



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



# The Voice

December  
2010

Articles translated  
into six languages

The newspaper of Neighborhood House

## Puget Sound Sage's 'Vision for Justice Dinner' celebrates past and present

BY LYNN SEREDA  
*Housing Choice Voucher holder*

Labor leaders, housing advocates and community members gathered to recognize local community organizing campaigns at the annual Puget Sound Sage (Growing Communities Where all Families Thrive) Vision for Justice Dinner.

The theme of this year's dinner was Redefining Sustainability, and three organizing efforts were chosen to receive awards.

The three awardees were Ecofab, the first local private contractor to sign an agreement with the Laborer's Union to provide entry-level career track green jobs; Casa Latina's Worker Defense Committee, which recouped \$95,000 in unpaid wages for day workers; and the Bus 42 Campaign, which was led by the Asian Counseling and Referral Services (ACRS), International District Community Health Services (ICHS), the Filipino Community Center, and Legacy of Equality, Leadership and Organizing (LELO).

The Bus 42 Campaign and Metro bus issues have been previously reported in The Voice. Last year, when light rail opened, Metro proposed eliminating the Bus 42 line, which low-income riders heavily depend on for getting to work and shopping centers, and to crucial social services.

Interest in the route is strong — over 300 people attended a town hall meeting last year demanding full restoration of this bus.

While Metro ultimately restored very limited service on a shortened #42 line, bus riders and their activists are still organizing around transit disparities. Marc Ahrens, a driver on the #42 bus line, said that when there is only one bus trip per hour, "that is not serving the community."

The event also served to highlight the organizing efforts around transit issues during the Civil Rights era in Seattle.

Maid Adams, who was a member of the Congress of Racial Equality (CORE) in the 1960's, was recognized for her efforts to get a "Crosstown Bus" through the Central District and what is now MLK Way.

Adams spoke of how the past campaign to get a bus line through the heart of the African-American community used the

tactics of identifying problems through intensive research, attempting to negotiate solutions, and direct action such as demonstrations.

This form of organizing was directly inspired by Civil Rights-era organizing in the Deep South. Because of the work of CORE, the #48 bus was created, bringing better service and opportunities to the communities of color. A book is now being written on the history of the Seattle chapter of CORE.

Access to opportunities for low-income communities of color was also the theme of the keynote speaker, Richard Marcantonio of Public Advocates, who is a leading national public interest attorney based in the Bay Area of California.

Marcantonio spoke of how transit functions like an escalator in disadvantaged communities. By getting on this escalator, one can be lifted to places of opportunity, like college and better-paying jobs. Likewise, when transit service is cut back in poor communities, access to these opportunities becomes much more difficult.

Marcantonio said that to pursue transit justice, one only need to "follow the money." He was part of several successful lawsuits that challenged the allocation of funding for rail projects, which came at the same time as bus service was being cut back in West Oakland.

Recently, Marcantonio's group challenged stimulus funds being used to fund a tram project linking the Bay Area Rapid Transit (BART) with the airport. A bus already providing service at \$3/ride would be eliminated by the \$6/ride tram.

Because the additional fare would be a hardship on low-income workers who rely on transit to get to their jobs at the airport, Public Advocates filed a lawsuit citing civil rights violations. The suit was successful in freezing \$70 million dollars in federal stimulus funds until an equitable transportation solution is reached.

Both transit drivers and bus riders might be inspired by both the rich history of transit organizing seen in efforts such as the Crosstown Bus Campaign of 1966, and by the exciting new organizing occurring in places like Oakland — legacies of the Civil Rights Act.

## Holiday resources in your neighborhood



PHOTO BY LISA WOOD

Myrtle Greenwood (center) gets a plate of food during the Yesler Terrace Senior Holiday Luncheon Nov. 19. For a list of holiday resources in their area, Seattle Housing Authority readers may turn to the related story on Page 1 of SHA News. KCHA readers may turn to the related story on Page 1 of KCHA News.

### Add some sparkle to your holiday with Metro lights tour

Want to check out some sparkle? On Saturday, Dec. 11 the Metro Employee's Historic Vehicle Association has a three-hour Santa's Lights Tour using historic trolley and motorbuses to tour some of the city's flashiest and most flamboyant neighborhood displays.

Santa Claus stops by, and caroling often occurs. Fare is \$5 (no passes or transfers), with children 5 and under free. Buses depart from Second Avenue South and South Main Street (one block north of South Jackson) in Pioneer Square at 6:30 p.m.

Be on time — trips do sell out. Returning buses will stop downtown for easy

connections to regular Metro service.

Busses are historic, and access may be limited — call 206-684-1816 for details.

### Need still more glitter?

Decorated, choir-carrying boats from the Christmas Ship fleet visit parks around Puget Sound, Lake Washington and Lake Union every evening through Dec. 23. Seattle Parks Community Centers often furnish hot drinks, cookies and a bonfire. It is free and fun. (Not so much fun in the cold and rain — check weather forecasts!)

Call Argosy Cruises at 206-622-8687 for stops near you. Access varies from park to park.

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### A shorter Voice

The December 2010 issue of The Voice features a four-page front section. It will return to its standard length of eight pages next month.

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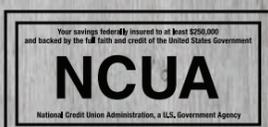


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Do you have a couch or other item you want to sell? Take advantage of the free person-to-person classified advertising in The Voice by filling out your 24-word ad below. Remember, write only one word per line and don't forget to include your telephone number in your ad! Mail your ad before the 18th of the month and it will be included in the next month's issue.

