



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



# The Voice

June  
2006  
Articles translated  
into six languages

The newspaper of Neighborhood House

## World Refugee Day event to celebrate arts

By KELSEY JONES-CASEY  
Special to *The Voice*

Tatijana Krynytzky knows that once you are refugee, you cannot return home.

Krynytzky came to the United States after World War II. Although many years have passed since she escaped from the Red Army as a refugee, she shares a story similar to those who have resettled in Seattle in the past 30 years. She survived a terrible war, persecution and a long journey. Now she is keeping what she has lost alive through the practice of traditional Ukrainian embroidery, egg painting and bead work.

Krynytzky describes herself as a craftsperson, not an artist. She says that craftspeople play a unique role in cultural preservation. While artists continually push the limits of their art form, craftspeople copy the details of their crafts meticulously, so that patterns, materials and colors are preserved perfectly from generation to generation.

As part of World Refugee Day's Refugee *Art*vocacy event, Krynytzky's work, along with the work of other refugee artists and craftspeople, will be on display on June 28 in the lobby of KCTS at 401 Mercer Ave. in Seattle.

The event aims to create awareness of the refugee experience by providing refugee artists with a forum to display their skills. Organizers hope to celebrate the positive contributions refugees make to the city, support the refugee communities in preserving their culture and acknowledge that creative expression is a form of healing and therapy.

The event is sponsored by the JumpStart Fund Micro-enterprise Program (a lending program for refugees), The International Rescue Committee (a refugee resettlement organization) and KCTS (a public television station). It is open to the public.

Krynytzky spent her childhood in the city of Lviv in western Ukraine (then Poland). During these years, one of her teachers taught her an appreciation for Ukrainian embroidery by having her class "uncover" discarded embroidery in the homes of their peasant relatives to preserve it for future study. It was this teacher who later inspired both Krynytzky and her mother to



PHOTO COURTESY OF KELSEY JONES-CASEY

*Tatijana Krynytzky displays her traditionally painted Ukrainian eggs, some of which will on display as part of the World Refugee Day event on June 28.*

carry suitcases filled with Ukrainian embroidery when they started their life in America.

Krynytzky's life changed dramatically at the start of WWII. After the Germans bombed Lviv, Soviet troops occupied the city, terrorizing its inhabitants. When Germany and Russia went to war in 1941, the Soviets left Lviv, burning down villages and churches as they went. Soldiers tortured members of Krynytzky's community, including some of her family and friends.

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## Thousands added to Section 8 waiting list

SEATTLE HOUSING AUTHORITY

Last month, the Seattle Housing Authority took applications from heads of households who wanted the chance for a spot on the Housing Choice Voucher (Section 8) waiting list.

The list had been closed since July 2003, but recent changes in the program prompted SHA officials to reopen the list to add 4,000 names.

Those interested were invited to send in applications during a two-week period. Hundreds arrived every day.

At press time, all applications were being keyed into a computer program from which the 4,000 names would be randomly chosen. Selected households will be sent a letter with their number on the waiting list and information on what to expect next.

Households not selected to be on the list will also be notified.

The Housing Choice Voucher Program provides housing subsidies to low-income residents through the distribution of vouchers. Participants identify rental housing on the open market and pay 30 percent of their income for rent and utilities. The voucher provides the balance of the rent to the landlord.

Barbara Strayer, SHA's Section 8 manager, said the new list should last the agency two or three years. She added that all families on the list should let SHA know, in writing, every time they change their address.

"If we send them a letter telling them that their name is near the top of the list and it comes back, we take them off the list," she said.

To get the word out about the lottery, SHA placed ads in newspapers designed to reach as broad an audience as possible and set up a hotline telephone number that led callers to a "Frequently Asked Questions" recording.

The Housing Authority opened a special Post Office box and notified everybody who wanted a chance for a place on the waiting list lottery that their sign-up forms had to be mailed to that post office box.

The sign-up form was posted on the Housing Authority Web site for downloading and printing out. Preprinted lottery sign-up forms were also available at most SHA location, libraries, Neighborhood service centers and branch offices of the Department of Health and Human Services across the city.

## Mentors help kids with parents in prison

By CARL PETSCHKE  
*Big Brothers Big Sisters*

It's no secret that incarceration is an intergenerational problem. You may be surprised to learn, though, that children who have a parent in prison are seven times more likely to fall into the juvenile justice system themselves.

In 2004, several community organizations and public institutions came together to outline a plan to break that cycle.

Big Brother Big Sisters serving King, Pierce and Jefferson Counties and Children's Home Society of Washington were

among the groups that started programs to provide supportive and fun mentoring relationships for kids who have a parent in prison.

Over the past year and a half, the programs have matched over 200 kids with a caring mentor. But there are many more kids who can benefit from this program. In fact, there are over 20,000 children in Washington State alone who have a mom or dad in prison.

"One of the challenges has been identifying children who have a loved one incarcerated," says Beth Minker, Program Manager at Big Brother Big Sister,

"Because of the stigma that can be associated with incarceration some families may be hesitant to come forward."

Children of incarcerated parents may need a little extra support, and a caring mentor can make a big difference during what can be a very traumatic time for a family.

In a letter expressing his desire to have a mentor for his son, an inmate at McNeil Island recently wrote, "I love my son very much and my greatest fear is to someday be sharing a cell with him. During my time at McNeil, I have

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### Quotable

**"Some children may need extra help to learn, play and talk the way other kids their age do. We can give them that help."**  
— Colleen Hollis, Head Start Special Needs Coordinator, on the services.  
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## One to grow on

### Garden tips for community gardeners

By ANZA MUENCHOW  
Special to *The Voice*

Are you ready for our typical summer draught? If you want to have a healthy, pest free garden, take good care to keep your soil moist. How much water you may ask? This depends on your soil type and how hot and windy the weather is.

If you have a sandy soil, water several times a week. Sand allows the water to pass through quickly and can take important plant nutrients with it.

If you have a high percentage of clay in your soil, you must not let your soil become excessively dry. The clay in your soil will actually repel water once it gets too dry. So, water clay soil slowly and deeply.

The best way to know how much to water is to dig down into your soil and check it. Your soil should be damp just below the surface. Don't let it dry out more than an inch or two below the surface.

If your soil dries out, your plants will be more susceptible to diseases and pests like aphids, powdery mildew and thrips.

I recommend laying down drip hoses now and regularly soaking the root zones of your crops. Drip hoses keep the water at the roots and off the leaves. This conserves water by reducing evaporation.

Many plants, such as tomatoes, beans, squash and basil hate water on their leaves. It is OK to allow some water on peas and brassicas (choy, broccoli, cabbage, etc.) but they still do well with soaker hoses.

Another way to keep soil moist is mulching. Mulch is like compost though it may not be fully decomposed into a crumbly, soil-like substance. Every summer, add

three or four inches of mulch around the base of your plants. There are different kinds of mulches, but I usually go for the cheapest and most available.

Some people use dry grass clippings or decomposed leaves. Usually I mix these two together, water them and let them compost for a couple months before I mulch with them.

It is OK to cover your drip irrigation with the mulch, but be careful that you don't forget about it and chop your hose with a shovel or a hoe. Repairing drip irrigation hoses can be time consuming and irritating.

Remember to sow lettuce every two weeks for a continuous crop for your summer salads. Choose a more shaded spot to plant lettuce for the hottest months (July and August).

Try the Black Seeded Simpson lettuce or Celtuce which tolerate hotter weather. New Zealand spinach (not a true spinach) is another lettuce alternative that tolerates hot weather. It is delicious in salads or steamed or stir fried as a spinach alternative.

June is a good time to plant your beans, if you haven't done so already.

There are so many types. I enjoy the haricot vert, which are a long, thin, tender bean with a nice crunch. Our favorite way to eat these is by lightly coating them with olive oil and a pinch or two of salt and then roasting them in a hot oven (450 degrees) for 10 minutes. They also make a great bean salad if you blanch them and then marinate in your favorite vinaigrette.

All the wonderful produce in our area provides the best summer cuisine. I can't wait.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her at [mahafarm@whidbey.net](mailto:mahafarm@whidbey.net).

## Workshops raise awareness of prostate cancer

By KEVIN P. HENRY  
Special to *The Voice*

Twenty African American men gathered last month at the Royal Esquire Club in Seattle. They shared laughter and food, but this was not an ordinary social gathering.

These men, ranging in age from 40 to 75, were talking about prostate cancer. African American men have among the highest rates of prostate cancer in the world.

One out of every six men will be diagnosed with prostate cancer in their lifetime. For African American men, the rate is one in every five.

Local auctioneer Larry Taylor, the facilitator of the workshop called "Let's Talk About It," knows about the importance of being screened for the disease. He is a prostate cancer survivor who was diagnosed in 1999 after going to the doctor for another health issue. He advised the men gathered to get screened once a year, and his presentation included both hard facts and true-life experience.

The session concluded with a question and answer session, during which the men

brainstormed about how to get the information to the community and discussed some of the reasons why African American men resist getting tested.

Some of the reasons cited included fear of doctors, machismo, lack of insurance and having received incomplete or inaccurate information about the disease. The men all agreed that programs offering free screening were essential.

Screening involves a blood test called a PSA (prostate-specific antigen) test and a rectal exam. Treatment can involve radiation therapy and surgery.

"I am not trying to force you to go get screened, but it saved my life," Taylor said.

The "Let's Talk About It" workshop is produced by the Center for Multi-Cultural Health and funded by the Washington State Department of Health, Comprehensive Cancer Control Program. Sessions are currently being scheduled for June.

For more information, call 206-440-7244, e-mail [Naturalmind7591@yahoo.com](mailto:Naturalmind7591@yahoo.com) or visit <http://www.cancer.org>.

Kevin P. Henry is one of the organizers of the *Let's Talk About It* workshop.

### 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.

## Farmers markets offer healthy food and fun



PHOTO BY KATIE TYBERG

The Columbia City Farmers Market is open every Wednesday afternoon, drawing visitors to enjoy fresh foods and flowers, live music and hand-crafted items.

By KATIE TYBERG  
Voice intern

People gathered to take in the sites and tastes of unfamiliar and coveted foods, listen to live music and enjoy family and friends during the opening weeks of Columbia City Farmers Market last month.

Fresh produce, colorful flowers, organic meats and eggs, seafood, peanuts, artisan breads, fruits, honey, cheeses and bruschetta filled the booths of local farmers and vendors who proudly presented what they have grown or made from scratch.

The Neighborhood Farmers Market Alliance runs the University District, West Seattle, Broadway, Lake City, Magnolia and Columbia City markets.

