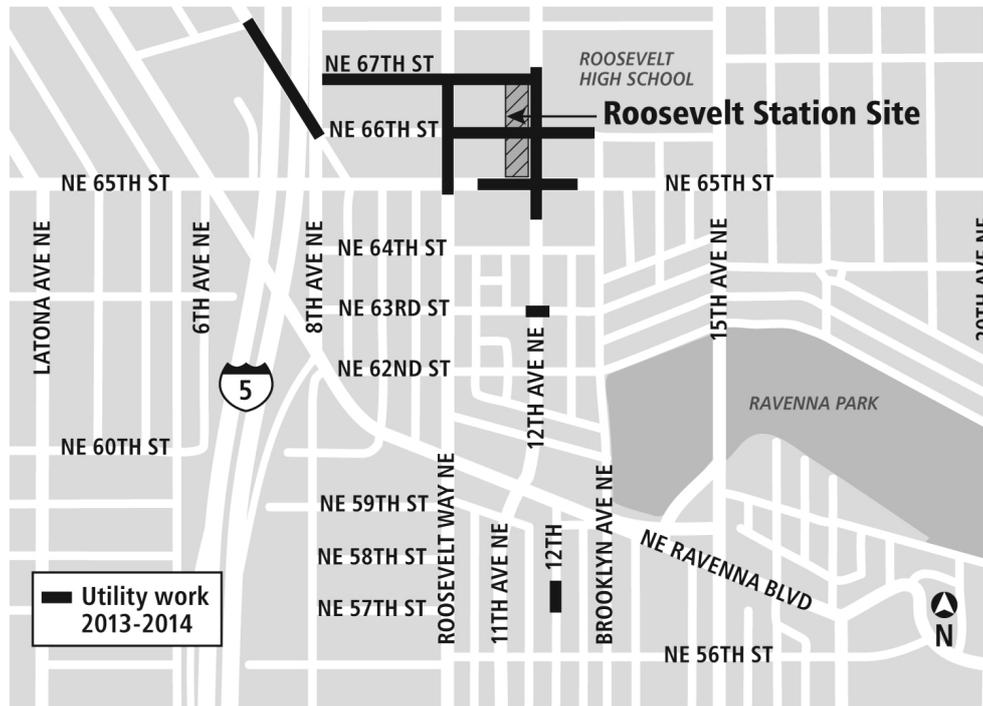


# The Roosie

Roosevelt Neighborhood  
Association Newsletter

Teri Butorac-Lee: Editor

February, 2013  
<http://rooseveltseattle.org>



## Roosevelt Station Construction Update

As demolition winds down at the Roosevelt light rail station site, the next step will be to relocate and upgrade a number of utilities. Utility work will occur in and around the station area and in some cases two or more blocks away from the future station site.

Sound Transit held an open house on Jan. 29 to discuss this work with neighbors. You can find the presentation, which includes detailed maps of the planned work, on Sound Transit's website at [www.soundtransit.org/northlink](http://www.soundtransit.org/northlink).

Utility work will begin this winter as Puget Sound Energy, Seattle City Light and other utility companies relocate and upgrade gas lines and utility poles and transfer overhead power and communications lines. The utility companies will communicate directly with their customers about the work.

Starting in late 2013, Sound Transit will prepare for excavation of the station and tunneling by relocating and/or upgrading water and sewer lines. Sound Transit will also fortify the ground on NE 65<sup>th</sup> St and NE 67<sup>th</sup> St near 12<sup>th</sup> Ave NE. Stay tuned for updates about these

activities later this year.

Some of this work will require temporary restrictions to street parking and travel lanes. Arterial streets like NE 65<sup>th</sup> St and 12<sup>th</sup> Ave NE will remain open at all times. Sound Transit will continue to provide advanced notice of work that may impact community members and respond to issues as they arise.

For more information, please contact Ellen Blair, Sound Transit Community Outreach Specialist, at 206-398-5300 or [northlink@soundtransit.org](mailto:northlink@soundtransit.org).

