



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



Neighborhood  
House

# The Voice

May  
2015

Articles translated  
into six languages

The newspaper of Neighborhood House — visit our website at [www.voicenewspaper.org](http://www.voicenewspaper.org)



PHOTO BY DANIEL CASEY

The Weller Building, 1225 Weller Street, is the new home to Neighborhood House's administrative functions. The social services agency was previously housed in Yesler's Jesse Epstein Building, which was built in 1909 and will be raised later this year.

## Neighborhood House Central Office moves 5 blocks to International District

By NANCY GARDNER  
The Voice editor

After 59 years in the Jesse Epstein building in the heart of Yesler Terrace, Neighborhood House has packed up and moved to the International District.

The move was required because the building will be torn down later this year as part of Seattle Housing Authority's Yesler Terrace Redevelopment project.

The central office of the 109-year-old social services agency is now located five blocks south in the International District, at 1225 Weller Street, in The Weller Building.

Clients should call their support workers to verify individual staff locations before making an appointment, as the Weller Building is locked at all times and is accessible only to employees.

The Family and Social Services pro-

gram at Yesler Terrace can be found in the Japanese Baptist Church, located at 160 Broadway, Seattle, WA 98122. Members of Project Handle have been split into two different locations: the Navos campus in Burien and Rainier Vista. The Voice office has also moved to the Weller Building.

The monthly Yesler Terrace Community Council meetings formally housed in Epstein will take place Monday evenings at Yesler Terrace Community Center beginning May 18.

The Jesse Epstein Building was originally constructed in 1909 as the Kenyon Apartments, and since 1979 has provided office and administrative spaces to health and social-service agencies.

For more details about Neighborhood House staff and services locations, visit [www.nhwa.org](http://www.nhwa.org).

## SHA Community Builder Marcia Johnson to retire

### Her 35-year career with Seattle Housing Authority ends June 26

By ELLEN ZIONTZ  
Community Builder, SHA

After more than 35 years at Seattle Housing Authority (SHA), beloved Community Builder Marcia Johnson will retire June 26. Those of us who have worked with Marcia and the many residents whose lives Marcia has touched are happy for her, but reluctant to let her go.

Her peers describe her as committed, incredibly hardworking, positive, encouraging, patient and compassionate. Center Park resident Julie Sahlberg, who has known Marcia since 1991, says Marcia is "a genius at working with people." Many of us would agree.

Marcia's career at SHA began in 1979 when she was hired as a part-time Recreation Programmer at Center Park. After interning with the Seattle Parks Department in 1973, she knew she wanted to work with residents, and was delighted by the active community she found at Center Park. Marcia went on to spend several years there, then was asked to manage five SHA buildings in North Seattle, and later supervised the high-rise managers.

Marcia also worked as the Emergency

Preparation Coordinator for two years, and even after leaving that position her deep commitment to emergency preparation continued throughout the rest of her years at SHA. Debbie Goetz, Community Planning Coordinator with the City's Office of Emergency Management says Marcia's "passion for emergency preparedness brought SHA residents together with community response agencies in a way that raised the bar for everyone involved. Her skills are exemplary, and I will miss her gentle, collaborative leadership."

In the late 1980's Marcia began the work that would lead to becoming a Community Builder, working as a Resident Assistant and then as a Community Liaison. Around 2002, the title "Community Builder" was assigned to her position, and her dedication to this role endeared Marcia to residents and staff alike. John Forsyth, SHA's Community Services Administrator, calls Marcia an "outstanding colleague," and cites her "excellent technical skills, deep, unyielding passion to play a key role in fulfilling SHA's mission daily, and her incredible work ethic" as traits he will miss most.

Marcia says her favorite aspect of community building has been "exploring the

strengths and interests of residents, being a mentor and coach, and seeing residents blossom and become leaders." Of her work, she says, "I've had the best job in the world. I've learned so much."

So what's next for this busy lady?

"I plan to spend more time with family and friends, work on my golf game, and do more gardening, traveling, volunteering, camping and hiking."

Finally, to her friends and colleagues at SHA she says, "Thank you. I've been really blessed." So have we, Marcia.



Top: Marcia Johnson celebrates at an SHA party in 2014; Bottom: Marcia chats with a resident in 2002. Johnson, says she will miss the day-to-day interactions with residents.



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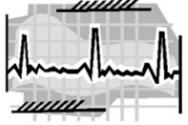
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# Health Notes



A column devoted to your well-being

## Spotting and helping treat depression

By Debra Morrison  
Behavioral Health Manager,  
Neighborcare Health

Do you think you might be depressed? In the United States today nearly one out of 10 adults experiences some kind of depression. Depression affects people of all ages, backgrounds and ethnicities; and women more than men. Women are also more likely to ask for help when feeling depressed.

Depression is often caused by more than one thing, usually a combination of physical, emotional and situational factors. Symptoms of depression include, but are not limited to, lack of interest in activities you usually enjoy, and feelings of sadness or guilt. You may also have a hard time focusing.

The good news is that depression is treatable. It is a medical condition that often requires the support of your primary care provider and possibly a mental health professional. There are many different kinds of treatment for depression including counseling, medicine or both. Talk openly with your health care team about what you are feeling. Remember that feeling better takes time; your mood may not improve immediately.

There are also things you can do for yourself if you feel depressed. We call this self-care and it can be an important part of treating depression. Here are some ideas about self-care practices that may work for you.

### Do you have negative thoughts about yourself, others or the world?

Use positive statements about yourself to replace the negative thoughts. You can say them out loud, to yourself or write them down. You can even post them on the wall where you can see them daily.

### Do you feel like you are alone, isolated or cut off from friends and family?

Think about the supportive people in

your life and seek them out. They may be neighbors, friends, family or community members. If you need help building your support network talk to your health care team about how they may be able to help.

### Do you feel less interested in doing activities you usually like?

You may find it helpful to push yourself to do things you usually like to do. This can be anything you enjoy, such as going to a movie, or taking a walk. Exercise is an important part of feeling better. We recommend at least 30 minutes of activity three times per week. This can be an effective treatment for depression.

### Do you feel tired a lot?

Take care of your physical body. Eat a balanced diet, drink six to eight glasses of water per day and get plenty of sleep. It is also important to maintain proper hygiene habits including bathing and brushing your teeth.

### What can I do if I think I may have depression?

Talk to your primary care provider. He or she may be able to help you figure out the next steps needed to feel better. Your provider may also recommend talking to a mental health counselor. A mental health counselor can help you find ways to feel better and support you while you're making changes to improve your health and well-being.

*Debra Morrison is the Behavioral Health Manager for Neighborcare Health. Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving our community for more than 40 years. More information is available at [www.neighborcare.org](http://www.neighborcare.org).*

## Final workshop May 14 for applicants seeking 'Small and Simple Projects' funding

By CITY OF SEATTLE

On May 14, the Neighborhood Matching Fund (NMF), a program of Seattle Department of Neighborhoods, will hold the last workshop for community groups interested in learning about and applying for the city's Small and Simple Projects Fund. The Small and Simple Projects Fund provides matching awards of up to \$25,000 to neighborhood groups for community-building projects. The deadline for applications is Monday, June 1 at 5:00 p.m., but applicants are urged to apply now.

