

The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 128 April 2005

E-mail: gmvcc@hotmail.com

Neighborhood Announcements



Spring Art Walk

Along Madison Street



Featuring our own local artists

Saturday, May 7th

noon until 3 pm

Colorful balloons and maps will direct you to shops hosting one of our artists.

For info:

Cathy Nunneley 329-4083 cjnunneley@yahoo.com

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See page 3 for more information

One of Our Neighbors

She Now Offers the Breath of Life

A couple of years ago, Pippa Kiraly had a remarkable experience. Accompanied by her brother, she went hiking in the Himalayas. Although for most of us a trip to the Himalayas would be remarkable enough, for Pippa it was a miracle. Pippa has experienced a life-long battle with severe, life-threatening asthma. This condition would have made such an adventure impossible to even contemplate for most asthmatics. However, acting upon the advice of her doctor, Pippa participated in a recently developed breathing program that has set her free of both asthma symptoms and medications.

The program that assisted Pippa to this state of freedom is known as the Buteyko Method of breathing modification. During an intensive ten hour, five day course, she learned to modify her breathing patterns such that within a few weeks she was able to be free of her

continued on page 7



Here's Pippa at home in her garden. Her smile indicates freedom from her life-long struggle with severe asthma. At 70 years of age she has embraced a new calling: helping others to a life of easy breathing. She is a role model for all so called "seniors". Every day offers her new opportunities for personal growth.



Inside The Valley View

One of Our Neighbors.....	1
GMVCC Meeting Minutes for March.....	2
The Illustrated Valley: GMVCC Boundaries.....	2
Montessori Comes to ML King.....	3
Parking Law Review.....	3
The Harrison Ridge Greenbelt: a History.....	4
Miriam's a Mom!!!	5
Critique of The Valley View.....	5
520 Bridge Remodel and our Arboretum.....	6

GMVCC Contact Information

Council Affairs: Gary Emslie, President

Email: gary.emslie@bush.edu

Council business, agenda requests, inquiries, concerns

*

Valley View Newsletter: Cathy Nunneley

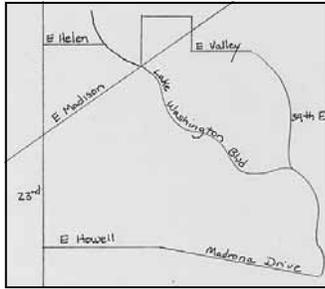
Email: cjnunneley@yahoo.com or 329-4083

Article submission, advertising, suggestions, volunteers

GMVCC P.O. Box 22278 Seattle, Washington 98122

The Illustrated GMVCC

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PLEASE support our generous advertisers from the Madison Valley business community. Without their support, it would not be possible to bring you *The Valley View*. Thanks a bunch!

Support *The Valley View*

The Valley View staff cheerfully works countless unpaid volunteer hours to bring you this newsletter. The printing and postage costs are over \$700 per month. We must have financial support from the community to continue the newsletter. **Please** make a contribution or place an ad with us. Everything helps! **Thank you so much!**

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Community Council Minutes

March 16, 2005

Gary Emslie, President, called the meeting to order and introduced council members and visitors.

FEBRUARY MEETING MINUTES

Cathy Nunneley corrected the minutes from the last meeting, noting that the cost of the Valley View did not put the Council in the "red", but that expenses exceeded income for that month. There are surplus Council funds remaining from other resources.

TREASURER'S REPORT

The GMVCC goal is to raise \$5000/year to keep the paper and other expenses in the black.

MLK UPDATE

Andy Goulding reported that MLK School has been approved to add Kindergarten and 1st grade Montessori classes for next year in addition to their regular classes. **An informational open house is scheduled for March 31st at 6:00PM.** See page 3 for more detailed information.

NEIGHBORS OF BUSH SCHOOL

At the quarterly meeting with Bush officials it was confirmed that demolition and construction for Phase II will begin June 13, the day after the school year finishes. The project is scheduled to last approximately 20 months, with the initial dig and demolition of targeted buildings taking place during the first six weeks of this summer. The city and contractor are still working out the traffic flow for large trucks removing debris.

