Fall in PhinneyWood

Favorites re-imagined:
Garage Sale Day & Winter Festival

Power of Community fundraiser goes virtual to support seniors

Exploring the ‘hidden’ skies

Greenwood Car Show gets creative with COVID

Phinney Ridge represents on national game show

The ultimate guide to composting

Greenwood Senior Center keeps connected
The very large universe according to Tim
Finding wonder in the night sky

by Connie McDougall

"This is a way you can travel, right now," says amateur astronomer and Phinney Ridge resident Tim Regier. "Look up. Every night there’s an entire universe to be discovered. All you need are your eyes, a bit of dark sky and your imagination."

As we grind through the grinding limits of the coronavirus pandemic, Tim encourages a little backyard and local stargazing, offering advice on how to do it and what to look for in the next few months.

"It gives a perspective we need, about our place in the universe—a very small place in a very large universe. You know, we’re here for a moment and then we’re gone. We need to take care of the time we have here, to cherish the time we have."

The son of a Mennonite pastor, Tim has the look of an Old Testament prophet himself with long, to-the-shoulder white hair and an intense gaze, perhaps developed from long hours at a telescope.

His interest in the celestial goes back to childhood when his family settled in "The Air Capital of the World," Wichita, Kansas. "As long as I can remember I was interested in airplanes, space, and the night sky," he says.

After earning his pilot’s license a week before high-school graduation, he left to join the Navy, planning to enter a pilot-training program for enlisted men; it was cancelled six months in. "I still flew a lot though, all kinds of airplanes. It was cheap in those days."

Once his military service ended, Tim earned a degree in Aeronautical and Astronautical Engineering from the University of Washington, eventually landing a job at Boeing where he had a variety of research, development, and testing assignments, including work on the wings of the 747-8, 777X and the Dreamliner. "Then, after 25 years, I was laid off. I thought, what’s next?"

For decades, Tim had researched telescopes and even thought about building one of his own. Now retired, he returned to that long-held desire, and a visit to the Goldendale Observatory in Eastern Washington proved to be a tipping point.

"I think seeing the Milky Way again and looking through the telescope there, it took me back when I was a child in the Midwest and seeing the stars. It reignited my passion. I always thought one day I’ll have a telescope, and one day finally happened."

He bought an eight-inch Schmidt-Cassegrain telescope from Cloud Break Optics in Ballard so he could do both visual sightings as well as take long-exposure photographs.

Tim and his wife, NancyEllen, joined the Seattle Astronomical Society “for the knowledge and to find like-minded people,” attending lectures and traveling with members to the Cascade Mountains for nighttime observations. Continued on page 8

A message from Interim Executive Director, Lee Harper

I want to start this update with a note of gratitude. Gratitude for the 1,000 people and businesses who stepped up to contribute to the Don’t Stop Believing campaign, raising $230,000 to support the PNA.

Gratitude to everyone who took the time to give us feedback over the last three months on how we are doing, and how we can become an antiracist organization.

And gratitude to the staff, board, volunteers and members who are navigating the “new” PNA together.

Now, as we move into month six of the pandemic, the PNA is in a period of transition—re-examining its priorities, processes, and policies in order to respond to sudden and broad challenges, including:

• Fostering community in a COVID-19 environment that prevents gatherings, in-person events, and many kinds of volunteer engagement
• Surviving and thriving financially when many of the PNA’s primary business-based revenues—events, child care and room rentals—have been temporarily shuttered or are much smaller
• Examining and adapting our values, procedures, and actions as they relate to racial equity in the organization’s journey toward antiracism
• Extending help to neighbors and the local business community who have been devastated by the economic impacts of COVID-19
• Reaching beyond our current core constituency to provide value to a community that is increasingly diverse in terms of age, income, ethnicity and experience
• Expanding the scale of our nationally-recognized programs for seniors beyond the PNA’s immediate geographic area
• Maintaining stability, ingenuity, and good humor as we collaborate to address these and other challenges

Although we have a 40-year history of serving the neighborhood, in some ways, it feels like we are starting all over.

And we need your help to successfully transition. We are looking for new board members to guide the PNA into the future. We are especially interested in recruiting BIPOC (Black, Indigenous and People of Color), young people, and local business owners who have special skills and knowledge in one or more of the following areas: finance, fundraising, law, nonprofit management, racial equity, or real estate. Please see phinneycenter.org/join-board or reach out to emailphinneycenter.org to learn more.

The PNA is beginning a new phase and we are buoyed by the consistency of this community’s commitment to each other.

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Editor: Ana Maria King Proofreading: Ann Bowden Desktop Publishing: Ana Maria King
Contributing Writers: R. Bauernfeind, A. Bowden, A. Burnett, M. Campbell, L. Chow, L. Harper, C. Kaplan, AM King, C. Mack, C. McDougall, K. Rava, E. Strange
Cover photo: Lee Harper
Ad Sales: Ana Maria King
arin@phinneycenter.org
About PNA
Founded in 1980 by community members, the mission of the Phinney Neighborhood Association (PNA) is to build, engage, and support our diverse community through programs, services, and activities that connect neighbors and foster civic engagement in Northwest Seattle. This includes...

Events and community gatherings
Events ranging from beer tastes and book swaps to holiday celebrations

Classes and activities
Classes and groups for all ages on a wide range of subjects and interests

Room rentals
The space you need for all types of events and gatherings

Greenwood Senior Center
Services and support for seniors, plus activities and classes adults of all ages can enjoy

PNA Village
Helping older residents stay in their homes and community as they age

Phinney Farmers Market
Fresh, local produce and goods each summer in partnership with Seattle Neighborhood Farmers Markets

Hot Meal Program
Nutritious meals in a welcoming setting, three times each week

Tool Lending Library
The tools you need to get the job done right, plus referrals, classes, and the monthly Fixers’ Collective meetup

King County Seed Library
A library of heirloom varieties to complete your garden

Community Woodshop
Learn woodworking in a class or use the space for your own project

Preschool Co-ops
Four parent-run preschools, including Spanish and Japanese language bilingual programs

Whitter Kids
Play-based preschool, and licensed before- and after-school care, and summer camps at Whitter Elementary

PNA Business Group
Supporting, networking, and promoting local businesses

Phinney Center Gallery
Rotating works by local artists

Volunteer program
Connecting interests with rewarding opportunities

Stay up-to-date
Would you like to know what’s going on with events, classes, job opportunities, and programs?
• Subscribe to email news: phinneycenter.org/signup
• Visit our events and class calendar: phinneycenter.org/calendar
• Like us on Facebook: facebook.com/phinneyneighborhoodassociation
• Add us to your Instagram feed: @phinneyneighborhoodassociation

Get involved!
Volunteering is a great way to get to know your neighbors, do something good, meet people, and have fun. Visit phinneycenter.org/volunteer.

PNA Funder $100 and up
Individual $40-$99
Pay what you can
Pay credit card fees (3.5%)
Thursday, September 10  
**Community Conversations: Senior Center Visioning**

11 am-12 pm or 7-8 pm. Online. Free.

What can we expect from our new normal and what directions should our GSC be taking over the next six months? Join us at our visioning session to share your ideas. We will talk about the pivot we have made from a brick and mortar center to a largely online senior center. What other out of the box ideas might create a new hybrid center? We need your input now more than ever. RSVP: arielb@phinneycenter.org.

Saturday, September 12  
**Phinney-Greenwood Business District Clean-up Day**

9-11 am. Meet at the Phinney Center, 6532 Phinney Ave N

Help beautify our neighborhood! Our normally clean district is starting to accumulate a bit of trash here and there. The Phinney Neighborhood Association’s Business Group has decided to do something about it! Please join us! We are going to fan out from 59th and Phinney Ave N all the way to 87th and Greenwood Ave N to pick up trash. We have 30 PhinneyWoodStrong shirts to give out to volunteers in various sizes, so be sure to ask for one of those when you arrive!

Thank you for helping our business district stay clean and safe!

More info and sign up: phinneycenter.org/calendar/clean-up/

September 18 & 19; 24 & 25; October 2nd & 3rd  
**Drive-In Movies with U-Heights**

8 pm entry; 8:30 movie starts. Phinney Center, Lower Lot. 6532 Phinney Ave N. $20 per car; scholarships available by lottery

Project Pilgrimage and University Heights have teamed up with the PNA to bring you three excellent movies featuring stories of people of color in the lead role. Enjoy the big screen from the safety and comfort of your own vehicle! Film info and tickets will be posted soon at uheightscenter.org/upcoming-events.

Saturday September 26  
**PhinneyWood Garage Sale Day**

9 am-3 pm. Neighborhood.

The people have spoken and we listened! Garage Sale Day can’t be missed! Whether you have accumulated stuff and haven’t wanted to wait in the long lines at Goodwill, or you love to shop the bargains and treasures, mark your calendar for the neighborhood’s favorite annual event. In order to pull this off in a short turn-around before the weather gets rainy, this year may be a bit pared version from down years’ past, with a Google map instead of the professionally custom-made map we’ve had before. But we must continue to shop and sell anyway! (Wearing masks and safely distancing, of course.) Registration will be open Sept 9 at phinneycenter.org/garagesale.

Thursday, October 15  
**Ninth Annual Power of Community: Alone Together**

12-1 pm. Zoom. Join for a virtual lunch hour! Free; donations requested.

Now, connection is more important than ever. Nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, and chronic illness. As we are all urged to stay home and maintain social distance, we have seen a heightened risk of social isolation and loneliness among people of all ages, but especially among older adults.

We believe, now more than ever, that the work of our Greenwood Senior Center, PNA Village, and Memory Loss Program is essential. Join us to celebrate and support PNA’s senior services that combat loneliness and social isolation and foster belonging and well-being for our community’s elders.

Welcome our keynote speaker, Carla M. Perissinotto, M.D., M.H.S., associate professor in the Division of Geriatrics, Department of Medicine at the University of California, San Francisco. Dr. Perissinotto has gained national and international recognition for her research on the effects of loneliness on the health of older adults.

This year, the Power of Community will take place on Zoom. It’s free to attend; a request for donations will be made. A gift of $75 or greater is suggested, but donations of any size will support our critical senior programs: the Greenwood Senior Center, PNA Village, Memory Loss Program, and Caregiver Supports.

RSVP, learn more, or donate at phinneycenter.org/power-of-community.

Friday-Sunday, December 4-6  
**Save the Date! 40th Annual Winter Festival & Crafts Fair goes virtual**

Online.

We may not be able to meet in person but that can’t stop a 40-year-old tradition! We are hard at work to make the Winter Festival a virtual fair this year. Now more than ever our small local businesses need us! And, we still need holiday gifts or maybe just something fun for ourselves!

Dec 4-6, hop online and help support your favorite vendors and some new ones too! As usual, the show will be curated, so you’ll find the same unique and wonderful selection of items at your fingertips that you are used to discovering at the live event.

Additionally, we’ll have artist features and great ways to support the community.

We will update the website at phinneycenter.org/winterfestival with more details as they become available.

Are you an artist or maker? Would you like to apply to be considered? Email Jessie Hammer at jessieh@phinneycenter.org to receive the application when it comes out.

Visit phinneycenter.org/events for online listings

For more events and online classes: See “Senior Highlights” on pages 14-19 for activities for seniors and adults of all ages.

