



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



# The Voice

November  
2010  
Articles translated  
into six languages

The newspaper of Neighborhood House

## Mobile Services brings the Seattle Public Library to your door

By LISA WOOD  
University House Resident

Sitting at Michaelson Manor, on the second Tuesday of each month, one can find many residents eagerly anticipating the Seattle Public Library's Mobile Services. The book mobile makes its monthly "lobby stop" at the building's community room.

They bring DVD's, large- and regular-print books and Russian print books for the residents to choose from, take home and enjoy.

Tom Probst, who has been with Mobile Services for more than a year, suggests "it's all about relationships. I learn the back stories of each one of these people, establish trust with them and with each visit, we tailor what we bring to the clientele."

Virginia Johnson tells Probst what genre she likes to read and by whom, and also what kind of movies she likes to watch, and he shows up each month with a bag of



PHOTO BY LISA WOOD

Dave Parker shows a movie to Yvonne Alexander that he received from Tom Probst and Mobile Services. Probst has "found a way through trust and relationship to communicate with Dave and we have kept at it; his needs are met."

Please see "Book Mobile" on Page 5

## Two resident leaders attend Midwest Academy training

By TYLER ROUSH  
The Voice editor

Identify your key issues, start locally and listen more — those are a few of the key lessons of the Midwest Academy.

Yesler Terrace residents Fadumo Isaq and Kristin O'Donnell had the opportunity to attend a training session with Midwest Academy last month in Chicago. The Midwest Academy is a progressive national training institute that teaches the tools of advocacy and community activism.

The weeklong training session brought together representatives from low-income groups, community leaders and nonprofit employees and activists, with programming beginning at breakfast and running until 9:30 p.m. each night.

Both Isaq and O'Donnell, who are members of the Yesler Terrace Community Council, said it was an intense, exhilarating experience.

"The class is wonderful — good teach-

ers, good service," Isaq said. "It was excellent."

Their trip was supported by Seattle Housing Authority Resident Participation Funds, and by the Rainier Valley Unitarian Universalist Congregation. Isaq's union, SEIU 925, provided support to keep her daycare operating for the week that she was away. Both women were grateful for the support.

The training session included a role-playing scenario in which participants responded to a toxic spill in a low-income area of a city. Participants organized meetings with a Congressional representative and planned press conferences and community meetings to respond to the disaster.

Isaq and O'Donnell portrayed a mother and daughter, respectively. The ad-libbing of Isaq created a teaching moment for other participants. When approached in character by other group members, Isaq said that she didn't speak English, and would need her daughter (O'Donnell) to interpret.



PHOTO COURTESY KRISTIN O'DONNELL

Fadumo Isaq (left) and Kristin O'Donnell are resident leaders on the Yesler Terrace Community Council.

"I don't speak English, my kid has to translate for me," Isaq recalled.

It's the kind of real-life example that is valuable in advocacy work. That was another lesson — while facts and figures are nice, personal stories and testimonials are more impactful.

"When trying to make social change, telling stories gets you a lot farther than putting together a bunch of numbers and facts," O'Donnell said. "Because the stories are the facts."

The trip was also productive in that it

Please see "Academy" on Page 3

## Deep cuts to Disability Lifeline grants, Medicaid

By VOICE STAFF

With the state facing the prospect of cuts to services to balance its budget, the Department of Social and Health Services (DSHS) last month announced cuts to the Disability Lifeline program and the Washington State Medicaid Program, effective Jan. 1, 2011.

Monthly cash grants for Disability Lifeline will be reduced from \$339 per month to \$258 per month. DSHS had previously tightened eligibility requirements for the program, limiting individuals to 24 months of funds in a 60-month period, but a federal court order blocked that change.

The Washington State Medicaid Program will make \$112.8 million in cuts to optional health services, including prescriptions, Disability Lifeline medical coverage, dental, hospice and vision and hearing services. Although most cuts are to adult programs, a change in eligibility requirements for the Apple Health for Kids would remove 27,000 children from the program at an estimated cost savings of \$10.1 million.

Budget cuts are affecting all state programs, with Governor Christine Gregoire asking for a 6.3 percent across-the-board budget reduction for state services.

"This is further evidence of the tough choices confronting state government in these difficult economic times," DSHS Secretary Susan N. Dreyfus said. "It illustrates the struggle to support even some of our most vulnerable populations."

### Disability Lifeline

Washington's Disability Lifeline Program, formerly General Assistance Unemployable, provides cash grants to low-income adults without children

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### Inside

For a story on supplemental security income payments, see Page 2.

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### Election Day is Nov. 2

To keep track of live election results as the returns come in, go to [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections). Statewide returns are available at <http://vote.wa.gov>.



## Health Notes

A column devoted to your well-being

### Make food safety your family's holiday tradition

As the holidays approach and you are busy planning festive meals, be sure that food safety is a main ingredient in all meal planning. Large and complex menus, often with meat and poultry as a centerpiece, require particular attention to food safety basics. Proper handling, preparing, cooking and storage of food are essential to minimize the growth of E. coli, Salmonella, and other causes of foodborne illness.

The majority of foodborne illness stems from inadequate handwashing, cross contamination, or improper cooking, heating and cooling.

Here are important food safety tips to ensure that you and your guests are protected from foodborne illness this holiday season:

#### Wash your hands

Wash your hands for about 20 seconds with warm water and soap to get rid of the germs on your hands that can get into food and make people sick.

Wash your hands after going to the bathroom, after touching raw meat, fish or poultry, and after taking out the garbage, sneezing, or coughing.

#### Keep foods safe from cross contamination

Avoid cross contamination, which occurs when germs from raw foods get onto foods that will not be cooked or fully reheated to 165° F before eating.

Put raw poultry, meat and fish in the "meat" drawer of the refrigerator, or put them on the bottom shelf in the refrigerator so the juices don't drip on foods that

won't be cooked.

Do not reuse a container for raw meats until it has been washed, rinsed and sanitized.

Use a hard cutting surface with no splits or holes in it.

Wash, rinse and sanitize the cutting surface and utensils after cutting raw poultry, meat, and fish, as well as melons. Make a sanitizer with 1 teaspoon of household bleach for each gallon of cool water.

#### Heat foods to their proper temperature

In order to kill all bacteria, cook turkey and other poultry to at least 165° F, ground beef and ground pork to 155° F, and fish, shellfish, lamb, other pork and other beef to 145° F.

Cold foods should be kept cold (lower than 41° F), and hot foods should be kept hot (above 140° F).

#### Vegetables and fruit

Wash and scrub fruits and vegetables under cold running water.

Scrub the exterior of melons before cutting them, and then keep them cold at 41° F or below.

Keep "starchy foods" like cooked beans (legumes), rice, potatoes and pasta at 140° F or above, or cold at 41° F or below. Be sure to refrigerate within 2 hours after the meal.

Keep tofu and other plant protein foods hot (140° F or above) or cold (41° F or below).

Sprouts must be kept at 41° F or below until used.

## No cost-of-living adjustment for Social Security recipients next year

BY SEATTLE HOUSING AUTHORITY STAFF

Last month the government announced that elderly and disabled recipients of Social Security payments will not be awarded cost-of-living adjustments for 2011. This will be only the second year without an increase since automatic adjustments for inflation were adopted in 1975. The first year was this year.

Cost-of-living adjustments, or COLAs, are set automatically each year by an inflation measure adopted by Congress in the 1970s. Because consumer prices are still lower than they were two years ago, the last time a COLA was awarded, the trustees who oversee Social Security anticipate no benefit increase for 2011.

To make up for the lack of a COLA, the U.S. House of Representatives will vote this month — after congressional elections — to provide \$250 payments to Social Security recipients, House Speaker

Nancy Pelosi said. But even if the Speaker can get the House to pass the proposal, it faces opposition in the Senate.

Around 58.7 million retirees and disabled Americans receive Social Security or Supplemental Security Income. Social Security was the primary source of income for 64 percent of retirees who got benefits in 2008.

The average Social Security benefit is \$1,072 a month.

The last increase in benefits came in 2009, when payments went up by 5.8 percent, the largest increase in 27 years. That big increase was caused by a sharp but short-lived spike in energy prices in 2008.

Gasoline prices topped \$4 a gallon in the summer of 2008, jolting the inflation rate and resulting in the high COLA for 2009. When the price of gasoline subse-

Please see "Payments" on Page 5

## Scholarship website connects students to financial aid

BY LISA WOOD  
University House Resident

Last year, the Greater Issaquah Chamber of Commerce wanted to give away two \$2,000 scholarships, and could only find one well-qualified student.

To help match scholarship givers with scholarship takers, a public/partnership of nonprofits and the state's Higher Education Coordinating Board (HECB) has created thewashboard.org.

The service is free, and the site only lists scholarships for which Washington students are eligible. Scholarship season doesn't start in earnest until December, but the partnership is encouraging students to log on and set up their profile now so they can begin browsing the scholarships and marking ones that interest them.

One of the biggest advantages of this service is that it encourages the use of a common profile to enable individual students to apply for multiple scholarships at one time. The initial profile setup asks some rather lengthy and somewhat challenging questions. At the end, be prepared to send requests for letters of recommendation to people who will give you a stellar refer-

ence.

Once students have identified a good scholarship fit, thewashboard.org sends e-mail reminders as application deadlines draw near. Along with high school seniors, scholarships are also available for those already enrolled in college and for those just returning to school.

The Washington State Scholarship Association is especially interested in using thewashboard.org to reach low-income students and those who are the first in their family to go to school.

Mary Beth Lambert, spokeswoman for the Washington State Scholarship Association says that even if you "aren't a great athlete or a 4.0 student, there are many scholarships available for many interests."

While top-ranked high-school students usually find scholarship money with little difficulty, "middle-of-the-road students often don't get any money, even though it's available."

When accessing thewashboard.org, remember that the service is free to use. It is suggested that all students be wary of any organization that charges a fee to find "hidden" scholarships.

## CAMP helps individuals and families reduce home-heating costs

BY CENTRAL AREA MOTIVATION PROGRAM

Many people in Seattle are facing financial hardship, especially in these tough economic times. CAMP's Energy Assistance Program provides financial assistance through LIHEAP and PSE HELP to help low-income families and individuals pay home heating bills and minimize future home heating costs.

#### Low Income Home Energy Assistance Program (LIHEAP)

Through the federally funded program LIHEAP, CAMP helps over 9,000 households, providing more than \$4 million in assistance annually. LIHEAP offers the following services:

- Heating utility payment assistance of up to \$1,000 per program year (usually November to July)
- Energy conservation education
- Dysfunctional heating system repair or replacement up to \$5,000
- Broken or inoperable window repair or replacement up to \$1,000
- Puget Sound Energy HELP (PSE HELP)

PSE HELP provides assistance with the cost of natural gas consumption to qualified Puget Sound Energy (PSE) customers with an account in their name or in the name of a member of their household. PSE HELP offers the following services:

- Natural gas bill payment assistance up to \$1,000 per program year (usually October to September)

To sign up for the program, call the Appointment Hotline at 1-800-348-7144 (or TTY 1-800-246-1646). The Appointment Hotline is open 24 hours a day, seven days a week.

