



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



The Voice

December
2013
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

New centers will locate financial resources directly in communities in need

Neighborhood House's Financial Empowerment Center a new model for economic equity

New centers specializing in financial counseling will open next year in six locations in Seattle.

Neighborhood House and partners the Paul Allen Family Foundation, the Seattle King County Asset Building Coalition and the City of Seattle announced the opening of six Financial Empowerment Centers located in low-income areas in Seattle. The main FEC hub location will be operated by Neighborhood House in Rainier Vista.

At the centers, clients will have access to free financial counseling from professional counselors, designed to help individuals and families stabilize their finances.

Neighborhood House has begun hiring staff for their FEC, which is expected to open in early 2014.



PHOTO BY TYLER ROUSH

Susan Coliton, vice president of the Paul Allen Family Foundation, announces funding for a Financial Empowerment Center that will be operated by Neighborhood House in Rainier Vista.

Low-income residents access healthier food at farmers markets

Fresh Bucks program extends through the end of the year

BY CITY OF SEATTLE

Low-income shoppers will continue to benefit from a local, innovative farmers market program that provides easier access to fresh fruits and vegetables. Now the program — Fresh Bucks — will extend through the end of 2013 at farmers markets in Seattle, rather than ending on Oct. 31 as originally scheduled.

“Through the simple act of grocery shopping, people can help to strengthen the rural economy and also enjoy the abundance of our local food supply,” said King County Executive Dow Constantine Executive Constantine.

The Fresh Bucks program was piloted in 2012 and provides a match of up to \$10

to purchase fruits and vegetables when a shopper swipes their SNAP electronic benefit transfer (EBT) card at the farmers market. SNAP is a federally-supported program that provides nutritional support to families and children.

“Programs like Fresh Bucks remove barriers so that all people can shop at farmers markets,” said Karen Kinney, Executive Director of the Washington State Farmers Market Association. “At the same time, this commerce helps support local farmers and helps build stronger neighborhoods around the market.”

Of the approximately 2,500 shoppers using Fresh Bucks in 2013, over 500 shopped at a farmers market for the first time and over 1,000 used their SNAP benefits at a farmers market for the first time. Since the start of the 2013 program, SNAP transactions brought in \$82,890 to local farmers. In the same time period, low-income shoppers received a boost of \$57,224 in Fresh Bucks to help them afford more fruits and vegetables.

To learn more

Visit the Fresh Bucks web page:
www.wafarmersmarkets.com/foodaccess/freshbucks.html

“In less than two years, Fresh Bucks has made a difference in the lives of thousands of Seattle families. The impact of the program is impossible to ignore,” Seattle City Councilmember Richard Conlin said.

Fresh Bucks builds on past successes of other innovative projects such as the Farmers Market Access Project supported by a 2010-2012 Public Health – Seattle & King County Communities Putting Prevention to Work federal grant. The project enabled farmers markets access to the card-reading terminals needed to process SNAP and WIC purchases, and created new connections between farmers markets, food assistance programs, and social service providers.

Sawant wins in Seattle City Council race

BY TYLER ROUSH
The Voice editor

With a late rally, one candidate for Seattle City Council has already had a historic impact on local government.

Kshama Sawant became the first socialist candidate elected to a citywide office in generations following a rally from an election-night deficit on Nov. 5 that had her trailing incumbent Councilmember Richard Conlin by more than 7 points.

Sawant, an outspoken activist and member of Seattle's Occupy Movement, campaigned on such social issues as a \$15 minimum wage in Seattle, a tax on millionaires, affordable housing, and support for labor unions. In prevailing against Conlin, a four-term incumbent, Sawant shook up the status quo and the city's Democratic Party. Her victory is the first against an incumbent councilmember in a decade and the first socialist to hold a citywide office in nearly a century.

And yet, Sawant appeared to have fallen short as of election night, when the initial results showed her trailing Conlin by more than 6,000 votes.

But Conlin's lead dwindled over ensuing vote counts, and on Tuesday, Nov. 12, the latest count released by King County Elections showed Sawant with her first lead of the race, at 41 votes. The trend toward the Socialist Alternative candidate continued, and Conlin conceded the race on Nov. 15. (As of Nov. 19, Sawant held 50.64 percent of the vote and an approximately 3,000-vote margin of victory.)

With the \$15 minimum wage proposal in the City of SeaTac hanging on to a tenuous 52-vote lead (which would impact the wages of thousands of airport and hotel employees in the city that is home to Seattle's international airport), Seattle could be on the cusp of a movement toward social progressivism.

Murray elected Seattle mayor, voters reject GMO labeling

Ed Murray will be Seattle's new mayor after prevailing against incumbent Mike McGinn.

Murray, a state senator since 2007 and member of the Washington state legislature since 1995, won election with 52 percent of the vote. Murray, an advocate for LGBT

Please see “Election” on Page 2

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The Voice to be discontinued for KCHA communities

After 25 years, it is with deep regret that we report that this will be the last printed issue of The Voice delivered to King County Housing Authority communities. You can still find us online at www.voicenewspaper.org.

