there's nowhere West of Lake Washington Blvd to just grab a bowl of soup or meet a friend". This missing element has been deliciously solved by two new cafes which opened in December. **Essential Bakery** hardly needs an introduction. It's a new location (ML King & Madison) for Fremont's famous bakery with all the same wonderfulness. **Bella Dolce** is a café jewel with breakfast, lunch and --Thank the Heavens for many of us-- has high quality take-out. Hurray!.....

Essential Bakery: Staff of Life Comes to the Valley

When the folks at Essential Bakery decided to open a new location outside of Fremont, they searched for a neighborhood that needed them. Judging from the excitement generated by opening day, they certainly picked the right spot. The café has been filled with locals thrilled to have this famous bakery located in their very own



Matt Stein & Jack Milzenmacher, Manager
dinner table at home.

neighborhood. Essential has everything we have longed for and more. A late afternoon viewing yielded small business meetings, friends visiting over glasses of wine, students pouring over books with coffee at hand and a stream of drop ins for the unsurpassed breads and desserts destined for the

Essential Bakery of Madison Valley will remain faithful to the philosophy that made the Fremont store a Seattle favorite. The bread, pastries and chocolates are created

(Continued on page 5)

Bella Dolce IS Pretty Sweet

Bella Dolce is the perfect name for this tiny and quiet boutique of a café. Soft lights, fresh flowers and four tables make for an intimate experience. After six years of wholesale baking, owner Joanne Corsi wanted to provide an additional retail space for her creations. She gracefully joins ranks with the other women-owned businesses in the area. Joanne provides specialty cakes and pastry for such Seattle



Joanne Corsi, Owner Bella Dolce

notables as Jazz Alley, De Laurenti, Ballard Market, Metropolitan Market, El Camino and the Frye Museum among others. The most amazing part to this story is that she does ALL the baking herself!

The bakery/cafe opens at 7AM ready to serve a freshly baked breakfast

selection of brioche, scones, pain Aux Raisins and homemade granola all made on the premises. Weekends include individual quiches. Lunches of seasonal soups and sandwiches become available at ---well lunchtime, of course. The various sandwiches are offered on Macrina breads and in-

(Continued on page 5)

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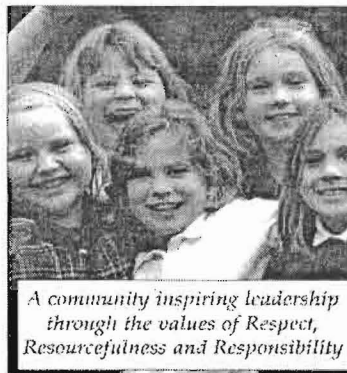
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GMVCC Contacts

Council Affairs: For Council business, including agenda requests for upcoming council meetings, please email Gary Emslie, president of the Council, at gemslic@helen.bush.edu.

Newsletter: For newsletter submissions and letters to the editor, please call Miriam Roskin at 325-8126 (email: mroskin@seanet.com).

Advertising: To advertise in the Valley View, please call Cathy Nunneley at 329-4083 (email: cjrunneley@yahoo.com) to request pricing

Dear Dr. Daisy

Battling the Northwest Winter Blues

Seasonal Affective Disorder is a widespread problem here in the Northwest. How else could you explain the intensity of Seattle's Coffee Culture? The tendency to retreat into hibernation during the dark, cold winter months is biological and universal. But hibernation does not have to equal depression. It is possible to find joy, contentment, and even some modicum of productivity during this long and weary phase of the yearly cycle.

There are many ways to improve mood in the winter. For example, liberal exposure to light can improve a person's state of mind. White fluorescent lights have been found to help with SAD symptoms. Regular house lighting can also improve mood. Remember to always turn all the lights on high in whatever room you are using in your house.

A regular exercise routine can dissipate stagnant energy and promote vitality. Exercising outside is especially helpful, since you can take advantage of what little natural light there is. One study found that an hour's walk in winter sunlight was as effective as two and a half hours under bright artificial light. Also, take advantage of classes at a

Community Council Minutes

GMVCC Meeting of January 20, 2004

The meeting was called to order at 7:40 P by president Gary Emslie. A quorum was not present.

Treasurer's report: We had approximately \$1,000 in income with expenditures of about \$1,600.

Neighbor Appreciation Day will be on Feb 7th at the Bush School lunchroom from 8:00 to 11:00 AM with Pancake Breakfast. Free to all attendees.

There is a neighborhood agreement on traffic and parking issues between Bush School and the community as a precursor to the upcoming construction.

There will be an alcohol impact area designation for the Madison Valley. No fortified wines/beers to be sold.

The Courtyard sale will be scheduled for 6/19 pending approval of Bush School.

We are looking into the procedure for requesting a crosswalk at Madison near Café Flora to slow traffic and let pedestrians cross safely.

The meeting adjourned at 8PM. 🙌



The Bush School

Experience Education

gym or YMCA and mix your work out with some social time!

Finally, many herbal remedies can be used to lift spirits. St. John's Wort can be an effective mood elevator for people with mild to moderate SAD. Consult a naturopath or herbalist for herb and dosage recommendations.

February in Seattle is certainly gloomy, but your mood doesn't have to be. Try enjoying the rest, calm and reflection of the winter season by spending time with loved ones, pampering yourself, or just sitting at a coffee shop with a good book. When you need to add a little light to your life, try these suggestions and let the sun shine in!

MAKE A DIFFERENCE

with Bailey-Boushay

Bailey-Boushay I-House is recruiting volunteers to provide transportation, companionship and meal service to clients of the Adult Day Health and Residential Care programs.

This is an opportunity to make a difference in the lives of people who are living with HIV/AIDS and other life threatening illnesses. Individuals with a reliable vehicle, a current driver's license, insurance, and who are available during the day should call David Pavlick at (206)720-2260 and request a volunteer application.