GMVCC NEWSLETTER, *The Valley View*

A neighbor attending the meeting expressed concerns about the existing layout, financial well being, and nature of news in *The Valley View*. The thought was that the paper favors the Madison Valley retail merchants in its slant of news and ad exposure. The suggestions were to restructure the size of ads, increase ad fees and reduce the number of pages to save expenses and to make the paper self-sustaining. In following comments from many, the nature and mission of the newsletter was discussed and further comments invited. A suggestion was made to invite a member of the Merchants Association to talk at one of the future meetings regarding parking and other shared concerns.

BIKE ALLIANCE

Andy Goulding reported that May 9th through the 20th will be dates that the Health Dept is promoting Safe Routes to School at MLK School. Further, Goulding urged some action to widen the sidewalk for bicycles and wheelchairs. on 32nd Ave. E., adjacent to MLK School.

DEWEY PLACE

The question was raised as to what might be done to clean up the area behind City Peoples. It was pointed out that the land may not be owned by the Garden Store, but rather be parts of other properties on the street, which has had problems with garbage before. Cathy Nunneley will talk with the City Peoples owner and

Continued on page 5

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Parking, Parking and more Parking!!

Parking Law Review

by Bunny Bixler

After an informal walk about the neighborhood, especially within a few blocks of Madison, it became apparent to me that many of us need a reminder of those parking rules we learned in drivers' education.

I did not notice anyone parking in an intersection, on a crosswalk, in a marked "no parking zone" or upon railway tracks. However, there were several instances of parking on sidewalks. None of these parking areas are OK, i.e. legal.

The major problem seemed to be parking too close to driveways, stop signs, etc.. Hence, we offer a review.

Legal Parking Distances

- 30 feet from a stop light, stop sign or yield sign
- 20 feet from a pedestrian safety zone
- 15 feet from a fire hydrant

5 feet from a driveway, alley or private road

Five feet from a driveway was the most widely observed infraction. One could easily imagine the difficulty trying to maneuver a car in and out of a driveway without adequate clearance. Respect for property owners rights and parking laws could do much to further cooperation between residents and our parking visitors. **Five feet is probably longer that you think** when hastily parking your car. Please take a moment to truly consider the impact of your vehicle. Thanks!



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Montessori Comes to MLK Elementary!!

by Joanie Robertson

In March, the Seattle School District approved the establishment of a Montessori program at Martin Luther King Jr. Elementary. **This decision was conditional upon meeting enrollment milestones and raising the required funding.** The 2005-2006 school year would include 3 mixed Kindergarten-1st grade classrooms of 25 students each. Twenty-five must be enrolled by May and another 25 by July 5th, with all 75 enrolled by September 7th. The program calls for an additional 2 classrooms, for a total of 5 in the 2006-2007 school year. Since the Seattle School District is currently facing severe financial challenges, the funding required for each student will need to be raised without District revenue. School supporters are currently putting together a fundraising plan.

The Montessori program will be a boon for our little neighborhood elementary school and a wonderful asset for the central area's cluster of elementary programs. For information about how YOU can help, please watch this newsletter in the coming months or you may

contact Principal Barry Dorsey at 252-2900.

Congratulations!
 to
 ML King students, parents, staff
 and all their supporters!



Montessori Program Requirements

The Montessori program at ML King Elementary will require some start-up funding. The money to begin the program is estimated to be about \$50 per student per year for a few years. **These costs are not tuition.** The Montessori program uses specific teaching tools that need to be purchased. Once these tools are in place, the program is expected to be cost-free.

Although some families are able to provide the funding for their child, many others may be unable to do so. Therefore, it is necessary to raise money to provide scholarships for those in need. In this way, the Montessori program will be open to all students.

To make a contribution or for information about the program, please contact principal Barry Dorsey at 252-2900.

It also is imperative that prospective students register for the program as soon as possible. Remember that the district has only approved the Montessori program if enrollment goals are reached. **Call 252-2900** for information.

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The Valley Views the Past

The Harrison Ridge Greenbelt: A History of Preservation, Part 3

In the February and March issues of *The Valley View*, we presented an overview of our neighborhood's successful effort to save the wooded hillside along 32nd Avenue East from development. First, the community rallied together to prevent an ill-advised low-income housing project from being built. Then, ten years later, the neighbors again banded together to block the construction of houses in the green space. The financially stable City of Seattle was able to purchase the property in question under the law of eminent domain. It was the first time that eminent domain had been utilized to acquire property for the specific purpose of maintaining green space in the city. Now that the community had its wooded hillside, it was up to the residents to maintain the site.

