

The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 121 May 2004

E-mail: gmvcc@hotmail.com

MADISON VALLEY ART SHOW AND SALE

SATURDAY, MAY 8

11AM-6PM

BUSH SCHOOL COMMONS

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Artistic Neighbors Share Their Talents

The Greater Madison Valley Community Council is pleased to sponsor the first annual art show and sale for neighborhood artists. The goal is to bring together the many artists living within our midst so that they may become better acquainted with each other. Additionally, as their neighbors, we will gain an appreciation of the wealth of talent in our community.

Thus far, we have over 25 artists of all ages from our community participating in the show. They represent many art forms: painting, ceramics, jewelry, woodwork, sculpture, collage and others. We also have invited performing artists to entertain us with their talents and showcase their music. An array of complimentary desserts to smooth the way with sweetness should comprise a winning program of events. Admission is free although **tax-deductible donations** to support the community council are always appreciated and baskets will be available to receive your generous gifts.

We are grateful to The Bush School for their community-spirited offer to use their airy space to house the art. If the weather cooperates, we will definitely have some outdoor exhibits. The Bush School Commons is located on East Harrison Street at 36th Avenue East near Lake Washington Blvd. Signs will be placed on the sidewalk to guide you to the event. Parking should not be a problem on a Saturday but please be respectful of the Bush School neighbors. Try to park directly on East Harrison as opposed to using side streets.

May 8th is the day before Mothers' Day and will present a great opportunity to find something special to honor the mom on your list.

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Save the Date!!

NEXT GMVCC MEEETING AGENDA: MAY 18th

Community comments and support requested for:

* Montessori proposal for ML King Elementary

* Neighbors of Bush agreement with Bush School

* Election of new officers: WE NEED A NEW SECRETARY!

Scott Pack Brings His Soma Style to Madison Valley

By Lei Ann, his neighbor

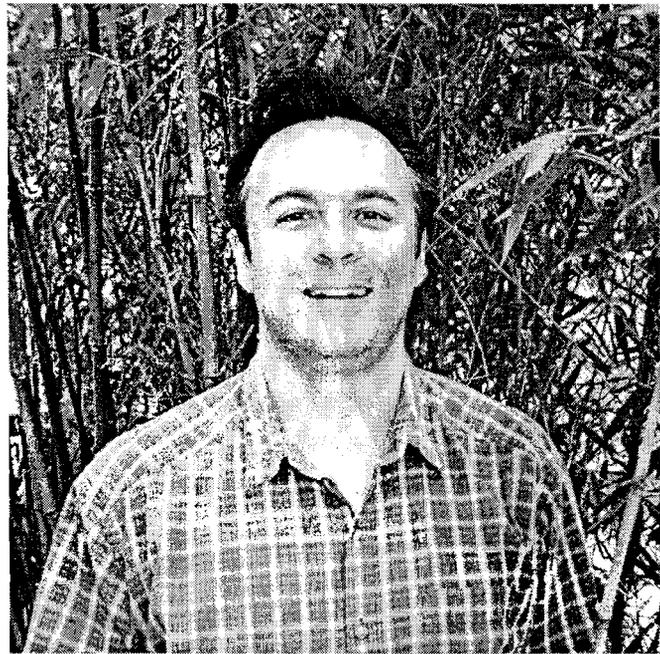
A newcomer to Madison Valley, Scott Pack brings his talents as a Soma specialist to our burgeoning business district on Madison Street. He is a laid-back guy, with an easy smile and warm eyes, and when he talks about Soma, one can tell he's passionate and well informed. A few years ago, life was a different story.

Burned out from software engineering in a .com start-up, he suffered from severe carpal tunnel syndrome. "I was disconnected from my body," admits Scott. "I was faced with surgery on both arms and knew in my heart that it wasn't the solution for me. So I went on a journey to find out just what was."

After exploring many alternatives, he discovered Soma, a form of deep-tissue bodywork with the goal to create a better alignment of the body with gravity. "We can change the balance point of our body's mass," explains Scott. "Thus we can move more effortlessly because we are better aligned with gravity."