With help from the alliance, farmers from throughout the state have the opportunity to sell their produce directly to city consumers. Vendor fees, the City of Seattle Office of Economic Development, King County Agricultural Programming and various other Seattle residents and volunteers support the markets.

Karen Kerschner, who works at the market information center where instructions concerning food assistance programs are posted in various languages, said that the Columbia City Farmers Market has the most demographically diverse visitors.

The market will be open on Wednesday afternoons from 3 to 7 p.m. until October 25. It is located in the Columbia Plaza at 4801 Rainier Ave. S.

Not only do local farmers benefit from the markets, but city-dwellers can come to a safe and fun place to buy fresh and healthy foods.

The markets are certified to accept elec-

tronic food stamps, WIC (a special supplemental nutrition program for women, infants and children) and Senior Farmers Market Nutrition Program coupons, as well as Helping Harvest Vouchers, which can be used by low-income shoppers.

Details concerning the food assistance program can be found at the market information center. At the end of the day, farmers donate leftover produce to neighborhood food banks. Last year about 8,000 pounds of fresh food and produce were given to local residents in need.

Steve Hallstrom has a six-acre farm outside of the city, and he heads to the market each week to sell lettuce and other produce picked that day.

"I like to farm and bring good, nutritional food to people," said Hallstrom, who hopes that his farming will allow people "to eat and live better."

For more information, call 206-547-2278, go online to <http://www.seattlefarmersmarkets.org> or visit your neighborhood market.

**University District**, Saturdays until Dec. 30, 9 a.m. to 2 p.m., at University Way Northeast and Northeast 50<sup>th</sup> Street.

**West Seattle**, Sundays until Dec. 17, 10 a.m. to 2 p.m., at California Avenue Southwest and Southwest Alaska Street.

**Broadway**, Sundays until Nov. 19, 11 a.m. to 3 p.m., Bank of America parking lot on the east side of Broadway at East Thomas Street.

**Lake City**, Thursdays until Oct. 5, 3 p.m. to 7 p.m., Northeast 127<sup>th</sup> Street and 30<sup>th</sup> Avenue Northeast behind the fire station.

**Magnolia**, Saturdays until Sept. 30, 10 a.m. to 2 p.m., Magnolia Community Center, 2550 34<sup>th</sup> Avenue W.

## Mentoring

Continued from front page

seen three generations of the same family here together—grandfather, father, and son. I am the first in my family to be in prison and I want to be the last."

Following a comprehensive screening and training process, volunteer mentors are matched with young people who have similar interests.

Adults and their mentors get together three to four times a month to talk, participate in activities, go to the park, eat ice cream, watch movies and just hang out.

National research has shown that spending even a few hours a week one-on-one with a safe, caring adult can have a life-changing impact on a child's self-confidence and perspective on the world.

"Fun, interesting, and educational," are the words Nolan Willet uses to describe his Big Brother Richard Juntunen.

Six years ago, Willet's mother signed him up for a Big Brother because he was "hungry for male companionship."

As an energetic first grader, he was look-

ing forward to playing chess, working on puzzles, watching movies, swimming and skiing with his Big Brother.

When the two were first matched, they didn't know that the bond created by meeting every week would turn into something big.

After a year and a half of work, 1200 nuts and bolts and hours of researching, Willet and Juntunen set sail on Lake Washington last year in a sailboat they built. The project came out of their shared interest in carpentry and sense of adventure.

"Working on the project helped us bond in a way that our usual time together didn't necessarily involve," Juntunen said.

Children in the mentoring programs come from all walks of life. They are between the ages of 4 and 16, have a parent or guardian in prison and are excited about having a mentor.

The programs are free, but families are asked to commit for a year and to work with staff to ensure the mentoring relationships stay strong. For more information, contact Big Brother Big Sister at 206-763-9060, ext. 242 or Children's Home Society at 206-768-6622.



## Health Notes

*A column devoted to your well-being*

By KATHLEEN PEREZ-HUREAUX  
*Special to the Voice*

I have what my mom describes as “bad hair.” It’s very curly, but I choose not to worry about it. I just wear it “natural.”

So when I decided to learn to swim and do water aerobics, the last thought I expected to pop into my head was, “What about my hair?!” I must have been looking for a way out.

All the thoughts that followed were equally as discouraging. “What about my cellulite?” was followed by, “I will have to shave my legs.” Then—horrors—“I will have to buy not one, but two bathing suits.” (They don’t dry fast in Seattle winters.)

We all know we need to move more. We have heard and read about this everywhere including this column.

After joining several gyms and going only once or twice, after making a date to go walking with a friend and breaking it because work was just a bear that day, it dawned on me that my whole approach was wrong. I should become more active by doing the things I already enjoy or learning something new that I might enjoy.

So I started gardening, and I now get up and spend a half hour weeding and pruning before I go to work. I also walk with my friends who have dogs. I get off a few stops early on the bus as often as I can and explore a new piece of the neighborhood.

Soon after those successes, I decided that I wanted to learn to swim better. Swimming is wonderful for you. It is a great exercise for those who have arthritis because the water supports your weight.

It is the recommended activity for those with asthma because the moist air and structured breathing are good for the lungs. It is a fun activity to do with your children.

Seattle Parks and Recreation has a number of community pools that offer swimming lessons at a very good price. Some activities are free. They even offer assistance with the cost if you and your family need it.

I joined the Southwest Community Pool in West Seattle, very close to my home.

I went for my first lesson. I was thrilled. I remembered more from my high school swimming class than I thought I would. The water was warm. The people in the pool were having fun.

But before I went for my second lesson, my hair became dry and my skin itched. I got a bathing cap. It tugged at my dry hair. It looked ugly.

I stopped going to my lessons.

What about my hair? I cut it and bought a giant jar of conditioner. I put it on before the bathing cap to keep it from pulling and to keep it from getting dried out. I got some skin lotion and pulled a T-shirt over my bathing suit.

My legs? To heck with them. As one woman said, “Once you are in the water all you see is a head.”

I am back in the water. Join me!

For more information on pool programs in Seattle, visit the City of Seattle’s Web site at <http://www.seattle.gov/parks.htm>.

*Kathleen Perez-Hureaux is the Chronic Disease Manager for Puget Sound Neighborhood Health Centers.*

## Time to enroll in Head Start

By VOICE STAFF

Do you have a child who would love to start learning their letters and numbers? One that’s ready to sing songs and play with other children?

The Neighborhood House Head Start program is now enrolling children between the ages of 3 and 5 for the next school year, which begins in September.

Neighborhood House’s year round, home-based Early Head Start program, for expecting mothers and children from birth to age 3 is also enrolling.

Head Start is a federal program for preschool-aged children from low-income families. Its half-day sessions provide children with activities that help them grow mentally, socially, emotionally and physically.

Head Start staff members recognize that parents are the first and most important teachers of children, and they welcome their involvement in all school activities.

Neighborhood House runs Head Start programs in the NewHolly, Rainier Vista, Yesler Terrace and High Point communities. Children who attend Head Start participate in a variety of educational activities. They also receive medical and dental care and have healthy meals and snacks each day.

This year, Neighborhood House Head Start students even took a field trip to the Woodland Park Zoo.

Children with special needs are also welcome at Neighborhood House.

“Some children may need extra help to learn, play and talk the way other kids their



*Kids in Head Start have the chance to play and explore the world around them.*

age do,” said Colleen Hollis, who works with Neighborhood House’s special needs students. “We can give them that help.”

Head Start also offers individualized support to families, helping parents reach their goals so they can effectively support their children’s education.

Early Head Start is also a federal program for low-income families where staff members visit families once a week in their homes. Activities include parenting education and the sharing of child development information.

Reading with children is stressed in order to develop early literacy skills.

Family support services, mental wellness services and support for children with disabilities are important components of the program, which serves families who live in or near any of the Seattle Housing Authority family communities.

For more information about Head Start or to enroll your child, call 206-461-8430, ext. 247. Those interested in Early Head Start can call 206-760-9330, ext. 10.

## Community comes together for Columbia City Walks



PHOTO BY CLAIRE MCDANIEL

*People of all ages take part in a street fair to encourage Southeast Seattle residents to get moving. Brenda Barkey from Senior Services warms the crowd up for the walk.*

By CLAIRE MCDANIEL  
*Seattle Housing Authority*

With sunny skies overhead and a pleasant breeze blowing, it was a perfect day for walking. And that’s exactly what an enthusiastic group of residents, health advocates and community leaders did in Columbia City Park to promote health last month.

The event was the result of collaboration among organizations including King County Steps to Health, University of Washington Health Promotion Research Center, Puget Sound Neighborhood Health Centers and Seattle Parks and Recreation.

Flyers described it as “a street fair celebration to promote health and well-being.” The event included fitness demonstrations, walking tours, free healthy food samples, musical performances, free health screenings and nutrition and health information.

Diana Vinh, registered nurse and coordinator with King County Steps to Health, said organizers decided to hold the event in Columbia City in response to results from the Health of King County survey, an extensive survey conducted every 10 years.

The survey showed that people living in Southeast Seattle have higher levels of chronic diseases such as heart disease and diabetes than those in other neighborhoods. Local health organizations and community leaders want to improve these statistics, she said.

Patricia de la Fuente, who has lived at Esperanza Apartments in the NewHolly community for over two years, was present to lend her support to the event.

“I’ve been a regular walker with three

different senior groups for the last year,” she said. “It gets me out of the house, talking to other people, benefits my attempt to lose weight and my overall physical condition.”

De la Fuente wasn’t participating in the walk on Saturday because she had completed a big hike the day before, but she said she wanted to show her support for Seattle Parks and Recreation Sound Steps Walking Project.

“It’s extremely important for seniors to know that there are several groups to join,” she said. “They are free for seniors on a limited income, which should be a big attraction.”

De la Fuente said she is thankful to walk organizers for providing shuttles to pick up seniors who are often without cars. She also appreciates walk organizers who make sure that the surface grades along the routes accommodate the physical limitations of seniors using devices such as canes.

“I’ve been a Seattleite for 36 years and on these walks I see places I haven’t seen before!” she said.

At the Columbia City Walks event, a wide range of speakers addressed the crowd. King County Executive Ron Sims shared his personal experience of making the decision to choose a healthy lifestyle.

When his doctor told him he needed to change his eating and exercise habits, Sims said he first made excuses but then realized that there are “opportunities to live well by being smart.”

“It’s our decision to commit to our own health,” he said. “I like maple bars but I can’t eat them every day.”