**Holiday closures**

Monday, Sept. 7; Thursday & Friday, Nov. 26 & 27
Ongoing events & groups

Additionally, check out Greenwood Senior Center’s Zoom offerings (open to adults of all ages!) on pages 14-19.

Conversation & News of the Day (2 groups)
Tuesdays, 10:30 am-12 pm. Online. Free.
Thursdays 10:30 am-11:30 am. Online. Free.
Come with a news clipping that you want to discuss, or just come and join in with others. Email cecile@cecileandrews.com for Zoom link.

Understanding Happiness
Wednesdays, 10 am. Online. Free.
There is excellent research on the subject of happiness. In this group, explore how to act on this research, and create happier lives. Led By Cecile Andrews. Email cecile@cecileandrews.com for Zoom link.

NINTH ANNUAL POWER OF COMMUNITY
supporting PNA’s senior programs
THURSDAY, OCTOBER 15
12-1 PM . ON ZOOM
RSVP, learn more, or donate: phinneycenter.org/power-of-community

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BELLYDANCERSIZE ZOOM CLASSES
Starting September 15, Tuesdays 7-8 pm.
4 weeks: $60. Drop ins: $20 per class. All ages.
Learn at your pace, as I review from last weeks
A very creative & fun way to tone up. Superior core workout. Strengthens & coordinates muscles groups in the trunk, spine & arms. Improves posture & flexibility. Dance instruction includes basic steps, tumbling contortions, hands & arms & lots of giggles! The Art of Bellydancing is for You!!
Please e-mail bellydancersizezoomclass.net to register & for link to classes & questions you may have. Payment: Paypal

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Sat, 10 am-4 pm
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Seattle, WA 98103
www.prcabinets.com

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Breaking White Silence project transitions to independent community group

Breaking White Silence, a project of the Phinney Neighborhood Association since the fall of 2016, is transitioning on Oct 1, 2020, and will become an independent community group. The group will change its name to Breaking White Silence Northwest and the new tagline will be “Working for White Racial Literacy and Racial Justice.” The group will have a new website, breakingwhitesilencenw.org.

The name change recognizes that the project is primarily based in the Pacific Northwest, with public groups in Seattle, though the website resources will be available to any individuals or groups who want to form study groups based on Robin DiAngelo’s book, What Does It Mean to Be White? Developing White Racial Literacy. The group will continue to offer Introductions to Breaking White Silence and Facilitator Training Sessions several times a year via Zoom (for now) and eventually through the North Seattle branches of the Seattle Public Library.

The Breaking White Silence project was initiated by Cecily Kaplan, director of the Greenwood Senior Center, and long-time community activist, Karen Schneider, as a next step after a 2015 series of Difficult Conversations on Race, created by racially-diverse PNA staff.

Upcoming Breaking White Silence Study Groups

Every other Wednesday, 7-8:30 pm. Zoom
Sept 23, Oct 7 & 21, Nov 4 & 18, Dec 2
Facilitator: Jenny Gordon
To register: Email jennygordon@gmail.com

Every other Sunday, 1-3 pm. Zoom
Oct. 11 & 25, Nov 8 & 22, Dec 6 & 20
Facilitators: Julie Gilmour and Suzanne Engelberg
To register: Email julietowergilmour@gmail.com

More fall groups to be scheduled; check the website at breakingwhitesilencenw.org for updates.

Using Dr. Robin DiAngelo’s book What Does It Mean to Be White?: Developing White Racial Literacy (Revised Edition) to encourage personal reflection and conversation, this study group is a first step to open up conversations about whiteness, white privilege, and racism.

The study groups are geared to adults of all ages, with middle school and high school students welcome. We especially encourage men to join this group, since so far they have been underrepresented in Breaking White Silence study groups.

Dr. DiAngelo is a race and social justice educator and author of the 2018 New York Times best-selling book White Fragility. Her work has been featured at the Seattle Public Library and in NPR, Slate, and The New Yorker. To learn more, visit robindiangelo.com.
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FROM BALLARD MARKET.

THANK YOU!
The Greenwood Car Show keeps on rollin’

Despite the pandemic, The Greenwood Knights get creative

by Bryan Bauermeister

Every year on the last Saturday of June, people find their way to Greenwood Avenue North. They walk among the vendors and buyers, families towing excited children through the throng. They’ve come to see the cars. Row upon row of them. New and old, electric, gas, and biodiesel; brassy yellow, sporty red, and stylish blue. Car enthusiasts line the street, taking notes, ogling, and breathing in the atmosphere.

That’s most years, at any rate. Due to the unforeseen circumstance of the current pandemic, the hosts of the car show (The Greenwood Knights), were left in a bind. Clearly, gathering people in a series of videos wherein owners could show off their cars, and tell a bit of their stories.

“It was a different take on something that’s been around for a while,” JR remarked. “An opportunity to grow with the times.”

When the day came, people were excited. They got in their cars and rolled out to the starting line. Vehicles of all types joined the cruise along the 110 mile route with over 140 vehicles participating.

In spite of unprecedented rain, and its uncertain new form, the car show managed to gather over 500 pounds of food for the Greenwood Food Bank. Troy Lund, the group’s technical expert, noted how their YouTube channel has contributed to the event’s success.

“It’s one thing to walk up and down the street and look at the cars, and another to have the owner walk you through the story,” he remarked.

The videos gave people the chance to see things they would never have fixed up. “It’s a damn neat deal for something that wasn’t planned.”

So what’s next? Well, a lot of committees, to hear JR tell it. “Everybody is trying their best to figure out just what the next car show will look like, and what lessons we can take from this one.” The YouTube channel, it sounds like, is here to stay. (Visit it at bit.ly/gw-car)

“We’re going to keep a finger on the pulse of what events and large scale gatherings look like,” Sam said.

“What are the best practices, how do we keep things safe. It’s going to be a different show, but we’re also trying to understand and think through what the changes look like.”

It’s easy to miss being out there, standing in the sun, and looking at the cars. But if the Knights have shown us anything, it’s that while this world that we find ourselves in may not be the same, it doesn’t necessarily need to be worse. That we can find progress and excitement in the new avenues that have opened to us, and that we can still find things to get really, really excited for.

The Greenwood Knights is a local non-profit organization, and the Greenwood Car Show is funded by donations and local businesses. Not only that, they give back to community organizations like Greenwood Senior Center, the Greenwood Food Bank, PNA, Family Works, and Last Resort Fire Department.

They ask that you please visit them at greenwoodcarshow.com to make a donation, if you can, to keep this wonderful tradition rolling.

Looking for space this fall for remote work or learning?

The PNA will be using our rental spaces differently this fall to support the community during COVID-19. We’re renting to groups needing half-day, full-day, weekly, and monthly rental spaces at Pinney Center location (click here for a room example) or at the Sunset Hill Community Association Clubhouse (upper hall or lower hall). Outdoors-only rentals are also an option.

Get more info and see our rooms at phinneycenter.org/rentals/rentals-faq.

Questions? Email Georgette and Eric at rentals@phinneycenter.org.

You can help the Greenwood Car Show keep on rolling

by Sam Clake

For nearly 30 years, the Greenwood Car Show has been a Seattle summer tradition. Hundreds of classic, custom, and unique cars converge in Greenwood on the last Saturday of June, along with tens of thousands of spectators expected to take it all in and experience the best of what the neighborhood has to offer.

The car club responsible for putting on the Greenwood Car Show, the Greenwood Knights, needs your help to ensure the show is able to continue in 2021.

The Greenwood Knights is a non-profit organization devoted to helping our community and relies on donations and sponsorships to produce the show. After the car show, all remaining proceeds are rolled back into the Greenwood community in the form of contributions to the Greenwood Senior Center and Phinney Neighborhood Association, Greenwood Food Bank, vocational scholarships, PNA’s annual gift tree, and Toys for Tots.

If you are interested in helping ensure the Greenwood Car Show rolls on, please consider making a donation or becoming a sponsor. You may visit www.greenwoodcarshow.com or email info@greenwoodcarshow.com for more information.

Stay healthy and safe, Greenwood.

The Greenwood Car Show keeps on rollin’

Despite the pandemic, The Greenwood Knights get creative

140 vehicles participated in the 2020 Greenwood Car Show’s “rollin’” cruise. Photo by Nicholas Griego

The “Rollin’” route spanned 110 miles, wrapping up downtown Phinney-Greenwood Avenues. Photo by Nicholas Griego

by Bryan Bauermeister

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The videos gave people the chance to see things they would never have fixed up. “It’s a damn neat deal for something that wasn’t planned.”

So what’s next? Well, a lot of committees, to hear JR tell it. “Everybody is trying their best to figure out just what the next car show will look like, and what lessons we can take from this one.” The YouTube channel, it sounds like, is here to stay. (Visit it at bit.ly/gw-car)

“We’re going to keep a finger on the pulse of what events and large scale gatherings look like,” Sam said.

“What are the best practices, how do we keep things safe. It’s going to be a different show, but we’re also trying to understand and think through what the changes look like.”

It’s easy to miss being out there, standing in the sun, and looking at the cars. But if the Knights have shown us anything, it’s that while this world that we find ourselves in may not be the same, it doesn’t necessarily need to be worse. That we can find progress and excitement in the new avenues that have opened to us, and that we can still find things to get really, really excited for.

The Greenwood Knights is a local non-profit organization, and the Greenwood Car Show is funded by donations and local businesses. Not only that, they give back to community organizations like Greenwood Senior Center, the Greenwood Food Bank, PNA, Family Works, and Last Resort Fire Department.

They ask that you please visit them at greenwoodcarshow.com to make a donation, if you can, to keep this wonderful tradition rolling.

Looking for space this fall for remote work or learning?

The PNA will be using our rental spaces differently this fall to support the community during COVID-19. We’re renting to groups needing half-day, full-day, weekly, and monthly rental spaces at Pinney Center location (click here for a room example) or at the Sunset Hill Community Association Clubhouse (upper hall or lower hall). Outdoors-only rentals are also an option.

Get more info and see our rooms at phinneycenter.org/rentals/rentals-faq.

Questions? Email Georgette and Eric at rentals@phinneycenter.org.

You can help the Greenwood Car Show keep on rolling

by Sam Clake

For nearly 30 years, the Greenwood Car Show has been a Seattle summer tradition. Hundreds of classic, custom, and unique cars converge in Greenwood on the last Saturday of June, along with tens of thousands of spectators expected to take it all in and experience the best of what the neighborhood has to offer.

The car club responsible for putting on the Greenwood Car Show, the Greenwood Knights, needs your help to ensure the show is able to continue in 2021.

The Greenwood Knights is a non-profit organization devoted to helping our community and relies on donations and sponsorships to produce the show. After the car show, all remaining proceeds are rolled back into the Greenwood community in the form of contributions to the Greenwood Senior Center and Phinney Neighborhood Association, Greenwood Food Bank, vocational scholarships, PNA’s annual gift tree, and Toys for Tots.

If you are interested in helping ensure the Greenwood Car Show rolls on, please consider making a donation or becoming a sponsor. You may visit www.greenwoodcarshow.com or email info@greenwoodcarshow.com for more information.