Although Soma can also relieve stress, it's different from massage. Clarifying, he says, "It works on connective tissue called fascia, which covers the entire body. Releasing the fascia often creates dramatic change not only in the body, but also to the mind." Soma is unique in that it also introduces principles of movement. "It's not just about posture," he emphasizes. "I work with the client to develop a dynamic balance of how they move their arms, legs, torso, head and neck."

And just who can benefit from this innovative form of bodywork? "Everyone," Scott says with a laugh, and adds more seriously, "anyone open to change." Soma not only alleviated Scott's carpal tunnel, it also inspired him to redirect his career path. "It saved me from surgery, that's why I'm doing this. I believe in it and I know it works."



Scott Peck at home in our Valley

Excited to be among the massage, yoga and bodywork centers springing up on Madison Street, Scott says, "My goal is to build a practice, starting here in the Valley to bring that connective-ness that I've found to other people who are in front of computers all day....it's incredibly hard on the body." He pauses, and then says thoughtfully, "I've been a customer in the Valley for many years and now it's great to be a part of the business community."

(Scott Pack can be found at 2800 Madison, Suite 206, (206) 419-CORE or 2673)

Report on Your Neighbors!!!

This article about Scott was suggested and written by his neighbor. Please let us know of others in our community that you have come to admire and we will highlight them in *The Valley View*. We all benefit from knowing our community. Thank you Lei Ann!

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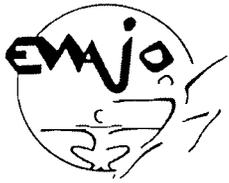


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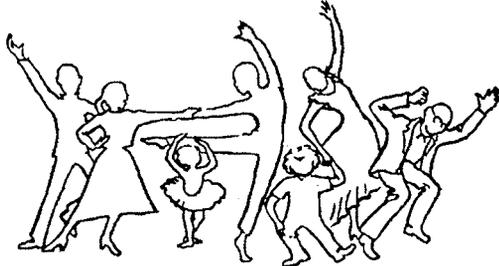
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Celebrate!

Ewajo Dance Workshop Week
May 14-20

Around the Neighborhood

Madison Valley Business Association: The merchants on E Madison are meeting monthly to discuss mutual concerns such as traffic, parking and cooperation with the community. A representative from GMVCC will attend the meetings to give voice to your concerns. This is an excellent way to communicate! Please let us know what concerns you would like to be discussed.

Safety Along Madison: The Council is in contact with the City regarding pedestrian safety on E Madison. After studying the situation, the City does not feel that additional crosswalks are the answer. We will now turn to the police department for suggestions.

ML King Elementary: A Montessori Program is proposed. Next month's meeting will discuss this in length. **Come out to support this effort at the next Council meeting.** An article on the upcoming Kindergarten Academy and the Montessori program will appear in the June issue of *The Valley View*.

E Mercer Street End: The committee is awaiting the City's decision for a shoreline management exemption to open the street end. The opposing neighbors have asked for the property to be vacated and are also citing land use issues. The committee hopes to open the street end to the public this summer and plant boundary shrubs in the fall. If you are interested in helping open the street end, you may contact **Frank Rowe** at RoweNW@cbcomputers.com

Save the Date!

Greater Madison Valley Community Council

Annual Courtyard Sale

Saturday, June 19th

In the Courtyard of The Bush School

E Harrison and 36th Ave E

Please set aside all usable items for your tax-deductible contribution

No computers or non-working electrical devices, please!

We still need volunteers:

Pick-up items
Sorting and Pricing

Day of Sale:
set up, sales people, clean-up

To Volunteer Contact: Gary Emslie at gary.emslie@bush.edu

The Bush School Agreement with Neighbors

NEIGHBORHOOD AGREEMENT

BETWEEN

THE BUSH SCHOOL

AND

THE NEIGHBORS OF BUSH ASSOCIATION

MUTUAL GOALS: To establish and maintain better communications between The Bush School and its neighbors and to provide mechanisms for effectively resolving issues of mutual concern. To promote positive relations and a mutually beneficial relationship between the parties. To lessen, to the extent reasonably possible, the impacts resulting from the operation of a school in a residential neighborhood while giving the school's administration the flexibility to achieve its educational purposes.