If you receive a utility allowance, ask CAMP if you are eligible for the service.

#### Program eligibility

Energy assistance through CAMP is available to residents who meet certain income guidelines (see sidebar) living within the following ZIP codes:

98101, 98102, 98103, 98104, 98105, 98106, 98107, 98108, 98109, 98112, 98115, 98116,

Household Size	LIHEAP (Net Monthly Income)	PSE HELP (Net Monthly Income)
1	\$1,128	\$1,354
2	\$1,518	\$1,822
3	\$1,908	\$2,289
4	\$2,298	\$2,757
5	\$2,688	\$3,224
6	\$3,078	\$3,692
7	\$3,468	\$4,159
8	\$3,858	\$4,626
9	\$4,248	\$5,200

98117, 98118, 98119, 98121, 98122, 98125, 98126, 98133, 98134, 98136, 98144, 98155, 98177, 98178\*, 98179

\* Some residents of this ZIP code may be served through Multi-Service Center. Call 206-812-4940 for more information.

A service area map is available online by following the link at [www.campseattle.org/programs/energy-assistance](http://www.campseattle.org/programs/energy-assistance).

#### What to Bring to Your Appointment

To complete your application, you will need photocopies of the following documents. Do not send the originals — we will need to retain these documents to process your application.

• Social Security Number verification for all household members 18 years or older. This may include a copy of Social Security Cards or medical, legal, education documents with the Social Security Number printed on it.

• Verification of all children living in the household. (Medical coupon, birth certificate, or social security card.)

• Income verification for the past three months for each household member over 18 years of age. This may be in the form of check stubs, bank statements, receipts, etc.

• Current lease, rental agreement, or rent receipt if you are currently renting your home

• A mortgage coupon or property tax statement if you are a home owner

• Current gas or electricity bill. If your heat is included with rent, please have a "Heat Included with Rent" form completed by your Housing manager.

• Valid picture ID

• Signed and dated "Applicant Fact Sheet"

• Signed and dated "Energy Saving Tips" sheet

• Signed and dated application

#### The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority and the King County Housing Authority. 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. The Voice is published online at [www.nhwa.org](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

# Be safe

*Be safe and secure when surfing the web*

BY SEATTLE NEIGHBORHOOD GROUP

A couple of months ago my son was surfing the web. He saw an advertisement for a “free” trial version of a security program that would scan a computer for malware. Malware refers to all unwanted computer programs such as viruses and spyware.

He accidentally clicked on the ad and it started to download onto the computer. The “security” program then scanned our computer and began claiming that every program on our computer was infected with some kind of malware. We couldn’t open up any program because it was “infected.”

The “security” program said it would happily remove all of the malware if we downloaded the full version for a “small fee” of \$50.

We were held hostage. We could have paid the ransom, which might have solved the problem or the “security” program’s website could have downloaded more malware onto our computer. I wasn’t going to do that. I wasn’t going to pay \$50 to a bunch of crooks holding our computer hostage.

We could have taken the computer into the shop and paid to have the program removed. That’s expensive — I would have done that only as a last resort. I could have restored the system by reinstalling the operating system, but that would have meant losing all of our documents saved on the computer.

I was finally able to remove the program

from the computer. The whole episode reminded me of how important it was to keep our virus protection up to date.

Computer security can be pretty expensive. However, there are many free computer security programs on the web.

Some people may think that if a computer program is free, then it must either be an illegal copy of a legitimate program or a software program that contains some kind of malware.

That is not always the case. The key is to do some research before you load anything onto your computer.

Many computer magazines at bookstores and libraries review software programs. Some of these magazines even come with a disk that has the free software loaded on it.

Another great resource to find out more about computers is the City of Seattle’s Department of Information Technology ([www.seattle.gov/doi](http://www.seattle.gov/doi)). You can find information about computers, computer security and other information technology.

Here is a list of computer security software websites. These websites all have free versions of their computer security programs.

AVG - Virus Protection Software: <http://free.avg.com/us-en/homepage>

Spybot – Spyware Protection: [www.safer-networking.org/en/home/index.html](http://www.safer-networking.org/en/home/index.html)

Adaware: Spyware and Adware Protection: [www.lavasoft.com/](http://www.lavasoft.com/)

More on computer security next month.

## Twelfth Annual Dr. Martin Luther King, Jr. Essay Contest

### Announcement and Rules

The King County Civil Rights Commission is sponsoring its Twelfth Annual Dr. Martin Luther King, Jr. Writing Essay Contest open to all eighth grade students attending public and private schools in King County. The purpose of the essay contest is to encourage middle and junior high school students to think critically about Dr. King’s legacy of peace and justice.

The essay theme is: “We Are the Ones We’ve Been Waiting For”

### Rules

1) The essay must be between 750 and 1,000 words and must be typed and doubled spaced on white 8.5” by 11” paper.

2) Contestants must submit one typed original and one typed copy of the essay, by mail.

3) The name, address, home phone number, e-mail address, school, grade and age of student author must be submitted on a cover page, accompanying the essay. Do not place your name on any other page.

4) All essays must be in English and include a bibliography, utilizing at least one book source, but no more than one website source.

5) All essays will be judged on the au-

thor’s: knowledge of Dr. King and his work in the Civil Rights Movement, originality of ideas, development of point of view, insight into the essay theme, clarity of expression, organization and grammar.

6) All essays submitted become the property of the Commission and may be displayed on County web pages, in County publications, in local publications, and in the King County Tunnel. Submitted essays will not be returned.

### Prizes

First Prize: \$100, Second Prize: \$75, Third Prize: \$50.

### Deadline

All essays must be postmarked by Wednesday, Nov. 24, and mailed to: King County Civil Rights Commission, 400 Yesler Way, Room 260, Seattle, WA 98104. Essays postmarked after that date will not be considered, nor returned.

### Notification of Winners

Winners will be notified by mail. Awards will be presented to the winners at the 24th Annual King County Dr. Martin Luther King Jr. Day Celebration on Jan. 13, 2011, in downtown Seattle.

## Cuts

### Continued from front page

who are unable to work due to a physical or mental impairment that is expected to last at least 90 days. A small number of disabled and elderly legal immigrants also receive help from the Disability Lifeline program.

DSHS had intended to tighten eligibility for Disability Lifeline effective Sept. 1, and accordingly the State Legislature reduced the general fund appropriation to fund the program in the 2010 Supplemental Budget.

But an Oct. 4 federal court order required that DSHS not proceed with time-limit terminations without first conducting a case review to determine whether or not an individual meets the federal supplemental security income disability standard. Lacking the resources to conduct a formal review process, DSHS instead opted to reduce monthly benefit amounts to remain within the budget.

### Washington State Medicaid Program

Most cuts to the Medicaid program will be implemented Jan. 1, 2011, while others

will require legislative action and are expected to take effect in March 2011.

The biggest cut — \$39.4 million for prescription drug services — will take effect in March.

“Federal Medicaid rules require the state to provide mandatory services and benefits,” said Doug Porter, State Medicaid Director. “As a consequence, our cuts basically will end a series of optional programs, including a \$39.4 million savings anticipated by limits that will be placed on adult pharmacy services.”

An additional \$20.3 million will be cut from Disability Lifeline medical coverage and \$10.1 million by tightening eligibility for Apple Health for Kids.

Other cuts include \$8.3 million for adult dental services, \$4.6 million for adult hospice, \$3.2 million for Medicare Part D co-pays for dual eligible (Medicare and Medicaid) clients, and \$800,000 for adult vision and hearing services.

The budget will cut \$3.3 million for interpreter services.

For more information, go to [www.dshs.wa.gov](http://www.dshs.wa.gov).

## Washington’s minimum wage set at \$8.67 next year

BY DEPARTMENT OF LABOR & INDUSTRIES

Washington’s minimum wage will increase to \$8.67 per hour beginning Jan. 1, 2011, the Department of Labor & Industries announced today.

L&I calculates the state’s minimum wage each year as required by Initiative 688, approved by Washington voters in 1998.

The 12-cent increase reflects a 1.4 percent increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) since August 2009. The CPI-W is a national index covering the cost of goods and services needed for day-to-day living.

The minimum wage was \$8.55 in both 2009 and 2010 due to a CPI-W decrease.

“With the CPI-W increase of 1.4 percent, minimum wage will increase 12-cents,” said L&I director Judy Schurke. “Our best read of the law is that when the cost of living rises over the previous 12-month period, the minimum wage

rises accordingly.”

Washington is one of ten states, with Oregon, Vermont, Ohio, Nevada, Montana, Missouri, Florida, Colorado, and Arizona, that adjusts the minimum wage based on inflation and the CPI. Oregon, Ohio, Colorado and Montana have already announced increases in their minimum wage.

Washington’s minimum wage applies to workers in both agricultural and non-agricultural jobs, although 14- and 15-year-olds may be paid 85 percent of the adult minimum wage, or \$7.37.

Differing legal opinions, including one from the Attorney General’s office, were considered before determining the increase. After reviewing those opinions and the actions of other states with similar laws, L&I concluded that they would follow the interpretation believed most likely to be adopted by the courts.

More information on Washington’s minimum wage is available at [Wages.Lni.wa.gov](http://Wages.Lni.wa.gov). Employers and workers also may call 360-902-5316 or 1-866-219-7321.

## Tenants Union Film Forum/Fundraiser

Boom: The Sound of Eviction

Come watch and discuss this powerful film with us. It is a film about gentrification and the loss of affordable housing in San Francisco’s Mission District.

\$15 regular ticket; \$5 low-income ticket

Saturday, Nov. 20 2:30 – 5 p.m.

Rainier Valley Cultural Center

3515 S. Alaska Street (at Rainier Ave. S.)

Bus #7, #39

## Academy

### Continued from front page

affirmed some of the strategies the community council has already been employing.

“From what they were teaching, the Yesler Terrace Community Council is already doing a lot of stuff right,” O’Donnell said.

That includes one basic advocacy strategy taught by the academy — when reaching out to political and business leaders, start with the people in charge locally and move up the chain of command.

“Now we know the tactics for how to organize people,” Isaq said. “Before, we were able to work locally, but now we’re like professionals.”

There’s at least one way in which the community council differed from most organizations and groups represented at Midwest Academy. Whereas many of them are pursuing advocacy work around a specific issue — taxation, smoking cessation, nutrition, as three examples — the

community council advocates for an entire neighborhood, with perhaps as many causes and concerns as there are households.

While O’Donnell acknowledged that redevelopment is a major issue, it’s not their only focal point.

“Redevelopment is the biggest issue, but it’s not the only issue,” she said, listing public safety, cuts to services and proposed changes to Seattle Housing Authority policy around in-home businesses as three areas of concerns.

“As a group that works to support the members of our community, we cannot ignore the issues that come to us,” she said. “Our central concern is to continue to have a community.”

As representatives from the community council, their next step is to take some of the lessons from the Midwest Academy and share with the rest of council.

