

Lakewood Seward Park Neighborhood

COMMUNITY NEWS

JUNE 2012



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for over 100 years*

**LAKEWOOD/SEWARD PARK
COMMUNITY CLUB**

4916 S. Angeline Seattle, WA 98118

206.722.9696

lspccmanager@gmail.com

www.lspcc.org

Have you ever wanted to schedule an appointment for a massage, a counseling session or acupuncture, but felt that you would be more comfortable if you could meet with the provider first? **Lakewood Seward Park Community Club is bringing local health care and wellness providers to you!**

These are the people in your neighborhood (with all due respect to the late Mr. Rogers), and they'd like to meet you as well.

Please join us at the clubhouse for an open house and see what services are available locally. Our neighborhood PCC is furnishing some healthy snacks – thanks Scott! And we expect that some of the practitioners will be offering specials that evening as well.

Here are some bios of who will participate in the Health Expo. To learn more about them, their practices, and whether or not your insurance is accepted, please visit their websites - they will be linked to our home page at: www.lspcc.org

See you at the Expo!



Lakewood Seward Park Community Club
June 19th, Tuesday, 7-8:30pm **healthy snacks** (no admission fee)

Introducing our local health care practitioners:

Will Pentecost, OD, is an optometrist practicing out of Wink Eyewear in Columbia City. Dr. Pentecost provides comprehensive eye exams, prescriptions for glasses and contact lenses, and medical eye care. He is licensed to treat ocular diseases such as glaucoma, cataracts, macular degeneration and diabetes.

Amy Zarrett, MA, LMFT, is a therapist with Thrive Therapy in Seward Park whose clinical education, training and expertise includes therapeutic work with children, adolescents, adult individuals, couples and families. Her practice is about offering hope and healing, through a collaborative, empathic relationship based on communication, to couples, families and individuals in need.

Jamine Blesoff, ND, is passionately dedicated to the person-centered and holistic principles that are the foundations of Naturopathic medicine. As a naturopathic physician, it is Dr. Blesoff's goal to promote sustainable health for the individual, for the community, and for the planet. Her clinical interests include pediatric/adolescent health, women's health, and cardiovascular disease risk reduction. Her office, Mariposa Natural Medicine, is located within Revive Wellness Center in Lakewood Seward Park.

Alisa Sylling is a Spiritual Life Coach, Energy Healer, Meditation Teacher, Shamanic Practitioner, and owner operator of Awake In Joy, a healing studio in Seward Park. Alisa will support you in transforming what is blocking you and shifting into alignment with the life you want to live.

(more health care practitioners continued on pages 5 & 6)



Lakewood Seward Park
 Community Club
 4916 So. Angeline Street
 Seattle, WA 98118
 (206) 722-9696
www.lspcc.org

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Dear Neighbor,

As we enter the summer season, we begin to fully appreciate again why it is we live where we do – our neighborhood far surpasses any other when it comes to nature and recreation, and we are minutes away from the airport, downtown, and the east side.

We ask that you consider becoming a member of the Lakewood Seward Park Community Club. If you are already a member, please renew. (And if you are already a member, you have hopefully received a version of this letter in your mail.)

Membership fosters the community building that creates neighborhoods. Members meet regularly for community meetings and playgroup, and we have special events throughout the year for fun, education, and civic awareness. Members typically receive discounts on our social events and discounts on clubhouse rentals. Our annual meeting in December includes dinner.

Dues help continue the day to day operations, allowing for a meeting place in the community when meetings are necessary and for a meeting place when people just want to get together with their neighbors.

We'd love to have more active members that are willing to form committees, ready to take on some of the issues that are affecting our neighborhood. Zoning, crime, cell phone towers, Combined Sewer Overflow tanks, bus route changes, flight paths over Seward Park, and access to light rail – these are a few examples of areas where we could be proactive rather than reactive. While we cannot lobby or endorse candidates and sitting policy makers, we can certainly present our ideas to them with the force of a community behind our solutions.

We are making headway in being noticed. Last summer, Mayor McGinn asked to visit our community and hold a town hall meeting. Last winter we hosted Seattle's Chief of Police at a community forum, evidently the first time he has attended a public meeting in South Seattle since his appointment. Representatives with the City, County and State are now asking us to be invited to our meetings, so we have become better informed with what is happening in our world.

