



A community-based newspaper serving the Puget Sound area since 1981



The Voice

November
2005
Articles translated
into six languages

The newspaper of Neighborhood House

Get out and vote in city, county elections

Polls open on November 8



PHOTO COURTESY OF RICHARD CONLIN

Seattle City Councilmember Richard Conlin campaigns on a street corner this summer.

By VOICE STAFF

Voting is an essential component of democracy. Many new citizens will be voting for the first time this month, and others will be exercising this important right in another important local election.

It's crucial to go to the polls prepared this year. This means not only knowing who you plan to vote for, but bringing along identification.

Valid identification includes a driver's license or other photo ID, a current utility bill, a bank statement, a government check, a paycheck, a voter registration card or a government document. The document should show your name and your current Washington address.

To find out where your polling site is located, you can call (206) 296-1565 or visit the county's Web site at <https://www.metrokc.gov/elections/pollingplace/birthday.aspx>. Multilingual services are available at some polling sites, check your individual polling place for more information.

The polls are open on election day from 7 a.m. to 8 p.m.

If you vote by absentee ballot, be sure to sign the outside envelope after you cast your votes. Absentee ballots must be signed and postmarked or delivered to the King County Elections Office by Election Day. Voters may return their absentee ballots to

their nearest polling place.

Below is information on the major city and county council races taking place this month and the races for County Executive and Mayor of Seattle.

For a comprehensive list of all offices up for election and all of the voter initiatives on the ballot, check out the voter information packet on-line at <http://www.metrokc.gov/elections>.

This pamphlet was also mailed to all registered voters.

County Councilman runs against Sims

County Executive Ron Sims faces a challenge from County Councilman David Irons in his bid for re-election this month. With the elimination of four seats on the King County Council, the remaining nine districts are far larger. Additionally, there are races for five County Council seats.

Sims, seeking his third full four-year term as county executive, has long supported affordable housing. He was a founding member of the Committee to End Homelessness and is already pursuing initiatives included in the county's 10-Year Plan to End Homelessness. Sims has supported many affordable housing projects in the county over the last decade.

In his campaign literature, Sims touts his efforts to streamline county government

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Weekend of activities around racism a big success

By LYNN SEREDA
Voice reporter

A packed auditorium at Broadway Performance Hall listened to Dr. Joy DeGruy Leary give the keynote address at the third Seattle Race Conference last month, where the theme was "Working Towards Healing."

Leary is an Assistant Professor at Portland State University and holds several degrees including a doctorate in social work research. She also has 18 years of practical experience in the field of social work and drew from this background in her upcoming book, "Post Traumatic Slave Syndrome: America's Legacy of Injury and Healing."

In her talk, Leary gave the clinical definition of post-traumatic stress disorder, which includes symptoms such as numbness, hyper-vigilance, hopelessness and anxiety, and applied it to a wider social context.

She theorizes that among African Americans, the consequences of slavery, the ideological institutions that supported it and the legacy of dehumanization have played out in succeeding generations, resulting in a community disorder.

The key to healing this disorder, she said, lies in understanding the 400-year history of racism and then taking action.

For those who missed Leary's talk, she will be returning to Seattle on Dec. 8, as part of Human Rights Day, sponsored by the Seattle Office of Civil Rights. For more information call (206) 684-4540.

Before Leary's lecture, Mary Flowers



Dr. Joy DeGruy Leary

gave an opening talk and a multi-racial panel led a dialogue on the topic of working towards healing. Resource tables were set up that featured groups such as the Seattle Office of Civil Rights, People's Institute Northwest and the Life Enrichment Bookstore.

At the end of the day, participants were invited to caucuses to discuss what they learned and how to move forward.

L. Charles Jones, the chair of the conference, explained that the first Seattle Race Conference was a response to a 2002 editorial by James Kelly, director of the

Please see "Conference" on page 2

Mistake made in drug benefit packets

Benefit enrollment begins this month

By VOICE STAFF

A handbook sent to all Medicare recipients explaining the new prescription drug benefit includes a mistake about coverage for low-income people.

Enrollment in the new benefit begins on November 15 and coverage begins in January. Before now, the federal health program hasn't paid for most prescription medications.

The handbook gives wrong information

about a program called Extra Help that provides financial assistance to low-income Medicare members.

In a chart at the back, the guide indicates that Extra Help recipients can sign up for any Medicare drug plan and pay no monthly premium for coverage. In fact, they can sign up for only about 40 percent of the plans listed, those with premiums at or below a regional average rate.

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Neighborhood House
Jesse Epstein Building
905 Spruce Street
Seattle, WA 98104

Non-profit org.
U.S. postage PAID
Seattle, WA
Permit #8887



One to grow on

Garden tips for community gardeners

Fall is still a busy time for gardeners

By ANZA MUENCHOW
Special to the Voice

This time of year, much more is happening underground in your gardens than above ground.

The worms and soil microbes are actively feeding, digesting and excreting nutrients into your soil.

There are several ways to encourage this fertility buildup which will ensure a good start next spring. Cover your soil with green manures or rotting leaves. I generally plant green manures like clover, rye or vetch in early October.

For some beds, I prefer to pile on fallen leaves and cover them with burlap sacks. As the leaves decompose they will attract worms. Often, you can find bags of raked leaves in your neighborhood. Just look around and ask your neighbors.

The burlap sacks will keep the leaves from blowing away but allow the rain to filter down through the leaves and encourage decomposition.

In the spring, the burlap can be removed and reused or composted. Burlap bags can be obtained for free from any number of coffee roasters in the Seattle area.

November is a great time to finish planting your bulbs. Get the rest of the garlic cloves planted and consider planting some of the early spring flowers (daffodils, tulips or narcissus) for their spring beauty and for an early source of bee food.

Speaking of bee food, I am considering planting a couple of early-flowering fruit trees this month. The temperature is still warm enough that the trees won't be stressed and there is so much moisture and humidity in the air that the roots will recover quickly.

Now is also the time to take up all your drip hoses for the winter.

This will keep them from filling with algae and prevent you from accidentally sticking your shovel through them in the

spring when you start preparing your beds.

In the coming dark months ahead, spend some time indoors cleaning and prepping your tools for next spring. Sharpening, oiling and controlling rust will extend the life of your favorite tools.

I may paint some of my tool handles a bright color so I'll stop losing them in the garden beds.

Continue to visit your garden frequently during the winter months. On mild days, spend some time weeding out biennial and perennial weeds that wish to become established in your vegetable beds and paths.

I like to keep my paths covered with cardboard and wood chips to prevent weeds and muddy paths. Wood chips are such a pleasant surface to walk and kneel on as the weather gets wetter. Tree pruning companies will often deliver truck loads of wood chips for free. If you get too many, share the wood chips with friends.

With the days so short and temperatures so cool, plants are growing very slowly. But it is not unusual to have some hardy romaine lettuces, arugula, mustards or choy still fresh and available in the garden through the month of November.

Let me give you the recipe of one of my favorite soups this time of year.

Cube some potatoes and boil them in stock or water until they're soft. Add chopped arugula and/or mustards and cook for three to five minutes.

Add cubes of dry or stale bread, drizzle with olive oil and serve. The bread gets quite soft and mushy in this delicious and hardy soup.

It's a real comfort food in our family.

Happy eating! Get cozy and light some candles against the darkness. We have a few more months until the light returns.

Anza Muenchow is a P-Patch volunteer and an avid community gardener. If you have questions or comments, send her an e-mail at mahafarm@whidbey.net.

Conference

Continued from front page

Seattle Urban League. Kelly pointed out the need to address racism in Seattle, because so many people are unaware of how it functions in a covert way in this city.

Jones said the difficulties of getting home loans and insurance and the perception that the educational system has lower expectations of children of color are examples of covert forms of racism which need a community response.

In its three-year history, the Seattle Race Conference has featured nationally known speakers in its effort to educate people about racism, help them identify and deal with racism by connecting them with already existing organizations and to serve as a tool for these organizations to network and reach more people.

Jones suggested that low-income people form themselves into groups, figure out

how they are impacted by racism and then plug into a network of organizations which can help them gain a stronger voice.

Visiting the conference Web site at <http://www.seattleraceconference.com> for on-going information on what is happening in Seattle is one way low-income people can get plugged into this network, he said.

He made a point to acknowledge the assistance and sponsorship of groups including the Seattle and King County Office of Civil Rights, the Urban League of Seattle, the Eli Lilly Foundation and the Fremont Public Association.

The day after the conference, the first ever conference of White Anti-Racist Organizers of Washington State was held at the University Heights Community Center.

At least 70 organizers from across the state, including four Seattle Housing

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Homework help offered at the Seattle Public Library

By SEATTLE PUBLIC LIBRARY STAFF

School is back in session and Homework Help is in full swing at the Columbia, Delridge, Madrona-Sally Goldmark and Lake City branches of the Seattle Public Library.

