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Market vendor venture
With Phinney Farmers Market closed, vendors pivot to connect with customers

By Julie Gangler

The popular Phinney Farmers Market was closed last summer by COVID-19, as must happen again this summer. Yet vendors have found innovative ways to continue their connection with PhinneyWood customers.

Vendors want to continue providing fresh produce and distinctive products. Customers want to support and buy from them. Both value the social connections and community involvement that such a farmers market brings to the PhinneyWood neighborhood.

Four Phinney market vendors—Patty Pan Cooperative, Chubby Bunny Farm, Seeking Kombucha, and Seattle Urban Honey—have led the way in a new direction.

Last June, Patty Pan founders Devra Gartenstein and Rachel Linkhart started New Day Cooperative Distribution: Rethinking Groceries. It lets vendors offer online ordering and provides the distribution service to deliver produce and products to customers in the Greater Seattle Area.

“Because Patty Pan Cooperative already operated in co-op mode, we reached out to other vendors to launch New Day in June 2020 with local farmers market participants,” said Devra Gartenstein. “New Day is a grocery home delivery service owned and operated by local producers. They earn more from each sale because there are no middlemen. Customers love receiving fresh farmers market produce and products while supporting the local community.”

New Day Cooperative has grown quickly to 32 producers that offer everything from fresh produce and flowers to burritos, tamale ads, soups, bread, pasta, bakery goods, cheese, mushrooms, unusual potato varieties, honey, ethnic sauces, organic chocolate, eggs, smoked salmon, and various meats.

Customers can order coffee, tea, chai, and kombucha. Ethnic foods include Lebanese delicacies, Himalayan dumplings, and sauerkraut with flavors from Eastern Europe to Korea and India.

“We started with about 50 orders per week, and now we’re getting 120-150 orders,” said Rachel Linkhart. “We promoted New Day via Patty Pan’s home delivery customers and Equal Exchange’s cooperative. All the New Day co-op members did lots of direct marketing to their customers as well. And we’re always looking to add new co-op members in new product categories.”

Rachel said New Day will open a retail storefront soon in the Maple Leaf neighborhood so customers can also pick up orders there or stop by for shelf-stable items.

Continued on page 6

A message from PNA’s Board President

Welcoming our new Executive Director

By Veronica Iocco

As you know, the past year has been one full of changes, but we have been up for the challenges, with the support of you, our community.

We are excited to announce the most recent development at the Phinney Neighborhood Association (PNA): the hiring of our new Executive Director (ED).

The process of the ED selection was guided, structured, and implemented in partnership with PNA’s leadership team, the board, and staff. In December, the PNA received over 50 resumes for the position! After a process that included feedback from staff, board, and selected community members, the board unanimously voted in support of Christi Beckley to become PNA’s next Executive Director.

Christi comes to the PNA after having successfully served over seven years as the Pike Place Market Foundation’s Development Director. She also served in leadership roles at the YMCA of greater Seattle, as well as the Executive Director for the American Cancer Society—Puget Sound Region.

As a recent resident of PhinneyWood for 20 years, Christi understands and supports the crucial role that the PNA plays for our seniors, families, neighbors, and small businesses. Her strong track record of developing and supporting her staff; expert work with boards; commitment to equity, diversity and inclusion; and her work in expanding Pike Place Market’s community services and programs make her an excellent fit to steward the PNA’s future.

We’d also like to thank Lee Harper for returning and offering her service as Interim ED during our time of transition and thank the community for your continued support of the PNA during our times of change.

Christi’s first day will be March 15, so please stay tuned for opportunities to meet her (virtually, of course)! As we move forward together in support of each other and our community.
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.

Since we are unable to gather during the pandemic, things look a little different for some of our usual programs:

- The Hot Meal Program has not stopped operating: from to-go to socially-distanced dining, we are providing three free homemade meals a week to those who need them.
- Our Greenwood Senior Center has gone virtual—offering classes, programs, counseling, support groups online. We are reaching out by phone and mail to connect to members without technology.
- The PNA Village program helps elders age in their own homes. Volunteers are continuing to provide the errands and chores that they need now more than ever.
- Whittier Kids is offering socially-distanced Remote Learning School Day Care for school-aged kids.
- Our co-op preschools have adapted to online learning and family support.
- We’ve re-opened the Tool Library on Saturdays so that members can work on their projects while stuck at home.
- We’ve taken some of our most beloved events online, like Beer Taste and Winter Festival, hosted a new Arts Stroll this summer, and are always thinking about new, safe “events” for the community.

Volunteering is a great way to get to know your neighbors, do something good, meet people, and have fun. Visit phinneycenter.org/volunteer-covid for opportunities during the pandemic.

Would you like to know what’s going on with news, events, job opportunities, programs, and more?

- 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

Volunteering is a great way to get to know your neighbors, do something good, meet people, and have fun. Visit phinneycenter.org/volunteer-covid for opportunities during the pandemic.

BECOME A PNA MEMBER!

Being a PNA member supports our neighborhood and our community!

You can also join online at phinneycenter.org/membership

☐ New Member ☐ Renewal
☐ Donation (already a member)

Looking for a great gift?
A PNA Membership truly opens the door to our community! Visit phinneycenter.org/gift to give the gift of community.

Name(s) ____________________________
Address ____________________________
City __________________ State _______ Zip _________
Telephone: Home ___________ Cell ________
Email(s) ____________________________

PNA membership is tax deductible!
Indicate your level of support; write in the amount in the appropriate space.

☐ Individual $40-$99
☐ Household $70-$99
☐ PNA Funder $100 and up
☐ Pay what you can

For Village and Business membership, go to phinneycenter.org/membership or call 206.783.2244

☐ Enclosed is a check (payable to PNA) for $__________.
☐ Please charge $__________ to ☐ Visa ☐ MC ☐ AmEx
☐ Pay credit card fees (3.0%)

Account # ___________ Exp. Date: _________
Signature: __________________________ Security Code: ___________

COMMUNICATION PREFERENCES:
☐ PNA e-updates (~2x month): ☐ Yes ☐ No

For auto-renew by credit card, visit phinneycenter.org/membership or call 206.783.2244

Mail completed form to:
PNA ☐ Or join online at
6532 Phinney Ave N ☐ phinneycenter.org/membership
Seattle, WA 98103
Questions? Call 206.783.2244 or
email membership@phinneycenter.org

ABOUT THE REVIEW NEWSPAPER

The Review is published by Phinney Neighborhood Association (PNA) four times per year. It includes articles of interest to Northwest Seattle—particularly Phinney and Greenwood, updates on local businesses, as well as virtual events, programs, and classes hosted by the Phinney Center and Greenwood Senior Center. Currently, The Review is published digitally and e-mailed to PNA members and email subscribers, posted on social media, and available on the PNA website. To learn about advertising, visit phinneycenter.org/review/advertise.
**PNA Events**

Community Begins Here

Visit phinneycenter.org/calendar for online listings

**HOLIDAY COLSURE: MONDAY, MAY 31 FOR MEMORIAL DAY**

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**Wednesday, March 10**

**DADUs (Backyard Cottages) for Fun and Profit**

7-8:30 pm. Online. $20.

Thinking about the long-term use of a home and designing for flexibility is an important part of preparing for an uncertain future. DADUs allow people more flexibility to accommodate a growing family, changing work requirements, and to provide supplemental rental income. DADUs also provide valuable small housing stock in desirable neighborhoods.

Do you want to learn more about DADUs and meet others (virtually) thinking about building a DADU? Join Bruce Parker, founder of microhouse, and Stefan Hansmire, from Hansmire Builders, to learn about what is possible in this unique webinar sponsored by the Phinney Neighborhood Association. In this workshop, they will answer questions for people planning to build a backyard cottage, including explanations of what is possible given the new zoning rules. They will also discuss budget ranges for recently completed backyard cottages and financing options along with case studies. Register: phinneycenter.org/calendar/dadu-3-10/.

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**Wednesday, March 17 & 24**

**Blast Off with the PNA! Rocket Building Class**

3-4:30 pm. Zoom. $5.

Hey, middle schoolers (or middle schoolers at heart)! Wanna build a rocket and talk about space exploration with fellow rocketry enthusiasts?

Join high school seniors Henry and Aidan to build and blast off the Apogee Avion rocket. They’ll talk about the parts of the rocket and build it with you via Zoom. A safe group launch at a local park (with lots of space!) to be determined by weather and participant availability. They will also bring some of their bigger rockets to the launch.

No experience or special tools needed, but you need to purchase the rocket kit prior to class ($11.94 + shipping at Apogee or Amazon).

Note: this class is designed as a two-class series for middle school students interested in learning more about rockets, space exploration, and building a rocket, with minimal adult support. Younger students are welcome but may require additional support at home. Limited to eight spots. Register: phinneycenter.org/calendar/rockets/2021-03-17/.

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**Tuesday, March 23**

**The ABC’s of Seismic Reinforcements for Your Older Home**

6-8:30 pm. $20. Zoom.

With many of us staying safe at home, it is more important than ever that our homes are truly safe. Most homes built prior to 1980 need retrofitting to ensure that they stay intact on their foundations in a big earthquake. Whether you are considering a DIY retrofit or plan to hire a contractor, Leif of SoundSeismic will teach you the “nuts and bolts” of retrofitting: Permit and engineering considerations, anchor bolts, cripple wall bracing, framing connections, hold downs, rough cost, and timeframe. Plus, the always popular “motivational slides”!

Co-Sponsored by the PNA Tool Library. All Proceeds benefit the Phinney Neighborhood Association.

Register: phinneycenter.org/calendar/earthquake-retrofit-3-21/

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**Friday, March 26**

**PNA Village Volunteer Recruitment Coffee Hour**

10-11 am. Zoom.

Sip your coffee (or tea) while you learn all about volunteering for the PNA Village program. Current volunteers and staff will talk about how you can help your elder neighbors, during COVID and beyond. This will be a fun and informal Zoom gathering. Please bring your questions! RSVP to village@phinneycenter.org to receive the Zoom link.

