# madroenwas

December 2013 Issue No. 258

# Decorate for the Holidays

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Pick up December 7, 10am -2pm Amara parking lot, 34th & Union



22-inch wreaths are created from a Douglas fir base and include other items such as pine cones, variegated holly, pussy willow, red dogwood, yellow cedar, blue cypress, Oregon grape, or juniper with berries.

#### Council Corner by Deirdre McCrary, E. Marion .....

The Madrona Community Council shivered through a Nov. meeting in the newly refurbished, but as yet unheated, Shelterhouse, where we heard from our queen and king of parties and events: Stacey Kryman and Kevin O'Doherty, who recently steered Madrona through another festive fall with Halloween celebrations for kids and a wine-tasting at glassybaby studio for adults. Still to come is holiday wreath sales for Madrona doors and beyond.

An eclectic range of issues was discussed at the meeting--ideas for outside groups to use spaces in Madrona Grace Church, Madrona K8's book fair and a possible event to bring donors of books to Madrona K8 library into the school to share the books, problems with lighting and crime at Madrona Playfield, the Shelterhouse remodel and paying for MCC's part of it, the application for funding ideas for parks through the Kraus gift, the Central Area District Council, pot sales on 23rd, changes to the Metro #2 route, and election of MCC officers. We didn't manage to solve all of the problems, but we did finally put together a slate of officers to

.....

### Meet MCC's Newest Board Member Paul Gomez

At his first MCC meeting following official

election to the Board (he'd attended previous MCC meetings), Paul Gomez had just returned from a Microsoft work trip to Paris. There was sympathy all around about the jet lag, not so much about where he'd been sent. When asked, Paul explained that the meeting



Paul Gomez

had gathered about 30 colleagues with Microsoft human resource duties in a talent summit for Microsoft's 50,000 plus sales and marketing personnel worldwide. In his own capacity as Human Resources Director for Microsoft, Paul notes that his job is mostly to help the organization and its people be more effective at work. When daughter Georgia asked "what do you do all day at work?" Paul replied that his main job is as a professional meeting attender who listens and coaches corporate sales and marketing leaders to help them think

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# Madrona Community Council Meeting \*Draft Agenda for December 3rd

7:15pm at Madrona Playfield Shelterhouse. All Welcome!!

- Terrie Johnston, East Precinct Crime Prevention Coordinator, will meet with Madrona neighbors
- Update on Safe Sidewalks and SDOT plans
- Metro discussion; Anne Knight and Jerry Arbes from Bus2Riders will attend to brief members and the public on current Metro proposals to alter No. 2 bus service
- Update on attempts to schedule a Madrona meeting with Metro
- Merry in Madrona and ArtWalk Madrona event on Dec. 14
- MCC and Madrona K-8 collaboration discussion
- Treasurer's report

#### Community Council... (cont'd from previous page)

continue trying. Elected were:
President—Holly Smith
Vice-President—Bill Mahoney
Treasurer—Casey Losh
VP Events —Stacey Kryman
Recording Secretary—Deirdre McCrary

Join us next month on the first Tuesday of Dec. 3 to help and focus on Metro proposals to alter the No. 2 bus line. We promise heat.

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Call the gallery or visit prographicadrawings.com for information about shows, talks and other events.

Artist: Yu J

#### Paul Gomez... (cont'd from page 1)

more broadly about what they are doing.

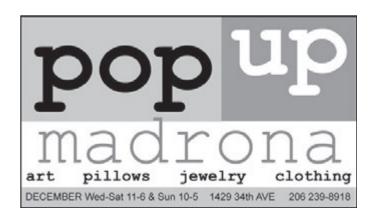
The enjoyment Paul derives from coaching others at work is matched by delight as a coach for his daughter's soccer team and as a track coach for grades four to eight at St. Therese Catholic Academy and St. Joseph's School. And he confides that as a second career he'd like to continue coaching as a university teacher. He already has prior experience teaching at Seattle Pacific University and as a guest lecturer for universities such as Purdue and Michigan State where he is welcomed as an expert on how to create global human resource solutions.

