



Roosevelt Neighborhood
Association Newsletter

Teri Butorac-Lee: Editor

April 2014

<http://rooseveltseattle.org>

Earth Day Program 2014 RNA meeting Tuesday, April 22nd

Earth Day 2014 is April 22nd, the date of our next RNA general meeting. The Sustainability Group plans to sponsor a presentation on climate science that specifically hones in on the 2013 (fifth assessment) report of the United Nations Intergovernmental Panel on Climate Change (IPCC), titled Climate Change 2013,

The Physical Science Basis. Our speaker, Gregory C. Johnson, Affiliate Professor, School of Oceanography, University of Washington, has used poetry and painting to distill the details of the 2000 plus pages of the report into a product that is both easily understood and appreciated - and that hopefully motivates us to read the IPCC report itself!

Please join the RNA community as Dr. Gregory C. Johnson presents:

«Climate Change Science 2013: Haiku.»

Climate science is so important to the world and to our region. We hope this will be the first of several programs to update us on the potential and current impacts of climate change as Dr. Johnson reviews the global science and probable impacts.

At future meetings we plan to narrow in on the state and city impacts. The research and conversations are happening at the state and local levels. For example, earlier this year the U.S. Secretary of the Interior, Sally Jewell, and Dean of the University of Washington's College of the Environment, Lisa Graumlich, hosted a meeting of scientists and stakeholders on the effects of climate change in the Pacific Northwest.

The University of Washington's Climate Impact Group offers its assessment of the impacts and adaptations and officials and staff of King County and the City of Seattle continue to be highly motivated to utilize information for assessments and planning for future needs related to climate change. The City's Office of Sustainability and Environment is collaborating with other departments on these assessments. We hope to hear from these officials and staff about their research and plans and how citizens

and residents can be involved.

Please invite your family and friends for the first of a planned series, as Dr. Gregory C. Johnson presents: "Climate Change Science 2013: Haiku."

The RNA and Whole Foods "Green Up the Neighborhood"

April 1st - 6th: Block Styrofoam Drive, anyone can bring in their large block styrofoam for free and we will take it to be recycled

April 12th: Roosevelt Neighborhood Clean Up Day: Partnering with the Roosevelt Neighborhood Assoc. & Sustainability Committee, 10am-2pm, snacks provided from Whole Foods for all volunteers. All clean up supplies will be provided

April 15th: FREE Film Screening of the Documentary: "TRASHED" (www.trashedfilm.com)
630pm-8:30pm

Allied/Republic Services (our garbage and recyclables hauler) will be present to answer questions about what we can recycle in our area and information about other options for odd plastics.

Seattle Public Utilities will have a representative on site to provide more information and answer questions. Snacks will be provided by whole Foods
Please contact Whole Foods Green Mission Rep:
Nicole Plumlee @ nicole.plumlee@wholefoods.com
stop by Whole Foods Market Roosevelt Square to sign up at Customer Service.

**RNA General Meeting
Tuesday April 22nd**

**Calvary Christian Assembly
6:30-7:00 Social Hour 7:00-8:30 Presentation**

"Climate Change Science 2013: Haiku."

*Gregory C Johnson
Affiliate Professor*

University of Washington



Seattle Community Climate Projects – Two Funding Opportunities Available

The Office of Sustainability & Environment wants to support grassroots organizations that engage the community in climate action.

Going green is not just something Seattleites talk about - it is a core value that guides our choices every day. While we make many of these choices as individuals, Seattle's many community organizations are important catalysts for action in helping residents and businesses do their part to address climate change.

Do you have a great idea to help catalyze climate action in your community? The Seattle Office of Sustainability & Environment wants to hear from you! They are interested in supporting innovative projects that engage residents in reducing climate change.