## Art

Continued from front page

When the Soviet army returned three years later, many decided to flee westward. Krynytzky’s mother was one of the first to flee, relocating to southern France. Krynytzky had already married and moved to Vienna, where she was studying medicine. Her father later fled to Vienna, and they decided to run to western Germany.

“We had to go sometime,” she said. “It was either famine or another death.”

When they reached Germany, it was destroyed. Refugees were living in the streets and in camps among the rubble.

Many, including Krynytzky and her family, moved to the countryside to work for Germans, whose manual labor force had been depleted by the war.

After reaching an American-sponsored refugee camp in western Germany, Krynytzky and her family were resettled in New York. Krynytzky moved to Issaquah,

Wash. 30 years ago.

In the U.S., Krynytzky was free to begin her research on Ukrainian embroidery and “pysanka” (traditional painted eggs).

Without older Ukrainian women to instruct her, she was forced to master it alone, learning how to embroider by studying samples she and her fellow refugees had brought with them and copying each piece stitch for stitch.

She continued to use the traditional symbolism and colors of her country and researched her materials carefully.

Krynytzky is now over 80 years old, and she continues to embroider, bead and paint delicate eggs. She has also apprenticed many young Ukrainians in the traditional arts of their homeland.

“I wanted this part of my heritage to become even in [a] small sense a part of heritage of my new country,” she said.

*Kelsey Jones-Casey is an AmeriCorps VISTA volunteer for the JumpStart Micro-enterprise Fund.*



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.

**Building strong neighborhoods**

**PARK BENCH BRINGS FELLOWSHIP**

**See page 3**



# SHA NEWS

**June  
2006**

News and information about Seattle's neighborhoods

## SHA uses 'eminent domain' to purchase land for housing

*Plan is to improve surrounding neighborhoods*



At left, a burned-out house on a 12th Avenue South lot. At right, Yesler Terrace can be seen behind the same lot after SHA purchased the land and demolished the house.

### SEATTLE HOUSING AUTHORITY

Over the past five years, the Seattle Housing Authority has made it a priority to buy properties to add to its inventory of low-income and moderate-rate housing and to improve the neighborhoods around its buildings.

When owners are unwilling to sell their properties, SHA has used its powers of eminent domain, which is a government's right to take private property for public uses.

This is generally used as a last resort, and only one property has been purchased using eminent domain powers this year. However, the SHA Board of Commissioners has authorized its use six times.

"When we find a property we want to buy, we always try to work with the owner directly and make the purchase in the usual way," said SHA attorney Larry Hard. "We use SHA's powers of eminent domain as a negotiation tool, but we rarely have to go all the way to court."

State law lays out a legal process to protect the rights of all parties when eminent domain powers are used. If a government agency needs to acquire a piece of property, the two parties are free to negotiate a price

that is agreeable. If they are unable to do this, independent appraisals are obtained. Ultimately, the court can determine the price that is paid to the owner of the property, based on those appraisals.

"Regardless of the legal process, we try very hard to make sure that we are offering a fair price to the owner," Hard said.

The Housing Authorities Law grants housing authorities in Washington the right to acquire by eminent domain "any real property which it may deem necessary for its purposes."

Whenever SHA invokes these powers, the Board of Commissioners must approve the use in advance.

The Housing Authority has used eminent domain to acquire new properties throughout its history, beginning with Yesler Terrace. Prior to the construction of Yesler in 1939, separate lots were acquired by eminent domain and consolidated into a single tract.

Most of SHA's property acquisitions add to the stock of low-income housing. Many acquisitions have been made to replace low-income units that were formerly at Holly Park, Rainier Vista and High Point.

Sometimes properties are acquired in order to address persistent neighborhood problems. After SHA completed the renovation of Roxbury House into Westwood Heights, some tenants were wary of leasing there because of on-going criminal activity across the street.

The Housing Authority was eventually able to buy the six apartment buildings across the street, renovate them and improve their management.

Some had been neglected by their owners and housed unauthorized squatters who simply went elsewhere when SHA acquired the buildings.

Other notable acquisitions in the past few years include the "Mini Mart" site at the corner of Martin Luther King Jr.

**Please see "Purchases" on page 2**

## Judge rules against sign ban on doors

*Housing Authority appeals Superior Court verdict*

BY STACY SCHWANDT  
Voice editor

A King County Superior Court judge ruled in late April that the Seattle Housing Authority cannot prohibit tenants from posting signs on the outside of their doors.

Housing Authority officials appealed the decision last month.

The ruling came after the Resident Action Council, an elected group of SHA high rise residents, filed suit against the Housing Authority on the grounds that the rule infringed on their First Amendment rights.

"I feel good about the court's decision," said Rick Harrison, the tenant who spearheaded the case. "I think we proved our point that we have a right to free speech. Hopefully, they'll take us seriously now."

But Housing Authority attorney James Fearn disagreed with Judge Suzanne Barnett's ruling, saying he thought that she based it on sentiment.

"I don't think we really got a decision on the law," he said.

In granting the Resident Action Council's motion for summary judgment, Barnett noted that when landlords sign a lease with residents, they give up some of their rights associated with property ownership.

Just as they pass their "right of possession" of the apartment to the tenant, in her estimation they also pass on the "right of possession" to the door, she said.

"Certainly in our society front doors are symbolic," she added. "People celebrate the first set of keys to their new home; they carry their bride across the threshold.... All of this indicates that we think in our society of the door as an integral part of the home."

The United States Supreme Court has upheld the right of housing authorities to restrict speech in the hallways and common areas of their buildings. Those areas are considered public property, which is subject to a legal analysis that allows for speech restrictions in places that are not traditional forums for expression.

At issue in this case is whether front doors are part of the hallways, and therefore public property, or part of the apartments.

Fearn argues that because the lease is silent on who possesses the doors, the Housing Authority's responsibility and liability for the doors should compel the court to consider them as part of the hallway.

Northwest Justice Project attorney Eric Dunn, who is representing the Resident Action Council, pointed to a Massachusetts ruling that held that a door was part of an apartment. Northwest Justice Project is a nonprofit organization that provides free civil legal services to low-income people.

The sign rule was part of an addendum to tenants' lease agreements that went into effect on Dec. 1. The Housing Authority has not been enforcing the rule.

## Consider making an impact in your community

### SEATTLE HOUSING AUTHORITY

Are you interested in serving your community?

The Fremont Public Association is recruiting applicants this month for two Martin Luther King, Jr. AmeriCorps VISTA volunteer positions in Seattle Housing Authority communities.

The volunteers will begin work in August on two projects, "Preparing Seniors for Emergencies" and "Community Building in HOPE VI."

The VISTA volunteer program is a federally-funded domestic Peace Corps program that provides individuals of all ages and backgrounds with the opportunity to address some of the most pressing problems facing our country today.

In return for providing a year of service, VISTA members receive a monthly living allowance, training opportunities and a stipend for further education. Volunteers are expected to work 40 hours a week.

The "Preparing Seniors for Emergencies" project will bring partner agencies together to educate seniors living in Seattle Senior Housing Program communities about how to respond to disasters.

The primary goal is to help seniors prepare to be self-sufficient for the three days following a serious disaster, when 911 emergency responders such as police, fire and medical personnel may not be available.

If you would like more information about this placement, please contact SHA Community Builder Marcia Johnson at 206-615-3554 or by e-mail at mmjohnson@seattlehousing.org.

The "Community Building in HOPE VI" project is designed to provide support, mentoring, access to resources, advocacy and technical support to neighborhood leaders and volunteers in NewHolly, Rainier Vista and High Point. Community Builders

**Please see "VISTA" on page 2**

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## Scattered-Site resident wins regional scholarship

By ELLEN ZIONTZ  
Seattle Housing Authority

Kaylie Fitzpatrick, a resident of the Seattle Housing Authority Scattered-Sites program, received word last month she has been awarded the Challenge College Scholarship from the Pacific Northwest Regional Council of the National Association of Housing and Redevelopment Officials.

The scholarship is one of only two of its kind awarded to students living in Alaska, Idaho, Oregon and Washington. Fitzpatrick will receive \$1,000 each year for up to four years toward her college tuition.

"I thrive off the feeling I get when I am learning something new," Fitzpatrick said.

That passion for learning shows in her 3.9 grade point average and impressive list of experiences and contributions to her school and community.

Fitzpatrick has worked at a local food bank, volunteered as a tutor and has been active in the Nathan Hale Diversity Club and Outward Bound.

This spring Fitzpatrick traveled to Guatemala with Global Visionaries, a leadership education organization. During the two-week program she stayed with Guatemalan



Kaylie Fitzpatrick

families studying Spanish and working in the coffee fields.

Fitzpatrick describes Guatemala as more "family oriented and "less about the things you have." She said she thinks we as Americans can learn a lot from that.

Fitzpatrick will attend the University of Washington to pursue a business degree and hopes someday to own her own business.

Congratulations, Kaylie!

## Enjoy fresh produce grown by neighbors

By VOICE STAFF

Are you interested in enjoying fresh produce while helping out your neighbors?

The Friends of P-Patch Cultivating Communities program is looking for households interested in purchasing subscriptions to weekly organic produce grown by Seattle Housing Authority residents participating in community-supported agriculture (CSA) enterprises in the Rainier Vista, NewHolly and High Point communities.

Cultivating Communities is a collaboration of the Friends of P-Patch, City of Seattle P-Patch Program and the Seattle Housing Authority. Earth Ministry assists with CSA subscriber marketing through local churches.

### Who are the farmers?

The farmers are recent immigrants from Southeast Asia growing produce on land within NewHolly, Rainier Vista and High Point. Most of the growers have been involved with the garden for one to four years and have farming experience from their native country.

### What is a CSA and what are the benefits of subscribing?

A CSA is a marketing technique where local farmers provide fresh produce to paying subscribers. The subscriber receives a bag of seasonal produce each week.

By purchasing a subscription, you get to see where and how your food is grown, and you are guaranteed fresh, organic produce.

You help establish an income for local farmers, who get the opportunity to practice their English speaking skills with their customers. You also have a chance to sample unfamiliar produce and learn new recipes.

### What kinds of produce will I receive and how much do I get?

Produce will include traditional vegetables and herbs of the American diet such as lettuce, onions, peas, basil and carrots, as well as Asian vegetables like bok choy and mustard greens.

Each week you will receive one or two grocery bags of seasonal produce which feeds three to six adults.

Many households find that they cannot consume all of the produce in a week and choose to share it with one or two other households. Half-shares are also available.

### How much does a subscription cost and how do I pick it up?

A full share costs \$475 for 22 weeks of produce. A half-share is \$275 for the season. You can pick up your produce at the following locations:

NewHolly Most Abundant Garden, South Rockery Drive and 40<sup>th</sup> Avenue South, on Thursdays from 5 to 7 p.m. Season runs until Oct. 19.