Stay healthy and safe, Greenwood.
Longtime Phinney Ridge resident stars on Wheel of Fortune
Ann Bowden realizes her dream of appearing on her favorite game show

By Ana Maria King

Many in PhinneyWood know the familiar face of Ann Bowden. She’s always out walking the neighborhood and she’s been involved in the community since she moved to Phinney Ridge in 1983. She started out as parent at Phinney Neighborhood Association’s co-op preschool and subsequently volunteered, served on the PNA Board of Directors, and became a longtime PNA staff member, including the Development Director.

Now, retired, Ann still volunteers at PNA and she also is the driving force behind the PhinneyWood Art Up Chow Down Art Walk (during “regular” times).

Ann is known and well-loved by community members and business owners alike—as evidenced by her overflowing retirement party six years ago.

Recently, she got a taste of a different kind of fame—an appearance on the national game show Wheel of Fortune.

"Being on the Wheel has been on my bucket list for years," says Ann. "I first tried out probably about 15 years ago and have tried out about three more times since then. The audition that led to this show was held last July and I found it in early November that I made it to the contestant pool." She then taped the show last February, but because of complications with the pandemic, KOMO didn’t air it until Sept 1.

Ann had great fun being behind the scenes of a show that she’s watched—and wanted to be a part of—for years. She was a bit surprised to discover it was a lot harder than she thought it would be. “At home sitting on the sofa the answer seems so obvious,” she says. “On the set there’s a lot more going on — and nerves, of course — so it’s not as simple.” Also, another surprise — “that wheel is heavy.”

And what was it like for Ann watching herself on TV? “It was fun. I was nervous about seeing myself—particularly since I knew that I had made a silly mistake—but watching it also reminded me of how enjoyable the whole experience had been.”

So how did Ann do? Well, she didn’t take home the grand prize, but the awesome experience was more than enough to delight her!

Congratulations, Ann!

Phinney Ridge resident Ann Bowden competes in Wheel of Fortune. Photo courtesy of Wheel of Fortune

Whittier Kids Onsite Remote Learning Day Care

Do you need onsite-learning care for your 1st-5th grader? Whittier Kids is offering Remote Learning School Day Care onsite at Whittier Elementary from 8:15 am-3 pm., beginning September 8.

In order to keep your children, family, and our staff as safe and healthy as possible, we will prioritize registering students for Monday – Friday so we can keep kids in the same small groups for the month. If space is available, we will offer part-time care, more details on PT care and pricing in link below.

Students will need to bring their own SPS provided devices and headphones and families will need to provide meeting IDs, passwords, etc.

Staff and children are required to wear masks, have daily health screenings, and maintain physical distancing. Our classrooms will be limited to 12 students each and parents will drop off and pick up without entering the building to minimize direct contact.

Tuition: Monday-Friday, $1250/month.

Please go to bit.ly/pna-wk for more detailed information on about the program and how to sign up.

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Register at phinneyccenter.org/garagesale beginning on Sept. 9
The telescope quickly became a fixture in their lives. “It makes the night sky accessible for the hidden gems you can’t see with your eyes,” Tim says. “You just hook up a camera and take long-exposure photographs. But there’s also no substitute for looking through the eyepiece and seeing it with your own eyes.”

Fancy, expensive equipment is not necessary to enjoy the view, he explains. There’s lots to see with a red-light head lamp. “White light isn’t good for night vision,” he says.

In spite of light pollution, it’s possible to see objects in the night sky from the city, but get away from street lights or at least block them behind a bush or tree. If you can, make time to visit darker places.

Tim adds that basic astronomy is a great activity for people with kids or grandkids. “Children have such great imaginations. Go outside and observe the grandkids. ‘Children have such great imaginations. Go outside and observe something in the night sky then research it online.’”

“For those who want more, you can get a decent beginner’s telescope for $300 to $400.” Also handy to have is a nebula filter. “Red-light head lamp. “White light isn’t good for night vision,” he says.

Not to be missed are our closest neighbors, the planets. “In October, Mars will be in opposition – that is, opposite the sun – and making its closest approach to Earth. That’s a good one to see with just our eyes – it’s orangish – but again, binoculars or a telescope will bring it in closer to see the ice caps.”

Tim notes that Jupiter and Saturn will be past their prime in autumn but still visible. “Jupiter is very bright because those are the moons of binoculars, you can see the four Galilean moons around Jupiter, named that because those are the moons Galileo could see with telescopes of the time. They’re interesting to watch because they move quickly relative to the planet. It looks like a dance.”

Meteor showers are the result of debris trails left behind by comets or asteroids, which the Earth passes through with precision every year.

“The Orionids, located in the constellation Orion, are a result of Halley’s Comet and peak on Oct 20 and 21 this year, with the best visibility in the morning hours before dawn,” says Tim. “The Leonids, in the constellation Leo, peak on Nov 16 and 17 and come from the comet Tempel-Tuttle.”

“And finally, the best show this year are the Geminids, in the constellation Gemini, on Dec 13 and 14 with up to 120 meteors a minute.”

Peering deeper into space, it’s astonishing what a pair of eyes can pick up.

“In the fall, rising in the evening northeastern sky, is the Andromeda Galaxy, our nearest large galaxy, 2.5 million light years away. If you’re away from city lights, you can see it with the naked eye. In city, you’ll need binoculars or a telescope,” he says. “It looks like a smudge, different than a star, which is a pinpoint of light. But imagine that. You can see another galaxy with just your eyes.”

From our perch on an outer band of a spiral arm in the Milky Way, we can look into the center of our galaxy. “You’ll need to get away from city lights but it’s worth it. The Milky Way spans the sky from the southern to northern horizon and rotates with the Earth’s rotation.”

Tim explains that a nebula is a glowing cloud of hydrogen gas and dust, the birth place of stars, and a good one to spot is the Orion Nebula, which can be seen with the naked eye – a fuzzy “star.” The faint glowing cloud surrounding it is visible with binoculars.

“See it in the fall during predawn hours but it’s best in December and January when it’s higher in the evening sky. The Orion Nebula is the middle star in the ‘sword’ of the Orion Constellation.”

All this stargazing may be just the thing to ease our pandemic angst, Tim says. “People need a sense of wonder and the night sky provides that. Just think of it: A photon of light left the sun, or a nebula, a star or a planet. It traveled millions of miles through space and time to arrive at this moment for you to see. That’s amazing.”

Resources:

Tim publishes an email about every other week highlighting an astronomy photo he’s taken, accompanied by some historical background and interesting facts about the object in the photo. If you’d like to receive these emails, send an email to astrudude@gmail.com and request to be added to the mailing list.

• Local source for equipment and purchase:
  astrodude.com
• Track the International Space Station: spotthestation.nasa.gov
• Find out what’s in the sky every night: telescopius.com, space.com, skywatching.com
• Other informative sources online:
  • NASA: space.com/skywatching
  • CaSkiy: calsky.com
  • Sloan.com

PNA Board of Directors seeks candidates

The Phinney Neighborhood Association (PNA) is seeking candidates for its Board of Directors and we would love to hear from you.

We are looking for community members who are passionate about the PNA’s mission to build community and who are excited to envision and strategize organizational change/programmatic transformation to respond to the pandemic as well as our accelerated effort to become a more diverse and inclusive organization by bringing an equity lens to all that we do.

We are looking for people with backgrounds in organizational change/change management toward diversity, equity, and inclusion; law; finance; and/or fundraising. The PNA needs board members who understand or have a lived experience that can inform our work in diversity, equity, and inclusion.

Board members serve one to three-year terms, starting in January, and generally spend five to eight hours per month on board and committee business and supporting activities.

Applications will be considered on a rolling basis; preference for the 2021 term will be given for candidates who apply by Sept 10, 2020.

If you are interested, please visit phinneycenter.org/join-board for a full description and then email pna@phinneycenter.org to express interest or inquire with follow-up questions.
Garden Solutions

with Eddie Strange

Featuring

Composting 101 & Beyond

Everything you ever wanted to know about soil and the making of soil

By Eddie Strange

Now that we have covered the basics of home and garden maintenance for each month of the year (see “Through the Seasons” in previous editions of The Review), we will begin to explore, in more detail, these various tasks and the “how-to’s” of developing self-sustainable home and garden practices from these tasks: everything from composting to D.I.Y.’s on ways of making use of plants and yard debris for a wide range of applications, harvesting to canning, seed-saving, plant-starting, “primitive” natural soap-making, edible and medicinal uses of various common weeds and homemade pigments, instruments and more!

To begin, we will be looking at, arguably, one of the easiest and most important practices one can adopt toward cultivating a more sustainable garden environment and routine: composting!

Of all the gardeners I have ever met, inevitably the most successful ones are those who recognize that good, consistent “soil stewardship” is the key to a healthy, stable, and productive lawn and garden. The benefits go far beyond just healthier lawns and gardens—to everything from prevention of infestations, plant diseases, erosion to flooding issues and other property damage, to saving money on water bills, greatly increasing your property value, to significantly reducing methane gas emissions, toxic run-off contamination of ground water and waterways, from yard waste sent to landfills, and much more.

First, a brief definition of terms is in order. I’m often asked if the terms “compost” and “mulch” are interchangeable or different things altogether. The short answer is organic mulch is essentially the mix of composting materials, as they appear just before they are fully broken down into “finished compost”, where the mulch will look more like some compost with a bunch of materials, as they appear just before they are fully broken down into “finished compost” and “mulch” are interchangeable or different things altogether. As I always tell my clients, “Mulch in the fall, compost in the spring.” If you do your compost duty, you will also be saving money on yard waste disposal and the need for purchasing compost and extra yard waste bags from your local garden center. Compost improves soil stability and aeration that allows plant and tree roots to access needed water and oxygen within the soil. By providing for more efficient drainage, plant roots are encouraged to establish deeper, where they are more resistant to drought, disease and damage from heavy traffic. You will also be significantly reducing toxic run-off into ground water and waterways, as well as methane gas emissions from landfills.

Q: Why compost?
A: Composting is a great way to recycle all the yard waste produced from regular maintenance of your yard and by means of the natural decomposition process, convert it into healthy, well-structured and nutrient rich humus for replenishing soil in lawns and garden beds. Nutrients are broken down into a form plants can access and provides an excellent, balanced natural plant feed as well as protective cover.

Adding compost to garden beds also helps prevent disease and infestation by maintaining a healthy, dynamic balance of micro and macro organisms that keep one another’s populations, within the soil biology “food web”, in check. Compost helps soil retain moisture, which also saves you money on your water bill. You will also be saving money on yard waste disposal and the need for purchasing compost and extra yard waste bags from your local garden center. Compost improves soil stability and aeration that allows plant and tree roots to access needed water and oxygen within the soil. By providing for more efficient drainage, plant roots are encouraged to establish deeper, where they are more resistant to drought, disease and damage from heavy traffic. You will also be significantly reducing toxic run-off into ground water and waterways, as well as methane gas emissions from landfills.

Q: Who comports?
A: YOU. You compost. As previously stated, it’s better for the environment, “soil stewardship”, yadda-yadda… frankly, maybe you need the exercise… or some small sense of accomplishment. Pour yourself a big glass of wine when on compost duty, if need be. Just do it. You’ll be glad you did.

Q: What will I need for making compost?

So now let’s dive into the “who’s, when’s, why’s, how’s & what’s” of composting!

