

ANNUAL RNA MEMBERSHIP FORM

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Special Interest: _____

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

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		 Health Mutt		Green Halloween in Roosevelt. Saturday October 26 3-6pm
		12th		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.
	6 5 th			
East West				
		Roosevelt Way		
 Shefa Yoga	6 5 th	 Ten Thousand Villages  Royal Palm  Sunlight Cafe	6 4 th	 Mamo  Derby  Evolve
 Dream Clinic				 Align Wellnes



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 *willvoteforfood.com coalition* 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 made a \$562,000 pledge, and BASF Plant Science pledged \$500,000.

On September 10, 2013, KUOW's John Ryan reported that Monsanto was the largest contributor to the 'No on 37' (GMO labeling initiative) campaign in California in 2012 with a donation of \$8.1 million. Initiative 37 was narrowly defeated. Ryan notes that "Individual and corporate contributions to campaigns for elected office in Washington state cannot exceed \$800 to \$1,800 apiece, depending on the office. But the sky's the limit when it comes to ballot measures in this country — spending on those is protected as political speech."

This is the first ballot initiative in Washington in which Monsanto has played such a role.

The *Yes on I-522* campaign also has a majority of its \$3.5 million in contributions coming from out-of-state contributors such as Dr. Bronner's Magic Soaps, Organic Consumer Fund, Mercola.com Health Resources,

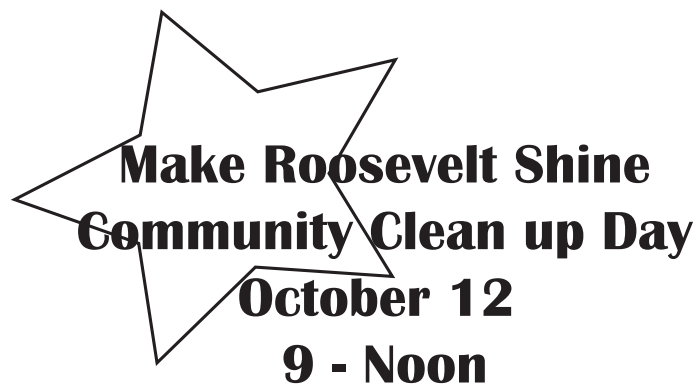
Presence Marketing Inc, and Nature's Path Foods. Locally PCC Natural Markets has contributed to the campaign.

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 *Rosie*.

The following are the campaign websites:

www.yeson522.com
and
www.factsabout522.com (the No campaign's)

Ellen Stoecker-Roosevelt Sustainability Group



Lets Make Roosevelt Shine!

Please join the *Roosevelt Sustainability Group* on Saturday October 12th for a fall community clean up day from 9am-Noon! Check in at Whole Foods Market on NE 64th St @ 9am to gather your supplies. Clean up equipment, gloves, and bags all provided by Seattle Public Utilities. Please join us in making our community sparkle! Rain or Shine!

For more info, contact Nicole Plumlee at nplum183@gmail.com



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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.

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 Marsala.

HOURS
MON -THUR 11 - 9:30.
FRI - SAT 11 - 10
SUN - 11 - 9

www.indiabistroroosevelt.cpm
206-517-4444.
6417 Roosevelt Way NE
Seattle, WA 98115-6657

SUEGRO



Help Your Senior Neighbors Stay Home

NEST (North East Seattle Together) is a 501 (c) (3) non-profit organization assisting seniors to stay in the homes they love as they age.

Volunteer opportunities include transportation, yards and gardens, computer services, home maintenance, office work and more.

We are always looking for new volunteers and on Monday, During the training new volunteers will receive a short orientation to NEST, what we are all about, how to coordinate volunteer matching, and some useful tools for successful volunteering.

If you are interested in becoming a volunteer you can sign up online or at the training.

Please call (206-525-6378) or email (info@nestseattle.org) us for more info.

*Alyssa Foland
Americorps Volunteer 2013/14 - Member Services
Coordinator*

Life Vision Meets Health Integrity
Sat. Nov. 2nd 3:30-6pm
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RNA General Meeting

October 22nd

7:00pm Social Hour
7:30-9pm Presentation

Andrew Lewis
Fair Elections Seattle

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.

Don't miss it!

More information about the ballot measure can be found at this website:

<http://fairelectionsseattle.com>



Major light rail construction begins; sign up for construction alerts!

JCM Northlink LLC, Sound Transit's excavation and tunneling contractor, plans to start work in the Roosevelt neighborhood in October. To get the most up-to-date information on construction schedules and activities, [sign up for project update emails on our website at www.soundtransit.org/subscribe](http://www.soundtransit.org/subscribe). You can select the projects and topics that interest you.

Sound Transit staff will do its best to provide neighbors and visitors to the neighborhood advance notice of construction activities. However, construction schedules can and do change. Email updates are the quickest way for Sound Transit to spread the news.

For more information about light rail, 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.



ROGER SELLS ROOSEVELT

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rogermorris@cbbain.com
206.595.7700



FREE FOOD! INFLATABLES! CANDY! GAMES! PRIZES!

TRUNK or Treat!

Thursday, Oct 31 6:30-8:30 pm
Calvary Christian Assembly Parking Lot at 6801 Roosevelt Way NE
seeccassembly.org for info

A FUN, SAFE WAY FOR YOUR FAMILY TO SPEND HALLOWEEN!



Tis the season for pansies, violas, calendula, and sweet alyssum. The weather is changing, the rains are returning and the nights are cooling off. This means those delightful spring bloomers that thrive in this kind of weather are also returning to our gardens. They will all easily self-sow and Calendula and sweet alyssum will keep blooming until killed by frost. Winter pansies and violas have started showing up in nurseries. These charm-ers will survive our maritime winter weather and be covered in fragrant flowers by mid-spring! Keep the circle going and sow them now for continuing enjoyment.

All of these flowers are edible and you can also eat the leaves of sweet alyssum. They are tasty popped into a fall-greens salad or decorating a birthday cake for a loved one in September. Keep them healthy and chemical free by using organic based fertilizers. Planting them into healthy soil will preclude the need for pesticides. Harvesting the flowers and deadheading faded blooms will keep them blooming longer too!

Bees and other pollinators love them! Making sure we have blooming plants in the fall garden is good steward-ship practice for pollinator protection.



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A new Transportation committee for new Roosevelt.

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.
5. **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

rnapeter@gmail.com

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