Screened and trained volunteers work one-on-one with students—without actually doing their assignments. Volunteers pledge two or more hours per week for the entire school year to provide the kind of help money can't buy.

Real estate agents, school administrators, newspaper reporters and small business owners are just a few of the vocations of the volunteers who work with students enrolled in elementary, junior and high schools and even with some entry-level college students.

Many students return day after day, and the volunteers monitor and encourage students along the way.

But what if students need help at a time when there is no homework help at the library? This year, the library offers a new program aimed at reaching more people. It's Online Homework Help and is available to anyone with a Seattle Public Library card, an up-to-date computer and Internet access.

Seven days a week, from 3 to 10 p.m.,

students may log on to Online Homework Help through the Library's Web site at <http://www.spl.org> to get help from professional tutors who have subject specialties.

Online Homework Help also is offered in Spanish from 3 to 7 p.m. daily.

Students choose their grade level and subject and are connected with a tutor. The tutors, who are paid staff members of Tutor.com, have an expertise in their subject areas that is hard to replicate with volunteers.

Tutors send appropriate Web sites to the students to help them get more information about each assignment. A printout of the session is available. As with the volunteer helpers, each tutor is skilled in helping—not doing—the assignment.

The following branches of the Seattle Public Library offer in-person homework help: Columbia Branch from 5 to 7 p.m. Monday, Tuesday and Wednesday, (206) 386-1908, the Delridge Branch from 5 to 7 p.m. Monday, Tuesday and Wednesday, (206) 733-9125, the Lake City Branch from 6 to 8 p.m. Monday, Tuesday and Wednesday, (206) 684-7518, and the Madrona-Sally Goldmark Branch from 6:30 to 8 p.m. on Monday, from 3 to 7 p.m. on Tuesday and from 6 to 8 p.m. on Wednesday, (206) 684-4705.

Cambodian youth spread message about HIV/AIDS

By PAM MCGAFFIN
Special to the Voice

Navy Kheav is well aware of the dangers of being young and Cambodian-American. She has seen enough of her friends veer off in "the wrong direction."

But the 18-year-old daughter of Cambodian refugees didn't follow them.

She graduated from high school, steering clear of the alcohol and drugs, gangs and early sex that have detoured so many of her peers.

"In Cambodian society, there's definitely a lot of kids taking the wrong direction because of people they've been exposed to," said Kheav, one of 22 peer educators trained through an HIV/AIDS prevention program called Project HANDLE.

The program, made possible by \$1.5 million in federal grants, is being administered by Neighborhood House to Cambodian families in the Rainier Vista, High Point and Park Lake communities.

By blending education and prevention classes, dance and music, parenting training and job-skills preparation, the program aims to help youth and families avoid unhealthy behaviors.

Later this month, the peer educators and University of Washington students will co-teach classes for teens on HIV and substance abuse prevention. They also plan to spread the word via a play, videotapes and possibly a Web site.

Eventually, peer educators will work one-on-one with other teens, serving as positive role models in a community that desperately needs them.

Many of Cambodia's social ills stem from its long history of war and civil unrest. The country remains one of the poorest developed nations in the world with an HIV rate that is one of the highest in Asia.

Warya Pothan, director of Project HANDLE, says many Cambodian-refugee parents were children during the violent



Navy Kheav

Khmer Rouge regime and bring those experiences with them.

"We're seeing kids who are experiencing a lot of violence in their families," she said. "That contributes to youth substance abuse," which in turn contributes to lowered inhibitions and poor choices.

Project HANDLE, which also offers a five-week series of classes for parents, hopes to eventually reach 130 young people and 80 parents in Seattle and King County, which has one of the largest populations of Cambodian refugees in the United States.

The reason for peer education is twofold.

"Kids listen to kids," Pothan said, noting that young people who preach healthy behaviors are more likely to practice them.

That's never been a problem for Kheav, who says she's lucky to have a mother who motivates her to do well.

What Project HANDLE did give her was more confidence.

"You learn to believe in yourself," said Kheav, who started classes this fall at the University of Washington. "Like if you know that something is wrong, you have the right to raise your voice and be loyal to yourself."

Pam McGaffin is a consultant working for Neighborhood House.

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of the Seattle and King County Housing Authorities. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House, SHA or KCHA. We welcome articles and tips from the community and reserve the right to edit all submissions.

Election

Continued from front page

to limit budget deficits while preserving key human services and maintaining his commitment to environmental protection and health care.

Irons, who represented the recently eliminated 12th District for five years, promises to provide better leadership.

A Republican from Sammamish, Irons blames Sims for county elections foul-ups and poor leadership on transit and transportation issues.

A third candidate, Gentry Lange of Shoreline is running for county executive for the Green Party.

Five races for County Council seats

There are five races for seats on the King County Council. The September primary featured high-profile battles between incumbents after the council was trimmed from 13 to nine seats.

These races spiced up the primary, but in both cases, the contenders varied little on their positions on many issues. The general election features five races with lesser-known challengers whose positions differ more from incumbents.

District 1: Bob Ferguson of North Seattle faces Republican Steven Pyeatt of Bothell in the race to represent a district that includes northeast Seattle and the northern suburban cities.

Ferguson says he supports fast, reliable and cost-effective solutions to gridlock as well as critical human services. He has proposed creating transitional housing. Pyeatt also says he supports responsible and cost-effective transportation solutions, but he emphasizes a need for change, asserting that "mismanagement is crippling our region." Pyeatt organized opposition to tent city homeless camps.

District 2: Democratic incumbent Larry Gossett takes on Republican challenger Brian Thomas for the district representing much of the eastern half of Seattle. In his campaign statement, Gossett said he led a campaign to reduce jail expenditures and expand support for health and human services programs. He said he supports keeping housing affordable. Thomas, a landscape designer, believes the current council is an out-of-touch bureaucracy and says he will make it more responsive.

District 5: The new District 5 includes Des Moines, SeaTac and most of Kent. Democrat Julia Patterson of SeaTac, who represented the eliminated District 13, takes on Republican challenger Orin Wells of Kent.

Patterson pledges to "stand up for South King County," and notes in her campaign statement that she succeeded in securing better bus service in the suburbs. Wells has no political experience, but he says in his campaign literature that he is "the only candidate who can and will bring a change to the council."

District 7: Republican Pete von Reichbauer of Federal Way faces Democratic challenger Geni Hawkins of Auburn for the seat representing southwestern King County. "I have worked to increase and improve senior services for South King County, while fighting for improved parks and recreational facilities," von Reichbauer said in his campaign statement. Hawkins, the network systems manager for the Highline School District, promises to bring technological know-how to the council and keep good-paying jobs in the county.

District 9: Republican Reagan Dunn of Newcastle was appointed just last year, but the son of former Congresswoman Jennifer Dunn has instant name recognition. Dunn, in his campaign statement, says there is waste throughout county government and complains about zoning laws. Dunn's opponent is Democrat Shirley A. Gaunt-Smith of Renton. Gaunt has said that as a first-time candidate, her fresh perspective

will be a positive factor.

Mayor faces independent scholar

Seattle Mayor Greg Nickels is being challenged by Al Runte, a former University of Washington professor.

Runte supports rebuilding the Alaskan Way viaduct rather than building a tunnel. To ensure a strong stock of affordable housing in Seattle, Runte advocates lessening incentives for developers and encouraging the voters to continue support for the housing levy. Nickels is a champion of the redevelopment of South Lake Union. To ensure affordable housing, he supported the renewal of the housing Levy, residential development downtown and a multi-family tax credit for builders.

Three races for City Council seats

Three races for seats on the Seattle City Council will be decided on Nov. 8.

Position 2: Incumbent Richard Conlin faces Port of Seattle Commissioner Paige Miller in the race for Position 2.

Since he was elected in 1997, Conlin has pushed to have neighborhood leaders involved in decision-making. He has supported neighborhood parks as well as bicycle and pedestrian improvements to local streets.

Miller is running as a candidate that can get things done. During her time on the Port Commission, she pushed for a third runway at Seattle-Tacoma International Airport and developed a job-training program aimed at minorities and women.

Position 4: Incumbent Jan Drago is running against Mayor Nickels' former communications director Casey Corr.

Drago is the council president and is seeking her fourth term. During her time in office, she pushed the council to restore cuts to human services programs during the city's lean years, championed the cause of Seattle's downtown and supported Paul Allen's plans for developing South Lake Union.

Corr has advocated for a stronger council and has taken credit for reworking the mayor's Families and Education levy before submitting it to voters. He said that the city should work creatively to help families find the money to buy their first homes.

Position 8: Incumbent Richard McIver faces former King County Councilmember Dwight Pelz in the race for Position 8.

