

FALL 2022

THE EASTLAKE NEWS



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*Cover photos courtesy of Isabella
Yeager (top) and Aegis (bottom).*



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Eastlake Community Council

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The Eastlake News is a quarterly publication of the Eastlake Community Council. We welcome comments, articles or images for possible publication; please include a contact phone number. Articles may be edited for length and clarity. Articles in the newsletter represent the view of the author and not necessarily the ECC.

Please send submissions to info@eastlakeseatle.org or by U.S. mail to the return address on the back of this newsletter. For advertising contact Detra Segar at advertising@eastlakeseatle.org.

Publication schedule is as follows:

Spring - March, April, May
Summer - June, July, August
Fall - September, October, November
Winter - December, January, February

ECC PRESIDENT'S LETTER

As we approach the ECC Annual Meeting and election it is a good time to talk about what ECC has been doing this year.

Although Covid has kept us from meeting in person, we continue to work effectively with city departments and to keep projects on target and Eastlake informed.

The city redistricting effort, which will be finalized in October, could impact our neighborhood in a significant way. We will continue to post updates on our website and send emails to members. This will let you respond to the Redistricting Commission in a timely and effective way. It is important that everyone living in Eastlake participate in this important process.

Development in Eastlake is a topic that everyone takes an interest in. As our neighborhood becomes denser there seems to be an overwhelming number of developments. ECC continues to host design review meetings. Everyone can attend and they are held virtually. Developments that involve multi-units are posted on the website as they come up for review and updates are noted. We encourage you to join the review meetings to learn more about the projects and provide feedback to the developers during the comment periods. Watch our website for meetings and updates.

One design review meeting prompted the need to work with SDOT to determine what standards should be applied to developments on Fairview Avenue East. A group of dedicated residents tried to address this issue several years ago and their suggestions have not been implemented. We are working to continue their efforts and will



Detra Segar

keep you updated. There will be an opportunity to participate as the process progresses.

The RRJ-Line project has been a controversial topic in Eastlake for several years. The project is now ready to move to the next phase. We will continue to engage with the community on ways to make Eastlake Ave, work for everyone—business owners, residents, customers, and deliveries, as well as cars, buses, and bicyclists. We have spent the last few years bringing clarity and equity to the process and will post updates as they become available. There will be public meetings. Plan to participate.

I hope all of you had a chance to enjoy Sounds of Summer in July. ECC Board Treasurer Ben Wharton not only had a brilliant idea but put it together in record time. We now have a new Eastlake tradition. Thank you, Ben!

Parks and green space have gotten attention this year. The East Howe Steps Plaza completed approval in late Spring and construction is expected by the end of the year. Terry Pettus Park expansion will roll into 2023. There is a new group of nearby residents who have taken on the maintenance of Hamlin Street End Park. Great to have this tradition continued. Good Turn Park will begin a phased refresh in September. Watch the website for clean-up dates as well as community conversation about the plan.

Our annual Earth Day, with Harmon Rogers leading the effort, had great attendance and a longer stretch of



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the lake front was cleaned this year. Expect to see more opportunities to participate in clean ups around the neighborhood from Street End Parks to Rogers Playground.

We continue to have many residents who are dedicated to keeping our end street parks trimmed and ready for use and other individuals who keep the litter off our sidewalks and the graffiti under control. Thank you to all those very dedicated residents.

Working with the West Precinct and continuing critical monitoring of the encampments has been a priority this year. We communicate regularly with many agencies who are assisting with solutions. This will not be solved quickly but our continued engagement with all of those addressing the issue is essential.

It takes many people to cover the activities of ECC. Joe Murphy manages our website and makes sure it is easy to use. Allison Peryea keeps our Facebook page current and helps with event planning. Angela Shier is the force behind Eastlake News bringing you interesting articles and Chris Leman manages the delivery team. Judy Smith not only serves on the board but maintains our blog. Each ECC board member wears many hats.

Our annual meeting is scheduled for September 20 and will be virtual again this year. Postings will be on the website for those who want to participate. This is a good time to remind the community that ECC is an all-volunteer, effort. We can always use new ideas and enthusiastic volunteers.



WRITE FOR THE EASTLAKE NEWS

Attention Eastlake artists, photographers, poets and writers! The Eastlake News is always open for submissions of written and visual work to be featured in this quarterly newsletter.

If you are interested in sending us article pitches, creative writing or artwork to be featured, please reach out to us at: info@eastlakeseattle.org.

GET INVOLVED

See the back page to find ways to get involved in the Eastlake neighborhood through volunteer opportunities, joining committees, helping at events and, of course, donations.

To volunteer and/or become a member of the Eastlake Community Council, please fill in & mail the form below, OR join online at: <http://eastlakeseattle.org>. For questions: info@eastlakeseattle.org. If your homeowner's association or apartment complex board would like to bring its residents into ECC membership, we can help you with that. Please contact Peter Haley, ECC Membership Coordinator, through our website at info@eastlakeseattle.org.

Scan the QR Code to become an ECC member & learn more about neighborhood volunteer opportunities.



SIGN UP & JOIN VIA MAIL

Eastlake Community Council membership is open to all who live, work, or own property in Eastlake.

We invite you to check off one or more interest(s) below & complete the form to the right.