A: YOU. You compost. As previously stated, it’s better for the environment, “soil stewardship”, yadda-yadda… frankly, maybe you need the exercise… or some small sense of accomplishment. Pour yourself a big glass of wine when on compost duty, if need be. Just do it. You’ll be glad you did.

Q: What will I need for making compost?
A: You will need the following:

1. A big pile of yard debris.
2. 2. A compost bin (optional). I personally like using “re-purposed” discarded shipping pallets to build my compost bin. They are easy to come by, they are just the right dimensions for a compost bin, they are great for allowing just the right amount of airflow while helping retain moisture, they are easily lined with chicken wire or other higher gauge wire mesh to help retain materials, as well as keep out rats and other unwanted pests. As for construction, just think a cube with the top and one side removed. Some kind of lightweight, easily removable and replaced material, like a tarp works great for the top. This helps protect the pile from excessive rain, snow, while helping retain moisture and more even temperatures that increase the efficiency the composting process.
3. A pitchfork for turning the compost pile.
4. Gardening gloves, shoes, etc. (optional. just wash your hands.)
5. A shovel. I like grain shovels. one scoop roughly fills one five-gallon bucket, and because they are wide and flat it makes it easier to clean up compost and I don’t tear up nearly as much tarps as I do with your stand flat and spade garden shovels.
6. A wheelbarrow or buckets. I prefer spreading compost from buckets because it makes it easier to distribute around delicate plants and densely planted beds, when spreading mulch around in large garden beds. Also, five-gallon buckets worth of compost poured out in a checkerboard pattern, when you knock down the piles and level into the empty spaces, you get an even distribution of roughly 3”- 4” inch layer compost throughout the beds.

7. A garden hose.

PNA’s gardener Eddie Strange has cared for the Phinney Center and Greenwood Senior Center grounds for more than five years. Read more articles on gardening and yard maintenance on his blog at hearthandhomeherald.wordpress.com.

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Composting...continued from previous page

Q: Where do I set up my compost bin?  

A: The ideal location would be:  
1. A level area with good drainage  
2. A level area, away from houses, garden beds and at least a couple feet away from fences or other structures  
3. Somewhere protected from the effects of direct and excessive sun, wind & rain  
4. Away from pine trees and other conifers, whose needles have high carbon content and can steal the composting process  
5. Near a water source or within reach of a garden hose  

Q: When is the best time to compost?  

A: There are materials to be gathered for composting all year around. Especially in late summer and autumn, as there is a significant amount of perennials and other plants to cut back, fallen leaves, spent vegetable plants, woody debris from pruning, etc. ready to be gathered  

Timing wise, and if done correctly, a well-tended compost pile will produce perfect mulch in time to cover vulnerable plant roots during winter for time.  

The composting process slows down in colder temperatures, combined with the added layers of material from winter, you will have plenty of materials for some top-notch compost, in time for spring and early summer plantings.  

Adding a few shovels of compost to kick-start new compost piles is a great practice anytime and every time.  

Q: How do I build and maintain a good compost pile?  

A: The most efficient way to produce high quality, healthy compost is by layering, in multiple portions, nitrogen sources and carbon sources in a location with good ventilation, but not excessive airflow, sun exposure or moisture. The “chemical reaction” that ensues is responsible for breaking these materials down and converting it into nutrient rich soil. In order to build a fast working, more efficient compost pile, you will need the following:  

1. CARBON: Woody materials, cut up tree branches (smaller the pieces are broken up, the better), twigs, bark, etc., dry leaves, straw, corn stalks, etc.  
2. NITROGEN: Grass clippings, spent annuals, green leafy clippings and other yard debris, cutback perennials, over-ripened fruit, veggie plants.  
3. WATER: Maintaining proper moisture levels within your compost pile is an important step in the production of high-quality compost. Regularly sprinkle your compost pile with water as part of your routine, whenever turning your pile.  
4. OXYGEN: Decomposition occurs with two different kinds of microbes; aerobic and anaerobic microbes. “Aerobic” decomposers require a properly and regularly aerated compost pile, in order to quickly and efficiently break down materials into healthy soil. Reduced aeration slows microorganism activity, thus the composting process. “Anaerobic” microbes decompose by means of fermentation, which produces chemicals, acids that can be toxic to plant life, as well as give off foul smell. For best results, stir/turn compost materials about once a week. The ideal size of a compost pile, for the purpose of efficient aeration, moisture and heat retention is a 3’ x 3’ x 3’ pile. Piles this size are also much easier to turn. 

Other ways of building a faster, more efficient compost pile is by breaking up your bark, branches and other woody debris into smaller pieces, and layering your compost pile with a generous portion of nitrogen sources (like a kitchen sponge). Too much water will diminish aeration, thus also contribute to the slowing of the decomposition process.  

Q: How often and how much mulch or compost should I distribute around lawn and garden beds?  

A: Regular mulching is also important, if you are regularly cleaning up fallen leaves and other dead plant material, as previously covered, this is the primary source for feeding your soil ecosystems and a vital place. Without it, you will need to add it. Mulching, anytime you do, is an excellent investment in the health & success of your yard and garden, as well as the general health and value of your property. For best results:  

• In GARDEN BEDS: I recommend an even 3” - 4” layer at least twice a year (spring and fall, respectively, after and before final and 1st frost dates. These being around mid-March and mid-November.). Mulching in summer, ahead of hotter, drier temperatures, is a great way to protect and feed vulnerable plants.  
• For LAWNS: I recommend taking 1/4” of fresh mulch into your lawn and over-seeding twice a year (6 weeks minimum before first frost and right after final frost dates. Organic fertilizers can be used in combination with added mulch to help replenish nutrients. But before jumping into the use of fertilizers, I recommend reviewing an earlier article, entitled “Organic Vs. Chemical Lawn Care: The “Lowdown” on Lowdown Chemical Fertilizers.”  

Q: Apart from myself, who else is involved in making compost?  

A: I’m glad you asked! Soil biology itself is comprised of a highly complex network of interconnected bacteria, fungi, actinomycetes and other micro and macro-fauna that are directly responsible for the creation, sustainability, and fertility of soil. Here is a bit about some (but not all) of the key players busy at work in your compost pile:  

The decomposition process is begun with the introduction of three different bacteria that enter the compost pile, in (consecutive order of appearance) the psychrophilic, mesophilic and thermophilic bacteria.  

They are the first to begin the breaking down of these materials in your compost pile.  

The “nitrogen” sources are utilized by the bacteria to build protein in their bodies, to grow and reproduce, while “carbon” sources provide them the energy to keep “eating” (decomposing the pile).  

In the process, their activity progressively raises the temperature of the compost pile up to 160°F (the ideal temperature for killing off most disease in soil as well as killing off most weed seeds) and as high as 160°F and above (although, too high a temperature can render your soil effectively sterile and lose its disease fighting properties).  

Next are the actinomycetes, that possess characteristics common to both bacteria and fungi. They are the grayish-white fuzz you see in fresh compost. They are also of the same dark color and “earthy” smell of nutrient rich soil.  

They play an important role in the decomposing of more resistant organic materials, such as cellulose, starches, proteins, polysaccharides, chitin, etc. As they do, they are replenishing the soil carbon, nitrogen and other essential plant nutrients. In the process, they are also responsible for producing antibiotics that help in fend off several different diseases affecting plant roots.  

Also playing an important role in the breaking down of organic matter and the cycling of nutrients are a wide variety of fungi species, from thread-like colonies, single celled yeasts, mushrooms, etc. One such important fungi that you may have seen listed as a “feature special ingredient” in soil organic amendments/conditioners, and other “specialty soils” are the Mycorrhizal fungi.  

When you pull a plant up by the roots, the dense network fine white branch-like root structures binding large clumps of soil to the plant’s roots are actually the mycorrhizial fungi.  

They form a symbiotic relationship with plants, which provide carbohydrates to the fungi, who in return expand the reach of root plants to gather water and nutrients such as phosphorus, zinc, while also making plants more drought and disease resistant, and more resilient to soil salinity, contaminants, etc.  

In addition, we have protozoa, nematodes and a whole range of other micro-invertebrate, microfungus and macro-fauna, earthworms, ants, beetles, etc. Each, individually and collectively, play a huge role in the production and maintenance of healthy, well structured, nutrient rich soil. In short, the life of your soil is the life in your soil!  

Well, there you have it. Hopefully, this will help you get better oriented in the general life and flow of the dynamic, highly complex, intricate ecosystem that is your garden. Good luck! And good stewardship!
Meet Your Local Business Owners
By Karla Rava

Decadent Dog Care. decadentdogcare.com

Frustrated with the confines of working in a banal office at a business park, Sara Shiflet made a big decision. After 15 years with Group Health as an IT Tester and then a promoted Senior Manager, she decided to leave the corporate world behind and start her own business—one that would enable her to do what she loves, being outdoors and with her favorite companions, dogs!

In 2012, Sara created Decadent Dog Care, and hasn’t looked back. When asked why dogs, she responded, “Dogs are happy and I really enjoy them.” Sara is local in the Phinney Ridge/Greenwood area and provides dog walking and boarding services. Typically she boards anywhere from two to five dogs weekly at her home. Summer and the holidays are her busiest times and she will occasionally sit cats. She also offers half days and strolls in the neighborhood.

Her favorite spots to take her dog clients are Carkeek Park, lower Woodland Park, Golden Gardens, and Discovery Park; however, she is adamant about avoiding off-leash parks because in her words, “it’s not worth the liability!” Sara loves working with all breeds and affirms that dogs have unique personalities and some are even funny.

In the pipeline, Sara hopes to employ more walkers and believes this type of work can be a great part-time gig for stay at home parents or retired seniors who would like to get outdoors more. She also hopes to add in-home sitting to her services along with 2-3 hour park hikes.

For more information, visit the website at decadentdogcare.com.

Welcome New PNA Business Members!

Champion Wine Cellars . 8503 Greenwood Ave N. championwinecellars.com
NW Contour Building Company . nwcontour.com
Taco Del Mar . 8004 Greenwood Ave N. tacodelmar.com
The Bar Method . 6726 Greenwood Avenue N . barmethod.com/locations/seattle-phinney-ridge
Wire Free Sky . wirefreesky.com

Learn about PNA Business Membership: Visit phinneycenter.org/business, or contact Chris Maykut at chrism@phinneycenter.org.

LEADPrep. lead-prep.org

One size does not fit all was the inspiration behind LEADPrep for child advocate and education guru, Dr. Maureen O’Shaughnessy, its founder and executive director. Now in its eighth year, the micro-school for grades six through 12, with locations in Seattle and Kirkland, boasts a 100 percent graduation rate.

Believing big institutions to be slow to change and unable to meet the needs of every student, Maureen wanted to do something different and better. In 2013, she founded LEADPrep, a unique school that follows an unconventional academic model where teachers create projects based on curriculum and then coach the students. Each campus is multi-age, 30 pupils max, and students must demonstrate mastery at 80 percent on each unit. Maureen says, “The magic is relational and not lecture style.”

Maureen is a Washington native who began her career in academia, first as a school teacher and then became a principal. She has worked overseas at international schools in the Middle East, South America, and Southeast Asia. In all the places visited, over 50 countries thus far, she has also put her humanitarian efforts to work, helping believing others to be in her DNA. Maureen says, “Connecting with cultures, understanding them, and giving back is really important to me.”