McIver has sat on the council for nine years. Previously, he worked with many organizations in the field of housing and community development. He is known for his expertise on the city budget and for his focus on Southeast Seattle. He spearheaded the creation of the Rainier Valley Community Development Fund.

Pelz is known as a straight talker who supports light rail, school and growth management. Pelz also served on the state Senate and helped found Washington Fair Share, a statewide organization now known as Washington Citizen Action.

Medicare

Continued from front page

If Extra Help recipients select more expensive plans—60 percent of those listed—they'll be responsible for paying the difference between the higher premium and the regional average. That could run to more than \$30 a month according to some estimates.

The Medicare Web site at <http://www.medicare.gov> has up-to-date information available. An information session on the new benefit will take place at the Columbia branch of Seattle Public Library on Nov. 12 from 2:30 to 4:30 p.m. The library is located at 4721 Rainier Ave. S. For more information, call (206) 386-1889.

Nationally, about 14 million Medicare members are expected to qualify for Extra Help. To be eligible, a single person has to earn less than \$11,500 a year and a married couple less than \$23,000.



Health Notes

A column devoted to your well-being

Classes on diabetes offered in eight languages



PHOTO COURTESY OF PUBLIC HEALTH-SEATTLE & KING COUNTY

A nutrition class is taught by a diabetes educator from the Sea Mar Community Health Center for Spanish-speaking clients as part of the REACH program.

BY PUBLIC HEALTH STAFF

The incidence of diabetes is rising at an alarming rate.

Growth in the prevalence of diabetes has been classified as an epidemic by the Centers for Disease Control and Prevention, with an estimated 18.2 million Americans living with diabetes today—one-third of whom are undiagnosed.

Diabetes is the nation's sixth leading cause of death. Worldwide, an estimated 170 million people have diabetes.

Diabetes is a serious, complex and costly disease. If not well-managed, diabetes can seriously impact a person's quality of life. Complications, many of which are preventable, include heart disease, stroke, blindness, kidney failure, foot or leg amputations, nerve damage and complications of pregnancy. The total U.S. annual economic cost of diabetes in 2002 was estimated to be \$132 billion, or one out of every 10 health care dollars spent in the United States.

While diabetes can strike anyone, those at higher risk are certain racial and ethnic groups. Compared with white adults, American Indians/Alaska Natives are 2.3 times, African Americans are 1.6 times and Hispanic/Latinos are 1.5 times more likely to have diagnosed diabetes. It is also well known that diabetes prevalence increases with age. Approximately half of all diabetes cases occur in people older than 55, and 18 percent of the population over age 60 has diabetes.

If you can answer "yes" to any of the following questions, you may have a higher risk of developing diabetes, and should talk to your doctor about being tested.

- Does your family have a history of diabetes?
- Is your blood pressure at or above 130/85?

- Are you African-American, American Indian/Native Alaskan, Asian, Hispanic/Latino or Pacific Islander?

- Did you have diabetes during a pregnancy?

- Did you have a baby weighing more than nine pounds at birth?

- Are you overweight?

- Are you under 65 years of age and get little or no exercise?

- Are you 65 years of age or older?

Since 2000, the Public Health - Seattle & King County REACH 2010 Coalition (Racial and Ethnic Approaches to Community Health) has worked strategically with community agencies to provide multicultural and multilingual classes to communities of color in diabetes education, self-management and support groups.

These classes are provided in eight languages—Khmer, Chinese (Cantonese and Mandarin), English, Tagalog, Korean, Spanish and Vietnamese. Cultural relevance is assured through bilingual and bicultural staff, interpreters and materials.

Community partners and the populations they serve include the Center for Multi-cultural Health (African American), International Community Health Services (Asian and Pacific Islander), Sea Mar Community Health Centers (Hispanic/Latino), City of Seattle Aging & Disability Services and Harborview Medical Center.

For more information about the REACH 2010 Coalition and their services, please visit the Web at <http://www.metrokc.gov/health/reach> or call Public Health - Seattle & King County at (206)296-7621.

The REACH Web site addresses common questions about diabetes, diabetes meal planning and provides a schedule of diabetes classes, locations and telephone numbers.

Organizing

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Authority resident leaders gathered for the event.

There were dozens of workshops on topics such as doing anti-racist work within social service organizations, addressing other forms of oppression, dealing with guilt and white privilege, using the arts to organize and building a regional and national network of white people doing anti-racist work.

Conference co-organizer Joan Wimet said the conference exceeded her expectations. Another organizer, Gillian Buringham said this type of work is very important for low-income people to be

aware of. She added that if racism didn't keep perpetuating itself, poor white people would be better able to work with people of color on social justice issues, and a more powerful movement against poverty would likely emerge.

I am involved with the Coalition of Anti-Racist Whites and suggest this group as a good beginning for people interested in doing anti-racist work.

Visit their Web site at <http://www.carw.org> or attend the general monthly meeting at Cascade People's Center, 309 Pontius Ave. N.

Meetings are held on the third Wednesday of each month with a potluck at 6 p.m. and the meeting from 6:30 to 8:30 p.m. Free childcare is available by calling (206) 903-1441.

The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.

Happy in new home
HURRICANE VICTIMS RELOCATED
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SHA NEWS

November
2005

News and information about Seattle's neighborhoods

Communications liaison hired for homeWorks

SHA goes ahead with tax credit financing plan

SEATTLE HOUSING AUTHORITY

Sven Koehler has been hired by Seattle Housing Authority to be the resident communication liaison for the high rise renovation project.

As the homeWorks project gets going, Koehler will help to keep residents informed about construction activities in their buildings.

He will also work with construction teams to make sure they are keeping residents' needs in mind as work proceeds.

Koehler said he took the job because he enjoys the construction industry and wants to help the homeWorks project succeed.

"One of the things I am really looking forward to is getting to know the residents of each building," he said. "Many tenants that I have spoken with in the past share a great pride in their homes. I look forward

to helping tenants improve their homes through this project."

Koehler met many SHA tenants when he worked as a building inspector for the agency. He has been with SHA since 2000, mostly working in the Section 8 voucher program.

Most recently he served as the Section 8 owner liaison. His job there was helping tenants and landlords understand how to use the voucher program.

"It has always been gratifying to help ease people into a situation that looked complicated from the outside but turned out to be workable in the end," he said. "I learned that open communication makes things easier for everybody."

In addition to his work with SHA, Koehler has been involved in other construction-related jobs. He worked in an architectural design office and also worked

on public housing projects in Germany. He has done remodeling work on apartments and houses.

"I am currently struggling with remodeling my own house while I am living in it," he said. "So I'll be going through something very similar to what SHA residents will face with the homeWorks project."

Koehler describes the duties of his new position as follows: "I will be able to give factual information about the scope of the construction, and I will be helping tenants plan in order to minimize the disruptions for them."

"I'll also be looking at timelines to figure out the least disruptive way to do the construction. I will be working with the contractors and the trades people to make sure that they respect tenants' needs during the construction process. Finally, if relocation during construction is required,

I will be helping arrange for appropriate short-term relocation places for tenants."

A special hotline for homeWorks-related questions will be set up in the near future. In the meantime, residents can call Koehler at (206) 615-3536.

In other homeWorks news, SHA staff members held informational meetings in the seven high-rise buildings that will be part of the first phase of homeWorks.

They made presentations and answered questions about tax-credit financing and the homeWorks project in general. Staff also answered questions at the Joint Policy Advisory Committee meeting last month.

Executive Director Tom Tierney reported on the meetings at the Board of Commissioners' meeting on Oct. 17.

He confirmed that the Housing Authority would move forward with arranging for tax-credit financing for the project.



Sven Koehler

Community celebrates High Point's grand opening



PHOTO BY KARI SHERRODD

The Chief Sealth High School Marching Seahawks band opens the festivities at High Point.

BY KARI SHERRODD
Seattle Housing Authority

Over 300 people came together last month to celebrate the grand opening of the redeveloped High Point.

At a large tent located alongside the new High Point pond, Seattle Mayor Greg Nickels led the celebration of the new, highly-acclaimed community. Chief Sealth High School's Marching Seahawks band made a surprise visit to start the activities, which included tours of five new rental homes.

People seeing the new High Point for the first time were amazed at the transformation of the landscape. Where they used to see dilapidated and aging housing, they now saw newly-built and colorfully-painted homes, fresh landscaping and lush open spaces.

Event attendees discussed the new amenities as they enjoyed refreshments from local restaurants.

They had the opportunity to tour some of the Breathe-Easy homes designed for asthma sufferers and to see High Point's integrated storm water retention pond.

"A great city like Seattle deserves great new neighborhoods, and I believe what you see today is the beginning of one of those neighborhoods," said Tom Phillips, Seattle Housing Authority's senior development manager.

The dream of reconnecting High Point with the rest of West Seattle is now becoming a reality.

