The Roosevelt Neighborhood Association (RNA) is looking for a few good board members.

In May of each year, the RNA Board of Directors is reconstituted with a slate of new and returning members. There are opportunities now for you to get involved and to make a difference.

At the risk of being labeled a scold, I’d say this is not just an opportunity, it’s an obligation. Roosevelt is becoming a better place in part because of the work of earlier board members. It is simply not reasonable to expect others to do all the work and make things happen. At some point each of us needs to make a contribution. It doesn’t have to be a major role and the only essential qualification is that you care.

In Seattle, community associations like the RNA are an important part of what makes the City function. A well-run neighborhood group has genuine clout with elected officials and City departments. Roosevelt enjoys a good reputation with City government, because of the work we’ve done on neighborhood planning and related endeavors.

The next group of RNA leaders will inherit a solid legacy of achievement, a ratified neighborhood plan and hard-won zoning regulations which will reshape our urban village. Indeed, most of the “heavy lifting” has already taken place; the transportation and land use sagas of recent years are essentially resolved. The challenge now is to fine-tune and execute the plans which are already in place, and to meet other issues as they may arise.

What’s exciting is that Roosevelt should receive special preference for limited City and regional resources in the years ahead. That’s because as a mass transit station area, we are designated for significant population growth; witness the apartment buildings starting to spring up in the neighborhood core. And one of the key concepts of urban planning in Seattle is that areas receiving larger shares of population growth shall also receive larger shares of urban amenities; things like Green Streets, park improvements and other “elements of livability”. Sound Transit is already providing financial assistance for the neighborhood business district to help mitigate construction impacts. RNA leaders have the opportunity to direct and manage public investment to make Roosevelt a better place to live. That is an important and exciting opportunity.

What’s the obligation of an RNA board member? Probably less than you think. One or two meetings a month, and possibly some project work which matches your own interests.

What’s the payoff? Probably more than you can imagine. Making a difference in your community is deeply satisfying; it’s a special accomplishment you won’t find in your work or family relationships.

This may be your time to step up and serve a short stint. For more information about RNA board member opportunities and specific roles, contact:

Tim Wolfe at timw@peaksfrozcustard.com
or drop me a line at jim@ohalloran.cc.

Thank you for considering your place in the RNA.

Jim O’Halloran

RNA General Meeting
Board Elections
&
City of Seattle
Tuesday, May 28th
7:00pm to 9pm
Calvary Christian Assembly

The City of Seattle and the Landscape and Planning consultant G.C.H. will be presenting the neighborhood plan for streetscape improvements in Roosevelt, as well as revised and updated neighborhood design guidelines. Please join us to review and comment on these important documents, as they will guide development in the neighborhood for years to come.
Vital Home Documents

As recent events in Boston and Texas have shown, we are never sure when a disaster will occur. To ensure a seamless recovery, consider keeping copies of documents stored:

- In a waterproof container in your emergency kit
- Away from your home in a safe deposit box; and/or
- Offsite electronically

A homeowner’s or renter’s insurance policy is one key component. Imagine how quickly you will want to report any loss to your agent: What information do you need to store offsite or electronically so that you can do just that? In addition to the policy and your agency’s contact information, keep color copies of the documents in your wallet, including driver’s license, credit cards, health-insurance and auto-insurance cards and your passport.

Other vital documents include your will and power of attorney, as well as your health-care-authority (Living Will) instructions. Your attorney might be able to pull up the documents, but not everyone knows who your attorney is, so it is easier to make sure that your executor has copies of these documents.

You should also have a concise list of beneficiaries of any life insurance or other financial annuities or investments where beneficiaries are named, and instructions on where to locate the titles to motor vehicles or other modes of transportation. This simplifies the job of the executor.

What other copies of documents might you need for yourself or your family in the midst of a disaster?

The following is a basic list to consider.

- Home and auto policies
- Passport
- Driver’s license
- Credit cards
- Health insurance card
- Immunization records
- Other medical information if relevant
- Wills and medical directives
- Bank-account numbers
- Inventory of investments
- Household-goods inventory
- Family records (birth and marriage licenses)
- To be considered: password information for internet accounts

Having documents stored in more than one place can also come in handy in the event your wallet is stolen or your home is vandalized.


Next month: Your digital identity.
To the Roosevelt Community

I live in The Triangle, right on NE 75th St, directly across from the Roosevelt Reservoir (I used to jokingly refer to my spot as waterfront property). I’ve known about the City’s plan to decommission the reservoir for some time, but recently saw an article on the Ravenna blog that provided details as to how the decommissioning process would evolve. And I posed the following question to the Water Department regarding the test;

I live directly across the street from the Roosevelt reservoir, and I am just curious about the decision to keep the Volunteer Park Reservoir filled as a water feature, while NE Seattle residents like myself are stuck suffering through two years with the eyesore that the drained Roosevelt reservoir will be. Since both are going to be disconnected from the water supply system, couldn’t the latter simply be kept filled as well?