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Last year for Pride Rainbow Hop, community members decorated sidewalks and business fronts for a COVID-safe celebration. This year, we’ll do the same on Saturday, June 5! Photo (in front of The Fiber Gallery) by Ariel Burnett
Saturday, March 27

Build Your Own Worm Composting Bin
9 am - 2 pm. $100; supplies included. Phinney Center Lower Parking Lot.

 Vermicomposting at home is one of the easiest ways for a person to divert organic waste from landfills while at the same time creating a nutrient-rich soil amendment for your garden home. Learn how to build your own three-tray worm composting bin while enjoying the outdoors and meeting your neighbors. No skills necessary. Maximum number of participants is eight to allow for one-on-one attention. Taught by Tom Scott of Fremont Occasional Woodworks & Bill Fenimore (former PNA Facilities Director)
Class conducted outside — Dress for the weather! (Maskes required). Bring a sack lunch and water.
Hosted by the PNA Community Woodshop
All supplies included; any additional proceeds support the PNA.
Register by March 22: phinneycenter.org/calendar/worm-composting-bin/.

Saturday, March 27

Holi Indian Virtual Cooking Class: Bombay Frankie Rolls with Chai & Biscuit
2-5 pm. $85 “per screen.” Includes spices & goodie bag. Zoom.
March is the month of Holi, India’s Festival of Colors. To those who’ve visited PNA’s in-person Holi celebration, grabbing a hot kathi roll and a cup of chai was a much-anticipated part of the experience. While we can’t do this in person yet, we wanted to teach you to make a new favorite easy and delicious Indian lunch or dinner. Join Avarie Trovato, from Pune, India (who kickstarted PNA’s Holi celebration in 2018) for an interactive virtual culinary cook-along! (Some easy pre-prep is required to marinate the paneer overnight.) Your class goodie bag includes ten Holi color packets so that you can celebrate the Festival of Colors with your own family or pandemic pod? (If you share photos on social media, tag us at #PNAHoli and let us know!) Additional Holi color powder packets are available for purchase (available for local pickup or delivery). Cost is “per screen” — you are encouraged to cook along at home with your family members and pandemic pod buddies. (All proceeds benefit the PNA!)
More info and registration: phinneycenter.org/calendar/holi-cooking-class (Register by March 25; class size is limited.)

Wednesday, April 21

PNA Village Happy Hour and Membership Info Session
4-5 pm. Zoom. Free.
Please join PNA Village staff, members, and volunteers for happy hour and learn about Village membership in a fun and casual setting. Weekly Zoom happy hours are just one way the Village program is building community during COVID. Please join us to learn more about this wonderful program. RSVP to village@phinneycenter.org to receive the Zoom link.

Saturday, May 1-Sunday, May 2

Bloodworks Northwest Pop-Up Blood Drive
9 am-5 pm - PC Brink Building, Community Hall.
Make a difference in up to three lives with one donation! Schedule online at: https://schedule.bloodworksnw.org/DonorPortal/Group?landing.aspx?c=0294

Saturday, May 8

Zoom Away with the PNA
6-7 pm. Zoom. Free; donation requested
Save the date for this year’s “Zoom Away with PNA” spring fundraiser, happening on Zoom! We can’t let our costume tradition go, even in a pandemic, so get dressed up (from the waist up if you prefer) and set your Zoom background happening on Zoom! We can’t let our costume tradition go, even in a pandemic; Tom Scott of Fremont Occasional Woodworks & Bill Fenimore (former PNA Facilities Director) will take the lead on the conversation & news of the day. From the comfort of your home, (we hope), you’ll hear a variety of speakers and PNA members about subjects we love and learn from:
- Keynote speaker: Avanie Trovato of Pune, India (who kickstarted PNA’s Holi celebration in 2018)
- White Racial Literacy sessions
- Understanding Happiness Group led by Suzanne Engelberg
- Conversation & News of the Day, presented by Tom Scott of Fremont Occasional Woodworks & Bill Fenimore

Saturday, May 22

Garage Sale Day + Tool Sale & Recycling!
9 am - 1 pm. Neighborhood & Phinney Center.
Mark your calendars to mask up for the clutter-clearing, treasure-finding event of the year! Garage Sale Day: 9 am-1 pm (or later depending on the sale) Are you tired of looking at the same things? Have too many outgrown toys (or sweaters, or knick-knacks, or kitchen gadgets?) Or, are you looking for some bargains to freshen up your living room? What’s on sale across town? Register to put your sale on the map or visit the DIY tool we’ve created to help artists and neighbors connect with each other. There will also be a few spots available in the Phinney Center parking lot. Artis: Register by Friday, Friday 4, at phinneycenter.org/art-stroll.

Additional Info:
- Garage Sale:
  - Phinney Center Lower Parking Lot. Safely dispose of your complicated waste and sensitive papers. We’ll have trucks from Waste Management (light bulbs and batteries), Sheadrunar (paper shredding), and Immagine (electronics, computers, and Goodwill clothing/loving things to new homes).
  - Big thank you to our partner and sponsor, Waste Management for making this event happen.
- Tool Sale:
  - 6615 Dayton Ave. N. Wear a mask, say hi to a neighbor, and pick up some new [to you] tools!

Saturday, June 5

9th Annual PhinneyWood Pride Rainbow Hop: A Family-Friendly LGBTQ Celebration For Everyone!
Phinney-Greenwood Avenue. All day. Free.
While we normally kick off Pride month with face painting, arts and crafts, and other exciting community activities, these are unusual times. While we cannot gather together to celebrate Pride, it is important that we let the world know that Phinney-Greenwood is safe, inclusive, and committed to equity.
Businesses all along Greenwood will be participating in the “Hop Route” and will decorate their windows and sidewalks with rainbow images to promote inclusiveness and fun. We will list all participating venues in the days leading up to the event at phinneycenter.org/pride. While Seattle Public Library’s Greenwood Branch has traditionally hosted Drag Queen Story time each year, they will be hosting again this year virtually on their YouTube channel, so stay tuned! If you’d like to help decorate, sign up here: phinneycenter.org/volunteer-covid/

Saturday, June 12

PhinneyWood Art Sale & Stroll
12-4 pm. Neighborhood. Free to stroll; $20 to be listed on the map; $50 for a space in the Phinney Center lot.
Our last Art Sale & Stroll was such a smash hit, we decided to do another one! This neighborhood art event is an opportunity for artists, crafters, and makers to display their wares for gazing and purchase, and a chance for appreciators to collect some new art, jewelry, or other handmade treasures, guided by a Google map. Artists and makers: visit phinneycenter.org/art-stroll to learn more and register your outdoor “booth.” If you’re an artist, but don’t have a space to set up your sale, or you’re a person with a yard who would like to host an artist – follow this link to access the DIY tool we’ve created to help artists and neighbors connect with each other. There will also be a few spots available in the Phinney Center parking lot. Artists: Register by Friday, June 4, at phinneycenter.org/art-stroll.

Through April 15

Free online tax prep: Document scanning Mondays & Thursdays, 12 pm-4:30 pm. Phinney Center. Free.
AARP Foundation will provide tax assistance and preparation through its Tax-Aide program—and it’s completely free—no age or income requirements. Volunteers are trained and IRS-certified every year to ensure they understand the latest changes to the U.S. Tax Code. Subject to COVID-19 regulations, time slots are open to scan taxpayer documents by appointment only. Tax returns will be prepared off-site and online by IRS certified volunteers. (No in-person tax preparation is available in 2021.) To schedule a limited-contact appointment for scanning documents, call 206-657-6474.

Conversations & 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.

PNA Book Club
Second Wednesdays, 7-8:30 pm. Zoom. Free.
See phinneycenter.org/calendar/worm-composting-bin/ for selections. Contact Linda (pbrodt@hotmail.com) or Claire (smithreyager@msn.com) with questions or if you’d like to join.

Breaking White Silence Study Groups
A program of Breaking White Silence Northwest.
This group will explore how we can create more equitable options in our everyday lives in order to encourage personal reflection and conversation, this study group is a first step to open up conversations about whiteness, white privilege, and racism. Dr. DiAngelo is a racial 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

Groups
Members make us...
Meaningful, Engaged, Motivated, Build(ers), Essential, Resourceful, and Strong(er)

by Leslie Hamilton

This month, we’re launching our annual PNA Membership Campaign to show our appreciation for our incredible members, and to (hopefully) engage new folks to join. For the last 41 years, members have been the backbone of the PNA. Our staff spent some time reflecting on some of stories that our neighbors have shared with us—especially in this past year—of ways that being part of the PNA community has impacted their lives.

We know that the PNA wouldn’t exist without our members. Members make us—and our community—Meaningful, Engaged, Motivated, Build(ers), Essential, Resourceful, and Strong(ers).

Village volunteer Alanna and Village member Edward have developed a deep and meaningful intergenerational friendship through their weekly phone or zoom chats, enriching both of their lives in the last year.

Edward, who is visually impaired, was not online pre-pandemic and now, with Alanna’s technology help, is a zoom whiz.

For Alanna, knowing that she is assisting Edward with meaningful work while learning about his life has been incredibly rewarding. And Edward is happy to stay connected.

’I just wanted to thank the staff at the Village for sending the weekly emails and to continue to remind me that I am a part of something bigger than this closed-in loneliness. I—and I’m sure a lot of elderly people—are going through. So thank you so much Kianna, Rebecca, and special thanks and kudos to Alanna. I am so blessed and honored.”

“I am part of something bigger…”

Henry has always been a motivated young go-getter. He is regularly involved in meal prep for the Hot Meal Program and other volunteer projects. He recently stepped up to engage our young community in fun learning by creating and hosting an online rocket-building class for kids!

“For me, volunteering at the PNA has been not only a way to help people out, but also to connect with my neighbors and community. I have found that, whether it’s through expertise in burnt-to-rolling or rocket-building. I can contribute to a valuable and rewarding team and take out as much as I put in.”