Paul's involvement with the Madrona Community Council started with friend and MCC Board member Bill Mahoney who invited Paul to attend meetings to see what the MCC does and can do for the community. Paul believes it takes a collection of diverse and committed individuals to structure programs and provide activities that better the Madrona community. At meetings he hopes to learn more about current board dynamics and contribute to the organization's effectiveness.

As is true for so many committed neighbors, Paul landed in Madrona with lots of other life experiences behind him. He grew up in Tulsa before earning a BS in business from the University of Oklahoma. He says that graduates then typically started their careers in Chicago, Kansas City, or Dallas: he headed to an HR job in Kansas City where he also earned an MBA. Later he joined Microsoft, moved to the Pacific Northwest with the company, and now has celebrated 21 years as a human resource professional.

Paul thought it would be a three to five year stay in Seattle, but 13 years later he and wife Emily are deeply committed to the area. They, six-year-old daughter Georgia—the soccer player and question asker—and four-year-old son Parker all enjoy the diversity and richness of outdoor activities found in the Pacific Northwest. The couple's commitment to camping is demonstrated by the fact that both Georgia and Parker had been bundled up to camp by the time they were three months old.

Emily and Paul moved to Madrona before Georgia's birth and have enjoyed getting to know neighbors and other friends they've made over the years. As Paul explains "we're planted."



### Madrona Dining & Sipping Society

By Audrey Seale, 38th Ave.

In Oct. the group headed to the Pike Place Market for dinner at marché where executive chef, owner, and Madrona neighbor Daisley Gordon cooked a delicious three course dinner for us himself! You just don't get experiences like that on any night out. So don't you want to join us for our upcoming dinners? Please contact me at <code>audreyseale@comcast.net</code> to be added to our mailing list and receive evite notices about upcoming events.

After more than 15 years in the Madrona neighborhood, owners Carlos and Julie have reopened Dulces in a great new location at 19th and Madison. Join them and other Dine & Sippers for a prix fixe three-course dinner for \$30 on Dec. 12; wine pairings are available as usual. The restaurant offers a new cava as its great house wine. Love the bubbles so plan to join us to wrap up 2013. Maximum 30 guests.

As 2014 opens we will arrange a dinner at the new restaurant on 34th by Seattle's famous Ethan Stowell. He plans to repeat his neighborhood-centered restaurant concept opening early 2014. You will want to be there. It's time to return to Naam where they cook for us like we are family. Cafe Soleil is always a full house event. Bistro Turkuaz is so delightful on a winter's night. So that's what is coming. Let me know if you have restaurant suggestions too.

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### Play Madrona Mutt Matchup

By Andrea Matus-Magee, Randolph Place

Who says people always look like their pets??? Match the people to their dogs. The answers are on page 10.



**Barbara** - Marion St



Roxy



leff - 37th Ave



pite



Nace - 34th Ave



Lar

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## Neighborhood School News & Activities

Epiphany School Student Producers Display Crops at Farmers Market

By Lindsay Sanders, Epiphany School Learning Skills Specialist Epiphany School held its first bi-annual Farmers Market on Nov.15. Students sold crops started last spring and grown over the summer in the school's own garden including Italian kale (3rd grade producers), red and white potatoes (5th grade producers), and assorted decorative gourds and mini-pumpkins (1st grade producers). Plus they offered a variety of seeds for spring planting. The specific seed types included heirloom beans (2nd grade producers), sunflower seeds (Pre-K and 2nd grade producers), and giant pumpkin seeds (science department).

Members of the Epiphany School community "purchased" the fresh produce based on suggested donation amounts. Aided by an occasional assist by parent volunteers, students sharpened their math skills when making change. Participation in the Farmers Market also taught students how to interact with customers, deepened students' understanding of the relationship between producers and consumers, and gave everyone a true feel for the "farm to table" process. All proceeds were donated to the Emergency Feeding Program.

