

Lakewood-Seward Park Community Club



Community News April 2011



4916 S. Angeline Seattle, WA 98118

(206) 722-9696

lspccmanager@gmail.com

www.lspcc.org



Wine Tasting Party

April 16th, Saturday
6:30-9:00 pm
\$25 wine, cheese, dessert
at the clubhouse
adults only

**free raffle ticket -
buy tickets online!**

www.lspcc.org

**members receive an
additional raffle ticket
at the door -great
prizes!**

Meet new board member Kathy Lynch!

Kathy moved to Seattle from Denver with her husband and 2 and 4 year old daughters and has been living in the Seward Park area for 2 years. Kathy works from home as a product manager for Virtela, an IT services company based in Colorado. She originally joined LSPCC as a means to get more involved with the community and meet new people. In her free time, she enjoys hiking, skiing, and also jogging around Seward Park with Katmai, her Catahoula hound.

Letter from the President

Dear Friends and Neighbors,

Three weeks have passed since the March 11th earthquake and tsunami hit Japan, and more than 27,500 people are confirmed dead or are still missing. Washington has the third highest risk for earthquakes in the United States, third to Alaska who ranks highest and California is second. Washington also has the proud distinction of having the widest possible variety of disasters among all of the United States.

On February 15th, the Lakewood Seward Park Community Association held a community meeting presented by JoAnn Jordan from City of Seattle's Office of Emergency Management. SNAP, the snappy acronym for Seattle Neighborhoods Actively Prepare program, is a tough sell. Earlier in February, the clubhouse was practically standing room only when we held a meeting to discuss crime, crime prevention, and block watch organization. For SNAP? Just a handful of members, mostly those of us that serve on the board.

What are we afraid of? JoAnn stressed that the key to surviving any disaster is to focus on the consequences rather than on the fear. Simple measures can ease the mind, like keeping a flashlight and a pair of shoes under your bed. When elec-

tricity goes out and broken glass is all around, you'll be able to see where you are going and walk safely to safety.

Another simple way to feel secure is to keep a battery, manual or solar powered radio nearby, and tune it to 710 AM KIRO for emergency instructions. Walkie talkies are handy when land lines and cell phones don't work. And create a common meeting place for your friends, families and neighbors to check in on each other. LSPCCclubhouse is working with the City to become an emergency hub, where people can post messages for others seeking specific help or supplies, and those available to provide the help or supplies can connect.

Beneath, Beside or Between continue to be good reminders of what to do during the shaking. Drop, Cover and Hold vs. the Triangle of Life? The internet debate rages. To learn about the Triangle of Life from Doug Copp's perspective, visit www.amerrescue.org. (*Editor's Note: The publication of this article should not be viewed as an endorsement or as a recommendation of any course of action you should take during an earthquake.*)

Planning is key. Think about storing food for four people for up to two weeks. Bottled water should be replaced as

often as the batteries in your smoke detectors. And there is nothing wrong with using the water in your rain barrel to help the toilets do their jobs.

The overall message provided by JoAnn Jordan was to stay put during the shaking. The run to a doorway could be dangerous, and a doorway is not a safe place to be. You are no help to your small child, your pets or your aging parent when you get injured on your way to confirm that they are safe. Remember what you have heard flight attendants say so many times: tend to yourself first, or you are no help to anyone else.

We don't like to think about what could happen if "The Big One" were to hit us. Japan has shown us how they have come together as a community throughout their most horrific situation, and we hope to be ready to come together as a community if something of that magnitude were to happen here.

Be safe and be well,

Jeannie O'Brien

If you missed the SNAP presentation and would like to learn more, visit their website: www.seattle.gov/emergency/programs/snap.

**May 7th
2nd Annual
Lakewood-Seward
Park Community**



Mark your calendar for the 2nd Annual Community Garage Sale at the Clubhouse on Saturday May 7th. Stuff to sell? Reserve a 10x10 space inside the clubhouse for \$20 and take the opportunity to clear out some space (and maybe find new treasures too). Depending on the weather we may also offer some outdoor sale space. We will provide tables and chairs.