“I can contribute to a valuable and rewarding team…”

When COVID-19 struck and the stay-at-home orders first rolled out, everyone was trying to figure out what to do while stuck inside. Folk realized that puzzles were amazing, and retailers were quickly sold out.

With the spirit of building community in his heart, Steve immediately came up with a solution. He built a puzzle exchange library in front of the GSC for all to use.

If there’s any community that has needed to be resourceful to survive this last year, it is our small local businesses. Donna Fridt, of Project Canine, shared a little bit about how we’ve all needed to work together to make it through.

“I wanted to let you know how valuable the emails you have been sending out are. Because of your email recommending Umpqua Bank and Cody Baker…today we were informed we received a PPP loan from the SBA. …Our membership with PNA is actually expired, but I am going to sign up again right now. You have provided so much value during this crisis I want to be reciprocal to the PNA.”

“You have provided so much value during this crisis”...

We’ve also been working together to provide many essential services to those especially in need of them during the pandemic, like our local seniors. Just one example is the senior center’s meal delivery program, fueled by our chef Jane and a crew of dedicated volunteers, who also put together special feasts for holidays.

Volunteer Dennis comments, “Jane and her crew are great. Plus this is multiple times per week. Not just Thanksgiving. Glad to be one of her drivers.”

“We are strongest when we work together to support each other. Lahai Health is a wonderful Hot Meal Program partner, making our community stronger by valuing every person in it, and providing quality and compassionate health care to people who are under-served.

Lahai Health is offering free medical services every week to our hot meal participants. Folks receive medical attention, pharmacy prescriptions, first aid supplies and follow up treatment.

If you are a PNA member, you can show your support for all these ways (and more) in which we, as a community, are Meaningful, Engaged, Motivated, Build(ers), Essential, Resourceful, and Strong.

As part of our membership campaign, we’ll be bringing back the “Proud to Be a PNA Member” yard signs to show the community PNA love. Stay tuned for further details.

If you would like to pick-up a PNA yard sign or would like to volunteer to deliver yard signs, please email membership@phinneycenter.org.

Also, if you haven’t renewed your membership in over 12 months, or you’d like to join for the first time, reach out to our Membership Manager, Chardell, at that same email address. You make us a community!...
Chubby Bunny Farm in Arlington was an early member of New Day Cooperative. Owner Michael Deitering had participated in the Phinney Farmers Market for four years and wanted to continue the strong farm-to-customer connection. His socially responsible farm provides holistically grown vegetables from "arugula to zucchini," plus eggs and fresh herbs. Michael and his wife Melina also are launching a CSA (Community Supported Agriculture) subscription program this summer. Customers buy a share of weekly, fresh-picked veggies June 4 – Oct. 1, and, as he explains, "Their advance subscriptions allow our farm to build necessary structures and grow a variety of fresh produce. CSA members will pick up their weekly box from the Bryant Blueberry Farm nearby in Arlington."

Seeking Kombucha sold its 30-plus flavors of kombucha and fermented drinks at the Phinney Farmers Market for two years. The vendor also sold – and continues to sell – at the Capitol Hill and West Seattle markets via Seattle Neighborhood Farmers Markets.

"We use local ingredients such as mint, herbs, and certain vegetables from Chubby Bunny and other vendors," said owners Jeanette and Liz Machias. "New Day Cooperative has done a great job of connecting us vendors and both existing and new customers so we could continue selling our low-sugar, cold brew-style drinks. We've been so successful that we're opening a kombucha taproom in South Lake Union with rotating vendors from New Day this spring."

Seattle Urban Honey has about 70 hives in 12 Seattle/King County locations. Owners Pat and Paul Perkins own and maintain the hives on others’ property, providing honey in return. They currently produce five flavors of raw, unhfiltered honey, creamed honey, honey vinegar, and votive and taperled beeswax candles.

"After ten years at the Phinney Farmers Market, we found New Day Cooperative to be a very effective way to continue selling directly to customers," said Pat. "We've been so successful in the past months that we're starting to get low on certain honey flavors. We will have creamed honey, honey vinegar, and some honey at the New Day Cooperative storefront when it opens."

Pat added that Seattle Urban Honey is also part of Seattle Neighborhood Farmers Markets, and through it, has continued to participate in the University District Farmers Market.

For more information on New Day Cooperative, its products and its producers, visit shop.rethinkingsgroceries.coop.

When William Shakespeare was in his mid 40s, when Galileo discovered Jupiter’s moons, a little yew seed took root in a pristine land just west of an island, now known as Bainbridge. It thrived for hundreds of years, finally meeting its end last December, when the old yew keeled over in Kitsap County’s Ilwaco State Park. Being more than 400 years old is impressive but that would have been middle-age for trees in Olympic National Park where some of the largest trees in the world are more than a thousand years old.

While Seattle trees can’t boast such ancient pedigrees, there are dozens of exceptional trees growing in our neighborhoods: a massive cedar in Greenwood; giant sequoias along the shore of Green Lake; a graceful cherry tree on Phinney Avenue. Head over to Magnolia and find a sequoia with a circumference of 117 feet. All of these have been designated as heritage trees.

Seattle Department of Transportation (SDOT) arborist Nolan Runquist explains that there are different criteria for bestowing heritage status on a single tree or a collection of them, and it’s not always the biggest or oldest.

"There’s a teeny, tiny tree near MOHAI in South Lake Union that’s a heritage tree because it was a gift from the Emperor of Japan. A heritage tree might be a landmark or an established part of the neighborhood."

Other attributes include rarity, size, age, and cultural importance. "In addition," he says, "every tree has to be visible from the street and it has to be healthy."

Seattle’s heritage tree program was started by the group Plant Amnesty in 1996, with SDOT becoming a co-sponsor a few years later. What began with a single tree now has a list of more than 250 on both city and private property.

Trees are nominated for consideration, usually by property owners, Nolan says, with a committee of both city and Plant Amnesty arborists making the final call.

"Every quarter we go out and look at five to ten cool trees that have been nominated," he says.

If chosen, heritage tree owners receive a certificate and they can also buy a plaque for their tree. Granting heritage-tree status does offer some protections but it is not foolproof. The rules are a bit wonky but crucial to deciding what stays and goes: "Developers can remove trees if the trees are located on a lot, and the location of the tree would cause a portion of a house to be less than 15-feet wide, or the maximum lot coverage of the building is not achievable by using an allowable portion of the required front and rear yards for the building footprint," Nolan explains.

He adds that homeowners who have a special tree, as well as their neighborhood, tend to do what they can to protect these trees.

Check out heritage trees near you with these maps:

- An online map of Heritage Trees offers general locations (Go to “explore street trees” and then “heritage trees.”)
- SDOT has created a self-guided mobile app tour map of Heritage Trees and neighborhood Tree Walks:

  - Download the “Seattle Tree Walks” app for iOS and Android.

- Open the Heritage Tree map, click on the green icon in the downtown/Pioneer Square area.

- From there, zoom in to one of Seattle’s neighborhoods and click on an icon to begin a self-guided walk, which includes information on individual trees, photos and more.

For more on Seattle tree programs, visit the Seattle urban forestry’s team Facebook page.
By Barbara Young
Special to The Review

What if I told you, that for the price of a latte you could purchase an item that had the power to transform a person’s life? Small in size, mighty in stature; this simple but powerful item is the tampon.

Why is this little item so vital? What would you do when it’s “that time of the month” and you can’t afford to buy a tampon? A year ago, on public radio, I heard a young woman tell of a time in high school where she and her friends, who were all experiencing homelessness, scrounged for garbage to absorb their monthly menstrual flow.

For obvious reasons, those high schoolers didn’t attend school during their monthly cycle. Missing so much school puts them behind and many of them ended up dropping out.

Menstrual products are obviously not a luxury; they are a necessity of life. Once a person begins to menstruate, the flow is 24/7 for an average of six days. No holidays, no days off… and then it repeats itself every 28 days, and stays for the next 35 years. This represents approximately 3,500 days of menstrual flow or 10 years of a person’s life!

Many households that have low-incomes or don’t have homes simply can’t afford this necessity they will need every single month. One recent study found that 46 percent of low-income people had to choose between period products and a meal.*

Here’s how you can make a difference. Through March 31, for Women’s History Month, the Phinney Neighborhood Association is partnering with T2P2 Seattle and Community Works! by hosting a drop-off site for tampons, pads, and liners.

With the money you spend on a latte, buy a box of tampons instead and drop off your donation! So simple and yet so powerful; for the price of a latte you can begin to change a life. Do you have individually-wrapped tampons or pads at home that you won’t use? Simply put them in a baggie and bring them in!

Drop off donations through March 31, Monday-Friday 9 am-5 pm inside the entrance of the Phinney Center Blue Building, 6332 Phinney Ave. N.

T2P2 Seattle is a menstrual product donation collective committed to disrupting period poverty throughout Seattle and beyond. T2P2 stands for “Towers of Tampons & Pyramids of Pads.”

Community Works! was founded by PhinneyWood resident Barbara Young on the principle that we all have the agency to influence the world and that our capacity to create meaningful change is strengthened through the support and collaboration of community. One way this takes shape is Community Works!’ commitment to end period poverty by ensuring menstrual products are provided to individuals in need.


Digital Photo Organizing Services:
✓ Backup System
✓ One Main Collection
✓ Duplicate Photo Removal
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When Covid-19 hit, many people working in the service industry found themselves either furloughed or unemployed, while some considered other career options. Cassie Traver, a Washington native, was ready for a career change, but couldn’t find what she was looking for. Cassie has been a stylist and working at the same salon for 12 years. After careful thought, the process of elimination, and crunching numbers, she decided to open her own business. In November 2020, Cassie opened Calico Salon and says, “I was ready to be my own boss and create my own vision. I wanted a space where stylists empower each other and are a part of the community. I shared my ideas with good friends whom I had worked with in the past and things started snowballing from there!”

The word “Calico” has a few meanings including multi-colored fur and Cassie is a huge animal lover. Cassie says the name Calico also signifies diversity, “I like to think it translates to a place of inclusivity where everyone is welcomed.”