Be safe

Tips for a safe and happy holiday season

By KELLY MCKINNEY
Seattle Neighborhood Group

Season's greetings:

It is hard to believe the holiday season is here. So in keeping with the season here are some holiday tips to remember as you go about planning your preferred holiday celebrations.

When shopping, don't burden yourself down with too many packages at one time. It makes it difficult to get out of the way of trouble or to defend yourself, and it can distract you from being aware of what or who is around you.

Speaking of distractions, don't get too caught up with texting or talking on your cell phone. Whether talking to your "B.F.F." (best friend forever) or listening to music, if it distracts you from paying attention to your surroundings, it will make you look like a possible victim to an opportunistic criminal.

If you drive to the local mall don't leave items in your car where other people can see them. It is best not to leave anything in your

car at all. However, sometimes it can't be helped. So put valuables where they can't be seen. If you are going back into the same place you had been in before putting things in your car, then move your car to another parking space, so anyone watching will be thrown off the track.

If you purchase something over the Internet be careful who you give your personal information to. Make sure the merchant is reliable and who they really say they are.

If you are going to have an item delivered to your home, try to make sure someone is home. If you can't be home, ask a friend or family to accept the package on your behalf.

Hopefully, you will find these tips helpful prevention strategies to keep your holidays merry and jolly.

Kelly McKinney (206-323-7084) and Allan Davis (206-323-7094) are Community Education Coordinators for Seattle Neighborhood Group. Call Allan or Kelly for crime prevention information or help with your safety and security concerns.

Advocating for expanded hours, more programming at Yesler Community Center



PHOTO BY JEN CALLEJA

Yesler Terrace residents testified Nov. 7 at a City of Seattle Parks Legacy Plan Hearing. The speakers advocated for more free programs at the Yesler Community Center and for expanded operating hours for times that are more convenient for older adults, including mornings. The center is currently open from 1 - 9 p.m. Monday through Thursday, from 1 - 7 p.m. Fridays and from 10 a.m. - 5 p.m. Saturdays. The community organizing is part of Neighborhood House's advocacy for Seattle Parks' programs to be responsive to the needs of low income, immigrant and refugee populations.



Health Notes

A column devoted to your well-being

How to protect yourself this flu season

By PUBLIC HEALTH - SEATTLE & KING COUNTY

What is the flu?

Influenza (flu) is a disease that affects people's airways and lungs. It is caused by influenza viruses that pass from person to person easily. Each flu season, several different flu viruses spread. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

What happens when you get the flu?

Flu can affect people differently based on their age and health conditions.

Common Symptoms include:

- fever
- tiredness (can be extreme)
- headache
- cough
- sore throat
- runny or stuffy nose
- muscle aches

These symptoms may occur, and are more common in children than adults:

- nausea
- vomiting
- diarrhea

How serious is the flu?

For healthy children and adults, the flu is typically a mild or moderate illness. It may cause considerable discomfort and require staying home for a period of days, but most otherwise healthy people will get better with rest at home and plenty of fluids.

Flu can be serious for infants and children under two years of age, pregnant women, and many people who have long-term health problems such as diabetes, asthma, neurological diseases, heart or lung problems, weakened immune systems, and possibly, obesity. These people are at high

risk for severe illness and should call their doctor if they develop flu symptoms. In some instances, flu can lead to hospitalization and even death. Doctors can prescribe anti-viral medicine to prevent severe illness, but they work best if given within 48 hours of getting sick.

How does flu spread?

Flu spreads from people who are infected to others through coughs and sneezes. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch.

What can I do to protect myself and others from catching the flu?

Get flu vaccine each year. It's the single best way to protect yourself and your loved ones from flu. Health experts recommend flu vaccine for all people 6 months and older. Make sure everyone who lives with or cares for an infant younger than 6 months gets vaccinated to protect the infant from getting flu.

You can also take these everyday steps to protect yourself and others from getting sick:

- Wash your hands often with soap and water, or use alcohol-based hand cleaners.
- Avoid touching your eyes, nose, or mouth. Touching these areas spreads germs.
- Try to avoid close contact with sick people.
- Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze.
- Stay home from work and school until at least 24 hours after your fever is gone, and avoid close contact with others when sick.

For more information, visit www.kingcounty.gov/health/flu.

Need health insurance? Get enrolled today!

Everyone must get covered!

Beginning January 1, 2014, if you do not already have health insurance (via your employer, Medicare, Medicaid, Tri-care, veterans' health, or a grandfathered plan) you must obtain coverage to avoid paying penalties.

Why do I need health insurance?

Having quality insurance means that you and your family can get the care necessary to stay healthy. And when an accident or illness strikes, a quality health plan can offer protection from huge medical

bills — giving you and your family peace of mind. Starting in 2014, if individuals do not have health insurance, they will have to pay a fine.

What if I need help choosing a health plan?