- Events and fundraising
- Help with website, database, social media, or video
- Art walk or public art
- Parks and open spaces
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POMODORO CLOSED IN AUGUST

Antolin Blanco, former owner of Pomodoro announced on August 11 that he had sold Pomodoro. The restaurant officially closed the following weekend.

“Farewell my beautiful and faithful customers.

Pomodoro has been sold to a younger generation of restaurateurs and it will become a sushi restaurant. After almost three decades of being your humble servant, the time has come to hang my tools and retire into obscurity.

If I ever get involved in another venture, it will not be at the same intense level as in this recent one. I will miss all of you very much, but I will miss some of you terribly. If occasionally you find it convenient to visit www.pomodoro.net, I will keep you posted if I decide to start anything related to food.

I wish you all the absolute best of health and happiness. Thank you for your business through the decades, thank you for your understanding and friendship. Thank you, thank you thank you.”

KELLY-ROSS HAS CLOSED THEIR EASTLAKE LOCATION

Many Eastlake residents have asked about the closure of Kelly-Ross at the end of May. We reached out to Kelly-Ross for more information.

They were pleased with their business in Eastlake. The issue is about the changing structure of the pharmacy business. The following is their explanation:

Community pharmacies are under siege by the predatory and non-competitive business practices of Pharmacy Benefit Managers (PBMs). PBMs are part of the vertical integration of massive health care entities, most of which are for-profit corporations. Frequently the parent corporations of PBMs also own health care provider networks, insurance companies, and even chain pharmacies. Therefore, it is in the best interest of those corporations to force out competition through their contracting practices.

These entities offer take it or leave it non-negotiable contracts that frequently reimburse a pharmacy at less than the cost of the medications being dispensed after they have extracted all of their point of sale discounts and post-adjudication recoupments. There is unfortunately very little regulation of PBMs, though bills have been in the Washington legislature each session over around the past decade. Community support of these efforts is critical to maintain these businesses. More information available here: <http://www.ncpa.co/pdf/PBM-Storybook-12pg.pdf>

GROUP ECC MEMBERSHIP

The Eastlake Community Council is offering a new way to join: Group Registration. Those living in condos, houseboat moorages and apartments can join ECC as a group.

Here is how it works:

- Membership levels are unchanged--- \$35 for Individuals and \$10 for Senior/Student/Low Income.
- Every housing unit within the group must have at least one person joining.
- ECC works with the group's point-of-contact to record member info.

With Group Registration, the annual January membership renewal process will become easier as we send a copy of the previous year's info to the contact person, they will update it, and the group membership contact will arrange payment.

We assure all members that their data is safely stored and we do not share the information with anyone. We promise to use emails sparingly while keeping you informed.

Would like to know more? Contact ECC Membership Coordinator, Peter Haley at: info@eastlakeseattle.org.

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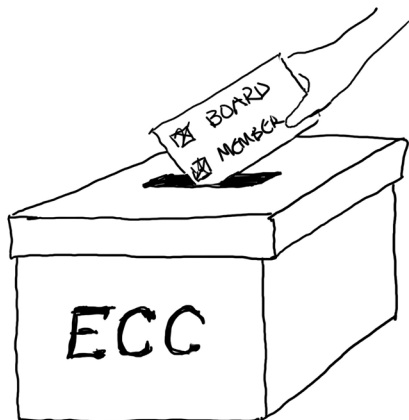
By Steve Dunphy

It's election season for the Eastlake Community Council. On Sept. 20, the ECC will hold its annual meeting at which a new board is elected. Because the coronavirus still is with us with another new variant, we will have another virtual annual meeting via Zoom on Tuesday, September 20, 2022. In August, the current ECC board recommended six individuals for election to the board – three existing members and three new board members.

ECC bylaws specify that on alternating years, the President and Treasurer positions will be up for election, or the Secretary and Vice President positions will be up for election. Each Director and officer will hold office for two years following that Director's election. Those receiving the greatest number of votes at an annual meeting are Directors. Following the bylaws, the Vice President and Secretary candidates are to be elected to two-year terms in this cycle.

According to the bylaws, here is the election process:

- A ballot will be distributed at least 10 days prior to the annual meeting. It will list all nominees and will be accompanied by brief biographies. Each ECC member may write in one candidate per election ballot.
- Written ballots will be received by the Nominating Committee Chairperson. However, since this is a virtual meeting, all ballots will need to be mailed or delivered to the ECC mailbox at Lake Union Mail prior to the meeting.
- The Nominating Committee Chairperson will report the election results at the end of the Annual Membership Meeting.
- Newly elected directors will take office at the close of the annual meeting.



Here are brief biographies of the three new individuals standing for election to the board:

Shane Hope (Fairview Ave. E.) has lived in the Eastlake neighborhood for 17 years. She is a former planning and community development director for two cities, Edmonds and Mountlake Terrace. She also served in state government for many years, including as the statewide managing director for growth management services. She has a master's degree in urban planning with a certificate in urban design from the University of Washington. Shane has worked extensively with local officials, state agencies, and organizations on community planning issues. Her background includes a certificate in dispute resolution.