In 1993, a committee was formed within the newly resurrected Harrison-Denny Community Council (the prior name of the present GMVCC) to apply for grant money and carry out a reforestation project. The group received a Department of Neighborhoods Matching Fund Grant for \$13,000. With the money, they began a project that spanned two years.

To begin, the committee hired landscape designer **Blair Constantine**. Blair surveyed the area and drew up the plans to restore the 6 1/2 acres of land. The woods had been used as a dump site for generations. In the summer of 1994, students were recruited from the area's schools as paid workers to clean up. Huge amounts of debris such as old tires, car parts, and abandoned appliances were pulled from the land. Truckloads of invasive ivy and clematis as well as other vegetative waste were cleared. The Parks Department



Jerry Sussman, the project's visionary leader with high school student workers at their lunch break. Their pay was a generous \$7/hr and they worked for two summers.

provided trucks and hauled away all the debris.

In the summer of 1995, after the previous year's cleanup, five hundred conifers, native plants and shrubs were purchased and planted within the newly cleared woods. Arborist **Paul West** from the Parks Department oversaw the planting and worked among the volunteers. These plantings occurred after two years of very arduous work.

The next several years brought new volunteer work parties to the greenbelt to maintain the baby plants. As the trees and shrubs began to thrive, the committee members began to breathe easier.



The Greenbelt crew clowns for the camera to celebrate the planting of the last trees in the reforestation phase of the project. The year was 1995 and they celebrated the end of two years hard work.

In late 1995, the Council applied for and received another grant concerning the greenbelt. This Small and Simple Grant called for a two part effort to educate the community about the greenbelt.

The first part concerned the publication of a booklet, "*City Woods*". "*City Woods*" was a local history story of native trees and plants with a brief history of how the Harrison Ridge Greenbelt was saved. It included illustrations of different plants as well as drawings of historical images. All the art and writing was done by volunteers; only the printing costs were paid from the grant money. One thousand copies of the first edition were printed. A second printing, including some new illustrations, followed soon. The booklets were sold for \$5 each in local bookstores and at community events.

The second part of the grant concerned the development of a curriculum to teach about local history to the students of Martin Luther King Jr. Elementary School. For eight weeks, volunteers came to the classrooms of grades K-5 and taught about the woodland history of the region and the identification of plant life. Three hundred copies of the "*City Woods*" booklet were given to the school.



Well, here we come to the present. Today, the **Harrison Ridge Greenbelt** is a cherished green space in our community. One could only imagine how different the eastern view of the valley would be without these trees and shrubs. Currently, a new analysis of the greenbelt's vitality is warranted. The tiny woods is still a fragile environment and needs care. A new maintenance plan will be devised. We will surely be calling for volunteers. Are you interested?
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Miriam's a Mom!



Miriam Roskin, former editor of *The Valley View*, with her newborn son, Aaron, age two weeks. Mom and baby are doing fine!



GMVCC Minutes *continued from page 2*

find out if they own it and how we might proceed. **MVFVA (Madison Valley Flood Victims Association)** The City is proposing a retention pond as a solution to the flooding in the area. This solution would mean condemning three homes to make room for the pond. The MVFVA has hired an independent contractor to study alternative plans. The GMVCC is available to assist the committee if additional political assistance is necessary.

ART WALK

May 7th is scheduled as our annual **Spring Art Walk and Sale** within ten of the Madison Valley merchant's shops. This event will enable our artists to showcase their work for their neighborhood and involve the merchants in a community event.

ADJOURNMENT: The meeting was adjourned at 9:15.

Critique of *The Valley View*

By Jack Irwin

The March Council meeting was especially lively. Some vocal members of the community expressed disappointment with the newsletter content. The concern was that the newsletter has favored businesses over ordinary citizens. Additionally, the cost of the newsletter was criticized as excessive.

As an example, the March column "These are Your Neighbors" was felt to be an infomercial for the person's business especially in light of the fact that the business had an ad in the paper. Also, the comment about parking woes in the "Around the Neighborhood" column felt to the critics as not sympathetic to the neighbors of Madison Street.