Rather have a garage sale at your home? Great idea – the more sales the more buyers are attracted to the neighborhood. For \$5.00 we will publish your sale on our neighborhood sale map and help you spread the word.

Watch the website for details and if you are interested in reserving a sales space please email Sheila Harvey at: lspccmanager@gmail.com for a registration form and with any questions.

Don't want to sell but still want to help? Contribute a bake sale item and come by just to say hello to your neighbors and have a cup of coffee and a treat.

How Does Your Garden Grow? Susan Papanikolas

Mulching may not be the most glamorous gardening topic, but it is one of the most important things you can do for your garden, and right now is the perfect time to do it. Mulching, which basically means to cover the bare soil in your garden, can be done for a variety of reasons - it helps keep soil moisture from evaporating,



helps prevent weeds from germinating, and helps insulate soil temperatures. When you mulch with organic materials (materials that were once alive) you also enrich your soil. There are lots of different ways to mulch and different materials to use, but here's my favorite method:

Mulch Now – Mulching in early spring helps lock in soil moisture and buries weed seeds before they get a good start. Also, it's quicker and easier to mulch while your

plants are still dormant so you don't have to be as careful of new shoots and leaves as you spread the mulch.

Use composted organic material – You can mulch with anything from black plastic to gravel to woodchips to compost to zoodoo. I like to mulch with organic materials that have been composted. The organic matter in composted material is readily available to help improve your soil and benefit your plants.

Pile it on, but don't smother - Spread the mulch 3-4 inches thick in open areas, but be sure to pull the mulch away from the trunks of woody plants and the crowns of your perennials. You can sprinkle a light layer of mulch over your groundcovers - just make sure you can still see the leaves.

Know how much to get - There are helpful mulch calculators online that can tell you how much mulch you need. If you have a 4'x10' bed that is approximately half covered with plant material, you'll need enough mulch to cover 20 square feet. If you are doing a small

project or a project in an area that's difficult to access, you may want to get your mulch in cubic foot bags. If you have a large area that is easy to access, you can purchase your mulch in bulk by the cubic yard from a soil supplier.

Once you have your mulch, you can distribute it around the garden, by dumping small piles in open areas, and then use your hands to push it around between your plants. You can mulch right over small weed seedlings, fallen leaves, twigs and other debris. Just be sure to pull it away from the trunks and crowns of your plants. Mulching now will benefit your plants all season long and save you a lot of work in watering and weeding later in the year.

If you have gardening questions you'd like answered in the newsletter, email: gardengrowquestions@gmail.com

Susan Papanikolas, owner of **How Does Your Garden Grow**, is a garden coach and designer in Seattle.

Bicycle Sunday Schedule is here! 2011 Bicycle Sundays will be every Sunday starting May 1 through September 25 with the following exceptions:

June 12
July 17
July 31
Aug 7
Aug 14



Seward Park will remain open for events and other park uses on all Bicycle Sundays.

Lake Washington Boulevard closure for Bicycle Sundays will be from S Orcas Street to allow car access into Seward Park and to not congest Seward Park Ave. with parked cars and traffic. Mt. Baker Beach remains the north point of the Lake Washington Boulevard closure.



Wines from Around the World

Presented by
Steve Shulman and Ken Benner,
Leschi Market

Saturday, April 16, 2011

6:30 pm to 9:00 pm

at the

*Lakewood Seward Park
Community Clubhouse*

4916 S Angeline @ 50th Ave S

\$25 per person

Save time, buy online, don't wait in line!

Pre-order your tickets at www.lspcc.org and get a free raffle ticket.

Great prizes from local businesses!

Lakewood Seward Park Community Club Annual Wine Tasting Event

Proceeds benefit the LSP Scholarship Fund & Building Redevelopment Fund

Glassware donated by

Kusak Cut Glass Works, Inc.

1911 22nd Avenue South
www.kusak.com



Coffee donated by

5028 Wilson Avenue South
www.caffevita.com

Bread donated by

COLUMBIA CITY

bakery

4865 Rainier Avenue South
www.columbiacitybakery.com

Rainier Valley Post

All SE Seattle all the time... Who cares what's north of I-90?

www.rainiervalleypost.com

In Like a Lion, Out Like a Lamb

By Lorie Hill

March roars in like a lion

So fierce,

The wind so cold,

It seems to pierce.