Kellie Seldon (Franklin Ave. E.) has lived in Eastlake for six years and through that time has been the residential manager of the Palms Apartments. For the last three years she has worked as a real-estate photographer for Studio44A. She enjoys traveling for work but always looks forward to coming home to the neighborhood. Kellie is very passionate about this community, its businesses and its residents. She is most looking forward to helping with community projects to improve the neighborhood. Kellie is also running as Board Secretary.

Angela Shier (Yale Ave E.) is a Seattle native and has lived in Eastlake for 5 years. She has a Master of Arts degree in Media & Communications from Goldsmiths University of London and a BA in Anthropology & Communications from Pacific Lutheran University. Angela is a writer, digital artist and Internet researcher with a background in running online literary magazines, publishing poetry, and she currently runs an email newsletter covering TikTok & Internet culture. She began volunteering as the Editor for the Eastlake News in 2021.

Existing board members to be re-elected to two-year terms:

David Taft (Fairview Ave. E.) is a performer and consults as a freelance movement coach for stage, screen and television who has performed and worked in movement theater for over 45 years. He was Professor of Theatre at Cornish College of the Arts from 1993-2017. David is a graduate of the Dell'Arte School, holds a BA from the University of Washington and a Master's in Teaching from Seattle University. He and his wife Dana have owned a floating home on Wandesforde's Dock off Fairview Ave. E. for 15 years. David is also running as Board Vice President.

Zach Wurtz (Minor Ave. E.) is a 5-year resident of Eastlake and works mainly in political campaigns. For the last ten years Zack owned and operated a strategy and research shop with a specialty in tracking opposition messaging. His work has been featured nationally as well as locally. Most

recently, he became one of the original 45 test subjects for the Moderna COVID vaccine. He said he looks forward to seeing our neighborhood grow together. One existing board member will be elected to a one-year term to fill the term of a board member who resigned and to even-out the flow of future elections.

Running for a one-year term:

Margaret Sanders (Fairview Ave. E.) served as an ECC board member beginning in 2018. She too is most interested in getting more community involvement in the ECC. She has lived in Eastlake since 2017 and currently is Captain of the Eastlake Emergency Communications Hub. She has broad experience in the not-for-profit sector, including service on boards and as a trainer for boards. Her last position was Senior Program Manager at the Philanthropy & Nonprofit Leadership Center, Rollins College. She has served on her neighborhood association board, a planning and zoning commission and chaired the district advisory committee for a large school district.

Continuing board members include:

Detra Segar (Minor Ave. E.) has been an at-large member of the ECC board for two years and has volunteered as the advertising coordinator for the Eastlake News for four years. As ECC President she is most interested in getting more community involvement in the ECC. She is a homeowner and has lived in Eastlake for 10 years. She retired after a long career as an executive in retail and has served on the board of PONCHO (Patrons of Northwest Civic, Cultural and Charitable Organizations) and takes an active interest in urban development in Seattle. She was active in retail merchant groups in Seattle, Chicago, Dallas and Manhattan.

Judy Smith (Boylston Ave. E.) served as Eastlake News editor and on the ECC board in 1998/1999 and was editor of the Eastlake News for ten years after that from 2010 to 2020. She joined the board again in 2019, after retiring from Sound Transit, and launched the Eastlake News blog (eastlakenews.org) shortly thereafter. She has worked as a free-lance writer in the past and published a feminist newspaper in Portland, OR (Blue Stocking 1993-1996). She continues to write for both the ECC newsletter and blog. Her passions right now are environmental restoration and green building.

Ben Wharton (Eastlake Ave. E.) first moved to Eastlake in 2011. He is currently a Project Manager at Heartland, LLC, a real estate and land use advisor focusing on topics in investment and development. Originally from Cape Cod, Ben is an avid cyclist and hiker who also loves to get out on the water. Ben studied political theory and economics at Bowdoin College. He and his wife love Eastlake and its street-end parks and intend to be residents for the long-term.

Peter Haley (Fairview Ave. E.) is fairly new to Eastlake. In 2018 he and his wife, Toni, decided to downsize and leave their three-story house in Madrona. Then after 40 years of newspaper photojournalism, he was nudged into retirement. He describes himself as an urbanite and loves Eastlake's mix, from shoreline parks, to houseboats, to restaurants, to biotech firms, and even heavy industry. Pre-COVID, Peter was able to bicycle 10 minutes to his volunteer shift at Seattle Cancer Care Alliance and a part-time job at The Hutch. Peter is committed to Eastlake for the long haul and will stay until he croaks.

Also at the annual meeting, new officers are elected for the coming year. According to the bylaws, the Vice President and Secretary are elected this year so President Detra Segar and Treasurer Ben Wharton continue in their positions. According to the bylaws, the President and Treasurer positions will be up for election in 2023. Steve Dunphy, current Secretary, decided not to run again after several years on the ECC board and two years as Secretary.

The proposed slate:

David Taft, Vice President, and Kellie Seldon, Secretary.

According to ECC bylaws, ballots (with a return envelope) will be mailed to ECC members at least 10 days before the annual meeting, scheduled this year on September 20. You can mail your ballot to ECC, C/O Lake Union Mail, 117 E. Louisa St., Seattle WA 98102, to arrive by noon on or before Tuesday, September 20. Or you can hand-deliver it there on or before that time.



NEW AEGIS LAKE UNION OPENS

Aegis Living opened its new Lake Union building in August, giving Eastlake one of the world's greenest senior living communities.