This past year has brought some much needed improvements to the building. We replaced the furnace, making the building more energy efficient. We installed soundproofing, making for an audibly more desirable place to hold a meeting or a party. We purchased new blinds, valances, and comfortable chairs. You should notice the difference next time you're inside! Additional funding is needed to be fully renovated, and we appreciate any donation you can make toward our ongoing capital campaign.

This is also the first year for our Lakewood Seward Park Community Achievement Award. There is more about the recipient of our \$1000 college scholarship in this newsletter. A donation toward next year's scholarship would also be graciously accepted, as we'd like to continue to offer scholarships to those within our neighborhood with a demonstrated commitment to community, and perhaps offer an opportunity to past recipients to apply again to continue their education.

Our membership cycle is annual, beginning and ending in June each year. Please consider renewing or joining. Because of the club's 501c3 status, donations and dues are tax deductible. We also accept matching funds from employers that participate.

Thank you for your consideration and support.

Sincerely,

Jeannie O'Brien

Lake Washington Boulevard closed??



Bicycle Sundays June 24, July 1, 8, 15, August 12, 26, September 2, 23
10-6pm
(Seward Park will remain open for events and other park uses on all Bicycle Sundays).



Rock 'n Roll Marathon
June 23, 6 -11.30 am Lake Washington Boulevard closed—from Juneau to 43rd (new route this year—participants will run around the peninsula)

Benaroya Seafair Triathlon July 22 6-11.30 am, Seward Park with Boulevard closure

Seafair Hydroplane Race and Blue Angels
August 3-5 Boulevard closed
Danskin Triathlon
August 19, 6-11.30 am Boulevard closed

Olivia Smith Wins Scholarship Award

We are pleased to introduce Olivia Smith as the winner of our first \$1000 Lakewood Seward Park Community Achievement Award. During her four years at Cleveland High School, Olivia established the National Honor Society, resurrected the school's newspaper, was Class President and played Varsity basketball on

Cleveland's first ever state championship team! All while obtaining a 3.9 GPA . We are proud to have Olivia in our community, and happy to help her conquer the next challenge, paying for college. From her essay, "My willingness to be active in my community has taught me the meaning of integrity, the purpose for justice, and

that each and every day is an opportunity to better your surroundings." Olivia will attend Seattle University in the fall with the ultimate goal of pursuing a career in law.

Congratulations Olivia!

Lakewood Seward Park Community Association



Olivia Smith, Cleveland High School Class of 2012

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Capital Campaign at Work!

Over the past 3 years, the LSPCC Board of Directors and Management have been working hard to plan and fund physical improvements to the community club with the goal of improving the facility both to be more energy efficient which reduces operating costs as well as more appealing to attract a steady income from rentals. This is critical to our mission to continue to make community investments such as our scholarship program and educational community events. A lot of hard work has gone into this effort in very great part to the generous contributions from our members and participation from our community in our fundraising events such as Wine Tasting, Oktoberfest and the Holiday Bazaar.

We would like to take a moment to highlight the success that we have had to date; in the summer of 2011 we installed a new energy efficient furnace and had the community club walls, attic and under floor insulated. The total cost was approximately 16K and has had a positive effect in a number of ways. The community club is more comfortable for use by renters as it warms quickly and efficiently, the cost of utilities has decreased and, with the leadership of our community member Chuck Adams, we applied for and received a sizable rebate from Puget Sound Energy. If you've been inside the building recently, you will also notice that we have replaced the old metal blinds with more attractive energy efficient pull down shades with wooden

valances. Thanks to the consultation and assistance from community member and local business Seattle Design Solutions. We also used some of the PSE rebate to purchase new (comfortable) padded chairs and donated all of the old metal folding chairs to a local fundraising scrap metal drive undertaken by Windermere Realty.

Finally, we spent much time evaluating options and settled on a spray-on ceiling soundproofing material to resolve the unpleasant acoustics in the building. For those who joined in on the wine tasting event, the effect was quite noticeable and the event was 100% more enjoyable with an improved sound level.

There is still more work to be done. The building desperately needs

to have the old single pane windows replaced both for improved energy efficiency and sound management. The improved energy efficiency and sound management. The estimated window cost for the building is roughly 28K. We would also like to be able to modernize the bathrooms and the kitchen. Of particular need is to retrofit the bathrooms to become wheelchair accessible.

For the management, it's a lot of hard work but at the same time a labor of love. How many communities are able to keep and maintain such a special community asset allowing for gatherings both social and educational?