The workshop includes an overview of the Neighborhood Matching Fund, the qualities of a good project, and the application process and requirements. To RSVP, call 206-733-9916 or visit [www.surveymonkey.com/s/NMFWorkshop](http://www.surveymonkey.com/s/NMFWorkshop). The workshop will be held from 6-8 p.m. in the Multipurpose Room of the Northgate Community Center, 10510 5th Ave NE, Seattle, 98125.

To learn about the Fund, visit [seattle.gov/neighborhoods/nmf/smallandsimple.htm](http://seattle.gov/neighborhoods/nmf/smallandsimple.htm). There will be another opportunity to apply to the Small and Simple Projects Fund in October.

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle 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 or Seattle Housing Authority. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at [www.nhwa.org](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

# Be Safe

## Help break the cycles of bicycle theft

By ALEX VALLANDRY  
Seattle Neighborhood Group

Each year Seattle residents report more than one thousand stolen bicycles to the police department. Few of us take the time to formally report a missing ride, so the actual number of bicycles stolen throughout the city each year is unknown. By understanding what thieves look for, and with simple preventative steps, each of us can better avoid becoming a victim. This leaves more time to enjoy riding.

Bicycle theft is a crime of opportunity. Thieves are interested in an easy target and a way to quickly leave the area without being seen. Bicycles are stolen for a variety of reasons, for example, parts can be resold quickly.

Theft prevention is much more than buying a lock. Before leaving the house today take a moment to make notes about your bicycle, including the serial number found on the bottom of the frame. Keep that information in a safe place that you will easily remember, or even in two safe places. Have a friend take a few clear pictures of you next to the bike, and keep those pictures just in case you lose the serial number and need to prove ownership.

Buy a good quality lock and ask an expert to show you how it works. At home, try to store the bike indoors. Not only is this more secure, but also by parking in a dry spot out of the rain, your equipment will last longer.



Always use your bike lock. When attached to a traffic or street sign, remember to check if someone could possibly lift the bike up and over the pole. If possible, carry all easily detachable parts (front wheel, seat, lights, and helmet) inside while shopping. This can help prevent accessory theft. If a bike is stolen, file a police report with a detailed description of any stickers, unique parts, scratches, or dents you may have added. Even if you do not have the serial number, the pictures of you with your bike are very helpful for detectives.

The police evidence warehouse has around five hundred bikes stored; these are posted to Twitter via @GetYourBikeBack. You can also register your stolen property at <http://stolen.bikeindex.org> and leave contact information. Many buyers check on the status of a bicycle through this website before agreeing to purchase from a stranger.

Lost and found bikes from Bike Index are posted to the Twitter account @StolenBikesSEA. Most importantly, if you find your stolen bike for sale online, do not put yourself in danger by confronting the seller directly. Ask for police assistance to recover those 'hot' wheels.

*Alex Vallandry (alex@sngi.org, 206-323-7084) is a project coordinator at Seattle Neighborhood Group. Feel free to contact him for crime prevention tips or help with your safety and security concerns.*

## Enrolling Now!

PRESCHOOL PROGRAM (Children from 3-5 years old)

## Head Start & ECEAP (Early Childhood Education and Assistance Program)

*Serving low-income pregnant women, and families with children ages birth to five, including those with special needs and significant disabilities, living in the Seattle Housing Authority garden communities.*



Washington State Department of Early Learning



- Home-based program available for pregnant women and their children, from newborns to age 3
- School-year program
- Skilled, qualified, and experienced teachers serve children 3-5 years old; children must be 3 by Aug. 31 of enrollment year
- Serves low-income families
- Half-day program: Monday-Thursday, 3 ½ hours each day
- Full-day program: Monday-Friday, 6 hours each day
- Offers comprehensive services: Special Needs, Family Support, and Screening and Health Information
- Helps with kindergarten transition process when children turn 5 years old

*For more information, please call 206-461-8430, extensions 2040, 2041 and 2042.*

## Seattle Housing Authority 2016 budget outreach begins

SHA holds information-gathering sessions and introduces new online survey for residents

BY SEATTLE HOUSING AUTHORITY

At a meeting of the Resident Action Council (RAC) on March 11, the Seattle Housing Authority (SHA) kicked-off its community outreach 2016 budget. About 20 residents participated in a lively meeting at Jefferson Terrace to voice their budget priorities.

Residents took part in a budget exercise that prioritized their top needs within SHA's five program and service areas: Supportive Services for Residents and Participants; Upkeep of Buildings and Grounds; Building and Neighborhood Safety and Security; Building Management and Facilities; and Major Capital Repairs. Results of this exercise will be published on [seattlehousing.org](http://seattlehousing.org) the first week of September.

Shelly Yapp, SHA's chief financial officer, briefed RAC meeting attendees on the forecast for federal funds from the U.S. Department of Housing and Urban Development (HUD). Federal funds for public housing subsidies, housing choice vouchers, and the public housing capital grant support about 75 percent of SHA's core budget. Under the Republican majorities in both houses of Congress, Sequestration is expected to return in 2016. Sequestration involves limiting the federal budget and placing a cap on amounts the government can spend on its programs in order to help resolve or prevent debts from reaching crisis levels.

Housing officials say this will leave revenues near 2015 levels, but the Senate and

House Budget Resolutions call for greater cuts in non-defense discretionary spending for the 10 years following, which could have crippling impacts on SHA funding. "It's not too late for you to contact your representative in Congress and tell your story of what your assisted housing means to you," Yapp said.

On April 29, Joint Policy Action Committee (JPAC), members, and representatives from SHA resident councils were introduced to the online version of this year's budget priorities exercise and tested its use in the group setting.

"We're very excited to move the community budget priorities survey to SHA's website and thus provide a much expanded opportunity for residents and voucher holders to register their views," said Yapp. "We're just sticking our toes in the electronic world of surveys this year and we are hoping for good participation as well as feedback on how it worked and how we could improve our approach in the future."

The new online budget survey is now accessible and will remain active through early June. Those who want to participate can visit <http://budget.seattlehousing.org>.

SHA has also expanded opportunities for residents to express their priorities and needs for their housing, facilities, and services by hosting discussions at building meetings that the Housing Operations Department property management staff will hold in all SHA public housing and senior housing communities. These meetings began in March and will continue into May.



Shelly Yapp, SHA's chief financial officer

The results will be reviewed by Housing Operations as they prepare their 2016 operating and capital budget requests. If the community budget meeting hasn't come to your building yet, check with your Property Manager for the schedule.

"We received invaluable advice and insights from residents in last year's budget outreach and we acted on as many of the requests as possible. The budget will be a little tighter this year, and resident priorities will again help guide our choices," Yapp said.

## Section 8 waitlist lottery update

BY SEATTLE HOUSING AUTHORITY

Seattle Housing Authority held an open lottery registration period for 2,500 spots on a new waitlist for the Housing Choice Voucher (Section 8) program between March 23 and April 10, 2015. Nearly 19,000 completed registrations were received.

A random computerized drawing will be held to place 2,500 households on the new waitlist, and everyone who registered for the lottery will receive a letter in the mail by May 15 stating whether or not they were selected. The letter will also tell those who were selected what their number in line is on the waitlist.

