



The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 112, May 2003

E-mail: gmvcc@hotmail.com

Good Neighbors

Our Very Own Gold Medalist

By Cathy Nunneley

It wasn't difficult to guess how Jerry Lewis earned his five gold medals in November at the 2002 Gay Games in Sydney, Australia. Along with his huge warm smile, Jerry has the long lean body of a natural runner. Months of training with his team from the Front Runners here in Seattle paid off. The Games Down Under was the Sixth Gay Games event and Jerry's third.

The Gay Games was the brainchild of Tom Waddell, a San Franciscan physician and Olympian champion. 24 years after its inception, the Games has traveled from San Francisco to Vancouver, New York City, and Amsterdam before this recent event in Sydney. Modeled on the traditional

Olympics, the Games are held every four years. Each time participation has increased. In 2002, over 14,000 men and women aged 20 to 77 represented 80 countries. The Gay Games includes more than 30 sporting events. Participation is open to everyone and athletes compete within their age groups.

Jerry's first experience with the Games was in New York. He was there singing at Carnegie Hall with the Seattle Men's Chorus to mark the 25th anniversary of the Stonewall uprising. A friend suggested signing up for the 3 mile race and surprise! — he won the gold! Four years later, in Amsterdam, he silvered—again in the 3 mile. Then his training became more serious. A professional trainer was employed to guide the team to the gold in Sydney.

Jerry runs every other day-- down to the Lake and back or with the Front Runners at Greenlake. Although

recently retired, he continues to provide backup support at Overlake Hospital as a Physical Therapist. Additionally, he volunteers at Bailey-Boushay, gardens, travels and enjoys time with his family. Jerry is proud of his eight grandchildren and is expecting two more this year.

Advice? At 66, Jerry declares that age is a state of mind. Exercise is a priority for a healthful life. Start out with reasonable goals and continue to grow. He looks forward to the 2006 Games in Montreal. ▼▼

ANNUAL GMVCC COURTYARD SALE

Saturday, June 28

Please begin saving all **usable** items now. We should be able to begin accepting donations directly at the school around the second week of June.

This year we **cannot** accept any computer components or non-working electronic equipment. If you would like further info or would like to volunteer please contact Cathy Nunneley at 329-4083 or cjnunneley@yahoo.com. Please be generous, as this is our only fundraiser of the year!

Business Highlight

Birth and Beyond

By Cathy Nunneley

Birth and Beyond is a wonderful store. Located in the heart of our neighborhood and famed throughout Seattle, the shop offers most everything for the new family. The petite space and cozy atmosphere instills a sense of comfort—like a friend's home.

Owner Lyndsey Starkey opened the store eight-and-a-half years ago in 1994 when she recognized a gap in post-partum baby care. "My original goal was to become a midwife," explained Lyndsey. "However, while working at Virginia Mason as a medical assistant midwife, I noticed that families were being discharged from the hospital with little teaching or resources. I decided then that I could best serve new parents and their babies by meeting parenting needs." Lyndsey envisioned the store as a resource center where parents could obtain accurate information on all aspects of their experience. The retail business grew as she provided products that supported the needs as identified by her clientele.

Birth and Beyond prides itself as a Breastfeeding Center. All employees are trained

(Continued on page 2)

Please support the Valley View's advertisers!

This month's advertisers include Madison Park Tree, Penn Cove Organics, Rover's, Santosha Yoga, and the South Seattle Star.

In This Issue

Good Neighbors	1
Business Highlight: Birth and Beyond...	1
Neighborhood Events	2
Community Council Minutes	2
School News	3
Madrona Ravine Update.....	3

Neighborhood Events

Neighborhood Academy

May 15: Building Your Financial Foundation. Find out how to start saving and planning no matter what your income level is today; it's never too early or too late to start laying the foundation for a secure future.

May 20: Get Informed and Get Healthy. Organized by Fred Hutchinson Cancer Center, a panel of local health providers and scientists will discuss what you need to know about diet and exercise. Explore current topics and get tips on how to get healthy and stay that way.

June 3: Unfolding the Mystery of Maps. You follow the green line turn onto the red line, go a few miles, and you're there. But it can get tricky. Join a senior travel counselor from AAA to learn how to really read a map and avoid the wrong turns that can make for a bum ride!

Classes meet at the Neighborhood Academy, located in Safeco's Jackson Street Center, 306 23rd Avenue South, Suite 200, in Seattle. All sessions are free, but please pre-register by calling 206/521-1100 or emailing hocr@safeco.com.