COMMUNITY CLIMATE PROJECT

Provides up to \$10,000 for projects that address climate action choices in the following categories:

- Home Energy Use
- Getting Around
- Food Choices
- Buying Stuff
- Waste

Application deadline is Tuesday, April 22, 2014

SMALL CLIMATE PROJECT

Provides up to \$500 to support one-time climate focused special events or education & outreach initiatives
Applications accepted year-round
More information - including project application forms - is on the [Community Climate Projects webpage](#)

PARTICIPATE IN THE PROJECT REVIEW PANEL

We are seeking volunteers who wish to participate in the evaluation of the project proposals. Approximate time commitment is 10 - 20 hours between April 23 and May 7. Download applications at:

www.seattle.gov/environment/climate-change

HOUSEHOLD EMISSIONS

Did you know that HALF of Seattle's household greenhouse gas emissions are created in the areas of: energy, transportation, diet choices and consumption habits. Learn more about how you can reduce your impact at www.seattle.gov



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Seattle's Oldest Vegetarian Restaurant is Here in Roosevelt

Sunlight Cafe was founded in 1976 by a group of friends who shared an interest in natural foods and nutrition. There were few restaurants in Seattle at the time that offered natural, vegetarian food.

The restaurant is vegetarian, meaning meat-free, but it does use dairy products and eggs. All desserts are sweetened with honey or fruit sweet rather than processed sugar. Although it is not exclusively an organic restaurant, most of their ingredients are organic: flour, rice, beans, tofu, and coffee.

Sunlight Cafe offers quality homemade food at reasonable prices in a relaxed, casual environment. The walls are lined with impressionist-style paintings by a local artist.

The Sunlight Cafe has extensive menus for breakfast, lunch, supper, and weekend brunch. You can order from the breakfast menu until 3 p.m.

On our recent visit I chose the deluxe huevos rancheros. They came with a choice of red or green sauce, enchilada sauce and cheddar cheese melted over two corn tortillas and two fried eggs topped with sour cream, served with black beans or home fries. Others in the party ordered the hearty whole grain waffles with Vermont maple syrup, and the two eggs sunny side with hash brown and toast. The universal verdict: it is easy to see why the Sunlight Cafe is a Roosevelt fixture.

6403 Roosevelt Way NE, Seattle 98115
HOURS: Open Daily 8:30am - 9pm.
Monday - Friday Breakfast: 8:30am - 3pm
Lunch: 10am - 9pm Dinner: 4pm - 9pm

SUEGRO

Woodland Park Zoo Education Programs

Zoo Sprouts: Wednesdays, Apr 9, Apr 16 and Apr 23
Ages: 3-5 years
Time: 10:00-11:30 a.m.
Fee: \$75/3-week session each adult/child pair
\$30 each additional child

Planning for summer? Don't miss out on Zooper Day Camps! Many summer camp opportunities are available for children ages 3-14 throughout the summer.

Kinder Camp: Half-day ages 3-4 years / Full-day ages 4-5 years

Zooper Day Camp: Half-day ages 4-6 years / Full-day ages 5-9 years

Discoveries Day Camp (cooperative program with Seattle Children's Theatre): Full-day ages 5-7 years

Zoo U: Full-day ages 10-12 years
Full-day ages 12-14 years

www.zoo.org/education/summercamps

OUR MISSION: Woodland Park Zoo saves animals and their habitats through conservation leadership and engaging experiences, inspiring people to learn, care and act.

Join us!

PALM SUNDAY SERVICE
Sunday, April 13, 10:30 am

GOOD FRIDAY SERVICE
Friday, April 18, 7 pm

EASTER SUNDAY SERVICES
Sunday, April 20, two services
Traditional Service, 9:30 am
Modern Service, 11 am

Lent Sermon Series:
Lenten Reflections
from the Book of Mark

Easter Sunday Sermon:
A Re-Purposed Life

LIFE ON PURPOSE

CALVARY CHRISTIAN ASSEMBLY
6801 Roosevelt Way NE
206-525-7474
www.cccassembly.org
Steve Pecota, lead pastor



Interesting facts about recycling

In general, when a material or product is recycled, fewer fresh materials are needed than when a product is manufactured for the first time; less energy is used and pollution to our air and water is reduced. Recycling is important to a cleaner environment.

Have you heard of fog harvesting? There's a net (sometimes referred to as a fog harvesting fence or fog harvesting tower) that with the help of wind can take fog and turn it into clean drinking water. They are improving peoples lives in some areas of the world where water is scarce.

The battery pack on some hybrid drive vehicles manufactured today, like the Toyota Prius, can contain a whopping 20+ pounds of a rare earth metal called lanthanum. 90-95% of the earths lanthanum has been coming from China for years.