The month rolls on

And Spring draws near,

And March goes out

Like a lamb so dear.



Well not this year.

The origins of this poem have to do with the constellations Leo

the Lion and Aries the Ram or Lamb, and relates to the relative positions of these constellations in the sky at the beginning and end of the month of March. As we Seattleites can attest, this March came in like a lion and went out like a lion. No lambs here. While we can't be sure that a record will be broken, we know that this is one of the rainiest months in history. 28 of the 31 days this month included measurable precipitation. We are looking forward to some beautiful gardens this Spring, should Spring decide to make an appearance this year.
Happy La Nina!

Self Defense Class



As an avid jogger in the neighborhood, I thought it

might be a good idea to attend one of the self defense classes that was held at the clubhouse by *Seven Star Women's Kung Fu*. A lot of great information came out of that class that I'd like to pass on for those who haven't attended a class or could use some reminders.

If you are attacked, channel your fear into anger against your attacker and use both your body and your mind to defend yourself. You are statistically better off trying to fight your attacker physically or verbally to buy some time until someone else comes by or calls for help or until you can run away. You are more likely to escape with less injury. Use your body to fight off your attacker with the key thing being to try to disable them so you can then successfully run away. You don't want them to run after you and then have to fight them later when you are tired from running.

Use your body as a weapon and go after their eyes, throat, and/or knees as points of disablement. The groin is also a good target, however, if the attacker is on drugs, they may not feel the full effect. Use your mind as a weapon.

Think "not me, not here, not now" to motivate yourself to fight back.

Always be looking for an opportunity to get away. The attacker may let their guard down, get tired, or distracted.

Yell for help so that a passersby can hear you and either directly assist, or call for help

When you get free, call for help, and report the attack to prevent future occurrence. Many victims of attacks fail to report the attack due to emotional distress. This is very common in domestic violence cases.

In the event you suspect someone is being attacked and you are thinking of helping, be careful to not

make yourself a target as well, especially in the event the attacker has a weapon. Use your cell phone and call 911 for help. Call out to the victim and the attacker and say "I have called for help and the police will be here any minute." This will give the victim hope so they will hang on and may make the attacker think twice.


If you have a child with you, practice drills with your children of what to do in the event someone threatens you while they are with you. For example, instruct them that if you give them a specific command they will do the needful such as run to the car, run behind you, or run to get help.

Finally, take a self-defense class so you can learn and practice techniques for using your body to defend yourself, as well as to break free if someone is trying to restrain you. Practice what you've learned so it becomes second nature in the unlikely event you need to use those skills.

Kathy Lynch

SELANDER O'BRIEN PLLC
ATTORNEYS AT LAW

Personal Injury Estate Planning Probate



Phone: 206.723.8200
 Fax: 206.723.3829
www.selanderobrien.com

Seattle Design Solutions

Custom window coverings and closets.
 Over 25 years experience.
 Free consultation.
www.seattledesignsolutions.com
 (206) 679-7477 Connie
 Promotion: Free installation on orders!

Seattle's 2011 property tax bill increases 8%

Seeking answers on your property valuations? Aren't property values falling? Aren't property assessments down? How is it that the average Seattle property tax bill is going to increase by \$324 (8% increase) in 2011? King County Assessor Lloyd Hara will address the property assessments process, valuations, exemptions, online services and the appeal process. In light of the downturn, the Assessor will also provide information on understanding your property taxes and the local levy rate within the City of Seattle.

**Come to the Lakewood-Seward Park Community Clubhouse
Tuesday, April 19th to have County Assessor Lloyd Hara explain it to you.
Invite your neighbors!**



Rainier Valley Rotary Club is pleased to co-sponsor Assessor Hara's appearance with you.

Discussion Topics:

- General Overview of King County Department of Assessments
- What are the functions of the Assessor and the Department of Assessments?
- Market trends for commercial and residential properties in King County? What does it mean for public programs?.
- Online Services from the Department of Assessment
- Tax Relief Programs (Senior and Disability Exemptions, Limited Income Deferrals, and Tax Assistance Services).