Each household on the new waitlist will be sent application packets in the mail when it is their turn in line. Households will be screened for program eligibility at that time. More information can be found online at [seattlehousing.org/waitlist](http://seattlehousing.org/waitlist), or by calling 206 239-1674.

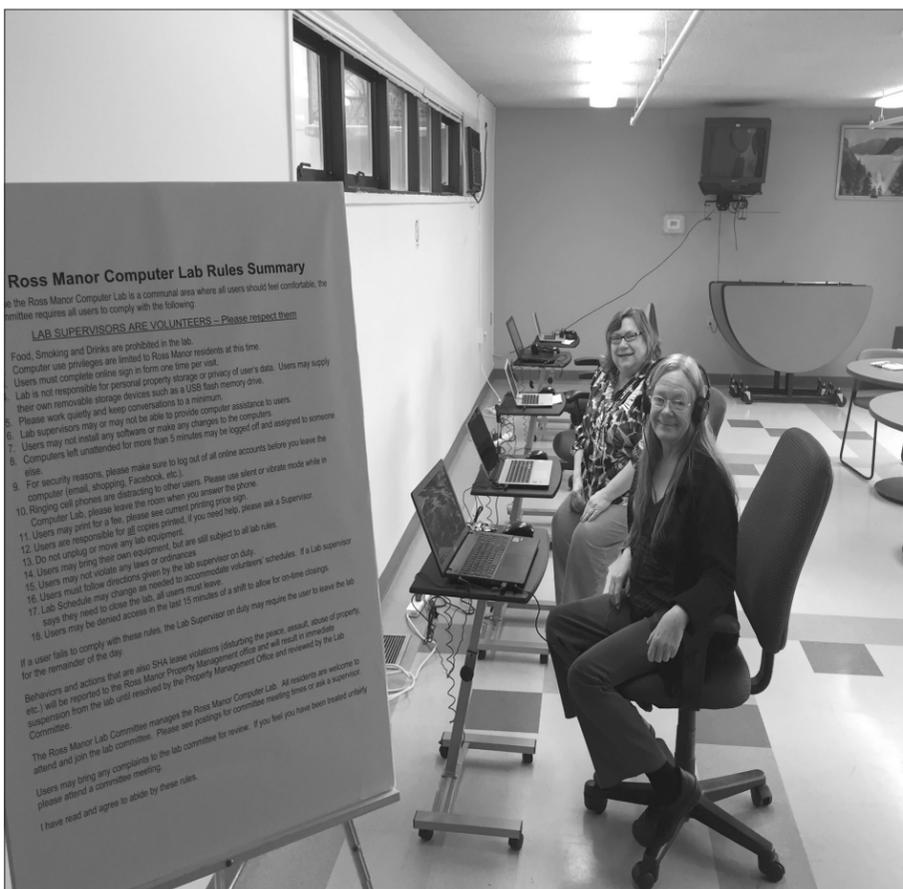


PHOTO BY MIKE POLLACK

Ross Manor residents Wendy Mayo (at back) and Jocelyn Feagin take the newly-opened Computer Lab for a test drive. The lab, which is currently available to residents on Mondays from 1-3 p.m., and Wednesdays between 4-7 p.m., is staffed by resident volunteers. This summer, the lab will hold classes on learning computer skills, starting with beginning computer skills and intermediate topics such as social media and digital photography. Residents with their own devices can visit the lab to use the free Wi-Fi



2015 Schedule\*  
**Women-Only Swims and Lessons**  
now offered at  
Meadowbrook Pool,  
Rainier Beach Pool,  
and Southwest Pool



SEATTLE PARKS AND RECREATION

- Windows will be covered
- Female staff
- 2-3 lap lanes available during recreational swims

### MEADOWBROOK POOL - SATURDAY

10515 35th Ave. NE • Seattle, WA 98125  
Phone: 206-684-4989  
6:30 – 7:00 pm ..... **Swim lessons**  
7:00 – 8:00 pm ..... **Recreational swim**  
(must be at least 12 years of age)

### RAINIER BEACH POOL - SUNDAY

8825 Rainier Ave South • Seattle, WA 98118  
Phone: 206-386-1925  
4:30 – 5:30 pm ..... **Full facility recreation swim**  
(leisure and lap pool)

**Please note that during recreation swims:** Use of the leisure pool – females of all ages and males under 4 years old; Use of the lap pool – females must be 12 years old

5:30 – 6:30 pm ..... **Swim Lessons**

### SOUTHWEST POOL - SATURDAY

2801 SW Thistle St. • Seattle, WA 98126  
Phone: 206-684-7440  
2:30 – 3:30 pm ..... **Recreational swim**  
3:30 – 4:00 pm ..... **Swim lessons**  
4:00 – 4:30 pm ..... **Swim lessons**  
(must be at least 12 years of age)

- Discount pricing and swim lesson scholarships available for those who qualify
- Call pools to register for lessons

\*Subject to change without notice

# Yesler Terrace Mother's Day Brunch and Fashion Show May 9

**YT** BY VOICE STAFF

Yesler Terrace-area mothers are invited to the annual Mother's Day Brunch Saturday, May 9, from 10 a.m. - noon at the Yesler Community Center.

All mothers will receive a special gift. Husbands and families are invited to come and honor that very important woman in their lives.

An International Fashion Show has been added this year, and local residents will don their best native clothing and share their cultures as they stroll down the catwalk.

The donation cost is \$1 per person or \$5 per family. Children are invited and should be accompanied by an adult. Volunteers are needed to set up, cook, serve, model clothing and clean up.

This event is sponsored by the Yesler Community Center Advisory Council, a group of volunteers comprised of neighbors and community agency staff who advise Seattle Parks and Recreation on year-round activities in the Yesler Community Center.

Please call Robert at 206-386-1245 or stop by the Yesler Community Center if you have any questions, want to help, or wish to donate to help defer the costs.

## May 19 is Dream Big! Scholarship deadline

May 19 is the deadline for students to apply for Seattle Housing Authority's Dream Big! Scholarship.

The Dream Big! Scholarship is awarded to a minimum of two applicants each year by the Higher Education Project. This \$1,000 scholarship is paid directly to the college or university to help cover tuition and fees for the 2015-2016 school year. Applicants must be under 21 years of age and be a resident of public housing or the Housing Choice Voucher Program (Section 8).

Please visit the Seattle Housing Authority website ([seattlehousing.org/residents/education](http://seattlehousing.org/residents/education)) for information about specific eligibility requirements and instructions on how to apply.

Residents with questions should contact Brett Houghton at 206-343-7484.



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

Maryan Egal was one of eight SHA residents to win a scholarship in 2014.

### Community notes

#### Seattle Public Library Book Sale

Thousands of items will be up for sale to the public at bargain prices at the 2015 Friends of The Seattle Public Library Spring Book Sale, scheduled for May 2 and 3.

Items for sale will include fiction and nonfiction books for all ages, CDs, DVDs, audio books and collectible books. Items will sell for \$1 to \$3. All items will sell for half-price on Sunday. Attendees are encouraged to bring a reusable bag or wheeled suitcase for their purchases.

The book sale is free and open to the public from 9 a.m. to 5 p.m. Saturday, May 2 and 9 a.m. to 4 p.m. Sunday, May 3 at North Seattle College, 9600 College Way N. The sale will be held in Rooms CC1161 & the old cafeteria, located in the College Center building. Enter from the south side of the campus.

