



NEWS

EASTLAKE COMMUNITY COUNCIL

2234 Minor AVENUE EAST,

SEATTLE, WASHINGTON 98102

EA 5-8934

"Towards a Sense of Community"

APPLICATION FOR MEMBERSHIP

New membership _____ Renewal _____

If you live, work, or own property in the Eastlake area,
and agree with the purposes of the council, please join us.
\$200 individual; \$300 family or business.

Name _____

Address _____

Phone _____ I would like to work on _____

EASTLAKE COMMUNITY COUNCIL
CENTRAL SEATTLE COMMUNITY COUNCIL FEDERATION
2410 East Cherry Street
Seattle, WA 98122

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MEETING NOTICE

MARK YOUR CALENDAR

Tuesday, February 17, 1976

7:30 p.m. Seward School Library

PLAN TO ATTEND

SPECIAL GUEST: Councilman JOHN MILLER

John was recently reelected to the City Council, has consistently supported programs that are people-oriented, people in relation to the environment.

As a policy-maker he has conceived and sparked and/or supported such programs as Seattle 2000, housing rehabilitation in the center city, P-patches, shoreline preservation, his most recent example of which was support of Kellogg Island in the Duwamish Waterway as a refuge for birds and other life. He has also supported the formation of community councils and sees their active participation in planning their own futures as essential to maintaining and improving the quality of life in our city. Come and hear what he has to say.

TASK FORCES

will also meet individually during the meeting time. ALL TASK FORCES ARE STILL OPEN TO ANYONE INTERESTED IN HELPING TO PLAN EASTLAKE'S FUTURE, STARTING WITH THE GOALS AND POLICIES YOU (PROBABLY) RECEIVED IN DECEMBER OR JANUARY. Elsewhere in this issue, a member of each task force--housing, economic development, community improvements, and human resources--has outlined the main foci of their particular committee.

***** SEE YOU AT THE MEETING ON THE 17-TH *****

NOTICE NOTICE

Valentine's Day is coming up, and we've got something for you.

Graced with the actual holiday on the evening of our Valentine's Disco, it should all come off pretty well.

While flyers and posters have said BAKE SALE, don't get your hopes up for grasshopper pie or rumbaba (the BAKE sale has been omitted) but do get ready for some super danceable music selected by YES, a sound and electronics firm in the neighborhood.

No host bar and nibbles.

A buck fifty'll get you an evening of boogie on Bumgardner's (large inside) balcony...no kidding--it's a trip. Dan Reiss is chairman of the event. EA2-2961.

JOIN THE REST OF US Saturday February 14 2021 Minor East from 8:30.

INSIDE

Reports from Task Forces
Two new Eastlake businesses
Plant Spas
Recipe
Cascade Community Clinic

A little word for those of us who are getting tired: "Problems worthy of attack prove their worth by hitting back." Piet Hein

REPORTS FROM TASK FORCES

The last general meeting of ECC saw the formation of four task forces where the work of reviewing Land Use and Planning Goals will take place. There was good participation at the meeting, and continued strong interest in meetings held by the individual task forces since the general meeting, but we want to make clear that participation in the task forces is still open to anyone who wants to directly participate in the final formation of a draft of goals for Eastlake.

To give you an idea of how the four task forces are focussing their energy, a member of each group describes below their work.

HUMAN RESOURCES AND CITIZEN PARTICIPATION

The Human Resources and Citizen Participation Committee is working towards creating a better community through citizen utilization of existing city and state programs and establishment of neighborhood programs.

We wish to make the Eastlake community more responsive to the needs of the Senior Citizens in our area and plan to publish a Senior Citizens' Resource poster or pamphlet which will list telephone numbers and provide information on which programs exist, who is eligible to participate and what costs, if any, are involved. Programs covered will include Senior Services, food stamps, and Metro bus stamps.

We are interested in having a "neighborhood clean-up" which would include pickup of trash not regularly taken by the garbage service, as well as a fire prevention and inspection week. We also plan to establish a neighborhood-based "block-watch" program to aid in crime prevention.

We would like to have guest speakers at some of the bi-monthly meetings to speak on areas of public safety, quality education, fire prevention and social services. We hope that these speakers will attract more people to the Council meetings as we seek to serve the needs of the community.

We welcome all interested persons to attend our meetings. Please contact VICKI TOMPKINS at 324-6825 as to time and location.