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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/>

### To place your ad in

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

A holiday tradition  
YESLER GATHERS FOR LUNCHEON  
See Page 7



# SHA NEWS

December  
2010

News and information about Seattle's neighborhoods

## Primeau Place residents 'Adopt-a-Drain'

*Volunteer effort is a testament to 'community-ism'*

By TYLER ROUSH  
The Voice editor

The residents of Primeau Place are hoping to set an example that others will follow.

On a Wednesday morning last month, a half-dozen residents worked with rakes and brooms to gather leaves in front of the SSHP building. Organized by Bob Fuller, a backup resident manager at Primeau Place, the building is participating in the city of Seattle's Adopt-a-Drain program. That means a lot of raking, sweeping and bagging — particularly after a heavy rain.

But the workload doesn't faze any of the participants, who have been energized by a sense of community service.

"This is just an extension of what we do in the garden," said Kit Bryant, also a member of the building's garden club.

The building is in a picturesque residential area of Capitol Hill, with views down to the water.

"This is one of the most photographed streets in the city here, down to the water," said Bryant, pointing to where Thomas declines toward Elliott Bay. "I hope other neighborhoods pick it up."

Fuller echoes the words of President John F. Kennedy in summing up the concept behind their service efforts.

"Ask not what your community can do for you; ask what you can do for your community," said Fuller, echoing Kennedy's 1961 Inaugural Address.

Fuller even coined a term for the concept, which he has called "community-ism." He espouses the virtues of community and civic involvement, qualities he learned in his youth in a small town in New Hampshire,



PHOTO BY TYLER ROUSH

Primeau Place residents (from left) Virginia Aken, Clara Eardley, Bob Fuller and Kit Bryant work in the garden in front of their building. The group recently joined with other residents to take responsibility for cleaning storm drains in front of the building.

a place where "if there was something on the street, you picked it up.

"And I think these other ladies are the same way," Fuller said.

He just needed a project to put that concept of community-ism to work.

While reading the newspaper, Fuller noticed an ad for the city's Adopt-a-Drain program. He researched the program online in the building's new computer lab (a recent addition to the building, brought about through the efforts of the computer lab committee, Fuller noted).

The more he learned about the program, the more he thought it might be a good fit for the building. Primeau Place has an active garden club and a number of residents motivated to serve their community.

"I thought, 'We could do this, it'd be a good example to the younger kids in the neighborhood,'" Fuller said.

Fuller recruited members of the garden club, including Bryant, Virginia Aken, Clara Eardley, Elvira Frenkel, Jean Rodriguez and Shirlee Seward. Sean McKenna, a member of Seattle Housing Authority's SSHP management staff, helped coordinate, and Carlton Stinson, a Seattle Public Utilities employee, provided rakes, brooms, collection bags and safety vests to aid the group's clean-up efforts.

The group volunteers weekly to rake leaves and other fallen debris out of three storm drains at the corner of 14th and Thomas, in front of Primeau Place.

As a result of their efforts, the group was featured on the Election Day broadcast of KING-5 News Nov. 2. On perhaps the most important day for civic engagement each year, what better subject than to feature a group of citizens volunteering to help their community, Fuller said.

*Seattle Housing submits Choice Neighborhoods grant application requesting \$23.9 million*

Partners for neighborhood transformation to include Seattle University, Seattle Public Schools and Historic Seattle

By SEATTLE HOUSING AUTHORITY STAFF

Seattle Housing Authority has submitted a grant application to the U. S. Department of Housing and Urban Development seeking nearly \$24 million to spark the transformation of the Yesler Terrace neighborhood through comprehensive education and employment programs, housing opportunities and support for economic development.

"The Choice Neighborhoods program focuses on improving the lives of the people in the neighborhood, not just the housing," said Seattle Housing Authority Development Director Stephanie Van Dyke.

While the complete transformation will take at least 15 years, the Choice Neighborhoods grant would be used for Phase I. Initial redevelopment would be focused on a broad area including Yesler Terrace and extending east toward 14th Avenue and south toward Little Saigon.

"This new program can capitalize on the assets and address the challenges that exist in this community," said Executive Director Tom Tierney. "Even though the neighborhood bears the burden of distressed housing and infrastructure, there are social assets in place to fuel its transformation. What's needed is a financial spark to ignite it."

The new program is designed to spur neighborhood renewal by linking housing improvements with services, schools, public assets, transportation and access to jobs. Specific improvements would include streetscape improvements along 12th Avenue and support for small-scale

Please see "Grant" on Page 4

### Resident Action Council elections to be held in January 2011

The Resident Action Council determined at its Nov. 10 meeting that a special election to fill three spots on its executive committee will be postponed until January 2011.

The election had previously been scheduled for Dec. 15.

The positions of president, vice president and treasurer are currently being filled on an interim basis, and will be filled via a special election. Nominations for all three positions will remain open through December.

For more information, call 206-322-1297 or e-mail [jbwa2@yahoo.com](mailto:jbwa2@yahoo.com).

## Holiday resources are available in Seattle

By LISA WOOD  
University House Resident

With a lack of money to make our monthly budget, everyone needs to know where to go to find some help in this time of great need. There is a wonderful resource available to Washington State residents called 2-1-1. The King County 2-1-1 Community Resource Online (CRO) is one of the most up-to-date and comprehensive databases of health and human services in King County.

Simply call 1-800-621-4636 or 206-461-3200, or visit [www.211kingcounty.org](http://www.211kingcounty.org) to learn about available resources for individuals and families in need.

If you find you need help putting together a holiday dinner, you can always go to a local food bank. Here are some choices.