John Odegard

Dear John,

Thank you for your questions regarding Roosevelt Reservoir and Seattle Public Utilities’ (SPU’s) decision to leave the reservoir drained instead of refilling it as we are doing at Volunteer Reservoir.

We had to make a difficult decision in weighing the benefits of keeping Roosevelt Reservoir full versus the additional costs to the customers of Seattle. We estimated that it would cost an additional $100,000 each year (about $200,000 in total) to keep the reservoir full during the two-year decommissioning test.

The costs to keep Roosevelt filled and maintained are significantly more than that of Volunteer. This is because Roosevelt Reservoir is a 50-million-gallon reservoir - more than twice the size of the 20-million-gallon Volunteer Reservoir.

Another key factor in the decision to refill Volunteer Reservoir is the park’s historical landmark status, of which the reservoir is a contributing feature. We wish we could maintain water in both reservoirs throughout the two-year test period, but in the end we decided it was in the best interest of the city as a whole to keep Roosevelt Reservoir empty throughout the testing period.

Bill Wells
Sr. Engineer, Drinking Water Division
Seattle Public Utilities
Bill.Wells@Seattle.gov
Flotsam or Jetsam?

“We were sailing along... on Moonlight Bay...” I felt like I was living in the old song as the melody hummed in my head. With two sails up, we were skimming along north of Chacala on the Pacific Mexican coast, headed to Mazatlan. The bright moon made the water shimmer and we could easily see the shoreline a couple of miles off our starboard beam. Odds were with us that this 24 hour voyage would be just that – one night, not like our recent 48 hour misadventure.

Sometime before midnight the wind shifted so it was right on our nose, making sailing difficult. We lowered the sails, turned on the motor, and put the automatic tiller pilot to work. As had become our habit on when sailing all night, I went below to sleep while Alan stood watch in the cockpit. Not really fair, but I was not comfortable standing watch at night and he was willing to stay up until daybreak.

Some time later, the speed of the boat slowed by more than a knot. Alan figured we must be bucking a strong current. Sleeping below, I was oblivious. Shortly after I emerged at dawn, there was enough daylight that we could see something trailing behind the stern. Closer examination showed we were dragging a fishnet. Alan cut it off by employing a kelp-cutting hooked knife on a telescoping handle. (Until that moment, I was unaware that we had such an implement on board!) Then he went below to get some well-deserved sleep, while I kept watch. Mid-morning I noticed a float from a fishing line about a half mile off our port bow. I made certain to give it a wide berth as we motored past. Nevertheless, within moments a panga was chasing after us, its occupants shouting that we had caught their line. It’s times like these that make me thankful I can speak Spanish. One of the fishermen was able to extricate the line from our rudder without much ado, so they sped off and we motored on.

About an hour later the motor jerked and slowed, reducing our speed dramatically, even though the RPMs were still at the usual 1700. Black smoke billowed from the exhaust. I shouted for Alan, who had gone back to sleep after the previous entanglement. We shut down the engine and I jumped in the water with snorkel gear to have a look. Wrapped tightly around and around the propeller shaft was what appeared to be plastic sheeting. Steadying myself with a couple of lines to make sure the boat would not drift away from me, I tried to stay underwater well enough to see and to saw off the plastic with the serrated knife Alan had handed me. Given my buoyancy in the salt water, this was a difficult task.

After many attempts, sawing a little each time, sometimes thwarted by the swell as the waves swept over the snorkel and filled it with water, other times popping out of the water like a cork, I finally ended up riding the rudder like a horse. I braced my foot between the propeller and the shaft and basically did whatever else it took to keep myself submerged and sawing away at the myriad layers of ragged plastic. After more than an hour spent hacking and sawing at the offending material, I was chilled but elated when the last of it finally floated free. I climbed back aboard to huddle under multiple blankets, as the boat resumed its normal speed, with an engine that was no longer straining.

We were about 32 miles from Mazatlan at that point and several hours behind schedule, but were still determined to arrive before dark. We entered the channel to the marina just after the sun went down. Luckily we had been there twice before and most of the channel markers (“most” being the operative word) were lighted, so we made it safely to the dock. That night we celebrated our second “deliverance” in less than a month at one of the marina restaurants. Best pizza we’ve ever had in commemoration of a successful escape from odious plastic waste!

Sally King
**Better health is just a ride away.**

*Did you know that according to research:*

- Adults who bike to work have better weight, blood pressure, and insulin levels?
- Women who bike 30 minutes a day have a lower risk of breast cancer?
- Adolescents who bicycle are 48% less likely to be overweight as adults?
- Bicycling three hours or 30 kilometers per week halves your risk of heart disease and strokes.

