### ANNUAL RNA MEMBERSHIP FORM

- **$20** = Individual
- **$35** = 2-Person Household
- **$95** = Businesses
- Other: **$__________**

**Name:** __________________________
**Address:** _________________________
**Phone Number:** ___________________ **Email Address:** _________________________

**Special Interest:** _____________________________________________________________

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Yes! I would love to be a "blockhead" and help distribute The Roosie!

Please make check payable to: The Roosevelt Neighborhood Association
Mail to: 6910 Roosevelt Way NE, Box #518, Seattle, WA 98115

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### Products for Life

- GreensFirst™ Whole Food Supplements/Meal Replacement
- Pure Liquid Vitamin D3
- Zero Shoes - "As seen on Shark Tank"
- Shoe Insoles & Foot Care
- 100% Natural Dunlop Latex mattresses
- Washable Wool Toppers
- Pillows
- Water Filters
- Water Ionizers
- Pure Liquid Vitamin D3
- GreensFirst™ Whole Food
- Xero Shoes - "As seen on Shark Tank"
- Shoe Insoles & Heel Lifts
- Suplements/Meal Replacement
- Seat Wedges

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### ROOSEVELT TRICK OR TREAT TRAIL

Join these participating businesses for a fun candy alternative and/or activity. More businesses may join, we will have an updated map at Green Halloween and every participating business will have a poster in their storefront window.

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<tbody>
<tr>
<td>East West</td>
<td>Roosevelt Way</td>
<td>Green Halloween in Roosevelt. Saturday October 26 3-6pm</td>
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<tr>
<td>Health Mutt</td>
<td>Roosevelt Way</td>
<td>Join Doug Dirks, former CEO of Ten Thousand Villages and fair trade champion, share stories of artisan cooperatives around the world</td>
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<td>12th</td>
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<td>Mamo Evolve</td>
<td>Shefa Yoga Clinic</td>
<td>Align Wellness</td>
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<tr>
<td>Royal Palm</td>
<td>Ten Thousand Villages</td>
<td>Sunlight Cafe</td>
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### ROOSEVELT TRICK OR TREAT TRAIL

Join Ten Thousand Villages in celebrating your life with a pretty piece of jewelry. Remember all the important women in your life! Come hear Doug Dirks, former CEO of Ten Thousand Villages and fair trade champion, share stories of artisan cooperatives around the world.

Redeem this voucher for 25% off one item in-store.

E: seattle.tenthousandvillages.com
M: (206) 524-9223
W: 6417 Roosevelt Way NE, Ste 101

Mon-Sat 12-8, Sun 12-7


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### ROOSEVELT TRICK OR TREAT TRAIL

Come See for Yourself!
Initiative 522 - Labeling GMO foods/seeds.

Get the facts and vote on November 5th.

At the September 24th general meeting, we heard from Karen Chase from Yes on I-522 and a regional Whole Foods representative.

Karen updated us on the current polling, money being spent by various groups, campaign advertising and facts and fact checks on the ads, while our Whole Foods Rep presented Whole Foods’ stance on the I-522 Initiative and their weirdofood.org consortium with local communities to unite in the name of food.

At the time of this writing Monsanto, a primary opponent in any state that has run a labeling campaign, has reversed the contributions picture by donating $4.5 million to the campaign opposing the initiative.

Per Joel Connelly, Seattle Times, September 11, 2013, agribusinesses have recently amped up the contributions to the NO-on-522 campaign, and along with grocery manufacturers/chains, seem aimed to display a “Shock and Awe” approach to defeating the measure. DuPont Chemical has invested $3,371,281; Dow Agrisciences manufacturers/chains, seem aimed to display a “Shock and Awe” approach to defeating the measure. DuPont Chemical has invested $3,371,281; Dow Agrisciences

committed a total of over $5 million in contributions coming from out-of-state contributors such as Dr Bronner’s Magic Soaps, Organic Consumer Fund, Mercola.com Health Resources, Presence Marketing Inc, and Nature’s Path Foods. Locally, PCC Natural Markets has contributed to the campaign.