Community Council Election Day: Come and Vote!

Our council holds its annual election of officers at our next meeting, Tuesday, May 20 in the ML King School portables, 7:30 pm. The nominations include some incumbents and new candidates: for president, Gary Emslie; vice-president, Charles McDade; secretary, Claire and Miranda Levy; treasurer, Eli Stahlhut; King School rep., Andrew Engelson. You may nominate and speak for any other candidates at the meeting.

Citizen Input Sought on Homer Harris Park

The Department of Parks and Recreation is seeking public comment on the design for a new park at 24th and Howell. The acquisition of the property and the development of the park were authorized under the Pro Parks Levy and funded by a very generous anonymous donor.

Information on the public meeting is available from Catherine Anstett of the Parks Department via phone (206/615-0386) or email (Catherine.Anstett@seattle.gov).▼▼

Birth and Beyond, continued

lactation educators so that moms can be reassured of accurate information. Breast pumps and all breast care products are represented. Beautiful nursing bras are expertly fitted to each individual. Bottle feeding babies have their choice of modern formula systems.

Other specialties include a full range of skin care products for baby and mom. The diapering options and complete line of baby carriers, slings and baskets should accommodate anyone's choices. Adorable premie clothing, ordinarily difficult to find, is readily available. Beautiful gifts, including hand knit hats and sweaters from a genuine great grandmother are irresistible. Lyndsey is knowledgeable about the product lines of other local retailers so that she can easily refer customers who seek an item not available in her store.

The most impressive aspect of Birth and Beyond may be the cozy library nook upstairs. Hundreds of books and videos are available on loan. Additionally, there are pamphlets and cards for area services and practitioners of the birth experience. The staff is available to review any materials and discuss options with clients.

Birth and Beyond is a wonderful resource for new families. We are truly lucky to have this gem of a store in our community. Stop by soon and see for yourself! The shop's phone number is 324-4831. It is located at 2610 E Madison and on the web at birthandbeyond.com. A new location in Gilman Village recently opened.▼▼

Community Council Minutes

Meeting of April 15, 2003

The meeting was called to order at 7:30. There was a quorum present.

Candace Poncedeleon began by giving the treasurer's report. The balance in our Washington Mutual account is \$5,151.53. The council recently received \$65 in donations from neighbors. The cost of the last newsletter came to a total of \$700 for six pages. This month, there will only be four pages, which will save \$200. There was a motion to move the money from our Bank of America account to an interest bearing Washington Mutual checking account. The motion was seconded and passed.

The courtyard sale will happen on June 28th. It was suggested that pick-up of leftover items should be arranged prior to the sale and that committees be organized to run the sale. Volunteers will be needed for sales, set-up, clean up, advertising, and pricing. There will be two more meetings before the sale, one in May and one right before the sale in June.

A new MLK school representative has volunteered. Our neighbor Andrew Engelson will be taking the place of former representative Adrienne Bailey.

Jerry gave an update on the fieldhouse project. The Dept. of Neighborhoods wrote us a letter discouraging us from proceeding with our grant application. The remodeled field house is considered to be a new facility that would be too expensive to maintain, at about \$18,000 per year. Jerry is going to contact our district manager and discuss how we could proceed with our original plan and maybe send in an application in time for the next deadline.

The vote for new officers will happen at our next meeting, in May.

The meeting adjourned at 8.30 p.m.▼▼

School News

News from MLK

The school is meeting to review budget concerns. There is an interest in discovering a unique offering that will enhance the learning experience at MLK and disintguish the school – perhaps a focus on multi-cultural learning and the addition of arts to the curriculum. All avenues are open for exploration. Neighbors who are interested in the curriculum are encouraged to contact the principal or attend the community council meeting. WASL testing will begin

Madrona News

Ravine Revival – Phase II

By Linda Hanson

FORM (Friends of the Ravine in Madrona) announced recently that they have been awarded a grant from the City of Seattle Department of Neighborhoods Small and Simple Project Matching Fund Grant and will continue the Ravine Revival in partnership with EarthCorps.