Free parking is available, and the college is served by Metro routes 16, 40, 345 and 346.

The Friends of The Seattle Public Library is a non-profit, grassroots organization dedicated to promoting the Library as an essential institution of our society. Friends volunteer members advocate, educate and raise funds on behalf of the Library, its patrons and the larger Seattle community.

For more information, call the Friends of The Seattle Public Library at 206-682-7567, email [book.sale@friendsofspl.org](mailto:book.sale@friendsofspl.org) or visit [www.friendsofspl.org](http://www.friendsofspl.org).

#### Wi-Fi at Seattle Center now faster

Seattle Mayor Ed Murray recently unveiled a new free Wi-Fi service at Seattle Center. The service, which serves tens of thousands of people simultaneously, was developed in partnership with Microsoft.

"This is another step forward in our work to seek out public-private partnerships to improve Internet access in Seattle," Murray said. "More than 12 million people visit Seattle Center each year, and now they will enjoy fast, free broadband on their devices. This pilot program tests new technology that we may be able to deploy to other neighborhoods in the city."

Previous Wi-Fi network speeds at Seattle Center supported email and basic web browsing, but bogged down when too many people used the system at the same time. The new system enables users to browse at speeds more than 5,000 times faster than the old system, enabling visitors to make Skype calls, back-up photos, and connect with events and vendors at Seattle Center.

#### New \$15/hr minimum wage kicks in

Seattle's phased-in minimum wage that will elevate salaries to \$15/hour, took effect April 1.

"Seattle has gotten a raise. When our \$15 minimum wage is fully phased in, more than 100,000 workers across the city will benefit," Murray said. "Everyone who works in Seattle should be able to afford to live in Seattle."

Seattle's minimum wage uses a phased-in approach to raise the wage over the next decade, depending on size of business and whether or not healthcare benefits are provided by the employer.

"We can celebrate this accomplishment because business and labor sat down together to find a way to move forward," said Murray. "We should celebrate this accomplishment by dining out and shopping at local Seattle restaurants and businesses."

Workers with questions can call 206-684-4500 or email [ocr\\_intake@seattle.gov](mailto:ocr_intake@seattle.gov).

Employers can email questions to [minimumwage@seattle.gov](mailto:minimumwage@seattle.gov).



# Talk With Your Kids

Marijuana is illegal for anyone under age 21 and impairs driving.

StartTalkingNow.org

Dr. Leslie R. Walker, MD, Seattle Children's Hospital & UW Department of Pediatrics















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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

### About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from Seattle Housing residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing Authority 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 Nancy Gardner at 206-461-8430, ext. 2051 or by e-mail at [nancyg@nhwa.org](mailto:nancyg@nhwa.org).

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

# Yesler Terrace Community celebrates ...

**Residents bid farewell to the Jesse Epstein building and look ahead to neighborhood's future**

BY JOY BRYNGELSON

*Yesler Terrace Community Builder, SHA*

**YT** The aroma of roasting coffee beans and freshly baked ambasha bread greeted everyone who came out to the Yesler Terrace Community Council's (YTCC) April meeting, the last one to be held in the Jesse Epstein building. The Jesse Epstein Building, located at 905 Spruce Street, originally constructed in 1909 as the Kenyon Apartments, has provided office and administrative spaces to health and social-service agencies and to the YTCC meetings since 1979. It will be demolished later this year to make way for new construction.

Volunteer leaders hosted a special East African coffee ceremony and community potluck for this special event that brought neighbors together to celebrate their community, mark their last meeting in the historical Epstein Building, and discuss the future of their council and their neighborhood.

Kristin O'Donnell, president of the YTCC led the meeting.

The first presenters were from Vulcan, who will manage the construction process for three of the privately-owned apartment buildings along Broadway and Yesler. The staff shared some initial design plans and answered questions. They explained where retail spaces will be built on the first floor of the buildings, and said that when the buildings are close to completion they will seek input from community members about the types of businesses residents would like to have in their neighborhood.

"Yesler is now expanding and new people are coming," said resident Abate Zewale. "As just and fair neighbors, we need to come together and take care that we can



all work together. Just like when we were welcomed here."

The YTCC is one of the longest standing neighborhood councils in the city, and has been in existence in one form or another for over 30 years, according to O'Donnell. The Council Leadership Team wanted to honor that history with the current residents of Yesler Terrace.

Temesgen Daka, another area resident said, "This is the face of America, where high-income people and low-income people live together. We need to embrace it and build one community."

They also want to plan ahead for the future of the council as the neighborhood redevelops and increases in density and diversity. They were presented with two options, to maintain membership only for

SHA low-income public housing tenants, or expand council membership to include all residents of Yesler Terrace regardless of income status.

Council members decided to include all residents of the community and welcome incoming neighbors from Kebero Court and Anthem apartment buildings.

Guests enjoyed a delicious potluck and Ethiopian coffee while they signed a farewell card to the Epstein building. Some of the red bricks will be used in future community art projects.

The next YTCC meeting will be Monday, May 18, from 6 - 8 p.m. at the Yesler Terrace Community Center. Interpretation is provided in Somali, Amharic, Tigrinya, and Vietnamese.



*Residents celebrate the last Council meeting in the Epstein Building. Top, three-year-old Dharmy helps shed some light on the partygoers. At bottom, Yesler Terrace resident Mebrat Yihdego helped organize the traditional Ethiopian coffee ceremony. Photos by Nancy Gardner*

## Fitness for everyone

**Playing it safe outdoors during the summer months as temps heat up**

BY LENA SCOTT

*Special to The Voice*

As temperatures rise during spring and summer, concerns about health and safety escalates, too, as we go outdoors more often. Playing, exercising, or just hanging out in the great outdoors is energizing. Here are some tips that will keep you, your family and friends safer and healthier during the warmer months.

Nothing makes me happier than seeing the sun, especially in the Seattle area. Direct sun exposure to the skin happens all year round, even when there are clouds in the sky. It's a good idea to follow general recommendations of protecting our skin daily. Obviously skin is especially at risk for sunburns on bright days. Skin cancer is the most common form of cancer in the county, and sun exposure is the biggest risk factor. Reducing exposure will reduce the risk of developing skin cancer.

Sunscreen is important, but you can also reduce exposure by avoiding being outdoors during peak sun hours, between 10 a.m. and 2 p.m. Of course these are also the hours we like to be outdoors the most, especially in the summer when kids are on holiday. Covering skin with pants, long sleeved shirts and shading the face with a hat are effective ways of protecting oneself. Pick cool, loose-fitting clothes to keep from

overheating. Sunscreen is not effective unless used properly.

Sunscreen should be used daily regardless of the season or skin tone. Doctors recommend that everyone over the age of 6 months use a sunscreen of SPF 30 or more on exposed skin. It's important that the sunscreen you select is labeled broad spectrum. This means it filters out both UVA and UVB rays.

Apply a generous amount of sunscreen to skin about a half hour before going out. Re-apply after swimming, sweating, or every few hours. Many facial moisturizers contain broad spectrum SPF too. Buying more than one bottle means you can keep some in your house, backpack, car and at work.

It is common to be thirstier in the summer. We sweat more with increased temperatures and activity levels so our bodies lose water faster. Doctors recommend that adults drink eight glasses of water each day. But since everyone's body is different, so are our needs. Age, weight, health status and activity level all play into how much water we need.