Two bumper crops produced by students did not make it to the Farmers Market, but they did serve important functions earlier in the season. The 4th grade produced dahlias included in bouquets that decorated the school at the beginning of the year. The

current kindergarteners planted potatoes last spring. When fall arrived, they participated in a "math" potato unit that included eating their crop but yielding nothing for sale. Their fond memories, however, were priceless.

#### Madrona K-8 News

- Madrona K-8 students raised over \$10,000 from the annual jogathon. Students raise money based on pledges/lap and the funds went to support the PTSA and the school. The classroom with the most number of students raising funds also wins the "golden shoe" award and this year (and for the second year in a row) Mrs. Innocent's kindergarten class took the prize. Congrats to all and many thanks to all the parent volunteers and staff time that went into making the event possible and a special thanks to Hiromi Lorenz and Marilyn Fudge who led the charge to make this fundraiser a success.
- Are you a Madrona family thinking about kindergarten for your little one(s) next year? Mark your calendars to come to one of these Madrona K-8 School Tours for prospective families and learn more about the school:
  - Tuesday Jan 21st 9:30am
  - o Tuesday Feb 11th 9:30am
  - o Thursday Feb 27th 9:30am
  - o Wednesday March 12th 9:30am

(continued on next page)



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#### School News... (cont'd from previous page)

- On Dec 12 at 6:00pm the PTSA will hold general membership meeting #3 and a holiday potluck dinner with newly elected School Board member Stephan Blanchard attending to meet Madrona K-8 families and students.
  - <sup>o</sup> From 5:00-7:00pm there will be a Scholastic Bookfair in the M K-8 Library open to the public for book shopping
  - <sup>o</sup> At 7:00pm there will be a student winter music concert open to all families in the community.
- On Dec. 14 there will be Open Gym and indoor Playtime from 9am –10:30 – for pre-K children who are prospective Madrona K-8 students and their families to meet others.

Tours are about an hour, and provide a great way to get to know Madrona K-8, see the school, talk with Principal McDaniel and meet current parents.

#### St. Therese Catholic Academy

In early Nov. St. Therese Catholic Academy recognized students for their academic success in two programs used at the school, I-Ready and Achieve 3000.

 The I-Ready program is an adaptive math and reading program wherein students' diagnostic assessments in math and reading skills lead to individual learning paths. I-Ready Champions are those who scored a 90 percent or higher pass rate. Almost the entire 1st grade class and everyone in the 2nd/3rd grade class achieved this standard in either reading,

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- math, or both! Many students in K-4 also were champions this month.
- Achieve3000 is our great non-fiction text source which students use in English, Language Arts, Social Studies, and Science. We have remarkable gains in our reading scores because of this fabulous program. Almost half the 6th and 7th graders reached the 80 percent passing rate, and many of our 5th and 8th graders were rewarded as well.

We will be having an all school Open House on January 26, 2014 from 10:00am to noon. Come see how St. Therese is igniting the minds, dreams and faith of our students. You will be able to tour the classrooms, meet with teachers, and register for the 2014-2015 school year. Please call 324-0460 if you would like to schedule a school tour.

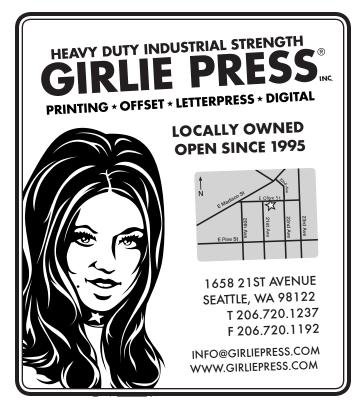
Garfield Community Center at Madrona Playfield Shelterhouse Madrona Parents' Day Out

Fully potty trained children from three to five-years of age socialize and play with adult supervision, giving parents time for themselves on Jan. 21, 28 and Feb 4, 11, and 25; fee is \$20 per session.