Opening a new business is an exciting venture, but has certain limitations during a pandemic. Cassie says, “I designed Calico around the current Covid guidelines. I wanted a space for stylists and clients to feel safe.” Cassie and her team have tackled quite a bit of “Covid hair” cases where clients mostly wanted a more natural look, letting their hair grow out, and not coloring over the grey. The trend lately has been the opposite and clients are bolder, wanting to try new aesthetics like color blocking. Cassie and her crew try during a pandemic. Cassie says, “I was ready to be my own boss and create my own vision. I wanted a space where stylists empower each other and are a part of the community. I shared my ideas with good friends whom I had worked with in the past and things started snowballing from there!”

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When Ivan is not, in his words, “bringing computers back from the dead,” he enjoys video-gaming and racing with his team Fount Cycling. A pro tip from Ivan for extending the lifespan of devices is to keep them away from moisture, liquids, humidity, and to keep them clean. For more information and store hours, visit electronicorepairs.com. 
Looking for your next fun hangout? The wait will be over soon! Half Moon Bouldering, a family-friendly climbing gym, is new to the neighborhood with construction nearing completion. Owners Gloria and Daniel Man anticipate opening their 11,000 sq. ft. facility with 5,000 sq. ft. of bouldering walls this spring. Half Moon Bouldering will also have a yoga studio, workout area, space to socialize, and specialty retail. Gloria describes their business venture that took four years to conceptualize as a “neighborhood hub to exercise, socialize, and relax.”

Gloria is originally from Romania and has been in the States for 17 years. She worked in the hospitality industry before moving to Seattle and becoming a teacher. Gloria says, “School and work brought us to Seattle, we started a family here, made great friends, and came to love it for the outdoor culture and cultural vibrancy.”

After much consideration and crunching the numbers, they decided to take the plunge and open a “family-owned and community-focused” bouldering gym. They named it Half Moon Bouldering because the project seemed as audacious to them as reaching for “the rock in the sky.”

When Covid-19 hit and caused the ripple effect of business closures and quarantine, the gym’s construction schedule was derailed and put on pause temporarily. Eventually, they were able to resume construction, hire and train employees, while following all safety protocols. Gloria is excited for what their bouldering gym will bring to the community and says she’s looking forward to “seeing people bustling with energy and enthusiasm.”

Membership pre-sales have already begun offering unique perks, such as extended benefits and free t-shirts. Five percent of all sales raised during the week of Thanksgiving were donated to passes for underserved families in the neighborhood. Gloria plans to build on this and create strategic partnerships in order to reach even more families in need through local organizations such as Pencil Box, Greenwood Elementary PTA, and more. Gloria says, “We strive to provide fertile ground for social-engagement, inclusivity, and learning.” For more information, visit halfmoonbouldering.com.

Business Moves & Changes

• Baraka Gems, a new family jewelry store in PhinneyWood opened in the former Luso spot near the post office at 8218 Greenwood Ave N. Baraka is a social entrepreneurial fine jewelry store and offers custom designs, engagement and bridal, vintage and estate, gemstone, and diamonds.

• Back in May, neighborhood icon Bluebird Ice Cream announced that they were not able to renew their lease of the past decade and were seeking a new space in our community. They have found their new home, just across the street at 7418 Greenwood, the former Cookie Counter spot.

• Calico Salon is open for business! Located at 7421 Greenwood Ave N in the former home of Seattle Knife Sharpening, Calico Salon is a woman-owned collective of independent stylists who pride themselves in “delivering a comfortable and luxurious salon experience for everyone.”

• PhinneyWood now has our own electronics repair shop in Electronico Repairs. Situated on the NE corner of 70th and Greenwood, the spousal duo of Amanda and Ivan are passionate about repairs and refurbishment.

• The Greenwood Pencil Box – formerly Greenwood Space Travel Supply Co. - has opened at 8414 Greenwood Ave N. It is an interactive retail and community hub created in partnership by The Bureau of Fearless Ideas and Sanctuary Art Center with the goal of supporting youth arts and leadership in the Seattle area.

• Ladylad’s Vitality Spa & Sluna, Greenwood’s go-to space for women’s remoteness needs, has sadly decided to not reopen once the pandemic subsides. Ladylad’s has been beloved in our community since 2007.

• The Phinery Home Store & Interior Design Studio has relocated to 7601 Greenwood Ave N, the historic Pelayo building. The Phinery has been a part of the Phinney neighborhood for four years at the corner of 65th and Phinney Ave N.

• Taproot Theatre Company begins its 45th year under the leadership of new Producing Artistic Director, Karen Lund. Formerly Taproot’s Associate Artistic Director, Lund replaces founder Scott Nolte as only the second Producing Artistic Director in the theatre’s history.

• Yonder Bar was forced to close by the City on Feb. 15 due to a neighbor complaint. They were able to reopen Mar. 6 and will stay open pending the passage of the City Council “Bringing Business Home” bill. Follow their story on Facebook. Yonder Bar opened last August out of a garage on 1st Ave NW’s new Stay Healthy Street.

Know of a local business move or change? Contact Chris Maykut at chrism@phinneycenter.org.

Welcome New PNA Business Members!

A-S Built Studio
Blue Star Group
Bruja Hair Salon
Chris Case, State Farm Insurance
Dabble
Electronic Repairs
Grady B. Martin Law Office
Pivot Organizing
Needs Of The Community Society
Phinney Center for Social Justice
Pivot Organizing

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

Half Moon Bouldering. 124 N 85th St. halfmoonbouldering.com

Gloria Man. Photo by Daniel Man

Ridgewood Bottle & Tap, 316 N 67th St. ridgewoodbottleandtap.com

Robin Warma and Stuart Faris. Photo by Roger Faris

Ridgewood Bottle & Tap, named after the confluence of the Phinney Ridge and Greenwood neighborhoods, is serving up cheers. Robin Warma and Stuart Faris, old school chums that met in band practice at Ballard High, have opened a local pub where you can see a friendly face and try something new.

Robin and Stuart did not intentionally plan to start a business venture during a pandemic. The idea was always kicked around over the years, and when the location next door to Red Mill Burgers opened up in late summer ’19, Robin and Stuart, along with their partners Robyn Maddess and Michelle Faris, put their vision into action. Robin says, “To say it escalated quickly would be an understatement, I think the whole process of seeing the space was available, touring and getting a lease signed all happened in record time.” Robin is an experienced restaurateur who ran high volume pubs and Stuart owns a taproom and brewery in Portland, Oregon; with both their contacts and industry knowledge this was the perfect partnership. Stuart says, “Leaning on our respective strengths we knew we could fill in the details.”

When COVID-19 hit, they were just finishing up the build-out with April 1 being the targeted opening date. This was delayed by a month and with limited capacity restrictions. Robin says, “We couldn’t resist having our Anniversary on the 5th of May forever. 2020 was pretty much a series of pivots to address the seemingly weekly challenges that would come up, but through it all we were fortunate to have patient and understanding customers and support from the neighborhood, and of course a dynamite staff.”

Stuart and Robin continue to put safety first for their staff and customers. They offer outdoor heated and covered seating, a dynamic slush drink program (froze, sour beers, ciders), hot beverages like mulled wine and hot buttered sake, lots of to-go options, and even local delivery. They host Food Cart Pop Ups on Mondays when Red Mill is closed and will be expanding that for the spring/summer months.

For more information or to place an order, visit their website at ridgewoodbottleandtap.com.
Acknowledging our year apart

On March 16, 2020, the GSC closed to the public. Prior to that actual closure date, we began to see the pandemic take hold at the GSC, with signs posted about hand washing, wipes and sanitizers placed around the building and more and more programs cancelled.

This has been an unsettling year, and we are just beginning to see a light at the end of the tunnel. We want to acknowledge this year by gathering together on Tuesday, March 16, on Zoom (see info in the “events” section) and with a ritual. We’re asking people to tie a green ribbon here on the senior center railings or on their own fence or front door, Monday, March 15 - Friday, March 19. (Green for Greenwood!)

We will have ribbon material in our puzzle box and scissors if you want to come by here. We would love to have lots and lots of ribbons blowing that week, showing our strength, and resilience, and our anticipation of seeing one another again. If you plan to have one at your house, take a picture of it and send to me: cecily@phinneycenter.org.

With a nod to the Tie a Yellow Ribbon song:

Tie a green ribbon on the GSC railing (or fence, or door)
It’s been one long year since we saw you here........
Hopefully we will see one another again soon.

In peace,

Cecily

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. Bring your coffee, tea, or cocoa and we can share updates 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. Email arielb@phinneycenter.org to register or for more information.

Zoom Practice Sessions
1st & 3rd Tuesdays, Ongoing, 9:30 am. Online. By donation.

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 McFadden, 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.
Events & Activities

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

Writing Class
Thursdays, 3-4 pm. Online. Free.
This ongoing group shares writing of all kinds: Life stories, poems, nonfiction and fiction. Instructor Ariele Huff is a writer, editor, and writing teacher who has thousands of published articles and columns as well as 31 books. For clients, she edits books and marketing materials, and has taught on a wide variety of writing issues and genres. Register: arielb@phinneycenter.org.

How to Run for Beginners
Wednesday, Mar. 10, 1-2 pm. Online. Free.
Do you have a goal of running a race this year? Maybe your first marathon or even 5k? While running is one of the most popular sports in the world, it carries with it a relatively high risk of injury. Join Grant Hennington from Salmon Bay Physical Therapy for a virtual presentation where we will discuss training tips and injury prevention strategies to implement in your running program. Register: arielb@phinneycenter.org.

Medical Therapies for Atrial Fibrillation
Thursday, Mar 11, 1 pm. Online. Free.
Atrial fibrillation is a chronic medical condition that affects up to 10% of people over the age of 65 and increases their risk of stroke. Christine J. Chung, MD, will educate and provide a general overview of current medical therapies for this condition as offered at the UW. Dr. Chung is an interventional cardiologist specializing in the management of structural heart disease and coronary artery disease, and an Assistant Professor of Medicine in the Division of Cardiology at the UW School of Medicine. Register: arielb@phinneycenter.org.