Free help will be offered online, over the phone and in person for those who need assistance choosing and enrolling in a health plan. The website (wahealthplanfinder.org) and call-in assistance (1-855-WAFINDER, or 1-855-923-4633) are available in both English and Spanish.

Election

Continued from Page 1

rights who sponsored legislation creating Washington's domestic partnership law in 2007, will be Seattle's first openly gay mayor.

In other city races, incumbent councilmembers Sally Bagshaw, Nick Licata and Mike O'Brien all were re-elected to the Seattle City Council. Along with the passage of Charter Amendment 19, the 2013 election will mark the last time the city of Seattle votes for all Seattle City Councilmembers.

Beginning with the 2015 election, the nine-member City Council will be divided into seven geographical districts and two at-large positions. Voters will vote for the candidate representing their district and the two at-large councilmembers. To run

for a district seat, councilmembers will have to live in the district they intend to represent.

In statewide races, Washington voters rejected Initiative 522, which would have required labeling of food products containing genetically modified organisms (GMOs).

The campaign attracted millions of dollars in contributions, with the anti-522 campaign spending \$22 million—mostly in financing by big food companies like PepsiCo, Coca Cola and Nestle and agribusiness companies like Monsanto — to reject food labeling.

Leading the Yes campaign were a number of "natural food" businesses, among them PCC Natural Markets, Ben & Jerry's Ice Cream and Dr. Bronner's Magic Soaps. Together, the pro-522 campaign spent about \$8 million.

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 and at www.seattlehousing.org.



Please recycle me



Take winter by storm: Keep yourself safe during the winter storm season

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. 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.

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

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/ for more information.

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.

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.takewinterbystorm.org.



VOICE FILE PHOTO

The Puget Sound region doesn't get the heavy volume of snow that are part of life in other northern climates in the United States, but we're still no stranger to the icy stuff.

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.

Be prepared for storms and flooding

Remember that storms can happen all year long, so be prepared! Be aware that flooding can affect you no matter where you live, but especially if your home is in a low-lying area, near a river or creek, or below street level.

You can help prevent flooding in your neighborhood by keeping an eye on the storm drain on your street, particularly in the fall and winter when fallen leaves and debris can choke drains.

Avoid piling yard waste like fallen leaves and sticks in your yard, where it

could wash into City drains. Keep it in a yard waste bin or other container.

Consider adopting your local storm drains. Use a rake or broom to remove leaves and debris from the tops of storm drains, and then place the material in your yard waste cart. By keeping the drains in your neighborhood clear of all debris you can prevent flooding. Clear your drain only if it is safe. If the drain is still clogged after you've removed the debris, call Seattle's drainage problem hotline at 206-386-1800 to report it.

Protecting foods from power failures

What should I do to protect foods if the power goes out?

Try to keep the doors closed on your refrigerators and freezers as much as possible. This keeps the cold air inside. A full freezer can stay at freezing temperatures about 2 days; a half-full freezer about 1 day.

If you think the power will be out for several days, try to find some ice to pack inside your refrigerator. Remember to keep your raw foods separate from your ready-to-eat foods.

What foods should I be concerned about?

Foods are categorized into groups. They may be: 1) potentially hazardous, 2) non-hazardous, but quality (not safety) could be affected from changes in temperature, or 3) safe.

Potentially hazardous foods are the most important. These include meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato/pasta/macaroni salads, custards, puddings, and so on.

Some foods may not be hazardous but the quality may be affected by increases in temperature. These foods include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, and so on.

Some foods are safe. These are carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauce, and so on.

When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the refrigerator/freezer doors have been kept closed. Potentially hazardous foods should be discarded if they warm up above 41° F.

Frozen foods that remain frozen are not a risk. If potentially hazardous foods are thawed, but are still cold or have ice crystals on them, you should use them as soon as possible. If potentially hazardous foods are thawed and are warmer than 41° F, you should discard them.

How do I know if the food is unsafe to eat?

You cannot rely on appearance or odor. Never taste food to determine its safety.

Some foods may look and smell fine; however, if they have been warm too long, they may contain food poisoning bacteria in quantities that could make you sick.

If possible, use a thermometer to check the temperature of the foods. If potentially hazardous foods are found to be less than 41° F, then they should be considered safe. When in doubt, throw it out!

What happens when the power goes back on?

Allow time for refrigerators to reach the proper temperature of less than 41° F before restocking. Restock with fresh foods, as necessary.

A holiday feast that's fit for the whole community



PHOTO BY TYLER ROUSH

Sothialaa Srey peels carrots as volunteers with the NewHolly Community Kitchen prepare a community meal Thursday, Nov. 14.

The NewHolly Community Kitchen plans a holiday meal that's both delicious and inclusive

By TYLER ROUSH
The Voice editor

NH One of the great strengths of a community like NewHolly — and, indeed, of so many Seattle Housing communities — is its spirit of diversity. In a few blocks in South Seattle, one can find families from all over the world, each with their own languages, beliefs and traditions.