A September 10th Elway poll showed 66 percent of Washington voters in favor of requiring labels on GMO foods. A review of the initiative was in the August Roose.

The following are the campaign websites:
www.yessen522.com
www.factsabout522.com (the No campaign’s)

Ellen Steckler-Roosevelt Sustainability Group

This restaurant combines the style and flavor of North Indian cuisine with the modern tastes of Seattle. Their goal is to provide the equivalent of Indian home-cooking. India Bistro is unique in that it offers its lunch buffet seven days a week. The selection is generous: eight hot dishes included chicken and goat as well as vegetarian choices. The basmati rice was fine-grained and well-cooked. There were fresh and cooked salad dishes. Naan was delivered to the table, all for $8.95. The buffet is available from 12 to 3 p.m. When I visited at noon on a Saturday, there were few other patrons. Service was prompt and friendly.

The menu lists a wide ranging menu divided into categories: signature specialties, vegetarian, seafood, rice (Biryani) entrees, chicken dishes, tandoori, and lunch specials. The diner can choose the spiciness ranging from mild to extra hot. All are available for to-go orders. India Bistro offers a dozen bread choices including eight varieties of naan.

There is a good reason for the missing curry powder. Curry powder was invented by Brits trying to copy the taste of family recipes for Garam Masala.

For more info, contact Nicole Plumlee at nplumlee18@gmail.com

Eight Bells Winery
An Urban Winery, Making Artisan Wines
6213B Roosevelt Way NE, Seattle, WA

Open for Tasting, Tours, and Sales
Saturdays, 11:00 AM to 4:00 PM
or by appointment (206-321-5120)

www.8bellswinery.com

There is no Curry Powder at India Bistro

There are folk legends about Indian food. All use curry powder. All are over-spiced. India Bistro shows just how wrong they are.

This restaurant combines the style and flavor of North Indian cuisine with the modern tastes of Seattle. Their goal is to provide the equivalent of Indian home-cooking. India Bistro is unique in that it offers its lunch buffet seven days a week. The selection is generous: eight hot dishes included chicken and goat as well as vegetarian choices. The basmati rice was fine-grained and well-cooked. There were fresh and cooked salad dishes. Naan was delivered to the table, all for $8.95. The buffet is available from 12 to 3 p.m. When I visited at noon on a Saturday, there were few other patrons. Service was prompt and friendly.

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A presentation on the upcoming November ballot measure for publicly financed campaigns. This proposal will create a robust system similar to programs in San Francisco and New York which effectively takes the money out of politics, allowing citizens to run for office focused on the issues. More information about the ballot measure can be found at this website: http://fairelectionsseattle.com

For many years The RNA has had a very active and productive Land Use committee that has included Transportation in the areas that it covers. As we move to increasing housing density and the eventual running of trains through our station (in 2021), RNA needs to have a separate Transportation Cttee. that focuses solely on transport. I propose to start such a committee this fall and am looking for other people that share interest, concerns and passion for transportation issues.

Initially I imagine we would deal with the following issues and folks might get involved with all or some of them. Sub-groups could easily work separately developing & promoting ideas.

1. Parking. As density increases there is going to be more demand for on-street parking to serve residents, businesses and commuters.
2. Bus services. Once the trains start running some bus lines may be declared redundant. Such bus hours need to be re-directed to bring people to and from the station easily and reliably.
3. Bikes. We need to have a clear plan for bike riders to get safely to the station, and to cross our neighborhood.
4. Pedestrian safety. We need to develop a clear plan to keep and grow safe walking experiences locally.

Traffic Flow. How do we make sure traffic can flow clearly and safely through Roosevelt.

Much of this is way off into the future. By having a clear neighborhood plan, engaging with our next door neighborhoods, and then working with city authorities, we can get the results that we want. If you want to get involved in these (and other) transportation issues come to the October RNA monthly meeting or email me.

Peter James
rmapoter@gmail.com