Local Author Book Reading: Lyn Coffin
Monday, Mar. 15, 1 pm. Online. Free.
Local author Lyn Coffin will join us to read from and discuss her new book The Aftermath. Part mystery, part love story, part psychological exploration of recovering from trauma, this book follows the main character’s attempts to sort out the facts of a night she can’t remember, with help from a group of interesting characters. The book is available for purchase on Amazon or free in digital form for a limited time (email Ariel for details). Register: arielb@phinneycenter.org.

GSC Pandemic Closing Anniversary Event
Tuesday, Mar. 16, 1 pm. Online. Free.
On March 16, 2021, the GSC will have been closed for a whole year. And what a strange year it has been! Join us to mark the occasion, with a look back and a look forward. Register: arielb@phinneycenter.org.

St. Patrick's Day Talk: Tales & A Bit of Blarney
Wednesday, Mar. 17, 1 pm. Online. Free.
What would St. Patrick's Day be without a real Irish-American speaker named Patrick? Expect an hour with bits of immigrant family history, the source of St. Patrick’s Day parades, history of unproven relatives* and, perhaps, a wee bit of blarney. Maybe a bit about some stray crown jewels, too. Register: arielb@phinneycenter.org.
*The Irish Republican Army found it wise to destroy all birth and marriage records that could identify people related to IRA leaders.

Mason Bee Talk
Wednesday, Mar. 31, 1 pm. Online. Free.
Western Washington's blue orchard mason bee is a pollinating powerhouse! Learn more about this friendly, native, hiveless, solitary (adorable) bee—including bee basics, the mason bee life cycle, housing, and care as well as a list of bee-friendly plants for your yard. Raising mason bees is a great family learning activity with a minimal investment of time and your plants will thank you. Go bees! Register: arielb@phinneycenter.org.

Sleep Matters
Wednesday, Apr. 7, 1-2 pm. Free.
In a recent national study, over one-quarter of surveyed adults said that they had missed work, events or activities, or had made errors at work because of sleep-related issues. Learn what sleep really is, what happens when we don’t get enough, and strategies to improve the amount and quality of your sleep. Presented by Registered Dietician (and one of our favorite speakers) Christy Goff, of the Living Well Alliance Team from Pacific Medical Centers. Register: arielb@phinneycenter.org.

Medical Marijuana and Seniors: Talk and Q&A
Monday, Apr. 12, 1-2 pm. Online. Free.
Dr. Katrina Iiams-Hauser will discuss medicinal uses for marijuana, with an emphasis on senior care. Come get your questions answered about how marijuana relates to a variety of ailments, therapy methods, interactions, and whether it is a good fit for you. Dr. Iiams-Hauser is a Washington-licensed naturopathic physician and graduate of Bastyr University. Her interest in the healing power of nature was established in the lab, where she researched the immunological effects of medicinal plants. She practices in Fife, WA at Qwibil, a specialty, medical cannabis-focused clinic owned by the Puyallup Tribe of Indians. RSVP: 206.297.0875.

Humanities WA Talk: Is Truth Really Dead in America?
Wednesday, Apr. 14, 1-2 pm. Online. Free.
Alternative facts, fake news, post-truth—these phrases have flooded the American conversation over the past several years. But how bad is it really, and what can we, as a society and as individuals, do to be better informed?
WSU professor Steven Stehr investigates the roots and consequences of the erosion of truth, with a focus on politics and science. From the rise of conspiracy theories to the echo chamber of social media, Stehr leads a conversation that asks to what extent are we living in a post-truth world? Have both political parties used deception to their advantage? How does the use of knowledge and facts vary in different policy debates? Taking us through real-world examples of conspiracy theories, junk science, and fake news, Stehr shows audiences how to find facts in a world of misinformation.

Steven Stehr is the Sam Reed Distinguished Professor in Civic Education and Public Civility, and director of the School of Politics, Philosophy, and Public Affairs at Washington State University. He earned his PhD in political science from the University of California, Berkeley, and his work has been supported by the National Science Foundation, the National Research Council, National Academy of Science, and the Century Foundation. Register: arielb@phinneycenter.org.

Ted Talks Series with Carin Mack
Mondays, Apr. 26, May 3 & 10, 11 am-12 pm. Online. Free.
TED (Technology Entertainment Design) is a non-profit organization devoted to sharing ideas worth spreading. There are hundreds of talks available online and more being added every year. In this three-part series we will view some of these, followed by in-depth discussions led by social worker Carin Mack. Register: arielb@phinneycenter.org.

Book Talk & Recommendations
Wednesday, May 5, 1 pm. Online. Free.
Join us for a book talk by local librarian, Shelly Maser, as she “book talks” new books as well as tried and true favorites. Shelly will also show you good ways to find book gems online. Register: arielb@phinneycenter.org.

Food for Thought
Wednesday, May 12, 1-2 pm. Online. Free.
Most of us eat not only because we are hungry, but also to fulfill our emotional states. In this class, learn how to recognize fullness and hunger cues, how to separate food from feelings, and how preconceptions and environment can influence eating habits. We will introduce the philosophy and tangible tools of mindful eating. Presented by Registered Dietician (and one of our favorite speakers) Christy Goff, of the Living Well Alliance Team from Pacific Medical Centers. Register: arielb@phinneycenter.org.
How to Search Online to Find Ancestors, Music, and Primary Sources

Wednesdays, Apr. 7 – May 12. 3-4 pm. Online. Free.

Internet Archive is a non-profit library of millions of free books, movies, software, music, websites, and more. Join two digital investigation enthusiasts to discuss the many possibilities for deep-dive database research. Get help finding “new” old music, obscure documents, historical photos, and more. Register: arielb@phinneycenter.org.

Google Maps Scavenger Hunt


Join 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 May 14 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. Rules and tips will be posted on the GSC website. Register: arielb@phinneycenter.org.

Birding Basics

Wednesday, May 5, 1-2 pm. Free. Online.

Join an experienced local birder for a tip-filled talk on how to identify and locate birds in our area. Including lots of pictures and answers to your questions. Register: arielb@phinneycenter.org.

Services for Seniors

Foot Care

Varying days/times. $38/members, $42/public.

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. Call for appointment: 206.297.0875 (New prices due to PPE costs.)

Medicare Counseling

Times vary. Free, donations welcome.

Have questions regarding your healthcare? Senior Health Insurance Benefit Advisor Jerry Keating offers 50-minute phone appointments. Email jerrywshiba@comcast.net or call 206.525.2478.

Minor Computer Repair

By appointment only. Free.

A volunteer will troubleshoot your computer problems, and will fix what issues they can. Call for availability.

Meal Programs

GSC Delivery Lunch Program

Monday, Wednesday, Friday. $5 suggested donation for diners 60 and over.

Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over! Limited delivery options available during closure: call 206.297.0875 for more information.

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.

March: Endangered Species and Extinction

Participants will investigate and report on various aspects of the vanishing of other planetary species during humanity’s hegemony. Our research will likely include the impacts of human population growth and behavior, on everything from climate to habitat to purposeful and accidental annihilation.

April: The Rise of Authoritarian States in Eastern Europe

Many post-Soviet countries (esp. in the triangle of Russia, Croatia, and Georgia) have seen the rise of authoritarian governments from the embers of more democratic, diverse constructions that were (re)borned in the 1990s. How have the dynamics of ethnic nationalism, external influence, and fear of invasion contributed to growing autocracy? How is this dynamic related to the increase in global “fascist” governance?

May: Health Care Systems Around the World

In the face of demands for a human right to health care, there are massive differences in the provisions of such coverage in even the wealthy nations of East Asia, the Americas, and Europe. Where have governments decided to significantly intervene, and which nations’ systems provide the optimum health care to for all? What are the effects of the availability of medical and other health services?

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.

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 &4th Mondays 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 jeff@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.
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. Tornatore, 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 Mack, MSW, and Jane B.G. Tornatore, Ph.D. is 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. Challenges and issues can arise that we may be uncertain how to handle. Come to share experiences and thoughts. Meets on Zoom every Wednesday. 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.

**ESML Art Appreciation**
2nd & 4th Thursdays, 1-2 pm. Online. Free. Our favorite museums may be closed, but we can still enjoy great art together! This one-hour program will include viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early Stage Memory Loss. Register: katief@phinneycenter.org

**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.

**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.

**ESML Art Appreciation**
2nd & 4th Thursdays, 1-2 pm. Online. Free. Our favorite museums may be closed, but we can still enjoy great art together! This one-hour program will include viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early Stage Memory Loss. Register: katief@phinneycenter.org

**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: joseefperes@yahoo.com
Apple Mentoring
By donation; Individual sessions by appointment. 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 smartphone efficiently, help is available. Sign up and receive personalized help 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 smartphone efficiently, help is available. Sign up and receive personalized help via phone or Zoom.

Zoom Practice Sessions
Cassie McFadden
1st & 3rd Tue, Ongoing
9:30-10:30am; By donation; Register: cassiem@phinneycenter.org

Many groups and classes are now online. Zoom is one very popular meeting platform, and the one that GSC uses for its online activities. Are you interested in trying to use this software in a low-pressure and judgment-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.

Yoga For Osteoporosis
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.

Yoga For All Levels
D’vorah Kost
Thu, Ongoing, 2:30-3:50pm
$5 PNA Member, $6 Public
Register: arielb@phinneycenter.org

Improve your posture, flexibility, and balance! This eclectic Vinyasa yoga 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.

Gentle Zumba
Penny Fuller
Mon, Ongoing 11am-12pm, $3.50 per class. Register: arielb@phinneycenter.org

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.

Zumba Gold Toning
Penny Fuller
Mon, Wed, Fri, Ongoing, 8:15-8:45am. $2 per class
Register: arielb@phinneycenter.org

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity, Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere. Come for just Toning, or stay for the aerobic Zumba Gold class immediately following. Dress comfortably and bring water. Drop-ins and adults of all ages welcome.

CONTINUING FRENCH

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.

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.