China has recently made claims that they will scale back mining and exporting it, so in theory, by the time the battery on your new Toyota Prius goes bad (probably 10+

years) it could be a valuable recyclable.

Upcycling is when a material is recycled or transitioned into a more purposeful and valuable item than it was originally. For example, recycled bottles are used to make fleece which is used to make clothes.

Some strange things I've seen upcycled into other things are: A teapot and pan upcycled into a cool lamp, wood coat hangers combined with a bicycle rim upcycled into a unique chandelier and thousands of prescription lenses used to make a dazzling and glimmering chandelier ball.

All the jars and glass bottles thrown away during one month by Americans could fill a skyscraper the size of the Empire State Building. All these glass containers could be recycled instead.

There is a huge patch of garbage on the ocean and that's a fact. It's called the Great Pacific Garbage Patch and is an enormous cesspool of various chemicals with a high reading of plastic pollutants. What we're unclear on is it's actual size, which is now estimated to be larger than all of the United States.

If a ton of paper is recycled, around 17 trees are saved, as well as two oil barrels, 4100 energy kilowatts, 60 pounds worth of pollution and over 3 cubic yards in the landfills.

seattle.gov

EAST WEST BOOKSHOP

Books * Nightly Events * Gifts * Apparel * Tea Garden Café * More

Your Roosevelt Neighborhood Bookshop

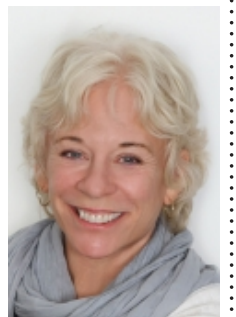


Dr. Amit Goswami
Quantum Creativity
May 10, 10:30am-5pm
\$80 Adv. \$90 Day

Upcoming Event Highlights

- * Jean Haner — April 3
- * Don Miguel Ruiz jr. — April 4,5
- * Karla MacLaren — April 11,12
- * Jack Kornfield — April 26,27

Gangaji
April 10
7pm \$20
Call or
Online
for
Tickets



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EastWestBookshop.com

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meetup/east-west-bookshop-events

6500 Roosevelt Way NE * 206-523-3726



Drama 4-Jet City and RHS IMPROV SHOW

Take 15 actors, get a suggestion for the audience, what do you get? An hour-long tale, packed with characters, mysteries and surprises!

RHS Drama 4 presents a completely improvised show based on your input and the improvisers' creativity.

Mrs. Orme's Drama 4 students in partnership with Jet City Improv present a hilarious evening that you don't want to miss!

Date: April 27th, 2012 at 5:30pm

Location: Jet City Improv & Wing-It Productions, 5510 University Way NE, Seattle, WA 98105

Cost:\$5 Suggested Donation at the door

Don't miss this exciting evening of new work!

Associated Friends of Roosevelt Drama (AFORD)

PO Box 15886

Seattle, WA 98115

Aford2009@gmail.com

Your donations to AFORD are tax deductible. Our 501(c)3 EIN tax I.D. # is 27-0604574.

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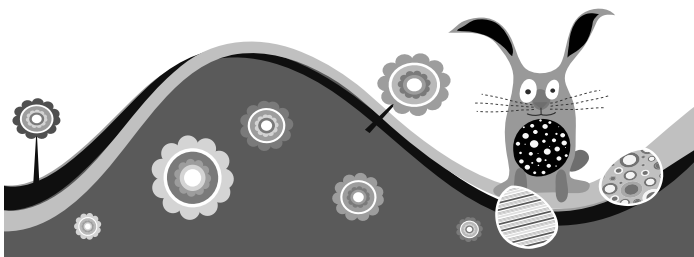
SATURDAY, APRIL 19

COWEN PARK

registration begins @ 11:30 am

age-specific egg hunts begin @ 12 pm

questions? call 206-525-7474



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**Easter Events at Ten Thousand Villages Seattle
Papier Mâché Crafts and In-Store
"Deal" Hunt**

After the Gigantic Community Easter Egg Hunt at Cowen Park Saturday the 19th, follow the bright pink fluffy bunny down to the Ten Thousand Villages Seattle store for arts and crafts activities with our new fabulous and artistic Events Coordinator, Molly Smith! This event is

perfect for kids and will be immersive as well as creative, so participants should be sure to dress for mess! Our traditional Hatian papier mâché items will serve as inspiration. *Who can resist crafting with the Easter Bunny?*