**RNA**  
**General Meeting**  
February 26th, 2012  
Roosevelt High School  
7:30-9:00pm  
Rm #242



## *The Real Backbeat of Beachtown Mexico*

When you think of Mexican music, do you perhaps imagine mariachi bands? Well, think again. It turns out the actual ubiquitous background sound of the days and nights in the small beach towns of Pacific Mexico are the oom-pah-pah of a tuba. We discovered this phenomenon as we sailed from one anchorage to another during the past two winters and were thrilled to encounter the oom-pah-pah in Chamela Bay. As we arrived after a long night's sail from Puerto Vallarta through the occasionally treacherous waters of Cabo Corrientes, the tuba was the first tone that greeted us.

We strolled the beach accompanied by the sound of it, swam to it, rowed the dinghy to it, and ate our fish tacos in the palapa cafe serenaded by it. Back in the boat, we prepared for the night, gazed at the stars, marveled aloud at the warmth of the weather and the place and the people. All the while the insistent brass bass continued in the background. It eased us into sleep and was present whenever we awoke in the night. The sound may have ceased momentarily at daybreak, but by the time we hoisted the anchor and sailed out of the bay, there it was again.

In the beach town of Chacala there are a number of ubiquities, the tuba being just one of them. Another is the number of chickens and roosters that roam freely through the village. Another is the people. In the small

fishing villages and beach communities we visited, there were always palapa restaurants with many tables, mostly vacant. We figured the seating capacity was sometimes used, but when? In Chacala, we found out. It was a three-day weekend and Mexican families were out in force. There were traffic jams in the narrow streets and in the adjacent tent/trailer/truck villages that sprung up.

Hundreds of people of all ages frolicked in the sand and sea from dawn to dusk. There were swimmers, surfers, boogie boarders, jet and water skiers. There was the guy giving rides on a thirty foot long inflated sausage that he towed with his panga at high speed. There were sand castle builders and just plain sand-wallowers. In the middle of the day, every table, under every palapa, at every restaurant on the beach was occupied. And in the middle of the largest family gathering at the largest restaurant there was, of course, the brass band with the tuba front and center. We boogie-boarded and swam to the sound, ate lunch and drank beer to the sound, had shouted Spanish conversations over the sound with our new Mexican acquaintances, and watched as some of them danced to the sound. The musicians never got tired of playing and apparently the people never got tired of listening. Once again we were oom-pah-pahed into the darkness of night and beyond.

And now, whenever I hear the instrumental basso profundo strains of a tuba, I am transported back to those not-so-quiet nights, being lulled to sleep by a tuba as the sailboat rocked in the waters of a Mexican bay.

*Sally King*

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# Roosevelt Restaurant Review



## *Eating Rice at the Royal Palm Thai Restaurant*

In Thailand, dinner invitation translates to “*come and eat rice.*” Thai meals are rich in contrasts: texture and flavor, aroma and aftertaste — all served with the main dish, *rice.*

Thailand lies between India and China, and a typical Thai meal consists of four or five side dishes: depending on the number of people eating. These side dishes could include fish, meat, vegetables and a salad with their sauces and dressings, together with a soup or noodle dish.

Likewise Thai cuisine lies between India’s fiery curries and China’s bland noodles. The *Royal Palm Restaurant* offers a wide variety of delicious Thai curries, exotic soups, and heavenly vegetarian dishes; all made with western tastes in mind. The yellow curry blended seasoned chicken, potatoes, and a slightly sweet coconut milk sauce. The peanut sauce for the chicken satays was perfect.

The large space is an aesthetic delight. With flowers on the table and Thai silks beneath the table glass. The service is superb, everything is sparkling clean, and the food is delicious and this may be the best Thai restaurant in Seattle.

Perhaps the best values are the lunch specials: Phad Thai & Chicken Satay, Heavenly Beef & Vegetable Roll, Chef Vegetarian Special With Fried Tofu, Prawns Pong-Pong-Karee, and Pa-nang Salmon.

The restaurant is located at:

6417 Roosevelt Way N.E.

206-523-2400

11 a.m.-10 p.m. Sun. Mon. Wed. Thu

11 a.m.-10:30 p.m. Fridays and Saturdays.