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.

DANCE & THEATER

Zwiefacher Online: Tricky Rhythms and Movement
Pat McMonagle
Tues, Ongoing, 3:30-4:30pm
Fri, Ongoing, 10-11am.
$5 donation; Register: arielb@phinneycenter.org

A weekly course on unusual music rhythms. These will include tunes like Zwiefacher and Dachchovo 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.

SFML classes are temporarily online. For details, please refer to phinneycenter.org.

FITNESS, HEALTH & WELLNESS

Easy Exercise
Gerry Joyce
Wed & Fri, Ongoing, Starting 1/6 10-11 am, $1 suggested donation. Register: arielb@phinneycenter.org

Health benefits for all in this popular and low-key ongoing class. Gain strength and flexibility among friendly people. What a fun way to keep moving! All skill levels welcome.

Yoga For All Levels
D’vorah Kost
Thu, Ongoing, 2:30-3:50pm
$5 PNA Member, $6 Public
Register: arielb@phinneycenter.org

Improves your posture, flexibility, and balance! This eclectic Vinyasa yoga 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.

Keep up-to-date with events & news!
SIGN UP FOR GSC WEEKLY E-NEWSLETTERS!
Go online to phinneycenter.org/signup or email Cassie at cassiem@phinneycenter.org.
Women's History Month for all ages
A fun and educational book list for the kiddos

by Leslie Hamilton

In honor of Women's History/Herstory month, we put together a list of recommendations for young readers to work their way through in March:

• I Like Myself!
  By Karen Beaumont (ages 0-3)
• This Little Trailblazer
  by Joan Holub (ages 0-3)
• Me Desperté Como Presidente (I Woke Up as the President)
  by Tanisha Jamison (ages 0-5)
• We Are Water Protectors
  by Carole Lindstrom (ages 3-6)
• The Paper Bag Princess
  by Robert Munsch (ages 4-7)
• Grace for President
  by Kelly DiPucchio (ages 4-8)
• Shark Lady: The True Story of How Eugenie Clark Became the Ocean’s Most Fearless Scientist
  by Jess Keating (ages 4-8)
• Brave Girl: Clara and the Shirtwaist Makers’ Strike of 1909
  by Michelle Markel (ages 4-8)
• Josephine: The Dazzling Life of Josephine Baker
  by Patricia Hruby Powell (ages 7-10)
• Amelia to Zora: Twenty-Six Women Who Changed the World
  by Cynthia Chin-Lee (ages 8-12)
• Little Leaders: Bold Women in Black History
  by Vashti Harrison (ages 8-12)
• #NotYourPrincess: Voices of Native American Women
  edited by Lisa Charleyboy & Mary Beth Leatherdale (ages 12+)
• A Thousand Sisters: The Heroic Airwomen of the Soviet Union in World War II
  by Elizabeth Wein (ages 12+)
• Seen: Edmonia Lewis
  by Jasmine Walls (ages 12+)

Consider supporting our local bookstores by shopping or ordering from Phinney Books or Couth Buzzard. If you’re looking for a way to support local bookstores while staying at home, check out bookshop.org and select the retailer of your choice (both Phinney Books and Couth Buzzard are participants). You can also borrow many of these titles from our friends at the Greenwood Library.
Breaking White Silence Northwest

Raising consciousness through the development of white racial literacy

By Ed Medeiros

Special to The Review

In 1944, the Carnegie Corporation hired a Swedish sociologist to survey race relations in the United States. Gunnar Myrdal published his findings in a book called An American Dilemma. In his book, he made it clear that “the negro problem” wasn’t a “negro” problem but was, instead, the “white” American problem—that it was caused by whites, perpetuated by whites, and would have to be ended, or at least ameliorated, by changes in how whites treated and viewed Blacks.

The work of educating them, it puts the white people rely on Black, Indigenous and people of color (BIPOC) to do the work of educating themselves about race. When white color feel that white people need to educate themselves about whiteness and to learn more about racism, many study groups are for white people centered on DiAngelo’s book on white racial literacy, #BlackLivesMatter, an international words of Alicia Garza, co-creator of What Does It Mean To Be White? Developing White Racial Literacy (revised edition). Our name comes from the words of Alicia Garza, co-creator of #BlackLivesMatter. Breaking White Silence Northwest grew out of a series of discussions about race, sponsored by the Phinney Neighborhood Association.

Breaking White Silence Northwest grew out of a series of discussions about race, sponsored by the Phinney Neighborhood Association. Breaking White Silence Northwest, Facilitator Orientation (annual Q&A for all current and past study group participants with Dr. DiAngelo) and expect this to continue each year.

If you would like to join a free sponsored public Breaking White Silence study group with an experienced facilitator or learn about how you can facilitate a study group within your own community, visit our web page at: info@breakingwhitesilencenw.org.

Breaking White Silence members at the Martin Luther King march in 2019.

It is even more burdensome when white people become opinionated or argumentative when faced with ideas that challenge their way of seeing things. Discussions with white people in the early stages of examining issues of race and racism often end up being harmful to Black, Indigenous and people of color.

Furthermore, most white people have been raised in segregation from people of color, especially Black people. They are “racially illiterate.” They have little understanding of racial dynamics and consequently have little emotional resilience for discussing race. These discussions often move white people to feelings of shame, guilt, and fear.

DiAngelo’s White Fragility (2018) examines this lack of resilience and its profoundly negative consequences. Our study groups allow white people to lower their resistance to admitting and examining what is true about their own racial experiences and feelings. Close reading and discussion of What Does It Mean To Be White?, which deconstructs and decents the white racial frame of reference, enables us to create a “brave space” for white people to develop a new racial frame of reference, deconstructs and decenters the white racial frame of reference, enables us to create a “brave space” for white people to develop a new racial frame of reference.

By raising consciousness, and hopefully reducing white fragility, participants in our study groups become better prepared for authentic cross-racial relationships and ongoing anti-racist work.

For four years, beginning in 2016, Breaking White Silence was a project within the PNA. We sponsored public study groups each quarter, led twice-yearly facilitator trainings, offered ongoing support for facilitators of community-initiated study groups, and hosted annual Q&A sessions with Dr. DiAngelo.

In October 2020, we transitioned to become an independent community group. Currently, we have 14 facilitators who have led or co-led sponsored study groups and an additional 30 facilitators who have initiated community groups.

Renamed Breaking White Silence Northwest to reflect that our project is primarily based in the Pacific Northwest, we continue to coordinate with the PNA and make our materials, including our downloadable facilitator toolkit, available to the public through our website breakingwhitesilencenw.org.

In this neighborhood circle, reimagine a resilient and vibrant future, and work together to take action and inspire change. This January, we held our fourth annual Q&A for all current and past study group participants with Dr. DiAngelo and expect this to continue each year. If you would like to join a free sponsored public Breaking White Silence study group with an experienced facilitator or learn about how you can facilitate a study group within your own community, visit our web page at: info@breakingwhitesilencenw.org.

Breaking White Silence Study Groups

Mondays, 7-8:45 pm on 4/19, 5/3, 5/17, 5/31, 6/7, 6/21.
Facilitated by Paul Finley and Jen Davison
Contact Paul directly to sign up at p.n.finley83@gmail.com.

Sundays 3-3 pm, consecutive starting April 11 and ending May 16.
Six participants maximum.
Facilitated by Suzanne Engelson
Contact Suzanne directly to sign up at suzzeng@gmail.com.

Upcoming Breaking White Silence Study Groups

By Suzanne Engelberg

Contact Paul directly to sign up at p.n.finley83@gmail.com.

Renamed Breaking White Silence Northwest to reflect that our project is primarily based in the Pacific Northwest, we continue to coordinate with the PNA and make our materials, including our downloadable facilitator toolkit, available to the public through our website breakingwhitesilencenw.org.

We offer introductions to Breaking White Silience, Facilitator Orientation Sessions, sponsor public study groups each quarter, and provide ongoing support for facilitators of community groups. For the time being, this is all done via Zoom, but we hope our sponsored groups will meet in person by the fall of 2021.

This January, we held our fourth annual Q&A for all current and past study group participants with Dr. DiAngelo and expect this to continue each year.

If you would like to join a free sponsored public Breaking White Silence study group with an experienced facilitator or learn about how you can facilitate a study group within your own community, visit our web page at: info@breakingwhitesilencenw.org.

New community circle. Fueling Passion/Inspiring Change

Community Works!, an initiative started by Phinney/Wood resident Barbara Young, invites you to shift your 2020 feelings of fear, worry, anger, and hopelessness into opportunity and growth.

In this neighborhood circle, reimagine a resilient and vibrant future, and work together to take action and inspire change. This group will be hosted by Barbara Young and Cecile Andrews on Zoom and is free and open to all. The circle will take place Fridays, 10-11:30 am starting March 19.

For more information or to RSVP, contact Barbara at byoung33@icloud.com or Cecile at cecile@cecleandnews.com.
What’s up:
Your seasonal look at the night sky

by Tim Regier

Spring is here and, with it, comes warmer weather and, hopefully, clearer skies for getting out and stargazing. In the city, where light pollution limits visual observing to brighter objects, it’s fun to try and pick out some of the constellations. Download a popular planetarium app on your favorite mobile device to help in your search.

Most people are familiar with the 12 constellations of the Zodiac, but did you know that there are actually 88 constellations in the sky today? As long as humans have walked the earth, they’ve stared up at the night sky and created familiar patterns to keep them company through the long dark night. Stars and constellations have been used to mark the passage of seasons, the time for planting and harvesting, and to help early sailors navigate the seas.

In some of the earliest cave paintings found to date, the Lascaux caves in southern France, estimated to be over 17,000 years old, archaeologists have identified markings believed to correspond to several of today’s night-sky constellations. Spring constellations include Ursa Major (the Great Bear), Leo (the Lion), Cancer (the Crab), and Virgo. In addition to identifying these and other constellations, it’s fun to imagine what those early humans were thinking (and perhaps drinking) when they came up with their outlines and the names for them.

