

The Valley View

Newsletter of the Greater Madison Valley Community Council

Issue 115 October 2003

E-mail: gmvcc@hotmail.com

Neighborhood News

ANNUAL SPAGHETTI DINNER
NOVEMBER 7TH 6:30 pm

by Agnes Gooch

SAVE THE DATE!!

The planning for our annual spaghetti dinner is well underway. Even though November feels far off, it will arrive all too soon. The unusual September weather may have given us a preview.

Please give us a call or email to help out. Whatever your interest, we can pair it with a need. It's not necessary to make a big commitment.

Do you have ideas for entertainment? Items for a silent auction? A special dessert for your neighbors to share? Just let us know.

Business Owners: Let us know if you would like to be recognized and introduced at the dinner. Bring cards, menus, samples to let us know who you are!!

The dinner is not a fundraiser—we barely break even on the ticket sales. Rather, we consider it a *friend* raiser and time to meet others in our community. Call or email: Cathy Nunneley 329-4083 or at nunneley@yahoo.com

Good Neighbors

The Valley School

Created from existing homes in the heart of our valley, the appropriately named **Valley School** is at one with its neighbors. Except perhaps for the small wooden signs and abundance of laughing children, the school blends perfectly into the bucolic setting of private homes. Fruit trees, remains of a 100 year-old orchard, grace the playground providing handy snacks for students.

Former Bush schoolteacher Patricia Overy founded the Valley School in 1985. In the beginning, it occupied the first floor of a converted home and served one class of preschoolers. Within two years the school had expanded to fifty students and interest was growing. Over the years, more homes on the block were remodeled to accommodate the eager students who now were able to complete their elementary education through fifth grade at Valley.

Patricia Overy's passion for teaching is at the core of Valley's commitment to children. She champions individual development with each student's learning style highlighted for optimal achievement. "The *esprit de corps* among the staff really makes the school a wonderful place," asserts Overy. All administrators at the school are former teachers and understand the challenges of the classroom.

The students at Valley are well prepared to attend the middle school of their choice. The school provides guidance for parents about school choices based on their understanding of the child. The school is highly regarded by middle and high schools.

The tuition for a private school may be daunting for some families. Overy accepts that challenge. She notes, "The
(Continued on page 3)

Good Neighbors ... Preschool Style

MARY LANE'S PRESCHOOL

When her children were small, Mary Lane began dreaming of her return to teaching. However, the commitment to a full time job seemed incompatible with family life. Her solution: start an independent preschool of her own.

In 1986, Mary began the new phase of her career. For the first two years she was hired by a group of parents to teach in their homes two times per week. Although

(Continued on page 5)

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Correction

Contact information for David Zucker, M.D., Ph.D. was not included in the description of his practice in Issue 114 of "Valley View". Dr. Zucker's unique approach to caring for individuals with chronic and life threatening illness is called Guided Self-Management. He can be reached at:

David Zucker, M.D., Ph.D.
2910 E. Madison St., Suite 104
Seattle, WA 98112
206-860-2433
dz@nwfirst.com

LET'S MAKE IT A PARTY! Come celebrate with Friends of the Ravine in Madrona!

Friends of the Ravine in Madrona (FORM) Volunteers and EarthCorps Crews have worked hard all summer long, removing invasive plants from the ravine adjacent to Madrona Drive. Come see our progress from the Pine Street Pedestrian Bridge and join your neighbors in volunteering to plant the area with native plants.

What: A Planting Party!

When: Saturday, October 18, 2003
9:00 a.m. – 12:00 p.m.

Where: Meet at the #2 Bus Stop next to the
Bridge (Pine Street and Madrona Drive)

We need your help! Come learn about the wonderful diversity of our native plants. The hardest work is over and the planting is the fun part. Refreshments will be provided!

For more information or to make a donation, please contact EarthCorps: Joanna Nelson 206-793-2338 or joanna@earthcorps.org.

School News

The school year at Martin Luther King, Jr Elementary got off to a spiffy start this September, as students returned to school in white and navy, in accordance with the new uniform policy in effect this year. "It's great to look across the school yard and see all the children looking so nice," said one pleased parent.

At the first PTSA meeting this year, teachers and parents proposed an alternating meeting schedule that will include both afternoon and evening meetings. Meetings are held on the 2nd Monday of each month, and beginning in October, the start time will alternate between 3:30pm and 6:00pm. It is hoped that this will allow more parents to be actively involved in the PTSA.

Next meeting: Monday, October 13, 3:30pm.

Principal Barry Dorsey is excited about the 2003-2004 school year, which includes the new Enrichment Program on Tuesday afternoons starting in October. Parents will help their children choose from a list of options that includes drama, art, Spanish language, and movement, among others, and kids will reap the benefits of a special weekly time devoted to stretching their minds (and in some cases their bodies!) in different directions.