#### Spanish at Madrona

This after school program introduces and enhances Spanish language skills for two age groups:

- Ages five to seven-years old meet on M and W from 4:00-5:00pm on Jan. 22-Feb. 12 and Feb 24-March 19.
- Ages eight to eleven-years old meet on T and Th from 4:00-5:00pm Jan 21-Feb. 13, and Feb. 25-March. 20. Fees vary; register through Garfield Community Center, 684-4788.



### Please Help Santa Find the Children

By Holly Boone, 33rd Ave.

Six-year-old David hadn't spoken, laughed, or looked anyone in the eyes since he and his mom fled domestic violence for safety at the YWCA's emergency shelter. But on Christmas morning, David opened gifts from a sponsor who'd signed the presents "Santa" causing David to proclaim "Santa found me!" This brought tears to his mom's eyes and a prayer of thanks to the generous sponsor who helped make Christmas a little happier for her son.

"The holidays roll around whatever your circumstances," says Nichelle Hilton, the YWCA's Divisional Resources Coordinator at the Y's East Cherry Branch in Madrona. "A family could be fleeing an abusive home situation or trying to get off the streets and into permanent housing, but Christmas comes anyway." This Christmas more than 1000 families in the Seattle area seek assistance from the YWCA's Adopt-a-Family program. Please consider providing a few gifts for a family going through a hard time. You can choose to adopt an individual or a family, and you can choose the family size that fits your budget. Perhaps your extended family or group of friends could adopt a larger family with several children?

When you agree to participate, you are provided with each child's age, clothing size, and the child's brief "wish list" for Santa. Then you are asked to provide each child in the family with two presents totaling approximately \$35, and asked to

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#### Sponsor a Family this Christmas

The YWCA of Seattle hosts an *Adopt A Family* program that serves over 1000 families in the Seattle area. Each family is receiving services within the YWCA, some are homeless, some are dealing with domestic violence, and some are young parents. Please consider adopting a family this year. You can choose the family size from 1- 10!!! In doing so you are signing on to get each child in the family at least 2 presents in the \$35 range, and a grocery store gift card in an amount so the family may purchase their holiday meal.

Presents need to be dropped off between 8am-6pm on Dec. 12<sup>th</sup>-14th at a warehouse by REI off Eastlake. We are concerned with the economic shift, and need all the community support we can get. Please help the children in this time of need, help them know Santa can find them no matter what. Please email <a href="mailton@ywcaworks.org">nhilton@ywcaworks.org</a> to sign up to sponsor a family. You'll be glad you did!

provide a grocery store gift card of at least \$50 to help purchase the family's holiday meal. Presents need to be delivered to the Y's collection points from Dec. 12-14.

To learn more email *nhilton@ywcaworks.org* for donation guidelines and drop-off locations. Thank you for helping Santa find these children!

### December Giving Opportunities

The Leschi Business Association is sponsoring a food drive for Rainer Valley Food Bank. Donations of non-perishable goods can be deposited in barrels throughout the lakefront business community. Additionally, cash donations will be accepted at Leschi Market to purchase perishable foods and ham for holiday dinner tables.

Mary's Place (sponsor of the Julia's Place Shelter at Madrona Grace Church) will serve clients a holiday meal on Dec. 14 from 12:00-2:00pm and open a Santa Store from 3:00-5:00pm for homeless and low-income moms and grandmoms to shop for their children and grandchildren and vice versa. Mary's Place seeks volunteers to help with the holiday meal and donations to fill Santa's bag. Contact <code>info@marysplaceseattle.org</code> or call Mary's Place at 621-8474. Cash donations can be made at <code>www.plumfund.com/pf/MaryPlaceHolidayGiftTags</code>; checks can be mailed to PO Box 1711, Seattle 98111 or dropped off at 1830 9th Ave., Seattle.

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#### December Giving.. (cont'd from previous page)

On Dec. 4 First Book-Seattle teams up with glassbaby to raise funds to provide new books to King County kids who need them. Tickets available at *supporters.firstbook.org/site/TR?pg=-fund&fr\_id=1220&pxfid=4330*. For information contact Joy at *joyannathompsonbrooke@yahoo.com* 

Toys for Tots (new, unwrapped) can be donated at Edward Jones at 3304 E. Spring St. through Dec. 19.