And, of course, different styles of cuisine. During the winter months, when neighbors gather to celebrate the close of the year with a special meal, that can mean a menu as diverse as the community it will feed. The classic American meal of turkey and mashed potatoes is fine, but at the NewHolly Com-

munity Kitchen, you're more likely to find crispy Somali sambusas, spicy Ethiopian lentils, and hearty Vietnamese vermicelli.

The NewHolly Community Kitchen, which hosts monthly meals for community, celebrates cultural diversity with every dish it serves. When the group gathered for a community meal on Thursday, Nov. 14, it wanted to provide something for everyone. Because while a diverse community can mean a diverse diet, it also comes with a variety of dietary restrictions.

Perhaps one of the best known restricted foods is pork. While a holiday ham is a tradition on some American tables, it's a forbidden food for Muslim, Jewish and Orthodox Christian practitioners. But chicken or turkey should be an easy substitute, right?

Not necessarily, said NewHolly Community Building Intern Chloe Royer.

While volunteers prepared a casserole behind her, Royer explained that the chicken used in the casserole was purchased at a halal market, meaning it's been prepared in a way that makes it appropriate for practicing Muslims to eat.

To ensure all members of their community are served, the community kitchen team holds planning meetings to discuss



PHOTO BY TYLER ROUSH

Volunteer Jean Vaart peels onions for the NewHolly community dinner.

Please see "Meal" on Page 3

Join fellow Seattle Housing residents at the Homeless and Housing Advocacy Day

By RESIDENT ACTION COUNCIL

Seattle Housing Authority resident leaders invite you to join us and other residents in letting our legislators know that we support funding for housing. Homeless and Housing Advocacy Day 2014 is on Tuesday, Jan. 28 from 8 a.m. to 4 p.m.

The event is sponsored by the Washington Low Income Housing Alliance (WLIHA). Advocates from all over the state will meet in Olympia to rally for social justice and tenants rights.

Your voice is important in the fight to keep funding for low-income housing. Join us in letting our legislators know how important this is to us and our communities! We in public housing have homes we can afford now, but many still do not.

We must never forget how important it is to have a home, along with the funding that makes it possible.

Help us fight to keep this funding. No

one should be without a home. Everyone should have access to clean, safe, affordable housing. Make your voice heard; we are all in this together.

Transportation options to Olympia will be available.

Tentative agenda

- 8 – 9 a.m.: Check-in coffee and light breakfast at United Churches in Olympia.
- 9 – 9:45 a.m.: Get fired up to advocate and hear about the 2014 legislative agenda at the morning call to action.
- 9:45 – 11:15 a.m.: Learn advocacy tips and hone your skills with our slate of workshops.
- 11:30am – 4 p.m.: Meetings with your elected officials, a rally on the steps of the capitol building, time for lunch with other advocates, and a chance to share information from your legislative meetings.

Spaces for the Advocacy Day trip are limited. Don't miss this great opportunity — sign up soon!

For more information and to sign up, please contact the Resident Action Council at rac.seattle@gmail.com

If you have any other questions, need extra help signing up, or to sign up by phone, please contact: Kristin O'Donnell, 206-930-6228 or Matthew Anderson, 206-931-4210.

If you would like to attend housing advocacy day on your own, please go to the Washington Low Income Housing website at <http://wliha.org/blog/lets-get-it-started-advocacy-day-2014>.

Rainier Vista a model for digital inclusion



PHOTO BY TYLER ROUSH

RV Tanner Phillips, Neighborhood House's Housing Stability Manager, speaks with a delegation of civic leaders with the National League of Cities. The group visited Rainier Vista for a workshop about digital inclusion.

Department of Health begins biomonitoring survey at NewHolly

Washington Department of Health invites residents of NewHolly to take part in an important survey about chemicals in your home. This survey will help the Department of Health learn about exposures to pesticides and chemicals in plastics. For more information or to sign up to take part in the survey, call toll-free at 1-877-494-3137, visit www.doh.wa.gov/biomonitoring or call Ann Butler at 360-236-4253.

Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.