Closed on Tuesday

That’s plenty of time to “*come and eat rice*” at the *Royal Palm.*

SUEGRO

## *An Update on Safe Communities*

The Seattle Police Department and the Mayor’s Office launched the Safe Communities Initiative on August 7th during National Night Out. Part of the SPD 20/20 Plan, Safe Communities is a sustained community outreach that seeks to ensure the City is meeting our goal of reducing crime and creating the safest possible neighborhoods. Safe Communities brings residents, police officers and City departments together in living rooms, cafes, barber shops and community centers across Seattle to tell the City and SPD about specific things their communities need to improve safety, and determine which priorities should come first. Those priorities will then guide the actions the City, SPD, and the neighborhoods will take together to protect public safety.

In September through early November, we held five large precinct-based discussions as part of the first phase of Safe Communities. Hundreds attended the five precinct based conversations. We want to thank everyone that spent their time and energy engaging in conversations about these important topics.

Directly after the large community meetings ended, the Mayor’s Office and the Seattle Police Department began Phase II of Safe Communities, where we bring together small group conversations across Seattle. The Mayor’s Office, the Office of Immigrant and Refugee Affairs, the Seattle Police Department and additional contract facilitators reached out to 100 organizations and individuals and have held 58 meetings to date. We anticipate another twenty before the end of January.

We look forward to working with all the delegates at each summit meeting and appreciate your volunteer commitment to creating safer communities in Seattle.



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## WHAT MAKES A HOME HEALTHY?

Come learn about important considerations that affect indoor pollution that can damage health and the environment. Many of us are exposed to pesticides, allergens, molds, tobacco smoke, lead, and home chemicals, without knowing the extent of these issues.

Currently we spend about 90% of our time indoors and our indoor air can be up to five times as polluted as our outdoor air. The problems with exposure to pollutants in the home often are not addressed due to lack of awareness of their prevalence and significance. Home pollutant exposure may result in asthma, retarded growth, learning disabilities, allergies, cancer, lung disease, symptoms of sick building syndrome, and other illnesses. Important new information about the alarming rises in childhood asthma cases and hospitalizations has added new urgency to addressing indoor pollution.

Aileen Gagney will be at the RNA meeting, on March 26<sup>th</sup> to provide information on promoting health by reducing pollutants in the home. She is the Asthma and Environmental Health Program Manager, at the American Lung Association of the Northwest (ALANW), and manages the Master Home Environmentalist© (MHE©) program and trains volunteers in indoor air quality issues.



## Eight Bells Winery

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## Graffiti Prevention and Removal --- Paint Out and Hotline:

One aspect of community safety is the removal of graffiti and potential gang related writings from commercial and private buildings and streetscapes.

### Prevention Tips;

#### Make property hard to vandalize by:

- Installing flashing motion sensor lights.
- Planting vegetation or making a fence barrier.
- Inspecting your property weekly.
- Moving dumpsters to the ends of the alleys to reduce graffiti.
- Call dumpster companies and ask them to keep graffiti off dumpsters. (Their phone number is usually on the dumpster.)
- Removing or painting over graffiti immediately is the best way to prevent more graffiti. Prevent your property from becoming known as a good site among vandals.
- Asking merchants and neighbors to remove graffiti from their property.

*Could you assist in observing for graffiti on public and private property in the neighborhood? Could you assist private property owners in painting out graffiti?*

The *Graffiti Paint Out* program provides information on working with private property owners to get their consent to paint out graffiti and other steps for removing graffiti. The program also provides paint, painting and clean-up supplies, and a Red Flyer wagon for storage and transport to the painting sites.

**Contact Ellen Stoecker**

RNA Sustainability Group

[sustainabilitygroup@rooseveltseattle.org](mailto:sustainabilitygroup@rooseveltseattle.org)

or an RNA Board member if you are interested in providing this service for the Roosevelt/Ravenna neighborhoods.

You can also call the Graffiti Report Line at 206-684-7587 to report graffiti for removal on public property or graffiti that has not been removed from private property.