St. Andrews Episcopal Church, 111 N.E. 80<sup>th</sup> St., on Saturdays from 10 a.m. to dusk. Season runs until Oct. 21.

St. Therese Catholic Church, 3416 E. Marion St., on Sundays from 10 a.m. to noon. Season runs until Oct. 22.

High Point Market Garden, 32nd Avenue Southwest and Southwest Juneau Street, on Wednesdays from 5 to 7 p.m. Season runs until Oct. 18.

### How do I subscribe?

For more information about the community-supported agriculture program, contact Michelle Jones at 206-723-0678 or by e-mail at michellej58@hotmail.com.

## Annual plan, budget hearing scheduled

A public hearing for the Seattle Housing Authority's Fiscal Year 2007 budget and annual MTW plan will be held from 5:30 to 7 p.m. on June 19 at SHA's Central Office, 120 Sixth Ave. N. Information about the budget and plan will be available about a week before the hearing at <http://www.seattlehousing.org>.

The budget and plan describe SHA activities for Fiscal Year 2007, which runs from October 2006 through September 2007. If you need accommodations or interpreters at the hearing, please call 206-615-3560 before June 9.

## Vouchers distributed to housing and service agencies

SEATTLE HOUSING AUTHORITY

Working with the City of Seattle's Office of Housing, the Seattle Housing Authority recently made 455 rental vouchers available for distribution to the low-income clients of nonprofit housing developers and social service agencies across the city.

"We made these vouchers available through two special programs that help to extend our reach into the low-income community," said Lisa Cipollone, SHA's director of housing advocacy and rental assistance. "They also help us to meet the goals of the Committee to End Homelessness in King County."

### Project-based vouchers go to nonprofits

Working with the City of Seattle's Office of Housing, 209 vouchers were awarded to 12 Seattle nonprofit housing developers including Plymouth Housing Group, the Low Income Housing Institute and Four Freedoms House.

These "project-based" vouchers are assigned to units within buildings that are owned and managed by the nonprofits.

Tenants living in these units pay 30 percent of their income for rent and utilities, and the nonprofit agrees to rent according to these guidelines. The tenants receive the rental assistance as long as they live in that unit and continue to qualify for the program.

"The project-based voucher program is an example of our commitment to being a full partner at the table with the nonprofit housing developers," Cipollone said.

The Housing Authority has designated

more than 1,600 vouchers for the project-based program. There are currently 1,250 in use, and that number will increase to nearly 1,500 with the recent awards.

### Agency vouchers serve specific groups

In April, SHA awarded 246 new vouchers to the low-income clients of nonprofit agencies like Community Psychiatric Clinic, Fremont Public Association and New Beginnings. Most of the new vouchers will be assigned to families by July.

Unlike project-based vouchers, low-income residents with agency vouchers retain the right to take the voucher with them if they move. They differ from other tenant-based vouchers only in that they are assigned through a nonprofit agency rather than through the Housing Authority.

The goal of the program is to increase the success of disabled individuals and families with language or cultural barriers in finding and maintaining housing with a voucher.

"Often, the nonprofit agencies who work with these populations are better equipped to help them through the application and leasing process than we are," Cipollone said.

The Housing Authority trains staff at each agency to administer the vouchers and requires that they maintain a waiting list. With the recent awards, there will be a total of 890 agency vouchers in use.

A complete list of the agencies that received vouchers can be found on the Internet at <http://www.seattlehousing.org/newspage/newsarticles/vouchersawarded.htm>.

## Purchases

Continued from front page

Way and Alaska Street in Rainier Vista. This property will become part of the new Rainier Vista community and will be rebuilt with retail or commercial spaces on the ground floor and housing above. This is the one property SHA had to go to court to acquire.

Today, SHA is in the process of acquiring the lot at 1113-117 12th Ave. near Yesler

Terrace. The Housing Authority has already secured a grant from the Environmental Protection Agency to clean up toxic waste on property it owns next door.

A dry cleaner, which previously sat at 1113-117 12<sup>th</sup> Ave., was likely the source of the pollution and the Housing Authority would like to be able to clean up its property, too.

At the Board of Commissioners meeting last month, SHA staff was authorized to proceed with condemnation proceedings.

## VISTA

Continued from front page

promote social networks, culturally-appropriate organizing, leadership development and effective community partnerships that empower residents.

If you would like more information about this placement, please contact SHA Community Builder Joy Bryngelson at 206-723-1725 or by e-mail at [jbryngelson@seattlehousing.org](mailto:jbryngelson@seattlehousing.org).

If you are interested in applying for either

of these VISTA positions, you can contact FPA at 206-675-3200. Online applications are available at <http://www.fremontpublic.org/vols/volunteerism.html>. They can be picked up in person at FPA offices at 464 12<sup>th</sup> Ave. or 1501 N. 45<sup>th</sup> St.

The Housing Authority projects are just two of 35 other projects available as MLK AmeriCorps VISTA placements for 2006-07.

Interviews are being conducted now until the placement is filled by the end of the month.

## About The Voice

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

The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. 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 Editor Stacy Schwandt at 206-461-8430, ext. 227 or by e-mail at [stacys@nhwa.org](mailto:stacys@nhwa.org).

If you have questions about SHA-related stories, you may also contact SHA Communications Director Virginia Felton at 206-615-3506 or by e-mail at [vfelton@seattlehousing.org](mailto:vfelton@seattlehousing.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 funds bench to spark conversation



PHOTO BY KATIE TYBERG

Phinney Terrace resident Keith Gormezano enjoys an afternoon on his bench.

By REBEKAH SCHILPEROORT  
Ballard News Tribune

Years ago when Keith Gormezano sat on the porch of a historic 18th century home on the East Coast, he imagined neighbors and passersby from decades ago traveling the busy road that lined the front yard, bringing news from town.

In the small, cozy towns he visited during a six-month trip around the United States, Gormezano was often reminded that sharing with neighbors used to be a major form of news gathering and a way to stay in touch with the community.

It struck him that this was no longer a characteristic of most American towns.

Even in a city like Seattle, it's hard to find places where people can easily and comfortably communicate with each other, he said.

Gormezano, a resident of Phinney Terrace, a Seattle Senior Housing Program building, has been inspired by mini gathering places all over the city.

In his own Phinney Ridge neighborhood, it was in the tiny Medeiros-Gandhi Park on Northwest 67th Street where he saw people gathering and connecting.

Along with another community member, he soon offered funds for new public benches. From where the benches sit in a garden area on the south side of the Phinney Neighborhood Association, the larger of the

two faces the stairs coming down from the street to encourage interaction.

"They are arranged at a 90 degree angle to encourage people to comfortably talk to one another as well as eat lunch," Gormezano said.

The phrase "Why be normal?" (Gormezano's motto which was once plastered to the side of his Volkswagen bus) is etched upside down onto the left arm of the larger bench.

"If you are a kid and you see that phrase you might think about how we are always pressured to conform to what is considered normal," he said. "Maybe it makes us feel a little alienated from society if we don't think we are normal. Maybe by reading the slogan you can laugh and not feel so alienated or alone."

Gormezano lived in several communities in and outside of Seattle and learned that he preferred the closeness of the city with its walkable neighborhoods and communal parks.

"Just knowing there is a place a few blocks away that you can walk to with your kids and talk to your neighbors is a great feeling," he said. "I am for making better, friendlier and more social neighborhoods, if that's what it takes to get people to stay in Seattle."

*This story originally appeared in the Ballard News Tribune. It is reprinted here with permission from the publisher.*

### Community notes

#### Free seminar scheduled

We've all heard about countless research studies on foods that either prevent cancer or increase the risk. Cranberries, green tea, red meat, coffee—there are so many it can get confusing. What really are the best food choices we can make?

Seattle Cancer Treatment and Wellness Center, in partnership with PCC Natural Markets, will answer this question and more in a free seminar about ways to prevent cancer through diet and lifestyle.

Food Choices to Fight Cancer will take place from 7 to 8:30 p.m. on Tuesday, June 13 at the Lake Washington Rowing Club, 910 N. Northlake Way.

Join Dr. Paul Reilly and Dr. Heidi Lucas, naturopathic physicians at Seattle Cancer Treatment and Wellness Center, for an entertaining and interactive lecture on harnessing the power of nutrition to fight cancer.

The presentation will open your eyes to a natural arsenal of disease-fighting tools for preventing cancer.

You'll learn practical ways to incorporate healthy and tasteful foods and herbs into your everyday diet, through the exchange of basic recipes and cooking tips.

There is no charge for the seminar and everyone is welcome to join. For more information call 206-547-1222 ext. 106.

## Cedarvale enjoys food event, nutrition information

By DEVEN ZIPP  
Special to The Voice

Over 100 Cedarvale residents celebrated healthy eating at the Cedarvale Food Fair last month.

Residents enjoyed fresh fruits and vegetables and healthy snacks while visiting with their neighbors.

Children played beanbag toss, Frisbee and piñata on the patio under the warm sun. Each child was given a fitted bicycle helmet.

The fair's goal was to raise awareness about

healthy eating as a way to prevent or control illnesses such as hypertension, diabetes and obesity. Foods served were simple and inexpensive, prepared using many ingredients commonly available through the weekly food bank.

Information distributed included health and nutrition pamphlets, recipe cards, information on blood sugar and blood pressure monitoring and guides to community services.

The fair also created an opportunity for socializing among Cedarvale residents living in the high-rise and family village apartments.

As the fair was wrapping up, resident Waddell Franklin offered a summary.

"I really loved it. I think everyone did," he said.

Neighbor Bill Brown III agreed.

"That thing was pretty cool," he said.

Resident Winifred Pristell said that



PHOTO BY DEVEN ZIPP

Children from Cedarvale Village take a crack at knocking down a piñata at the Cedarvale Food Fair last month.

she had doubts about attending, but was persuaded when she learned that the event would address nutrition.

"I got so much great information," she said.

The Seattle Department of Neighborhoods' Small Sparks program sponsored the fair, and many local businesses and agencies donated food and free raffle prizes.

The Cedarvale Community Council and Cedarvale community builders, working with a small group of Seattle University nursing students, planned the fair.

Special thanks to Lenny's Produce, Healthy Eating for Healthy Aging, Seattle Nutrition Action Consortium, Starbucks, the Grocery Outlet, QFC, Brain Injury Association of Washington, Cascade Bicycle Club and E-911 for all their support.