High Point Herald



NewHolly Notes



Rainier Vista News



Yesler Happenings

Renewing Yesler's Promise: Investing in the neighborhood



November 14, 2013

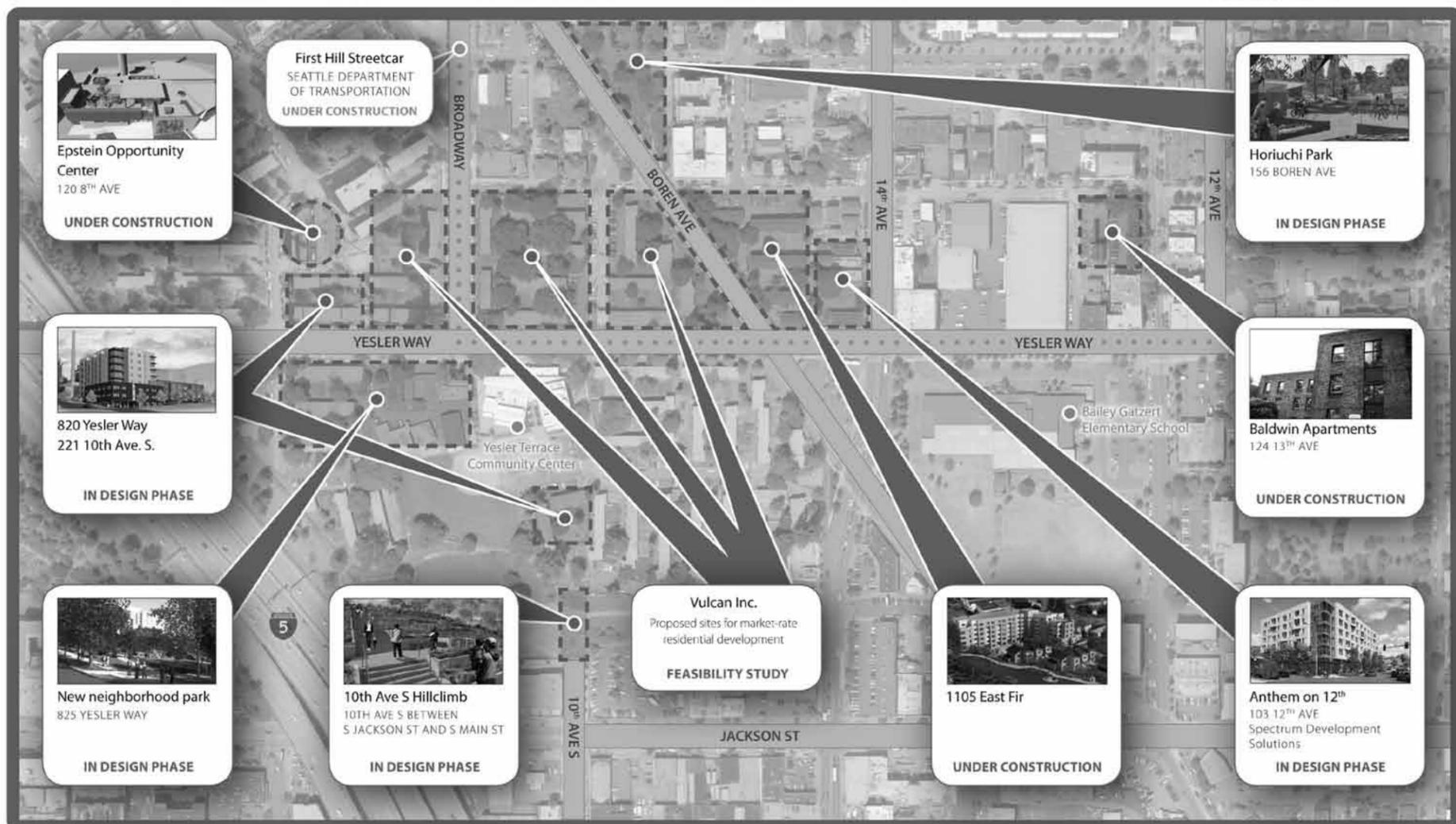


IMAGE BY SEATTLE HOUSING AUTHORITY

The above map outlines the redevelopment projects currently under construction or in design or development in Yesler Terrace. Current projects include four buildings to replace housing units for the extremely low-income (at 1105 East Fir, the Baldwin Apartments, 820 Yesler Way and 221 10th Ave S) and three blocks in the heart of the community that Vulcan Real Estate is considering for a redeveloped residential core. The housing authority announced Nov. 14 that it would be proceeding as the master developer for the Yesler project.

Seattle Housing announces master development plan for Yesler

BY TYLER ROUSH
The Voice editor

The Seattle Housing Authority has identified the way forward for the Yesler Terrace redevelopment, the culmination of many years of planning, conversations with residents and negotiations with entities both public and private.

The housing authority announced Nov. 14 that it was moving ahead as the overall master developer for the ambitious redevelopment, which will transform the Yesler Terrace neighborhood into an urban neighborhood, with as much as 5,000 housing units and mixed-use high-rises with office and retail space.

Vulcan Real Estate will proceed with a feasibility study for a proposed three-block market-rate residential development in the heart of the neighborhood. The area under consideration includes the two blocks between Broadway and Boren north of Yesler Way, and a third block on the northwest corner of Broadway and Yesler Way, near the site of the Yesler steam plant.

Vulcan is part of a team of local core partners who will support Seattle Housing's work on the redevelopment.

Spectrum Development Solutions is currently developing the mixed-use building Anthem on 12th, located at the intersection of 12th and Yesler next to the under-construction 1105 East Fir building. Anthem on 12th will feature a mix of retail space and work-force and market-rate housing.

Architecture and urban planning firm GGLO, which helped develop the Yesler Terrace master plan, will continue to provide urban planning services and support. Heartland LLC will provide financial analysis.

SvR Design will plan the many public

open spaces in the neighborhood, including the 10th Avenue South Hillclimb.

Seattle Housing will soon be seeking commercial and residential real estate brokers to market land earmarked for office and private market residential development.