MLK hosts a Fall Open House on October 9, at 6:00pm. The focus will be on the coming school year, and the community is welcome to attend.

Pilates in the Park

Private Pilates Instruction
in Madison Park, led by
Certified Instructor
Bianca Maggio, and
Kathy Olsen, MSPT.



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Session and Postural Analysis

The Madison Valley Community Council is seeking a person or persons willing to donate their time to host an evening PC/Internet Café at MLK school. For more information, or to volunteer, please contact Joanie Robertson 568-2676 or come to the Community Council meeting on October 14.

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.

GMVCC Minutes for 9/16/03

The meeting was called to order at 7:45

Last month's minutes were approved.

Caramel Pope, a representative from the Mercer Street End Committee, attended our meeting to inform us about the public beach at 39th and East Mercer. This is a public area, but has been blocked off and used privately by residents in the surrounding area. In 2000, two residents got private access to the beach and now pay \$50,000 to keep it closed to the public. There was a motion to support opening up this beach to the public and to write a letter to the Mercer Street Committee to formally show our support. The motion was seconded and passed unanimously.

President Gary Emslie suggests that someone from the council take the grant writing course offered at the Convention Center. Skills learned in the course could help us write an effective grant for the field house.

Next, Eli Stahlhut gave the treasurer's report. Our money is now in an account at Washington Mutual. So far, we have made \$1045 from businesses placing ads in The Valley View. We also earned a record \$3359.12 from the courtyard sale. Although this year's sale was a success, the council is searching for alternative fundraising ideas such as corporate sponsors or individual garage sales.

The meeting was adjourned at 8:50



Council Officers from left at table: Eli Stahlhut, treasurer; Gary Emslie, president; Claire Levy, secretary. Sitting: Charles McDade, vice-president; Joanie Robertson, MLK representative.

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Valley School, cont. from pg 1

Valley School makes every effort to accommodate the financial needs of children, especially those who live nearby." In the nearly twenty years of its existence, the school has earned a special place in the neighborhood.

Former Valley School mom, Holly Miller is grateful for her son's experience. She says, "the Valley School is a nurturing, child-centered, peaceful school in which children develop their natural love of learning in a non-competitive atmosphere. Children develop their unique talents and the school has the patience to let them grow at their own rate. Although it has no religious affiliation, the Valley School "feels" to me like a Quaker school where respect, kindness, honesty and personal growth are important values."

The Valley School is located at 310 30th Avenue



This year's Fifth Grade at the Valley School.

**SUPPORT THE VALLEY VIEW
NEWSLETTER**

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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:

Dear Dr. Daisy

Fall Harvest Edition

My toddler is an incredibly picky eater. Some days it seems like he eats nothing at all, the next day he'll eat one food only, but want lots of it. How do I know if he is getting the right nutrition?

Is your child growing, thriving and energetic? Does his skin and hair look healthy? Does he feel well most days? If the answer to these questions is yes, then your toddler is probably getting the right nutrition. But even if we give our kids healthy choices, that nutritious food often goes uneaten while our children live mainly on Goldfish crackers. Here are some tips to keep eating healthy and stress free.

1. **Maintain the Milk.** Some form of milk should supplement all toddlers' diets. Breast milk, cow's milk, goat's milk, infant formula, and even enriched soy, rice or almond milk are all good options, and supply fats, protein, sugar and even some vitamins and minerals. Remember to offer water as well, so they may learn that water is for thirst, and milk is for food.
2. **Remember to Re-Introduce.** Often parents try a food and if their kid doesn't like it, they don't offer it again. Little kids' tastes change. If at first it gets spit out: try, try again.
3. **Presentation is Everything!** Some kids like red foods, some like mushy foods, some want everything in little chunks. My daughter likes to eat stuff she can pick up in a big piece (like an ear of corn or an entire hamburger) and refuses to eat anything that is cut up into pieces she can't choke on. Know your child's presentation preferences and play along.
4. **Snacking Tray.** This great idea for sneaking in foods you're not sure your child will like came from The Baby Book by William and Martha Sears. In an ice cube tray, offer little healthy snacks like steamed carrot sticks, celery with peanut butter, pretzels, guacamole, hummus, peas, corn, apple slices, sliced grapes.
5. **Open Your Mind.** Not all toddlers like macaroni and cheese and not all hate zucchini. Expose your kids to a wide variety of foods so they may have more chance to experiment with different tastes and textures. Let junior help you pick out a couple things to try from the produce aisle.
6. **Rice, Rice, Baby.** Toddlers usually like rice. Try making fried rice or rice stew with bits of chicken, tofu, onion, carrots, mushrooms, or other healthy foods. If baby likes the general flavor of the dish, he may get down some veggies too. (If your kid is a pasta fiend, try this with pasta too!)
7. **The Freezer is your Friend!** Freeze small amounts of homemade food for later re-heating, freeze small pieces of meat or fish for single-meal cooking. Try freezing sliced grapes for mini-popsicles. Although previously frozen food is less nutritious than fresh, it can be far easier to prepare while holding a squirming toddler.
8. **Candy Out of the Picture.** Enough said.
9. **Multivitamins Make up the Difference.** If your child is having a particularly picky time, or is getting more frequent colds, a children's multivitamin can be useful for boosting vitamin intake. To assure maximum absorption, choose a high quality multivitamin from a store that specializes in nutritional supplements, such as Rainbow Natural Remedies or Madison Market.
10. **Like Father, Like Son.** The best way to get your kids to eat healthy is to do it yourself. Toddlers like to mimic, and over the long haul their eating style will develop to be very much like yours. This is the best way to help them develop healthy habits that last a lifetime.