*Deven Zipp is a nursing student at Seattle University.*

## Residents use homeWorks hotline for project updates

By SVEN KOEHLER  
Seattle Housing Authority

The homeWorks project is really many different construction projects under one umbrella: plumbing, ventilation, exterior painting and others, depending on the building.

Each part involves many different people working at the same time on tight schedules. This means residents see a lot of potentially confusing activity happening in their building. It's no wonder they have questions about what is going on.

One way they find out more is by calling the homeWorks hotline at 206-615-3534. Callers hear general information about homeWorks and can leave a message for a call-back about a particular question. So far, almost 200 calls have come to the hotline.

Some callers just want to leave information or voice opinions without leaving their name, but it is important to leave a phone number if you want a call-back.

The majority of calls are answered the same day or within 24 hours.

Residents who need interpreters have used the hotline by leaving their phone number and language requirement in English.

Many questions have been about the type of work being done in a building. Residents

get information from the bulletin boards or building meetings during construction, but they want to learn more about details.

For example, a Lictonwood resident called to find out how the waterproofing on the exterior will take less time and be less dusty than work done on the bricks last year.

Another common call has been about the construction schedule. As can be expected, the schedule is subject to change as conditions make it necessary. While important schedule information is always posted in each building, residents sometimes call to make sure they are up to date.

As part of a pipe replacement project, residents of Green Lake Plaza had been preparing to be away from their apartments during working hours for a few days.

It turned out that the building was built in such a way to make it possible for much of the work to be done from the hallways. This meant many residents were able to stay at home during the entire process.

Many residents called the hotline to confirm the good news.

During the first phase of the homeWorks project alone, more than 700 apartments are being renovated. So the hotline is certain to stay busy as residents learn more about what to expect as improvements happen to their buildings.

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Sealth students chronicle a changing community

By SCOTT FREUTEL  
Seattle Housing Authority

Not every redevelopment project attracts attention, but what's happening at High Point continues to get noticed by architects and landscape architects, urban planners and daily newspapers—and two watchful high school students equipped with digital video cameras and sound equipment.

Amanda Zahler and Aaron Granillo, two Chief Sealth High School seniors in instructor Gary Thomsen's "Sports and Events Marketing and Video Production" class, are putting the finishing touches on the third volume of a video diary about the changes at High Point.

All three diaries were researched, directed and produced by Chief Sealth students over the past three years. Part I, called "Diaries of High Point," covered the neighborhood's history. Part II, called "High Point: Making a Community," previewed the transformation of the community, now underway.

Part III, the last in the series, is called "High Point: Coming Home," and it takes a look at the new community that's being created, introducing us to past and present residents of High Point. These are people who have strong opinions about the redevelopment and what it means to them.

"We were given the opportunity to talk with many people," Granillo said recently, "Some of them weren't very happy about the redevelopment. But when we talked with Tom Phillips, he said not to censor anything, not to cut out negative comments. He wanted a balanced view, not a public relations piece, and that's what we've come up with."

Phillips is Seattle Housing Authority's project manager for the redevelopment of High Point.

"As the project got going, we started hearing how much people liked it," Zahler said. "People are really impressed with such features as the porous sidewalks (part of a storm water removal process) and with the 'Breathe Easy' homes (units designed to limit construction materials that can cause asthma and other problems). And they liked the fact that residents were consulted about design and landscaping and community amenities."

The new diary, which incorporates parts of its predecessors, highlights interviews with past and present residents, the mayor, architects and designers, construction workers, project managers and others.

In creating this documentary about change, did Zahler and Granillo learn anything? Did they find themselves changed as well?

"I changed a lot," said Zahler. "At first, I would write a script and then just read the questions when I interviewed people, but that didn't work too well. I learned that it was much better to just ask questions and see where the answers took me."

Zahler plans to attend Washington State University in Pullman in order to pursue a career in communications.

"I learned, too," said Granillo. "I learned the importance of being creative in everything you do."

Granillo will attend Arizona State University in Tempe and said he hopes to build a career in television broadcasting.

When finished, copies of the documentary will be available for checkout at the High Point, Delridge, Southwest and West Seattle branches of the Seattle Public Library.

## High Point to be featured in PBS documentary

By VOICE STAFF

The High Point redevelopment will be featured as a success story in a public television documentary about the social determinants of health.

The four-part series, tentatively entitled "Hidden Epidemic: Is Inequality Making us Sick?" will examine the underlying causes of socio-economic and racial disparities in health, arguing that the places people live and work have a profound impact on their well being.

The documentary will include stories from across the country and is expected to air nationally in early 2007.

Two of the series' producers visited High Point last month to learn more about how the community has been redeveloped into a more healthful place for its residents.

They interviewed Seattle Housing Authority, Public Health and Neighborhood House officials and talked to current and former residents.

"It's the uplifting ending to our story," said producer Ellie Lee. "High Point shows what can happen when there's an investment in creating homes that are up to a high standard. It shows that leading a healthy life shouldn't be determined by your income



PHOTO BY STACY SCHWANDT

Members of the documentary crew film the High Point walking group last month.

level or your race."

Lee said she was especially encouraged to see High Point's "Breathe Easy" homes, which were built with special materials in order to reduce the incidence of asthma and other respiratory illnesses among the low-income people who live there.

"It's almost kind of hard to believe," she said. "We're very encouraged, and we hope there's enough data to prove that the small investment resulted in improved health."

The documentary is being produced by California News Reel in partnership with the five Minority Consortia of public television and other foundations and groups.

## Elizabeth House is new home for seniors

By KATIE TYBERG  
Voice Intern

The spacious community room at Elizabeth House was like a living room last month as residents joyfully chatted in different languages, laughing and taking pictures of one another.

The new building's residents, full of diverse stories and past experiences, joined with their friends and families at the Asian Pacific Heritage Celebration and Community Tea, which was the kick-off for the Vietnamese, Khmer, East African and English tea and coffee times that Elizabeth House will be hosting throughout the summer.

Providence Elizabeth House opened in January, becoming the fourth Seattle facility in Providence Health System's low-income housing network, which also includes New-Holly's Peter Claver House and Rainier Vista's Gamelin House. The building offers independent and affordable housing for seniors in the High Point community.

Providence Health System is a non-profit, Catholic health care organization committed to improving the quality of life for those living in their communities.

Elizabeth House is a three-story, non-smoking building with 74 one-bedroom, 515-square-foot apartments, each containing full kitchens. Four apartments are accessible for people with disabilities and there is an elevator in the building along with on-site laundry, raised beds for gardening, secure inside mailbox delivery, a parking lot, a community room, an outdoor terrace and a computer lab.

Elizabeth House has "key keepers" or residents who are available after hours for emergencies.

A large framed and matted collage hangs on the main floor of Elizabeth House, containing pictures of each resident. People of Cambodian, Vietnamese, Ethiopian, Chinese, African American, Filipino, Caucasian and Hispanic origin are all embraced at this place.



PHOTO BY KATIE TYBERG

Elizabeth House offers 74 subsidized apartments for High Point seniors.

Charlotte Hank, a resident of Elizabeth House, moved to Seattle after raising her children and working for 30 years as a nurse in Chicago.

"We may not speak the same language," she said. "But we enjoy ourselves."

Theresa Jensen, the housing director at Elizabeth House, said she strives to have regularly-scheduled social events at the building. She also networks with the community to provide residents with opportunities for exercise and other activities.

Jensen, who is a friend to the residents, strongly believes in the core values of Elizabeth House including respect, compassion, justice, excellence and stewardship.

"Elizabeth House is a great place to retire," she said. "It is peaceful and the residents are very happy."

To live in Elizabeth House, residents must be at least 62 years old and will pay 30 percent of their annual income for rent.

Because rent is subsidized by the government, a resident's annual income must be below \$27,250 for a one-person household or below \$31,150 for a two-person household.

Currently there are 74 residents and a year-long wait list. More information as well as applications can be attained by calling Jensen at 206-938-3276 or by visiting [http://www.providence.org/Long\\_Term\\_Care/Housing/e03Elizabeth.htm](http://www.providence.org/Long_Term_Care/Housing/e03Elizabeth.htm).

### Community notes

#### Block party scheduled

High Point's first block party and barbecue of the year will take place on June 22 on the 32nd Ave Southwest block between Raymond and Juneau streets at 5:30 p.m.

Neighbors are invited to come out and meet each other and plan artwork for their pocket park. Feel free to bring a dish to share. Contact Seattle Housing Authority Community Builder Kari-lynn Frank at 206-937-3292 for more information.

#### Look for the summer youth calendar

High Point readers should look for the summer youth activities calendar inserted into this edition of The Voice.

The calendar includes information about activities for kids that will take place in the neighborhood this summer. If you can't find the calendar, call Kelly McKinney at 206-937-8098

to request a copy.

#### Learn about the Duwamish River

Why do we need to save the Duwamish River from toxic waste? Learn more about this crucial environmental issue at two events this month.

A presentation by BJ Cummings of the Duwamish River Coalition will take place on Tuesday, June 20 at the High Point Library, 3411 S.W. Raymond St. at 4 p.m.

Then, on Monday, June 26, meet at Neighborhood House, 6564 32nd Ave. S.W., at 9:30 a.m. for a boat tour of the river, followed by a free picnic lunch at the Marra Farm.

Only 25 spaces are available so contact Rose Long at 206-923-3266 to reserve a spot. Cambodian speakers can call Saray Thach at 206-331-2741. Amharic speakers can call Aregawi Abriaha at 206-571-4712.

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Rally raises questions Asbestos contractor's record scrutinized

By **BRENNA CASEY**  
Voice reporter

Union organizers staged a rally in late April to draw attention to a contract awarded by the Seattle Housing Authority for demolition and asbestos abatement in Phase II of the Rainier Vista redevelopment project.

Union leaders claim the company in question, 3 Kings Environmental Inc., has a poor record of environmental and safety violations and treats employees poorly.

Allegations have emerged from both sides of the debate. A 3 Kings official says the company is a victim of misinformation and harassment orchestrated by the unions. Union organizers argue that allowing 3 Kings to continue to work in the neighborhood puts both employees and residents at risk.

"This is the worst contractor out there," said Steve Marquardt of the Northwest Regional Organizing Coalition. "The Seattle Housing Authority has abdicated responsibility to residents and workers."

The rally, which was held in front of the Rainier Vista Boys and Girls Club, drew community supporters and local union members, including representatives of International Brotherhood of Teamsters, Service Employees International Union and UNITE HERE.

Also in attendance was State Senator Brian Weinstein, who addressed the crowd of about 50 people.

"Shame on Seattle Housing Authority for hiring a contractor like that," he said.