Aegis Living Lake Union is the first assisted living community built to meet the rigorous global green building standards for the Living Building Challenge Petal Certification through the International Living Future Institute (ILFI). The community is also participating in the City of Seattle's Living Building Pilot Program.

"As we celebrate 25 years in business, now more than ever Aegis Living is looking towards the future and importance of sustainable senior living," said founder and CEO Dwayne Clark. "Being the first to reach such an important milestone, Aegis Lake Union will no doubt raise the bar for the industry, setting new standards for us and others to lessen our environmental footprint while continuing to deliver an exceptional resident experience. I couldn't be prouder of our team for always leading the way."

Aegis Living Lake Union is completely emission-free, using no fossil fuels, including no gas servicing the building. Standard electricity supports the entire 70,000-square-foot building and offsets 105% of the building's total energy demand through various energy reduction measures, including an onsite solar array and offsite solar energy farms that generate 1.7-million-kilowatt hours.

The building has also reduced its overall energy draw by 25% (relative to a comparable building type) through key features that include an enhanced thermal envelope comprised of triple pane window glazing, thermal insulation for exterior walls, and heat recovery through forced-air ventilation. Other features that reduce the energy draw include a recirculating heat pump system, LED lighting and sensors to monitor use and high-efficiency appliances. The community is expected to save approximately 320,000 kilowatt-hours annually – equivalent to planting more than 12,000 trees each year. All non-drinking water is supplied through captured rainwater and treated greywater, saving more than 140,000 gallons of water annually for the life of the building.

Aegis Living Lake Union's design is inspired by the rich history of the lake itself, and the University of Washington rowing team that defied the odds and won gold at the 1936 Summer Olympics in Berlin, Germany. Daniel James Brown brought this amazing story to life in his bestseller, *The Boys in the Boat*, and this inspiration can be seen throughout the building's design as a modern shell house and the community's décor. The building lobby features an original Pocock racing shell spanning

the length of the ceiling, a constant reminder of the connection to the winning rowing team. The exterior of the building unveiled a full-size mural of the winning team, and another internal mural will pay tribute to each rower. Other design elements can be found throughout the building, down to the small details like the living room chandeliers that echo the shape of the blade on rowing oars. The building will be home to the 1936 Olympic torch.

"The most exciting part of the work we do is bringing a vision to life that integrates the culture and spirit of each neighborhood we become a part of," said Jeanna Korbas, vice president of design. "Design has the power to transport the mind while also centering each resident on familiar places and scenes that elicit fond memories and comfort. The Lake Union rowing culture and sustainable approach can be seen from the grand details of the murals and boat to the small design elements of water and rowing sprinkled throughout the building."

This year, Aegis Living is celebrating its 25th anniversary. Aegis Living started with one community in 1997 – and with the addition of Lake Union – has grown to 36 communities with 2,600 employees across Washington, California, and Nevada. This is a tremendous milestone as fewer than 10% of family-owned, private companies make it to 25 years. Aegis Living continues to grow with five properties in development.

Located at 1936 Eastlake Ave. E. Seattle, WA 98102, Aegis Living Lake Union houses 79 senior living apartments over 73,437 square feet. Ankrom Moisan is the architecture firm and Absher Construction is the general contractor.

Steve Dunphy edited an Aegis Living press release for this article.

Cover photo: mural on building, courtesy of Aegis.

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GRAFFITI CLEAN-UP *By Jules James*

When the ECC President asked me to write about anti-graffiti work, I was reticent. Still am. Citizens painting over tags on public property is not legal. Vandals tend to deface traffic signs just above normal reach. City Hall cannot encourage volunteers on step-ladders with cleaning tools beside roadways.

I began in June 2021 following doctor's orders – walking to recover from surgery. I needed walking goals. It started with litter on Boylston. Then I began carrying a 1" rigid putty knife to remove stickers slapped on signs. I've now graduated to a canvas bag with a few colors of spray paint, three bottles of solvents and five or six wiping rags. The canvas bag is carried inside a 5-gallon bucket which can double as a stepping stool.

Boylston cleaned up pretty quickly. I had to walk further. First the streets, alleys, stairs and parks of Eastlake. Then past the Steam Plant, up 10th Avenue, down Delmar, over the University Bridge, across the Fairview Trestle. One walk for spotting targets. Another with the bucket for cleaning and covering. A third stroll with a paint roller on a broom handle for large tags. Now its just maintenance driving around a couple times a week.

Another neighbor has been using a wagon to tow her supplies for over a decade. She focuses on Dumpsters.

Many Eastlakians regularly pick up litter, weed public spaces and remove graffiti. Some have informally adopted tending plants in our pocket parks. "I do this to support my



Top: Jules' graffiti equipment and a defaced table at the Lynn Street Park. Bottom: The equipment with a restored table top.

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neighborhood rather than attend evening meetings” is the usual explanation.

I regularly photograph the graffiti. Photos are archived by date and location. Maybe someday a routine malicious mischief arrest (RCW 9A.48.090) can be bumped up to multiple counts? My tag library has approximately 300 entries, including 12 threats and taunts. Graffiti vandals tend to believe their political message or personal artwork is more important than the sanctity of our common wealth.