They said the next step in their advocacy work on the council was still a mystery — or at least a surprise.

# Everything you need to take this winter by storm

By VOICE STAFF

This winter could pack a wallop, courtesy La Niña.

Low oceanic temperatures near the equator — the coldest in 55 years — have forecasters predicting a cold and snowy winter in the Pacific Northwest. But what does the water temperature in the tropics have to do with snowfall in Seattle?

The answer is in La Niña, the lesser-known counterpart to the El Niño weather pattern. In a La Niña pattern, cold ocean water near the equator affects air circulation around the globe, which in turn impacts the jet stream that determines northwest weather patterns.

The result could be a frigid, snowy 2010-

11 winter season.

To better prepare individuals and families for what could be a harsh winter, the City of Seattle, King County, Puget Sound Energy and State Farm Insurance have partnered in "Take Winter By Storm." The communication effort seeks to better prepare area residents for inclement weather and emergencies. To learn more about Take Winter By Storm, including access to a host of safety and emergency preparedness resources in multiple languages, go to [www.govlink.org/storm](http://www.govlink.org/storm).

The Voice is joining in the effort with a full page of winter preparedness tips, as part of its "Safe at Home" coverage. Read on to learn how you and your family can stay safe and warm this winter.

## Winter heating safety

Winter increases the potential for house fires and other threats such as carbon monoxide poisoning. But fire and other potential dangers can be reduced by following a few simple rules.

### Fire safety

Make an escape plan that shows two ways out of your house or apartment, and have every member of your family practice the plan.

Test your smoke alarm at least monthly by pushing the test button.

Clean your smoke alarm at least once a year. You may use a vacuum to clean out the dust.

Candles may pose a fire danger. If you light a candle, make sure it rests on a nonflammable candleholder. Never leave a candle unattended and never place it on or

near anything that is flammable.

If the power is out, a flashlight or battery-operated lantern is a much safer lighting option than a candle.

Replace the battery in your smoke alarm whenever it beeps to signal it must be replaced. It is a good idea to replace the battery twice yearly — in the spring and the fall, when we change the clocks for Daylight Savings Time.

### Indoor heating

Never use gas-powered equipment or grills inside the home, whether for cooking or for heating. These devices emit carbon monoxide, a lethal gas.

Do not use your oven to heat your home. An oven, particularly one that is left unattended, can be an extreme fire danger.

All objects, including furniture, curtains, clothing and other objects, should be kept at least 36 inches away from any heater.

## Safe winter driving

With a harsh winter and potential heavy snowfall predicted for Seattle and King County this winter, it's important for drivers to brush up on safe winter driving tips and techniques.

The Washington State Department of Transportation maintains an online guide to safe winter driving at [www.wsdot.wa.gov/winter](http://www.wsdot.wa.gov/winter). Visit their website, or read on to learn how you can be safe behind the wheel this winter.

### Be prepared

Before the winter season sets in, get your car a tune-up to make sure it's in good working order.

Check the car's oil, antifreeze, brakes, battery, lights, windshield wipers, heater, defrost, belts, filters and hoses, and replace anything that is faulty.

If you don't have any, buy a set of chains for your vehicle. Ask a tire dealer what size of tire chains will best fit your vehicle. Practice installing them multiple times — before you find yourself on the side of the road in wintry conditions.

### Be safe behind the wheel

During the winter, or any time that rain or snow is in the forecast, allow extra driving time to reach your destination. Driving too fast for the conditions can contribute to an accident, so make sure you don't find yourself in a hurry by planning ahead.

When you're driving in winter conditions, slow your actions down — slower accelerating, slower braking, slower turning and slower speeds.

### Safe driving tips from State Farm

State Farm Insurance, a partner of the "Take Winter by Storm" effort, maintains a list of safety tips at its website. Visit [www.statefarm.com/learning/](http://www.statefarm.com/learning/) for more information.

Keep your windshield clear at all times. Do not use warm or hot water to de-ice your windshield — the rapid heating can crack the glass.

Drive with your headlights on, even in daylight, and remember to switch them off when you park your car.

Don't use your car's cruise control function.

Don't feel invincible simply because your vehicle has four-wheel drive. Four-wheel drive and all-wheel drive vehicles don't stop or steer better than two-wheel drive vehicles in icy conditions.

Stopping distances increase in snowy and icy conditions. Leave extra space between you and the vehicle in front of you, and remember that large trucks take even longer to stop in wintry conditions.

Slow down as you approach intersections, bridges, off-ramps and shady spots (which can conceal ice on the roadway).

Proceed with extra caution around chain-up areas, where other drivers will often be outside of their vehicles.

If you are stuck in snow, straighten the wheels and accelerate slowly. Place sand or cat litter underneath the drive wheels to increase traction. Don't let your wheels spin out.

## Everything you need in your emergency kit

Everything you need in your emergency kit

At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. If possible, keep one kit in your home, a second at work, and a third in your car.

- Water — one gallon per person, per day (three-day supply for evacuation, two-week supply for home)

- Food — nonperishable, easy-to-prepare items (three-day supply for evacuation, two-week supply for home)

- Flashlight

- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) with extra batteries

- First aid kit

- Medications (seven-day supply) and medical items

- Multipurpose tool

- Sanitation and personal hygiene items

- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

- Cell phone with chargers

- Family and emergency contact information

- Extra cash

- Emergency blanket

- Maps of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Additional medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)

- Baby supplies (bottles, formula, baby

food, diapers)

- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)

- Two-way radios

- Extra set of car keys and house keys

- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle

- N95 or surgical masks

- Matches

- Rain gear

- Towels

- Work gloves

- Tools/supplies for securing your home

- Extra clothing, hat and sturdy shoes

- Plastic sheeting

- Duct tape

- Scissors

- Household liquid bleach

- Blankets or sleeping bags

- Water purification equipment

Additional items to keep in your car

- Emergency contact list

- Flares

- Warm clothing and sturdy shoes

- Blankets

- Rain ponchos

- Preparedness kit with first aid equipment

- Small shovel and sand, litter or tire chains, in case of heavy snowfall

- Local maps with evacuation routes identified

*Information in this sidebar from the Red Cross and Take Winter by Storm.*

## Family communication plan

In the event of an emergency or natural disaster, Take Winter By Storm recommends that families create a communication plan. Each member of your family should know the details of the plan.

- Discuss with families and friends about how to prepare for and respond to emergencies that are most likely to occur in your area. Locally, residents are most at risk of fire, flooding, heavy rain and snowfall, icy conditions, freezing temperatures, high winds and earthquakes. Determine responsibilities for each family member in the event of such an emergency.

- Select an out-of-area emergency con-

tact. Following a disaster, long distance phone lines may be more reliable than local lines. Choose a friend or relative who lives outside of Washington state to be your family contact. This person will relay information between members of your household, who might be separated as a result of a disaster. Each member of your family should know this person's phone number and be prepared to call them in case of an emergency.

- If network disruptions are interfering with phone calls, try text messaging.

- Program all of your emergency contacts into all of your family's phones. Keep a list in your emergency kit.

If your car is equipped with antilock brakes, apply firm, constant pressure to the brake pedal to ensure the antilock function works properly. If you need to make an emergency stop and your vehicle is equipped with antilock brakes, firmly push the brake pedal to the floor, even in snowy or icy conditions.

For more information, including links to real-time traffic information, visit [www.govlink.org/storm/roads.asp](http://www.govlink.org/storm/roads.asp).



PHOTO BY TYLER ROUSH

*A bicycle and cars wear a thick coating of snow during a winter storm that blanketed Seattle in 2008. Forecasters are cautioning local residents to anticipate another severe winter in 2010-11.*



PHOTO COURTESY OF THE SEATTLE PUBLIC LIBRARY

Seattle Public Library's first bookmobile at Youngstown School, ca. 1931.

## Book Mobile

Continued from front page

material for her.

"It's everything to me, Mobile Services is. For the library itself to come in here — I look forward to it coming in here," says Johnson.

Dave Parker also has Probst bring a box of books to him. What makes Parker's story unique is that he can't hear or speak well.

That creates a communication challenge for Probst, but as he says, "We find a way and we keep at it until his needs are met."

### A library service that dates to the Great Depression

Mobile Services has been in existence here in Seattle for 60 years. The first Book Mobile ran for a year before the Great Depression forced the library to park the bookmobile. Then along came "Molly Mobile" on Oct. 6, 1947, covering 17 different stops that first year.

They then introduced "Benny Mobile" in 1954; today there are two large vans with lifts known as Mobile 2 and Mobile 4. They are computer-ready, which makes them actual Mobile Libraries — they can check out, check in and reserve books as well.

Toni Price, the managing librarian of Mobile Services, has been with the service for 39 of those 60 years. When asked what keeps her motivated she says "It is a wonderful service. I get great feedback from the people we see."

In 1973, the Handicap, Elderly, Library Project (H.E.L.P.) started the Mobile Services in Seattle Housing Authority buildings, and it has continued growing into what it is today.

The service currently delivers to 26 buildings, with the ability to add to the list. If your building currently does not have Mobile Service delivery, a resident or the resident manager can call and have your building put on the list for services.

If you desire services now and your building doesn't receive them, Mobile Services operates another program called the Home Service Program. There is no waiting list for this portion of Mobile Services.

If you are 70 years of age you automatically qualify and can call the Mobile Services number for further assistance. If you are under 70, you need a document stating that you are housebound, along with the reason you can't make it to the library.

If you are interested or know of someone who has a desire to start receiving books and/or DVD's to their home, please give Mobile Services a call at 206-684-4713 and they will send you the paperwork for the Home Services Program.

There is no charge whatsoever for in-home services; all you need is a library card.

They do like to "keep a record of past reads just so they have a knowledge of what you like to read," says Probst, who delivers



PHOTO BY LISA WOOD

Virginia Johnson of Michaelson Manor frequently accesses the Seattle Public Library's Mobile Services. She says she looks forward to the service's monthly visit.

### Seattle Public Library will raise fees for overdue materials beginning Nov. 1

The Seattle Public Library announced it will increase its overdue fines, with the changes taking effect Nov. 1.

The daily fine for overdue books, CDs and DVDs will change from 15 cents per day to 25 cents per day. The maximum per item late fee is \$8.

Daily fines for an overdue inter-library loan (an item borrowed from outside the Seattle Public Library) will change from 25 cents to \$1 per day. The maximum per item late fee is \$15.

The daily fine for an overdue reference resource will change from 15 cents per day to \$1 per day. The maximum per item late fee is \$15.

The fee to print from library computers will also increase by five cents, to 15 cents per page.

All library accounts with a balance exceeding \$25 will be sent to a collection agency, including accounts for children and teens. A \$12 charge is added to the account at that time.

The library is implementing \$3.7 million in budget cuts this year, in the midst of the continued down economy.

The overdue fines affect materials checked out from library branches, and do not include materials distributed through the Mobile Services program. There will continue to be no overdue fines for Mobile Services library materials.

this service 20 days a month to 150 people in the program city-wide.