It was suggested that more aggressive requests for support from the valley businesses would result in a better financial picture for the newsletter. Frustration was expressed with businesses that did not contribute to *The Valley View*.

The Valley View editor noted that the "Neighbor" article was intended to highlight the individual's community service and that we called for cooperation among neighbors and visitors when it comes to parking. The editor expressed gratitude for any constructive criticism but defended the newsletter's content.

The Valley View has now printed 128 consecutive issues, all with volunteer effort. The annual rummage sale, donations and paid ads help keep us afloat for now although in future changes must be made. Like social security, there will be trouble ahead (and of that we are mindful) but there ain't no crisis today.

Please let us know YOUR views of The Valley View. We gladly and gratefully solicit all constructive criticism.

Contact the editor, Cathy Nunneley. (see page 1 for info)



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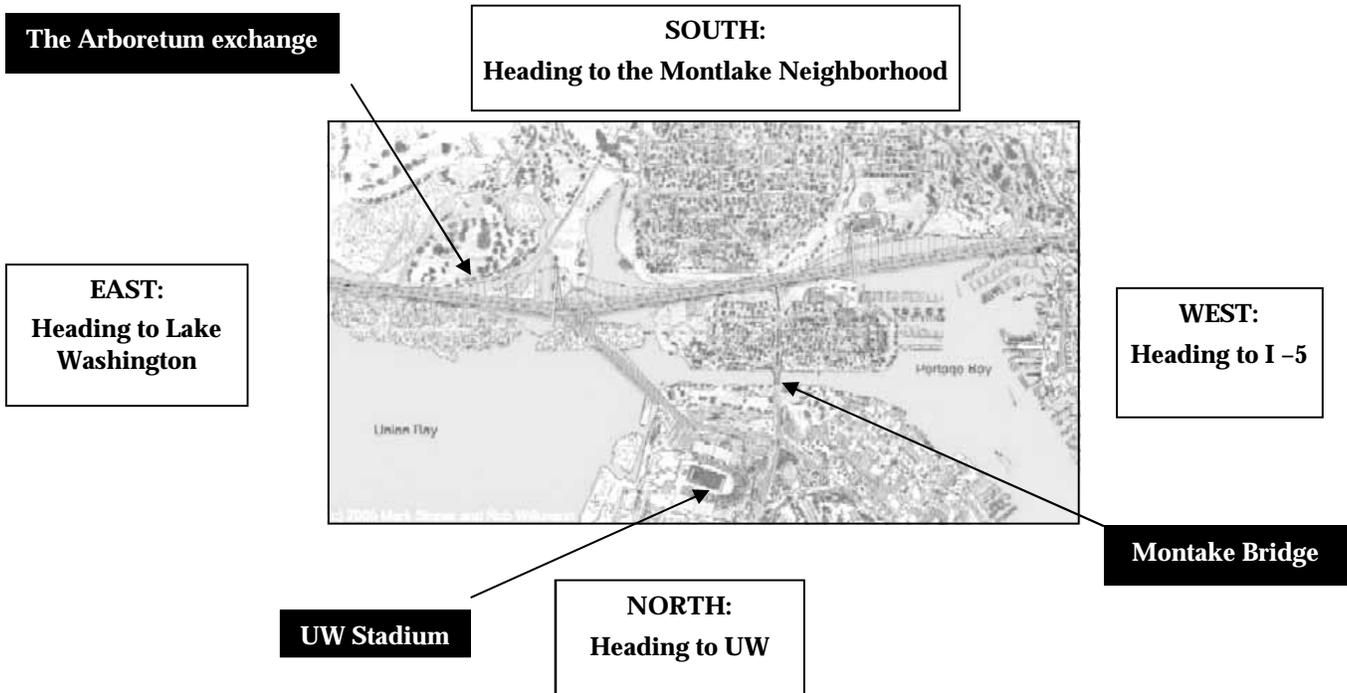
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The 520 Bridge and our Valley: The Montlake Community Proposal



The Montlake 520 Bridge Proposal would change the present design to a suspension bridge. New technology enables engineers to place supports 1/2 mile apart so that ground impact is minimized. The north exchange would originate at the UW stadium: the site of the new metro station. This plan spares the historical and beloved Montlake Bridge from congestion. It also restores the wetlands currently paved over by the present bridge. There is also an exchange planned for 10th Ave E. Currently, there is only an exit opportunity at that site.