Last spring, Maureen started a weekly podcast on Tuesdays called “Education Evolutions.” The show deep dives into present day education innovations with experts. In the show notes, helpful links and resources are provided. Maureen also self-published Creating Micro-Schools for Colorful Mix-matched Kids a guidebook that yields a five-star rating on Amazon.com.

For more information and enrollment, visit the website at lead-prep.org.

Find your new home. Get cash back.

Calculate your rewards at veritycu.com/mortgages
Phinney Ridge Dental. 7109 Greenwood Ave N. phinneyridgedental.com

Established in 1965, Phinney Ridge Dental has been a fixture in the neighborhood, providing dental services for all ages. Dr. Micah Bickel DDS, a Yakima native, acquired the practice in 2016.

Dr. Bickel graduated from the University of Washington and has been a dentist for 11 years. His practice provides a wide range of services including orthodontics, implants, and root canals, utilizing state of the art dental equipment like 3D x-ray imaging and digital scanning.

Aside from running a practice, Dr. Bickel also makes time to do pro-bono work and helps out at the Union Gospel Mission in downtown Seattle. For the past five years, he’s also participated in the Seattle/King County Clinic at Key Arena—an annual four-day event that offers free medical, vision, and dental services to over 4,000 underinsured patients every year.

Although Dr. Bickel is an avid lover of winter sports like snowboarding and skiing, he’s been enjoying his new found passion in fatherhood with his one-year old daughter and the anticipation of a son coming January, 2021.

So how important is flossing you may wonder? According to Dr. Bickel, “Very important, brush and floss the teeth you want to keep!” Phinney Ridge Dental is open regular business hours, alternating between Monday through Thursday, and Tuesday through Friday, 7 am to 4 pm. Safety measures and protective protocols are in place, in response to COVID-19 regulations. Dr. Bickel says, “If you need dental help, let us know, it is a pleasure to serve this amazing community.”

For more information or to book an appointment, visit the website at phinneyridgedental.com

SSA Acoustics. 7409 Greenwood Ave N, Suite A. ssaacoustics.com

Welcome to the neighborhood, SSA Acoustics—who opened their doors in January, but have been in the industry for over 20 years. SSA Acoustics works with architects and developers both locally and nationwide to design buildings for optimal sound quality as well as noise and vibration mitigation.

Joel Esselstrom is an Associate Partner with over ten years tenure at the firm and holds an architecture graduate degree from Washington State University. When asked what he likes most about this niche, he responded, “Helping our clients design high-quality buildings and solving unique problems to get them there.” SSA Acoustics specializes in educational, commercial, industrial, multi-family residential acoustical design. Joel, shown photographed at the new Urban Family Brewing Co. in Ballard, helped this client who wanted the flexibility to operate and host events with good control of noise. Joel found them solutions that would meet their goals for both aesthetics and acoustics.

Joel describes SSA Acoustics as a fun and unique place to work. The company travels yearly as a team to explore other countries and have an adventure together. They have globe trotted all over the world to places like Spain, Turkey, Austria, Vietnam, Russia, Tunisia, Italy, Croatia, and China. Joel explains that the company ethos is to invest in their employees and gear them towards being future leaders at SSA Acoustics.

Joel and his colleagues are also music enthusiasts—either musicians themselves or simply aficionados. SSA Acoustics is currently hiring and we’ll be likely hearing more great things about them.

For more information, visit the website at ssaacoustics.com.
A Message from Cecily

(Sung to the Tune...It's a Wonderful World)

I see masks of blue, red, yellow, and green
More people with masks than I have ever seen
And I think to myself, it's a pandemic world.

We are in a world that seems so different and yet, here you are receiving The Review. In it you will find many programs, support services, and program opportunities to connect using technology. We will continue to reach out via mail and phone calls as well. We have reached the difficult conclusion that our building will not be opening to the public in the fall except for foot care.

As of this writing, we are currently in Phase 2, and even in Phase 3 we will not be allowed to gather together in larger groups, so we know that this is the right thing to do.

Please look over all the wonderful activities that we are now offering under the banner of our new virtual senior center—GSC Connected. You will notice that we have added a sliding scale fee to more of our programming. This is necessary for us to continue our work, given the huge budget shortfalls we are facing due to the pandemic. Please consider for yourself what you can pay in these circumstances, but we also encourage anyone who needs a scholarship to reach out to us.

Greenwood Senior Center
A program of the PNA
525 N. 85th St.
Seattle, WA 98103
Phone: 206.297.0875

Office Hours: M-F 8:30-4:30
(currently online only)
E-mail: gsc@phinneycenter.org
Web: phinneycenter.org/gsc

GSC STAFF
Director: Cecily Kaplan
Social Worker: Carin Mack
Office Manager: Cassie McFadden
Program Manager: Ariel Burnett
Volunteer Program Manager: LeAnne Chow

Memory Loss Program Coordinator: Katie Freeman
PNV Village Director: Riana Nolet
PNV Village Program Coordinator: Rebecca Fogarty
Men's Group Coordinator: Jeff Jordan
Community Dining Chef: Jane Sexton

HOLIDAY CLOSURES (NO ONLINE EVENTS)
Monday, Sept. 7
Thursday & Friday, Nov. 26 & 27.
Front Yard Fall Concert Series
Varying days and times. Your front yard, front patio or parking strip.

If you’re a long-time Seattleite, you know that some of our loveliest weather actually happens in the fall. Would you enjoy it more with a front yard concert? Since we are still unable to host performances at the GSC, we have been successfully connecting performers to performance-lovers, and we want to keep it going! If you would like to host a short (under half an hour), socially-distanced concert for you and your family to enjoy, call us at 206.297.0875 or email arielb@phinneycenter.org. Performers with transportation and a desire to entertain are welcome to contact us as well.

Online Coffee & Chat Hour
Thursdays, Ongoing, 9 am. Online. Free.

We miss you and want to see your faces and hear your voices. Join some of our staff for this ongoing Thursday morning hangout from 9-10 am. Have your coffee, tea, or cocoa and we can catch up! In our lives, share our favorite mugs and pets, and feel a sense of the GSC community that we are missing so much right now. Please email arielb@phinneycenter.org, to register or for more information.

Zoom Practice Sessions
Tuesdays, Ongoing, 9:30 am. By donation. Online.

As we continue this time of “social distancing” many groups, gatherings, events and classes are making their way online. The most popular virtual conferencing application is Zoom. Are you interested in trying to use this software in a low-pressure and judgement-free situation? Would you like to explore the controls with someone who can answer your questions? Join our Office Manager, Cassie McCadden, on Tuesdays at 9:30 am for a weekly session of entry-level Zoom exploration and get comfortable with it at your own pace. Email cassiem@phinneycenter.org to register, or call 206.297.0875 for more information.

Building Communities Online
Wednesday, Sep 9, 1 pm. Free. Online.

Cecile Andrews, author of Living Room Revolution: A Handbook for Conversations, Community, Sharing, and Happiness, will discuss how to build thriving communities, and how to bring people together even when they have to be physically apart. RSVP: arielb@phinneycenter.org.

Community Conversations: Senior Center Visioning
Thursday, Sep 10, 11 am-12 pm or 7-8 pm. Online. Free.

What can we expect from our new normal and what directions should our GSC be taking over the next six months? Join us at our visionary session to share your ideas. We will talk about the pivot we have made from a brick and mortar center to a largely online senior center. What other out of the box ideas might create a new hybrid center? We need your input now more than ever. RSVP: arielb@phinneycenter.org.

Zoom Hosting 101
Friday, Sep 11, 2 pm. Online. By donation.

If you confidently attend groups and events via Zoom, but now would like to expand your understanding in order to host your own groups and events, this is the class for you. Instructor Laurie Hendrix will take you through the entire process; from creating a meeting and choosing the settings, to how to use the many host controls once it is underway. Email arielb@phinneycenter.org, to register or for more information.

Humanities Washington Talk:
Storm Warning
Wednesday, Sep 16, 1 pm. Online. Free.

Local broadcaster and historian Feliks Banel explores our region’s darkest weather days and most infamous storms. With archival photos, radio, and TV clips, Banel takes us back in time to hear stories of those who survived some of the worst Pacific Northwest weather in recorded history.

Further, Banel explores how these storms can revive our shared history. Participants are encouraged to share their own memories of how they survived being snowed in, washed out, or left without power in the wake of a big storm—and why we remember those moments for the rest of our lives.

Feliks Banel is a writer and producer, and serves as editor of COLUMBIA, the quarterly magazine of the Washington State Historical Society. He has been a host and contributor for KIRO Radio on matters of Northwest history and culture for many years; he created the history series This NOT Just In for KUOW Public Radio; and he produces documentaries for the Seattle Channel. RSVP: arielb@phinneycenter.org.

Bringing Lives to Life in Writing
Thursdays, Sep 17 & 24, 1-2 pm. Online. Free.

Writers of all genres employ memory, either overtly or covertly, in fragments or in long sweeps of recollection. We will explore what Honor Moore calls “the mercurial nature of memory”—from life experiences, journal entries, family history, and our reflections thereon—to transform memory into a resource that we can break into, interrogate, embellish, assemble, and re-assemble.

Through this creative alchemy, we will turn memories, observations, and insights into story, bringing our lives through exercises and suggestion, discovering how to enter the alternative dimension that memory is, and learning to summon and deepen its images, moments and narratives. The writing we create may be poetry or prose.

Instructor Carolyne Wright is a teacher, a Pushcart Prize winner, and an author of nine poetry books, five volumes of poetry in translation from Spanish and Bengali, and a book of essays. A 2020-2021 Fullbright Scholar Award will take her back to Bahia after the worldwide COVID-19 travel advisory is lifted. RSVP: arielb@phinneycenter.org. This workshop is sponsored by Poets and Writers.

Meal Prep for 1-2 during COVID
Wednesday, Sep 23, 1 pm. Online. Sliding scale $3-7.

Let’s discuss how to plan meals for just one to two people! In this webinar, you will be given tools and expert advice on the best ways to manage your food for health. We’ll touch on tips for planning, saving money at the store, and meal preparation. You will leave with tools, recipes, and a strategy to get started with little stress. Presented by Christy Goff RDN, CD of the Living Well Alliance Team from Pacific Medical Centers. RSVP: arielb@phinneycenter.org.

Physical Therapy for Incontinence
Tuesday, Sep 29, 1 pm. Online. Free.

Do you experience any of the following symptoms; Leaking of urine on sneezing, laughing, walking, running, or lifting something heavy? Leaking of urine with urgency? Do you experience constipation on a regular basis, despite a proper diet? Passing gas or stool without control? Have you undergone a surgery in the chest, pelvic or abdominal region? Join Ishwari (Ishi) Upasani, PT (Pelvic Health) from Salmon Bay Physical Therapy to discuss the causes and management for these issues. RSVP: arielb@phinneycenter.org.

Woodland Park Zoo Wildlife Conservation Program Talk
Wednesday, Sep 30, 1-2 pm. Online. Free.

Bobbi Miller, Manager of Woodland Park Zoo’s Wildlife Conservation Division, will visit us to talk about the zoo’s involvement in conservation programs, both locally and internationally. Learn how you can help and see some great animal photos too. Bring your questions as well. RSVP: arielb@phinneycenter.org.