WHEN: Saturday, April 19, 2:00pm

WHERE: Ten Thousand Villages
6417 Roosevelt Way NE
Suite 101
Seattle, WA 98115

Our Seattle store is eager to serve the community as a place for dialogue. In addition to sharing the stories of our artisans we offer our space, our social media, and ourselves to the Roosevelt neighborhood to engage in contentious exchanges. If your organization needs a space for an event, presentation, or a platform to educate the community about what you do, contact our Events Coordinator about partnering in a Community Sales Event.

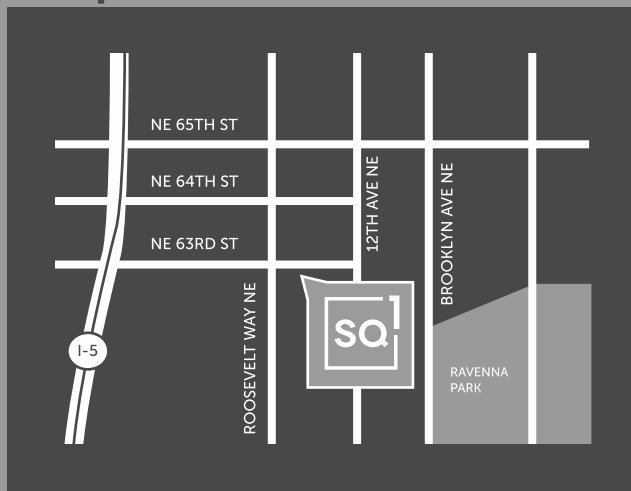
We are here for you!

NOTE: If you would like to learn more about our Easter Events or how to partner with our store, please contact Molly Smith, Events Coordinator @ events.seattle@tenthousandvillages.com.



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A Look at the Role of Oak

by Frank Michiels

Winemaking is a very traditional craft that has developed over centuries. Some aspects evolve faster than others. The use of oak barrels to ferment and age wine has been part of this tradition for thousands of years and has changed relatively little over that time. It is up to every winemaker to decide whether and how to incorporate oak into the end product.

This is a very important time of year for us at Eight Bells Winery because we have to get our orders in for our new barrels that we will use in the up-coming vintage. The investment we put in barrels is very significant about a \$1000 per barrel. We buy 100% French Oak from a variety of cooperages. Each cooperage offers many different profiles of barrels. Our challenge is to match a particular profile barrel from an assortment of cooperages with each one of the grape varieties we bring into the winery. The goal is to build more complexity into the wine and to develop certain flavor profiles and mouth feel.

For instance, our David's Block Cabernet Sauvignon is a big, tannic wine that can handle significant oak exposure, whereas our Sangiovese is a much more delicate wine that we will be careful not to expose to too much oak in the aging process. Consequently, we will actually ferment some of our David's Block in the barrel rather than the normal open top stainless steel tanks to get more oak integration and a better mouth feel. After fermentation, we will age the David's Block for about 20 months in oak barrels, at least 40-50% will be new, the rest will be second-use barrels. With Sangiovese, it is quite the opposite. We will consciously limit this wine's exposure to new oak, aging it mostly in second and third-use barrels for a more limited time frame of about 12 months or so.

To simply look at a barrel, they may all appear the same. But this is very deceiving, they are in fact very different. First of all, the oak is different depending

on whether it is French, American, Hungarian, etc. Being the traditionalists we are at Eight Bells, we tend to work with French oak. There are specific forest areas that are known for their own unique characteristics, so it can get a bit overwhelming even once you decide on the general question of French versus American oak. There are almost as many cooperages as there are wineries, or at least it seems that way. Over time, we have found a handful we prefer to work with, but it seems each year we venture out to try something new.

Next there are decisions to make regarding the level of "toasting" of the wood staves. Toasting is the charring of the wood that occurs while the barrel is made over an open fire. Typical levels are in the medium to heavy range, but each cooper has its own subjective view on toasting; there are no industry standards.