Ursa Major contains one of the best-known asterisms in the night sky: the Big Dipper. An asterism is a group of stars that form a familiar pattern but which are not a recognized constellation. An asterism can be a subset of the stars that form a constellation (like the Big Dipper or the Teapot in the constellation Sagittarius) or can be a shape that spans multiple constellations.

Closer to home lies the moon, and one event that shouldn’t be missed this spring is the total lunar eclipse, occurring in the early morning hours of May 26. Anything that blocks the sunlight passes through the more blue light that falls on the moon, making it appear red. If this didn’t happen, the moon would disappear completely during the total eclipse.

For viewers in the Pacific Northwest, the partial eclipse begins at 2:45 am, when the moon starts to enter the core of the earth’s shadow. At 4:12 am the moon lies completely within the earth’s shadow and this marks the beginning of the total eclipse, which lasts about 14 minutes, after which the moon begins to leave the central shadow and is once again partially eclipsed. It will still be partially eclipsed when the sun rises at 5:19 in the morning.

One cool thing that happens during a total lunar eclipse is that the moon turns a dark, reddish color. This is often called a Blood Moon and occurs because the earth’s atmosphere scatters blue from the sunlight passing through it. The more atmosphere that sunlight passes through the more blue light is scattered (this is why sunsets look red).

The atmosphere also acts like a prism and refracts, or bends, the resulting reddish light around the earth. Some of this light falls on the moon, making it appear red. If this didn’t happen, the moon would disappear completely during the total eclipse.

If possible, take some time out of your busy schedule this spring, leave the bustle of the city behind, get outside and do some stargazing. It offers a calming perspective that’s larger than politics, COVID, and all the other things troubling us during the day. Look up at the night sky with wonder the way our ancestors did millennia ago and ask yourself: “What’s up?”

The Review • Spring 2021 • Page 17
by Eddie Strange

Recently, I received a message from our fearless editor extraordinare, Ana Maria.

AM: “Are you up for another garden article for the upcoming spring edition?”

E: “Sure! No prob. Sounds good!”

AM: “In 1,000 words or less?...”

E: “A 1,000 words or less?!?! I thought to myself. My haikus come in “Cliff’s Notes”!! Even my grocery lists are long, rambling multi-paged prefaces! But not to be outdone by the challenge, I replied:”

E: “Not only that, but this article covers roses, container gardening, companion planting, a story about three sisters, and lastly, but not leasty (“leastly”??), I will conclude by revealing the mystery of the well-guarded, ancient, “Grand Secret to Successful Gardening”!

(...swallowing hard through the long, pregnant pause, in reply...)

AM: “Here is a link to an on-line “word-counter.”

E: “Great!”

“Great”?!?!... 1,000 words or less?!?!” Word counters?!?”!

After dope-slapping myself through the five Stages of “Good Grief!!!” and some nervous crying, I bring you: “Sustainable, Polycultural Planting Practices In...” Er, I mean... “Roses and Co.”

In truth, we will be discussing how to create an easy, eye-catching, healthy, low-maintenance, self-sustaining, pest and disease resistant, organic rose container garden design!

Growing “the perfect rose plant” is a long-cherished hobby and art form, among many a generation of gardening enthusiasts.

Why roses, one of the most notoriously fussy, high-maintenance, disease and pest prone plants? Don’t ask. I have enough aggravations. But what of the “newly sprouted green thumbs” beginner, just looking for an easy and yet hugely rewarding intro DIY garden project? And what of the seemingly endless list of chemical fertilizers, amendments, diseases, and pest spray killers, etc. that so many garden articles seem to promote? In short, the only thing “chemical anything” in gardening is good for is selling you more chemicals to address the issues precipitating from the previous chemicals, until there is a total collapse of your soil biological ecosystem and the soil is so acidic that nothing will grow.

For the “deep dive” on this subject, see my article “The Lowdown on Low-down Chemical Fertilizers” at the Hearth and Home Herald website.

Instead, we will be taking our cues from the ancient art of polyculture planting. Otherwise known as “companion planting”!!! This is the practice of pairing specific plants together, based on the mutually beneficial characteristics they afford one another. For several thousands of years, this has been done for a range of reasons, such as: 1. Symbiotic health benefits 2. As a pest repellent 3. To attract pollinators and/or the predators of common plant pests 4. As a decoy or “trap plant” to draw pests to and away from a favored and prone crop or plant. 5. As a protector plant (as shade providers, weed blockers, wind breakers, soil moisture retainers, and more.) ...Which brings me to the “the three sisters.” The “three sisters” refers to corn, squash, and beans and an ancient planting practice, developed over 6,000 years ago. The story and practice originate in ancient mesoamerica (Central America) and travels northward, far and wide, throughout the North American continent, appearing in the ancestral stories of Indigenous cultures, from Hopi to Iroquois, to Oneidas. The history of the “Three Sisters” story, itself, is an epic tale, whose... (right...“1,000 words”)...

Planting the three together, corn provides a trellis for bean plants to climb, where it can gain maximum sun exposure, as well as be kept off the ground, where it is more vulnerable to pest, disease and other damage. The leaves of the squash help shade corn and bean roots, helping soil retain more water and stay cooler. Squash also has prickly leaves that help warn off pests, as well. Its flowers attract a number of beneficial predators of said pests.

In return, bean plants provide a good, steady supply of “fertilizer”, in the form of, for example, nitrogen (an essential nutrient) that it accumulates from the air and fixes into the soil, in a form her sister plants can access. The “three sisters” is a perfect example of polyculture (or companion) planting.

Okay, next... Rose container garden design!

Here is one of my favorite companion planter designs. You will need:

1. A Five to seven gallon (minimum) sized container, with at least one drainage hole of no less than one-inch diameter
2. A drainage rock for the bottom 3” of the container
3. A 2:1 ratio mix of organic potting soil to compost. And...
4. Plants!

Select a location for (in this case) maximum sun exposure. Next, make sure your plant selections are compatible in terms of elbow room, soil type and pH preferences, water, and sun exposure requirements.

For this design, each of my “planter companions” share preferences for loam soil that retains moisture and is yet well-draining. They also prefer soil pH of around 6.0 - 7.0.

Here’s the list of plants we will be pairing, with a brief summary of what makes them good companion / container-mates:

• Your favorite rose! (mini, climbing or bush varieties won’t work for this particular design)
• Chives: They fix sulfur [a natural fungicide] into the soil, boost rose and other plants’ immune systems. The blooms attract pollinators. They repel aphids and Japanese beetles.
• Marigolds: They repel just about all manner of nefarious pests (aphids, bean beetles, leaf hoppers, nema-toodes, root-fly, etc.) except bees, ladybugs, and other pollinators.
• Clover (trifolium): It fixes steady supply of nitrogen into the soil. It’s popular among pollinators; it improves soil aeration, water penetration, and root growth.
• Shamrock (oxalis): can be used for all the same reasons. My favorite combo is a mix of “bronze dutch clover,” “purple shamrock” and “green shamrock.”
• Creeping jenny: It’s a “trailing” plant. It’s great for tormenting successfully thwarted container-climbing pests. And, I guess looks cool!

There you have it! An easy, low-maintenance, self-sustaining, self-fertilizing, pest and disease resistant, organic rose container garden design! And finally, the mysterious and elusive “Grand Secret To Successful Gardening”???

A: Stay tuned....
Free monthly mobile dental clinic for underserved individuals and families

By Krissie Dillin

Left untreated, dental problems can lead to pain, difficulty eating, and increase the risk of debilitating health conditions. Two significant obstacles prevent people from receiving dental care—cost and access. We are committed to breaking down these barriers by delivering free dental care to our neighbors.

Medical Teams International is hosting a free monthly dental clinic at the Phinney Neighborhood Association’s Hot Meal Program at St. John’s United Lutheran Church.

Medical Teams International will supply a customized RV-like Mobile Dental van, holding two dental operatories, and oversee the clinic operations. Volunteer dentists, hygienists, and assistants treat individuals with the least access to dental care, including people experiencing homelessness, chemical dependency, or unemployment; veterans, elderly, and youth.

Urgent care needs are the top priority and services range from pain alleviation (primarily treatment of infection and abscesses, extractions) and fillings. Due to the pandemic, procedures that create aerosols (using hand tools only) have been temporarily eliminated. Each van operatory is thoroughly cleaned after each use. Full PPE is available to all staff, volunteers, and patients when required.

Are you a dentist or chair-side assistant with a current state license to practice your profession? We would love to have you join the volunteer team at Medical Teams International in providing free dental care to low-income individuals with urgent needs.

To make this program a success, we also need monthly sponsorships of $1,700. Interested in funding this project? Contact Krissie Dillin, Program Director, contact Krissie Dillin at krissied@phinneycenter.org to discuss this incredible opportunity to serve our neighbors in need.

For more information about the Dental Program, visit medicalteams.org/volunteer/us-opportunities/

BELLYDANCERSIZE ZOOM CLASSES

Starting March 4, every Thursday. 6-7:30pm.
4 weeks: $60. Drop ins: $20 per class. All ages.
Learn at your pace; I review from last week A very creative & fun way to tone-up. Superior core workout. Strengthens & coordinates muscles groups in the trunk, spine & arms. Improves posture & flexibility. Basic steps, tummy undulations, hands & arms & lots of giggles! The Art of Bellydancing is for You!!

To register: Go to bellydancingbyzaphara.com and click “classes.” Payment: Paypal

PNA’s Hot Meal Program now offering free medical services

By Krissie Dillin

A new partnership with Lahai Health is enabling the PNA to offer a free, weekly, onsite medical clinic at our Hot Meal Program.

Medical services are provided by Dr. Carol, Family Practice MD and rotating registered nurses. The services are offered every Wednesday, 11 am-1 pm, at St. John’s United Lutheran Church, the Hot Meal Program’s Wednesday location.

We are honored to be working with Lahai Health and beyond thrilled to be able to offer these services to our neighbors.

Please consider supporting this life changing program with your financial gift at phinneycenter.org/donate.
Volunteer Spotlight

Chris Syrjala helps keeps grounds in tip-top shape.