May is American Bike Month. As a long time cyclist, I’m keen on the many benefits of bicycling on a regular basis. Actually, my 95 year old father still rides his newest bicycle, a very cool three wheeled recumbent (he went from two wheels to three when he turn 94). He’s a great testimonial for cycling because he didn’t really pick it up until he was in his mid-50’s. In years past he and my mother spent winters in Tucson, AZ to get his sun and cycling fun.

There is no doubt in my mind that being on his bike on a regular basis has been a key component to his retained ability to take care of himself in all facets, including driving safely and comfortably. So what are you waiting for? Get to your favorite Roosevelt Neighborhood bike shop, Ride Bicycles “ride” away!

Dr. Dirk Farrell, DC

About the Author:

*Dr. Dirk Farrell, DC has been fixing bodies and helping people get healthier for 20 years. His focus is on restoring and transforming people’s physical health so they can enjoy life for decades to come. His practice, Align Wellness, located at 6217 Roosevelt Way NE moved to our neighborhood in June of 2012.*

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**AlignWellness**

**We Fix Bodies.**

Good Posture is Essential for a Healthy Body.

We are friendly and caring experts.

Call us for a no-cost evaluation. 206-548-9450

Align Wellness
6217 Roosevelt
Align-wellness.com

Photo: shows patient in relaxed state, before and after treatment.

Grow Healthier with Age?

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**Salvaging a door for reuse**

*Reuse and recycle – it’s not just for paper and pop cans!*

As part of Sound Transit’s sustainability goals, we’ve gone to great lengths to reuse and recycle the buildings on the future Roosevelt light rail station site.

How did we do it?

Invited neighbors to dig up plants and landscaping materials for use in their own yards.

Arranged for eight townhomes to be relocated in the neighborhood.

Asked local salvage companies to remove doors, fixtures, lighting, flooring and appliances for reuse.

Removed the iconic Standard Radio building sign and façade for reuse in the station.

Finally, during demolition of the buildings and grading of the Roosevelt Station site properties, our contractor diverted more than 3,000 tons of iron, steel, aluminum, copper and concrete from the landfill to be recycled. That’s over 80% of the material that was recycled!

To learn more about the extension of light rail to Roosevelt, contact Ellen Blair at (206) 398-5300 or northlink@soundtransit.org or visit our website at www.soundtransit.org/northlink.

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**Multiple, Multiple, Multiple**

It’s true what you are hearing. Multiple offers are happening.

The Roosevelt neighborhood is hot, inventory is low, and prices are up.

Want to know more about the market?

Call me @ 206.595.7700
Find me @ mrogersneighborhoods.net
Looking to use that awkward small space in your yard? Maximize your garden by directing vines upward towards the sky with trellises. First, choose plants that grow vertically, then build a structure that will be suitable to its weight or particular behavior.

Kiwis require a substantial trellis or chain link fence as well as regular pruning to keep them in check. But the fruit can’t be beat! You need both a female and a male kiwi in order to get fruit, so your structure needs to be able to support two plants. Grapes also need strong trellising and good pruning for increased fruit production. Both can do double duty to provide shade for a quiet sitting area in your garden.

More often we think about trellising perennial vines, but don’t forget about sending your annual vegetables up and away. There are varieties of cucumbers, squashes and even pumpkins that don’t need to hog your garden real estate. An arbor with small and colorful winter squash hanging through them is a lovely decorative element for any garden!

Instead of stuffing your gangly, indeterminate tomatoes into cages, you can build a fence on which they can climb. Tie strings to the top of the fence, and, with minor management, your tomatoes will wind themselves up and make it easy come harvest time.

Trellises can be attached to the back of wooden worm bins, put in containers, or used to add height to a fence. Arbors provide a welcoming entrance to the garden or mark the beginning of a new “room” in the garden. Add edibles and you now have structures that serve multiple functions.

And of course, bean teepees will be a kid magnet. Tie at least three large bamboo poles together at their tips and spread the legs into a tripod shape and anchor them into the soil. Tie strings to hang down in the spaces in between the legs and the beans will wrap around them and the legs, too. Grow a bushel of delicious and succulent green beans while also having a playhouse for the kids — or for when you need a quiet moment for yourself!

Learn more about trellising at one of Seattle Tilth’s hands-on classes or contact the Garden Hotline for a personal chat about how to design your trellises (help@gardenhotline.org)!

The Garden Hotline is managed by Seattle Tilth and sponsored by Seattle Public Utilities, the Local Hazardous Waste Management Program in King County and the Saving Water Partnership.