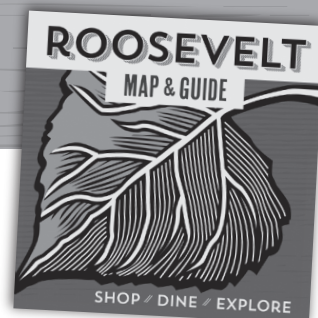
The choices go on with things like wood grain characteristics, tight or coarse; stave thickness, standard or thick; heads toasted in addition to the staves or not.... it can go on and on.

Each year we will purchase about 20 new barrels. To make room for them, we sell the same amount of old barrels for \$80 each. Often there are people who buy them for furniture or landscaping.

So the next time you stop in at Eight Bells, take a close look at the end of the barrels to get familiar with all the different varieties. Hope to see you at the winery!

ROOSEVELT, NATURALLY

You can find nearly everything you need in the charming, historic Roosevelt business district—and then treat yourself to a little pampering and a yummy bite. Pick up a map guide at participating businesses, explore the possibilities and shop locally.



**SHOP, DINE,
EXPLORE**

rooseveltseattle.org/guide



Ferries, Flights, and Open Air Taxis

Having plied the waters in our sailboat between Baja California Sur and Pacific Mexico for two winters, we were familiar with the Baja Ferry lines. Each time we crossed the Sea of Cortez (also known as the Gulf of California), a voyage which took our 35 foot Norwegian Steam two full days, we would see these vessels, their flanks emblazoned with the words BAJA FERRY, carrying the camiones (trucks) that transport all manner of necessities and luxuries to and from the Baja peninsula and the Mexican mainland.

Last winter when we visited Mexico by plane and left our sailboat behind in the Northwest, we decided to catch a ride on the Baja Ferry itself, and see how it differed from a small sailing craft.

The crossing was much quicker than sailing certainly, although if you count the hours waiting in the boarding area at the La Paz ferry terminal at Pichilingue, not as quick as you might think. On board, after turning over our ID to a purser of sorts (it's always hard to tell who is responsible for what in any given situation in Mexico), we were assigned a stateroom – a small space with a porthole, berths for two and a tiny bathroom. Rudimentary, but sufficient.

Exploring the vessel, we noticed many more passengers than the number of staterooms available might suggest the ship could handle. We discovered they were mostly ensconced in the huge movie theater lounge which was air conditioned to a frigid degree. The people seemed quite happy in these “cheap seats,” prepared with blankets to camp out and watch movies and doze all night long.

Except when they were eating. The “dining room” also had continuous movies playing. Dinner and breakfast came with the price of the ticket, and the meal was served in a marine style cafeteria with a buffet line where you grabbed a tray and went through the line to get mounds of rice, refried beans, and tortillas heaped onto a plate. For dinner you could also get meat or fish, and for breakfast mounds of scrambled eggs. Basic, but filling.

About ten in the morning we reached Mazatlan, watched all the trucks roll off the ferry bound for their disparate Mexican destinations, then disembarked with the other passengers. Needing a cab to our hotel, we caught a

conveyance typical to Mazatlan – the pulmonia. Convenient and cheap, it is basically a powerful golf cart built on a Volkswagen bug chassis. Volkswagens were built in Mexico at one time, and some years ago some enterprising entrepreneur started a business churning out these open-air vehicles which are now unique to and ubiquitous in Mazatlan.

We planned to repeat the trip this year, so upon our arrival in La Paz, I trekked over to the Baja Ferry office. Having learned the way last year, I knew it would just about fulfill the 10,000 steps necessary for my daily constitutional. When I approached the window, once again the clerk didn't speak English. Once again I was glad my Spanish is good enough. But I was dismayed to find upon trying to purchase the tickets that there was no ferry from La Paz to Mazatlan until mid-March this year.

One of the Baja Ferries was “out of service.” I fretted for a couple of days before buckling down and finding a local Mexican no-frills inexpensive airline to ferry us through the sky. Surprise, surprise, no frills, but inexpensive and decent service, left more or less on time and arrived in Mazatlan a scant hour later.

If you ever find yourself in Mexico with a short hop to cover, try flying VivaAerobus. Be prepared – what you don't pay for in the price of the ticket, you will pay through the nose for pieces of luggage. But still pretty cheap and gets you where you need to go.

Sally King



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