Thirst isn't always the best indicator for when we need to hydrate. For example, the elderly or those with certain types of existing illnesses may have poorly-regulated thirst mechanisms. Also, being busy may distract you from noticing your thirst and you can become dehydrated without even realizing it. A good indicator of hydration

is to pay attention to your urine. Is it dark yellow? If so, you are not well-hydrated so have another glass of water.

Sports drinks with electrolytes are no better than water for those not involved in highly vigorous activities. Replacing sugary beverages with water is not only hydrating, but a good way to reduce calorie intake.

Here in Seattle the municipal tap water is safe and clean. No need for expensive bottled water. A filter can improve the taste. To help boost your water intake, carry a reusable water bottle with you at all times. If you like the taste of flavored water, add things like lemon juice, cucumber slices, basil, orange slices, berries or a splash of fruit juice.

For many, the most annoying part of spring and summer are seasonal allergies, often referred to as hay fever. Allergies can start at any age. When allergy season starts it is easy to mistake it for a cold. The symptoms are similar and may include runny nose, itchy eyes, sneezing and sore throat.

Symptoms can be reduced by preventing allergens from coming indoors. Wash your hair to keep allergens away from your face and off pillowcases. Remove your shoes and leave them at the door when you come inside, wipe down your dog's coat when it comes inside to remove pollens and dander. For some folks, seasonal allergies can become extremely bad triggers for asthma attacks. When allergies become that bad



you will want to seek medical advice.

A lot of this advice you may already know, it's remembering and staying prepared that is the hard part.

*Lena Scott is a health educator and certified EnhanceFitness Instructor.*

### 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

# COMMUNITY RESOURCES

## High Point Community Center Toddler Gym

For ages 5 and younger

Cost: \$3.00

Discount price\*: \$0.50 per child

\* Discount price is available to High Point residents and families enrolled in the High Point Neighborhood House Head Start program.

Toddler Gym offers a space for you and your toddler to play and interact with other children and parents.

The gym is full of a variety of toys; balls, trikes, scooters, push bikes, and more.

Parental supervision is required.

Come meet new friends and get out of the house with your little one at High Point Community Center.



High Point Community Center

6920 34th Ave SW

Seattle, WA 98126

206 - 684 -7422

### "Sân Chơi Cho Bé"

Dành cho 5 tuổi trở xuống

"Sân Chơi Cho Bé" cung cấp một không gian cho bạn và cháu chơi cùng nhau cũng như với các phụ huynh khác

"Sân Chơi Cho Bé" có đầy đủ các loại đồ chơi như; quả bóng, xe đẩy, xe đạp, và nhiều hơn thế nữa.

Cần sự có mặt của phụ huynh.

Hãy cùng nhau đến gặp gỡ với bạn bè mới và có những giây phút thật vui tươi tại Trung Tâm Cộng Đồng High Point.

### Thứ Ba và Thứ Năm

Chỉ dành cho Thứ Ba ngày 23 tháng Sáu - ngày 8 tháng Chín

10:00 đến 2:00 Chi phí: \$3.00

Giảm giá \*: \$0.50 cho mỗi cháu ở trong chương trình Neighborhood House Head Start

## GYM Ka Ciyaarta Ilmahayaryar

Dada logutalagalay waa 5 shanjir iyo wixii kayar

Ciyaalka yaryar gym koodu waxuu kuhayaa adiga iyo cunugaga in aad is barataan ciyaallakale iyo waridiin kale

Gym waxaa yaala tooyo badan oo kaladuduwan sida banooniyaal, iskurar, baskiil lariixo iyo kuwakale oo badaan

Waamihiim in waridku lasocdo cunigiisa

Adiga iyo ciyaalkagayaryar kasoo baxa guriga oo kalaya lakulma dad cusub meesha High Point Community Center.

### Talado iyo Khamiis Kasta

Samarka Talado kaliya June 23th-September 8th

10:00subaxnimo—2:00 galabnimo

Qaymo waa \$3.00 Qaymo jaban \$0.50 calaa cunig

Qaymo jaban wuxuu diyaar u yahay qoysaska dagan High Point iyo qoysaska ku qoran High Point Neighborhood House Head Start Program

### GIMNASIO PARA NIÑOS PEQUEÑOS

Para edades de 5 años y menores

Ofrecemos un espacio de juego para usted y su niño y para socializar con otros niños y padres.

El gimnasio está lleno de una variedad de juguetes, pelotas, triciclos, patinetes, bicicletas de empuje y mucho más.

Se requiere supervisión de los padres.

Ven a conocer a nuevos amigos y sal de la casa con tu pequeño al Centro Comunitario de High Point.

Martes y Jueves (Septiembre a Junio)

Martes solamente del 23 de junio al 8 de septiembre (verano)

10:00 - 2:00pm

Costo: \$3.00

Precio descuento\*: \$0.50 por niño

\* Descuento especial disponible para los residentes High Point y para las familias inscritas en el programa High Point Neighborhood House Head Start.

# West Seattle Bee Festival

## Saturday May 16

Neighborhood House and High Point Commons Park  
6400 Sylvan Way SW

**9AM** the Honey Run High Point Pond 30th Ave SW  
no registration needed just show up

**10AM** make-your-own bee or flower costume for the Kids & Pet Parade

**11AM** Lunchbox Cook Off

**11:30** Information Fair

**12-2** West Seattle Bee Enclosure Tours

**12PM** Bee-Ball Tournament & Field Games

Music by DA Productions pick your own tunes!!

Face painting, crafts and more!!

HIGH POINT OPEN SPACES ASSOCIATION EVENTS COMMITTEE

## Senior Farmers Market Nutrition Program

Providing eligible seniors with fresh fruits and vegetables from local farmers markets

Eligibility for \$40 worth of vouchers:

- Age 60+ (or age 55+ if you are Native American)
- Low income (no more than \$1,815 monthly income for one person or \$2,456 for two people—add \$641 for each additional person)

How to apply:

- Print an application from the website listed below.
- No later than May 15, 2015, mail your completed application to:

**Senior Farmers Market Nutrition Program**  
PO Box 34215  
Seattle WA 98124-4215

- Your form will be entered into a random selection process. If your name is selected, you will receive your checks by mail by July 1, 2015.

[www.agingkingcounty.org/SFMNP/](http://www.agingkingcounty.org/SFMNP/)

Questions? Call one of these organizations!

- African American Elders Program 206-328-5639
- Asian Counseling & Referral Service 206-695-7510
- Chinese Information & Service Center 206-624-5633 ext 4178
- Latino Information & Assistance 206-764-4700
- Neighborhood House 206-571-5080
- Russian Information & Assistance (Irina at JFS) 206-861-8787
- Seattle Mayor's Office for Senior Citizens 206-684-0500
- Senior Information & Assistance 206-448-3110

ads Aging and Disability Services Area Agency on Aging for Seattle and King County

City of Seattle King County United Way

Aging and Disability Services, the Area Agency on Aging for King County, plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers and people with disabilities in King County. [www.agingkingcounty.org](http://www.agingkingcounty.org)

# TRANSLATIONS

## TRANSLATED ARTICLES FROM THE VOICE

### Programa de “Fresh Bucks” (dinero fresco) recibe un empujón financiero del gobierno federal, y hará que más gente de bajos ingresos en Seattle pueda comer más saludable /By Leahla Contreras

El departamento de agricultura de los Estados Unidos anunció últimamente que el estado de Washington recibirá casi \$6 millones de dólares en el transcurso de cuatro años para aumentar la cantidad de frutas y verduras que compren le gente con vales de comida (ahora llamado beneficios de SNAP, el programa suplementario de asistencia de nutrición, antes llamado estampillas de comida).