## What is Organic Gardening?

Organic gardeners work in harmony with nature to grow plants while maintaining the health of the soil, water supply, people and even insects in the environment.

Until World War II, all gardening was done naturally, without the use of synthetic pesticides and fertilizers. Petroleum-based chemicals involved in munitions and nerve gas production during the war evolved into many powerful pesticides. These chemical products have yielded environmental problems such as chemical pollution and pesticide resistance in damaging insects.

Organic gardeners avoid the use of synthetic pesticides and fertilizers on plants because these can be harmful to beneficial insects, people and other elements of the ecosystem. Instead, they use other techniques to control pests and disease and to keep their plants healthy.

One of the primary practices of organic gardening is to continually build the health of the soil by adding organic matter in the form of compost, mulch or by growing cover crops. The soil is alive and filled with millions of microscopic organisms that break down organic matter and make it available as nutrients to plants. Organic gardeners recycle plant waste from their gardens and kitchens and return the nutrients back to the soil by making compost.

To keep plants healthy and happy, organic gardeners strive to grow the right plant in the right place. For example, a water loving plant would be planted in a naturally wet section of the garden and a more dry-adapted plant in a drier section of the garden. Both plants are healthier and a precious resource such as water can be conserved.

By creating gardens with a diversity of plants and encouraging beneficial insects, birds and other critters, organic gardeners create a mini ecosystem that is well balanced. There are many helpful insects that pollinate crops and help control populations of damaging insects.

In veggie gardens, techniques such as crop rotation can help to keep diseases from building up in the soil and guard against nutrient imbalances. Other tools

organic gardeners use to control pests and disease are applying physical barriers, monitoring insect populations, growing pest-resistant varieties and using botanical pesticides or minerals.

*Carey Thornton, Adult Education Coordinator and Garden Hotline Educator*

*Resources*

*Seattle Tilth's Maritime Northwest Garden Guide*

*Seattle Tilth's Your Farm in the City*

*Our Farms & Gardens*

*Organic Gardening Magazine*

*WSU King County Extension*



## The NE Seattle Tool Library

is a community-led project to provide pay-what-you-can community access to a wide range of tools, training, and advice. The Tool Library aims to inspire its community to participate in community projects such as park restorations, and pursue sustainability through fun projects like backyard gardens, home energy improvements, and water harvesting.

*Location / Hours*

*2415 NE 80th St,  
Seattle, WA 98115*

*Thursday 6 pm – 9 pm*

*Saturday 9 am – 1 pm*

*Sunday 2 pm – 5 pm*



## Happy Valentine's Day!

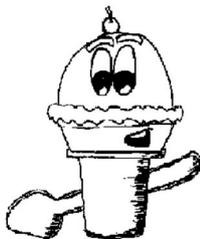


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**2-for-1 cones on Valentine's Day, Feb. 14**



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## Have a Community Project Idea?

The Neighborhood Matching Fund team is hosting three workshops for those interested in applying to the Large Projects Fund this May.

The Large Projects Fund provides matching awards of up to \$100,000 to neighborhood organizations for community-building projects.

### *Attendance at one of the three workshops offered is required*

in order to submit an application. At the workshop, attendees will get an overview of the Neighborhood Matching Fund, understand the application process and requirements, and learn what makes a good project. Anyone interested in the funding program is invited to attend. The workshops are as follows:

#### **Saturday, February 9**

*(Neighbor Appreciation Day),*

10 a.m. – 12 noon

*El Centro De La Raza, 2524 16th Ave South*

Tuesday, February 12,

6 – 8 p.m.

*Youngstown Cultural Arts Center, 4408 Delridge Way SW*

Thursday, February 21,

6 – 8 p.m.

*Aljoya at Thornton Place, 450 NE 100th Street*

To learn more visit [www.seattle.gov/neighborhoods/nmflarge-project.htm](http://www.seattle.gov/neighborhoods/nmflarge-project.htm). For questions, contact [NMFund@seattle.gov](mailto:NMFund@seattle.gov) or call 206-684-0464. The deadline for the Large Projects Fund is May 6, 2013.

