



Roosevelt Neighborhood
Association Newsletter

Teri Butorac-Lee: Editor

June, 2013

<http://rooseveltseattle.org>

***University of Washington
Requests Community Support for the
Burke-Gilman Trail Multi-Modal
Connector***

The University of Washington is seeking letters of support for their application for federal TIGER funds to fully-fund their Burke-Gilman trail replacement project.

As you may know, the UW owns and operates the 1.7 miles of trail that run through its campus. This portion of the trail is known for being a bit challenging to all who use it - root damage, poor sightlines, tree-cover, over-crowding. With the new light rail station scheduled to open in the next two years, and the proposed plans to add a bike/ped trail over SR 520, this trail is going to see a dramatic increase in use.

The University expects an eventual 92% increase in pedestrians and 238% increase in cyclists over the next 15 years.

The Burke-Gilman Trail Multi-Modal Connector will better connect the trail to the U-District, solve the conflict and capacity issues on the current Burke-Gilman, improve safety and security, and accommodate our growing community.

UW needs your help to secure this grant for the University of Washington and our community. One of the factors USDOT will consider in evaluating our application is whether there is clear public support for the project.

***Please take a moment to visit
<http://uw.edu/BGT>***

to learn more about the project to sign on as a citizen supporter, receive a description of the Project or a Guide to Writing "Letters of Support".

This TIGER program is highly competitive, with only 4% of applicants nation-wide winning. Therefore, EVERY letter counts. For more information, please contact Betsey McLaughlin at the UW Transportation Services Department - 206-616-6685 / eml27@uw.edu.

***Mayor and City Librarian launch
"Books on Bikes"***

Mayor McGinn and librarians from The Seattle Public Library are launching a pilot program, *Books on Bikes*, to bring Library services to popular community events via bike this summer.

Mayor McGinn joined ten librarians for the inaugural bicycle ride to TOPS K-8 School. The group arrived at TOPS, where a fourth grade class met the mayor and City Librarian Marcellus Turner, heard book talks, got new library cards and chose from among the many books from the special *Books on Bikes* trailer.

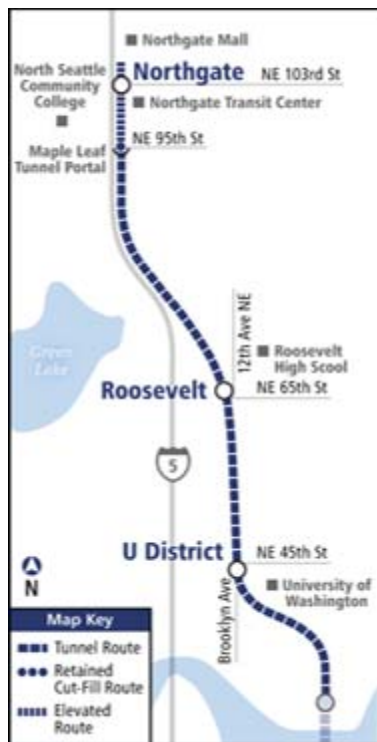
"This is a great program that will help people access library services wherever they are" said Mayor McGinn.

Books on Bikes will build awareness of library resources, as well as of the health benefits and fun of bike riding."

Books on Bikes was the inspiration of Montlake Branch Librarian Jared Mills, who submitted the idea to a staff committee for grant funding.

"I thought it would be great to combine two things Seattle loves: our libraries and bikes," Mills said. The proposal was enthusiastically received by the committee.

**RNA General Meetings
(along with the Roosie)
will return after the summer
break. See you in September**



What is Northgate Link Extension?

Northgate Link Extension is a key part of the regional mass transit system approved by voters in 2008. The 4.3-mile light rail extension includes stations in the University District, Roosevelt, and Northgate neighborhoods. Trains will run in underground tunnels from downtown Seattle to a site along Interstate 5 south of the Northgate Station near Northeast 94th Street.

Trains will come out of the tunnels to serve the elevated Northgate Station.