For more information:

Online Services: <http://www.kingcounty.gov/Assessor/OnlineServices.aspx>

Article: http://seattletimes.nwsourc.com/html/localnews/2014188778_propertytax11m.html

Revive Therapeutics

5100 S. Dawson St., Ste 104
Near PCC and Saffron
206.760.1448
www.ReviveTherapeutics.com

Acupuncture
Herbs
Massage

Most insurance plans accepted

Baxter Law PLLC
hbaxter@baxter-law.com
206.412.0116
www.baxterlaw.com

PROBATE
WILLS & TRUSTS
POWERS OF ATTORNEYS
HEALTHCARE DIRECTIVES
MARITIME
CORPORATE & BUSINESS

RENOVATION
REMODEL
REPAIR

Shatford Construction, Inc.

LLC# SHATFCI017MT
All Work Guaranteed
Small Jobs Welcome

J.F. (JACK) ROTHWELL
Phone - 206-723-3869
Mobile - 206-459-2260
E-Mail - rothwell88@comcast.net

5119 So Angeline St
Seattle, WA 98118

Windermere
REAL ESTATE

Mt. Baker—Windermere
4919 South Genesee Street
Seattle, WA 98118

206.725.7255
www.windermere.com

General Contractor State Contr. Lic. #01DANC0052CW

Andrew's Bay Builders
Period Restorations, Additions, & Alterations

Daniel Atkinson
Project Manager

5000 54th Ave. So.
Seattle, WA 98118
(206) 760-1825

Rainier Valley Orthodontics
Irena M. Baker D.D.S
Your neighborhood orthodontist for all ages!

4707 Rainier Ave. S.
(206)721-5500
www.dr bakerortho.com

Member American Association of Orthodontists

SALKIN ARCHITECTURE

ANDREW H SALKIN
PRINCIPAL

4733 53rd Ave. So.
Seattle, WA 98118
206-722-2773
salkinarch@comcast.net

Attract Prosperity Awake in *Joy*

Life Coaching and Guided Meditation Classes

Let go of your Personal Limits

Alisa Sylling | 206.898.4481
alisa@awakeinjoy.com
www.AwakeInJoy.com

A Proud Partner in Your Neighborhood!

PRESTIGE CUSTOM BUILDERS
CUSTOM HOMES • REMODELS
HOME SERVICES

See what we can do for you by visiting
www.prestigecustombuilders.com

PRESTIGEILLUM

Insurance Service for Every Need
DeFRANCO - MERRILL INSURANCE
www.defranco-merrill.com

John C. DeFranco
Owner / Agent

5215 Wilson Ave. So. • P.O. Box 18227 • Seattle, WA 98118
OFFICE: (206) 723-1680 CELL: (206) 940-7284
FAX: (206) 725-3416 E-MAIL: john@defranco-merrill.com

All About Cleaning by Ozzie

House cleaning - efficient & reliable housecleaner with excellent Mt. Baker references.

Arrange weekly or bi-weekly, move-in or out or special occasion cleaning.

Call Ozzie at: 206.243.9680

Maui "Royal Kahana" Oceanfront Condo

1 bedroom vacation rental available at **40% off** by owner Jean VelDyke. Queen and twin beds in bedroom plus sofa-sleeper in living room (3 people max). Lanai overlooks great pool and beach. Watch the sunset from your balcony! Please call Jean about availability on this fabulous Hawaiian Island destination at: **(206) 723-5371**

Our advertisers help support the publication of this newsletter - please consider supporting them.

Beware the Ides of March, or St. Patrick's Day with the Lakewood Seward Park Community!