En Seattle, la beca ampliará el programa de Fresh Bucks, creado in 2012 por la oficina de sostenibilidad y medioambiente en colaboración con la alianza de los mercados de granjeros (Neighborhood Farmers Market Alliance). La beca facilitará que más compradores de bajos ingresos lleguen a los mercados, y también abrirá una puerta para fomentar el desarrollo de más mercados de granjeros y la compra de verduras en general.

El estado de Washington recibió la beca más grande que se proporcionó entre 31 otros proyectos similares en todo el país.

“El programa de Fresh Bucks sube el

poder adquisitivo de los consumidores de bajos ingresos y a la vez contribuye considerablemente a los negocios locales,” dijo el alcalde de Seattle, Ed Murray. El programa de Fresh Bucks hace que un dólar cuente por dos en las compras de SNAP en los mercados de granjeros, hasta \$10 en cada visita. Desde el comienzo de Fresh Bucks, consumidores de bajos ingresos han recibido mas de \$220,000 en extra poder adquisitivo, y 9 de cada 10 compradores entrevistados reportan que con la ayuda de Fresh Bucks, consumen más frutas y verduras.

“Los granjeros en nuestros mercados disfrutaban de Fresh Bucks porque ofrece una vía más para que su comida llegue a las mesas de todo el mundo, sea cual sea su nivel de ingresos, que quiera comer comida saludable- y a la vez inyecta más dinero en nuestra economía agrónoma, dijo Chris Curtis, director ejecutivo de la alianza de los mercados de granjeros (Neighborhood Farmers Market Alliance).

### ፍረሽ ባክስ ዝብሃል ፕሮግራም፡ ኣብ ስያትል ንዝርከቡ ትሑት ኣታዊ ዘለዎም ነበርቲ ንጥዕና ዝሰማማዕ መግቢ ዓዲኒም ክምገቡ ምእንቲ ክድግፎም ካብ ፈደራል መንግስቲ ናይ ገንዘብ ሓገዝ ረጅቡ ኣሎ።/By Habte Negash

ናይ ኣመሪካ ክፍሊ ሕርሻ ኣብዚ ቀረባ እዋን ከምዝገለጹ፡ እቶም ካብ መንግስቲ ናይ መግቢ ሓገዝ (food stamps) ዝግበረሎም ትሑት ኣታዊ ዘለዎም ሰባት ከም ፍረታትን ኣሕምልትን (fruits and vegetables) ዝሓመሱሉ መግብታትን ንኪገዙሉ ሓገዝ ዚኸውን 6 ሚልዮን ዶላር ኣብ ውሽጢ እዚ ኣርባዕት ዓመታት ንዋሽንግቶን ስተይት ኪውሃብ እዩ።

እዚ ሓገዝ እዚ ኣብ ስያትል ነቲ ፍረሽ ባክስ ዝብሃል ፕሮግራም ንምስፍሓፋሕ ከም ዝውዕል ኪግበር እዩ። እዚ ፕሮግራም እዚ ብምትሕብባር ቤት ጽሕፈት ኢንቫይናርመንት ሳስተናብሊትን ፋርመርስ ማርኬት ኣለዎን (Sustainability & Environment Neighborhood with Farmers Market Alliance) ብ2012 ዝቆመ ትካል እዩ። እቲ ዝግበር ሓገዝ ከተማ ስያትል ሓያሎ ትሑት ኣታዊ ዘለዎም ነበርቲ ከምኡውን ብርክት ዝበሉ ናይ ፋርመርስ ማርኬትን ሱፐር ማርኬትን ክኸፈት ዕድል ዚህብ እዩ።

ኣብ መላእ ሃገር ካብ ዝርከባ 31 ተመሳሳልቲ ፕሮግራማት ዋሽንግቶን ስተይት ዝበዝሑ ሓገዝ ረጅባ ኣላ።

ከንቲባ ከተማ ስያትል ኤድ ሙሪይ “እዚ ፍረሽ ባክስ ዝብሃል ፕሮግራም እዚ ነቶም ትሑት ኣታዊ ዘለዎም ስድራቤታት ዝይዳ ናይ ምግዛእ ዓቕምም ከሓይል ኣብ

ልዕሊ ምኽኣሉ ነተን ኣብዚ ኸባቢ ዝርከባ ናይ ንግዲ ትኻላት ድማ ከትባብዓን ይኸእል እዩ።” ኢሎም። እዚ ፍረሽ ባክስ ዝበይል ፕሮግራም እዚ እቶም ትሑት ኣታዊ ዘለዎም ዓዲግቲ ኣብ ዝኾነ ግዜ ካብ ፋርመርስ ማርኬት ኣብ ዝዕድግሉ ግዜ ንነፍሲወከፍ ዘውጽእዎ ሓደ ዶላር ብተወሳኺ ሓደ ዶላር ሓገዝ ኪግበረሎም እዩ። እዚ ድማ ኣብ ነፍሲወከፍ ካብ ካብ ፋርመርስ ማርኬት ዝዕድግሉ እዋን ክሳብ \$10 ዝበጸሕ ሓገዝ ኪግበረሎም እዩ። እዚ ፍረሽ ባክስ ዝበሃል ፕሮግራም ካብ ዝጀምር፡ ካብ \$220,000 ዝበዝሕ ገንዘብ ንጥቕሚ ትሑት ኣታዊ ዘለዎም ዓዲግቲ ውዲሉ ኣሎ። ብዝሓም 9 ካብ 10 ዝኾኑ ትሑት ኣታዊ ዘለዎም ዓዲግቲ ድማ እዚ ፕሮግራም እዚ ካብ ዝጀምር ብብዝሒ ፍረታትን ኣሕምልትን ንምገብ ኣሎና ከምዝብሉ ዝተገብረ መጽናዕቲ ይሕብር።

ክሪስ ኩርቲስ ዝበሃሉ ናይ ነይበርሁድ ፋርመርስ ማርኬት ዲሪክተር፡ “ምህርቲ ሓረስቶት ኣብ ኣባይቲ ናይቶም ንጥዕና ዝሕገዝ መግቢ ኪምገቡ ዝደልዩ ሰባት ዋላ ኣብ ኣባይቲ ናይቶም ትሑት ኣታዊ ዘለዎም ሰባት ክኣቱ ዕድል ዝህብ ኣብ ልዕሊ ምኽኡ ንቁጠባ ሕርሻ ዘምዕብል ስልገኻ፡ ኣብ ከባቢና ዘሎ ዕዳጋታት ዝርከቡ ሓረስቶት ነዚ ፍረሽ ባክስ ዝበሃል ፕሮግራም ይፈትውዎ እዮም።” ኢሎም።

### Программа «Фреш бакс» получит дополнительную поддержку от федерального правительства и поможет большему количеству малоимущих жителей Сиэтла правильно питаться/ By Irina Vodonos

Департамент сельского хозяйства США выделяет штату Вашингтон почти 6 миллионов долларов на четыре года с целью дать получателям пособия SNAP (ранее известного как «фудстемпы») возможность покупать больше фруктов и овощей.