Northgate Link Extension is projected to add over 60,000 daily riders to the Link system, bringing total daily ridership to 176,000 in 2030. Construction of Northgate Link Extension began in fall 2012 with service starting in 2021.

To stay informed about Northgate Link Extension:

Visit our website at www.soundtransit.org/NorthLink

Call or email the Northgate Link Extension project team at 206-398-5300 or northlink@soundtransit.org.

For information in alternative formats, call 1-800-201-4900 / TTY Relay: 711 or email accessibility@soundtransit.org

Looking for information about mass transit from Northgate to Lynnwood? Find more information about our projects at soundtransit.org/Projects-and-Plans.

shefayoga

R O O S E V E L T

INTRODUCING SHEFAYOGA
ROOSEVELT!

Specializing in heated power vinyasa and hot
hatha

New student special, 2 weeks unlimited yoga for \$25!

6521 Roosevelt Way NE,
206.729.2561,
www.shefayoga.com



SOUNDTRANSIT

Making way for light rail in the U District

Once demolition ended at the site of the future Roosevelt light rail station, it started up in the U District.

Buildings being demolished in the U District include:

- the former Chase Bank and parking garage on the corner of NE 43rd Street and Brooklyn Ave NE;
- a house on the southwest corner of NE 43rd Street and Brooklyn Ave NE; and
- a UW building located just south of the Neptune Theatre.

Demolition activity includes removing building debris as well as leveling and paving the properties.

Demolition for the U District Station site is expected to be complete in late summer. For more information, please call (206) 398-5300 or email northlink@soundtransit.org. For issues that need immediate attention after normal business hours, call Sound Transit's 24-hour Construction Hotline at (888) 298-2395.

2013 Colleen Willoughby Youth Civic Education Awards

Nominations close June 24!

Do you know of an innovative youth program that is making a difference in Washington State? CityClub wants to shine a spotlight on a diversity of great youth civic education programs serving middle and/or high school-aged students.

Five program winners from Washington State will receive a cash prize of \$500, be celebrated at an awards ceremony in early fall to be televised by TVW, and highlighted on the CityClub website and in publications.

If you know of a program that is training our youth to be active citizens in our democracy then nominate them or apply yourself today!

For questions, email:
YouthAwards@SeattleCityClub.org
or call 206.682.7395.



Your Digital Identity

Technology has two faces:

One is an enabler of communication and presence in the highly connected world in which we live; the other is a permanent record of your transactions over the Internet. As you use your computer to send and receive email documents and photographs, and

participate in social networking sites like Facebook, you create a digital identity that may be more permanent than you think.

The first thing to understand is that using the Internet makes it easy to find you, but also to find out about you, perhaps more than you wish others to know. If not protected, your information can become available for spammers and other electronic fraudsters.

The second thing to remember involves being careful and cautious about what you post. It is not really possible to "erase" data that you create. The easier the application for you to use, the easier it is for fraudsters to hack; especially if you have not taken the time to lock down privacy controls inside the application.

It is critical to make sure your operating system is up to date, with security patches installed. With operating systems like Microsoft or browsers like Mozilla, it is possible to set up automated security updates that will be applied as they are released.

Another layer of protection can be found in aftermarket virus and web browsing security programs such as Zone Alarm, Trend Micro, McAfee or Norton Utilities -- they silently monitor and trap viruses, dangerous websites, and other forms of computer mischief.

Digital Threats

Email comes hard and fast at us these days and much of it needs to be sorted carefully and treated as a threat, even if you may have set up a spam filter on your computer. When we sign in on any given day, we might receive email with fake requests for help or even fake notices that we have won large sums of money if only we send someone \$20. The Department of Homeland Security has a list of what they call "Internet Hoaxes and Urban Legends; you can find out more at www.OnGuardOnline.gov.