Mobile Services will continue to grow and evolve as time demands, but the commitment of the service will always be the same: bringing the Seattle Public Library to those who cannot reach the library themselves.

## Daytripper: Don't leave home without it

### What you need to carry with you on a daytrip

By KRISTIN O'DONNELL  
Yesler Terrace Resident

Everything a bus trekker needs on the road — you'll want to carry these items with you on your travels, particularly this fall and winter. A lot of these items can also double as pieces of your emergency preparedness kit.

Almost everything on this list can be found at garage sales or thrift stores — and much of it you may have already. You'll travel happier when it is all together, and if you add a change of underwear, you'll also have a portable disaster-readiness bag!

#### Clothes to bring or wear

- Comfortable shoes, the better for walking down trails or around town and running for the bus! (And I really like cushioned hiking socks.)

- Rain gear. A lightweight waterproof jacket with a hood, and/or a folding umbrella.

- Sweater or fleece jacket in the cooler months (probably all year in Seattle). Add a warm hat and gloves in the much cooler months.

- Sunglasses and hat when the sun shines.

- Clothes with big pockets are best while travelling!

#### Food and drink

- Water. Plastic bottles are OK, but do refill them. Fancy "hydration systems" and canteens are out there, but not necessary; all you need is something that won't leak.

- Snacks. Crackers, dried or firm fruit, and oh yes, chocolate. Cherry tomatoes and soft fruit don't spoil quickly, but do squish and make a mess if not carefully packed. Cheese, boiled eggs, carrot sticks and hummus will survive unrefrigerated for several hours, but should not be saved for the next day. Clean your bag out when you get home — ancient apples at the bottom of your pack are messy.

- A knife and fork or spoon makes snacking and eating food from grocery delis easier.

#### Maps, travel guides and schedules

- Some local transit agencies (Pierce Transit is one) have schedules with maps that are good enough that you will not need another map. Metro's Jackson Street office sometimes has copies of a 2006 map that shows all of the Metro routes in the county — slightly out of date, but mostly accurate.

- Road maps. For destinations farther afield, fold-out road maps are often available at thrift stores. Also available at thrift and used book stores: old copies of

Thomas Guide Map Atlases — they are big, they are heavy, and they work best for travel maps if you take them apart and bring the pages you need for your trip. Thomas books from the late 1990s are especially useful — they show stairways and pedestrian walkways.

- Travel/tourist information booklets. These are available at bus stations, tourist information offices (there's one at Westlake mall) and ferry terminals.

- Feet First publishes a series of detailed walking maps and guides, available at many Community Service Centers, Community Centers and Libraries and at their Pioneer Square office.

- Seattle Department of Transportation has just published three wonderful walking maps, available at Community Service Centers while they last!

- Bus schedules. You really do want to know when the last bus of the day leaves for home — and advance schedule reading is vital on trips to rural areas or long trips with transfers. Two hours at a park-and-ride lot is not entertaining.

#### And still more

- Tissues. Paper napkins can be even more multi-purpose, and cotton bandanas or handkerchiefs are useful and reusable.

- Hand sanitizer.

- Sunscreen, even in winter.

- Small flashlight. Another very good thing to have if you'll be out after dark is a red flashing light that clips to your bag or jacket, so car drivers will see you in the crosswalk and bus drivers will see you at the bus stop. The lights are available at bike shops and Fred Meyer in the flashlight department.

- Cell phone? I wouldn't go without it now, but I got along fine without one.

- A watch. You'll know when it is time to get to that bus stop.

- A compass? Maybe. I do use one (with maps) when I'm in an unfamiliar place without visible landmarks or frequent road signs, and it saves walking for blocks in the wrong direction.

- Notebook and pen. Helpful for note-taking and as a travel journal.

- A whistle for emergencies. Have I ever needed to use it? No. But you never know.

- Bus pass. An ORCA card, personal ID and enough money for bus fare and whatever else.

Last but not least, don't forget something to put it all in: A small backpack, soft-sided briefcase, bike messenger bag, or a tote bag — choose whatever is most comfortable for you.

Get a bag that is big enough but not too big, because bags get filled up, and bigger is heavier. A few reusable grocery bags (or plastic grocery bags) are useful for overflow items and grocery shopping.

Enjoy your travels.

## Payments

Continued from Page 2

quently fell below \$2 a gallon, so did the overall inflation rate. Seniors, however, kept the high COLA for 2009.

By law, the next increase won't come until consumer prices rise above the level measured in 2008. The trustees who oversee Social Security project that that will happen next year, resulting in an estimated 1.2 percent COLA for 2012.

Advocates for older Americans are pushing for some kind of payment to make up for the lack of a COLA.

"For over three decades, millions of older Americans have counted on annual Social Security benefit increases to help them afford their basic needs," said Nancy LeaMond, AARP's executive vice president.

"AARP is asking Congress to provide relief to millions of older Americans in the postelection session."



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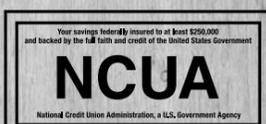
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**The Seattle Housing Authority (SHA)** anticipates issuing a Request for Proposals (RFP) in early October for Outreach, Interpretation and Translation services for East African and Southeast Asian Limited-Speaking Housing Residents of SHA. For details and information, please check SHA's website at <http://seattlehousing.org/business/consulting/requests/>

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 See Page 4



# SHA NEWS

November  
2010

News and information about Seattle's neighborhoods

## Resident Action Council seeks nominations for three executive positions

By TYLER ROUSH  
The Voice Editor

The Resident Action Council, entering a transitional phase in its leadership, is currently seeking nominations for president and two other positions on the executive council.

Nominations will be closed following the Nov. 10 RAC meeting, and a special election to fill the positions of president, vice president and treasurer will be held Dec. 15.

Former Resident Action Council (RAC) president Doug Morrison resigned his position in September, at the same time that he accepted a position on the Seattle Housing Authority Board of Commissioners. Morrison said he chose to resign his position with RAC and as chair of the Joint Policy Action Committee to avoid perceptions of a conflict of interest.

RAC Vice President Robert Jones and Treasurer Michael Hearte resigned later in September, reducing the executive council to Secretary Jim Bush and Ombudsperson Lois Gruber.

While the council awaits the results of the Dec. 15 special election to fill the three vacated positions, RAC has appointed a trio of resident leaders to serve as interim officers.

At its Oct. 13 meeting, the RAC named Yesler Terrace resident Kristin O'Donnell as interim president, Jefferson Terrace resident Pam Wilcox as interim vice president and Ross Manor resident Gail Ketterer as interim treasurer.

The interim officers will remain in office until the Dec. 15 election, at which point the new officers will fill out the remainder of their terms until the regular

Please see "RAC" on Page 2

## SHARP planning fire safety and disaster preparedness training



FILE PHOTO

A Seattle resident receives fire-extinguisher training at a Nov. 2008 fire safety training sponsored by SHARP and the Seattle Office of Emergency Management.

By DORENE CORNWELL  
Center Park Resident

SHARP, Seattle Housing Authority Residents Preparing, invites you and four to five of your neighbors to a special training opportunity — a chance to participate in some of the same training that Seattle Housing Authority building managers have attended on Fire Safety and disaster preparedness.

Let's face it: our building staff may or may not be onsite when a fire or disaster

occurs. However, this unique opportunity is designed to help residents be well-informed and perhaps to collaborate in advance with building staff about disaster preparedness and fire safety.

The training will be held from 1 – 3 p.m. Friday, Dec. 10 at the Seattle Emergency Operations Center, 105 Fifth Ave. S. in downtown Seattle. Staff from the Seattle Fire Department and Seattle Office

Please see "SHARP" on Page 4

## Seattle Housing Authority and RAC partner with CityClub on community dialogues

By JIM BUSH  
Center Park Resident

The election season is in full swing ... candidates are talking about why they want us to vote for them in person, via bulk mail, television and the phone. People on both sides of many of the initiatives and referendums are doing the same thing, using all of the outlets just mentioned. Given all of this overload, what's a voter to do?

That question deserves an answer — and we have one. Over the past month, CityClub, a nonprofit, nonpartisan organization based in Seattle, organized the "Community Matters Campaign," which included a series of 50 dialogues held in various locations throughout King County.

This year, four of these sessions took place in Seattle Housing Communities located in North Seattle (Jackson Park House), West Seattle (Stewart Manor), the Rainier Valley (Center Park) and First Hill (Yesler Terrace).

The topic for discussion for this year was Public Trust (how well we, as members of the community, interact with elected, appointed and hired government officials). These one-hour sessions (with trained facilitators) were coordinated by

Please see "CityClub" on Page 2

## Communities Connect Network Project receives \$4.2 million grant

### Several Seattle Housing Authority communities to benefit from the grant

By SEATTLE HOUSING AUTHORITY STAFF

Potentially thousands of Seattle Housing Authority residents will have improved access to high-speed internet thanks to a \$4.2 million federal stimulus grant.

The Communities Connect Network project will use the federal Broadband Technology Opportunity Program (BTOP) grant funds to improve public computing centers (PCCs) in Washington state.

Several computer labs located within Seattle Housing Authority communities will benefit from the grant.

Those communities include Yesler Terrace, High Point, NewHolly, Rainier Vista, Center Park, Westwood Heights, Denny Terrace and Jefferson Terrace.

The grant, which was awarded Sept. 16, will help expand the capacity of PCCs to improve broadband adoption rates, workforce preparation, digital literacy, access to education, justice resources and training.

The project will foster equitable access, training and increased broadband adoption by:

- Adding and upgrading computers and software, adding assistive technology, extending operating hours, and establishing four new public computer centers, including new public access computers at courthouses

- Capacity-building training to help PCCs meet the needs of vulnerable populations including in the areas of digital skill building, education, online legal services,

and workforce preparation

- Encouraging information distribution and sharing on the topics of education, workforce preparation, online safety, legal, financial literacy, and computer lab management through an online resource portal

- Establishing a Public Computing Center Directory and referral pipeline to help residents locate PCCs and help providers refer clients to services and support

As a result of this project, thousands of low-income families in Washington State will be able to access broadband services, education, job, health, and the civic tools that information technology provides. Public agencies, nonprofit organizations, and libraries across the state will be better able to utilize high-speed Internet services through resources and training to meet the community needs.

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## Reader's viewpoint

Readers of *The Voice* share their ideas

### Voices raised

BY LISA WOOD  
University House Resident

"Be quiet. Your opinion doesn't matter to me. When are you going to learn to shut your mouth?" Pretty harsh words coming at me from a really young age. Maybe some of you reading this have heard those words before, and can relate to the effect they can have on a person. This is about personal power and how important it is to overcome that voice that says 'shut up, you don't matter.'

In our community, there is a strong desire for an exchange - people that make decisions at the city level, county level and yes, the state level, want to hear from you. They all want to hear 'our' voice. These are people that make the decisions about local, state and federal laws and they want and need our voice.