See related article in this issue for Santa sponsorship opportunities at the Cherry St. YWCA

### Kraus Fund Applications Invited

Longtime Madrona residents Mimi and Martin Kraus fled Nazi persecution in 1939, leaving their native Austria to settle some years later in Seattle. Every weekend they hiked or skied here in the Pacific Northwest. When Mimi died in 2008 at the wonderful age of 98, she decided to leave a generous \$50,000 in her will to benefit Madrona parks and recreation. In 2010, the Madrona Community Council solicited applications and subsequently distributed funds for: renovation of Madrona Beach, restoration work in Madrona Woods, improvements to Harrison Ridge, and the renovation of the Madrona Shelterhouse. The MCC now is soliciting another round of applications for the remaining \$20,000 of the Kraus gift. Applications are due Feb. 24, 2014. Presentations will be made at the Council meeting on March 4, 2014 and awards will be announced

# EPIPHANY PARISH

Tuesday, December 24

#### **CHRISTMAS PAGEANT**

5 pm

CHILDCARE PROVIDED 4:30 – 6:30 pm



#### **CHRISTMAS EVE EUCHARIST** - 9 pm



Wednesday, December 25

#### **CHRISTMAS DAY**

9 am

Join us Christmas morning for a Celebratory Eucharist

1805 38th Avenue—Seattle, Washington www.epiphanyseattle.org

on April 1, 2014.

Submit applications found on the MCC website at <u>Madrona.us</u> via email to <u>wmahoney@gmail.com</u> or mail to Bill Mahoney, Madrona Community Council Board Member, 425 31ST Ave, Seattle, WA 98122. Questions? Send queries to <u>wmahoney@gmail.com</u>.

- In brief, project requirements are:
  - Project must demonstrate public benefit of a park and/or recreation project.
  - Project must be within the boundaries of the Madrona neighborhood.
- Project criteria are:
  - Projects can be for any amount, up to \$20,000; smaller projects will also be considered.
  - O Project must meet the approval of the Parks Department or other land-owner agency in concept and design. The concept approval should be obtained and included in the application by the due date.
  - Project should demonstrate a high degree of neighborhood involvement and support, or demonstrated need.
  - Successful projects will receive a one-time award, and should not be used for ongoing maintenance.

### Neighborhood News and Notes

Word is out via restaurateur Ethan Stowell's blog that he plans to open two restaurants at 1423 34th Ave. in Madrona. Red Cow is planned as a brasserie primarily known for steak frites

(continued on next page)

# EPIPHANY PARISH

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Free presentations Sunday mornings. 9:15 am to 10:15 am in the Great Hall. No registration required. Childcare available.

Dec 1 The Tower of Babel

Dec 8 Babel: The Technology of Talk

Dec 15 Dismantling the Tower:

Thomas Merton and the Bomb

*Three Wednesday Evenings in December.* 6:30 pm to 8:00 pm in the Christie House Library.

Dec 4 Wonder: An Advent Book Study

Dec 11 & Potluck Theology

Dec 18 http://www.epiphanyseattle.org/wonder/

For full presentation descriptions see www.epiphanyseattle.org/education

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#### Neighborhood News.. (cont'd from previous page)

and a wide variety of classic bistro fare using Pacific Northwest ingredients. Behind the restaurant in what has been a private dining room, Stowell plans to open Noyer as a stand-alone place writing that "Noyer will be something entirely different." Both are slated to open in Jan. 2014. Keep up with *ethanstow-ellrestaurants.com/blog*.

BOOM's sponsorship of Artwalk Madrona continues on Dec. 14; keep track via *facebook.com/madronaartwalk* 

Cupcake Royale opened its first store in Madrona 10 years ago this Dec. In honor of the date, the company will begin offering a bake-at-home Cupcake Mix with frosting. Additionally, the Madrona location is hosting a birthday celebration featuring founder Jody Hall, free babycakes, and more on Dec. 9. Stop by the store to pick up a card with information on how to share your stories, photos, notes, experiences at Cupcake Royale over the last decade. From 6:00-8:00pm celebrate with light appetizers, libations, and joy to share.