### Northwest Harvest's Cherry Street Food Bank

Located at 711 Cherry Street, it is open Monday, Wednesday and Friday from 9 a.m. – 5 p.m. for full service. Thursdays it is open from 9 a.m. – 5 p.m. for children under 5 and their families. Call 206-625-0755. Accessible by Metro routes 3 and 4.

### Downtown Food Bank

Located at 1531 Western Ave. Open to ages 55+ from 10 a.m. – 1 p.m. Tuesdays and for the general public from 10am – 1 p.m. Thursdays.

Call 206-626-6462. Accessible by Metro routes 2, 4, 7, 13, 14 and 36.

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## Thai Nguyen joins Seattle Housing Authority as Communications Specialist

BY LAURA GENTRY  
Seattle Housing Authority

Thai Nguyen recently joined the Seattle Housing Authority staff as a Communications Specialist. Her position was created as part of the Communities Putting Prevention to Work grant. The \$169,000, two-year grant was awarded by Public Health – Seattle & King County to Seattle Housing Authority to explore non-smoking policies for up to 6,500 units of low-income housing.

"I'm excited to join the dynamic team at Seattle Housing Authority, where everyone takes pride in what they do because they are truly making a difference in the community," Nguyen said of her new position at the agency.

Nguyen graduated from the University of Washington with a degree in Environmental Health. Through a fellowship at John Hopkins University, Nguyen discovered a



PHOTO BY LAURA GENTRY

*Thai Nguyen has joined the Seattle Housing Authority staff as a communications specialist exploring non-smoking policies for the agency.*

passion for public health.

"I always knew I wanted to make a difference in the world, but I didn't quite know how," Nguyen said.

Shortly after her fellowship, Nguyen began working as an Environmental Health Specialist at the Tacoma Pierce County Health Department. After two years in that position, Nguyen continued her work in public health outreach by joining Public Health – Seattle & King County as their Public Health Educator.

After over six years in public service for local health jurisdictions, Nguyen is excited to join the Seattle Housing Authority team for a variety of reasons.

"I was drawn to this position at Seattle Housing because it involved outreach and education, directly working with community members and engaging them in important health topics," Nguyen said.

The position will draw on Nguyen's strong communications skills and her experience creating and designing educational mass media campaign materials. In her two previous positions, Nguyen developed media campaigns for a variety of health issues including germ spreading, food handling and soil contamination.

Nguyen hopes one of her first accomplishments in this new position will be surveying residents to gauge their feelings on developing a smoke-free housing policy. But first, she wants to focus on getting to know the people that work and live in Seattle Housing Authority communities.

"I'm really looking forward to getting out into the actual communities, visiting various sites, and getting a flavor and feel of the staff and the residents," Nguyen said.

## Seattle Housing one of 50 agencies at Resource Fair



PHOTO BY CHERYL SABIN

*Karmin Hallberg of Seattle Housing Authority attends a booth at the Bridging the Gap Resource Fair Oct. 16. The event was co-sponsored by the Seattle and King County housing authorities and the South County YWCA.*

## New budget sets ambitious goals in spite of economic challenges

BY SEATTLE HOUSING AUTHORITY STAFF

The Seattle Housing Authority Board of Commissioners passed the capital and operating budget for 2011 at its October meeting. The new budget is based on the staff's best estimate of revenues available in 2011 and reflects the directions set forth in the 2011-2015 strategic Plan.

The budget totals \$201.5 million, reflecting \$146.4 million in the operating budget, \$860,000 in grant-funded activities and \$54.2 million in capital projects.

The new budget is described as, "an ambitious agenda in a time of economic challenge." The ongoing recession continues to

present challenges both for the agency and the low-income residents who are hard hit by shrinking economic opportunities.

Reductions in state and local services to low-income residents will also strain housing authority resources and put increasing pressure on existing residents to meet their obligations without assistance.

The outlook for federal support is also dim, as post-election predictions indicate a pull-back on resources for housing.

"In spite of these challenges," said Executive Director Tom Tierney, "our 2011 budget will keep our commitment to housing low-income residents well into the future."

## Highline Community College helps low-income, ESL students enter health care field

### New College Attainment Program provides academic support and job search assistance

BY HIGHLINE COMMUNITY COLLEGE

Highline Community College's new College Attainment Program, in partnership with local nonprofit Neighborhood House, helps low-income, English-as-a-Second Language (ESL) students finish school and find work in the health care field.

"This program provides an opportunity for low-income students to achieve their long-term goals of obtaining higher education in the medical field, which will provide a livable wage for themselves and their families," said College Attainment Program's Education Navigator Cindy Holland.

The program provides one-on-one aca-

demical support and job search assistance to students enrolled in one of the college's eligible health care programs and living within Seattle city limits.

Holland will be on campus three days a week in the Transition Referral & Resource Center to help students connect to financial aid opportunities, register for classes and find employment in their chosen health care field.

Eligible health care programs include Medical Assistant, Medical Transcriptionist, Respiratory Care, Polysomnographic Technology, Registered Nursing and Patient Account Specialist.

For more information about the College Attainment Program, call 206-422-4710 or e-mail [cindyh@nhwa.org](mailto:cindyh@nhwa.org).

Highline's Transition Referral & Resource Center provides advising services to help upper-level ESL students transition to college-level courses. For more information, visit <http://flightline.highline.edu/transitioncenter>.