Weinstein was sharply critical of SHA, stating that public agencies have a responsibility to scrutinize contractors when community health and workplace safety are at risk.

The Housing Authority awarded 3 Kings Environmental, Inc., an asbestos abatement company based out of Battle Ground, Washington, the \$1 million contract in February. 3 Kings has already finished about half of the demolition work.

The company is certified as an asbestos abatement contractor with the Washington State Department of Labor and Industry and contracts for jobs throughout Oregon and Washington State.

The company has received nine violations from L&I since January 2005.

The majority of these citations are classified by the department as serious. They include such violations as failure to conduct initial or daily air monitoring, failure to ensure that all spills and sudden releases of materials containing asbestos were cleaned up as soon as possible and failure to ensure that all surfaces were maintained as free as possible of accumulations of dusts and wastes containing asbestos.

Exposure to asbestos is known to cause life-threatening diseases such as lung cancer, mesothelioma and asbestosis.

In an article published in the March edition of *The Voice*, the Seattle Housing Authority acknowledged that 3 Kings had "received some safety violations in the past, but SHA took care to ensure that they now have a good record."

The article also made mention of "several mutually-agreeable safeguards that were added to the contract."

When asked what those safeguards were, Virginia Felton, the Communications Director at SHA said that 3 Kings had agreed

to monthly inspections by the Department of Labor and Industries.

"L&I visited the site in April and found no violations," Felton said. "In fact, they suggested that it was probably not necessary for them to come back to test again."

Ron King, CEO of 3 Kings Environmental, Inc., says that the repeated inspections by the Department of Labor and Industries are the result of a targeted campaign by the union, whose members call the state agency with fabricated tips.

"It all comes down to money," he says. "By us not being union, they lose a million dollars a year."

Elaine Fisher, a spokesperson for the Washington State Department of Labor and Industries said that in addition to routine inspections, the agency investigates all complaints it receives.

Asbestos abatement contractors are inspected more frequently than other contractors, and it is not unusual that companies would have citations, she said. "3 Kings is in good standing. We're not taking steps to decertify (them)."

Fisher went on to explain that L&I conducted an internal ranking to determine the department's priorities for inspections.

"3 Kings was right in the middle. They weren't the lowest, and they certainly weren't the highest," she said.

Union leaders at the rally also claim that King refuses the demands of his immigrant workers for union recognition.

King says this is not the case. "My labor force doesn't want it...I've offered the union to take a vote and the union says no because they know they'll lose."

In an interview conducted in Spanish at the Rainier Vista work site, four 3 Kings employees explained their reasons for not wanting to join a union.

"You have to pay the unions to be a part of them," says Juan Hidalgo, who has been with the company for about a year. "We get the same benefits here."

Juan Mote said he has worked for six other asbestos abatement companies and has been a member of a union in the past.

"You go onto a list to be given a job, but months passed and I never received one," he said. "They didn't do what they had promised me."

All three employees went on to say that they were well-trained and pleased with how they were treated at the company.

"Where else can you go and speak directly with the owner?" asked Rafael Arana. "If we have a problem, there is always a solution here."

Former employee Luis Garcia disagrees. He is quoted in a recent press release issued by the union-organized Make Work Pay! Campaign, as saying, "3 Kings is the worst contractor I ever worked for. They treat their workers badly and they don't care about safety."

At the conclusion of the rally, organizers passed out flyers listing 3 Kings' violations and urging residents to call SHA in protest.

Romelle Bradford, a former resident of Rainier Vista, received one such flyer.

"I was planning on moving back into the neighborhood, but is it safe?" he asked.

Felton expressed concern that the rally may have needlessly frightened residents.

"We want to assure residents that the new Rainier Vista will be a safe and healthful place to live," she said.

## Rainier Vista celebrates Cambodian New Year



PHOTO BY KATIE TYBERG

Women who had sewn traditional Cambodian dresses are honored with their children, during the fashion show at the Cambodian New Year celebration.

By **KATIE TYBERG**  
Voice intern

Bright and hopeful smiles lit up the faces of the Cambodian people who gathered together last month to celebrate their culture and heritage at a Cambodian New Year celebration.

It was like a family reunion.

A sense of excitement rose as children ran up and down stairs of the Neighborhood House Rainier Vista Center, allowing parents to help them apply make-up and dress in ornate, traditional Cambodian dance costumes.

Women worked to prepare traditional foods, filling the rooms with the aroma of orange and coconut pastries and other delicacies. Music boomed from the outside stage as residents, families, volunteers and coordinators came together for the event.

*Sur sdey chnam thmey* or Happy New Year! Traditionally, the New Year celebration falls at the end of the dry season on April 13 or 14 and is a three-day event.

It is the most popular holiday in Cambodia and includes gathering at a Buddhist temple for prayers and food, traditional dancing, music and games.

In the U.S., the celebration is a weekend event at which families engage in similar activities to remember their homeland and enjoy Cambodian arts and culture.

Rainier Vista's event was organized by the Rainier Vista Cambodian Youth Program with funds from the City of Seattle's Department of Neighborhoods and the Mayor's Office of Arts and Cultural Affairs for the city of Seattle. Project HANDLE, an HIV-AIDS and substance abuse prevention program, also helped organize the celebration.

About 200 people, including volunteers from Kent and Renton, University of Washington students from the Khmer Student Association and Cambodian residents from Rainier Vista, White Center, Des Moines, Redmond and Kent were all

in attendance.

"It is good to keep the culture alive and to show children how we celebrate the biggest event of the year," said Marath Men, a family support worker who works with NewHolly families.

With a sense of expectation, children curiously and eagerly watched dancers and waited for their own turn to perform and enthrall the audience. Sixteen dances including the "Boung Soung Dance," the "Magic Scarf Dance" and the "Kroma Dance" were performed with elegance and ease.

One of the young dancers, 5-year-old Rosa Ulnoa, stopped to eat both chow mein and a hot dog. She has been involved with the Rainier Vista dance group for a year and said that her favorite part of dancing is being with her friends.

There was a sense of pride and camaraderie as parents watched their children perform, seeing their culture brought to life.

Lee Lim, a refugee from Cambodia and a resident of White Center, said he came to support his daughter and appreciate all of those working hard to teach the kids traditional dance and the Cambodian language.

"It is important to remind the younger generation and people who live here of their cultural heritage," he said. "Hopefully they will carry it on."

Sophal Muy left Cambodia in 1981 after losing his whole family during the Khmer Rouge regime, when approximately 1.7 million Cambodian people were killed or died from starvation as a result of the government's policies.

Over the course of his 18 years in the U.S., Muy has rebuilt his life and established himself as a technician in the medical field. He joined his wife and two children at the New Year celebration.

With a smile of contentment on his face, Muy said he had much to be proud of and was amazed to have his family with him today, after all the devastation he witnessed in Cambodia.

### Join the Play and Learn group

Neighborhood House is offering a Play and Learn group for parents and children from age 1 to 5. The group meets on Wednesdays from 12:30 to 2:30 p.m. and on Fridays from 10 a.m. to noon at the Neighborhood House Rainier Vista Center, 4410 29th Ave. S. To learn more about the group, see story on page 6.

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## Group helps families get ready for learning



PHOTO BY CECILIA MATTA

Saadia Hamid, left, leader of Neighborhood House's weekly Play and Learn group, directs mothers and their children in a friendship song.

By CECILIA MATTA  
Voice reporter

As four families gathered for the Friday Play and Learn group at NewHolly last month, one reason for the morning's activities was expressed in song.

"The more we get together, the happier we'll be," they sang.

Their words, along with the many other songs shared that day, served as important learning tools—introducing classmates' names, helping children get used to sitting in a circle for group activities and, of course, reminding everyone of the joy of music.

During the course of the two-hour session, children and parents read a wide variety of books and made brightly colored posters with an assortment of shaped ink stamps, colorful crayons and bright markers.

The Play and Learn group, which meets at the NewHolly Family Center on Tuesdays from 12:30 to 2:30 p.m. and on Fridays from 10 a.m. to noon, is one of the family activities that complement the Parent-Child Home Program, a national child literacy and school readiness program that is run in Seattle by Neighborhood House, the Atlantic Street Center and Southwest Youth and Family Services and funded by the Business Partnership for Early Learning.

Although new to Neighborhood House, PCHP has been helping parents prepare their children to enter school ready to learn and succeed since 1965.

The program promotes a parent's role as their child's first and most important teacher, demonstrating how they can show enthusiasm for learning and take pride in their child's education. The Play and Learn group helps parents practice these skills while giving them a chance to get to know other families.

During the session, children ranging in age from 18 months to 4 years, move through a series of gently structured activities, from painting to singing to reading, finishing with everyone's favorite—juice and healthy snacks.

At one moment last month, a child paged slowly through a scary but fascinating book on snakes, two others modeled the many hats in the hat basket, and a group of three climbed up and down the play ramps.

"If the kids are having fun, I'm having fun," said Saadia Hamid, Neighborhood House's PCHP site coordinator and the Play and Learn leader.

Mothers noted that their little ones look forward to visiting Play and Learn, recognizing the center when they drive by on other days, or reminding their moms that "tomorrow is Friday, when we go to Saadia's house."

Anaji Aman is a mom who attends Play and Learn each week with her 2-year-old son Barissa. Aman described one aspect of the program which has meant a lot to her.

"In our home country, only the kids can act like kids. Grownups must be grownups," she said. "Here at Play and Learn, I get to play with my son and be a kid too!"

Last month, Anaji and Barissa worked together on a vivid poster of letters and shapes painted in hues of blue, green and red. Hamid will eventually help each child and their mother assemble these drawings into a special booklet of Play and Learn artwork.

The Play and Learn groups are open to all interested families. They meet at both NewHolly and at Rainier Vista (see schedule on page 5).

The groups are organized in conjunction with the Parent-Child Home Program, but families do not have to be enrolled in PCHP to attend. For more information, contact Saadia Hamid at 206-461-4522.

## Atlantic Street Center moves to new space

SEATTLE HOUSING AUTHORITY

Youth, teens and families can be found at the NewHolly Neighborhood Campus on any given day participating in one of Atlantic Street Center's many programs and services.

Atlantic Street Center offers the NewHolly community critical programs and services that help families and the community raise healthy, self-sufficient children and youth.

Last month, their Family Center and administrative offices became even more accessible and visible to the community as they moved them into the stand-alone building in the middle of the Neighborhood Campus, across from the library.

This space used to house Seattle Housing Authority's NewHolly management office, which is now located in the Othello Building at 3815 S. Othello St.