Two pop-up stores will operate in Madrona in the coming month. Studio Montagne at 1130 34th Ave will be open Fri., Sat, and Sun. through Dec. 23 featuring its seasonal theme "North Star." Stop in from 5:00-8:00pm on Dec. 6 (St. Nicholas night) to celebrate with a twinkling glass of bubbly. Four local artists will set up shop at Ginny Conrow's studio at 1429 34th Ave. with regular hours beginning on Dec. 4 followed by a grand opening on Dec. 14.

#### Preschool Fair Ahead

Central Seattle Parent Resource (CSPR) is teaming up with Garfield Community Center to host the Fourth Annual Preschool Fair for Central Seattle families on Jan.11 from 10:30am-12:30pm.

Finding a preschool is hard work and this is a great opportunity to learn more about many local programs. Representatives from over 25 programs will attend the Fair ready to answer your questions. The event is free, but it only occurs once a year. For additional information inquire at Garfield Community Center, email <code>centralspr@gmail.com</code>, or visit <code>www.centralseattleparentresource.com</code>

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# Madrona and Leschi to Lose Out in Proposed Metro Cuts

In recent months many alerts have warned that Metro will cut services by 17 percent without additional funds. Now Metro has released its proposed plan, and the particulars are not pretty. Leschi would lose its No. 27 service altogether, and Madrona would lose No. 8 service and continuing service for the No. 2 from 12th along Seneca to downtown. At press time, a bill for transportation funds was before the state legislature, but that is not to say that the state will provide funding nor that Metro will alter current proposals should additional funds become available.

More specifics include:

- Elimination of the portion of No. 8 which extends from John and 16th on Capitol Hill to Martin Luther King Jr. Way and south to Jackson Street. This service was introduced in 1997 and has been a very successful route serving a previously underserved corridor and providing direct connection both to the Mt. Baker Light Rail Station and to Seattle Center at either end.
- Restructuring of the No. 2 route to take it downtown via Madison from 12th Ave. to terminate at 1st Ave instead of traveling along Seneca. This would require downtown transfers for any connection, requiring either a steep walk uphill or down. Further, Madison St. downtown has 10-19 percent grades with no fully ADA accessible bus stops, and it is not convenient to Light Rail or Rapid Ride stations. Madison St. is significantly more congested than the existing Seneca Street No. 2 routing and if Metro rerouting occurs key destinations would no longer be served, including Harvard Market, Virginia Mason, Horizon House, and Town Hall. In addition Marion St. downtown is deserted in the evening and not a desirable place to wait for return bus service.
- Elimination of the No. 27 route would be a significant blow to riders along that route on Yesler Way from 14th Avenue out to the Leschi business district along the lake.

The changes affecting Madrona transit service are in Metro's Priority 2 category – "Reduced as part of a group of routes that

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#### Metro Cuts. (cont'd from previous page)

are being changed to make them more efficient and to preserve service for the most riders." Metro has stated that the proposed changes are based on Metro's service guidelines, which help make the best use of diminished resources. Metro is also looking to the public for ideas to better serve the dense, transit dependent neighborhoods of the Central Area and First Hill.

Unless a funding source is identified and approved, Metro will be making their recommendations for reductions in service to King County Council in March 2014. If King County Council concurs, cuts could begin as early as Sept. 2014. To learn more and check on the current funding status visit <a href="https://www.kingcounty.gov/metro/future">www.kingcounty.gov/metro/future</a>.