However, the plan still calls for the exchange to be left at its' present location: the north end of the Arboretum.

It seems that as the future brings more traffic to the City, the Arboretum will suffer. It seems illogical for a freeway to exit into a two lane parkway. Even today the traffic is bumper to bumper during commute times.

Although Montlake is saving their neighborhood's beautiful little bridge, the plan neglects our wonderful Arboretum. One of the plan's designers, **Jonathan Dubman** has asked the Dept of Transportation to consider closure of 520 and it's impact on traffic patterns. Perhaps a solution would be to close the Arboretum exchange and reroute traffic to another exchange at a major, business area such as 23rd Ave E and Madison. Obviously, any plan has it's pitfalls.

The GMVCC has not taken a position regarding any of these plans. As individuals, we can each express our opinion to the Washington State Department of Transportation. The appropriate contact in that department is

Maureen Sullivan: 381-6436 or sullivan@wsdot.wa.gov
 Make your views known! You DO have a voice in this issue!



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“rescue” inhalers. With the help of her doctor, she was then able to taper off the steroids that had controlled her life. Pippa estimates that she is saving over \$3,200 a year in drug and prescription insurance costs.

Pippa was so enamored with this breathing modification program that she decided to take an advanced teachers’ course. She is now a certified Buteyko Practitioner. It is a joy for her to teach others how to free themselves from the stress of asthma and other breathing difficulties.

Care giving comes naturally to Pippa. Originally from England, she was trained as a nurse in London. After immigrating to America in 1959 and marrying, she settled down to be a wife and mother. Her husband, Bill, a violist, was a member of the Cleveland Orchestra. Drawing from her innate writing skills, she became a free lance classical music critic for the Akron Beacon Journal. She thrived in this environment.

Following the death of her husband, Pippa relocated to Seattle in 1991. Originally, she was recruited to write an article for the Seattle Youth Symphony. She continued her journalism career with the Seattle P.I. and, for several years, Seattle Weekly. Seattle has always felt like home to Pippa and she loves the Pacific Northwest.

In addition to her writing career, Pippa has been a bereavement volunteer with Providence Hospice of Seattle for 13 years. Both her nurses’ training and the personal loss of her husband provided her with the skills necessary to assist others through this difficult passage. She is considered to be one of the most committed and skilled bereavement volunteers at Hospice of Seattle. As a volunteer, Pippa contacts a

recently bereaved individual by telephone. She maintains this telephone support for a year following the death of the individual’s loved one. Additionally, her gardening interests and supportive family has rounded out a full life.

Pippa’s passion, the Buteyko Method of breathing modification, has ignited a new career path. Undaunted by what many others may consider to be an “advanced” age, Pippa has marched headlong into her new vision.

Pippa emphasized that her breathing reeducation transformed her life so dramatically that she has been thrilled to offer the method to others. Service to her community has always been at the heart of her motivation. As a nurse, she has been following her commitment of offering comfort and support wherever it is needed. As example to us all, Pippa’s philosophy has been to greet each day as a new beginning.



Please let us know about YOUR interesting neighbors and, with permission, we will feature them in an upcoming issue of *The Valley View*. We all benefit from learning about our community.



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THE VALLEY VIEW
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Greater Madison Valley
Community Council
Member of the Seattle
Community Council Federation

Newsletter Staff
Cathy Nunneley, editor
Miriam Roskin
Jerry Sussman
Ilana Guttman

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Your submissions are appreciated!
Mail to the address above.

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Next Community Council Meeting

Wednesday April 20 7:30 p.m.

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*

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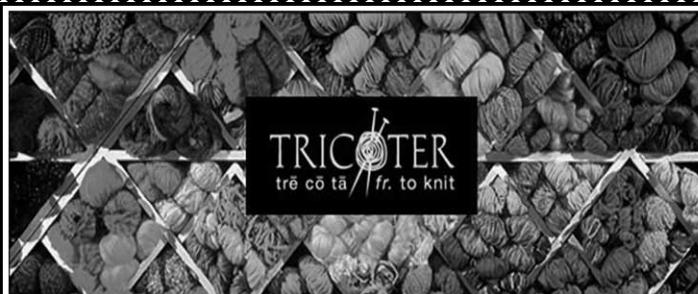
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