It can be a scary proposition after all this time to raise your voice, even just a little. I also know it's okay. It will be all right. We truly do have power. We have power to change. Not only ourselves, but our environments — our homes, communities, cities, states and the world just by raising our voices and letting them be heard. And the city, state and world need our voice to make the changes necessary to be what

we want it to become: a thriving, living beautiful place that we are all happy to be a part of.

We have to participate though. All of us. We all need to share our voices. My authentic voice was quieted a number of years before my first experience sharing in Olympia in 2006. I got to speak with Governor Gregoire's aide and others at the Housing and Homeless Advocacy Day. Speaking with them while they took notes to pass on to my local representatives make me start to feel like what I shared — and my experience of being homeless 25 years - was not going to go to waste. Change could occur, and I could help that happen by participating with my experience, with my voice. I have continued exploring my options and found other ways of letting my voice be heard, of sharing my power.

With our collective voices raised, we can move mountains. It is really true that with one voice, people might think about what is said, however with a collective voice raised on any subject, the issue will definitely get noticed and heard. I think Albert Einstein was on to something when he said "Nothing that I can do will change the structure of the universe. But maybe, by raising my voice, I can help the greatest of all causes — goodwill among men and peace on earth."

groups have meetings that are open to the public — and they're always looking for people to attend their meetings or even become members.

In fact, if there's an issue that generates enough interest, but there's no organized group looking at it, the possibility of a group being formed to examine it could actually happen. This happened with the City of Seattle's Commission on Disability Issues, which was formed earlier this year after a number of people throughout the city advocated for such a group as a means of getting issues and needs being expressed by the disability community out in the open.

Another way to provide feedback to elected officials is one that everyone should know about, since everyone who's a registered voter has already received it. Yes, it's the ballot, and it's a very important tool for letting elected government officials know what kind of a job they're doing and how they could do a better one — or what policies or laws should be adopted. (Think of the many measures on this year's ballot, including the multiple initiatives and referendums.)

Filling out and returning that ballot is a very important step in the democratic process — and it's one we should not take for granted.

While some people may think the process is somewhat flawed in this country, it is important to know many countries don't have such a process for a variety of reasons, so we as Americans should be proud to have one, and do everything we can to make sure it works the way it should.

After all, we are a country with a government that is "of the people, for the people and by the people," and it is up to all of us to make sure it stays that way!

## More than 400 gather for Vietnamese Resource Fair



PHOTO COURTESY VIETNAMESE SERVICE PROVIDERS NETWORK

Members of the Vietnamese Service Providers Network and organizers of the 2010 Vietnamese Resource Fair pose for a photo in the NewHolly Gathering Hall. The Sept. 3 Resource Fair drew more than 400 guests.

BY VOICE STAFF

More than 30 organizations and 400 students, parents and community members turned out for the 2010 Vietnamese Resource Fair, making it one of the largest Vietnamese gatherings in the state.

The Sept. 3 Resource Fair drew community members from around the area to the NewHolly Gathering Hall, where service providers, community organizations and other groups offered informational resources and access to myriad community services.

The event was organized by the Vietnamese Service Providers Network (VSPN), a

committee comprised of representatives from Seattle Housing Authority, Vietnamese Friendship Association and Seattle Neighborhood Group.

"Although it was a lot of work for all of us, I personally feel rewarded and that my hard work has paid off, just seeing so many families came out that night," said Phung Nguyen of the Vietnamese Friendship Association. "Everyone that I spoke to walked away with information and a big smile on their face. To continue to meet the needs of our community, we really hope to have

Please see "Fair" on Page 5

### CityClub

Continued from front page

the Resident Action Council and Seattle Housing Authority and attended by quite a few people who had lots of feedback to share.

Those of us who attended the session at Center Park were willing to share a lot of information on what we perceived were the barriers faced by many residents in making their viewpoints known to government officials.

Some of these barriers include language issues (not everyone speaks the same language), cultural issues, and other issues that may be relevant (like some people not knowing how to contact government officials to provide feedback). While these were seen as obstacles, they also could lead to people (and the officials they wish to interact with) actually learning how to connect with each other effectively.

One of the ways that was mentioned is by contacting government officials by phone, e-mail or snail mail if they have an issue they want to see addressed. Another way is to find out when a governing body (such as the City or County Council) is going to take up an issue that may be important to you.

Many groups get advance information on issues that are important to them and send that on to their constituents, so getting on an organization's mailing list is generally a good way to stay informed on issues that are important.

If a public hearing is scheduled to take input on an important issue, find out when that hearing is and plan to attend.

Another way to provide feedback it through any number of citizen-advisory groups that exist, especially since those

### RAC

Continued from front page

RAC election in June 2011.

Nominations for RAC officer positions may be submitted via e-mail to Bush at jbwa2@yahoo.com or via regular mail to Resident Action Council, 2600 South Walker St., Suite #B-1, Seattle, WA 98144. Nominations may also be made by phone to 206-322-1297.

Following the close of nominations,

all candidates for office will be asked to complete a questionnaire about their candidacy.

For more information about the elections process, call the RAC office at 206-322-1297 or e-mail Jim Bush at jbwa2@yahoo.com.

RAC's upcoming meeting on Nov. 10 will also include updates on the respite care program at Jefferson Terrace and an update on the proposed redevelopment of Yesler Terrace.

### About The Voice

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

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 Tyler Roush at (206) 461-8430, ext. 227 or by e-mail at tyler@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.

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

## Construction to renew Denny Terrace begins

BY SVEN KOEHLER  
Seattle Housing Authority

Even though the \$11 million renewal of Denny Terrace has been underway for over a month, a casual observer would hardly notice because most of the progress is hidden from view. Step one of the homeWorks project was to build temporary walls around some of the parking spots under the building to secure storage space for construction materials. Resident parking spots were shuffled around to make room, and the trash areas have been temporarily relocated, but other than that, the obvious changes are few.

The plumbers have been busy hidden away in the mechanical rooms, working out of the way on the domestic hot water boilers and leaky pipes.

Those walled-off parking spots are now the temporary home for two of the building's water heaters. The aging boilers will be replaced by larger, efficient electrical boilers soon.

Out of sight doesn't mean out of mind for residents, however. The unfortunate side effect of replacing the boilers has been several disruptions to the water supply, primarily the hot water supply, but on occasion the cold water, too. The plumbers are working hard to make the durations short, but a misbehaving thermostat played some havoc with water temperatures.

Water temperature fluctuations may come as no surprise to some residents of Denny, as this was one of the complaints that were raised during the planning of the work. Resident Manager Paul Marsh looked at the maintenance history related to water temperature issues and worked with Construction Manager Brent Palmason to identify numerous units where there is a suspicion of a crossover of hot and cold water supply in the shower valves. A similar problem was identified this past spring during the homeWorks project at Bell Tower.

Fortunately, the plumbing subcontractor, Auburn Mechanical, is the same crew that

worked on Bell Tower, so they have experience with the problem. There is a twist to the issue at Denny Terrace — quite literally. The hot water supply pipes follow a twisty, serpentine route through the building, in contrast to the straight up-and-down path that was found at Bell Tower. But the cold water pipes do run in vertical stacks.

This means that more water shut-offs are inevitable during construction at Denny. While new shut-off valves in each unit are part of the plan to make things better in the future, the crossover of hot and cold water means that water leaks from the pipes in adjacent units, so plumbing work in one unit may mean a water shut-off in nearby units, too.

To lessen the disruption of construction on residents, the plan is to have residents stay in a hotel when the work impacts their apartment the most. In addition to new valves, drains and fixtures in the bathroom and kitchen, the other work that has a big impact on the apartment is the new windows. Therefore, plumbing and window installations will overlap.

Apartments will also get new lights, circuit breaker boxes and other electrical updates. The contractor is making every attempt to schedule this work while residents are safely accommodated in a nearby hotel for several days.

The work in the apartments is scheduled to begin after Thanksgiving and continue until next spring. The first group of residents will be getting a calendar with the dates of work in their apartment, and the dates of their hotel stay, soon.

Until then, the contractor and construction management staff continue to work to include as many additional items into the work scope as possible.

"I would really like residents to come back home from the hotel and find big improvements to their units that they will be able to benefit from right away," said Project Manager Juan Medina.

## What is missing at the Lake City Village construction site?

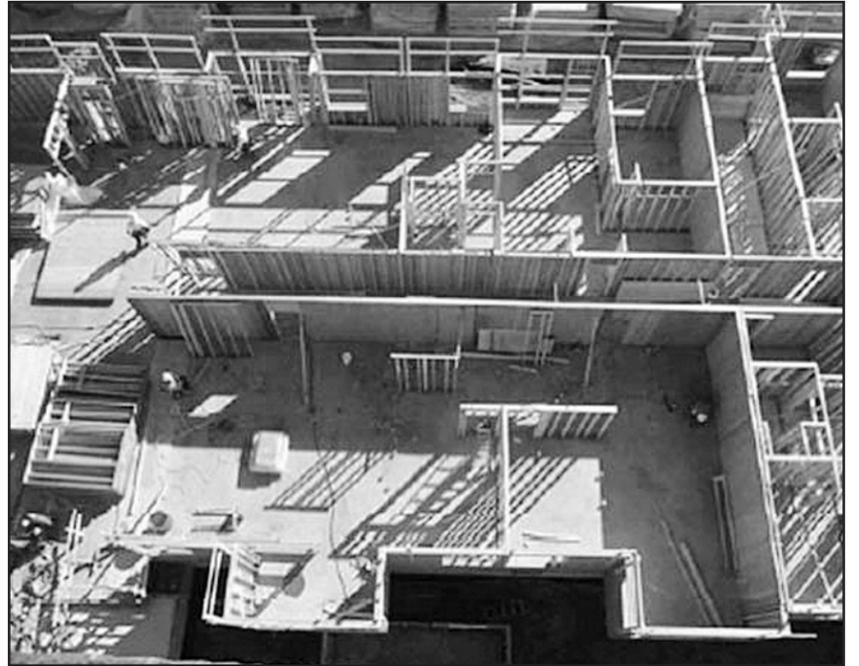


PHOTO COURTESY OF ANDERSEN CONSTRUCTION

This overhead photo of the progress of framing for the new family apartment building this October shows the interior layout of the future units. But what is missing from the site is the usual piles of two-by-four lumber and workers sawing and nailing wood that are common at many wood-frame construction sites. Instead, the project is using manufactured panels that are made with minimal waste in a factory and then put together on site.

## Blakeley Manor holds elections

At a recent meeting of the residents of Blakeley Manor, new officers for the building's resident council were elected for the coming year.

Residents elected four officers: President Caroline Hindman, Vice President Hinda Kipnis, Secretary Barbara Sutton and Treasurer Leigh Erie. Terms of office are one year.

Residents also indicated activities they wished to see available for the next several months. These activities included a game night, low-stress yoga exercise afternoons and a story hour with readings of residents' writings or a craft program.

Kicking off these activity options was a quarterly birthday party honoring those born in the months of July, August and September.