China: The Fragile Superpower
Tuesdays, Oct 6 – Nov 24, 7-8:15 pm. GSC. Online.

Sliding scale $15-35/series.

To what extent, if at all, is China a threat to the security and prosperity of the United States, or to our leadership role in the world? In part, the answer to that question depends on the answer to another question: “How stable is communist party rule in China?” We will look at the various ways in which the party seeks to maintain control over the Chinese people, and how sustainable these methods are in the long run. We will be reading China: The Fragile Superpower by Susan L. Shirk, 2007/2008 edition. You are encouraged to order the book as soon as you can. When you register, instructor William Taylor will send you an email listing which chapters and in what order in which the class will read them.
First Friday Films
Fri, Oct 2, Nov 6. 2 pm.
We’re changing things up so we can continue to entertain you while remaining safe. Email arielb@phinneycenter.org for more information.

Spirituality and Aging…and COVID:
Cultivating Well-Being
Thursdays, Oct. 8 – Nov 12 10:30 am-12 pm.
Sliding scale $30-45/series.
Does time feel slow and fast at the same time? What happened to the possibilities of growing old gracefully, of enjoying time with families and friends? What are the multiple losses we experience from this pandemic? We will spend six weeks exploring questions that may have us feeling like our blanket is spinning in the dryer. We will build a Zoom support community to provide resilience as we explore forgiveness and reconciliation, legacies are we leaving, and conscious living and dying.
To everything there is a season, and a time to every purpose under heaven: ...a time to weep and a time to laugh; a time to mourn and a time to dance - Ecclesiastes 3:1. RSVP: arielb@phinneycenter.org.

Health Craze Maze
Thursday, Oct 8, 1 pm. Online. Sliding scale $3-7.
Let’s navigate through health food claims together! In this class, we will look at Nutrition Facts labels and learn how to determine if a food is healthy – without using the marketing claims. We will define terms like organic, natural, GMO, and learn tricks that make you a more confident shopper. Presented by Christy Goff RDN, CD of the Living Well Alliance Team from Pacific Medical Centers. RSVP: arielb@phinneycenter.org.

Slavery and Reconstruction
Thursdays, Oct 8 – Dec 3 (no class Nov 26), 7-8:15 pm.
Online. Sliding scale $15-35 series.
Race relations is one of the most important issues confronting our nation as a whole and each of us as individuals. Discussions around this topic can be contentious, especially when whites do not understand the reality of slavery and Reconstruction as it was experienced by Black people at the time, and as those experiences continue to shape the collective consciousness of the Black community.
One of the reasons for this is that most of what we learned in school about slavery and Reconstruction was superficial at best, and intentionally false in most cases. By discussing four key chapters from each of two award-winning books, this course will provide us with the latest and most comprehensive scholarship on slavery and Reconstruction.
The books are The Half Has Never Been Told: Slavery and the Making of American Capitalism by Edward E. Baptist and A Short History of Reconstruction by Eric Foner. Both can be purchased at local bookstores and through the usual used book websites. RSVP: arielb@phinneycenter.org.

AARP Fraud Prevention Workshop
Monday, Oct 12, 1 pm. Online. Free.
Con artists steal billions from Americans every year. AARP is helping to arm you with the tools you need to spot and avoid fraud and scams so you can better protect yourself and your family. We’ll share an inside look at how scammers think, how to improve safeguards against identity theft and fraud, share first-hand accounts from victims, and tell you what to do if you or someone you know has been a victim. RSVP: arielb@phinneycenter.org.

Humanities Washington Talk: Sticky Subject: The History and Culture of Sugar
Wednesday, Oct 14, 1-2 pm. Free.
When King Henry VIII wanted three pounds of sugar for his guests at an important banquet, he had a tough time getting it. Now the average American eats that much sugar in a single week. Once a rare, exotic ingredient, sugar has become a dietary staple, leaving its sticky fingerprints all over the globe.
Anthropologist and sweets expert Julia Harrison takes participants on a journey from ancient sugar cane plantations to modern candy factories, uncovering sugar’s economic and social significance. From slavery and mass migration to environmental changes and nutrition, the consequences of sugar’s rise are global—and not always sweet. Julia Harrison is an anthropologist and avid traveler for whom all roads lead to sweets. Her projects include a multimedia online map of bakeries, desserts, and candy-makers around Puget Sound. She received a MA in Applied Anthropology from Macquarie University and spent two years studying Material Culture theory and methodology at University College London. RSVP: arielb@phinneycenter.org.

Power of Community Virtual Fundraising Event: Alone Together
Thursday, Oct 15, 12-1 pm. Online. Donations requested.
Now in its ninth year, the PNA’s Power of Community fundraiser will focus on the public health emergency of social isolation among seniors with keynote speaker Dr. Carla M. Perissinotto of the University of California, San Francisco. Dr. Perissinotto has gained national and international recognition for her research on the effects of loneliness on the health of older adults.
As we are urged to stay home and distance in order to combat the spread of COVID-19, we have seen a heightened risk of social isolation and loneliness among people of all ages, but especially among older adults. Nearly one-fourth of adults aged 65 and older are considered to be socially isolated due to risk factors such as living alone, the loss of family or friends, and chronic illness. Now more than ever, the work of the Greenwood Senior Center, the PNA Village, and the GSC’s Memory Loss program is essential.
Learn more, RSVP, or donate at phinneycenter.org/power-of-community or email maryc@phinneycenter.org.

Thrills and Chills Virtual Halloween Party
Wednesday, Oct 28, 1-2:30 pm. Free.
Join us for a fun event, featuring your spookiest true stories, a rousing Monster Mash sing-along, a Thriller chair dance, and special sweet treats (How? It’s a surprise!). Come in costume or just as yourself in a festive “spirit.” RSVP: arielb@phinneycenter.org.

Google Maps Scavenger Hunt
It’s an international scavenger hunt, virtually travelling the world from your own home. Follow clues to locations across the globe using Google Maps in “street view” mode, and answer questions about things you see. The clue sheet will drop on Nov 2 and you will have two weeks to figure out and return your answers. Everyone who answers all the clues correctly will be entered in a prize drawing. Register: arielb@phinneycenter.org.

Collage for Well-Being:
Sharing Your Inner Light in The Dark
Monday, Nov 2, 9 am–12 pm. Online. Free.
Access your own inherent wisdom and guidance. You will tap into your intuitive side, then create a mixed-media collage that reveals your inner wisdom. You will have the opportunity to journal about and share your creation with others. Collage is a powerful medium for self-expression that is accessible to all of us—no artistic experience needed! Suggested materials: cardboard or posterboard, magazines (or postcards, or old photos), scissors, markers or crayons, and glue. 12 students maximum. RSVP: arielb@phinneycenter.org.

Mindfulness & Health
Thursday, Nov 12, 1 pm. Online. Sliding scale $3-7.
In this webinar, we will review what is mindfulness and how to incorporate it into your life for stress relief, less anxiety and depression, and your relationship with food. We will review meditation techniques and theories and the science behind them. Presented by Christy Goff RDN, CD of the Living Well Alliance Team from Pacific Medical Centers. RSVP: arielb@phinneycenter.org.
Ongoing Groups

For appointments or registration, call the GSC at 206.297.0875. All groups held virtually until end of building closure.

Book & Discussion Groups

Global Events Forum
2nd Tuesday each month, 12:45-2 pm. Online. Free.
This volunteer-run meeting is the forum for reports by members who have researched an aspect of the monthly topic. For the foreseeable future, it will be virtual, using GSC’s Zoom account. It is also possible to just watch and hear the meeting. If you want to participate in any way, or to first learn how to use the Zoom platform, email globalstudycontax@gmail.com.

Sept 8: How Does Population Impact World Disruptions?
In parts of the human community in recent decades, a focus on growth has been replaced by a focus on quality of life, but in other places ever-increasing numbers seem inevitable. How important is the number of human beings to the availability of water and food, the spread of deadly diseases and war, the survival of other species, and even the liveability of the planet’s surface? This month, we’ll examine how our instincts and cultural tenets (religion, tribalism, nationalism, gender roles, consumption habits) impact population growth and whether it matters.

Oct 13: Will Hong Kong’s Special Status Survive?
In the 1980s, the U.K. agreed to a 50-year deal that ownership of Hong Kong Island and its environs would revert to China, but with guarantees of self-government by the citizens living in the territory. Beijing’s increasing encroachment on Hong Kong’s civil liberties have led to electoral rebellion and street occupations, followed by an increased voiding of the area’s autonomy. Many countries have risked the PRC’s ire by protesting the treaty-breaking, and immigrant-adverse Britain has offered citizenship to millions. We will examine what the future might hold for this multi-lingual, multi-cultural economic powerhouse in an imperial and democratic tug-of-war.

Nov 10: How Does Antibiotic Resistance Impact Humanity?
As human population has burgeoned and encroached on other species’ habitats, bacteria have found us to be productive hosts for their own population expansion. In relatively recent times, scientists have developed anti-biotic drugs to fight these invasions, but those tools have often lost effectiveness due to bacterial resistance. This month we’ll examine the factors that have led to this growing resistance, and the threat of vast human disease and death that could result from it. Part of this discussion will include not only bacterial transmission, but also viral infection, histories through a review of plagues like polio and TB.

Book Discussion Group
1st Tuesday each month, 12:30-2:30 pm. Online. Free.
Expect in-depth discussions about interesting and challenging literature. We do not have copies to lend, but only choose readily available books, currently in paperback. Please have read book if attending. Email arielb@phinneycenter.org for more information or to join.

Oct 6: Lab Girl by Hope Jahren
Nov 3: Stamped from the Beginning by Ibram X. Kendi

Conversation and the News of the Day
Thursdays, 10:30-11:30 am. Online. Free.
Read all about it! Talk all about it! Join us in congenial conversation about current news events. No need to come prepared with anything, just a desire for wonderful conversation! Email cecile@cecileandrews.com for Zoom link.

Men’s Group
2nd Monday of each month, 2-3:15 pm. Online. Free.
Join other men from the neighborhood for this ongoing monthly meeting. This is a new group that is in the beginning process of building community and discovering the needs of the participants. So, if you are wondering if would be a good fit for you; it will be! Currently, as in-person events are not possible, we are meeting using Zoom teleconferencing software. This software is free and training is available through the GSC. If you are interested, email jeffj@phinneycenter.org or call 206.297.0875.

Games & Crafts

American Mah Jongg
Tuesdays, 2:15-4:30 pm. Online. Free. Beginners welcome. For further information, email ronni.wolfe@gmail.com.

Knitting Group
1st, 2nd & 4th Wednesdays, 10 am-noon. Online. Free. All knitters welcome to join this friendly group of yarn aficionados. Email arielb@phinneycenter.org to join.

Meal Programs

GSC Delivery Lunch Program
Monday, Wednesday, Friday. $5 suggested donation for diners 60 and over. Limited delivery options available during closure: call 206.297.0875 for more information.
Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over!

Services for Seniors

Foot Care
Varying days/times. Call for appointment. $38/members, $42/public.
New prices due to PPE costs
We are so happy to have nurse Tina Williams back in our building to help you take care of your feet. All appointments subject to new rules based on health department guidelines. Please call to make appointment and hear updated conditions for entry.