Jennifer "Daisy" Cornforth is a naturopathic Physician at Glow Natural Health Center in Madison Valley. To ask a question, email jennifer_cornforth@yahoo.com.

Old House-a-Thon

The House-a-Thon continues and so far we have a serious contender! A 1908 craftsman in Washington Park still stands as testimony to bygone days. This piece of our neighborhood history has withstood earthquakes, heavy rains and lightning storms still reminised by firefighters. Please contact us at gmvcc@hotmail.com if you live in or know of any other historical homes in the greater valley area.



The Bush School

Please come visit us!

Open Houses are at 7pm on these evenings:

Lower School (Kindergarten-5th grade): October 29

Middle School (6th-8th grade): November 12

Upper School (9th-12th grade): November 13

Please contact Nekesa Straker in the admissions office for further information:
nekesa.straker@bush.edu or 206-326-7736.

EXPERIENCE. EDUCATION.

Mary Lane displays the genius of her art students.



Mary Lane Preschool, continued

she loved the work, Mary knew then that she wanted her own space. She created the school in the remodeled basement of her Montlake home. Craving for more natural light in the school initiated the family's move to a larger home. In the new space, the preschool occupies the first floor sharing the kitchen and bathroom while Mary and her family live upstairs.

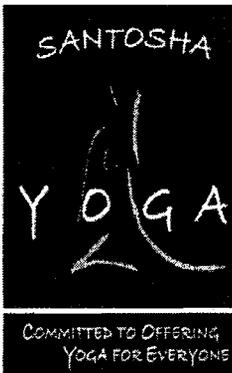
Mary Lane's teaching is focused on cooperative play and socialization. "Language and behavioral skills are important for working in groups," explains Mary. "We do lots of art and use the neighborhood as a classroom". The students are a familiar sight on their outings to neighbors' gardens, construction sites and playgrounds. On a special, rare field trip, they may take the bus a few blocks to the Sally Goldmark library.

The preschool is multicultural and the students celebrate all available holidays. Mary utilizes many sources to expand her understanding of a variety of religions and cultural celebrations.

Mary asks each child's parent to work in the school once every six weeks. Not only does this afford the parent an inside look at their children; the policy enables Mary to be a teacher for the parents about early childhood issues. Her educational background is well suited to this role. Mary has a BA in psychology; a teaching certificate for early childhood education and an MSW focused on children's needs. "Children have little power in our society", states Mary, " I am here to advocate for them".

Mary Lane's students come to her solely by word of mouth. Her reputation as a caring teacher is widespread. Just ask her students: "I love Mary Lane!" exclaims a graduate. The sentiment is shared by many.

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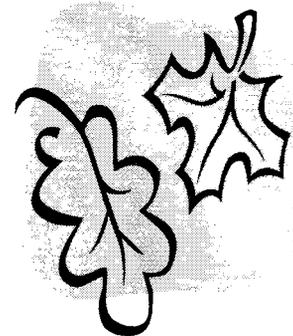
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One Perspective on the Mercer Street End Controversy From a Madison Park Resident

June 20, 2003

Greater Madison Valley Community Council
P.O. Box 22278
Seattle, WA 98122

To Whom This May Concern -- President Gary Emslie? Anita Rowe ?
Subject: Observations about the Mercer Street End

Patsi Grey and I have lived near - and with - the Harrison Street End for almost 40 years. Our address is on McGilvra Blvd., but our lot extends to 39th East and is oriented that way. Thus we look at the Harrison street end.. That means what goes on there is pretty much in our face.