Neighborhood House

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## Advisory Group gets down to business at Jefferson Terrace

BY SVEN KOEHLER  
Seattle Housing Authority staff

In late September, the Seattle Housing Authority and Public Health – Seattle & King County finalized the lease to locate a Respite Care program. The planning for the program has been underway since last year, and the lease includes a provision to ensure that current residents of Jefferson Terrace have a venue for input into how the program meshes with the rest of the building.

This is the Respite Program Advisory Group, which held its first meeting on Oct. 13 in the building's community room.

The Public Health Department has leased the seventh floor to turn the space into a medical respite facility. Like the other respite facilities Public Health has opened in Seattle, the facility at Jefferson Terrace will give homeless people who are discharged from area hospitals a temporary, safe place to regain their health and become connected to social services.

The vacant apartments on the seventh floor will be converted to semi-private rooms for clients of the program, with common areas and office space for medical services and 24/7 staffing. A dedicated entrance for the seventh floor via an external elevator will help provide clear separation from the main building entrance. Construction will begin this winter.

The first meeting of the Advisory Group was attended by 16 residents of Jefferson Terrace, plus invited guests, Seattle Housing Authority property management staff members, and two representatives from Public Health. Before the program opens, an operator for the program must be chosen, and they will also be a part of the Advisory Group.

The first order of business was to clarify the purpose of the group. Seattle Housing Authority staff described it as an open, transparent forum to discuss and resolve issues related to how the Respite Program affects the rest of the building.

This included a commitment from property manager Laura Van Houten to record issues or concerns brought up by residents and present the resolutions to the group regularly.

Other topics of the meeting included the project timeline of important events before the program opens in summer 2011, such as the process to choosing an agency to operate the program. An operator has not been chosen yet.

A public proposal process will begin in December 2010, and the Advisory Group determined to meet again in December to discuss the selection process.

The Advisory Group agreed to decide by a vote at each meeting what issues are most important to discuss.

Members of the group identified the issue of access of respite program clients to any areas of the building besides the seventh floor as a major concern. Several residents questioned whether clients shall be allowed to be in the building for any reason, even if

invited by residents as a guest.

In addition to the physical separation of the seventh floor from the rest of the building, Chris Hurley of Public Health clarified that it will be forbidden for clients to enter the building while they are in the Respite Program. Breaking this rule would be reason for removal from the Respite program.

Additionally, Seattle Housing Authority staff underlined the expectation in the lease that the clients would not use the rest of the building. Whether or not to institute a house rule prohibiting residents from inviting clients into the building as guests was also debated by the Advisory Group.

Finally, the group discussed ways to better include participants in the Advisory Group who do not speak English. The meeting, originally scheduled for one hour, ended up continuing for well over two hours — indicating a high level of interest and involvement by the Jefferson Terrace community.

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Drug Take Back Day collects 150 pounds of unused medications

BY NEIGHBORHOOD HOUSE

On Saturday, Sept. 25, Neighborhood House's Drug Free Communities Program, Walgreens and the Seattle Police Department, along with the Drug Enforcement Administration (DEA), organized a Prescription Drug Take Back Day at the Walgreen's in High Point.

The Take Back Day is part of a nationwide effort to remove potentially dangerous prescription drugs from families' and seniors' homes.

Prescription drug abuse (such as using pain pills to get high) is a growing problem across the country among youth and adults.

Prescription drug overdose is now the leading cause of accidental death in King County — higher than all other drugs combined!

Doctors warn that it can be very dangerous to share prescription drugs with others, and that you should store medications in a locked area if possible.

Unfortunately, right now there are few safe ways to dispose of your unwanted prescription drugs.

Many drugs poison the environment if flushed down the toilet or thrown in the garbage, and most pharmacies do not take back used or expired medication.

That's why Neighborhood House organized the Prescription Drug Take Back Day. Neighborhood House's High Point youth leadership group, Teens Against Drugs and Alcohol (TADA) helped promote the event by going door to door and educating over 200 families on the dangers of prescription drug abuse.

Response to the Take Back Day was overwhelmingly positive. Organizers collected more than 150 pounds of unused medications — enough to fill an entire bath tub!

Those who came were very thankful to have the chance to safely dispose of unused and expired medications and get them out of their homes to keep their families safe.

If you would like to get involved in helping create a permanent prescription drug disposal service, such as drop off sites at pharmacies or police stations, or to learn about other



PHOTO BY MIKE GRAHAM-SQUIRE

Warya Pothan of Neighborhood House (left) and Linh Thach of the Seattle Police Department stand next to drugs returned in just the first hour of the High Point Drug Take Back Day.

drug, alcohol and tobacco prevention efforts in your community, please contact the Neighborhood House Drug Free Communities Coordinators Mike Graham-Squire (mikegs@

nhwa.org or 206-353-7945) or Steven Van (stevENV@nhwa.org or 206-229-7350).

## Self-defense classes for women offered at High Point

Seattle Neighborhood Group serves as organizer

BY SEATTLE HOUSING AUTHORITY STAFF

In response to safety concerns among residents of High Point, the Seattle Neighborhood Group organized a series of classes in October for local women and girls.

Two self-defense classes were offered in October at Neighborhood House High Point Center. The free classes were taught by Fight the Fear Campaign instructors (www.fightthefearcampaign.org).

The classes were for women and girls, ages 13 and above. Fight the Fear Campaign provides free self-defense training for women.

The issues became a priority after a woman was stabbed while walking in the neighborhood last April, in what was thought to be a random act of violence.

In response, community members began asking about self defense training classes.

Kelly McKinney, the Community Education Coordinator for Seattle Neighborhood Group, contacted women at High Point to find out if they would be interested

in a self-defense class.

Among the women she contacted were those at a Somali Women Forum in High Point this summer.

Their response was favorable, so Kelly proceeded with gathering key players for a meeting to discuss how to offer self-defense training for the women and girls at High Point.

A small group turned up for the first morning session. The second evening session had a larger group, with more women, teens and children participating.

Miranda Taylor, a Seattle Housing Authority Community Builder intern, participated in the class.

"The classes were a success, and the women gained confidence. They were impressed with the instructors and were glad they had participated," Taylor said.

McKinney also attended the classes, and participants shared with her that they enjoyed the class and found it helpful.

Seattle Neighborhood Group (www.sngi.org) supports public safety in neighborhoods.

Their mission is to partner with residents, businesses, government agencies and other service providers to advocate for safe neighborhoods and to develop strategies that create strong communities.

### Community green jobs forum

Friday, Nov. 12, noon – 2 p.m.  
YWCA Learning Center, 9720 Eighth Ave. S.W. in White Center

Be a part of Project GreenLight! Project Greenlight is recruiting men and women of color and low-income workers for free job training in:

- Deconstruction – Hazardous materials and demolition jobs that reuse/recycle building materials
- Green Building – Entry-level weath-

erization installation positions

- Green Manufacturing – Manufacturing/assembly of environmentally sustainable products

To pre-register for this event, call 206-290-5136 or e-mail info@gotgreen.org.

Light refreshments and language interpretation available.

Call for transportation if you are coming from Southeast Seattle.

This event is sponsored by Got Green (www.gotgreen.org) and the Workforce Development Council.

### SHARP

Continued from front page

of Emergency Management will conduct the training.

A key goal of this training is to build teams of residents in buildings who can take the basic information they learn at this training and work with resident councils and groups, building staff and floor helpers to enhance disaster preparedness throughout our communities.

SHARP really hopes that people will both sign up themselves and get neighbors and friends from other Seattle Housing Authority communities to sign up as well.

A minimum number of people must sign

up before the event can go ahead, so recruit your friends and neighbors to join in this unique training opportunity.

To sign up, contact Cinda Lium at 206-322-3291 or cindalu@ymail.com. Include the names, phone numbers, community name, address, e-mail address, and any language or accommodation requests for all participants you are registering.

There will be refreshments and door prizes. Make it a fun event and travel together by bus or access van, or share a taxi or carpool.

If you would like a SHARP team member to come talk about this event at your residents' council meeting, make a request to Cinda.



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# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Construction begins at Rainier Vista's new urban farm project

By LAURA GENTRY  
Seattle Housing Authority

Construction crews are hard at work laying the foundation for Rainier Vista's newest P-Patch project, a community urban farm. The project is a collaboration between the City of Seattle's Department of Neighborhoods, Solid Ground (a local nonprofit housing agency), Seattle Housing Authority and the Boys and Girls Club at Rainier Vista.

The new site will provide local, sustainable food for people who live in the Rainier Vista community. According to the U.S. Department of Agriculture (USDA), urban farming projects like this are a good source of low-cost, healthy produce as well as a training ground for youths interested in learning about gardening, food production and making healthy lifestyle choices.

The urban farm is being built in the northwest corner of the community, across the street from the current Habitat for Humanity home construction.

The project's design and construction budget of \$60,000 is funded by the Parks and Green Spaces levy Seattle voters passed in 2008. Solid Ground is providing \$3,500 for materials and supplies.

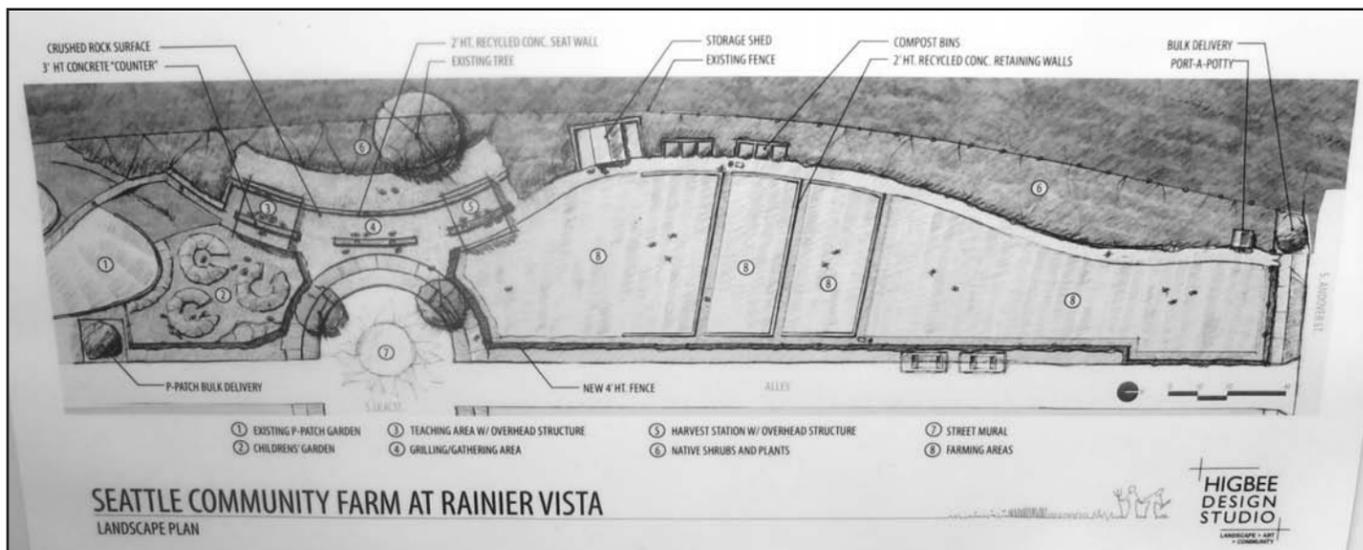
Seattle Housing Authority is providing the land and contributing \$6,000 to install an irrigation system. The Department of Neighborhoods is overseeing the project design, construction and budget management. The department will also pay for the site's water for three years. Solid Ground will manage day-to-day operation of the garden.