Some of these fake emails may appear to come from your bank, asking you to sign in with login and password and provide your account number and Social Security number. It is important to note that, whether or not you have online banking set up, no bank will ever ask you for this information in this manner. Most banks and major credit-

card companies use the telephone or text alerts to contact you when it appears that you may be the victim of identity theft. You will of course want to regularly scan your credit-card and bank statements and call immediately if you note charges that you did not make. You can also contact the FBI's Internet Crime Complaint Center at

www.ic3.com.

Steps I Have Taken

For basic internet security, I have my email and other accounts password-protected. I have set the security settings on all my computers and applications so that I am automatically logged out and must log back in after a certain period of non-activity. I also change passwords on my computer and applications every six to eight months.

I utilize a continuous online cloud backup service for my computers, at a cost of less than \$100 per year. It is a small price to pay for the peace of mind it offers against the risk that my computers might suffer a hardware failure or be lost or stolen. I have purchased a license for anti-virus and anti-spam software that covers all my computers and renews every several years. If I am using a public computer in a hotel or at a meeting, I am careful to log out when finished, so that no one who uses the computer after I am done has access to my information.

Annie Searle

This is an excerpt from Searle's book. Most of these tips and more are available in the "Online" chapter of "Advice From A Risk Detective," originally published in 2011, for which a second edition will be forthcoming by the end of the summer. Next month: You and social media sites like Facebook, Twitter and LinkedIn.



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?



Meet the new RNA Board!

Roosevelt Neighborhood Association is pleased to introduce the community to its newest board members.

Teri Butorac-Lee

Teri Butorac-Lee has lived in the neighborhood with her husband Matt and daughter Alison for over 25 years, and works at the Pacific Science Center planning STEM education Seminars, Academies and Institutes. She graduated from the University of Washington with a BA in Community Environmental Planning, has a passion for sustainability issues and is the current editor of the Roosie.

Tom Donnelly

Tom has been serving as vice president of the RNA for the past year, and has been on the Land Use Committee for the last two years. He is seeking re-election as a vice president for a second one-year term. Tom has been living in the community with his wife Karen for over 15 years. Currently working for FEMA as a community redevelopment coordinator, he has 30-years experience in community planning and land development.

Dirk Farrell

In April of 2012 I started building out my new office at 6217 Roosevelt. We opened our office doors June 1, 2012, moving after 16 years of practice in the U. District (though I did work at Seattle Healing Arts for three years). It's been almost a year and we've made some wonderful friends and love the neighborhood – it's exactly what my wife, Karen, and I were looking for in our new location.

Good neighbors, good walking area and easy access.

Because we like to build community and I like to be involved (I've been President of Capitol Hill LeTip – a weekly business networking group- for three years), when I heard no one had stepped up to be President of the RNA, I thought this might be a good opportunity for me to help and meet even more people in the neighborhood.

Mark Konings

Mark Konings moved to the Roosevelt neighborhood from Minneapolis 7 years ago. His wife, Paige, is a librarian for the Seattle Public Library and his daughter, Maya, is in 7th grade at Hamilton middle school. Mark works in sales for 3M. He previously served as treasurer for Lowell Elementary for 3 years and is very familiar with being treasurer for a small non-profit. Mark is currently serving as treasurer for the RNA.

Jace Murray

Jace Murray is a Marine Corps veteran who has been involved in the Roosevelt neighborhood since October of 2012. He works with Calvary Christian Assembly to put on several annual community focused events including the Easter Egg Hunt at Cowen Park and a Trunk or Treat Carnival during Halloween. In his search to increasingly step up involvement in the community and find ways to partner with local businesses to serve families in the Roosevelt neighborhood, he is honored and excited to be nominated to serve on the RNA Board of Directors.

Katie Wood

Katie recently returned to the Roosevelt area and would like to contribute her skills to make the neighborhood she loves an even better place to live, work, and play. Katie has held leadership positions in design, marketing, product development, strategic partnerships, web-enabled solutions, and non-profits. Katie has also interned for the State Senate and volunteered for local and state campaigns. Katie served as President of her Condo's HOA and serves as board member of an iNGO focused on supplying clean water to Africa. She holds a University of Washington Business Degree concentrated on the sustainability of Business/Government/Society and a Graphic Design degree from the Art Institute of Seattle.