*Jenny Frankl*

*Neighborhood District Coordinator - North Team*

*City of Seattle Department of Neighborhoods*

*Cell: (206) 423-3004*



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## Calvary Christian Assembly (part 3 of 3)

### Current Community Activities

As you have read the past two articles in the Roosie, CCA has had a rich and sustained history of being a relevant resource for its community. As our culture has changed with the times, CCA has adapted itself to better address current needs within the Roosevelt and Seattle communities. We strive to be a good neighbor and a place that you feel comfortable and safe to bring your family.

Nearly 100,000 square feet make up the church complex. That's big! There are dedicated areas from children's activities to teens, from athletics to senior citizens. Numerous rooms of all sizes are available - from a large auditorium and a full gymnasium to a beautiful fireside room and a cafe that serves great coffee and other neat drinks on Sunday mornings and special events. Here are some of the groups that have used CCA facilities this past year:

Women's Community Bible Study, Roosevelt Annual Bull Moose Festival, Weekly Men's AI-Anon Meeting, Thursday Night Community Basketball, Roosevelt Neighbor Association Land Use meeting, Dwell Roosevelt meeting, Roosevelt Sustainability Group, Police Officers Prayer Group, Northwest University Nurses Health Fair, Ski Bus Commuter Parking, Shoreline Christian School Graduation, City Wide Choir & Mosaic Performances, AAA Drivers Improvement Course, Community Women's SPA Night, Community Women's Swap Night, ZUMBA, NW Gospel Jazz Band Practice, King County Metro Park & Ride, Bread of Life Mission Outreach, Puget Sound Theatre Organ Society Concerts, Live On I-5 concerts, Community Easter Egg Hunt, Community Thanksgiving Dinner, Community Christmas Concert and Candlelight Service, Halloween Trunk or Treat.

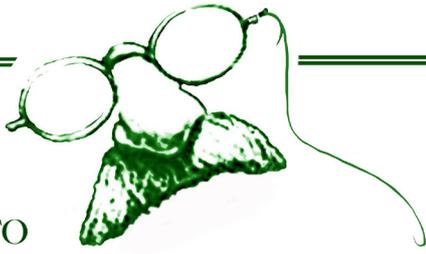


*Kiera and Ashlyn Murray*

An older, well know insurance slogan said, "...and like a good neighbor, State Farm is there." This might be a bit corny but that kind of slogan sums up the past three articles. "...and like a good neighbor, Calvary Christian Assembly is there."

If you would like to inquire more about our facilities or ministries please call the church office at 206-525-7474.

**Scott Montagne, Community Liaison**



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## Roosie Advertising

### Advertise Your Business in the Roosie

Each month our local community newsletter, the Roosie, is delivered to approximately 2,200 local residents as well as distributed through our local businesses. Our local community is a demographic of people who are committed to supporting their "urban village." The Roosie presents an opportunity for you to reach out to our community and people visiting our community and promote your special offerings.

Contact: Michele Cole (206)303-9139 [michele9139@comcast.net](mailto:michele9139@comcast.net)

Roosie Editor: Teri Butorac-Lee [tbutorac111@yahoo.com](mailto:tbutorac111@yahoo.com)



## RNA GENERAL MEETINGS 2013 SCHEDULE OF TOPICS & EVENTS

Following is a tentative schedule for General Meetings in 2013. If you have ideas or recommendations for meetings please contact Michele Cole at [michele9139@comcast.net](mailto:michele9139@comcast.net).