Volunteer gardener Chris Syrjala has been working with our Facilities Director to come up with a strategy for minimizing maintenance. And another volunteer waters, weeds, and plants the Heart of Phinney Park Too to keep it looking pleasant and inviting.

“I wanted to contribute to the Greenwood Senior Center, a place that has enriched my retirement. I enjoy being outdoors and appreciate seeing things grow while providing color, shape, and texture. It is satisfying to see grounds that are maintained.”

Thank you to Chris and all our volunteers who have spent hours digging in the dirt, providing care and comfort, and helping us remember that our gardens are capable of growing so much more than chard and chickweed; we can grow hope.

We are excited to start planning for our 2021 growing season. Volunteers are needed to water weekly and for occasional work parties. To learn more or to sign up, visit phinneycenter.org/volunteer-covid/#garden.
UPCOMING EVENT VOLUNTEER OPPORTUNITIES

Many of our events have been modified, and we’re still figuring out our volunteer needs. Add your name to the list of potential volunteers to be notified when we figure out how you can help. Email leanne@phinneycenter.org.

• Zoom Away with the PNA Spring Benefit (May 8, virtually)

• Garage Sale & Re-Use & Recycling Event (May 22, Phinney Center and PhinneyWood)

• Art Sale & Stroll (June 12, PhinneyWood and Phinney Center)

DONATION REQUESTS & DRIVES

• Menstrual products through March 31 to support students and people experiencing poverty and/ or homelessness. Drop off at the Phinney Center, M-F, 9 am–5 pm.

• Postage Stamps, especially the old ones with the denominations printed on them, to support the Pen Pal Project. Drop off at the Phinney Center front desk, M-F, 10 am–4 pm or mail: 6532 Phinney Ave N, 98103

GREATEST NEEDS

(see below *** for more details)

• Re-organize our newly renovated GSC with a couple of others.

• Weekly Waterer: 1 hour/week, May–ish through September, at the GSC Garden Vegetable

• Early Stage Memory Loss Program Team Members: 1 Tuesday per month, from 1-3 pm

• Instructors: share your passion for tarot, mythology, or something else!

ONGOING OPPORTUNITIES

Bake & Prepare Meals

Help at the Hot Meal Program. Prepare & serve meals, set up, clean up on Mondays, 2-4 pm or 4-6:30 pm at the GSC, Tuesdays, 2-4 pm or 4-6:30 pm at the GSC center.*** phinneycenter.org/volunteer-covid/#hotmeal

Garden & Landscape

• ***Weekly Waterer. You pick the day to water and harvest our veggie garden, we provide the hose & water. Pair up with another volunteer and you can alternate weeks! About 1 hour/visit, as early as May through September.*** phinneycenter.org/volunteer-covid/#garden

• Vegetables Garden Work Parties. Help rebuild established garden beds and plant harvest. 2 hours, about once/month, April through October. Up to 4 volunteers at a time. phinneycenter.org/volunteer-covid/#garden

Groundwork Gurus. Help prep up and maintain the handful of small gardens at the GSC and Phinney Center campus. A great opportunity for groups. phinneycenter.org/volunteer-covid/#garden

Yardwork for Local Seniors. You pick which household that work for you. Background check required, minimum 6-month commitment preferred. phinneycenter.org/volunteer-covid/#village

Kids & Seniors

***Create a Dementia-Friendly Community. Support participants with Early Stage Memory Loss (ESML) through our enrichment class, the Gathering Place. Converse with class participants, assist with writing and drawing exercises and other activities, help make reminder calls, and enjoy the company of our participants. Classes are typically (online) on Tuesdays, 1-3 pm (you work one per month), with occasional meetings with our in-person candidates to have some experience working with seniors or an interest in working with people with ESML, and are at least 21. Background check required, yearlong commitment requested. Device/in internet needed.*** phinneycenter.org/volunteer-covid/#esml

***Teach a class (or lead a group) for seniors: tarot, mythology, graphic novels/anime, outdoor photography, medical/health-related topics, social media, digitizing/organizing your docs. We need the class to be one to two hours in length, plus a potential workshop to follow. Info: phinneycenter.org/volunteer-covid/#teach

Senior Companion. Support our seniors with friendly phone calls or distance (and masked) social visits. phinneycenter.org/volunteer-covid/#village

Maintenance & Handiwork

Tool Librarian. Strong customer service and computer skills a must for this important job! Check membership status, check tools out and in, and collect donations. Some experience with tools helpful, but not required. phinneycenter.org/volunteer-covid/#toollibrary

Repair Specialist. Help maintain and repair our growing collection of tools (hand and garden) and learn how to use them! We work with the Tool Library. phinneycenter.org/volunteer-covid/#toollibrary

Handy with a Hammer? Perform basic home repairs & maintenance for seniors living in their homes. phinneycenter.org/volunteer-covid/#village

***Clean Machine. Help reorganize our newly renovated Greenwood Senior Classrooms.*** phinneycenter.org/volunteer-covid/#clean
deliveries by March 20. phinneycenter.org/volunteer-covid/#membership

Doctors, Hygienists and Dental Assistants wanted! The PNA is partnering with Medical Teams International to provide free dental care to seniors, veterans, people experiencing homelessness, or unemployment, and youth. Current WA-licensed dentists, hygienists and chair-side assistants needed to staff the customized Mobile Dental van at our Hot Meal Program. 6-hour shift, and see 6 to 7 patients. phinneycenter.org/volunteer-covid/#dental

Know a dentist? Share the amazing volunteer opportunity above with your dentist and staff! Download the Fact Sheet here and spread the word!

Vegetable Gardening at the Greenwood Senior Center

We’re excited to plan our vegetable and herb garden at the GSC. We’re looking for volunteers to help with occasional work parties and regular volunteers to water once per week (May-ish through September) phinneycenter.org/volunteer-covid/#garden

Handmade Cards and Handwritten Letters for Seniors

Put good vibes, hugs, and well-wishes into handmade, hand-drawn, or handwritten cards for local seniors to be delivered with meals via the Greenwood Senior Center. Upcoming opportunities: St. Patrick’s Day (due 3/15), Neighbor Appreciation Day (due 5/5). phinneycenter.org/volunteer-covid/#cards

Chalk Artists for Rainbow Hop. Color the sidewalks in PhinneyWood to help celebrate our annual Rainbow Hop celebration (timing TBD; Rainbow Hop on June 5). phinneycenter.org/volunteer-covid/#rainbow

Hot Meal Program Outreach. Help the Hot Meal Program, from the comfort of your own home! Create a list of organizations serving similar clientele that we can then connect with them to share resources. Helpful skills include strong written/verbal communication, ability to create informational flyers, and willingness to follow through. The white visit(s) may be helpful to understand our program and the people we serve. 2-3 hours/week phinneycenter.org/volunteer-covid/#hotmeal

Table Companion at the Hot Meal Program. Build community by sharing a meal and engaging in meaningful conversation and listening ear. Potentially share information about resources. 1-2 hours/visit, minimum 3 visits/month. Ideally, 1-year commitment. Required 1 hour training. phinneycenter.org/volunteer-covid/#hotmeal

Put Up Posters at local businesses and at Panera Bread in PhinneyWood to help promote our upcoming events and classes. A great opportunity for students and young children with their parents. Flexible schedule. leanne@phinneycenter.org.

Writers Wanted. We need writers with journalism experience to help write articles. The Review and writers with a more colloquial style for our blogs. leanne@phinneycenter.org

Office & Admin

Weekly Office Support Volunteers. We need your office-y skills (check out the list on our website). Some tasks can be done at home, while others need to be done in our office, and we could use help for 2 hours a week, or 2 hours a day. If you are an admin support whiz, we’d love to talk to you about which projects might best fit your skills and interests. phinneycenter.org/volunteer-covid/#admin

Data Entry. Your flying–and accurates–fingers are needed to help us get gobs of info into the cloud. This ideal volunteer is detail-oriented, comfortable with navigating multiple tabs in browsers and in Microsoft Outlook and has some experience with Salesforce. Variable from two hours/month to three hours/week. Six-month commitment requested. phinneycenter.org/volunteer-covid/#admin

Teach & Menor

Share your talents. Excited about outdoor photography, making sushi, playing the ukulele, or American Sign Language? We are seeking volunteer instructors to teach classes that can usually occur during the day. phinneycenter.org/volunteer-covid/#teach

Help Wanted in the Community

Girls on the Run Puget Sound is always looking for volunteers who want to empower youth in the greater Seattle community. Visit girlsrun.org/volunteer or email program@girlrun.org.

Volunteer with the Ballard Food Bank and help your neighbors in the NW Seattle! ballardfoodbank.org/volunteer.

Equine Aid Horse and Donkey Rescue in Monroe seeking volunteers to work with the animals or not, no experience necessary, must be 16+. equineaid.org

Volunteer with Youth Tutoring Program afternoon and evenings Monday – Thursday via Zoom. ccsww.org/vt

Washington Trails Association is now running small group trail work parties. Ages 10 and up welcome. wta.org/volunteer

New Volunteer Opportunities

Deliver PNA Membership Signs, Door Hangers & Posters. Support the PNA and all the cool things we do by telling our neighbors about us. Pick up 10-20 yard signs, door hangers and/ or posters (and a list of where to drop them off) from the Phinney Center and leave them for our new and so-new neighbors. Great to do with a friend, and no interaction needed. Deliveries by March 20. phinneycenter.org/volunteer-covid/#membership

Marketing & Outreach

”Put your talents to work!” Get involved in marketing/communications. To empower youth in the greater Seattle community. Visit girlsrun.org/volunteer or email program@girlrun.org.

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Events, classes, and stories for Northwest Seattle neighbors

Members Make Us

Meaningful  Engaged  Motivated
Build(ers)  Essential  Resourceful  Strong(er)

In this issue: A new leader for PNA | Market vendors’ venture
Tremendous trees | Women’s history for kids | Plant pairings
Garage Sale Day | Zoom Away with the PNA | Rainbow Hop