THEREFORE, IN RECOGNITION OF THE MUTUAL BENEFITS TO BE DERIVED FROM SUCH AGREEMENT, THE PARTIES AGREE AS FOLLOWS:

THE BUSH SCHOOL agrees that it shall:

- Abide by all conditions contained in any Master Use Permit and/or SEPA mitigation requirements issued to the school by the City of Seattle or any other governmental authority with jurisdiction (current copy or summary)
- Meet with The Neighbors of Bush on at least a quarterly basis
- Provide information meetings or open houses for neighbors before application for any governmental project permit or approval, to provide neighbors with all relevant project information and the opportunity for neighborhood comment. The Bush School agrees to in good faith consider all neighborhood comments and concerns and to incorporate neighborhood suggestions into project plans to the extent reasonably possible;
- Designate a liaison to The Neighbors of Bush Association to discuss issues between quarterly meetings;
- Establish a process by which either The School or The Neighbors of Bush Association may request a special meeting to discuss issues that are of concern to either party and of a time-sensitive nature

THE NEIGHBORS OF BUSH ASSOCIATION

agrees that it shall:

- Keep the school updated with names and addresses of members, as available;
- Apprise the school in a timely manner of issues of concern;
- Represent accurately the views, concerns, and opinions of The Neighbors of Bush Association membership in all discussions with the school.

The parties further agree that this Agreement is intended to remain in place indefinitely. In the event that either party no longer wishes to remain a party to this Agreement, it shall notify the other in writing of its intent to terminate the Agreement. If, after thirty days, the parties have not successfully resolved any outstanding issues or satisfied any concerns, then either party may terminate this Agreement on written notice to the other.

The GMVCC would like to provide a forum for the discussion of the agreement between The Bush School and its neighbors. Many issues such as property rights, litter, parking, traffic congestion, and construction plans have encouraged the school and neighbors to cooperate with each other.

To comment on this agreement, you may contact us directly or attend the **May 18th community meeting:**
7:30 PM in the ML King School portables.

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MAKE A DIFFERENCE with Bailey-Boushay

Bailey-Boushay 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.

THE BIRTH OF CAFÉ FLORA

BY JAMES SUTHERLAND

In the spring of 1990, old friends and long-time residents of the neighborhood, Pat Close, David Foecke and Scott Glascock met to discuss the possibility of buying the abandoned Laundromat at 29th and East Madison and converting it to a vegetarian restaurant. Their motives were simple. Pat wanted to establish a friendly, community based, vegetarian restaurant close to home. David hoped to develop a restaurant which could stand as a model business in attending to the health of the planet. And Scott wanted a restaurant that would introduce superb non-meat dishes from culinary traditions around the globe.

After a feasibility study and a year long planning and development process in which the Laundromat was gutted and rebuilt for its new purpose, Cafe Flora opened on schedule, October 1st, 1991.

The architect for the project was Clayton O'Brien Smith of GGLO Architects, and the construction firm was Krekow Jennings. The selection of these companies was based on the strength of their reputations and on their compatibility with the goals of environmentally sensitive, energy efficient design and construction and the owner's commitment to hiring minority and women owned businesses for all of the sub-contracting work

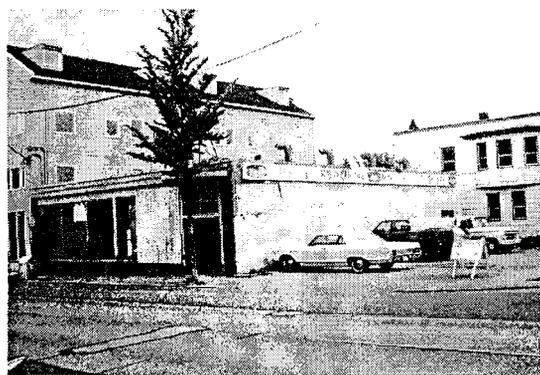
The environmental consulting firm Ecotope was brought in to help ensure maximum energy efficiency. And J. Kenyon, the Chef from Greens, in San Francisco, came up to assist in designing the kitchen so that it would be appropriate for a vegetarian restaurant - that is, spacious and open with large amounts of prep space, and maximum opportunity for interaction and collaboration among the cooking staff.