#### What you can do:

- Please email Bus2 Riders@gmail.com or call Shoshana at 940-8870 to add your name to the email distribution list for notices about meetings and actions you can take. Please send Bus2Riders@gmail.com copies of your concerns or suggestions, particularly for routes No. 2 and No. 8.
- Give Metro feedback about their proposals at HaveASay@ kingcounty.gov or call 263 9770
- Attend a Metro Open House to learn more:
  - West Seattle: Tuesday, Dec. 3, 6-8 p.m., Youngstown Cultural Arts Center
  - North Seattle: Thursday, Dec. 5, 6-8 p.m., North Seattle Community College
  - Downtown Seattle: Tuesday, Dec. 10, noon- 2 p.m.,
     Union Station
  - O Bellevue: Wednesday, Dec. 11, 6-8 p.m., Bellevue City Hall

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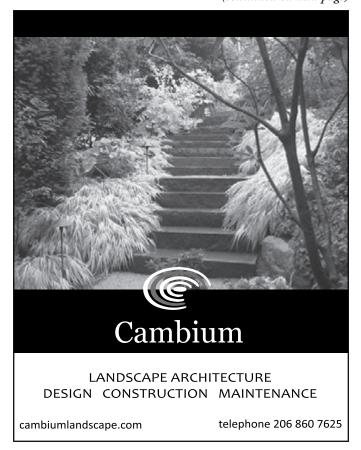
- o Kent: Monday, Dec. 16, 6-8 p.m., Kent Commons
- Kirkland: Thursday, Jan. 16, 6- 8 p.m., Peter Kirk Community Center
- Southeast Seattle: Thursday, Jan. 23, 6-8 p.m., South Shore K-8
- North King County: Monday, Jan. 27, 6-8 p.m., Lake Forest Park City Hall
- Attend the Madrona Metro Meeting Date and location to be determined.
- Email your elected officials both at the County and the City about the impacts of Metro's proposed cuts. Please send copies to Bus2Riders@gmail.com.

### Get Out and Move, Madrona

By Rachel Carey DeBusk, Lakeside Ave.

When I drive through Madrona to teach a 6:00am fitness class, I always encounter the same two guys. And I can literally tell if I'm on time by where I meet them. Then there's Blinding Headlight Cyclist whom I meet at the Madrona Beach parking lot, and the Two Walking Sticks guy coming down Madrona Drive. I applaud these Madronan neighbors' 5:00am verve because even as a fitness coach whose job it is to inspire clients and keep moving myself, I find it a lot harder to do in winter. Below are some of my own motivations, inspirations, and watch-outs for winter fitness.

(continued on next page)



#### Winter Fitness.. (cont'd from previous page)

- Get the right gear for visibility and the weather. A reflective hat and an LED vest (both white or yellow instead of black) all help you be seen. Additionally, warm up what matters. For me it's hands and neck, but for others it's ears or ankles that must be warm. Whatever your cold spots, remember, you'll warm up if you're really moving. In fact, if it is 40 degrees outside, you'll warm up to 55 degrees when running or in a boot camp. If it's raining, add a micro-light water-resistant jacket to keep you dry without overheating.
- Schedule social workouts. Make a date with someone you'll

**Mutt Match-up Answers:** Barbara and Tucker; Jeff and Jupiter; Nace and Roxy



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Happy Holidays Madrona!

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### Happy Holidays from Leschi Market!

### Perfect gift wines include

~2011 Valdicava Rosso di Montalcino Regularly \$100, now \$50 through December!

~2011 Saint Cosme Cotes du Rhone, 1.5 Liter - \$27.99

~2010 Browne Family Cabernet Sauvignon - \$27.99 91 points Wine Spectator

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- want to see (and won't be likely to cancel on). If you're economically motivated, pay in advance for a set of classes so you'll feel compelled to go. If outdoors workouts are untenable for you in winter, don't spend your energy trying to make it work. Instead focus on finding indoor classes that inspire you.
- Do something every day, even if it's small. Tell yourself you only have to do 15 minutes of exercise, but that it's non-negotiable. A little trainer secret here: starting is the hardest part, so most people will do more than 15 minutes once past that barrier. Making it a clear daily commitment just takes that wishy-washy-conversation-with-self off the table. (Well, I could push it to tomorrow..." oh sure you could.) Heed this: Anything worth doing is worth doing badly...Get out today! For additional information, you can reach me at <a href="mailto:UnstillLife.com">UnstillLife.com</a>. or <a href="mailto:Rachel@UnstillLife.com">Rachel@UnstillLife.com</a>.