For those who wish to pitch in: ask no one’s permission and learn as you go. Seattle began purchasing anti-graffiti coated road signs in 2016. Retail products Goof-Off and Krud Killer are spray-n-wipe easy for these signs. Sensitive Surface, a commercial product found on-line, can be effective without damaging Eastlake’s old paint-on-plywood parking signs. Test small areas. Personally, I’d rather have the unsightly smear than the tag unchallenged.

Most paint is easy to remove before it sets – usually within the first 48 hours. Slapped stickers peel off easiest when the sun heats the backing glue. Sometimes a particularly stubborn tag requires taking off a bit, letting it weather, then taking off some more. Some large tags require a Find-It-Fix-It request for the city’s power washing equipment.

The most effective activism against pre-meditated vandalism portraying our Eastlake neighborhood as civically abandoned and occasionally lawless is neighbors uniting to paint a fire hydrant, wrap a utility vault or adorn a medal utility pole via the city-approved commissioned art process. It’s a few of us with 5-gallon buckets in the meantime.

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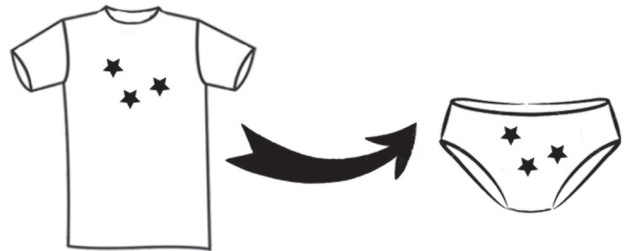
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THE STORY OF HAMLIN STREET END PARK *By Judy Smith*

The things we do for love. In 1983 Bill Pearson (*pictured above*) was teaching grade school in the Shoreline district and living with his wife and two little girls at 2714 Fairview Ave. E. His girls, ages 2 and 3, wanted to see the ducks on the Lake Union.

But there was a problem. Although they lived a baseball throw from the lake, there was no access. The streets on either side of Pearson's apartment complex, Edgar and Hamlin, ran into the lake but their ends were a jungle of six-foot high invasive Himalayan Blackberries and Japanese Knotweed. And trash. Lots and lots of trash.

Still his girls wanted to see the ducks, so he hacked away a clearing at Hamlin to the lake's edge and then not only could they see the lake and the ducks but Pearson could see something else too, a potential park. He kept clearing the blackberries, knotweed, and trash.

"People must have parked at the dead end of Hamlin," he said when I met him at the park with his clippers in hand, "and drank and then tossed their bottles into the brambles." He found beer, wine, and whisky bottles, "some of them quite old," he added.

Neighbors took note of what he was doing and began

helping. But not everyone. One manager of a local business told him, "No one will ever use the damn park." Pearson ignored him. He had other things to worry about, like the fact that Hamlin's slope was pretty steep to be a park. With the help of his brother-in-law, Bob Casal, he terraced the hillside, scrounging hunks of concrete to use as a retaining wall. When it was clear they needed a lot more, serendipity stepped in.

Pearson found all the broken concrete he would need at Fred Hutch, which was under construction at the time, but he had no good way to haul it. Then a construction foreman recognized him as a teacher at his kids' school in Shoreline and offered to move about two tons of it to the site.

Pearson and Casal built one retaining wall and steps to the lake, for the second they had to wade into Lake Union to build it. They must have done a good job because the steps and retaining walls are still holding. Hamlin Shores, a condominium complex across the street, provided money for the picnic tables and benches, and a young man from Hamlin Shores helped Pearson install their bases deep in concrete to ensure they didn't walk away. Forty years later they're still there.

The park was an all-volunteer effort. Many people pitched in time and money. Although Pearson had moved from Eastlake long before the park's dedication, he was still active with it. He was there for the dedication on October 27, 1992, and so was King-5 TV. The Shoreline School District wrote an article about Pearson's extracurricular activities. He's saved the clipping for his three grandchildren.

"The first act of vandalism to the park," wrote Shoreline, "was quite upsetting when a cherry tree donated by an elderly neighbor was cut down. The vandal however, turned out to be a beaver from Lake Union. The tree has been replaced and preventive measures taken."

Former mayor (1969-1977) Wes Uhlman also donated birch trees to the park. The City now counts Hamlin in its official map of street-end parks. But it takes volunteers to maintain it; the city doesn't have the resources. (Wards Cove donates the water.) And Pearson, 77, worries about finding new volunteers. Many have come forward over the years, notably Ruth Kunath who planted many of the flowers, but she passed away a few of years ago.

When I met Pearson, Hamlin Street End Park wasn't the only thing on his mind. He's lobbied for years with the city to put a dead-end sign at Hamlin and Fairview. They finally did, but it often gets knocked over by cars maneuvering in the narrow lanes around it. "It's a confusing mess," says Pearson especially for bicyclists and pedestrians who think the sign is for cars, and then keep trying to find the path around the lake that should intuitively be there only to find that it's not, and that they must back track to Hamlin Street to go up the hill and through the alley to connect with the

Chesiahud Trail.

“You used to be able to follow the path all around,” he reminds me (I know. Another writer and I wrote about this broken link for the Eastlake News Winter 2020-21 edition.) There was a stairway up Edgar Street end but that got fenced off by a curmudgeon condo owner, he tells me. Pearson agrees that bringing that access back would be a huge plus for the community.