Accordingly, I am interested in the equity of open street ends, not having some arbitrarily not open. In our long history at our present location, we have seen street end conditions and usage change a lot. In the early years, there was no night time usage. Now that is when much (perhaps most) use occurs and that is when things get noisy and rowdy. The street end has thus become in a sense an "attractive nuisance" and the street itself, this portion of 39th E., part of the playground. There is heavy high schooler patronage. They park along the curb and spend a lot of time in and hovering about their cars with sortees into the street end accompanying underage beer drinking and street littering.

Sometimes the nocturnal visitors even stay overnight in the street end, but most time actually spent there is limited. In the afternoon hours, sometimes there are short visits in the Harrison street end which we suspect are drug deals. I don't want to overplay this factor, presence of hard drugs, but indeed pot smoking probably is fairly frequent after dark. Another point: Weather is not necessarily a good predictor of when the street end will draw a crowd, nor is the weekend or a holiday. Adverse situations, or good ones, can occur anytime.

I used to think it necessary to phone 911 when the stereos were cranked and loud shouting, and engines racing, but as my hearing has grown poorer, I usually just close the bedroom window and live with the din, rather than waiting out the arrival of the police. Besides the disturbance may vanish before a squad car arrives, if one does. In more recent times, also - perhaps with a shortage of resources, it seems necessary to pass more dispatcher interrogation and react with more persuasive talk to get action. I now have little expectation that a phone call can "teach a lesson" and discourage repetition. After all, real mayhem may be going on somewhere else in the city and it isn't even clearcut that an actionable easily observable disturbance in the street end and/or adjacent street is going on - not even any curfew hours posted which would give an officer a handy tool to tell late-hour frequenters to go away.

Who does clean-up? Patsi Grey, good householder that she is, frees this stretch of street of litter a couple of times a week. The street ends are pretty much orphans in municipal administration. Occasionally someone or two (including our son-in-law who lives elsewhere in Greater Madison Valley) step forward to police the mess and arrest the out of control English ivy, etc. in the Harrison end. Mercer - dimension noted to be

120 feet north to south - is a much bigger upkeep problem, especially as it is in grass. What volunteer would take this on? Could there be a tax levy on the whole neighborhood of those presumably to benefit to take care of this space?

An attractive sign has now appeared facing 39th at the entrance way to the Harrison street end: "Public Shore." A similar sign was placed at about the same spot. That was about 3 years ago.

That sign lasted only a brief while. I found it on our grass strip and the neighbor at 408 39th and I "replanted" it in its hole, but it completely disappeared shortly after that. More years ago - 15-18? - signs expressing the publicness of the space appeared at both Harrison and Mercer ends. The Harrison sign lasted awhile before vanishing after being struck by a vehicle on more than one occasion. This was a less intense replication of the distaste for the Mercer sign which we heard was smashed by a car "by accident" very soon after it was put up. In my experience, these signs didn't mean much, just an episodic expression of someone's good intention. They need to be part of a more thought-out program, including posted hours of allowed use.

It can be seen that I think opening up Mercer end needs a realistic sense of precaution, as well as being a laudable goal and that I believe it is.

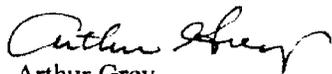
A most serious reservation about street end opening is: cars. Don't expect another street end will reduce the use of ours at Harrison. But it will add to careless driving and congestion where emergency access requires that parking is permitted on only one side of 39th Avenue.

Only yesterday I was only a fraction of a second, one step away from being plucked off by a SUV racing northward on 39th Avenue NE from Lake Washington Boulevard. That was daytime, but the same can go on at night as well. Vehicles speed down the hill on 39th from Lake Washington Boulevard. There is a need for speed bumps (most definitely extending across the street from the property boundary between 330 and 408 39th Avenue E.). Speed bumps are a feature the City of Bellevue uses to good advantage for public safety in similar residential situations. Signs against turning right into 39th from Lake Washington Blvd. are a grossly inadequate deterrent to racing down the 39th hill.

Thus another feature I urge is to not allow parking in front of the Mercer street end. This street end, if it is opened to public access, should be a place for walk-in visitation. (That's neighborhood scale.) Get rid of the street end-car parking combination. Post the adjacent street frontage against night parking. Keep it a quiet space where the purpose is truly to enjoy the beauty of place. Isn't this what public retention of the street ends is truly about, not a covert partying place? This also means a curfew - and an early one. Here is an opportunity to cope with the unnatural beast, the car, in the landscape.

I have written at some length to give the full flavor of what successful street ending seems to involve according to our experience.

Sincerely,



Arthur Grey

344 McGilvra Blvd. East Seattle, WA 98112-5044

Editor's Note: This letter was scanned in it's entirety and without editing.

THE VALLEY VIEW
P.O. Box 22278
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Community Council
Member of the Seattle
Community Council Federation

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Your submissions are appreciated!
Mail to the address above.

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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 gemsie@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: cjnunneley@yahoo.com) to request pricing



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