Continued from page 3

clude roasted vegetables, chicken and a special tuna creation.

Need take-out? Bella Dolce moves into the evening hours with a deli case to assist you. Roasted chickens rest alongside selections of lasagna, vegetables, and a sophisticated macaroni and cheese. Joanne's homemade pesto, tapenade and other embellishments are welcome additions.

Joanne's pastries are always on display. Currently, generous lemon squares, caramel nut tart and coconut cake highlight the dessert case. Special-order cakes are not a problem. With 48 hours notice, Joanne will create the confection for your party.

Joanne comes from a family of artists. Although her relatives have chosen the more "traditional" mediums for their work, Joanne views cooking as her art form. "It's quite wonderful to create something that everyone loves", she says. After all the years delivering cakes to other establishments, "I wanted to open this space so I could see the people enjoying my food". Patrons during the afternoon were certainly fulfilling her wish.

By the way, the coffee is excellent! Enjoy!

Bella Dolce is located at 2711 E Madison. Hours are from 7AM-6:30PM on Tuesday through Friday and 8:30AM-3:30PM on the weekends.

NEW LOCATION!! WE'VE MOVED ACROSS THE STREET

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Kathy Olsen, MSPT.



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Mat Classes begin the first week of
February. Call to reserve your spot!

Continued from page 3

from organic ingredients and made daily on the premises. Lighthouse, a local roaster provides the fresh coffee beans; and specialty teas come from the outstanding Teahouse Kuan Yin. Regional microbrews and wines are served. Live jazz and blues music on the weekend will enhance the atmosphere and local artists will adorn the walls. When the weather permits, glass doors will open to an alfresco space out front. Perfect for watching the world go by.

The food choices also are most welcome. Although area restaurants offer wonderful fare, it has not been possible to pop in someplace for a quick bowl of soup and a salad. The additional late afternoon crepes are a delicious alternative. The menu specifics will change seasonally to take advantage of fresh produce. To their credit, the company donates all remaining delicacies at day's end to Bailey-Boushay and other charities.

Essential Bakery's famous specialty breads have been developed over the past ten years by head baker/owner George De Pasquale. While "Columbia" remains the hands down favorite, the new Porcini bread has developed quite a following. Chocolates and pastries are created by Willaim Leaman who has elevated the delicacies to an art form. Miniature, jewel-like pastries are the perfect surprise for someone special.--\$2!

If you're one of the few people in the neighborhood that hasn't come in, don't wait any longer! Essential Bakery is here to stay. Hurray!

Pilates Explained

Pilates (Pi-LAH'-teez) is a method of conditioning which is suitable for people of all fitness levels and abilities. It improves core strength and balances the muscles around the joints, enhancing the way the body feels, looks and functions. The method focuses on five basic principles of neutral alignment: breathing, pelvic placement, rib cage placement, shoulder blade movement, and head and neck cervical spine placement. After ten sessions, an individual can expect an increase in overall strength, flexibility, mobility, balance and body awareness.

Pilates uses mat and equipment exercises to design personalized physical wellness programs. Private instruction and duet sessions, focusing on specific goals of the individuals, are usually offered. Whether you are interested in becoming stronger, more flexible, rehabilitating from an injury or training for an athletic event, Pilates can help you to achieve your goals with maximum efficiency. 🙌

REPORT ON YOUR NEIGHBORS

Do You or Your Neighbor have an interesting story to tell? As you have read in this newsletter, many of us are involved in a number of interesting projects. Sharing brings us together as a community and creates an identity for which we can be proud. Let us hear from you! Contact Cathy Nunneley at 329-4083 or cjnunneley@yahoo.com 🙌

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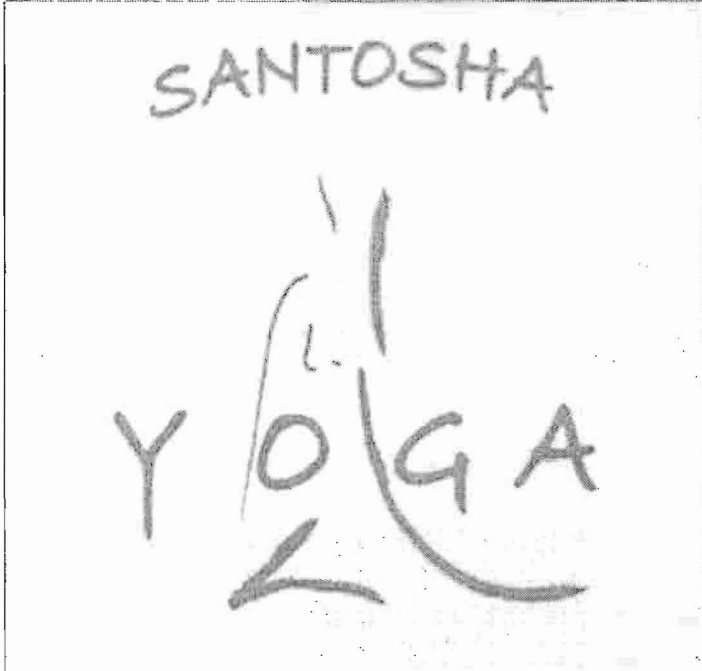
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 Your submissions are appreciated!
 Mail to the address above.

2002-2003 Officers

President - Gary Emslie
 Vice President - Charles McDade
 Secretary - Miranda and Claire Levy
 Treasurer - Eli Stahlhut
 MLK School Rep. - Joanie Robertson and Andrew Engelson

Next Community Council Meeting

Tuesday, February 17, 2004 , 7:30 p.m.
 Martin Luther King Elementary School Portables
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We now have childcare Tuesday and Thursday mornings!

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