In the meantime, he continues to help maintain Hamlin Street end as well as the other green spaces along Fairview including the small patch of Fairview Street end. Volunteers once planted ten trees there, but they all got taken down by a busy beaver, literally. Everybody on the street seemed to know Pearson. A 93-year-old woman in a walker stopped to chat. She remembered what Hamlin used to be like. “It was all a big mess of blackberries!” she exclaimed. And that manager years ago who told Pearson no one would use the park couldn’t have been more wrong. On a hot summer day people stream down the hill to hang out on its benches and launch their floats, paddle boards, or kayaks. Some swim.

“I’m happy so many people enjoy the park,” Pearson wrote in an email. “It was a lot of effort and many trips to the dump.”

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THE LIVING GARDEN: A SUSTAINABLE SEASONAL RESOURCE FOR THE EASTLAKE COMMUNITY

By Isabella Yeager

A warm hello to the renowned Eastlake gardening community! I'm a local writer, horticulturist and owner of Flower Moon Gardens, an ecologically-minded garden design-and-care business; this is the first installment of what I hope will be an enjoyable, useful and empowering guide to making your garden a sustainable and welcoming haven for you, your friends and family, and the beautiful wildlife of Eastlake. I've been lucky to work at some of the world's most beloved gardens, and now I aim to bring you practical advice, product and tool recommendations, industry tips, and a vision of what it looks like to garden for the environment first.

As we approach fall, nature at large, and within our own gardens, prepares for rest. We don't usually reach for a comforter for our beds until late September, but around us, plants are delicately constructing blankets of their own, while birds, insects and wildlife likewise align themselves with even the most subtle seasonal changes. What can appear as garden "mess" is, in fact, often proof of the complex processes by which plants "make their beds" for winter sleep. As leaves fall to the ground, plants create what old farming wisdom holds to be nature's perfect fertilizer: each plant's debris recycles its own material into the soil below, providing the exact nutrients and winter protection that it AND its pollinators need. We can stop deadheading flowers now: as fall approaches, flowers become seedheads that are a key food source for birds and mammals, and garden ornaments for us, perfect for late-season vases. It's key that our gardens begin to reflect a respect for natural cycles and their elaborate, perfect internal workings - many invisible to us but of life-or-death importance to smaller beings. Just as we would suffer without a cool season, our gardens and their inhabitants suffer when we undo all the work they've done to prepare their living spaces for the regenerative winter months. Here are some approaches to aligning your garden with the seasons which I've found satisfying.

- Cooler weather is ideal for "divide-and-drift" projects, as plants can better tolerate disturbance in these forgiving temperatures. Non-woody (herbaceous), clumping perennials that bloom in spring or summer (peonies, astilbe, joe pye, salvia, echinacea, rudbeckia) should be "divided" now - dividing being the process of taking a border fork, embedding it into the root crown of the plant, prying the root mass into pieces and - voilà - you now have several plants to place as you please! "Drift" them into



naturalistic placements by eye or (a fun trick) by tossing small stones haphazardly and planting where they land. This works especially well with bulbs.

- As migratory birds prepare to travel south, it's CRUCIAL that we don't waylay them with permanent seed feeders, which can disrupt their natural migratory impulses and increase their dependence on unreliable human food supply. It's good practice to decrease feeding as plants begin to form seedheads - take your bird feeder down in early fall, or allow it to stand empty until winter, to encourage birds to rely upon diverse local food sources and to travel when they're meant to. A word about birdseed: the vast majority of birdseed is sprayed with pesticides that literally kill birds. It's not necessary to elaborate on why this is a bad thing; just look for birdseed marked organic (glyphosate- and neonicotinoid-free) and choose no seed over poisoned seed. Some pesticide-free brands I buy are Prairie Melody and Cole's (the latter is available at local nurseries).

- As trees and perennials drop their leaves, it's an opportunity to save on future fertilizer costs by simply raking this debris snugly under each plant and leaving it alone. A plant's leaves are its own complete, slow-release winter meal, and many of the organisms that bed down in these leaves are beneficial insects that will emerge early in spring to nip your aphid problem in the bud! Adorable bumblebees,

Continued on page 17

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too, hibernate in fall leaves, sleeping cozily through the cold months in hopes of emerging in spring to raise young. Raking away these leaves or grinding them up them with a leaf mulcher can kill the vast majority of these well-meaning insects, and thus leave scant predators to tackle the spring emergence of less beneficial ones. Help them help you! (Another fun tip: blend up your extra kombucha scobys and water into the soil for a supercharged probiotic fall plant meal.)

• Because it’s now that seeds are naturally dispersed, fall is the time to sow native seeds, which when purchased from organic local growers are guaranteed not to be pesticide-coated and thus won’t poison your cheery little pollinators as they alight for a treat in the spring. Some lovely PNW native plants to sow in fall include Camas bulbs, Milkweed, Cow Parsnip, Douglas Aster, Red Paintbrush (Castilleja), Echinacea purpurea (purpurea is the most useful to pollinators, compared to the proliferation of other hybrid color options), Lacy Phacelia, and Gilia, to name only a few - I order mine from Northwest Meadowscares! So often PNW gardens are full of handsome evergreens and low-maintenance woody plants, but lack flowers for the majority of the year, leaving bees and other essential insects with no food sources for great swaths of residential space. Add some wildflowers to your garden for all-around joy!