For more information on the Department of Neighborhood's P-Patch program, visit:  
<http://seattle.gov/neighborhoods/ppatch/levy.htm>



PHOTO BY LAURA GENTRY

A sign at the construction site explains the urban farm project as the crew works in the background on leveling ground for the new urban farm.



An artist rendering posted on a sign at the construction site shows the design of the urban farm as rendered by Higbee Design Studio. Included in the plan is plenty of farming space, a children's garden, a grilling/gathering area and compost bins.

PHOTO BY LAURA GENTRY

### Fair Continued from Page 2

another event like this in the future.” Sponsoring organizations included the Susan G. Komen Foundation, ICHS, King County Library System, Gilead, Foundation for Early Learning and Othello Park Station. The Susan G. Komen Foundation sent a team of medical professionals to set up a private room to provide breast exams for women free of charge. World Vision provided free school supplies for more than 400 parents and their children, while New York Life provided free identification cards for all children. Parents were urged to carry the cards in their wallets in the event that their children are lost. Seattle Housing Authority provided information on housing and employment opportunities for low-income individuals and families. The Vietnamese Friendship Association offered information for parents, including parenting resources and mentoring and

tutoring programs for children. The Seattle Neighborhood Group provided crime prevention information. Pepsi and Tammy's Bakery donated food and beverages. The event included an opening performance by Au-Lac Vovinam Lion Dance Team and face-painting, origami and balloon-making activities for children. The Seattle Fire Department also offered tours of a fire truck. More than 40 volunteers of all age groups helped out at the resource fair. The second annual event boasted triple the amount of sponsorships and donations from last year's event. “With the continued support from our community along with our generous sponsors and donors, we just had another amazing event, except this year it was better,” Nguyen said. For more information or to get connected with the VSPN, e-mail [phung@vfaseattle.org](mailto:phung@vfaseattle.org) or call 206-760-1573. John Nguyen of Seattle Housing Authority contributed to this report.

### Community notes

#### Get Online! Day is Nov. 18

Did you know you can attend classes for free or low-cost at most area computer labs? Do you know where your nearest lab is? If not, participate in Get Online! Day on Thursday, Nov. 18. The computer lab at Neighborhood House Rainier Center is one of ten labs in Central and Southeast Seattle that is partnering with the City of Seattle and the Citizens Telecommunications and Technology Advisory Board (CTTAB) for activities, workshops and demonstrations on how to better use the Internet to your benefit. Topics include connecting with friends online, paying your bills online, using e-mail, posting and sharing photos,

how to interact with the city online, using Skype to make free phone calls and online safety tips. The event runs from 4 to 8 p.m. on Thursday, Nov. 18 at the Neighborhood House Rainier Vista Center. Other participating labs that will host events at the same time include Horn of Africa Services, STAR Center, Refugee Women's Alliance, Seattle Urban League, Vietnamese Friendship Association, and the RecTech centers at Garfield, Rainier, South Park and Yesler Community Centers. For more information, contact Vicky Yuki at 206-233-7877 or by e-mail at [vicky.yuki@seattle.gov](mailto:vicky.yuki@seattle.gov). If you operate a computer lab located in Central or Southeast Seattle and would like to participate in this event, please contact Vicky Yuki.

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## NewHolly rallies behind its librarian

### Youth appeal to City Council to restore library funding

BY TYLER ROUSH  
The Voice Editor

Like cereal without the milk. That's what NewHolly youth told the Seattle City Council that the NewHolly library would be like without their branch librarian. NewHolly Library is one of eight libraries in the Seattle Public Library system that would become a "gateway branch" — meaning it would retain the same operating hours, access to library resources and most of its staff. But the library would no longer be equipped with a full-time librarian. "We want the librarians to stay in the library — in our view, it's like having the milk in our cereal," said NewHolly resident Dawit Nuguse. Nuguse and peers Maryan Abdullahi, Rutha Nuguse, Kassim Shaibi and Rasha Shaibi appealed for the City Council to restore library funding at a budget hearing Oct. 13.

The Seattle Public Library is managing \$3.7 million in budget cuts for 2011, but spokesperson Andra Addison said it's not just next year's budget that could have library users feeling the pinch. "It's been very, very difficult for the last several years to maintain core services with budget reductions. It becomes harder and harder to make these cuts without impacting the patrons," Addison said. "With every year, the choices get that much more difficult," Addison said. The library's budget is essentially comprised of expenses for staff and for books and materials, she added. Cuts have already been made on both sides — the library slashed the book budget by \$500,000 just this year, has reduced the number of library branch managers from 13 to six, and took a weeklong furlough in August. While the NewHolly Library may not retain its on-site librarian, Addison said the branch hours will remain the same, and that library staff will still be present at the location. Library staff will also receive training to answer more questions posed by library patrons. Librarians will still be available via e-mail, phone, and at other full-service libraries in the Seattle Public Library system.



PHOTO BY TYLER ROUSH

NewHolly resident Catherine Glavan (left) and neighborhood youth Dawit Nuguse, Rutha Nuguse, Kassim Shaibi, Maryan Abdullahi and Rasha Shaibi make a presentation in support of preserving the full-time NewHolly librarian at a City of Seattle budget hearing Oct. 13.

"We hope that patrons at NewHolly will continue to see services as high-quality and continue to have assistance there when patrons most need it," Addison said.

**NewHolly Community Council** invites you to participate! Get involved! Join a Committee!

-  **Multicultural Communication**
-  **Crime Prevention**
-  **Traffic Safety**
-  **Parks & Gardens**
-  **Welcome Wagon**
-  **Special Events & Block Parties**

For more information please contact:  
Joy Bryngelson  
NewHolly Community Builder  
7054 32<sup>nd</sup> Ave S. #205  
Seattle, WA 98118  
(206) 723-1725  
jbryngelson@seattlehousing.org

**Application for NewHolly Community Building Project Funds**  
Must request funding to community members who vote at  
Neighborhood Nights: Nov. 5, Jan. 7, 2011, April 22, 2011, July 15, 2011

**Project Name:** \_\_\_\_\_

**Project Leader(s):** \_\_\_\_\_

**Project Description:** When, where, and what will you do?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Neighborhood Impact:** How will this project improve NewHolly?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Building Community:** How are you going to involve neighbors in your project?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Budget:** \$100-1000. How much money are you applying for? What will you use it for?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Timing:** How long will it take to complete your project? What is your activity plan?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Multicultural:** Will you need interpretation and translation support for your project? Please describe. \_\_\_\_\_

**Project Team Members:**  
Who is involved in your project? Please complete the Team Member Information Form. (available in the Community Building Office on Campus or [www.newholly.org](http://www.newholly.org))

### You can get money for projects that help your community

The NewHolly Community Building Fund has \$5,000 available for neighbors with project ideas that can benefit NewHolly. How do you access that fund?

- Have an idea that benefits NewHolly
- Write your ideas on the one-page application (at left) and talk to a neighborhood committee or a community builder if you'd like help. Applications are also available at [www.newholly.org](http://www.newholly.org) or in the Community Building office.
- Present your ideas to your neighbors at a NewHolly Neighborhood Night, and ask them to vote "Yes" to fund your project. Upcoming Neighborhood Nights are from 6 – 8:30 p.m. on Fridays, Nov. 5, Jan. 7, 2011, April 22, 2011 and July 15, 2011.

**Free Lunch for NewHolly Parents**  
Monday, Nov. 22  
Noon – 1 p.m.  
NewHolly Campus

Do you live in NewHolly? Are you a parent? The Community Building Office and the mothers who started the NewHolly Parents Committee would like to invite you to attend a free lunch to share your ideas and talk about what the Parents Committee could do for next year. We have access to funds for projects and supplies. What kind of topics are you interested in? Would you like to be part of the committee? All activities are FREE!

- Training for parents about school, discipline, nutrition, self-care
- Free field trips for parents or families
- Support for one another
- Free translation and supervised children's activities during meetings
- Free information
- Free interpreters (please call ahead to let us know what language you need)

We hope to see you! If you would like to attend the Free Parents Lunch, please call Joy at 723-1725 to register so we can prepare the right amount of food. Halal options will be available as always.

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## A local landmark



PHOTOS BY KRISTIN O'DONNELL

The Yesler steam plant (above and right) has been designated a historic landmark by the city's Landmarks Preservation Board.



### Landmarks Preservation Board designate Yesler steam plant a historic landmark

BY VOICE STAFF

The distinctive steam plant in Yesler Terrace with the orange siding and towering smokestack is staying put for now.

In a unanimous decision, the City of Seattle's Landmarks Preservation Board voted 8-0 to designate the steam plant building as a local historic landmark at a meeting last month.

Built into the hill at the intersection of Eighth Avenue, Ninth Avenue and Spruce Street, the northwest façade of the building follows the curvature of Eighth Avenue as it bends down the slope toward Yesler Way. In arriving at its decision, Yesler Terrace resident Kristin O'Donnell said the board praised the unique architecture and the curving northwest façade — which appears to include original windows.

Built in 1941, the steam plant provided heat for the Yesler Terrace neighborhood for nearly 50 years, until it was decommissioned in 1989. At the time it went online, the steam plant was the first of its kind in a low-income public housing neighborhood on the West coast.

The building is currently leased to Harborview Medical Center, where it is in use as a cabinet and grounds shop. Part of the building is used as facilities storage for Yesler

Terrace.

The old Yesler Community Center at 825 Yesler Way, currently home to Seattle Housing Authority and Neighborhood House offices, was denied landmark status by the board. Both the steam plant and community center received a nomination for landmark status at a Preservation Board meeting in August.

Designations for the Epstein Building at 905 Spruce Street and for the entire Yesler Terrace neighborhood had been previously considered at the August meeting, but neither received a nomination.

The Seattle Housing Authority is in the midst of a planning process to redevelop Yesler Terrace as a mixed-income, mixed-use neighborhood.

### Slated for demolition, former Pizza Time building becomes fire training site



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

Firefighters conduct a training exercise at the Pizza Time building at 12th Avenue and Yesler Way in late September. The building was scheduled to be torn down, and the Seattle Housing Authority offered it to the Seattle Fire Department as a fire training site. The building was demolished in October.

### Play and learn



PHOTO BY JON POLKA

Head Start children gather in the play area at Yesler Terrace. The photo was taken by a photography intern with the Neighborhood House Head Start program.

#### A special report to the community

Included in this issue of The Voice is a special insert section, "Draft Environmental Impact Statement: a reader's guide." The four-page report serves as a companion piece to the Draft EIS for the proposed Yesler Terrace redevelopment.