### Community notes

#### Hepatitis B Foundation sponsors B Informed Now, a patient and community workshop on hepatitis B and liver cancer

The Hepatitis B Foundation (HBF), a national nonprofit research and disease advocacy organization, will sponsor its 10th annual patient and community workshop on hepatitis B and liver cancer from 9 a.m. – 1 p.m. Saturday, Dec. 4 at the Asian Counseling and Referral Services' Community Hall, 3639 Martin Luther King Jr. Way S. in Seattle.

The event is in partnership with the Hepatitis B Coalition of Washington (HBCW), International Community Health Services (ICHHS), and Seattle Public Schools.

The workshops are designed to reach out to individuals and families who are affected by hepatitis B or who want to learn more about this preventable liver disease. Attendees will learn about the care and management of chronic hepatitis B and the importance of liver cancer screening and treatment, which is the most fatal outcome of hepatitis B.

All sessions will be in English with Cantonese, Mandarin, and Vietnamese

interpretation. Free breakfast and lunch will be provided. RSVPs required, please call 206-788-3687, or email [kimn@withinreachwa.org](mailto:kimn@withinreachwa.org).

#### Don't forget to register for the Dec. 10 SHARP training

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.

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 of Emergency Management will conduct the training.

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

### 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 [tylerr@nhwa.org](mailto:tylerr@nhwa.org).

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

You can also mail submissions to: The Voice, Neighborhood House, 905 Spruce St. #200, Seattle, WA 98104. Please include your name and contact information on your submission.

All submissions are subject to editing for accuracy, style and length.

# POINT OF VIEW

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

## Red Cross gives residents the know-how to save lives

*Get Ready trainings at five Seattle Housing Authority properties teach CPR and basic first aid*

BY TYLER ROUSH  
*The Voice editor*

It is the kind of training that can save lives.

Last month, the American Red Cross held training events at five Seattle Housing Authority buildings. At Cal-Mor Circle, about a dozen residents learned first aid and CPR techniques, as well as how to recognize symptoms of heart attack and stroke, and how to rescue someone who is choking.

The Red Cross Get Ready trainings were carried out over two 90-minute sessions in two weeks at Cal-Mor Circle, Bell Tower, Capitol Park, Olive Ridge and Westwood Heights.

Marcia Ford, a resident of Cal-Mor Circle, attended both sessions at her building. She said it's important for her to know how to provide care in the event of an emergency.

"If emergency aid is something I can do, I stay calm (during an emergency)," Ford said.

It's something that Ford knows from first-hand experience working as a shop steward for Boeing in the 1970s.

An accident left one of her co-workers with a significant injury to his hand. While another worker called 911, Ford applied compression on the victim's hand.

"I had a job," she said, explaining how she was able to stay calm while many co-workers were growing faint.

As soon as the injured man was taken

away in an ambulance, Ford said she completely lost her composure.

"I just fell apart," she said. "They assigned somebody to go take me home."

Still, it was her initial calm that enabled her to comfort her co-worker until an aid unit arrived.

Cal-Mor Circle resident Rod Helms said too many people won't act in an emergency situation because they lack the basic first aid training.

"But if they have the training, they might be more motivated to jump in to help out, and save someone's life," he said.

Residents at Cal-Mor Circle gathered in the building's community room to receive instruction. Sarah Rothman of the American Red Cross detailed the three-step emergency action process: Check, Call, Care.

Check the scene for possible hazards, call or assign a helper to call 911, and begin emergency care, she explained.

With a training dummy, she demonstrated CPR techniques, including "compression-only" CPR, which entails a series of chest compressions but none of the "mouth-to-mouth" breath exercises.

Though much of the training session focused on how to render aid, one section covered the legal issues that surround it.

Rothman explained Washington state's "Good Samaritan" law, which protects a person who volunteers to offer emergency care from liability, provided that the care

Please see "Red Cross" on Page 5



PHOTO BY TYLER ROUSH

Marcia Ford, of Cal-Mor Circle, practices compression-only CPR on a training dummy during an American Red Cross Get Ready event last month.

### University House to host holiday bazaar and craft show

University House is hosting a holiday bazaar and craft show from 10 a.m. – 4 p.m. Saturday, Dec. 11.

Residents will be showing and selling their wares at reasonable prices just in time for those last-minute holiday shopping items on your list. The event is open to the public, and all are welcome.

University House is located at 4700 12th Ave. N.E.

### Harvard Court elections announced

The Harvard Court Resident Council will hold its elections from 5 – 7 p.m. Dec. 17. A holiday party for residents will be held at the same time. Harvard Court residents should speak with members of the resident council for more information.

## Residents prepare for apartment remodels at Denny Terrace

BY SVEN KOEHLER  
*Seattle Housing Authority*

After months of preparation by the homeWorks team, the countdown clock until apartment remodels begin at Denny Terrace has finally ticked down. Soon after the turkey leftovers from Thanksgiving are gone, the first residents at Denny Terrace will be getting ready for construction in their apartments.

Since September, residents have become accustomed to ever-increasing construction activity in the building. Now that the plumbing work on the water heaters in October has quieted down, the most noticeable action in November was the sound of demolition and concrete cutting in vacant apartments, as they are converted to become more wheelchair-accessible.

In addition, residents have begun to take notice of the sample of new windows that were installed in a vacant apartment on the building's north side. This is the mock-up that the contractor, WG Clark, is using to perfect the installation process before beginning work in occupied units.

"It's important for us to be comfortable that we've got all our ducks in a row before we start in people's apartments," explained site supervisor Murph Cruse.

After viewing the windows and trying out the "tilt-turn" functions, several members of the Denny Terrace homeWorks Resident Advisory Group were impressed. Several of them noted that the windows seem to shut out the road noise from Interstate 5, which runs a stone's throw from the building.