• Perennials with strong structure make the nicest garden assets in fall and winter. Joe Pye Weed, so much more regal than its name suggests, inspires awe in the winter garden, hiding its bare legs behind clouds of grass seedheads that glow golden in the low winter light. Grasses like Calamagrostis brachytricha, Sporobolus heterolepsis, Nasella tenuissima and Eragrostis spectabilis create such effects, while shrubs like Aster x frikartii ‘Mönch’ hold their form all winter. The attractive seedheads of Rudbeckia and Baptisia create stunning visual gestures of two very different sorts. All these can be cut back in spring around the time that green growth begins to emerge.

I’m looking forward to bundled winter walks around Eastlake, and wishing you all a cozy, abundant hibernation. See you in the spring!

Photos on the cover & page 14 courtesy of Isabella Yeager.

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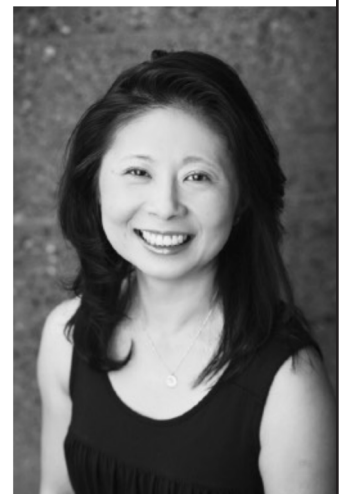
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BIRDING IN EASTLAKE: HOW DO WE BEST NAME OUR LOCAL BIRDS?

By Dave Galvin

I will open with an issue much broader than our neighborhood: How to reconcile the names we give our birds as well as our environmental organizations, given negative histories of the individuals sometimes involved? You might have noticed recent news about Seattle Audubon Society, founded locally in 1916, renouncing the name “Audubon.” This reflects a huge debate in the bird-watching, nature-conserving community. (And I should note, I was president of Seattle Audubon in 1980-82, and continue a long association with the organization.) The artist, John James Audubon, was gifted in his art and his desire to publish the first-ever presentation of “Birds of America,” but he was also a slave owner, white supremacist, and abuser of indigenous peoples. The National Audubon Society published a seminal article (<https://www.audubon.org/news/the-myth-john-james-audubon>) which called for soul-searching throughout the “Audubon” community. Also see Drew Lanham’s equally seminal article in Audubon magazine (<https://www.audubon.org/magazine/spring-2021/what-do-we-do-about-john-james-audubon>). Good for Seattle’s local affiliate to reflect and come out swinging as the largest chapter of the national organization to renounce the name. I’m sure there is more to follow on this story, and much evolution as the “Audubon” name evolves.

More work is also needed on bird names. We have Audubon’s Warbler, Townsend’s Warbler, Solitaire, Steller’s Jay, Anna’s Hummingbird, and many other examples of attributions to white, European people who were either not worthy in today’s expectations or not even aware that the species existed (kind of like Mt. Rainier and Mt. St. Helens, to name a few un-connected places named for Brits who never saw the mountains they were named for). Much debate is underway in the ornithological world — see <https://birdnamesforbirds.wordpress.com/> for more details. Who knows, maybe our Townsend’s Warbler, as well as other species, will be renamed over the coming years. Most tropical birds, for example, are named for their features (blue-crowned, chestnut-sided, azure-rumped, etc.) — we could do better to reflect observations of our local

species as they exist, instead of relying on antiquated, colonial naming practices for old, dead, white-guys. As an old, not-yet-dead, white guy, I concur, and step back to allow other, younger, non-white people to participate in these future decisions.

Local indigenous peoples had their own names for everything in nature, often in more detail than today’s scientist defined species. Georg Steller, a German naturalist who happened to travel with Vitus Bering on his final, fatal exploration of Alaska from the Russian side, recorded the first European scientist’s description of the Northwest jay, as well as a sea lion and other creatures, even though locals had names and knew more about these creatures going back millennia. I love the Coastal Salish Lushootseed name for our Steller’s Jay: “Kay-Kay,” they called it. It evokes the call of the bird, which was revered in local indigenous communities for its alarm calls to warn of pending danger.

Closer to home and 2022, fall is a time of transition for Eastlake’s birds. Fledgling American Robins, House Finches, Black-capped Chickadees, American Crows, and others have moved out of the nest on their own, although often still dependent on their parents for food. Territorial songs are no longer sung across the entire 12 months, except for our Song Sparrow which sings all year long and has two or more broods, up to seven!

Migration of many species is underway. We lose our Western Tanagers, Black-headed Grosbeaks, Rufous Hummingbirds, Violet-green and Barn Swallows, Swainson’s Thrushes, Wilson’s Warblers, and other “neotropical migrants,” who head south to keep their food

supplies abundant. Our local Ospreys also head south, to Mexico in winter, where fish and climate are better for them.