Please know how much your membership and support of the community club is appreciated and we will continue to work hard to keep adding value to this shared asset.

Sheila Harvey
Executive Director

The clubhouse is available for classes, meetings or private celebrations at affordable rental rates!

For Information about membership benefits including a discount on renting the Lakewood Seward Park Community Clubhouse please contact Sheila Harvey at: lsppccmanager@gmail.com or call (206) 722-9696

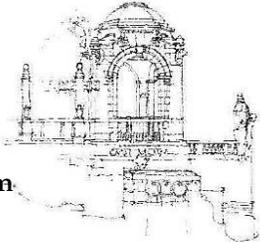
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HEALTH EXPO

Come to the clubhouse and meet local healthcare practitioners June 19th, 7-8:30pm, free healthy snacks! (no admission fee) This event will be an open house with individual tables giving each practitioner or representative an opportunity to meet with interested residents. We have several practitioners in our community - come by and meet them!

Tiffany Green, DC and Natasha Butters, DC of Rainier Valley Chiropractic practice with their father, **Dr. David Butters**, on Genesee at 36th Ave. S. Their mother serves as office manager. Dr. Green specializes in Pediatrics and working with special needs children. Drs. Butters focus on general health and wellness, treating injured patients, those injured on the job, and weekend warriors, among others.

Alana of PCC Natural Markets is a Health and Body Care coordinator operating out of our Seward Park store. Alana provides advice on nutritional supplements and healthy body care, and should have samples on hand to discuss and distribute.

Mira Dale, CR operates Rejuvenating Reflexology, an effective hands-on healing modality that focuses on stimulating the 7000 nerve endings on the feet in order to relax and refresh the entire body. It just feels great, and is so helpful to the circulation, emotional stability, as well as all body systems. She has enjoyed helping an array of clients here in the Seward Park area since 2006 as a certified reflexologist.

Rob and Mary Spiegel, LICSWs, are also Advanced Certified Hypnotherapists and Advanced Certified Release Therapists. They have had an active mental health practice in Seward Park for many years. They conduct individual and group therapy for adults, and intensive weekend retreats for deep trauma recovery. They also have products and services for behavioral issues such as smoking and weight release.

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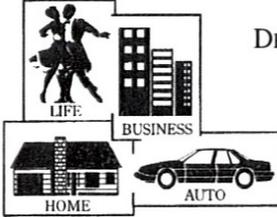


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 (no admission fee)
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Keith Judelman, EAMP practices Chinese medicine including acupuncture, lifestyle consulting, and instruction in exercise such as Taichi and qigong. He also specializes in pain management, anxiety, and functional disorders such as allergies. He enjoys providing preventative wellness care and operates out of the Revive Wellness Center in Lakewood Seward Park.

Letitia Colston, ND, provides primary care medical services in the Columbia City neighborhood. Her focus is on treating and preventing acute and chronic illnesses, optimizing health, and improving overall quality of life. Office visits include a detailed review of personal health history and current medical concerns, physical exam, and relevant lab testing. Every patient is provided with an individualized treatment plan that can include nutritional counseling, nutritional supplements, herbal remedies, homeopathics, and pharmaceuticals.

David McGraw, LAc, of Columbia City Acupuncture and Herb Clinic, will provide compassionate care, careful diagnosis and gentle treatment, every effort made to cure the illness as completely and quickly as possible, realistic expectations of outcomes, and effective drug-free medicine. His greatest success is when you no longer need treatment.

Jamila Wasson-Pehan, CPE, has been tested and measured against a national standard of excellence in the area of permanent hair removal. She is a practitioner in Anuyou Electrolysis and Make Up Artistry at Revive Wellness in Lakewood Seward Park.

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Small Garden Songbird Project

A sign I saw when I was visiting Nisqually Wildlife Refuge in early spring this year inspired me to begin working on the Small Garden Songbird Project. Spending more time at home now I'm no longer actively engaged in the art world, networking to exhibit my art work or being a partner in a gallery in Skagit Valley. I'm ready for a project that will connect me with my neighborhood again, express my love of nature, particularly of 'wild things', keep me spending more time in my garden and still contribute to my art making.