V. Tompkins

HOUSING COMMITTEE

As members of the Housing Committee, we have sought to establish objectives and policies which reflect the needs of our community. Throughout our discussions, a concern has been expressed for the establishment and maintenance of a wide variety of housing, which hopefully can accommodate people of diverse age, income, lifestyle and ethnicity. In order to insure that diversity, it is important for us as members of this community to protect the "least economic uses." Single-family homes, older low density multiple structures, and other less intensive uses are in a particularly precarious position, especially when the existing zoning warrants more "lucrative" development.

If you are concerned about this and other related issues which affect the status of housing within our community (how zoning affects mortgageability, redlining, parking problems, the need for open spaces, how to enhance Eastlake Avenue, etc.) please join us at the next weekly meeting. And don't forget to bring your suggestions and criticisms.

Call me for the time and place of our next meeting.

John V. Fox 324-2854

ECONOMIC DEVELOPMENT COMMITTEE

Our committee is investigating avenues for development within the neighborhood, including possibilities of providing more neighborhood retail business, more pedestrian-oriented shops. Mixed uses of buildings (for housing and business establishments) has been suggested as a way of developing housing compatible with the quality of life in the neighborhood; other ways are being considered as well. We are looking for more continuing involvement by the business community in affairs of the ECC.

We are meeting weekly and encourage anyone who is interested in this aspect of neighborhood life to join us. Call Dave Hyslop at 322-9330 for time and place of our meetings.

J. Engrissei

COMMUNITY IMPROVEMENTS

We are planning to map out the neighborhood in terms of recreation opportunities in Eastlake (bike paths, mileage, etc.) and also plan to look at transportation needs and street lighting. We want more people to work with us. Call Dan Reiss EA2-2961 for meeting time and place.

TWO NEW BUSINESSES ON THE SCENE...

FRENCHY'S STYLING SALON AND BARBERSHOP 2701 Eastlake East

Maurice (Frenchy) Perez likes people, hard work and good service, and puts these three together in his new shop, Frenchy's Styling Salon and Barbershop at 2701 Eastlake East, the corner of Eastlake and Edgar.

Frenchy has been cutting and styling hair for thirty years. Those first years were spent in his native France. After World War II, he decided to leave Paris to fulfill "the dream of youth" and emigrate to the United States. He worked at Boeing for a while and then resumed his craft. For 16 years, Frenchy cut and styled mens hair in two University District salons. Through the years, he's watched many UW students complete school and embark upon careers. A loyal clientele has followed him to his new Eastlake location.

The salon offers all types of hair styling for men and women. Frenchy observed that short hair for both men and women is coming back into style. Also, men are having their hair styled as often as women. Frenchy has basic cuts for \$4 and a style which includes shampoo, conditioner and cut for \$8. Call 329-9007 for an appointment.

Between stylings, Frenchy offered some general advice on hair care. He believes most people want to take good care of their hair but don't know how. His suggestions include not shampooing hair with bar soap because it's too harsh and drying. Shampoos made by Redken, herbal shampoos or even egg yolks are recommended. A little vinegar mixed with lukewarm rinse water results in shiny hair. Every shampoo should be followed with a conditioner. Frenchy cautions against over-use of blow-dryers because direct hot air on the hair is damaging. He advises drying hair with a towel, fingers and blowdryer with a soft brush.

Frenchy's Barbershop and Styling Salon is open Tues-Saturday from 9-5:30 p.m. After just a month, Frenchy has become popular with the neighbors. As one pleased patron stated, "We're going to make sure you don't move!"

Joanne Pullen

G & H One-stop Printing and CONTRACT POST OFFICE

A new printing shop offering a wide variety of services plus a contract post office station opened recently G & H One-Stop Printing located at 2370 Eastlake East (Eastlake and Louisa) is owned and managed by Shirley Groll.

Shirley chose the Eastlake location in an effort to "fill the gap between the district and downtown. This area had a good potential for the Printing business," she stated. Since the October opening, Shirley's predictions have proved accurate. The shop fills the printing needs of businesses, residents, and non-profit organizations. Customers may choose offset printing, letterpress or photocopying. Besides printing letterheads, envelopes, business cards, carbonless forms, flyers, and booklets, wedding invitations in a variety of styles are also available. If raised printing is requested, orders are taken and the job sent out. A versatile photocopy machine copies white or colored paper, letterheads, card stock, and sheet music on oversize sheets. Shirley has additional equipment for cutting, drilling, folding, stapling, perforating, die-cutting and collating. Non-profit organizations may take advantage of a 10% discount.