Medicare Counseling
Times vary. Free, donations welcome. Phone appointments available
Have questions regarding your healthcare? Senior Health Insurance Benefit Advisor Jerry Keating offers 50-minute appointments. Email jerrywshiba@comcast.net or call 206.525.2478.

Foot Care

GSC Delivery Lunch Program

Medicare Counseling

Services for Seniors

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Foot Care
Gentle Zumba
Mondays, 11 am-12 pm. Online. $15/5 class pass.
Gentle Zumba is a memory loss-inclusive dance party that is designed for low-impact fun! Dress in comfortable clothes and shoes, bring water, and be prepared to have fun. "Drop-ins" and adults of all ages welcome. 206.297.0875.

Meditation
Tuesdays, 9-9:30 am, Fridays, 11-11:45 am. Online. $3-$5 sliding scale.
Join instructor Katie Freeman to learn the fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental, and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is also a dementia-friendly program, suitable for those with MCI or ESML. Register: katief@phinneycenter.org.

Sing Along
1st & 3rd Thursdays, 1-2 pm. Online. $5-7 sliding scale.
Join All Present community choir director Elena Louise Richmond for this fun, twice-monthly Zoom sing along of old standards and familiar songs. Register: arielb@phinneycenter.org.

The Gathering Place
Tuesdays or Thursdays, 1-4 pm. Online. $20/session – some scholarships available.
The Gathering Place is an early stage memory loss program for people living with Alzheimer’s, Mild Cognitive Impairment or other kinds of diagnosed memory disorders that impact their daily living. This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment and discussion.
The Gathering Place runs on a quarter system but new members can be added throughout the year. There is no drop-in availability. Pre-screening is required. Call Carin Mack, MSW, at 206.230.0166, with any questions or to make an appointment.

Other Support Groups
United We Care Kinship Group
3rd Fridays, 10 am-12 pm. Online. Free.
We are a community of peers who are raising grandchildren and relatives. Our mission is about making connections by providing support, resources, education, recreation, family events, inviting guest speakers, doing creative activities, and making friends. We are a safe space in which to commiserate, laugh, cry, learn from one another, be in solidarity, and have fun! RSVP: joseefperez@yahoo.com.

Greenwood Senior Center Social Services
Carin Mack, MSW, provides individual counseling at GSC on Tuesday, Wednesday, and Thursday. Appointments are virtual or by phone during building closure.
To make an appointment, email Carin directly at socialwkr@comcast.net or call 206.230.0166.
Carin also facilitates the following free support groups. Donations to the GSC for Carin’s services are appreciated.

United We Care Kinship Group
3rd Fridays, 10 am-12 pm. Online. Free.
We are a community of peers who are raising grandchildren and relatives. Our mission is about making connections by providing support, resources, education, recreation, family events, inviting guest speakers, doing creative activities, and making friends. We are a safe space in which to commiserate, laugh, cry, learn from one another, be in solidarity, and have fun! RSVP: joseefperez@yahoo.com.

Carin’s Corner
Greenwood Senior Center Social Services
Carin Mack, MSW, provides individual counseling at GSC on Tuesday, Wednesday, and Thursday. Appointments are virtual or by phone during building closure.
To make an appointment, email Carin directly at socialwkr@comcast.net or call 206.230.0166.
Carin also facilitates the following free support groups. Donations to the GSC for Carin’s services are appreciated.

All support groups are operating online during closure. Contact Carin for more information.

Adult Daughters Caring for their Mothers
Address mother-daughter relationship issues which are unique to this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, in facilities or long distance. Facilitated by Carin Mack, MSW, and Jane B.G. Tomatare, Ph. D. Meets the 1st Wednesday of each month. 3-4:30 pm.

Advanced Dementia Spousal Caregiver Support Group
Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility. 3rd Wednesday of each month. 1-3 pm.

Parkinson’s Spouses
Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson’s disease. Meets on Zoom the 3rd Monday of each month. 1-2:30 pm.

Early Stage Memory Loss
For those diagnosed with mild memory loss issues. Support group meets 1st Tuesday of each month to discuss coping, communication, and other areas of concern. Screening with Carin required before participation. Call 206.230.0166 for details. 1st Tuesday of the month. 10:30 am-noon.

ESML Caregiver Support Group: Spouses
Monthly group for any spouse who is a caregiver of someone with early stage memory loss. Meets on Zoom on the 3rd Tuesday of each month. New participants must contact Carin for details. 10:30 am-12 pm.

Mid-Stage Memory Loss Caregiver Support Group: Spouses
Monthly group for any spouse who is a caregiver of someone with mid-stage memory loss. Meets on Zoom on the 4th Tuesday of each month. New participants must contact Carin for schedule details. 10:30 am-12 pm.

Living Alone
After the age of 65, many older adults are living alone. New challenges and issues can arise that we may be uncertain how to handle. Come to share experiences and thoughts. Meets on Zoom on 1st & 3rd Wednesdays. 11 am-noon.

Senior Parents Of Adult Children with Mental Illness
Explores resources, education and coping skills related to mental illness, alcohol, and addiction problems. Meets on Zoom on 2nd Tuesdays. 10:15 am-noon.
Apple Mentoring
By donation; Individual sessions by appointment. Register: arielb@phinneycenter.org.
Got a Mac laptop, iPad or iPhone and want some help figuring out how to use it? Get help with your specific questions from volunteer mentors, via phone or Zoom.

Cell Phone Mentoring
By donation. Register: arielb@phinneycenter.org.
Would you like to understand your cell phone better? Whether you just want to add a contact to your flip phone, or want to figure out how to use your smart phone efficiently, help is available. Sign up and receive personalized help from volunteer mentors, via phone or Zoom.

Computer Support
For Seniors
By donation. Register: arielb@phinneycenter.org.
Are you having issues with the computer or programs you are using to interact with the outside world? Not sure how to find the answers? Sign up and receive personalized help via phone or Zoom. Volunteer computer mentors will work with you to improve your skills.

Zoom Practice Sessions
Cassie McFadden
Tue, Ongoing 9:30-10:30am
By donation;
Register: cassiem@phinneycenter.org.
Many groups and classes are now online. Zoom is one very popular method. Are you interested in trying to use this software in a low-pressure and judgement-free situation? Would you like to explore the controls with someone who can answer your questions? Join us for a weekly session of entry-level Zoom exploration and get comfortable with it at your own pace.

Dance & Theater
Folkdance Music & Rhythm
Pat McMonagle
Fri, Ongoing, 10-11am. $5 donation; Register: arielb@phinneycenter.org.
A weekly course on unusual music rhythms. These will include tunes like Zwiefacher and Dajchovo where clapping along is about as challenging as dancing, and a great exercise for your brain. Pat will play whole tunes, long enough to dance to, and spend a few minutes reviewing some dances as well. People with limited mobility to expert dancers are invited to join.

Dance & Theater
Yoga For All Levels
D’vorah Kost
Thu, Ongoing, 2:30-3:30pm
$5 PNA Member, $6 Public
Register: arielb@phinneycenter.org.
Improve your posture, flexibility, and balance! This eclectic Viniyoga class incorporates modern dance, Pilates, Feldenkrais, and free-form movement. Improve flexibility, relaxation, and balance in standing, chair, kneeling, and lying down poses. Instructor has 35 years of movement education. Wear loose clothing; have a blanket and water bottle.

Dance & Theater
Gentle Zumba
Penny Fuller
Mon, Ongoing 11am-12pm, $15 for 5 classes
A great workout for someone with balance issues, sore knees, or hip problems. Non-weight-bearing and easy to move at your own pace with fun music. Encouraging instructor and a supportive environment. Dress comfortably and bring water. Adults of all ages welcome.

FITNESS, HEALTH & WELLNESS
Meditation
Katie Freeman
Tuesdays, 9-9:30 am
Fridays, 11-11:45 am
$3 PNA Member, $5 Public.
Register: arielb@phinneycenter.org.
Join instructor Katie Freeman to learn the fundamentals of mindfulness meditation, an evidence-based practice that supports our physical, mental and spiritual health. Each weekly session will include guided group meditations and instructions for simple practices you can use in your day-to-day life. This is also a dementia-friendly program, suitable for those with MCI or ESMI.

FITNESS, HEALTH & WELLNESS
Yoga For Osteoporosis And Osteoarthritis
Connie Fisher
Tuesdays: 10:30-11:30am
Fridays: 9:30-10:30am
$5 PNA Member, $6 Public
Register: arielb@phinneycenter.org.
Yoga for your bones and joints! Come enjoy an hour of poses adapted to your needs and abilities. We practice standing, seated and supine exercises. The class, taught by Certified Yoga Therapist Connie Fisher, ends in a relaxing meditation. All are welcome.

Language, Culture & Travel
Continuing French
Marilyn Severson
Thu, Ongoing, 10-11 am. Free
Register: arielb@phinneycenter.org.
The focus of the class will be on speaking French, while learning about French culture and literature. The atmosphere is relaxed, with the students contributing as they feel comfortable. Instructor welcomes all ages and backgrounds in French studies.

Language, Culture & Travel
Practice English: Talk Time
Mon, Ongoing, 10:30am-12pm. Free.
Register: arielb@phinneycenter.org.
For all new English speakers, this group provides an opportunity to practice English conversation in an informal and friendly group. Meet other people who need to learn to express themselves easily with a new language. All ages and people from all over the world are invited.

Online Classes
Adults of all ages welcome!

Zumba Gold
Penny Fuller
Mon, Wed, Fri, Ongoing, 8:45-9:45am; $3 per class
Register: arielb@phinneycenter.org.
Zumba Gold is a dance party that is designed to meet the needs of seniors and those new to working out. It has many health benefits, is easy to follow and is low impact. Dress in comfortable clothes and shoes, bring water, and be prepared to have fun. Drop-ins and adults of all ages welcome.

Questions? Email Ariel at arielb@phinneycenter.org.
PNA Member, Volunteer, & Staff Show

Show dates: Sept 10 - Oct 9
At the Phinney Center and online at phinneycenter.org/arts
6532 Phinney Ave N, Monday-Friday, 9 am - 5 pm

Get involved! Join our Arts Committee
Are you an artist? Do you love art of all kinds? We need community members with a knowledge and love of art to help plan and execute quarterly art shows. This would involve occasional evening meetings to plan shows, hanging quarterly art shows, staffing art show openings (when they are allowed again!), and more.

We are also looking for artists to serve as jurors for upcoming shows. Interested in either (or both!) opportunities? Contact Krissie Dillin at krissied@phinneycenter.org to learn more.

Featured Artists

Ariel Burnett
Meg Carlson
Mary Lou Dickerson
Christi Everett
Katie Freeman
Lee Harper

Betsy Kruse
James McFarlane
Elsie Nelson Brown
Sandy Nelson
Roger Willie
Suze Woold
Michelle Zeidman

Michelle Zeidman, Transboundary Wolf, Acrylic paint on paper, 6” x 8”, $180

Elsie Nelson Brown, Poppies, Gouache on paper, 12” x 8”, $75
PNA commits to racial equity

By Mary Campbell

During recent months, with a backdrop of Black Lives Matter protests across the city and country, the topic of structural racism has been central at the PNA. When Dar’Nesha Weary, our Black female Executive Director, left the PNA in June 2020 after six months at the organization, she shared with us and members of the Phinney-Greenwood neighborhood her experience of racism at the PNA and the neighborhood. Dar’Nesha told us some specific ways in which structural racism exists within our organization, and identified for us some steps we can take to become more inclusive.