An investment in people

While the redevelopment of Yesler Terrace progresses, the housing authority has affirmed its commitment to the residents of the neighborhood. Replacement of housing for the extremely low-income will continue in the coming years.

The Baldwin Apartments and 1105 East Fir, located on the east side of Yesler near Boren Avenue, are under construction. Two more low-income buildings, at 820 Yesler Way near the steam plant and 221 10th Ave S near the Yesler Community Center, are currently in development. Once those projects have been completed, the housing authority will have replaced 38 percent of the 561 existing Low Income Public Housing units on-site, or 212 units total. Future projects will eventually bring one-for-one replacement of those units.

The Yesler Steam Plant, currently under an extensive renovation, will be rechristened the Epstein Opportunity Center when it is reopened later in 2014. The new neighborhood service center will be home to Head Start classrooms, a tutoring center, education and employment staff and more resources for residents.

In its Nov. 14 announcement, the housing authority also reaffirmed its commitment to continue working with the Citizen Review Committee as redevelopment continues. The CRC has filled an advisory role during the course of the years-long redevelopment process.

Kids get animated at cartooning day camp in West Seattle!

Located just outside of the Alaska Junction in West Seattle is a unique non-profit youth arts program focusing on cartoon animation and video production.

In 2011, following 10 years of offering a variety of after-school arts programs, Unified Outreach launched a unique summer and winter break day camp program for parents interested in seeing their child attain a stronger grasp of arts and technology in a fun and exciting environment.

Unified Outreach volunteer instructor David Toledo says an average afternoon of day-camp includes educational exercises embedded in fun games designed to encourage personal growth, positive self-esteem and team building skills. But the highlight of each day is working on the creation of a personal cartoon-animation using the student's own ideas, stories, drawings and voice. The week culminates with an animation that each child can share with family and friends on their own DVD.

No experience necessary! Most students start the camp with no previous traditional or contemporary cartooning



experience. Each student is coached by multiple instructors who work with the kids each step of the way — from story development, to character design, digital imaging, cartoon animation, and voice-overs using industry-level production software including Adobe Photoshop, Flash, Sound-Booth, and other software programs that were donated by Adobe Systems, Inc. and King County 4Culture.

The next week of day camp is Dec. 30 – Jan. 3.

Doors opened at 8:30 a.m. and close at 5:30 p.m. – parents have the flexibility of dropping off and picking up their child at any time during operational hours.

For more information on the program please visit www.unifiedoutreach.com or call 206-371-1139.

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.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail at tylerr@nhwa.org.

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

Arts committee to explore Yesler's signature look — starting with the 10th Avenue South Hillclimb

BY TYLER ROUSH
The Voice editor

YT Public art can provide a signature for a neighborhood. Capitol Hill has its statue of Jimi Hendrix. The International District has its dragon gate. Fremont has its troll.

And soon, Yesler Terrace will have the first of a series of public art projects to provide a stamp for the neighborhood.

The 10th Avenue South Hillclimb will link the redeveloped Yesler Terrace neighborhood to the Little Saigon and International District. The pedestrian (and bike-friendly) stair climb will be adorned with a series of mosaic tiles, which taken together will celebrate the vibrant Yesler community.

Mauricio Robalino, a Tacoma artist whose colorful mosaics and other art installations can be found throughout the state of Washington, will design the art for the hillclimb.

The process of creation has appealed to Robalino since he was a child. That sense of joy is with him today.

“Since I was a little kid, I’ve always liked to make things,” he said. “I feel very fortunate to do what I love to do.”

But Robalino won’t be designing the project on his own. Instead, he’ll be relying on the Yesler Terrace community to help inform the direction that his art will take.

A successful installation will have a unifying effect for the Yesler community, representing the cultural diversity of a neighborhood in which dozens of languages are spoken, he said.

“With a lot of people (in Yesler) from around the world, I want to find common themes to use in the design of the mosaics,” Robalino said.

His goal in working with the community is to discover a “common ground to express beauty — something that ties us together.”

The mosaics will decorate the length of the hillclimb linking Yesler Terrace to Little Saigon and the International District. The large, circular mosaic tiles will provide splashes of color and curves to soften the hard lines and sharp angles of the hill climb.

Around a group of tables in the conference room of the Epstein building, a group of community members discusses possible themes for Robalino’s artwork. One suggestion is for the mosaics to trace the history of the Yesler Terrace neighborhood, from its early days as “Profanity Hill” (so named for the colorful language used by downtown attorneys making their way up the steep grade to the former site of the county courthouse), to its place in history as the first racially-integrated public housing community in the United States, to its promising future as a mixed-income, urban neighborhood.

The group also discussed using a glass photo transfer process to include portraits of Yesler Terrace’s esteemed community leaders, both past and present, directly into the artwork.