In January, a contract post office headquartered at One-Stop Printing opened. Post Office officials agreed with Shirley that a need existed in the community for post office services. A bid for an annual contract was submitted, approved and operations began. The contract station offers all services of a larger facility except foreign parcels, postage meter re-fills and express delivery. Mail pick up times are 4:30 p.m. weekdays and 1:00 p.m. Saturdays. Two mail boxes have scheduled pick-up times throughout the day.

G & H One-Stop Printing is Shirley Groll's first business venture. She worked in the printing business before her marriage. After raising two boys, Paul and Chris, she decided to return to work. Shirley, her husband who is also in the printing business, and their sons live on a farm in Bothell. Shirley enjoys raising geese as a hobby. The new owner is enthusiastic about the Eastlake area and surprised by the community spirit. "I really didn't expect to find this feeling in Seattle," she commented.

G & H One-Stop Printing is open Monday through Friday from 8:30 to 5:30 and Saturdays 9 to 1:00 p.m. The phone is 329-9888.

J. Pullen

GREETINGS PLANT FANS

Are you sitting there watching your precious plants dropping leaf after leaf, slowly dying from lack of sunlight and warmth? Well, how about a cheap plant saver?

All you need is one fairly large cardboard box (big enough to hold your largest plant--unless you own a palm tree or something), some tin foil, a lamp, and one of those screw-in plant bulbs. If the whole smear costs more than \$5, you didn't use your resources. For lamps, I prefer those wall hanging kind or the metal work lamps with the clip on the back. Arrange the lamp so that it shines into the box at the distance specified on the light bulb package. Line the box with tin foil. I usually have a box big enough to hold an old broiler pan. I put pebbles in the broiler pan, fill it with water, and put it in the bottom of the box to keep the humidity high. Your plant hospital is complete.

During winter give each of your plants an Arizona vacation for a month or so, starting with the saddest specimen. As spring sunshine returns, I use the box as a place to start tomatoes, herbs, and bedding plants such as petunias and pansies. When doing this, you can save yourself work by using a jar and some string to start a wicking system. Fray the ends of the string. Get the whole string wet. Put one end in the water jar and the other in the pot. This will keep the pots evenly damp without constat attention. (Incidentally, you can water your plants whic way while you vacate the premises.)

Beth Means

ONE-PAN CAKE

also from Beth Means

1½ cups flour
 SIFT 1 cup sugar
 4 Tbs cocoa
 ½ tsp salt
 1 tsp soda
 into a small pan. Make holes in this (dry ingredients, not the pan)
 POUR 6 Tbs oil (vegetable-type)
 IN 1 tsp vanilla
 1 Tbs vinegar.

POUR 1 cup COLD water over this mess and mix well with a fork.

BAKE 35 minutes at 350°.

I am sure the Housing Task Force of Land Use and Planning can testify that it
 WORKS!

CASCADE CLINIC 224 Minor Avenue North 622 6684

A full time community health nurse is on duty at the Cascade Community Clinic located at the address above to see patients with a wide variety of problems. Margaret Jahn, RN is available on Tuesday, Thursday, Friday from 9-5 and Wednesday from 9-1 to take care of immunizations (children and adults), take blood pressures, assist with nutrition, and other needs. The Clinic is also open from 6-8 on Wednesday and from 2-4 on Saturday when a doctor is either present to see patients or on call.

Two other specialized clinics are FOOT CLINIC from 6:30 to 8:00 on Wednesday evenings, and BLOOD PRESSURE CLINIC from 12 - 12:30 on Wednesdays. The BP clinic is held in Immanuel Church parlor next door to the Cascade Community Center.

Feel free to call the Cascade center for more information. It's a valuable service so close by; if you would like to see a nurse and are unable to get to the clinic, call and perhaps arrangements can be made for a home visit.

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LETTERS TO THE EDITOR

Please submit comments on newsletter articles to Anita Klapper, 2019 Fairview East, 98102, EA5-9333 by the 5th of the month. Poems or articles are welcome also. Joanne Pullen and Beth Means have done beautifully in providing material: keep it coming. I must mention Cathy Powell's and Helen Mitchell's help in getting the newsletter printed, and Nicola Lonski's collating and stapling. Any more volunteers?

FOUND: GLOVES

Someone left a pair of gloves at Seward School after the last meeting. Owner call Ted Choi, EA 5-4934, to retrieve.