В Сиэтле дополнительное финансирование пойдет на расширение программы «Фреш бакс», созданной в 2012 г. городским Отделом устойчивого развития и окружающей среды совместно с Объединением районных фермерских рынков. С помощью федеральных средств власти Сиэтла надеются привлечь больше малоимущих покупателей к участию в программе «Фреш бакс», а также увеличить число фермерских рынков, участвующих в программе, и начать работать с супермаркетами.

Кроме штата Вашингтон, который выиграл самый крупный грант, финансирование получили еще 30 проектов по всей стране.

«Программа “Фреш бакс” увеличивает покупательную способность

малоимущих семей и одновременно оказывает значительную поддержку местному бизнесу», - заявляет мэр Сиэтла Эд Мюррей. «Фреш бакс» добавляет получателям пособия SNAP по одному доллару на каждый доллар, потраченный на фермерском рынке, до 10 долларов за каждый визит на рынок. Благодаря «Фреш бакс» покупательная способность малоимущих жителей Сиэтла выросла на 220 тыс. долларов с момента основания программы, и 9 из 10 польователей говорят, что стали есть больше фруктов и овощей.

«Наши фермеры очень довольны программой “Фреш бакс”, потому что она помогает их продукции оказаться на столе у каждого, кто хочет питаться здоровой пищей, вне зависимости от дохода - плюс одновременно эта программа вкладывает дополнительные средства в фермерскую экономику», - объясняет Крис Куртис, исполнительный директор Объединения районных фермерских рынков.

### ፍራሽ ባክስ ፕሮግራም ከፌዴራል መንግስት ተጨማሪ እርዳታ በማግኘቱ ዝቅተኛ ገቢ ያላቸውን የሲያትል ኗሪዎች ጤናማ ምግብ እንዲመገቡ ሊረዳ ነው።/By Assaye Abunie

የዩኤስ ዲፓርትመንት ኦፍ ኦግሪካልቸር በቅርቡ እንዳስታወቀው የዋሽንግተን እስቴት ወደ \$6 ሚሊዮን ብር የሚደርስ ለኦሪጎን ዓመት የሚሆን የፍራሬሬና ኦትክልትን መጠን ለመጨመር በSNAP (ሳፕሊመንታል ኒውትርሽን ኦሲስታንስ ፕሮግራም ቀድሞ ፉድ እስታምፕ ተብሎ በሚጠራው) ግልጋሎት ስር የሚጠቀሙ ሰዎችን ይረዳል።

ይህ ግራንት በ2012 በኤሌስ ኦፍ ሰቡቲንቭሊቲ እና ኢንቫይናርመንታል ክኔቨርሁድ ፋርመርስ ኢሊያንስ ጋር በመተባበር የተመሰረተውን የሲያትልን ፍራሽ ባክስ ፕሮግራም ለማስፋፋት ነው። ግራንቱ በሲያትል ውስጥ የሚገኙትን ዝቅተኛ ገቢ ያላቸውን ገብያተ-ቅኝትና እንዲሁም የፋርመርስ ማርኬትና ሱፐርማርኬት ተሳትፎ እንዲኖር ስርም ይከፍታል።

ዋሽንግተን እስቴት በአገር ውስጥ ከሚገኙት 31 ፕሮጀክቶች ውስጥ ከፍተኛውን ግራንት አግኝቷል።

የሲያትል ሚየር ኤዲ መሪ እንደተናገሩት “የፍራሽ ባክስ ፕሮግራም ዝቅተኛ ገቢ ያላቸውን ቤተሰቦች የመግዛት ችሎታ ከመጨመሩም

ኣልፎ ለአካባቢው ቢዝነስ ትልቅ ጥቅም ይሰጣል።” የፌዴሽ ባክስ ፕሮግራም የእስናፕን የፋርመርስ ማርኬት የመግዛት ችሎታ አንድን ብር በአንድ ብር እስከ \$10 ብር ድረስ ለአንድ የገብያ ጊዜ ይሰራል።

የፍራሽ ባክስ ፕሮግራም ከጀመረ በኋላ ዝቅተኛ ገቢ ያላቸው ገብያተ-ቅኝት ጥቅም ያገኙበት ሲሆን ከ\$220,000 በላይ የመግዛት ሃይላቸውን ሲጨምር፣ ከ 10 የፍራሽ ባክስ ገብያተ-ቅኝት 9 የሚሆኑት በወጣው ሰርቪ ሪፖርት እንደሚያሳዩው በብዛት ፍራፍሬና ኣትክልት እንደሚመገቡ ነው።

የኔበርሁድ ፋርመርስ ማርኬት ኢሊያንስ ኤክስቴንቭ ዳሬክተር የሆኑት ክሪስ ከርቲስ እንደተናገሩት “ ኣርሶ አደሮች ፍራሽ ባክስን ከእኛ ገቢያ በግም ነው የሚወዱት ምክንያቱም አንድ ተጨማሪ መንገድ በመክፈት ምግባቸው በእያንዳንዱ ሰው ጠረጴዛ እንዲደርስ ያደርጋል፣ ገቢን ሳይመለከት፣ ጤናማ ምግብ መመገብ ለሚፈልገው በዛውም ተጨማሪ ገንዘብ ወደ እርሻ ኢኮኖሚ እንደሚስቀመጥ ነው” ብሏል።

### Brogramka loo yaqaan Fresh Bucks oo kahely kaalmo dawlada federalka taas oo looga caawin doono cuntada tayada leh dadka reer Seattle ee dakhliga yar/By Mahamoud Gaayte

Wasaarada beeraha ee dalka mareykanka aya shaacisay in gobolka Washington helodoono lacag dhan \$6 milyan afar sano guduhood si loo kordhiyo Qudaarta ey iibsadaan dadka qaata waxa looyaqaan SNAP (food stamp).

Lacagtani waxey u suurta gelineysaa barnaamijka Fresh Bucks ee laga asaasay Seattle 2012kii kaas oo la shaqaya suuqyada beeraleyda lookaalka ah. Lacagtani waxey seattle u suurta gelineysaa kor u qaadista in dadka dakhliga yari ka adeegtaan suuqyada beeraleyda lookalka ah.

Gobolka Washington waxa uu helay lacagtii ugu badnayd, isaga oo ka hormay 31 mashruuc guud ahaan dalka mareykanka

“Barnaamijka Fresh Bucks waxa uu kor uqaadayaa awooda iibsi ee dadka dakhliga ganacsiyada lookaalka ah ee magaalada”

ayuu yiri duqa magaalada Seattle Ed Murray. Barnaamijka Fresh Buck waxa uu dheeli tirayaa doolar kasta oo aad food stampkaaga kaga iibsato suuqa beeraleyda lookaalka ah, doolarkiiba doolar lamid ah ilaa iyo \$10 doolar markii kasta oo add booqato suuqa. Tan iyo markii Fresh Buck la bilaabay dadka dakhliga yari waxa ey ka faaiidaysteen lacag udhiganta \$220,00 awood iibsi oo dheeraad ah, 10 adeegte oo kasta 9 ayaa afti bixiyey in ey cuneen qudaar ka badan tii ey horay u cunijireen.