After years of thoughtful planning and building, the first part of the new mixed-income community has come together. By the end of the decade, High Point will have 1,600 new homes across its 120 acres.

Many people at the celebration agreed that this spectacular new neighborhood is the direct result of the exceptionally close cooperation among planners, residents and other stakeholders.

"The homes are overwhelmingly gorgeous," said Sharon Cromley, who grew up in West Seattle and is now a resident commissioner with the Bremerton Housing Authority. "High Point is like a flower that just bloomed."

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House rules to take effect Dec. 1

SEATTLE HOUSING AUTHORITY

The final version of the Seattle Housing Authority's new house rules has been approved by SHA management. The new rules will take effect on Dec. 1.

At the Oct. 17 meeting of the Joint Policy Advisory Committee, Property Management Administrator Cindy Sribhibhadh highlighted the changes that SHA made in response to resident input.

"We made some of the differences between the family communities and the high rises more specific in the revised rules,

in areas such as lock-outs and garbage removal," she said. "We also revised the language about signs."

The most relevant language in the new sign rule is this: "No signs, flyers, placards, advertisements or similar material may be posted on exterior walls, interior common area walls and doors, and the surface of unit (apartment) doors that face the hall or outside." Any reference to resident's outside windows was removed from the rule as a result of input from residents.

Some members at the JPAC continued to

express concern about the sign rule, noting that it could potentially present enforcement problems, and that the door should be considered the residents' property. SHA considers the outside of the resident's door as part of the building's common area.

Each resident affected by these rules will receive a copy of them in a separate mailing during the month of November.

For more information, the new house rules can be found on the "For Residents" section of the SHA Web site at <http://www.seattlehousing.org>.

Katrina victims start over in Seattle

By ANA MARIA KING
Seattle Housing Authority

So far, the Seattle Housing Authority has helped 15 families affected by Hurricane Katrina obtain temporary housing at SHA properties. Additional leases are being signed daily.

SHA has earmarked 60 units of non-subsidized properties for these families. The state will pay the rent on behalf of evacuees for 12 months, with funding from Federal Emergency Management Agency.

"No households currently on any SHA waiting list will lose their place in line or be skipped over for families displaced by Katrina," said Dennis Hall, SHA's admissions manager.

The units earmarked for Katrina victims usually rent for \$650 to \$850 to lower-wage working families. These apartments did not have anyone on their waiting

lists. Eight of families that have already moved in, now live in Wisteria Court, located in Southwest Seattle.

Shana Patterson, 19, said she feels fortunate to have finally settled into her new place.

"The apartment is really nice," she said. "It has a nice view, and it's big and roomy."

Patterson, who lived in New Orleans, was in Baton Rouge visiting her cousins when the hurricane hit. When she packed her bag for that trip, she had no idea she would never see her home or the rest of her belongings again. She feels especially sad about losing her family photos and mementos.

"My whole family history is gone," she said.

Though Patterson lost everything, she is determined to forge ahead and build a new life. Immediately after arriving at her aunt's house in the Seattle area, Patterson contacted the Red Cross for housing and got a job at Target. After getting the apartment at Wisteria Court, she called her boyfriend Robert Rhone, who had been evacuated to Texas, and asked him to join her.

"I am glad I came to up north to get as far away from all that as possible," Rhone said. "I'll go back to visit sometime, but not for a long time—it's too hard."

Patterson said she feels the same way, and she's glad her mom and best friend



PHOTO BY ANA MARIA KING
Shana Patterson and her boyfriend Robert Rhone are happy to be settled in Wisteria Court.

will be coming to Seattle to visit her soon.

"Being in a new city does let you start all over again, but it's hard because you aren't home where you know people," she said.

Of the 117 phone calls SHA has received from Hurricane Katrina victims, 43 families have made their way to PorchLight. Some of these are still waiting for an apartment or working through the leasing process.

"I just want to have a home," said Tatjana Robinson, who put her name on the waiting list for housing last week. "Living in a hotel for six weeks has been a constant reminder of what happened. You can't forget."

She and her husband chose Seattle because it is the closest U.S. city to Vancouver B.C., where they have relatives.

Rebecca Newcomb evacuated New Orleans with her 79-year-old mother and relocated to Seattle to connect with family roots. Her grandparents, one of whom was Native American, spent significant time in the Northwest.

"Many things happened to lead me here," said Newcomb. "I believe it is truly a blessing." Most notably, she encountered the assistance of many grassroots organizations along the way.

"Those people are really reaching out," said Newcomb, adding that she hopes to volunteer with Katrina Housing Northwest when she finally gets settled.

Changes coming to The Voice

By VOICE STAFF

Change is on the way for The Voice newspaper.

Some differences, like the "About The Voice" box beside this story, are already noticeable.

Future changes include the addition of a column where Seattle Housing Authority staff members answer residents' questions and more in-depth articles on the issues facing low-income people.

We'll also be forming a resident advisory group and conducting a training on journalistic writing in order to encourage more residents to contribute to the publication.

Since mid-2005 Neighborhood House and SHA staff members have been investigating the effectiveness of The Voice and looking for ways to improve the publication.

In July, with the help of an outside consultant, we conducted a series of focus

groups with residents who both read and do not read the publication. Participants were selected randomly and, among other things, told us they would like to see more comprehensive news about SHA and more resident involvement in the publication.

In September, we conducted a strategic planning retreat with residents, service providers and SHA staff to discuss how to achieve those goals.

Over the next six months, we'll be making many changes and improvements, and we want you to be a part of them.

We look forward to working with as many residents as possible as we create a stronger and more well-read publication.

If you'd like more information on the strategic planning process, or if you'd like to get involved in the advisory group or journalism trainings, please call Voice Editor Stacy Schwandt at (206) 461-8430 ext. 227. You can also e-mail stacys@nhwa.org.

New Welcome Wagon coordinator on board

By JEN CONKLING
Special to the Voice

Recently, on a visit to High Point, I met a young resident who was celebrating her fifth birthday in her new home.

While a volunteer spoke to her mother, the birthday girl was busy inviting us in for a piece of cake.

Since I began in September as Neighborhood House's Welcome Wagon Coordinator, there have been many people to meet and names to remember.

Neighborhood House staff, Seattle Housing Authority community builders and dedicated resident volunteers have held the door open for me as I've started work in NewHolly, High Point, Rainier Vista and Yesler Terrace.

But the warmest welcomes have been from the residents who open their homes to Welcome Wagon volunteers. The Welcome Wagon program started last year as a way to connect new residents to resources in their community.

After meeting the young birthday girl and her family, I began to reflect on the community I grew up in. When I entered school at the age of 5, my teacher asked me where I lived. I told him I lived on Timberdoodle Lane, but he didn't believe me—he thought I was just using my imagination.

My neighborhood in northwest Montana was created a few years before I was born. The city left the naming of the new streets to the residents, and the streets ended up with unconventional names like Dipsydoodle, Skidoodle, and home-sweet-home Timberdoodle.

As I transition into the role of Welcome Wagon Coordinator, I find myself drawing on my background in mediation. I have come to value the complexity of transition as a time of confusion, conflict and, above all, possibility.

Although the new streets in the NewHolly, High Point and Rainier Vista com-



PHOTO BY JOY BRYNELSON
Jen Conkling (right) describes a welcome basket to a crowd gathered at a NewHolly event last month.

munities have practical names, these neighborhoods seem to offer the same imaginative possibilities of my childhood neighborhood.

Despite the sometimes difficult transitions underway, I sense everyone is responding to the opportunity to name the change they want, look to the future and use their imaginations.

I invite residents to extend a welcome to new and returning neighbors by joining the Welcome Wagon. For more information on the program, I can be reached at (206) 461-8430 ext. 258.

Holiday craft fair planned

Sell your handmade arts and crafts at this year's Arts & Crafts Market from 4 to 8 p.m. on Dec. 1 at the NewHolly Gathering Hall, 7054 32nd Ave. S. Registration is only \$10 per table! Call Barb Berg at (206) 615-3372 by Nov. 14. Also, save the date to shop for unique and affordable holiday gifts.

Scattered-Sites meetings held

By ELLEN ZIONTZ
Seattle Housing Authority

"Will my rent go up?" "When do I report changes in my income?" "What happens if I don't complete an annual income review?"

These were just a few of the questions addressed at meetings of Scattered-Site residents last month.

The Scattered-Site program is a Seattle Housing Authority program that provides subsidized housing throughout the city in lower-density settings, single family houses, duplexes and small multi-family buildings.

At present, about 700 Scattered-Site

units house more than 3,000 residents.

At the informational meetings, which took place at Green Lake Plaza and Stewart Manor, SHA staff members answered questions about new rules and policies and distributed geographically-based resource directories on emergency services.

They also provided information about how residents can have a voice in future policy development through their Joint Policy Advisory Committee representative Deloris Scott.