The windows proved to be easy to open and close, even for someone using a wheelchair. The ability to open the window in two different directions was also a hit.

The installation process for the windows takes about two weeks per apartment, and three or four apartments will be worked on at once. A new group of apartments will begin their remodeling sequence every day, except for holidays.

Before residents can enjoy their new windows, they will have to leave their apartments for a week while the remodeling goes full-steam ahead. Residents are packing

Please see "Remodel" on Page 6



PHOTO BY BRENT PALMASON

To start with a blank slate during the conversion of regular apartments to special wheelchair accessible units at Denny Terrace as a part of homeWorks, workers ripped out all interior walls and plumbing. Eleven units are being completely redone to meet Uniform Federal Accessibility Standards (UFAS), with features that help accommodate wheelchair users and others with special mobility requirements, like wider entry doors, roll-in showers, wheelchair-compatible turning radius requirements, and optimized counter heights.

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Groceries at last! High Point Mini Market opens its doors

BY VOICE STAFF

The High Point community has a new option for fresh produce, halal meats and other groceries, all within walking distance for many residents.

The High Point Mini Market opened its doors Nov. 8 with a grand-opening event. Community members were invited to visit the new market space at 3413 S.W. Graham St., near the corner of Graham and 35th Avenue Southwest. The store's regular business hours will be 9 a.m. - 9 p.m. daily.

High Point has had a need for fresh produce and other groceries for quite some time, a fact that market manager Ubah Mohamed is well aware of.

"I grew up in High Point, so I know this is useful," she said.

The market sells halal meats, including goat, lamb, beef and chicken, as well as fresh fruits and vegetables. Dry goods such as cereal, pasta and rice, ethnic spices, and canned goods are also available.



PHOTO BY TYLER ROUSH

*The High Point Mini Market sells fresh fruits and vegetables, as well as halal meats, dry goods, and some household goods.*

"We have a little bit of almost everything," Mohamed said.

While the market is many months, if not years, in the making, Mohamed said the biggest challenge was simply finding the space to put it. The owners eventually worked out a deal with Han's Auto, a neighboring business, for the space near the corner of 35th and Graham. The location puts it within



PHOTO BY TYLER ROUSH

*A customer peruses items on the shelf at the High Point Mini Market, a grocery store that recently opened at 3413 S.W. Graham St.*

walking distance for many High Point residents — an ideal situation for both the business and its potential customers.

For more information, call the High Point Mini Market at 206-932-4003 or e-mail HighPointMiniMarket@gmail.com.



*As part of Seattle Housing Authority's Choice Neighborhood proposal, the Washington Hall performing arts building (above, left) and the Baldwin Apartments (right) would be renovated.*



PHOTOS COURTESY SEATTLE HOUSING AUTHORITY

## Grant Continued from front page

local retail.

Phase I activities would include new housing on the 12th and Yesler block, renovation of the Baldwin Apartments on 14th Avenue, and renovation of the historic Washington Hall performing arts building. If funded, the grant would pay for demolition of 40 severely distressed public housing units, construction of 70 replacement units for extremely low-income residents and construction of an additional 124 low-income and workforce housing units.

An additional 18 housing units for extremely low-income residents would be gained through the rehabilitation of the Baldwin Apartments. In addition to the housing, the Choice Neighborhood program also focuses on improving the quality of the neighborhood and increasing opportunities for the people who live there. Education

and economic opportunity are especially important for transformation.

The education component would address the needs of school-age children and youth, from pre-school to college. The local elementary school, Bailey Gatzert, would benefit from engagement with both students and staff from nearby Seattle University, which has signed on to take the lead in improving education.

Kent Koth directs Seattle University's Center for Service and Community Engagement, and will manage the potential partnership.

"We are looking forward to facilitating measurable positive change in the lives of youth living at Yesler Terrace," he said. "The Choice Neighborhood partnership provides a means of bringing together an array of university resources and expertise to help children succeed and further our mission of service."

The Seattle University Youth Initiative

is uniting the university with the wider community in creating a pipeline of support for low-income youth and families in the neighborhood. In creating SUYI, Seattle University drew upon exemplary practices of community engagement and nationally-recognized models of neighborhood development such as the Harlem Children's Zone. About \$3.6 million of the grant proceeds will fund education and employment programs.

The renovation of Washington Hall will allow it to continue to provide important cultural opportunities in the neighborhood. Originally built in 1908, it has anchored the social and cultural activities of the Yesler Neighborhood for more than 100 years. Seattle Housing Authority will work with Historic Seattle to direct about \$3.6 million of the grant proceeds to the rehabilitation project.

Housing authority officials expect to hear the results of the grant process in 2011.

## Exercise classes offered at High Point Center

Want to feel better, have more energy and perhaps even live longer?

Look no further than old-fashioned exercise. Exercise decrease stress, helps manage your weight, fights diseases, boosts energy and helps you sleep better.

Be Active Together (BAT) of Neighborhood House is providing free exercise classes at High Point. All classes are held at the Neighborhood House High Point Center, 6400 Sylvan Way S.W.

Anyone can participate, and gifts are available for the most dedicated class members:

- Attend 10 classes and you will receive a T-shirt.
- Attend 30 classes and you will receive a hooded sweatshirt.

BAT is also organizing women/girls only swimming lessons at the Southwest Community Center pool.

The pool will be covered and suitable for all ability levels. BAT is recruiting 32 participants.

The fee is \$15-20 (with BAT scholarship) for a series of ten 30-minute swim lessons.

Contact Denise Sharify (206-588-4900, Ext. 608) or Asha Sheikh Ishmail (206-588-4900, Ext. 609) at Neighborhood House for more information.