Atlantic Street Center's teen drop-in center and classroom remain in their original spaces near the Gathering Hall. New renters will occupy Atlantic Street Center's old office space soon.

"The new space will help Atlantic Street Center better fulfill their function in the community and more effectively," said Sue Siegenthaler, program manager for ASC. "It will give us more of a view on what's going on in the community and will make our space more accessible."

The space will also expand some of Atlantic Street Center's program space, giving them the ability to have more programs happen simultaneously, including activities



PHOTO BY KARI SHERRROD

Atlantic Street Center and SHA employees stand in the doorway to their new office.

for parents and children. Programs like the family study time, sewing and other life-skills programs for adults and families, may begin meeting in the new space. Also, reception for Atlantic Street Center will be housed in the new space.

"We hope that it will feel like our new space belongs to the community," said Siegenthaler. "We want the community to be involved in shaping it."

For more information about Atlantic Street Center's programs and services, please feel free to stop by their new space or call them at 206-723-4073.

Keep your eyes open for more information about Atlantic Street Center's open house that will take place sometime this summer.

## Summer activities planned for park, gathering hall

By VOICE STAFF

Looking for something fun for your kids to do this summer?

Seattle Parks and Recreation and the Associated Recreation Council, in collaboration with Seattle Housing Authority, the Seattle Police Department and other community partners, will be providing supervised, drop-in activities for youth at John C. Little Park and the NewHolly Neighborhood Campus Gathering Hall.

The drop-in activities will serve youth between the ages of 8 and 16 from June 26 to Sept. 1. They will be offered at no cost to participants, though field trips and sports camps will require pre-registration, parental permission and a minimal fee.

The programs will run on weekdays from 11 a.m. to 7 p.m.—during the time many parents are at work.

Activities planned include basketball and soccer skills clinics, 3-on-3 basketball tournaments, barbecues, cooking classes, Nature Consortium art classes, West African storytelling lessons, leadership training, special field trips, youth community service projects and arts and crafts with special guest Officer Cookie.

The summer program was developed

in response to the increased numbers of youth who have been hanging around the NewHolly community unsupervised.

The redevelopment of NewHolly has added hundreds of new households to the community, and the closure of the Van Asselt Community Center reduced the number of opportunities for kids to get involved in structured after-school activities.

The Seattle Department of Parks and Recreation closed the Van Asselt Community Center in fall 2005 in order to build a new community center, outdoor basketball court and playground area.

Although the new facilities are expected to open in the fall, service providers worried that youth vandalism and negative behaviors, already on the rise, would worsen when school got out.

This summer's John C. Little Park program will help address the need for more positive activities serving NewHolly youth and families, Parks and Recreation staff members said.

For additional information on activities coming this summer contact Joy Williams, teen development leader for Parks and Recreation, at 206-669-7105 or by e-mail at joy.williams@seattle.gov.

### Community notes

#### Workshop on gentrification planned

Attend a workshop on June 17 to learn more about Southeast Seattle development, revitalization, gentrification and change.

You'll have a chance to voice your opinions and impact public policy.

The event will take place from 10 a.m. to 2 p.m. at the NewHolly Gathering Hall, 7054 32nd Ave. S.

Lunch will be provided.

#### Summer reading program cancelled

Due to budget cuts, the Catholic Community Services summer reading program at NewHolly will not take place this year.

#### Ice cream social planned

Mark your calendars. On Saturday, June 24, from 1 to 3 p.m., an ice cream social and traffic safety event will take place at Central Park.

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## Fun and fellowship to be shared at Juneteenth



PHOTO BY STACY SCHWANDT

*Sumiya Diop, dance teacher at the Yesler Terrace Community Center, leads her troupe on the conga in a Nigerian welcome dance at last year's Juneteenth celebration.*

### SEATTLE HOUSING AUTHORITY

Get ready to celebrate.

On Friday, June 16, the Yesler Terrace community will hold its 17th Annual Juneteenth celebration.

Juneteenth commemorates the day in 1865 that Texan slaves learned they were free. At Yesler, the day celebrates freedom for all Americans and celebrates the rich diversity of the community.

The event will take place from 5 to 8 p.m. behind the former community center in Ida Brown Park. Activities include food,

entertainment, games for kids, awards, speakers and a book exchange. For the first time this year, a clothing exchange will also take place.

Residents are encouraged to bring a dish to share along with any books and clothing they would like to donate.

Raffle tickets will also be available, the proceeds of which will benefit Juneteenth and the Dream Big Scholarship Fund. Raffle tickets will cost \$1 each and prizes include a washer and dryer and a computer. The drawing will take place at the event.

## Notes from the manager

By JUDI CARTER

Senior Property Manager

I have noticed that during the spring and summer many residents get pets for their children or to keep themselves company.

There are a lot of puppies and kittens at the animal shelter, and they are very cute, but there are some important things to consider before you get a pet.

In order to have a cat or dog in a Seattle Housing Authority unit, you must pay a \$100 pet deposit. You will need to take a picture of the pet and bring it to the management office. Your pet must be spayed or neutered by the time it reaches five months of age. You must have your pet licensed, and you must renew that license every year.

Your pet must have annual shots.

Dogs cannot weigh more than 35 pounds and may not be taller than 15 inches at the shoulder when full grown.

Pit bulls and pit bull mixes are not allowed in any SHA community. If you have a dog, it must be on a leash whenever it is out of your yard or apartment, and you must pick up the pet's waste.

Remember that both cats and dogs get sick on occasion and may need to visit a veterinarian.

If you still are set on getting a cat or dog, keep in mind that persons over 60 can adopt a pet that is over 6 years old for free. Others can adopt an animal for a low cost.

You can get information about pet

adoptions on line at <http://www.seattle-animalshelter.org> or by phoning 206-386-7387.

If you are a low-income person, you may be able to get your pet spayed or neutered for free at the Seattle Municipal Spay and Neuter Clinic. It may take about eight to 10 weeks to get an appointment. Call 206-386-4260 for more information.

If you are on medical coupons your pet may be eligible to receive shots or have other veterinary care for free or a small donation at the Doney Memorial Pet Clinic.

The clinic meets on the second and fourth Saturdays of the month from 3 to 5 p.m. at the Union Gospel Mission located at Second Avenue and Washington Street. On occasion, free pet food is available at the clinic.

If you love pets but are not sure that you are ready for the responsibility of owning one, there are volunteer opportunities available at the Seattle Animal Shelter. You could walk dogs, take digital pictures of animals for the Web site, or help other people to choose a pet. Give them a phone call to find out more at 206-386-7387.

I hope to see everyone at Juneteenth. It sounds like this year's event might be the best party yet! And speaking about parties, if you are planning to have one over the fourth of July, please do not plan to have any fireworks of any kind. It is a lease violation and is illegal and dangerous to use fireworks.

## Get ready for disaster

By ELIZABETH VLCEK

Special to the Voice

Did you know that mini earthquakes occur in Seattle every day? In fact, the Federal Emergency Management Agency ranks Washington as second only to California for states susceptible to earthquake loss in the United States.

In 2001, a magnitude 6.8 earthquake hit Seattle, causing significant damage throughout the city.

When will the next big one strike Seattle, and will you be prepared to handle it?

Seattle University nursing students did their part last month to help Yesler Terrace residents get ready.

The students hosted emergency preparedness workshops led by Red Cross presenters at a number of community events, including the International Game Night, the monthly senior luncheon and the Yesler Terrace Community Council meeting.

They also held two in-depth, hour-long workshops for those interested in learning more.

At each event, presenters reminded those gathered that they cannot predict exactly when a disaster will occur. Planning ahead is essential for safety and survival, they said. It could be days until governmental help is

available. You could be separated from loved ones. Houses and structures could collapse and streets may be blocked.

The nursing students suggested that Yesler residents create an emergency kit to be kept in their homes containing a minimum of three days' worth of basic supplies. This would include bottled water (one gallon of water per person per day), food, a manual can opener, a first aid kit, blankets, a battery-operated radio, flashlights and extra batteries.

The kits should include supplies for those in a household who have special needs (like a baby) and they should also include three days worth of needed medication.

Presenters suggested that residents keep important phone numbers in a place that is accessible to all family members, perhaps on a card taped to the refrigerator.

Make sure all members of your family know at least two escape routes from your house, they said, and remember that you can never be too prepared.

If you would like more information on preparing yourself for a major event in King County, you can visit the "3 days 3 ways" disaster preparedness Web site at <http://www.3days3ways.org>.

*Elizabeth Vlcek is a nursing student at Seattle University.*

## Board games stretch minds at Games Night



PHOTO BY ELLEN ZIONTZ

*Audrey Breaux and Daniel Broeske enjoy a game of checkers at the International Games Night last month. The event, which attracted over 50 participants, was organized by Yesler Terrace resident Cindy Clouser with help from Seattle Housing Authority staff and others. Participants enjoyed playing chess, checkers, Battleship, East African Mancala and other games.*

### Community notes

#### Redevelopment committee forming

The Seattle Housing Authority is forming a committee to comment on and study ways to redevelop Yesler Terrace.

The committee will include residents, low-income housing advocates and community members from the surrounding area.

If you're interested in joining the committee, which will meet about once a month for a year, contact Yesler Terrace Community Council President Kristin O'Donnell at 206-622-4858.

Committee members will be expected to read packages of information prior to each meeting. The meetings will be open to the public and interpretation will be provided.

#### Don't forget The Job Connection

The Job Connection's staff members can help you enroll in ESL, vocational training or college courses, depending on your interests. They can help you meet employers who are looking for people with your skills.

They can also help you access resources such as childcare, clothing for interviews and transportation.

They can help you land the job of your dreams.

For more information about The Job Connection, call 206-344-5837.

Office hours are from 8 a.m. to 4:30 p.m. Monday, Wednesday and Friday. On Tuesdays the office, on the lower level of 825 Yesler Way, is open from 8 a.m. to noon.