Copies of the 700-page Draft EIS are available at [www.seattlehousing.org](http://www.seattlehousing.org). The comment period for the Draft EIS will be open until Dec. 13.

Comments may be submitted to [YTEISComments@seattlehousing.org](mailto:YTEISComments@seattlehousing.org) or Yesler Terrace EIS Comments, c/o Seattle Housing Authority, 120 Sixth Avenue N., P.O. Box 19028, Seattle, WA 98109-1028. A public hearing will be held from 6–8 p.m. Nov. 30 at the Old Yesler Terrace Gym, 835 Yesler Way.

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Winter heating safety በክረምቱ ወራት ሙቀት ለሚያመጣው ችግር ጥንቃቄ የክረምት ወራት ለካርቦን ሞኖክሳይድ መርዛማዊ ችግር መጋለጥና ለአስከፊ የእሳት ቃጠሎ መጨመር ምክንያት ነው። ነገር ግን የእሳትና ሌሎችም አደገኛ ችግሮች በሚከተሉት ትንሽ ምሳሌዎች ሊቀንሱ ይችላሉ።

የቤት ውስጥ ሙቀት በማንኛውም ወቅት በጋዝ የሚሰራ መገልገያ ወይም ማብሰያም ሆነ ማሞቂያ በቤት ውስጥ አይጠቀሙ። እነዚህ መገልገያዎች ካርቦን ሞኖክሳይድን ወይም አስከፊ የሆነውን ጋዝ ይፈጥራሉ። ቤታችሁን ለማሞቅ ብላችሁ የምግብ አቭንዎን አይጠቀሙ። በተለይም ማንም ሰው ሳይኖር አቭን ትቶ መሄድ በጣም አደገኛ ነው። ማንኛውም የቤት እቃ፣ መጋረጃ፣ ልብስና ሌሎችንም ነገሮች ጨምሮ ከማንኛውም የሙቀት ቦታ 36 ኢንች ያርቁ። ሻማ ለእሳት አደጋ ምክንያት ሊሆን ይችላል። ሻማ ማቃጠል

ከፈለጉ የሚያስቀምጡበት ቦታ እሳት ላያስነሳ ከሚያስችል የሻማ ቦታ ያስቀምጡት። በማንኛውም ወቅት ሻማን ትተው አይሂዱ ወይም ቃጠሎ ሊያስነሳ ከሚችሉ ነገሮች አያስቀምጡ።

የእሳት ጥንቃቄ ከቤትዎ ወይም በአፓርትመንትዎ ውስጥ ሁለት የመውጫ መንገዶች ለድንገተኛ ጊዜ ይፍጠሩ። የቤተሰብዎ አባላትም ይህን ፕላን እንዲለማመዱ ያድርጉ። ቢያንስ በየወሩ አንድ ጊዜ የቤትዎን አላርም መሰራት አለመስራቱን ለመሞከር በተኑን ይጫኑ። በአመት አንድ ጊዜ አላርምዎን ይጠራርጉ። ቆሻሻውን ለመጥረግ ቫኪዩም ይጠቀሙ። የጨስ አላርሙ የቢብ ድምፅ ካሰማ ባትራውን መቀየር ይኖርብዎታል። በአመት ሁለት ጊዜ ባትራውን መቀየር በጣም ጥሩ ነው ቢቻል በስፕሪንግና በፎል የቀንን ብርሃን ለመቆጠብ ሰአት በሚቀየርባቸው ወራቶች ማድረግ።

AN TOÀN CHO VIỆC SƯỞI ẤM TRONG MÙA ĐÔNG Mùa đông làm tăng thêm nguy cơ bị cháy nhà và những đe dọa bị ngộ độc than khí. Tuy nhiên có thể làm giảm đi việc cháy nhà và những nguy hiểm khác bằng cách tuân hành theo những qui tắc đơn giản sau đây

Sưởi ấm trong nhà

Đừng bao giờ dùng bếp nấu ga, hay lò nướng xài ga bên trong nhà, dù để dùng vào việc nấu ăn hay sưởi ấm. Những dụng cụ này cho ra chất than khí, loại khí gây chết người.

Đừng dùng lò nướng để sưởi ấm. Lò nướng khi mở lên dùng mà không trông chừng, có thể gây cháy nhà.

Tất cả mọi vật dụng, bao gồm bàn ghế salông, màn cửa, quần áo và các vật dụng khác phải để cách xa máy sưởi độ 36 phân Anh.

Đèn nén có thể gây nguy cơ cháy

nhà. Nếu quý vị thích thấp đèn nén, hãy chắc rằng quý vị cắm nó vào giá chân loại không bắt lửa. Đừng bao giờ để cho đèn nén cháy mà không trông chừng, và đừng để gần vật dễ bén lửa.

An toàn cho việc phòng tránh cháy nhà

Hãy chọn trước một lối với 2 ngõ thoát khi bị cháy nhà, và mỗi người trong gia đình cần phải thực tập theo kế hoạch đó.

Thử nghiệm máy báo động khói-smoke alarm- hàng mỗi tháng bằng cách bấm vào nút thử nghiệm.

Chùi rửa máy báo động khói ít nhất là một lần mỗi năm. Có thể dùng máy hút bụi để hút đi bụi bặm.

Thay pin trong máy báo động khói 2 lần mỗi năm- vào mùa xuân và mùa thu, khi quý vị vận động hồ để đôi giờ.

ናይ ክረምቲ ናይ ቤት ሙማቕ ድሕነት . ኣብ ጊዜ ክረምቲ ናይ ቤት ባርዕ ሓዊ ሓደጋ የኸትል እዩ ክምኡ-ወን ብመርዛም ስሚ ካርቦን ሞኖክሳይት ምስማም። እዞም ዝኸተሉ ነጥብታት ምስንኸተል ባርዕ ሓወን ሳዕቤናቱን ክንኸላኸል ንኸእል።

ናይ ወሽጢ ቤት ሙማቕ ብጋዝ ዝሰርሕ ተንቀሳቃሲ መሞቛ ኣብ ወሽጢ ቤት ናይ ባርብኩ መጥብሲ ኣይትጠቕሙ ካርቦን ሞኖክሳይት ዝበሃል ጋዝ ስለዘኸተሉ . ኣሸን ቤትኩም ንሙማቕ ኣይትጠቕምሉ ብቐረባ ኮይንኩም ዘትከታተልዎ ኣቭን እቶን ጠንቛ ባርዕ ሓዊ ክኸወን ይኸእል እዩ . ኩሎም ነገራት ከም መጋረጃ ክዳወንቲ ዝኣመሰሉ ኣስታት 36 ኢንች ካብ ምንጪ መውዓዩ ክርሕቁ ኣለዎም ሽምዓታት ወን ጠንቁ ባርዕ ሓዊ ክኸኑ ይኸእሉ እዮም ኣብ

ዘይነድድ መቐመጢ ኣቐምጥዎ ወሊዕክምዎ ኣይትርሓዉ ካብ ብቐሊሉ ክቃጸል ዝኸእል ነገር ኣርሕቕዎ

.ድሕነትን ጥንቃቄን ሓዊ ናይ ባርዕ ሓዊ ምምላጥ ምደብ ኣወጽኡ ክልተመንገዲ ካብ ቤትኩም ንወከፍ ኣባል ስድራኹም ድማ ኣብርዎም ነታሞልጎም ምጥዋቕ ነታ ናይ ሓዊ ባርዕ ሓባሪት ኣብ ነብሲ ወከፍ ወርሒ . ነታ ስሞክ ኣላርም ብምጥዋቕ ኣብ ወሒ እጽርዩዎ ቫኪም ክትጥቀሙ ትኸእሉ ኢኹም . ጢጢጥ ዝብል ድምጺ ካብታ ስሞክ ኣላርም ምስትሰምዑ ባትሪ ምቕያር ከምዘድሊ ትሕብረኩም ኣላ ማለት ዩ ኣብ ዓመት ክልተ ጊዜ ባትሪ ቕይሩ። ኣብ ጊዜ ስፕሪንግ ፎልን ሰዓት ኣብ ንቕይራሉ ጊዜ ባትሪ ሰምክ ኣላርም ክንቅይር ይተሓስቡ።

KULILINTA NABADA KULELAHA Xiligga qabobah wa badan in guriyo gubtan iyo quc sun wato waxan odan wala iskababadni xadii shariciga laraqo

KULELAHA GURIYASHA: Xaisticmalin hayabo oo gas isticmalayo iyo grill( birti waxa-lagushilo) guriga dahtisa hanaku kasrani rashin ama guriga haku-kuleini Waxas odanuhu kena quc ama CARBON MONOXIDE wa quc sun wato Hanastacmali oven in guriga ku kulesatid, oven xukiqiya dab wa shey ugu qatarsan Wakasta oo dab kiqni matalan darka iyo waxaylokale karayo

in meshi hearlka lagafogeyo 36 inches Shumaca wa shey kale oo dab kiciyo marak waxalagarab in asogadhatid birta lasaro shumac ama candles

BADABADISHO DABKA In asamesatan jidaka laikubaba-dikartani dabka hadu guriga ku kaco una bari dadka kuladegani guriga blankasa Bili kasta waxafirisa alarm quc inu shaqenayo Nidhafi qalab kas waxastamasha vucumka inu wasaqa kabixisid Sanda kasa bedel battery alarm qucka marku beeps samenayo hadu sasmeyo wa marku u bahadho batteriga

Winter heating safety Безопасность зимнего обогрева Зимой увеличивается вероятность домашних пожаров и других опасностей, таких, как отравление угарным газом. Но пожары и другие опасности могут быть предотвращены, если следовать нескольким простым правилам.

Отопление внутри дома

Никогда не используйте бензиновые приборы или грили в доме ни для приготовления пищи, ни для отопления. Эти приборы выделяют смертельный угарный газ. Не используйте плиту для обогрева

дома. Духовка, особенно оставленная без присмотра, может стать причиной пожара.

Все предметы, включая мебель, занавески, одежду и другие вещи, должны находиться на расстоянии не менее 36 инчей (91см) от любого отопительного прибора.

Опасность пожара может исходить от свечей. Если вы захотите зажечь свечу, убедитесь, что она прочно укреплена на невоспламеняющемся подсвечнике. Никогда не оставляйте свечу без присмотра и никогда не ставьте её на легковоспламеняющуюся поверхность или возле

воспламеняющихся предметов.

Пожарная безопасность Составьте план спасения, предусматривающий два пути побега из дому на случай пожара и потренируйтесь с каждым членом семьи согласно этому плану.

Ежемесячно проверяйте дымовой детектор, нажимая на кнопку проверки.

Очищайте дымовой детектор хотя бы раз в год. Вы можете использовать пылесос для очистки детектора от пыли.

Заменяйте батарею в детекторе дыма, когда он издаёт короткие

сигналы, то это значит, что батарея требует замены. Не мешает заменять батарею дважды в год – весной и осенью, когда мы переводим часы на летнее и зимнее время.

**No Khmer translation**

The Voice did not receive a Khmer translation for this month. We apologize for the inconvenience and will return with a Khmer translation in the next issue.