### Exercise class schedule (for all levels)

Workout with Willie — Wednesdays from 6 - 7:30 p.m. and Saturdays from 10:30 - noon

Women-only Exercise — Fridays from 5:30 - 7 p.m.

Note: No classes held the last two weeks of December.

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Computer lab open house encourages users to "Get Online"

By TYLER ROUSH  
The Voice editor

Come in, plug in and get online. That was the goal of the Get Online, a City of Seattle event that spanned 10 community computer labs in Central and Southeast Seattle, including the Neighborhood House Technology at Rainier Vista.

"This is a great opportunity to get people to come into our center and get connected," Rainier Vista Center Manager Kate Farmer said.

Though more people nationwide are getting connected to the internet through e-mail, mobile phones and social networking, older adults, immigrants and low-income persons lag behind the curve.

"A lot of people in our community are still not using the internet on a daily basis," Farmer said. "They're not aware of all the resources and tools available to them online."

The Get Online event provides greater exposure to community computer labs in Seattle, which some potential users might not be aware of.

"We wanted to have an opportunity for

a dedicated, public time to call attention to these community labs," said David Keyes, of Seattle's Department of Information Technology. "So many people know about the libraries, but aren't aware of these labs."

The Get Online event is "an opportunity for newer people to get an introduction to ... available programming and services," Keyes added.

It's also a chance to connect volunteers to the community. From 35 to 40 city employees volunteered between the 10 Get Online sites, offering their skills to patrons.

A group of youth volunteers from Neighborhood House's Digital Connectors program at Rainier Vista also staffed the event.

The program connects high-school age youth with computer and technology training in the idea that they will become ambassadors in their community — a resource for older adults to learn about computers.

Phi Nguyen, a Franklin High School sophomore, greeted guests at the door.

"I started (Digital Connectors) a couple weeks ago," she said. "I'm learning a lot."

Another Digital Connector, Lakesha



PHOTO BY TYLER ROUSH

Digital Connector Elsa Fentahun (right) helps computer lab guest Haftu Weldetatyos register at the Get Online event Nov. 18.

Dickerson, is a freshman at Franklin.

"It's fun," she said of the program. "We do a lot of exercises with communication skills, and we learn how to teach computer skills to the community."

The event was a good opportunity for the Digital Connectors to test out both their

technology skills and service to the community, according to Kat McGhee, Neighborhood House's Rainier Vista Computer Lab Coordinator.

"This was the first event any of our Digi-

Please see "Online" on Page 6

## Tamarack Place construction complete, grand opening planned for January



PHOTO BY REBECCA PROUDMAN

Three multi-story townhouse-style units are in the back of the building, with raised views over the adjacent playfield.

By LAURA GENTRY  
Seattle Housing Authority

Construction is complete on Tamarack Place, an 86-unit low-income apartment building located at Rainier Vista next to the Rainier Vista Boys & Girls Club. Residents began moving into the building in November, and a grand opening celebration is anticipated in mid-January.

The four-story building, designed by Tonkin / Hoyne Architecture & Urban Design, includes 83 low-income rental units ranging from one to three bedrooms. There are also three multi-story townhouse-style

units in the back of the building, with views over the adjacent playfield.

The first floor features commercial space for lease. Commercial leases are currently being signed by restaurants, an acupuncturist and other small businesses. Announcements of these business openings will be made soon.

Located on the east side of Martin Luther King, Jr. Way South, the building is within walking distance of existing bus lines and the new Columbia City Light Rail station, and close to schools, shopping and community centers.

The building boasts a number of green



PHOTO BY REBECCA PROUDMAN

One of the newly finished Tamarack Place units shows the open floor-plan and energy-saving appliances featured in every unit.

features. Residential units include water-conserving plumbing fixtures, Energy Star appliances, high-efficiency lighting fixtures and Green Label Plus certified flooring. Each unit also has its own electricity meter (or sub-meter) to encourage individual household energy conservation.

One thing that sets Tamarack Place apart from much of Seattle Housing Authority's housing is that it's a mixed-use building with ground-floor commercial space. Seattle city zoning laws require a percentage of commercial space in newly-built residential developments for certain zones.

Leasing of Tamarack Place units will continue through the month of December, but the building is expected to be fully leased by mid-December. If you are interested in finding out more information about leasing, call 206-721-2980. Housing Choice (Section 8) voucher holders are welcome to apply.

The construction of Tamarack Place was paid for by Seattle Housing funds, funds from the American Recovery and Reinvestment Act and HOPE VI funds.

### Next Community Kitchen coming up on Dec. 10

Residents of Rainier Vista are invited to the next Community Kitchen from noon - 2 p.m. Friday, Dec. 10 in the Paul Allen Room of the Neighborhood House Rainier Vista Center.

There is no cost to attend the community potluck meal.

Residents who attend are encouraged to prepare two or three cultural dishes to enjoy with the rest of the community.

The benefits of the community kitchen include making new friends, learning new recipes, improving your cooking skills and preparing healthy traditional foods.

### Red Cross

Continued from Page 3

is conducted in good faith, is not negligent, and falls within the scope of the individual's training.

A voluntary responder must also obtain consent from the victim before rendering aid. If the victim refuses care, one can — and should — still call 911.

When a person is unconscious or cannot respond to a request for consent, it is considered implied consent.

The law is different for minors — a parent or guardian is required to offer consent to render aid. If no parent or guardian is present, consent is implied, and one may proceed with emergency care.

To help others and to save lives is why Helms said he attended the session.

"It's a re-inspiration to motivate yourself to do the things you need to do," he said.