DID YOU KNOW...
THAT FREE PARKING IS
AVAILABLE ACROSS THE
STREET AFTER 6PM
(4PM SAT, SUN) AT THE
AUTO PARTS STORE?
NICE.

SUMMER HOURS
11:30AM - CLOSE

1205 NE 65TH, SEATTLE, WA.
(206) 524-5020

ROOSEVELT
12TH AVE NE
NE 65TH ST.

**BOULEVARD
GROCERY**

Ravenna's Finest
EST. X 1922

**The New
Boulevard Grocery**
2007 NE Ravenna Blvd
206.517.5572

Hours
Bring this ad in for a
FREE 8oz Latte | Mon-Sat 7am-8pm
Sun 7am-7pm

Owned and operated by Seven Coffee Roasters

Kristina Tova Ramer

I am already a member of the Sustainability group, the business group and the Seattle neighborhood dev. group. It is very important to have someone who is committed in the communications role as that group is important to all other groups. I really want to be used where it is most needed, within my talents and gifts range. I am deep on inspiration, ideas, outreach, humor and hospitality... not the best at administrative or logistical details, but works well with support or co leading.

The best thing would be for me to be a board member that heads up the membership committee that works with the communications and events & culture committees. We need outreach, communication and events and culture offers for our neighborhood members.

Barbara Rose, MPH

I live and work in the Roosevelt and U-District neighborhoods. I want to join the Roosevelt Neighborhood Association Board so I can meet more of my neighbors and work with them on community issues like transportation, land use, sustainability, and safety.

I work at the Northwest Center for Public Health Practice, a training center at the UW School of Public Health. My main job is to help design and implement public health training throughout the Northwest. Some topics include: emergency preparedness, Health Impact Assessments, health policy, and chronic disease prevention. If elected to the Board I would strive to bring a public health perspective to neighborhood and community planning.

I also write for the Northwest Center's communication team and work on the website. I am interested in joining the Board's Communications Subcommittee to help improve internal and external communications throughout the neighborhood.

Ellen Stoecker

I have lived just east of the Roosevelt Reservoir for 16 years. Around 2008 I wanted to get more involved in my neighborhood and learn more about energy efficiency and renewable energy and found my way to the Sustainability Group when Paul Wiesner was chair. I became the Chair in the Fall of 2009. I'm still learning about sustainability and climate change at personal, neighborhood and global levels. I have a few years' experience on boards of professional organizations. I'm a pediatric nurse practitioner

and work full time and drive my Nissan LEAF to Everett Monday thru Friday :-)) so not yet an "undriving" person.

Tim Wolfe

Timothy currently serves on the Roosevelt Neighborhood Board as Liaison to the Business Committee, as chair of the Business Group and attends the Impact Capital consultation. His focus is building membership and structure within the Business Group.

For the past 5 years Timothy, along with his family, have owned and run Peaks Frozen Custard on 65th St. Timothy has lived in Maple Leaf for the past 20 years with his husband Peter, their two children, one of whom attends Roosevelt High School and his 4 month old grandchild Benji.



Grow, Raise, Preserve and Forage Locally

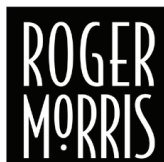
You too can grow food in the center of the city! Seattle Tilth is teaming up with Seattle Parks and Recreation to teach apartment and condo dwellers how to grow vegetables and herbs in containers, and how to compost food waste indoors or on balconies or patios. *Free Classes!*

If you live in an apartment or condo, check out this FREE summer class series held at Freeway, Denny and Victor Steinbreuck parks in downtown Seattle. See our website at:

seattletilth.org

for our calendar of classes.