The owners had planned on a "soft " opening. No advertising, no PR, just quietly open the doors and see if anyone came. Staff and owners were stunned to find themselves

quickly inundated with guests. The restaurant had to double its staff in the first two months of business. Our Chef, Janine Doran, has been with Cafe Flora since 1992.

In 1999 we began wholesale operations with the bottling one of our most popular sauces - The "Snappy" tamarind chipotle sauce. A Cafe Flora cookbook is currently in the works.

Cafe Flora's menus have continued to evolve, with an emphasis on creativity, seasonality and a variety of cooking traditions. The restaurant has received a wide range of culinary, community and environmental awards, and has been honored as the subject of numerous articles in both local and national media.



This is a photo of the scary, abandoned laundromat at 29th Ave East and East Madison prior to 1991. The site is presently occupied by the popular vegetarian restaurant, *Café Flora*.

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!

Name: _____

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Please contact me to write for *The Valley View*

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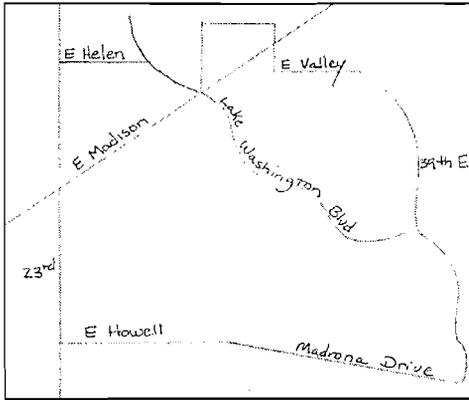
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The Illustrated GMVCC

Many people have requested a map of our community boundaries. The present incarnation of the Council has been active for about 15 years. We have added blocks to the original area as neighbors have asked to be included. Below is a map of the current area in which the Greater Madison Valley Community Council serves you.

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Community Council Minutes

GMVCC Meeting of April 20, 2004

The meeting was called to order by VP C McDade. At 7:30 PM. There was a quorum present.

Treasurer's report: \$150 income (ads and donation), \$772 expenses (newsletter, April issue).

Neighbors of Bush: Larry Kron & John Coldewey reported positive relations with Bush. They wish to become a committee of GMVCC. Full discussion of agreement to be held next meeting. (see related article in this issue of the VV pg. 4)

ML King Elementary: The Learning Tree staff has offered to begin a Montessori program at MLK. The school is very excited about this. They need community support. Next GMVCC meeting will be to rally support for the program.

Art Show is on schedule: see related article on page 1

Safe Routes to School: Andy Golding presented a pilot study to be implemented at MLK and 15 other schools promoting the transportation of students via walking and biking. The study includes the many impediments to walking and biking such as unsafe streets & sidewalks. For info: Andy Golding 329-6350 or argolding@aol.com. Further info next month.

Alliance for Education: Kristi England presented a summary of conclusions from the survey conducted this past fall. Community support and communication between the community and school board were cited as important. Improved teacher training and smaller class size with more personalized attention were cited as most important to meet the individual needs of all students.

Support for The South Seattle Star: In recognition for The Star's support of GMVCC, it was voted to present them with a check for \$25 in honor of their second birthday.

Annual Courtyard Sale planning is in progress..

Traffic Congestion: We are working with the City on E Madison.

The meeting was adjourned at 8:40 PM.



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Community Happening

Calling All Music Enthusiasts

GMVCC is interested in forming a *neighborhood chorus*. Performance opportunities would include our many community events such as the spaghetti dinner, art show and courtyard sale. Would you like to share your talents and enjoy the company of other singers? Contact us! It would be interesting to have different types of music to reflect our different heritages.

How about a community band or chamber orchestra? We know we have many musicians among us. Contact us if you are interested and we will put together a list.

Cathy Nunneley 239-4083 or cjnunneley@yahoo.com

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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 WA 98122

THE VALLEY VIEW
 P.O. Box 22278
 Seattle, WA 98122
 Greater Madison Valley
 Community Council
 Member of the Seattle
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Newsletter Staff
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 Jerry Sussman
 Cathy Nunneley
 Jeanette Karovsky

The Valley View is published nine times each year.

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Your submissions are appreciated!

Mail to the address above.

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