The Small Garden Songbird Project almost created itself. Over the 20 years I've lived in the Lakewood neighborhood I've created, along with Tui Mullein, gardener and herbalist, a small 'untamed garden' from a dried-out grassy backyard, now a refuge for a variety of plants and animal life: song and predator birds, butterflies, bees, insects, squirrels, wood rats, an occasional raccoon family, bird-hunting cats! Yes, learning how to relate to nuisances are part of creating a songbird refuge. I hadn't intended to create a refuge, only to make a garden that reminded me of my English childhood, of running wild in the Kentish woods. "Build it, and they will come." Which they, the wild things, did.

I spent April researching what makes for a songbird refuge birds will return to each year. Wild habitats are disappearing, for many reasons. People-made habitats are needed to keep the songbirds alive and thriving. My garden is already a National Wildlife Federation refuge, but now I want to make it an even more hospitable place for songbirds to inhabit. I just acquired two feeding stations, one for outside the kitchen window and one in the small garden outside my studio. I can watch, spot and make notes whilst I'm working. It's a commitment. I can't forget to fill the feeders or put water in the baths otherwise the same families of birds might not want to hang out in my garden each year.

My project involves creating a visual map of neighborhood small garden refuges. I'm starting small so that I can make changes to the project as I go along. I



have a friend who'll help me create an app. that will use geocoding to pinpoint participating gardeners. Map and app. will be an invaluable resource for bird-lovers wanting to connect with other bird lovers close by or over the Internet, show places which aren't so songbird friendly and could use some human-made habitats. I have contacted both Audubon and the National Wildlife Federation to give me some advice, perhaps data, and certainly encouragement! In fact, NWF just responded with enthusiasm with links to organizations that can help me with mapping.

I'm inviting you, neighbors, to sign on, if you're interested, by emailing me at:

ewnimages@gmail.com

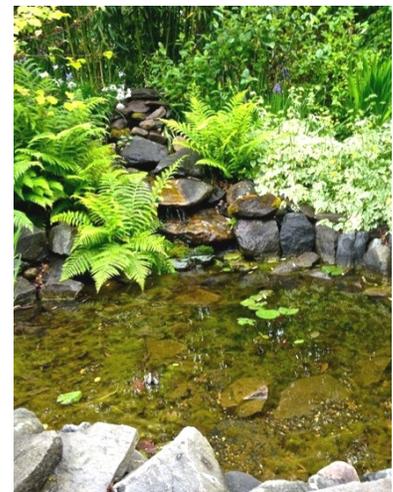
Your name and address will be known only to me, not made public on the map or the app.

I have already started posting on my website **www.untamedgarden.net** Take a look at the archives which go back to 2010 and you'll see how my interests back then naturally led me to the Songbird Project. Please take a look at it and feel free to comment on anything to do with songbirds and small gardens, particularly your own. I am going to

enjoy involving my 4-year old granddaughter on her weekly visits. This is a great hands-on project for children. Seward Park Audubon already has a wonderful program for children. Recent concerns of neighbors who are interested in the project are:
 What to do about squirrels
 Which foods for which birds
 How to attract butterflies and bees
 Which plants provide seeds and berries, other food for song birds
 Recognizing bird songs
 Constructing your own feeding stations
 I am not good at bird photography because I tend to get captured by the bird instead of being able to capture it, but if you 'catch' a bird on camera, please share it with your neighbors on Untamed Gardens. Sometimes there are wonderful surprises - last year a hummingbird nest in the privet hedge by my studio. You might also want to share photos of your own small garden songbird refuge on the Untamed Gardens website. On the 4th Saturday of each month I invite you to visit my garden between 2 & 4 p.m.

IMPORTANT: YOU WILL NEED TO EMAIL ME at ewnimages@gmail.com IF YOU PLAN ON COMING OTHERWISE I MAY NOT BE AVAILABLE.

My garden and studio are at 4523 - 52nd Ave S (Maynard Cottage)
 I love garden talk. Hope to see you.
Elizabeth





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Sheila Harvey, Executive Director

The June 2012 newsletter was delivered to every household within the boundaries of the Lakewood Seward Park neighborhood. There are many member benefits such as discount clubhouse rental rates. We ask you to take a moment to explore membership opportunities and consider belonging to your community club—it belongs to you!



Please detach and return your tax deductible donation in the enclosed envelope. Thank you!

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\$30 Family Membership _____ \$75 Lake Washington Membership _____ \$150 Mt. Rainier Membership _____
(includes 1 wine tasting ticket) (includes 1 four hour clubhouse rental)
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