Scott invited residents to contact her with questions or comments at (206) 935-3988 or by e-mail at deedee1003@yahoo.com.

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from the Seattle Housing Authority.

The Voice is edited by Neighborhood House staff with help from SHA. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

The Voice welcomes articles, letters to the editor and columns from readers. If you'd like to submit an article, or if you have a question about anything you've read in this publication, feel free to contact Voice Editor Stacy Schwandt at (206) 461-8430 ext. 227 or by e-mail at stacys@nhwa.org. You can also mail submissions to: The Voice, Neighborhood House, 905 Spruce St. #200, Seattle, WA 98104. Please include your name and contact information on your submission. All submissions are subject to editing for accuracy, style and length.

POINT OF VIEW

NEWS ABOUT THE SEATTLE SENIOR HOUSING PROGRAM AND SEATTLE'S HIGH-RISE COMMUNITIES

Resident Action Council president steps down

By VOICE STAFF

After serving as the Resident Action Council president for about eight years, Sybil Bailey has resigned.

"I'm tired, I need a rest," she said. "We've got some younger people in there now.... I feel confident leaving because it's in good hands."

Bailey said she will continue to serve on the council as the representative from Denny Terrace. She added that she is proud of the work she's done as president, including helping many high-rise buildings organize resident councils.

"I've met a lot of good, solid people," she said.

Under the council's bylaws, Vice President Lynn Sereda, a resident from Capitol Park, has stepped up to serve as acting president.

The RAC board will meet on Nov. 15 at Center Park to elect a new leader

"I have enjoyed a fairly good working relationship with (Bailey) and will miss that a lot," said RAC Secretary Jim Bush. "I think both of us have learned a lot from each other and the organization."

"To many of us, Sybil was more than just the President of RAC, she was a good friend who cared about the rights of ALL residents and worked hard to ensure everyone had the right and was able to speak for themselves."

Bush went on to say that although RAC has had its share of problems and issues, Bailey's capable guidance and valuable input have helped the council deal with those issues and become a much more vibrant, energetic organization dedicated to working with residents in all SHA communities.

Denny Terrace resident gives back through AmeriCorps



PHOTO BY JAMES OWENBY

Karen Jensen brews coffee by a sign promoting her intergenerational bingo.

By JAMES OWENBY
Seattle Housing Authority

Eleven years ago, Karen Jensen was teaching elementary school when her life took a sudden turn.

Complications from pneumonia made her temperature rise to over 104 degrees and left her with a brain injury from which it would take years to fully recover. She was unable to work and in need of housing and occupational therapy to regain the life she once knew.

Jensen found housing with the Seattle Housing Authority at Denny Terrace where she has lived for the last eight years. After years of therapy, her recovery has taken another leap forward now that she has become an AmeriCorps volunteer.

Through the national service organization Jensen was placed with Intergenerational Innovations, a local nonprofit organization that works to help children and elders to connect in meaningful service.

"I just wanted to get back into the workforce," Jensen said.

Through Intergenerational Innovations she was assigned to work with seniors and local school children at the Salvation Army Senior and Community Center in White Center.

Jensen said her goal for her year with AmeriCorps is to establish three sustainable programs. The first is to set up intergenerational bingo with seniors and children from three Highland Park Elementary School second grade classes.

The children visit the center once a month to play bingo, get comfortable with

their letters and numbers and learn how to build friendships with seniors.

Jensen's second mission is to encourage seniors to help students with their school work and to encourage high school students to tutor seniors in the use of technology.

"This is one of those things that is bridging the gap," Jensen said. "I'd like to get seniors and children to become e-mail pen pals, and then at the end of the year we'll have a party and get them all together."

Jensen's work is already attracting attention.

"Karen is doing an excellent job reaching out to children and elders in White Center," said Intergenerational Innovations Executive Director Kelly Phanco. "Due to her enthusiasm for building these relationships and her program skills, the intergenerational program at the Salvation Army Senior Center is off to a great start. We fully expect her service to expand the program considerably through the year."

Jensen learned about the AmeriCorps program through the Fremont Public Association. After a year of service, she will receive a \$4,700 award toward higher education tuition.

Jensen is an artist and painted murals in the lobby of Denny Terrace. She says she'd like to go to Cornish School of the Arts, study art and get her certification to teach art to adults.

For more information about AmeriCorps visit <http://www.AmeriCorps.org>. The Fremont public association's Web site is at <http://www.fremontpublic.org> and Intergenerational Innovations can be found at <http://www.intergenerate.org>.

Beacon Tower soars

By SARA FARINELLI

Voice intern

As I walked into the crowded 15th floor lounge of Beacon Tower, a couple of children playing chase ran in front of me. A resident caught my eye, smiled at me and waved her hand at the food spread across two tables.

"Eat!" she motioned in international sign language.

It was the Fifth Annual Paper Airplane Toss, held in late September at Beacon Tower. The event, organized by Kevin Kelley and Helen Sage, featured potluck dishes from southern China, Vietnam and the U.S.

Neighbors gathered—literally from around the world—to eat, enjoy one another's company and make fanciful paper airplanes.

With paper, ribbon, feathers, crayons and markers provided, both children and adults were invited to create an entry for the contest. Red Cross volunteers Quynh Bui and Monica Yap facilitated by providing interpretation in Vietnamese and Cantonese.

Prizes for the most unique paper airplanes were awarded regardless of age category, compelling adults to compete against the more adept children.



PHOTO BY SARA FARINELLI

Children enjoy decorating paper airplanes at the fifth-annual Beacon Tower toss.

The event was sponsored by neighborhood businesses Java Love Cafe, Expo Beauty School and the Beacon Hill Alliance of Neighbors. The Beacon Hill Chamber of Commerce contributed \$200 toward additional prizes.

The gathering closed with paper airplanes sailing from the lounge window to the lawn below. The winning airplane was the one that landed closest to the hula hoop target.

Afterwards, the crowd drifted away to get on with their Saturday errands, having once again come together for a little camaraderie and neighborliness.

Flu shots available at high-rise clinics

By VOICE STAFF

Nurses from the Visiting Nurse Services of the Northwest will be administering flu shots at the Seattle Housing Authority high rises this month for those who missed their October clinics.

"A flu shot is an excellent way to protect the health of our community and keep those most at risk of influenza complications out of harm's way," said King County Executive Ron Sims in a statement.

The flu shots cost \$28 and are free for those with Medicare B or Secure Horizons. Residents on those plans must bring their

card with them so the plans can be billed.

People aged 65 years or older and those with chronic medical conditions are especially advised to get the flu shot.

Influenza is a highly contagious illness that causes an average of 36,000 deaths and over 200,000 hospitalizations each year in the United States. Pneumonia is the most common complication in high-risk groups.

Influenza, unlike the common cold, has a swift onset of severe symptoms beginning with two to seven days of fever, headache, muscle aches, extreme fatigue, runny nose,

sore throat and a cough that is often severe and may last seven days or more.

This year, flu vaccine manufacturers plan to make available over 71 million doses of injectable vaccine nationally, more than last year's total.

Good health manners, such as covering coughs and washing hands, can be very effective in preventing transmission of disease, including the flu.

For more information on good health manners and other educational materials, visit the Stop Germs web page <http://www.metrokc.gov/health/stopgerms>.

Community notes

Advocates meet

The board of the SSHP Advocates II meets on the third Wednesday of each month at alternate buildings.

These meetings are open to any interested resident of buildings in the Seattle Senior Housing Program.

The Advocates aim to represent the interests of residents in dealings with the Housing Authority.

If you wish to attend, please feel free to call for the latest location and time.

Call Edie Koch at (206) 217-9451 or Bette Reed at (206) 523-8685.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Longtime High Point residents join SHA team

BY JEFF THUNG
Special to the Voice

Amin Ararsa and Loc Bui have lived in the High Point community for many years and are compassionate about improving and serving their neighborhood.

Both Ararsa and Bui recently joined the Seattle Housing Authority's maintenance technician team.

Ararsa came to the U.S. about 12 years ago. He worked hard to get by, holding down many labor-intensive jobs while he learned English and the way of capitalism in this country.

As he became more fluent, he was not afraid to apply for jobs that required more English than he had. In 2003, with the help of The Job Connection, he landed a job with the High Point redevelopment's general contractor as a gate guard who keeps track of visitors and others entering the construction site.

As a gate keeper, he saw the magnificent new community being built. He was inspired by its uniqueness and saw the maintenance job as an opportunity to spend more time on neighborhood streets.



Amin Ararsa (left) and Loc Bui

"I love being out about helping to build and improve the community," he said. "I want to thank SHA for this opportunity and particularly The Job Connection for the support that I have received."

Bui came to the U.S. from Vietnam in 1992. In Vietnam, Bui was a successful business owner, but when he arrived in the U.S. he had to start from scratch.