Another suggestion might include incorporating representative colors, symbols and everyday objects from the many different people and cultures that call Yesler home. The word “welcome,” translated



PHOTOS BY TYLER ROUSH

Members of the Yesler Arts Commission, including artist Mauricio Robalino (second from right) held an initial meeting Nov. 6 to discuss features of the art that will adorn the 10th Avenue South Hillclimb. Robalino brought an example of the glass mosaics (left) that are a staple of his work. Robalino’s proposal is for a series of circular mosaics decorating the length of the hillclimb.



into the many languages spoken at Yesler, would communicate the diversity of the neighborhood.

“This is what it takes,” Robalino said of the collaborative work of the arts com-

mission. “You listen, and you do things you wouldn’t perhaps do on your own.”

To see more of Robalino’s artwork, visit www.artpeople.com.

Meal

Continued from Page 1

menu options.

Royer said that the community kitchen celebrates diversity and inclusivity by preparing foods that are fit for all.

“They’re very aware of trying to make food for everyone,” Royer said.

That includes not only those with cultural or religious dietary restrictions, but also those with food allergies. The NewHolly community meals serve up something for everyone. If you’re allergic to gluten or lactose or you’re vegan (often a difficult diet during the holidays), you don’t have to go home hungry.

Elsewhere in the kitchen, Cynda Rochester was hard at work whipping up a special batch of cornbread. The traditional cornbread recipe typically calls for buttermilk. There’s just one problem — it can’t be enjoyed by community members who are vegan or sensitive to dairy.

But Rochester created an alternative that satisfies everyone. Her recipe substitutes buttermilk with soy milk and apple cider vinegar, creating a fluffy treat that’s also vegan and dairy-free. Even better, it tastes just like it comes from a secret family recipe, Rochester said.

“It tastes just like my mom’s cornbread,” she said.

One of the volunteer chefs came from West Seattle to see what the NewHolly Community Kitchen was all about. Sothialaa Srey, a student at South Seattle Community College, said she was referred to the group while in her nutrition class.

“I hope they keep doing it after today,” Srey said.



PHOTO BY TYLER ROUSH

Pumpkin pie squares are ready to go in the oven at the NewHolly kitchen.

Given the energy and spirit of community in the NewHolly kitchen and the success of past dinners, it seems all but certain that they’ll keep it up.

How to host your own culturally competent community meal

Whether you’re planning a small get-together with friends or a meal for the whole neighborhood, follow a few simple steps to ensure everyone gets to enjoy a place at the table.

1. Ask about dietary restrictions: Before you plan your menu, take the time to ask your guests if they have any dietary restrictions. Your guests will likely appreciate the care you put into planning the meal.

2. Make enough for everyone: If one

of your guests is, for example, allergic to gluten, prepare multiple dishes for them to enjoy. They’ll feel more welcome at the table if they can enjoy more than one dish, and you’ll feel better knowing they won’t go home hungry.

3. Make it a potluck: Having guests bring their own home-cooked dish can be a fun way to share culinary traditions. Ask that each guest provide a simple list of ingredients with their dish.

4. Try new recipes: It can be tempting to use your favorite recipes when you prepare a meal, but if you find your guests aren’t able to eat the foods you prepare, it might be time to try something different. You’ll likely find that the alternative tastes just as good!

Recipe: Vegan Cornbread

Editor’s note: The following recipe creates a satisfying, vegan and dairy-free cornbread to pair with soup, chili or your favorite savory meal.

Ingredients

2 cups cornmeal
1 cup unbleached all-purpose flour
2 teaspoons baking powder
1/3 cup canola oil
2 tablespoons maple syrup
2 cups soymilk
2 teaspoons apple cider vinegar
1/2 teaspoon salt

Directions

Preheat oven to 350 degrees and line a 9” x 13” baking pan with parchment paper or spray lightly with non-stick cooking spray.

Whisk together soymilk and vinegar and set aside.

Sift together the cornmeal, flour, baking powder and salt.

Add the oil and maple syrup to the soymilk mixture and whisk until foamy and bubbly, about 2 minutes.

Pour the soymilk mixture into the dry mix and stir together using a large wooden spoon or spatula. Pour batter into the baking pan and bake 30 – 35 minutes, until a toothpick inserted into the center comes out clean. Slice into squares and serve warm or store in an airtight container.

High Point Center programs offer fun for the whole family!

Family Center and YELS team for harvest festival, community dinner



PHOTO BY LESLIE OTTO

A YELS program intern displays her artistic prowess at the face painting booth.

BY CHARLES CHEEK

Neighborhood House AmeriCorps

HP The smell of caramel apples, popcorn and candy corn wafted through the Neighborhood House High Point Center on Oct. 30, creating a festive aura for the first-ever High Point Harvest Festival.

To celebrate the inaugural edition of the High Point Harvest Festival, YELS and the High Point Family Center pulled out all the stops. With an estimated 60 people in attendance, the High Point Center provided a multitude of activities for youth

and adults alike.

Basketball shoot-outs for candy and pride, bean bag tosses for the same. There was even an Oreo-eating competition, along with face painting, and of course, a caramel apple station replete with all of the toppings.