Meanwhile, birds that nest farther north or east or at higher elevations in the Cascades start to invade the mild Puget Sound area to hang out for the winter. We will soon see diving ducks (Scaups, Mergansers, Buffleheads, Goldeneyes) as well as American Coots, Pied-billed Grebes, Double-crested Cormorants, and other birds we associate with winter on the lake. They love the mild temperatures and un-frozen waters locally, as well as the abundance of small fish. Look for the first of these winter, water bird migrants as fall proceeds.

On shore, note movements of local American Robins, Yellow-rumped Warblers and other songbirds as they either head south or consolidate into wintering flocks here in the “mild” lowlands. Local, small birds coalesce into mixed-folks for the winter: Black-capped Chickadees, Red-breasted Nuthatches, Downy Woodpeckers, Dark-eyed Juncos, House Finches, Yellow-rumped and Townsend’s Warblers, Ruby-crowned Kinglets and other local wintering species create multi-species flocks that move through our neighborhood searching for winter food.

Let me know what you are seeing, and any questions you have at galvind53@gmail.com. Thanks for your ongoing interest in our local birds, whatever we call them.

Pictured on page 18: Anna’s Hummingbirds (female with fledgling), our year-round local hummers, are named for a European princess who never set foot in the Americas. Still a lovely bird, maybe it should have a more descriptive or local name in the future? (Photo by Henry Draper, used with permission)

JOIN DAVE ON AN EASTLAKE BIRD WALK: SATURDAY, NOVEMBER 12TH

Dave Galvin will be hosting a bird walk on **Saturday, November 12th**. The walk will focus on the new, early-winter migrants that are water-related and weather-independent.

Join the walk at **9 a.m. at Terry Pettus Park** at the E. Newton Street-end on Fairview Ave. E., rain or shine. The walk will head south along the water to the newly-constructed bridge at the old steam plant, then north inland toward Yale Ave. E to E. Lynn Street, maybe to E. Roanoke depending on time and interest, before descending to Fairview and returning to the start point.

Message Dave ahead of time at galvind53@gmail.com for comments or questions as the date gets closer.

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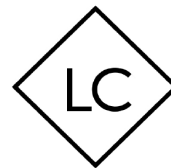


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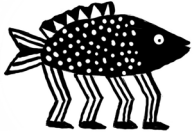
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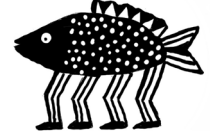
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GET INVOLVED IN THE NEIGHBORHOOD



Ever felt that tug of wanting to do something for your neighborhood? That feeling of wanting to be involved somehow?

The Eastlake Community Council has several volunteer positions for delegates or representatives with organizations that have an impact on Eastlake. The obligation is to attend the meetings – they are usually monthly and all virtual for now – and then write a short report to the ECC about what was discussed and how it might impact the neighborhood. You don't even have to be an ECC member – just a desire to help the 'hood. Here is a list of groups needing an ECC representative or that can use more participation by neighborhood residents.

There are several current projects that ECC is working on. This is a great way to make a contribution to your neighborhood and meet your neighbors. Please take a look and let us know what you would like to help with.

Eastlake News Editorial and Advertising:

Our long-time neighborhood newsletter is published once a quarter and can always use more writers and editors. We sell advertising so, if you have a business bent, you could help us as our advertising coordinator.

Eastlake News Blog:

If you have WordPress experience and ideas for how to grow the blog, we could use you. We're always looking for writers and content contributors.

Eastlake News Delivery:

Volunteers are needed for delivery of new issues to addresses in an assigned area. Volunteers are also needed to return to specified businesses during the life of each issue to keep the copies restocked.

Transportation:

Rapid Ride J Line is in its next phase. We could use some assistance gathering information from residents and businesses.

Parks:

Eastlake has a long tradition of neighbors taking care of public parks. If there is a public space you would like to help take care of, go for it. If you would like to be part of a regular work group, we want to hear from you.

Event Coordinator:

Each year have events in the works in need of an Event Coordinator including: Movie in the Park, ECC Fall Celebration and the Candidate Forum. See more information about these specific events below. If you have an idea of an event that you would like to create, let us know!

Movie in the Park:

In the past we have had a Movie in the Park in August at Rogers Playground. This year, the movie night has been canceled because we could not find a project manager. If you would like to see the movie night return, we need to have leadership. The primary responsibilities include contacting our past sources for producing the show, coordinating participation and promoting the event. An ECC Board member would be your liaison.

ECC Fall Celebration:

This is a loved fall social gathering. It takes place in a local restaurant sometime in early Fall. ECC has developed relationships with several restaurants and the events have been well attended in the past. Working with an ECC board member you will contact the restaurant, agree on a date and promote the event in our publications and with posters. Volunteers needed now.

Candidate Forum:

Each fall ECC has hosted a candidate forum before the November elections. However, in this year's election there are no local issues that would affect Eastlake. In addition, the races for the legislative seats in our area are not competitive. ECC continues to believe the forums are important parts of democracy and provide residents an opportunity to speak to candidates directly.

Next year will be an important year with major City Council elections. We need someone interested in local politics to coordinate the forums - contacting the candidates and coordinating times are the main duties.

Whether you have managed a prior project or not, we invite you to reach out. We are happy to provide you with contacts and support as you implement the plans. Please contact ECC at info@eastlakeseattle.org, or scan the QR code to the right, if you are interested in any of these volunteer opportunities.