He worked multiple jobs to make ends meet. In 1994, he moved into High Point.

Despite working jobs outside of High Point, Bui got involved in the community and began to feel connected.

As the new community emerges, he said he wants to be part of it.

"I've lived in this community a long time. I like this community," he said. "I want to serve this community. I want to thank SHA for this opportunity to be a service to my community."

If you are an SHA resident and are interested in employment opportunities, please contact The Job Connection's High Point office at (206) 937-3292.

Jeff Thung is a job placement specialist for the Seattle Housing Authority.

When it rains, High Point drains. Naturally.



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

The grassy swale pictured here helps rainwater drain naturally into the earth.

BY SEATTLE HOUSING AUTHORITY

If you drive through High Point, you might not notice one of the neighborhood's most unusual features.

But if you walk—and you *should* walk—you'll probably start wondering, why are the planting strips so wide? What are these sections that look like ditches? Why do the sidewalks look different?

The answer to all of these questions is the same. They are elements of High Point's new drainage system. When finished, the system will cover all of High Point's 120 acres, one of the largest manmade natural drainage systems in the nation.

Rainwater from High Point drains into Longfellow Creek, supplying the creek with about 10 percent of its water.

The old drainage system, after collecting dirt and toxic materials from rooftops, streets, sidewalks and parking areas, channeled the water into pipes that drained directly into Longfellow Creek. While the water quickly disappeared from the site, the contaminated run-off polluted and eroded the creek, harming its ecosystem.

With High Point's redevelopment, the Seattle Housing Authority and the City of Seattle saw an opportunity to demonstrate, on a large, densely-populated tract of land, that polluted stormwater runoff in urban areas is not inevitable.

These agencies wanted to show that with thoughtful design, the environment protected. The system they designed uses attributes of the soil to ensure that High Point's runoff, when it reaches Longfellow Creek, is nearly contaminant-free.

The soil is an excellent water purifier. As water enters the ground, plant roots and microorganisms break down and consume most of the harmful chemicals and waste.

Once through the soil surface, water moves slowly, sometimes as little as one inch per day. When this water finally reaches the creek below, it is very clean.

The new system includes planting strips landscaped and shaped to collect rainwater, allowing it to absorb into the ground below. Gravel parking areas and "rice krispy" sidewalks allow rain water to flow into the earth unimpeded. The sidewalks are made from porous pavement with thousands of tiny holes that allow water to run directly into the ground. As an experiment, High Point's 32nd Avenue Southwest, between Juneau and Raymond streets, is also made of porous pavement.

This new system may not be sufficient to handle large amounts of rainwater in storms that may occur once in a hundred years. To accommodate these rare events, a system of piping has been installed deep below the surface. Through these pipes, excess water will be channeled into a pond at the northeast corner of the site. This pond holds, cleanses and slowly releases the water.

In many ways, the new system will function like a meadow. Environmental benefits for the creek will be substantial, but residents benefit as well. The wide planting strips create a pleasant streetscape and help make High Point a beautiful and healthy neighborhood—a neighborhood perfect for a walk.

Opening celebrated

Continued from front page

Mithun Architects, SvR Design, Nakano Associates, SHA residents, West Seattle community members and SHA staff worked together to create High Point's award-winning redevelopment plan.

The plan includes three major components—quality design, a healthy environment and an engaged community. It calls for creating a safe, high-quality and healthy residential environment with a range of housing types, that will be fully integrated with the surrounding community.

"High Point has become a model community for the rest of the nation," said Dr. James Krieger from Public Health—Seattle & King County, who is working on High Point's Healthy Homes, Healthy Communities project.

High Point boasts the largest crop of healthy homes in any development across the United States.

Its 35 Breathe-Easy Homes are the first of their kind in the entire country. University of Washington's School of Public Health will monitor the health of children who live in these houses and record reactions to their new surroundings.

High Point has also been designed as a "walkable" community, which will add to the healthy lifestyle of its residents.

Some residents who lived in the old High Point have already moved into new units.

Linda So, a West Seattle High School student who is involved with SafeFutures, moved with her family into their new home at the end of this summer.

So explained that there are many things they don't have to worry about anymore, like being able to fit their whole family in



The old High Point (above), compared to the new.



their home for special occasions.

"We love the kitchen in our new home," she said. "We're looking forward to being able to have the whole family fit in our place for Thanksgiving this year."

Representatives from Catholic Community Services' Youth Tutoring Program, the High Point branch of the Seattle Public Library and Puget Sound Neighborhood Health Centers' High Point Medical and Dental Center shared information about their services at the celebration.

Nickels, Phillips Krieger and So were joined in making remarks at the event by SHA Executive Director Tom Tierney; Cecile Hansen, tribal chairwoman of the Duwamish Tribe; Doris Koo, senior vice president of The Enterprise Foundation and Linda Stalzer, director/project development of The Dwelling Company.

Community notes

Volunteers needed

Neighborhood House is recruiting adult residents of High Point to join its Community Action Team.

An open house will take place at Holly Hall on Thursday, November 10 from 4 to 6 p.m. Holly Hall is located on the corner of Southwest Holly Street and 32nd Street Southwest.

Volunteers need to speak a little English and may receive stipends for participating and in various community activities with other adults and youth. Please come and meet representatives from Neighborhood House, International District Housing Alliance and Safe

Futures Youth Center. Refreshments will be served. For more information contact Rose Long at (206) 923-3266.

Computer lab open to seniors

The High Point Career and Technology Center offers an open computer lab time especially for seniors.

On Tuesdays and Thursdays from 9:30 to 11:30 a.m., seniors can use computers to send e-mails, access the Internet and for any other computer needs.

Technology help is available.

The lab is located in room 111 in the High Point Elementary School, 6730 34th Ave. S.W.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Residents enjoy block parties in neighborhood



PHOTO BY SARA FARINELLI

Rainier Vista residents enjoy a multicultural feast at a recent neighborhood block party.

By SARA FARINELLI
Voice intern

Getachew Tsigie, from Ethiopia, sits chatting with a couple of neighbors from Eritrea. Although they understand what he is saying, he does not speak their language.

Naomi Chang, originally from Vietnam, slips from English to Vietnamese to Cantonese and back again, greeting guests at the party.

Welcome to the Seattle Housing Authority-sponsored Rainier Vista neighborhood block party—the third in a series of four this year. The party was held last month in the Snoqualmie Place community room.

Two others were held in September, one at Snoqualmie Park and the other at the new Neighborhood House Rainier Vista Center. The last was held on Oct. 28 at Judy McBride Court.

“I want people to get to know each other,” said Chang, the SHA commu-

nity builder who has been coordinating the events.

With neighbors coming from far-flung places, speaking so many different languages, the parties offer the opportunity to break the ice and make contact.

“At least now when they see each other they will recognize a neighbor,” said Sandra Borders, president of the Rainier Vista Leadership Team and a strong advocate of such programs.

Chang has a couple more parties slated for next spring.

“This is my job. I help build communities,” she said.

If you are interested in staging a block party in your neighborhood, contact your community builder. For Cedarvale, Jackson Park and Yesler Terrace, call Ellen Ziontz at (206) 343-7484, for High Point contact Kari-lynn Frank at (206) 937-3292 ext. 12, for NewHolly contact Joy Bryngelson at (206) 723-1725 and for Rainier Vista contact Chang at (206) 722-4010 ext. 2.

Job placement classes offered in computer lab



Van Vo, Larry Hill and Tsegaye Gebru are waiting to help you to find a good job. Are you tired of temporary positions or jobs that never seem to give you enough pay to live on? If you are, come see us on Thursday afternoons from 2 to 4 p.m. at the Neighborhood House Rainier Vista Technology Center. We will help you create a new resume, apply for good jobs and keep your job once you get it. As you look forward to the New Year maybe it is time to start planning for a brighter and more financially secure future. We hope to see you soon.

Neighborhood House sculpture spans generations

By PAM MCGAFFIN
Special to the Voice

Artist Josh Levine's first childhood memory is of Rainier Vista on a long summer evening.

He rushed out the door of his home to play, heading for green grass and sunlight, feeling “this enormous burst of potential and excitement.”

It's the same feeling he gets as an artist, Levine told those gathered last month for the unveiling of his sculpture at the Neighborhood House Rainier Vista Center on 29th Avenue West.

The building, coincidentally, is in about the same spot where the Levine family once lived.

So it was only appropriate that three generations of Levines showed up for the dedication of the sculpture that was inspired by a much smaller piece Levine built with his 5-year-old son, Garrett.

History repeats itself. Among Levine's other enduring childhood memories is the time spent in the studio with his father, famed Northwest bronze sculptor Phillip Levine.

Phillip was a young artist when he and his wife Rachael moved to Seattle from Oregon in the late 1950s. They lived in Rainier Vista while attending school.