With two O'Brien sisters on the Board, the year could not have passed without a celebration of St. Patrick's Day! 50 pounds of corned beef, a case of cabbage, and many pounds of potatoes later, a good time was had by all (that can remember). Lots of good friends and neighbors helped pull off this memorable event. Chefs in the kitchen were Theresa Schmetzer from the Shanty Café on Elliott, Brennan Connor from our neighboring community Mt. Baker, Donny Jones, Lora Bolding and yours truly, Jeannie O'Brien. Helping plan were Sheila Harvey, Heidi Baxter, Tom Acker and Karen O'Brien. Day of show included many of you mentioned above and we thank you all, including Sheila Lane, Teresa Walsh, Chuck Adams, Kelly Ott, Tom Ott, Tom Verhlup, Mark Mullan, Katie Bartmann, Aaron Evanson, Ken Selander and Fr. Hart who entertained us with his fine singing and dancing.

The doors had barely been opened for two hours when the corned beef was gone. Who knew there were so many Irish and Irish wannabees in our community? No shortage of beer, however, and looks like our friend Lucky the Leprechaun had a wee bit too much.



Our guests spanned in generation from babies to great grandparents. What a great way to celebrate safely in the community!



Great Celtic music performed by our talented friends in the Onlies Band



LSPCC's future President Cleo!

“I finally realized that Superman isn't coming.”



- Geoffrey Canada, Harlem Children's Zone

Announcing Five Free Showings/Discussions of the 2010 award-winning documentary film: **“Waiting For Superman”**

- This film asks:
- Are public schools getting the job done?
 - What can we do to improve outcomes for our kids?
 - What are the best practices in the classroom for today?

We want to ask you what you've seen and heard in and around Seattle Public Schools. What can we do? Please bring your questions.

- March 11—6:30-9:30 p.m. **Mt. Zion Baptist Church**—1634 19th Avenue
 - March 16—6:30—9:30 p.m. **Life Enrichment Books**—5023 Rainier Avenue South
 - March 24—6:30—9:30 p.m. **MC Electric Vehicles**—1200 South Dearborn Street
 - April 7—6:30—9:30 p.m. **Lakewood Seward Park Community Club** - 4916 South Angeline Street
 - April 20—6:30—9:30 p.m. **Wellspring Family Services**—1900 Rainier Avenue South
- All Showings Are Free. Refreshments will be served. Come to several.



A Community Service of Rainier Valley Rotary Club
www.rainiervalleyrotary.org



*Celebrating 100 Years
1910-2010*

**LAKWOOD/SEWARD PARK
COMMUNITY CLUB**

4916 S. Angeline, Seattle, WA 98118 (206) 722-9696 lspccmanager@gmail.com www.lspcc.org

**Community Association
Officers and Directors**

- Jeannie O'Brien, President
- Aaron Evanson, Vice President
- Heidi Baxter, Treasurer
- Kathryn Lynch, Secretary
- Tom Acker, Director
- Kelly Ott, Director
- Sheri Richardson, Director
- Karen O'Brien, Director
- Willie Gregory, Director
- Sheila Harvey, Executive Director



Wine tasting 4/16



Garage sale 5/7

**Seward Park "Turns
100" Centennial
Celebration Calendar**

www.sewardparkcentennial.org

sewardpark100@gmail.com

<i>Cherry Blossom Festival</i>	<i>4/23</i>
<i>Trail Dedication Ceremony</i>	<i>6/4</i>
<i>Tweed Bicycle Ride</i>	<i>6/5</i>
<i>Centennial Festival</i>	<i>7/16- 17</i>
<i>Art Show and Book Release Party</i>	<i>11/10</i>

2011 Calendar Lakewood-Seward Park Clubhouse Events

- April 7th, Thursday, **"Waiting for Superman"** 6:30-6:30 p.m.
- April 16th, Saturday, **Annual Wine Tasting**, 6:30—9:00 p.m.
- April 19th, Tues., **Meet King County Assessor Lloyd Hara**, 7:00 p.m.
- May 7th, Saturday, **Community Garage Sale** 10-3 p.m.
- June 21st, Tuesday, **Community Meeting**, 7:00 p.m.
- October 1st, Saturday, **Oktoberfest**, 6:30—9:30 p.m.
- October 30th, Sunday, **Halloween Ice Cream Social**, 3:00 p.m.
- November 15th, Tuesday, **Community Meeting**, 7:00 p.m.
- December 3rd, Saturday, **Holiday Gift Bazaar**, 10 - 4 p.m.
- December 31st, **New Year's Eve Party**