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 @ mrrogersneighborhoods.net

We Make Summer Smiles Happen

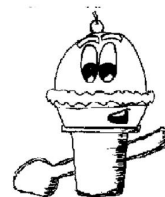


Chocolate
Magic Mint Cookie



Strawberry
Lemonade

Great, fresh flavors each and every day.
Catch Peaks all over town this summer.
Do you want Peaks at your event?
Write us at info@peaksfrozencustard.com



Check it all out at
www.peaksfrozencustard.com

At Roosevelt Way & NE 65th St.
1026 NE 65th St. | 206-588-2701
Also available at Whole Foods in
Roosevelt Square, South Lake Union,
And 6 Metropolitan Market Stores





Evening on the Plazuela Machado

This past winter we returned to Mexico to two of our favorite places; La Paz in Baja and Mazatlan on the mainland. This time, without our boat as the Norwegian Steam had been delivered back to the northwest last summer by way of Hawaii. (Sailed by skipper Alan and two crews, that seven weeks offshore is a whole other series of stories.)

The Plazuela Machado in Mazatlan is, according to tourist books and hotel concierges, THE place to go out to dinner. Surrounded by interesting-looking restaurants, the beautiful city square teems with life in the evening, particularly on weekends. Wandering through the Plazuela one evening, we remembered a fellow cruiser from Gig Harbor who had told us about playing music in restaurants in Mazatlan and thought perhaps we might be able to find him.

Just then across the square, Alan spied a man walking with a guitar slung over his shoulder. "Maybe that guy knows him," he mused jokingly. I took off running after him, and pointing out the obvious fact that he seemed to be a musician, asked if he knew our friend. Turns out he did and had played music with him in some of the very spots that surrounded us. Our ensuing conversation yielded all sorts of information about the active Mazatlan music scene – much of it played by Americans and Canadians living in the area during the winter months of each year.

After several minutes of pleasant conversation, Richard,

the guitar player, went on his way to play his evening gig and we proceeded to one of the highly recommended restaurants on the square. We discovered what was later confirmed by others – the ambiance of the Plazuela Machado restaurants is sublime, and the food is expensive and overrated. But there is music nearly every night in a number of the eating establishments, and it too is sublime.

Throughout the rest of our stay in Mazatlan, we listened to and got acquainted with not just Richard the guitar player, but a number of other American and Canadian musicians.

In one place we boogied more than one night away as the (mostly Canadian) band belted out old rock and roll tunes from back in the day. They covered everybody from the Beatles to the Rolling Stones, the Eagles and Bachman Turner Overdrive. The latter, of course, a group that everyone always seemed to be aware were Canadian. And like all the rock and roll bands we ever heard in Mexico, at some point they always played "Mustang Sally," my signature song. Nothing like dancing with a bunch of middle-aged geezers but feeling 25 again, courtesy of rock n' roll.

At other restaurants on other evenings, we listened to the blues, jazz, country music, and swing tunes from the 1940's, this last poignantly and playfully sung by our new friend Richard and his wife Alana.

Not to be outdone, Mexican groups also take their places on the square. One night when the crowd was particularly thick we watched and listened and grooved to the music of a spectacular salsa band, in front of which danced a large number of people of all ages, shapes and sizes. They all seemed to know just how to salsa, moving their hips fluidly to the beat.

Most amazing to watch was the man of "a certain age," dressed all in black from the beret on his head to the shoes on his feet. He simply did not stop dancing, moving seamlessly from woman to woman from one song to the next, never missing a step or a beat. And all the women, regardless of age or size, seemed to flourish and blossom as the 80- or-so year-old man led them around the street corner that was the dance floor.

We should all be so nimble and energetic!
Sally King

Body Massage & Foot Massage



Happy Feet Reflexology

Chinese foot massage

Tel: 206-452-1816

1223 N. E 65TH ST

Seattle WA 98115

www.happyfeetreflexologyspa.com



Scott A. Schini, DVM
Annie Dittrich, DVM
Cheryl Meyers, DVM

1421 NE 80th St.
Seattle, WA 98115
Ph: 206-524-2020
Fax: 206-985-4385

www.mapleleafvet.com
mapleleafvet@gmail.com

"Friendly Neighborhood Pet Care"