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## NewHolly celebrates Eid Mubarak



PHOTO BY SCOTT FREUTEL

This elephant bounce-house was the chief attraction for boys and girls alike at the Eid Mubarak 2010 celebration held on Tuesday, Nov. 16 at the NewHolly Gathering Hall. Originally a religious festival honoring the prophet Abraham's readiness to sacrifice his son Ishmael, Eid Mubarak is now also the occasion for gift-giving, for wearing new clothes, for visiting friends and family, and for feasting.

"Eid is a celebration of our religion — and it's when we have fun for an entire

day," said an excited Sumaya Faqi, 11, a resident of NewHolly.

The bounce-house burned off some, but by no means all, of the children's energy; they had plenty left for dancing and for feasting on halal chicken and hot dogs and rice and many another dishes besides.

The event, which was open to all, was sponsored by the Atlantic Street Center and NewHolly Community Building office, and was organized and staffed by volunteers.

## Resources

Continued from front page

### The Family Works Food Bank

Located at 1501 N. 45th St. Serves seniors and persons with disabilities from 11 a.m. - 1 p.m. Tuesdays and the general public from 2 p.m. - 5 p.m. Thursdays and 11 a.m. - 1 p.m. Fridays.

Call 206-694-6723. Accessible by Metro routes 16 and 44.

### Lake City Food Bank

Located at 12736 33rd Ave. N.E., it is open for seniors and disabled from 9:30 - 11:15 a.m. Saturdays and for the general public 10 a.m. - 1:30 p.m. Wednesday, 4 - 7 p.m. Thursdays and 11:15 a.m. - 1 p.m. Saturdays.

Call 206-367-3477. Accessible by Metro routes 41, 64, 65, 72, 75, 79, 243, 306, 307, 312, 372 and 522.

### St. Mary's Home Delivery Service

Located at 611 20th Ave. S., it offers deliveries for homebound seniors and individuals in Central Seattle. Deliveries are

made from 9 a.m. - 7 p.m. Wednesdays.

Call 206-324-7100 Ext. 21 and speak with Kate Maughan about home deliveries. Accessible by Metro route 14.

### University District Food Bank

Located at 1413 N.E. 50th. Open five days a week — Monday, Wednesday and Friday from 10 a.m. - 3 p.m. and Tuesday and Thursday from 3 - 8 p.m. Accessible by Metro routes 48, 70, 71, 72, 73 and 74.

### West Seattle Food Bank

Located at 3419 SW Morgan Street. Seniors are helped from 9:30 - 11 a.m. Tuesdays and the general public from 4 - 7 p.m. Wednesdays and 10 a.m. - 1 p.m. Thursdays.

Accessible by Metro routes 21, 22, 37, 54 and 55.

I hope this list will help make the budget stretch a little farther over the holiday season and beyond. May this holiday season be one of joy and peace for you and your family.



Visit the NewHolly Community website at <http://www.newholly.org/>

You'll find a Directory of Services, announcements of neighborhood events and community projects, a link to The Voice resident newspaper and much more.

## Online

Continued from Page 5

tal Connectors attended that bridged technology education and community service," McGhee said. "Simply seeing how an event like that runs and being able to work one-on-one with community members was, I think, a great introduction to using technology as a community building tool."

As for guests of the Get Online event, Keyes said he hopes their new familiarity with community labs like the one at Rainier Vista will lead to more opportunities for

employment, education, and civic engagement.

"We certainly hope people use the labs for jobs and education, and also write the mayor and city council — to participate in city government," Keyes said.

The Neighborhood House Technology Center at Rainier Vista holds regular hours Monday through Friday, with both scheduled programming and open lab times. For more information, including tech center hours, contact McGhee at 206-461-4568, Ext. 202, or [kathrynm@nhwa.org](mailto:kathrynm@nhwa.org).

## Remodel

Continued from Page 3

their bags for a week-long hotel stay during this intense construction period, with lodging, meals and transportation paid for by Seattle Housing Authority.

Not only are new windows being installed, but the units' bathrooms are being completely renewed. During pre-construction visits from homeWorks team members throughout the month of November, residents learned that the bathrooms will be almost completely different.

Water will be turned off to each unit (and occasionally surrounding units) to install a new shower valve, a new toilet, new faucets and new shut-off valves. The extensive bathroom remodel also includes a real heater to replace the old, ineffective heat lamps, a brand new sliding shower door, a new ventilation grille, and new light fixtures.

To round things out, the tiles will be cleaned, re-grouted and re-caulked, and the walls will be spiffed up with a new coat of paint.

While new shower doors were universally praised by residents, perhaps an even more hearty cheer was heard when they learned that new baseboard heaters would be installed. Due to the increase in insulation that is a hallmark of Denny Terrace's green makeover, the new heaters are able to be lower wattage compared to the old, and thus will take up less wall space than the old ones.

While staying in a hotel for a week may seem like a vacation to some, there is no doubt that this poses a disruption to residents' daily routines. Several considerations

have been made to help ease the way for residents.

Care was taken to keep residents close to the daily activities, appointments and community ties that are important to everyday life. A key factor in selecting the hotel where residents will stay during construction is that it is located a mere five blocks away from Denny Terrace, and on the same bus line.

For some, the fact that the hotel welcomes pets is even more important, and since the hotel has free wifi and a computer room for residents to use, it will be a little more like home.

A special arrangement was made to provide daily shuttle service to and from the building and the hotel for residents to stay connected to their community, each and every day during the nearly six-month long apartment construction sequence.