“We're probably standing in our bedroom,” quipped Phillip Levine, whose work can be seen in many public places, including the University of Washington (Dancer with Flat Hat) and the West Seattle Freeway (Walking with Logs).

The Levines eventually moved from Rainier Vista, but kept ties there. Rachael Levine, an educator, joined the Neighbor-



PHOTO BY CAROL WALTER

Josh Levine's sculpture stands at the side of the Neighborhood House center.

hood House Board of Trustees to help other low-income families.

When she and Phillip learned that Neighborhood House was building a new service center in the redeveloped community, they decided to lend their expertise to a sculpture. But Phillip, now in his 70s, no longer commissions large art works, so Josh took it on.

The younger Levine was stumped for ideas until he happened to look at a hot-glued and wood sculpture he and Garrett made. Several models later, he came up with a design suggestive of several themes, including physical and emotional travel.

“What I hope is that the people will look at this sculpture and find their own meanings,” he said.

Pam McGaffin is a writer who works as a consultant for Neighborhood House.

Community notes

Many offices, programs have moved

With the redevelopment of the Rainier Vista community has come a shuffling of services and programs. Following is a list of the new locations of a number of neighborhood programs.

The Job Connection

Seattle Housing Authority's The Job Connection has moved to the Neighborhood House Rainier Vista Center at 4410 29th Ave. S. The program offers residents help finding a job. For more information, call (206) 722-4010.

SHA management office

Seattle Housing Authority's Rainier Vista management office is on the ground floor of the Snoqualmie Place Building, 2917 S. Snoqualmie St.

The office can be reached at (206) 721-2980.

Youth Tutoring Program

The Catholic Community Services Youth Tutoring Program is located behind the old management office in the old community room at 4500 Martin Luther King Jr. Dr.

The program creates a challenging, safe and enriching environment where youth in first through 12th grades are matched with adults who offer homework help and academic enrichment. Students in first through eighth grades attend two, one-hour tutoring sessions

a week at 4:30, 5:30 or 6:30 p.m. Monday through Thursday.

Students in grades nine through 12 attend Monday and Wednesday from 5:30 to 7:30 p.m.

We also partner with parents and advocate for students in their schools.

The program is free to students who live in Rainier Vista housing. Stop by the center for an application or call (206) 723-6110 if you have questions.

Neighborhood House Head Start and Family Services

Head Start preschool classes and family support services are available at the Neighborhood House Rainier Vista Center, 4410 29th Ave. S. For more information call (206) 461-8430.

Rainier Vista Technology Lab

The Rainier Vista Technology Lab is located on the first floor of the new Neighborhood House Rainier Vista Center, 4410 29th Ave. S. The lab offers basic computer classes, ESL classes, open lab and other programs.

Call Tsegaye Gebru for more information at (206) 461-4568 ext. 211.

Rainier Vista Leadership Team

The Rainier Vista Leadership Team has offices in the new Neighborhood House Rainier Vista Center, 4410 29th Ave. S. The office can be reached at (206) 722-8983.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Fatherhood festival fun for many NewHolly families



PHOTO BY SARA FARINELLI

Children look on with amazement as "Son of a Reptile Man" shows them a creature.

By SARA FARINELLI
Voice intern

Nine-month-old Miles Armstrong sat fearlessly in his father's lap as the "Son of Reptile Man" brought alligators, lizards and venomous snakes through the audience.

Miles's father, Bob Armstrong couldn't suppress an instinctive urge to cringe, as the presenter brought them close enough for the kids to touch or merely to view carefully.

Armstrong had brought his sons Miles and Alexander, 6, to share an afternoon of fun at the Children's Day & Fatherhood Festival held last month at the NewHolly Gathering Hall.

Armstrong is a participant in a men's group run by Divine Alternatives for Dads Services, one of the event's organizers. Other organizations involved in putting the fair together included the Atlantic Street Center and First A.M.E. Child and Family Center.

All three organizations run men's groups that teach parenting skills and provide guidance on assuming the responsibilities of fatherhood.

Participants are men who are trying to get their lives back on track and resume a positive and active role in their children's lives.

The event was meant to be a celebration of the relationship between fathers and their children.

Vince Hayes, formerly of the Atlantic Street Center, recently started a men's group that meets at NewHolly on Saturdays and thought the venue would serve well for what the three had in mind.

Greg Schmidt, a candidate for King County Sheriff and founder of Families First, a community-based organization that provides services to help families deal with domestic violence, dropped by to talk with the children about safety on the streets and what to do when a stranger approaches.

Also on hand were a Seattle police officer, who gave the children a firsthand peek at the rear of his police cruiser, and Seattle Fire Department fire fighters, who gave a talk on fire safety and let the children tour the inside of a fire engine.

Other activities included face, arm and stomach painting and balloon sculpting. The arrival of Sonics mascot Squatch, however, capped off the event—much to the delight of the children.

Sponsors included the Washington Council for Prevention of Child Abuse and Neglect, Administration for Children and Families, and Greater Seattle Fatherhood Coalition.

Housing Authority will pay water surcharge

By VIRGINIA FELTON
Seattle Housing Authority

The Seattle Housing Authority has announced that it will assume the payment of the water utility surcharge at NewHolly.

Residents of rental properties at NewHolly will no longer be expected to pay this extra charge, which has been part of their monthly water bills since 1999.

The surcharge, which was added to the NewHolly utility rate, was intended to be a mechanism to reimburse Seattle Public Utilities for its contribution to new water lines that were part of the construction at NewHolly. At the time, it was assumed that the increased utility costs would be covered by HUD subsidies and would have little effect on individual residents.

Unfortunately, this has not been the experience for many NewHolly residents.

The surcharge will be removed from water bills beginning in 2006.

"We didn't think it was fair for NewHolly residents to pay more for their water than residents in our other family communities," said SHA Executive Director Tom Tierney. "Even though, on average, the residents' utility allowances covered the entire bill, NewHolly residents were still paying more for water than others in the same situation. Now, all residents will be on the same footing."

On average, utility allowances were sufficient to cover both the surcharges and the regular water bills. However, some residents found the water bills excessive.

Also, effective in January, new utility allowance rates will go into effect at NewHolly, Rainier Vista and High Point.

"Utility allowances used in these communities are the same ones used in the Section 8 program, and they have been recently revised," noted Tierney. "It seemed logical to us to make both of these changes at the same time."

Two meetings will be held for NewHolly residents to hear presentations and have their questions answered. The first will take

place in the NewHolly Gathering Hall on Nov. 12 from 3 to 5 p.m., the second on Nov. 14 from 6:30 to 8:30 p.m.

"These meetings are a great opportunity for NewHolly neighbors to learn more about the water bill changes, and also to thank the community leaders who have been working hard to advocate for these improvements," said Community Builder Joy Bryngelson.

The current utility allowances are based on national averages, which tend to be slightly higher than the actual cost of utilities here in the Northwest, due to climate differences.

The new utility allowances are based on local data and were set by a consulting firm that specializes in analyzing this data and drafting utility allowances. In some cases, the new allowances will be lower than the current ones. Where this is the case, a household's rent will then be slightly higher.

"Overall, each household is expected to pay 30 percent of their income for rent and utilities," explained Redevelopment Property Manager Willard Brown. "When their rent is calculated, the household gets to keep the amount of their utility allowance so that they can use that money to pay the utility bills. If that amount goes down, then their rent will go up by the same amount."

Residents will receive specific written notice of any changes in their rent.

Earlier this fall, Impact Property Management (a division of SHA) assumed responsibility for utility billings and ended its contract with Minol, a Texas-based company that had been responsible for billing previously.

"We are aware that NewHolly residents have been very frustrated with the entire water billing situation," Tierney said. "We are confident that with these two steps—the elimination of the surcharge and the billing of services being done directly by Impact Property Management—many resident concerns will be answered."

Service learning program has new leader

By JAMES OWENBY
Seattle Housing Authority

The new AmeriCorps volunteer at the Atlantic Street Center is actually someone who's been around NewHolly quite a bit.

Dorjee Metse was a volunteer tutor for ASC when he learned about the AmeriCorps position he now holds.

Metse, whose name is Tibetan, grew up in a small town in Oregon. He attended four different community colleges in Washington and Oregon before transferring to Evergreen State College in Olympia. There, he earned a degree in multicultural studies before moving to Seattle.

Metse says he was inspired to volunteer in the community from his study of the 1954 Supreme Court decision *Brown v. Board of Education*. In this decision, the U.S. Supreme Court wrote that "separate educational facilities are inherently unequal." The decision effectively denied the legal basis for segregation 21 states with segregated

classrooms and would forever change race relations in the United States.

Metse worked on a video documentary project while at Evergreen that looked at



Dorjee Metse

the disparity of school environments across different socio-economic neighborhoods.

He said he wanted to give back when he learned first-hand that low-income neighborhoods often don't have the same advantages as other neighborhoods.