The PNA is committed to becoming a more equitable, diverse, and inclusive organization, and we have already begun to take action. The Board of Directors has formalized an Equity, Diversity, and Inclusion (EDI) Committee to lead the organization’s work in this. And that group is currently working to engage anti-racism consultants to help the PNA identify specific actions we should take.

In addition, all of our white Board members will be participating in Breaking White Silence racial literacy book groups this fall.

The PNA is also actively looking to diversify our leadership and is recruiting board members. If you know someone who may be interested and fits these requirements, please pass this information along.

On Dar’Nesha’s recommendation, we removed a small water fountain from our blue building which to her and other black individuals, was reminiscent of segregated water fountains from the Jim Crow era. Additionally, we have retired our holiday monkey lights program, due to the racial symbolism of the monkey (read more about that below).

We know many of the Phinney-Greenwood neighbors want to join in this work to make our neighborhood a place that is equally welcoming and accessible to all, and that many people are currently on a personal journey of understanding how racism works in this country. We are partners in this work alongside our community. We welcome your suggestions and will be offering specific opportunities to be involved as we go along.

To keep up-to-date on our progress, visit phinneycenter.org/edi.

PNA retires holiday monkey lights
Racial symbolism spurs decision to rethink neighborhood tradition

By Ann Bowden

For the past six years, the giant monkeys have come to symbolize the holidays in PhinneyWood. For many of us, they captured a spirit of fun and innocent mischief.

But this spring, that narrative changed. In December 2019, the PNA hired Dar’Nesha Weary, a Black woman, as the new Executive Director. Soon after she was hired, she expressed concern about the monkeys. Monkeys have long been used as a racist slur against Black people and she felt uncomfortable representing an organization “selling” monkeys given that historic context.

Unfortunately, before staff and stakeholders had a chance to fully discuss the issue, Dar’Nesha, and another staff member, who is a person of color, received an ugly, graphic racist email, claiming to be from an account called Real Neighbors: voiceofepa, that invoked racist monkey imagery.

Suddenly, the monkeys were tainted, as the long history of monkeys as racist symbol became real to many of us.

It was never PNA’s intent to use these monkeys in a racist way, but PNA recognizes that intent is not impact. As one Board member put it at the time, “Referring to a Black person as a monkey or ape is a racist act that occurs regularly in America and elsewhere. While we may intend the monkeys to be cheerful and community-building, the impact on someone who identifies as African American or Black could be very different.”

Dar’Nesha resigned in early June 2020, citing structural racism that she endured while working at the PNA. In her public statements, she has specifically mentioned the monkeys along with other examples, and called for their removal. In July 2020, the Board considered and acknowledged her concerns and made the difficult decision that removing the monkeys was the right thing to do.

The decision has sparked a lot of concern, conversation, and criticism, as well as some praise. Hundreds of Facebook posts, pro and con, have debated the decision publicly. Others have emailed their concerns privately.

And while it’s never easy to face criticism, the PNA staff have been encouraged to see the commentary and feel the fact that these types of conversations are happening is progress in itself.

So what happens next? No decisions have been made about what to do with the monkeys. The PNA Business Advisory Group will be exploring other winter tradition options, which may or may not include lighted animals. As planning gets underway, they will seek business and community ideas and feedback. If you have an idea for a winter tradition email Chris Mayklut at chris@phinneycenter.org and he’ll pass ideas along to the Business Advisory Group.

Interested in learning more about the history of this racist image? We’ve found a number of articles that provide some excellent information. Here are a few:


The British blog Gal-Dem: https://gal-dem.com/how-danny-bakers-was-fired-by-the-bbc-a-brief-history-of-monkey-racism/

Serving up kindness and community

By LeAnne Chow

So many things have changed in the past six months. Visits with Grampa happen through a glass door. Shakespeare in the Park has become a drive-in Shakespeare in the parking lot. And first grade teachers can no longer gently guide wandering students back to their chairs.

Our appetite for a warm meal and human connection has not. Thankfully, the PNA Hot Meal Program—in large part due to our amazing volunteer crew—is still working to provide hundreds of meals each week to seniors, people without stable or permanent housing, and others in need.

After a temporary stint providing only to-go meals, our Meal Program is once again able to offer seating, and the opportunity for diners and volunteers to connect.

Volunteers work with Hot Meal Program Coordinator Susan Russell to prepare a home cooked meal—a hearty soup, delicious entrée and sides, and a freshly made dessert—three times a week.

Some volunteers help with set up of the tables and serving, while others help with the dishes.

Many volunteers help with food prep, including Maha Sarhan, who has been volunteering since she was a Girl Scout and with different organizations in her native Cairo.

“Yd been looking for volunteer work for a while and finally found the PNA online. I love cooking, helping, and just making a difference, even through food, to someone who needs it. Working with Susan is really fun and it’s really great to meet new volunteers thru the program,” shared Maha.

Program Coordinator Susan has come to rely on Maha, and gushed, “She is SO Amazing! She has a heart of gold and just gets it!”

PNA Program Director Krisse Dillin who has also worked with Maha in the kitchen raved, “She comes with a gentle spirit and a sharp sense of humor that brings a lot of positivity to the program. She’s willing to do anything to benefit our diners and make our meal a success.”

Maha has also been an inspiration to fellow volunteers. “She is very confident in the kitchen and ensures that everything runs smoothly,” confirmed fellow volunteer Casey. He continued, “I took an Arabic class this summer and she would practice speaking Arabic with me every week.”

We are so fortunate to have Maha on our Hot Meal Program team. Thank you, Maha, for serving up kindness and community with dinner!
Help Wanted at the PNA

We love our volunteers! Many of our programs and events have been shifted online to help keep you and the rest of our community safe. We are so fortunate to have such a strong interest in supporting us, and we look forward to gathering safely. In the meantime, here are some COVID-times volunteer opportunities.

For more information, visit phinneycenter.org/volunteer or email leannec@phinneycenter.org (unless otherwise specified). Thank you for your interest!

NEW VOLUNTEER OPPORTUNITIES

Neighborhood Clean Up, Sat, 9/12, 9-11 am: Join the PNA Business Group to help restore PhinneyWood’s outward beauty to reflect our inner beauty. Volunteers needed to help pick up trash from 59th & Phinney to 87th & Greenwood and outward (you can pick up what you want to do)!

We’ll meet at the Phinney Center and provide plastic gloves, trash bags and have a limited number of trash grabbers. Wear your mask and bring your own heavy duty gloves (if you prefer them) and a broom/dustpan in case there is broken glass or other items. First 30 volunteers to arrive get a free PhinneyWood Strong shirt!

Kids families welcome. Sign up here or contact Chris, chrism@phinneycenter.org, with questions. Thank you for helping PhinneyWood stay clean and safe!

Giving Tree, mid-Nov to mid-Dec: Help us support local kids, seniors, families and neighbors in need through our virtual drive.

Donate Turkeys & Pies, mid-Nov: Donate frozen or fresh turkeys and/or pies for our annual Thanksgiving meal at the Hot Meal Program. Or donate hams and/or pies for our annual Christmas meal.

Tool Librarian: Strong customer service and computer skills a must, for this volunteer position in COVID-times. Volunteers needed to help develop, staff, and organize food donations. Rotate shifts on Saturdays from 8:30 to 11:30AM (to start) and/ or Tuesdays from 9 to 11AM; Wednesdays from 9 to 11AM; and/or Saturdays from 4 to 6:30 pm or Wednesdays, 9 to 11 am and 1 to 3 pm, at St. John Lutheran Church in Phinney.***

Pantry Manager: Receive, sort, and organize food donations. Rotate inventory, and redistribute food as requested. - 1-2 hours per week, 1 volunteer each at GSC and St J’s. Host a Food Drive: Host a drive to collect single-serving 100 juice, or other items for our Hot Meal Food Program.

Foodies Needed: Know how to make sushi, potstickers/gyoza or tamale(s)? Share your talents with our volunteers virtually. Class(es) occur during the business day.

Board & Committees

Board of Directors. The PNA is seeking candidates for its Board of Directors and we would love to hear from you. We are looking for community members who are passionate about the PNA’s mission to build community and who are excited to envision and strategize organizational change / programmatic transformation to meet the pandemic and beyond as well as our accelerated effort to become a more diverse and inclusive organization by bringing an equity lens to all we do.

We are looking for people with backgrounds in organizational change / change management, accounting, customer service, equity, and inclusion; law; nonprofit management; finance; and/or fundraising.

The PNA needs board members with understanding and experience that can inform our work in diversity, equity, and inclusion. People of color and those representing the diversity of our community are encouraged to apply.

Board members serve 1 to 3-year terms, starting in January, and generally spend 5-8 hours per month on board committee and supportive activities.

Application packages will be considered on a rolling basis; preference for the 2021 term will be given for candidates who apply by Sept 30, 2020.

More info at phinneycenter.org/join-board/. If you are interested, please email pna@phinneycenter.org.

PNA Village Committees: Bring your enthusiasm, management and expertise to the Business Vetting, Social, Volunteer, Membership/Mar- keting or Newsletter committees.

Field & Landscape

Greatest Needs

Foodies Needed: Know how to make sushi, potstickers/gyoza or tamale(s)? Share your talents with our volunteers virtually. Class(es) occur during the business day.

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Field & Landscape

Greatest Needs

Data Entry: Your flying – and accurate – fingers are needed to help us get gobs of info into the cloud. The ideal volunteer is detail-oriented, comfortable with navigating multiple tabs in browsers and in Microsoft Outlook (our email program) and has some experience with Salesforce. Variable needs from 2 hrs/mon to 3 hrs/ wk. 6-month commitment requested.

Technology

One-on-One Tech Mentors: Use your mad skills to teach seniors and others how to use their smart phones, tablets and laptops, virtually. Flexible schedule, 6-month commitment requested. Great for high school stu- dents looking for an ongoing position.

Help Wanted in the Community

Like the PNA, many organizations have had to adapt to the changing distancing requirements in order to keep their community—including staff, clients, and volunteers—safe. Many organizations are not currently accepting new volunteers at this time, but continue to check in with your favorite orgs to see if you’re able to put your talents to work for them.

And feel free to give us a heads up if you know of any volunteer opportunities we can help promote. Thank you!

Need a reason to get outside? Want to give back, earn service hours, and have fun? Washington Trails Association is now running small groups of community members to hike and ride and up welcome. For more info or to sign up, check out WTA.org/volunteer.

Students of the Year is a leadership development and philanthropic pro- gram that recognizes high school stu- dents who want to stand out on col- lege applications and make an impact for cancer patients. Apply or nominate at studentsoftheyear.org
Fall in PhinneyWood

Favorites re-imagined: Garage Sale Day & Winter Festival

Power of Community Senior Programs Fundraiser goes virtual

Exploring the ‘hidden’ skies

Greenwood Car Show gets creative with COVID

Phinney Ridge represents on national game show

The ultimate guide to composting

Greenwood Senior Center virtually connects