Moving help and assistance in packing and preparing for the hotel has also been arranged. An emphasis on preventing bedbugs from hitching a ride to or from the hotel is part of the preparations.

Existing counseling services for bedbug prevention by ElderHealth Northwest have been stepped up. Also, starting with a building-wide search by a bedbug-sniffing dog in late November, there is a concerted effort to snuff out any hibernating bedbugs that could get stirred up during the course of the hustle and bustle of construction.

With all preparations in place, the results of the first apartment remodels are eagerly awaited by the construction team and residents of Denny Terrace alike. The first results of a year's worth of planning for homeWorks should show by mid-December.



Neighborhood House

Strong Families. Strong Communities. Since 1906.



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# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY



PHOTO BY LISA WOOD

Student volunteers from Seattle University served food at the Yesler Terrace Thanksgiving Luncheon Nov. 19.

## Yesler residents gather for annual Thanksgiving Luncheon

BY LISA WOOD  
University House Resident

The Yesler Community Center was overflowing with laughter, music, food, and general merriment on Friday, Nov. 19 at Yesler's annual Thanksgiving Luncheon.

Willie Pete, or "June Bug" as he is known around Yesler Terrace, shared his feelings about living in the Yesler community.

"I have been living here off and on since 1957. We were out from sun-up 'til sun-down. We left as a group and came back as a group," he said.

Even though the people in this community have changed over the years, the spirit of strong families hasn't. If you have been part of Yesler Terrace, you can still walk into the Yesler Community Center and feel like you are part of one giant community. One of the guests at the luncheon, Helen Smith, did that very thing. Smith is a retired beauty operator who stopped by for the luncheon because "Annie (Edwards) had called and told her about the event."

She no longer lives at Yesler but says "Yesler is my old stomping ground, and Annie is my friend for years. I raised my two children here at Yesler, and it's good to see anyone familiar."

Edwards, a Neighborhood House family



PHOTO BY LISA WOOD

Willie Pete, who goes by the nickname "June Bug," has lived in Yesler Terrace off and on since 1957.

### Yesler Terrace Holiday Luncheon

11:30 a.m. Friday, Dec. 17 at the Yesler Community Center

support worker at Yesler Terrace, was the welcome hostess. She met everyone at the door with a grand 'hello' and a wonderful smile that made everyone feel at home.

There was a sense of a connectedness among the participants who attended the event. That feeling of community between the volunteers and those that came to the luncheon was endearing.

"I come back because I love the feeling of community that happens here," Smith said.

It was interwoven in all that was done, whether it was food being served by the Seattle University student volunteers or the raffle drawing numbers being called out. There was an overall sense of connectedness with everyone and everything during the luncheon.

If you are a Yesler Terrace resident and missed the luncheon, you will have an opportunity to take advantage of the strong feeling of community next month. A second holiday luncheon will be held at 11:30 a.m. Dec. 17 at the Yesler Community Center, 917 Yesler Way.



PHOTO BY LISA WOOD

Helen Smith, a former resident of Yesler Terrace, returned to the neighborhood for the Thanksgiving luncheon.

### Comment period ends Dec. 13

The public comment period for the Yesler Terrace redevelopment Draft Environmental Impact Statement ends Dec. 13.

The 700-page Draft EIS is available online at [www.seattlehousing.org](http://www.seattlehousing.org). A summary of the Draft EIS was included in the November 2010 issue of The Voice

To submit comments, contact: YTEISComments@seattlehousing.org

or Yesler Terrace EIS Comments  
c/o Seattle Housing Authority  
120 Sixth Avenue North  
P. O. Box 19028  
Seattle, WA 98109-1028

## New 'Education Engagement Specialist' is herself strongly engaged

BY SCOTT FREUTEL  
Seattle Housing Authority

If Seattle Housing Authority was looking for a strong, passionate advocate for the parents of school-age children, the agency surely found that advocate in Asha Mohamed, who was recently named "Education Engagement Specialist" for Yesler Terrace — a newly created position funded by the Bill and Melinda Gates Foundation.

Mohamed, who has worked for Seattle Housing Authority for four years in positions promoting employment and self-sufficiency for residents, is committed to helping identify strengths in the people she works with, and to drawing out from them what they want to do, and say, for themselves.

"It is my belief that in order to achieve success, education must be addressed. And the first step in addressing education is engagement. One must be at the table in order to bring change. I am taking the

position that everyone at Yesler Terrace can speak for himself or herself, and that no one else can speak for them. I will help people speak out."

Mohamed, 35 years old, is especially well-suited to working with immigrant populations. "I consider myself a child of the world," she says.

Born in Russia to Somali parents, Mohamed grew up in Italy and was educated in Europe and in Kenya. In Kenya she worked for the United Nations with Sudanese, Somali and Eritrean refugees. She says she is fluent or "confident" in four languages — English, Somali, Kiswahili, and Italian — and that she speaks "a little" Spanish.

Mohamed came to the United States planning to become an attorney, but instead became an activist and proponent of immigrants' rights, especially after 9/11. She and her Somali-born husband have five children.

Her supervisor, John Forsyth, Seattle



PHOTO BY TYLER ROUSH

Asha Mohamed, the newly appointed Education Engagement Specialist at Yesler Terrace, has literally taken her outreach efforts door-to-door, contacting individuals and families throughout the neighborhood.

Housing Authority community services administrator, considers Mohamed's job to be important.

"Asha is playing a critical role in serving parents at Yesler," he said last month.

"First she listens to their concerns and

their wishes for their children's education. Then she helps the parents articulate these concerns and wishes directly to school representatives in a way that will produce the results the parents are seeking."