Metse will spend most of his time as an AmeriCorps volunteer working with teen-

age youth from the NewHolly neighborhood on Team Alive.

The program is just forming, with 11 participants currently. It focuses on providing service-learning opportunities and teaching leadership skills to kids aged 11 to 18.

"One of the big needs of the neighborhood is the need for tutors," he said. "Team Alive will likely play a major role in tutoring or recruiting tutors here at NewHolly."

Metse vows to work to inspire initiative and leadership in the youth he serves. He said he would like to see Team Alive take on a recycling project in the neighborhood.

Participating youth will come away with community service hours that can be applied towards their 60-hour high school graduation requirement, experience working in the community and handling mock interviews and a completed resume and cover letter.

To learn more about Team Alive call (206) 723-4073.

Community notes

Neighborhood News Night coming

Join your neighbors on Thursday, November 10 for the NewHolly Neighborhood News Night.

The event will take place from 6 to 7:30 p.m. in the NewHolly Gathering Hall. Light refreshments will be served.

The goal of the gathering is for active NewHolly community leaders to share their projects and ideas with their neighbors, and for the community to identify new topics or interest areas on which they'd like to work.

As NewHolly continues to grow and develop, the community needs to decide what neighborhood issues they want to focus on and how they want to organize themselves.

Service providers will also have information tables set up.

Children under the age of 12 must be accompanied by an adult at all times. For more information call Joy Bryngelson at (206) 723-1725.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Program helps families get ready for kindergarten



PHOTO BY MIKE MOORE

Gatzert Elementary School teacher Jennifer Foubert says the Neighborhood House kindergarten readiness program has helped her students excel in school.

By PAM MCGAFFIN
Special to the Voice

Jennifer Foubert, a kindergarten teacher at Bailey Gatzert Elementary School, could see right away what a difference four weeks makes. Five of the children she led through a month-long kindergarten-readiness program came to her class that first day more excited than scared.

The two-year-old Neighborhood House program gives the children of immigrant families a jump on kindergarten, says Danielle Eidenberg-Noppe, the agency's parent-involvement coordinator.

The school's literacy coach Laurie Morrison also noticed a difference. All of the first-grade students who participated in last year's summer program are now in the highest reading group at school, she said.

That's in part because by the time they start school, they know how to take turns, sit in a group, raise their hands and walk quietly in line. These social skills help them focus their attention on academic learning.

Just as important are the family meetings, which teach parents about the school system, introduce them to educators and coach them on ways to help their children learn.

"Parents who don't speak English feel they don't have anything to offer their kids educationally," Eidenberg-Noppe said.

The kindergarten readiness program, which was also offered in the NewHolly

community, proves them wrong.

At the family meetings, parents and children learn together, making ABC books and doing other literacy activities. Afterwards, parents act with confidence as they drop in on their child's class or call the literacy coach to ask about their child's test scores.

"It's a very successful program," said Eidenberg-Noppe, who's hoping to secure grant money to continue it a third year. When funds fell short this summer, Bailey Gatzert teachers stepped in to work with the kids in the place of Neighborhood House educators.

Foubert says she would have been able to identify those students who got the kindergarten sneak preview even if she hadn't taught them over the summer.

"They're much more comfortable and confident being in school than the other kids," she says. "It's very obvious."

Pam McGaffin is a writer who works for Neighborhood House.

Council meeting date changed

The Yesler Terrace Community Council will meet on Nov. 15 this month to accommodate the election.

The meeting, which is open to all residents, will take place at the Jesse Eptsein Building, 905 Spruce St. from 6 to 8 p.m.

Resident builds construction career

By LARRY HILL AND VAN VO
Seattle Housing Authority

Reggie Dalton lived for several years on the east side of Rainier Vista and recently relocated to Yesler Terrace. For the past few years he has been earnestly pursuing a career in the construction trades.

When work started at Holly Court, Dalton worked for a subcontractor responsible for demolition and clean-up. When the demolition and rebuilding later began on the west side of Rainier Vista, Dalton landed a job that gave him experience operating heavy equipment.

From there, he transitioned smoothly into a position as an experienced laborer with the general contractor at Rainier Vista—a posi-

tion he carried out professionally and enjoyed a great deal. This position came to an end, and Dalton was back in the job market.

About two weeks ago I received a call a subcontractor now doing work at the Park Lake redevelopment. They were looking for a laborer with equipment operation experience. Dalton was my immediate suggestion.

When Dalton went to the Park Lake site to interview for the job, he knew almost everyone at the site. His reputation as a great worker has served him well. He recently began work for DC Willi Company.

Dalton has worked on three separate redevelopment projects that are making Seattle and King County more livable and beautiful. Congratulations, Reggie! You make Yesler Terrace proud.

President voted off of community council

By STACY SCHWANDT
Voice editor

Residents present at the Yesler Terrace Community Council meeting last month voted unanimously to remove Council President Naomi Finkelstein from office.

The move came after a district court judge granted Vice President Kristin O'Donnell a protection order against Finkelstein. On her complaint, O'Donnell detailed instances in which Finkelstein threatened to strangle her or told others she intended to murder her.

Finkelstein refutes the charges. A judge will rule on whether to make the order permanent early this month.

"I really feel bad about this," O'Donnell said. "Naomi had a lot of positive energy, she was on the right side of a lot of the arguments and issues that we're struggling with. She also has an awful temper."

Finkelstein, who was elected in May, attended the meeting, but was removed by a police officer after she addressed O'Donnell directly. The officer said this was a violation of the order that she not make contact with O'Donnell.

Finkelstein said she believes the turn of events is about power grabbing.

"We believe that Kristin filed this restraining order because I called her on the ways she impedes the work of the council," she said in a statement. "The way she alienates our community partners, the way she does not represent the interests of the immigrant communities here, the ways in which she does not follow through with the work of the council in (a) timely manner."

O'Donnell also said Finkelstein was obstructing the council's work by ignoring important issues, such as Sound Transit and

Harborview construction.

The council's bylaws allow an officer to be removed for dereliction of duty or impairing the functions of the council by a two-thirds majority of voting members at either a regular or special meeting.

Residents were not notified in the monthly meeting announcement that a vote to remove Finkelstein would take place.

"There are many who may want to be here who are not here," one Vietnamese resident said through an interpreter.

After a discussion of the issue, everyone in the room voted to go ahead with the vote.

"Unfortunately, we're in a big mess here and we're not going to get out of it," said Yesler resident Ann Byers. "I think this should be dealt with tonight."

John Forsyth, community services manager for the Seattle Housing Authority said that SHA has determined that the council followed its bylaws in executing the vote.

Although SHA recognizes the council as an independent entity, the council receives money from the federal Department of Housing and Urban Development, through SHA, so the agency has a duty to ensure the council follows its bylaws, Forsyth said.

According to the rules, O'Donnell, as vice president, will assume the presidency. There is no remedy for filling the empty position, so the council will operate without a vice president until next year.

Finkelstein questioned the process by which she was removed from office and from the meeting.

She said she intends to ask HUD, the City of Seattle's Department of Neighborhoods and the Yesler Terrace community itself to look into the situation.

"Kristin, SHA and the police do not run our community," she said in her statement.

Notes from the manager

By JUDI CARTER
Senior Property Manager

At the Yesler Terrace Community Council meeting last month, residents were asked to give suggestions about what major maintenance items would make the community better.

The following is the list of requests in order of importance, as ranked by the people at the meeting:

- Replace range hood fans
- Better community garbage pickup
- Mouse-proof the units
- More fire extinguishers
- Repair toilet seats
- Check units for mold
- More public art
- Fire escape ladders for Y Sector upper units
- Install light fixtures over sinks in units without window there
- Pressure wash all of the buildings
- Repair Tenth Avenue South.
- Install fire extinguishers on each floor of the fourplexes.

Replacing the range hood fans, repairing toilet seats and checking units for mold are normal work orders.

If they are a problem for you, you should phone the office and ask to put in a work

order to have them checked or fixed.

If there is mold in your unit where you can see it, you need to get rid of it by washing it with bleach.

Improving community garbage pickup is very difficult. Every weekday, SHA staff picks up several 90 gallon totes of garbage from the common areas.

We need your help! We do our best, but if people would stop putting out extra garbage, it would solve much of the problem.

If you have garbage that does not fit into your garbage can, please come to the management office and buy a \$2 red bag in which to dispose of it.

If you see someone littering, please ask them to pick it up, or if you know where the person lives, report them to the management office, so that we can talk to them about the practice.

Litter is a huge problem, and we need all of the help solving it that we can get.

One final note: Tenth Avenue South belongs to the City of Seattle, and we will request that it make the necessary repairs to the broken sections.

All other items will be placed in my capital budget for consideration.

I want to thank each person who attended the community council meeting for helping me to prepare next year's budget.