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# MADRONA COMMUNITY CALENDAR

Please send your calendar items for the next month to madronanewscalendar@gmail.com

#### WEEKLY RECURRING EVENTS:

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MONDA		1:00pm – 3:00pm Let's Play Seattle!—Playgroup for kids under 5. MLK Communty Center, Jennie.burton@gmail.com; meetup.com/letsplayseattle			
	ON & THURS 6:00am – 7:00am Bootcamp Class—Get up early and get fit! Madison Park Physical Therapy. For details contact Nikki Lundin www.niki				
		1:00pm – 3:00pm Open/Free New Moms Circle—at NOOK: Pilates and Movement Studio. Leatha McKenzie on NookPilates@gmail.com or 557-8881			
WED & FRI		6:30pm – 7:45pm Rachel x Two—Fun/social track workouts for all levels of runners. Garfield High School Track, group runs. <i>RachelD@RachelsTwo.com</i> 8:30am – 9:00am Meditation—Guided silent meditation led by Pieter Drummond. Epiphany Chapel, <i>pieter@stonegroundmeditation.com</i>			
		10:00am – 12:00pm All Threads Together—Conversation, knitting, crocheting, neeedlepoint. Epiphany Library, Trish Stone, twallistone@yahoo.com			
monophio		11:00am Family Story Time—Bring your preschoolers and toddlers to enjoy stories, rhymes, songs. Madrona Library, 684-4705			
		6:00pm – 8:00pm Wine Maker Reception & Free Tasting—Support our local winemakers at Bottlehouse, 1416 34th Ave <u>www.bottlehouseseattle.com</u>			
		7:30pm ALANON Meeting—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573			
FRIDAYS		7:30am – 8:30am Madrona/Leschi Citizens Against the War—Quiet demonstration, 23rd & Union, Kathy Barker kbarker715@comcast.net			
SATURDAYS		2:00pm – 4:00pm Free Wine Tasting at Madrona Wine Merchants—1127 34th Avenue. For more information consult www.Madrona WineMerchants.com			
WEEKENDS		9:00am – 5:00pm <b>Donate Used Goods</b> —Northwest Center Big Blue Truck. Grocery Outlet parking lot. www.bigbluetruck.org			
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Dec 2	9:30am–10:15am First Mondays with Mary—Join Madrona K-8 principle Mary McDaniel for an informal conversation regarding the school. <a href="http://madronak8.seattleschools.org">http://madronak8.seattleschools.org</a>				
Dec 3	6:00pm Innovations in Dementia and Memory Loss—Featuring Dr. Darrell Owens and Dr. Shirley Newell. Broadmoor Country Club, 2340 Broadmoor Dr. E. RSVP to 325-1600 or madison@aegisliving.com				
Dec 3	7:15pm Madrona Community Council Meeting—Everyone welcome! Madrona Playfield Shelterhouse. Holly Smith, ho2lye@yahoo.com				
Dec 5	6:00pm–7:30pm Caregiver Stress Can Steal Your Holiday Cheer: Ways to Manage the Stress of Caregiving—by Karin Miller. Aegis on Madison Leasing Office, 1928 43rd Ave E #8 RSVP to Judy at 325-1600 or madison@aegisliving.com				
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Newsletter of the Madrona Community Council

Published monthly except for July and August, with a circulation of 2450, reaching homes & neighbors throughout Madrona & Central Seattle.

#### Dec 7, 2013 Next MADRONA NEWS DEADLINE

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VP Events	Stacey Kryman	234-6630	staceykryman@gmail.com
VP	Bill Mahoney	713-9250	wmahoney@gmail.com
Treasurer	Casey Losh	695-4824	closh@ewingandclark.com
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