Linda Hanson, FORM coordinator, invites all community members to the Phase II celebration and work party on Saturday, May 3, 9:00-12:00. "We'll meet at the bus stop next to the pedestrian bridge at Pine Street and Madrona Drive. We have such a great time while getting good work done in the ravine" she said. "We really need the help of all of our friends in the community who have enjoyed the open space views of the ravine from the pedestrian bridge or other vistas." Please mark your calendars for future work parties scheduled for the first Saturday of each month for the next 6 months.

Special thanks to Bush School students and teachers who will have an important role in the ravine restoration by improving the area for birds, bats and butterflies. Students and teachers will celebrate Earth Day, April 22, at the ravine by planting native plants that attract butterflies. In the coming weeks, Bush students will build and install bird and bat houses to improve the wildlife habitat. We appreciate

Mark Horkert
Owner / Certified Arborist



Madison Park Tree
Pruning, Removal, Planting

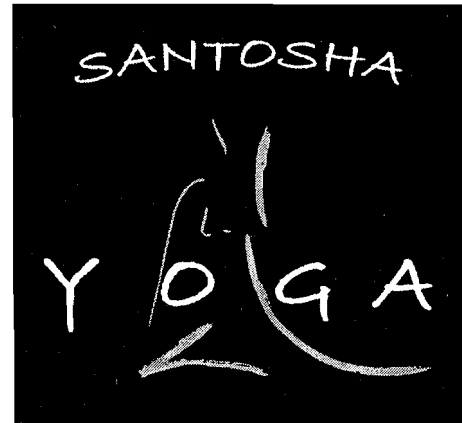
Call for a free estimate
(206) 322-4546
Licensed, Bonded, Insured

2514 E. Ward St.
Seattle, WA 98112
e-mail: bethormark@aol.com

shortly after Spring Break. ▼▼

News from Garfield

The news on everyone's lips is the loss of 8 teachers and 4 support staff due to the budget crisis. This displacement is causing much anxiety at the school. To offset the bad news, West Side Story will be presented 4/30-5/8 with a great cast. The Annual Fund drive surpassed its goal of \$100,000. The Garfield Jazz Band is one of only 15 nationwide invited to the 2003 Essentially Ellington Competition. Go Bulldogs!▼▼



COMMITTED TO OFFERING
YOGA FOR EVERYONE

206 264-5034
WWW.SANTOSHA-YOGA.COM
2812 E MADISON ST, SEATTLE, WA, 98112

SUPPORT THE VALLEY VIEW NEWSLETTER

Name: _____

Phone: _____

E-mail: _____

Address: _____

- Donation Amount: _____
- I don't receive the Valley View; please add me to the mailing list.
- Please contact me for mailing parties, writing, reporting, artwork, or other. My interests are: _____

GMVCC ▼ P.O. Box 22278 ▼ Seattle, WA 98122

Thanks to readers who made generous voluntary subscriptions to the Valley View in April. We received \$65 in donations, or

THE VALLEY VIEW
P.O. Box 22278
Seattle, WA 98122Greater
Madison Valley Community
Council
Member of the Seattle
Community Council Federation
Newsletter Staff
Miriam Roskin, Editor
Jerry Sussman
Cathy Nunneley
Eli Stahlhut

The Valley View is published 10
times each year.
Deadline: First of each month.
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 - Candis Poncedeleon
MLK School Rep. - Vacant
E-mail: gmvcc@hotmail.com

Non-Profit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 6873

Next Community Council Meeting

Tuesday, May 20, 2003, 7:30 p.m.
Martin Luther King Elementary School Portables
3201 E. Republican Street
(parking available on playfield)

SOUTH SEATTLE Star
The World Starts Here

**Your
Community
Newspaper**

206-721-7265
info@southseattlestar.com
www.southseattlestar.com

ROVER'S

the art of cooking

*Celebrating 15 Years in
Madison Valley!*

*20 Weeks of Fresh Produce
from Penn Cove Organics....*

From June through October you will receive a box full of certified organic seasonal produce — a wide variety of greens as well as peas, beets, broccoli, cauliflower, Walla Walla sweets, beans, cucumbers, corn, summer and winter squashes, leeks, and winter greens as we go through the season.

All are grown on Whidbey Island and picked the day before delivery. You also get a weekly newsletter full of recipes and stories from the farm.

We offer full shares (for 4 or more people) for around \$25 per week; half shares are also available.

Become part of a family farm, run by two generations of Hilborns (the seniors are residents of Madison Valley) and eat better and healthier than ever before.

For further information or to sign up, call Wendi (360/240-8125), or email at hilborn@whidbey.net.