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Language bank helps immigrants and refugees

ጥንቃቄና ልማት ለሰዎች ለሰዎች ለሰዎች ለሰዎች ለሰዎች

E-mail [Languagebank@seattleredcross.org](mailto:Languagebank@seattleredcross.org)

## ናይ ቋንቋ ባንክ ንሰደተኛታት ይሕግዝ።

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በዝበጸ ንምሕባር ወይድማ ብንጻ ከተገልግሎ ምስተደልዩ ክምትርጎምቲ ኣብዚ ስልኪ ቁጽራ 206 726 3554 ትድውሉ ኢመይል \_\_\_\_\_።

## Language Bank helps immigrants and refugees የቋንቋ ባንክ የፖለቲካና የኢኮኖሚ ጥገኞችን ይረዳል!

በሲያትል የመኖርያ ቤቶች ባለስልጣን ስር የሚገኘው የጥቅተኛ ገቢ ያላቸው የህዝብ መኖርያ ቤቶች መማክርት መጠናኛ የእንግሊዘኛ ቋንቋ ለሚናገሩ የማህበረሰቡ አባላት በቀይ መስቀል በሚሰጠው የቋንቋ ባንክ እርዳታ ሲሰጥ ቆይቷል።

የቋንቋ ባንክ ስደተኞችንና ጥገኞችን በትርጉም በማገናኘት ላይ ይገኛል።

የቋንቋ ባንክ ትርጓሜዎችን ለኗሪው አባላት የመማክርት ስብሰባና ስለ ምግብ አሰራር በሚወጡ ማስታወቂያዎች፣ ስለንጹህ አየር አጠባበቅ በሚሰጡ የአኗኗር ስልጠናና የማህበረሰቡን ተሳትፎ በሚገልጹ ጉዳዮች ትርጉም ይሰጣል።

መማክርቱ ከጠየቁት መሃል የቻይና፣ የቪትናምና የራሽያ አስተርጓሚዎች በመማክርቱ ስብሰባ ጊዜ፣ ለጋርዮሽ ግብዣና ለቡና ስኦት ለሚደረጉ የእቅድ ስብሰባዎች ትርጉም እንዲሰጥ የሚሉ ይገኙበታል። ሌሎች ትርጉም ሰጪዎችም በመማክርቱ ዋና ስብሰባ ላይ በመገኘት ውስን እንግሊዘኛ ለሚናገሩ ስደተኞች ስለመማክርቱ ህግና ደንብ እንዲሁም ስለሰብሰባ አጀንዳና እቅድ አያያዝ ለመርዳት ተገኝተዋል።

በቅርቡ በቋንቋው ባንክ ኣገልግሎት እረዳትነት የሺክን ህንጻ ኗሪዎች መማክርት ከእንግሊዘኛ ሌላ የሚናገሩ አራት ሰዎችን መረጧል።

ከሚደረገውም ጥረት በተጨማሪ የቋንቋው ባንክ በፈቃድኝነት ሊሰሩ የሚችሉ አስተርጓሚዎችን ይፈልጋል። ከሚሰጡትም ስራዎች መሃል ግለሰቦችን ከተለያዩ የህዝብ ኣገልግሎት ከሚሰጡ ጋር ማገናኘት፣ ለሁለተኛ ቋንቋ ትምህርት ማስመዘገብ፣ የጥርስ ህክምና ቀጠሮ ማስያዝና ፍርሞችን መሙላት ይገኙበታል።

ፈቃድኛ አስተርጓሚዎች በተጨማሪ የሚሰሩት የወላጅ ትምህርት ለሚሰጡ፣ የመኖሪያ ቤትና የኗሪነት እርዳታ ለሚፈልጉ በየጊዜው ጉዳዮቸውን በስብሰባም በመከታተል ከሚሰሩ የማህበረሰቡ ወኪሎች ጋር ይሰራሉ።

በተጨማሪ ዜና ለማግኘት ወይም በፈቃድኝነት ለማስተርጓም የምትፈልጉ ሁሉ እባክችሁ የቋንቋውን ባንክ በ (206) 726-3554 ወይም በኢሌክትሮኒክ መልእክት በ [languagebank@seattleredcross.org](mailto:languagebank@seattleredcross.org) ማግኘት ትችላላችሁ።

## Language Bank helps immigrants and refugees

### Bangiga Luqadaha wuxuu caawimayaa dadka Qaxootiga

Maamukla Guryaha ee Seattle dadka dakhligooda yar yahay – deegaanka Guryaha Dadka lataliyeyaasha waxay wacayaan dadka Luqadooda Ingiriiska ay kooban tahay-Dadka ku hadla Ingiriiska xubnaha deegaankooda Jaaliyaddooda ka tirsan inay caawiyaan Bangiga Luqadaha ee Red Cross.

Buundada Bangiga Luqadaha waxay isku xiraysaa Qaxootiga iyo soo galootiga inay iskaa wax u qabso ugu shaqeeyaan soo galootiga iyo Qaxootiga turjumaannimo iyo qoraal fasiraad.

Bangiga luqadaha turjumaantooda waxau u turjumeen deegaanka warar ku saabsan tababar wax Karin, tababar deegaanka ku saabsan iyo Jaaliyad kale oo warar ku saabsan maalgelin, iyo shorar.

Guddiga wuxuu codsaday luqadda Shiinaha. Fiyetnaamka iyo Raashiya turjumaannadooda iyo Qoraal beddeleyaasha ee shirka guddiga oyp shirka qorshaynta saacadaha Qaxwaha iyo dibad ku cuniddaba. Turjumaannada kale way ka soo qayb galeen shirka guddiga wax socodsiinta siday u caawiyaan dadka luqadaddooda Ingiriiska ay haddidan tahay. Fahamka waxay keenaysaa in aad loo garto shirka guddiga sharci ahaan iyo qorshaynta shirka waxa looga hadlaayo.

Dhowaan dadka deggan Beacon Hill Tower caawiyey Bangiga Luqadaha waxaa la doortay 4 xubnood oo ku hadla luqad aan Ingiriis ahayn.

Tallabadaan waxaa ku saa'id ah Bangiga Luqadaha wuxuu rabaa dad iskaa wax u qabso ah oo caawiya dadka iyo shaqada guud ay ka mid tahay ESL fasalladooda. Ilkaha u ballamiya ama buuxinta foomamka.

Dadka iskaaga ah xitaa waxay ka shaqeeynayaan Jaaliyadaha taas ooy ka mid tahay fasallada waalidka wax lagu bar, Guryaha iyo deegaanka iyo dadka ka shaqeeya iyo shirarkaba.

Warar dheeri ah ama aad rabto inaad iskaa ku shaqeeyso turjumaannimo, fadlan la xiriir Bangiga Luqadaha (206) 726-3554 ama e-mail at [languagebank@seattleredcross.org](mailto:languagebank@seattleredcross.org).

## Language Bank helps immigrants and refugees

### Языковый банк помогает иммигрантам и беженцам

Совет жителей домов для малоимущих Жилищного управления Сиэтла протягивает руку помощи плохо говорящим по-английски людям, живущим в их районе, при участии Языкового банка Красного Креста.

Языковый мост банка связывает беженцев и иммигрантов с добровольными переводчиками.

Переводчики Языкового банка переводили заметки с заседаний жилищного совета, листовки класса кулинарии, информацию с занятий по чистоте воздуха и другую информацию о социальной жизни района.

Члены совета запрашивали переводчиков с китайского и русского для перевода во время заседаний совета и планирования различных социальных мероприятий. Другие переводчики присутствовали при проведении заседаний совета, чтобы помочь тем, у кого лимитированный английский, лучше понять постановления совета и

более полно участвовать в составлении повестки дня заседаний.

Только недавно благодаря помощи языкового банка жилищный совет Бикон Тауэр избрал в свой состав четырех людей, которые не говорят по-английски.

С расширением услуг увеличивается потребность Языкового банка в переводчиках-добровольцах. В задачу входят помощь людям при заполнении документов на социальные услуги, регистрация в классы ESL, назначение визитов к зубному врачу или заполнение различных бланков.

Добровольцы также работают с местными коммунальными агентствами, которые предлагают классы для родителей и домоводства, распределяют помощь между работниками, ведущими дела клиентов, при запланированных встречах.

Для дополнительной информации или при желании предложить свою помощь в качестве переводчика, свяжитесь, пожалуйста, с Языковым банком по тел. (206) 726-3554 или по электронной почте [languagebank@seattleredcross.org](mailto:languagebank@seattleredcross.org).

## NHÓM NGÔN NGỮ (LANGUAGE BANK) GIÚP ĐỠ CHO NGƯỜI DI DÂN VÀ NGƯỜI TỊ NẠN

Cơ quan Cấp Phát Gia Cư – Seattle Housing Authority – hội đồng đại diện những cư dân có lợi tức thấp cư ngụ trong các khu gia cư – đang vươn tay đến những thành viên mà bị giới hạn nói tiếng Anh sống trong cộng đồng của họ , với sự giúp đỡ của Nhóm Ngôn Ngữ từ cơ quan Chủ Thị Tập Đò.

Nhóm Ngôn Ngữ là cây cầu nối những tị nạn và di dân với những thông dịch viên thiện nguyện.

Các thông dịch viên của Nhóm Ngôn Ngữ đã thông dịch các thông báo cuộc họp cho hội đồng đại diện, các tờ thông tin cho khóa dạy nấu ăn, cho khóa hướng dẫn cư dân về chất lượng không khí, và cho những thông tin khác liên quan đến cộng đồng.

Các hội đồng đại diện đã yêu cầu những thông-dịch-viên người Hoa, người ViệtNam, người Nga Sô đến thông dịch ở các cuộc họp hội đồng, các cuộc họp hoạch định cho các bữa tiệc potluck, cho những giờ uống cà phê. Những thông dịch viên khác đã tham dự các cuộc họp của hội đồng thường vụ để giúp cho các vị đại diện

mà không nói được tiếng Anh được am hiểu nội qui của hội đồng và tích cực hơn trong việc đề ra các tiết mục trong các buổi họp.

Mới gần đây, với sự giúp đỡ của Nhóm Ngôn Ngữ, cư dân ở cao ốc Beacon Tower đã bầu ra 4 người (trong hội đồng đại diện) mà những người này tiếng mẹ đẻ không phải là tiếng Anh.

Thêm vào sự khởi xướng này, Nhóm Ngôn Ngữ đang cần những người tình nguyện để sẵn sàng làm việc phục vụ như các thông dịch viên. Các công việc được phân bổ như giúp bà con ghi tên vào các dịch vụ xã hội, ghi tên học ESL, làm các cuộc hẹn khám răng, hoặc điền đơn.

Những người tình nguyện cũng làm việc chung với các cơ quan phục vụ trong cộng đồng để cung cấp các lớp hướng dẫn cho phụ huynh, giúp hướng dẫn về nhà ở, giúp tái ổn định cuộc sống qua (việc thông dịch) cho các cuộc gặp gỡ thường xuyên với các nhân viên –caseworker.

Muốn biết thêm chi tiết, hoặc nếu muốn tham gia làm thông dịch viên thiện nguyện, xin vui lòng liên lạc Nhóm Ngôn Ngữ ở số (206) 726-3554 hoặc điện thư đến: [languagebank@seattleredcross.org](mailto:languagebank@seattleredcross.org).