**MARCH 26:** \*\*American Lung Association's Healthy Home Program

**APRIL 23:** Earth Day, Sustainability Presentation & Movie Night

**MAY 28:** Board Elections

**JUNE 25:** Public Forum for ideas for Board for the upcoming year

**JULY 27:** No meeting except the Bull Moose Festival

**AUGUST:** No meeting – Night out & Block Party

**SEPTEMBER 24:** Disaster Preparedness

**OCTOBER 22:** Green Halloween and Sound Transit Update

**NOVEMBER 26:** Potluck and Volunteer Recognition

**DECEMBER:** No meeting

*\*\*CORRECTION: The general meeting presenter scheduled for March 26th was previously mis-identified as the American Cancer Society.*

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# Roosevelt Community Calendar

*Our new Community Calendar is open to everyone in the Roosevelt Neighborhood. If you have an event you would like to include in next month's Roosie, please contact Michele Cole at [michele9139@comcast.net](mailto:michele9139@comcast.net)."*

MONTH of FEBRUARY						
					<b>1</b>	<b>2</b>
<b>3</b>  8pm Live Music @ Pies & Pints	<b>4</b>	<b>5</b>	<b>6</b> 8pm Live Music @ Pies & Pints	<b>7</b> 6pm to 9pm Derby Salon Couples Lounge	<b>8</b> 7:30-9pm East West Bookshop: Kaya in Concert	<b>9</b>
<b>10</b> 2pm Calvary Christian Assembly The Best of the Roaring 20's Concert  8pm Live Music @ Pies & Pints	<b>11</b>	<b>12</b> 7-9pm Roosevelt Sustainability Group Mtg @ Calvary	<b>13</b> 9-10:30am Roosevelt Business Group Mtg @ Peaks  8pm Live Music @ Pies & Pints	<b>14</b> <b>Valentine's Day</b>	<b>15</b>	<b>16</b>
<b>17</b> 8pm Live Music @ Pies & Pints	<b>18</b>	<b>19</b>	<b>20</b> 7-8:30pm East West Bookshop: Qigong for Enlightened Energy  8pm Live Music @ Pies & Pints	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> 8pm Live Music @ Pies & Pints	<b>25</b> 2-3:30 NEST: Speaker Elsa Bowman: Magnuson Park Comm. Center	<b>26</b> 11:30-1:00 East West Bookshop: Good Company Lunch  7:30-9pm RNA General Mtg: Roosevelt High School	<b>27</b> 8pm Live Music @ Pies & Pints	<b>28</b> 5-9pm Definitive Audio: Music Matters  4-7pm Align Wellness: Potluck & Movie		

**DERBY SALON**

February 7: 6 to 9pm.  
A Couples Lounge - with mini services including manicures, make up applications, hair advice and more, snacks and beverages, massage tips and fun service and retail promotions-\$40 a couple.

**CALVARY CHRISTIAN ASSEMBLY**

February 10: 2pm  
A theatre organ concert on the 10th, featuring Dave Wickerham performing "The Best of the Roaring 20's and More"

**NEST: NESTcafe (NE Seattle Together)**

Monday, February 25<sup>th</sup> 2:00-3:30pm  
Topic: What I am learning from the Quantum Universe. Join us for an

afternoon with Elsa Bowman as she explores connections between spirituality and quantum physics.  
Magnuson Park Community Center, Magnusen Brig, Building 406. 6344 NE 74th Street

**ALIGN WELLNESS**

Feb 28<sup>th</sup> 4pm to 7pm  
Pot Luck & Movie Night "Food Inc."  
Please RSVP to Karen at 206-883-4473 or [Karen@align-wellness.com](mailto:Karen@align-wellness.com)

**DEFINITIVE AUDIO**

Feb 28<sup>th</sup> 5pm to 9pm  
'Music Matters' Event at our Seattle Showroom. Join us for a special evening devoted to the reproduction of

music. Wilson Audio, Audio Research, Vienna Acoustics, B&W, Transparent Cable, McIntosh, Linn, Peachtree, and many others will be demonstrating the finest high-performance audio at our Seattle, WA showroom. Additional details and registration available at our website, [definitive.com](http://definitive.com).

**EAST WEST BOOKSHOP**

Kaya in Concert  
Friday, February 8 at East West Seattle 7:30-9 pm \$15 Register Now!  
<http://www.eastwestbookshop.com/events/4563>

Qigong for Enlightened Energy  
Wednesday, February 20

7-8:30 pm \$10 Register Now!  
<http://www.eastwestbookshop.com/events/4610>

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