While the youth were definitely preoccupied with all of the day's action, parents and other adults had the opportunity to learn more about the essential services at the High Point Community Center. The Harvest Festival was definitely a win for all, and a fantastic addition to the wide range of events presented by High Point.



PHOTOS BY CHARLES CHEEK AND CLARKE HILL

Members of the High Point community came together for a meal Nov. 6, prepared by the YELS YUM cooking program.

BY LESLIE OTTO

Neighborhood House AmeriCorps

HP Dinner is served, compliments of the YELS YUM program. That's right, with the help of YELS participants, High Point enjoyed a community dinner Nov. 6.

Over 90 community members came to eat dinner with YELS and learn about resources to help them figure out the new health care

changes.

The group served delicious shepherd's pies, pumpkin curry over rice, salads, berry and apple crumbles and of course, apple cider!

Thanks to our handy YUM servers we were able to feed everyone that walked through the High Point Center doors. We hope to continue this event in the future with such a great turn out. Here's to ringing in autumn with the community!

What's happening in the Rainier Vista community

RV Rainier Vista Bake Sale and Family Bingo Night!

Friday, Dec. 20 - Bake Sale from 3 - 6 p.m. and Family Bingo Night from 6 - 8 p.m.

All proceeds of the Bake Sale will go toward purchasing a baby swing for the RV Central Park. If you are interested in donating baked goods, and or helping with planning, please come join us for a planning meeting at 1:30 p.m. Saturday, Dec. 7 at the Neighborhood House Rainier Vista Center, 4410 29th Ave S.

Volunteers are being sought for planning, sign in, set up and clean up. For more information, contact Community Builder Lisa Uemoto at cuemoto@seattlehousing.org or 206-295-8942.

Rainier Vista High School Resident Club

The High School resident club meets every Saturday at 9:30 a.m. at the Neighborhood House Rainier Vista Center. The group begins with a community litter clean-up. Gloves and trash bags are provided. Prizes are available for the litter patrol members who collect the most litter!

After clean-up, the group meets to plan community building projects and events for the group to plan. It's a great opportunity for young people to get involved in their community. For more information, contact Victoria Young at vyoung@seattlehousing.org

seattlehousing.org.

Rainier Vista Safety Watch Walking Group

Walk your way to better health and a safer neighborhood! Ask a friend, family member or neighbor to be your walking partner!

The Rainier Vista walking group meets every other Monday at 6 p.m. at the Neighborhood House Rainier Vista Center. The next walk is scheduled for Monday, Dec. 2. Dress warm and bring a flashlight if you can. Free popcorn and hot tea or cocoa will be offered to all walkers.

Multicultural Subcommittee seeks input

Come help us plan the agenda for the next multi-cultural gathering! We want to do something fresh, fun and creative! Something we could all do without the need of having an interpreter; whether it is a cultural dance demonstration, a mah-jongg game night, or lantern making. You name it. Something fun so we can all engage and learn a little bit of each other's traditions and cultures.

The most recent meeting of the multicultural subcommittee was Nov. 19. Contact Lisa Uemoto at cuemoto@seattlehousing.org or 206-295-8942 for more information and the next scheduled meeting.

Neighborhood House launches new session of Digital Connectors

Innovative program empowers youth through technology and community service

BY NEIGHBORHOOD HOUSE STAFF

RV Neighborhood House launched the Comcast Digital Connectors program in Seattle this October with 13 youth, kicking off a year of hands-on intense technology education. The Comcast Digital Connectors program will help participants build their technology skills by providing them with resources to assist them in school, future employment and personal development.

"We are proud to partner with Comcast's Digital Connectors program, and excited for the year to come," said Treela McKamey, the Technology Center Coordinator at Rainier Vista. "In the coming months, these teens will learn the skills they need to succeed in the 21st century economy."

The challenging Digital Connectors curriculum covers everything from leadership skills and personal development to software programming and media production. The program also supports community development. A major program requirement is for participants to bridge the digital divide in their community by training family members and residents on how to use technology effectively.

"The Comcast Digital Connector program will provide these teens with more

than just job skills," said Ky'a Jackson, Manager of National Programs at Comcast. "They will also learn the value of giving back to their communities in their role as technology ambassadors."

Launched in 2009, the program now has partners in rural and urban areas across the country. Comcast Digital Connectors have provided more than 100,000 hours of community service hours by sharing their technology skills. Youth projects have included: developing faith-based computer labs, creating documentaries, training community members on computers and the Internet, using digital media to create interactive tutorials, mapping community assets and developing wireless hot spots in local neighborhoods.

About Comcast Digital Connectors

Launched in 2009, the Comcast Digital Connectors program identifies talented young people, ages 14 to 21 from diverse backgrounds; immerses them in technology training; builds leadership skills; and prepares them to enter the 21st-century workplace. As a requirement of the program, participants use the skills they learn to bridge the digital divide in their communities, performing volunteer service at senior centers, churches, local schools and other community organizations. Since the program began, more than 2,000 Digital Connectors have participated, donating more than 100,000 community service hours.