“ Beeraleydeenu we jecelyihiin Fresh Bucks waayo waxa uu u suurta geliyaa in wax soo saarkood lagu cuno miis kasta, dakhliga qoysku inta uu doono ha le’ekaadee, isla markaana waxa uu maal geliyaa suqa beeraleyda lookaalka ah” ayuu yiri Chris Curtis, gudoomiyaha beeraleyda xaafadaha ( Neighborhood Farmers)

### CHƯƠNG TRÌNH TIỀN RAU TƯƠI VỪA NHẬN ĐƯỢC SỰ TIẾP SỨC TỪ CHÍNH PHỦ LIÊN BANG- VÀ SẼ GIÚP CHO THÊM NHIỀU NGƯỜI CÓ LỢI TỨC THẤP Ở SEATTLE ẪN UỐNG LÀNH MẠNH HON/By Long Luu

Bộ Nông Nghiệp Mỹ vừa loan báo rằng tiểu bang Washington sẽ nhận được gần 6 triệu đô trong vòng 4 năm để giúp cho người dân đang lãnh phiếu thực phẩm được tăng thêm việc mua trái cây rau cái.

Ở Seattle, thì ngân khoản này sẽ nói rộng chương trình Tiền Mua Rau Tươi – Fresh Bucks program, chương trình này được lập ra từ năm 2012 từ văn phòng Duy Trì- Môi Sinh- Office of Sustainability and Environment- liên kết với hiệp hội các chợ Nông Phẩm. Ngân khoản sẽ giúp cho thành phố Seattle khích lệ (cho việc mua rau tươi) ở người dân có lợi tức thấp, và cũng mở cửa cho nhiều nông dân và các siêu thị tham gia vào.

Tiểu bang Washington đã nhận được số tiền nhiều nhất trong số 31 dự án trên cả nước.

“Chương Trình Tiền Rau Tươi-Fresh Bucks sẽ làm tăng sức mua rau cái từ người có lợi tức thấp, cùng góp phần rõ

rệt vào các doanh nghiệp địa phương” ông thị trưởng Ed Murray của Seattle đã nói như thế. Chương trình tiền Rau Tươi sẽ gộp chung vào với chương trình thực phẩm-SNAP/phút-tem ở các chợ rau cái, với mức lên đến \$10 cho mỗi lần đi chợ. Kể từ khi có chương trình Tiền Mua Rau Tươi bắt đầu, thì người có lợi tức thấp đã hưởng lợi đến hơn \$ 220,000 cho sức mua sắm, và 9 trong 10 người mua rau cái qua chương trình Fresh Bucks-Tiền Mua Rau Tươi khi họ được thăm dò thì họ đã trả lời là họ nhờ đó mà ăn nhiều trái cây và rau cái hơn..

“Nông dân ở các chợ rau cái thích chương trình Tiền Mua Rau Tươi-Fresh Bucks, vì nó tạo thêm nhiều cách để thực phẩm đến với mọi người, không kể là mức lợi tức, mọi người thích ăn thức ăn lành mạnh- song song với việc đó thì gia tăng kinh tế cho ngành nông nghiệp” Chris Curtis, giám đốc điều hành Liên Hiệp các chợ Nông Nghiệp đã nói như thế.

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

## Take time to thank a loved one this Mother's Day

By KATHRYN MINAR  
Guest editorial

Do you like riddles? What is the one thing that every living creature shares? Do you give up? We all have a mother and a father. Regardless of whether we knew them or loved them, only just liked them, or if time and distance have separated us before we even took our first breath, it all began with them.

During the month of May, we celebrate our mothers. Likewise, in June, our fathers will have their turn.

Have you ever wondered how Mother's Day began? Why do we celebrate it in May? Why do we celebrate it at all?

Mother's Day has a very long and colorful history dating back to the ancient Greeks and Romans. The Christian festival of "Mothering Sunday" was originally intended as a way for worshippers to return to their local churches, the churches of their childhood homes for a special service.

The beginning of what we know today as Mother's Day goes back to the early 19th century. It began as a way to teach women how to properly care for their children. Around the same time, there was also a

call to action to unite women in promoting world peace. In more recent times, it has become a day that we honor our mothers with special gifts and acts of kindness.

The act of creating life takes a woman and a man. But isn't there more to being a mother (or father) than simply that? The bond between a mother and her newborn baby is one of the strongest that we know of.

Being a mother is both a work of 'art' and an act of 'science.' We teach our young not to touch hot things, not to run into the street, to be wary of strangers - the science of life and safety. But where does artistry factor in?

When a mother shows her young the ability to have compassion, or to love when no one else can or will, she is painting a beautiful picture with wide, motherly brushstrokes that will last many lifetimes.

Are we only mothers if we have our own children? I don't think so.

Even my friends can become mothers to me. Acquaintances and even strangers have stoked that ancient unbreakable bond within me, and perhaps in all of us. Even a child can be a mother: the laughter and love and lessons that a mother imparts are not limited to just those who have given birth.

We can be mothers and we can be mothered by any one of our fellow travelers on this journey called life.

So, on this Mother's Day I will honor the life and memory of my mother; the woman who gave me life itself, but I'll also celebrate and honor the countless other mothers who have touched my life and in a way, made me a part of the whole that I am.

I will also remember those who I feel I have mothered, even just a bit, and hope that they might remember me.

I hope that you might remember all of the 'mothers' who you have known and all of the 'children' who you may have mothered.

Thank you for taking the time to share my thoughts and feelings. Happy Mother's Day to all of you!

### HUD Secretary announces rental vouchers for state's homeless veterans

On April 20, U.S. Secretary of Housing and Urban Development Julián Castro joined Seattle Housing Authority Executive Director Andrew Lofton, Rep. Denny Heck, Rep. Dave Reichert, and Seattle Mayor Ed Murray to announce an additional 240 housing vouchers for our state's homeless veterans.

The vouchers, distributed by HUD and the U.S. Department of Veterans Affairs, will enable more homeless veterans in Washington State to find permanent, affordable places to call home.

The vouchers were part of a national announcement of \$65 million for more than 9,300 vouchers to help end veteran homelessness.

Ceferino Cadavona, an SHA Veterans Affairs Supportive Housing (VASH) voucher recipient spoke with media and guests, sharing an emotional story of his homelessness and how stable housing has changed his life.

During his visit to Seattle, Secretary Castro toured SHA's Kebero Court, the new residential building opening at Yesler Terrace, to talk with regional housing authority and school district leaders about education partnerships to improve the academic success of children living in public housing.

## Leschi House reopens with improved safety, more units

### Building underwent complete renovation and offers additional units and parking

By SEATTLE HOUSING AUTHORITY

Tucked away between 11th Ave S and 12th Ave S on S Weller St in the International District of Seattle is the newly renovated Leschi House where residents and guests took part in a re-opening celebration March 31. The ceremony helped mark an important return for previous residents and the new arrival for others.

Owned and managed by the Seattle Housing Authority (SHA), Leschi House is part of the Seattle Senior Housing Program, which provides affordable housing for income-qualified senior citizens.

Residents began moving into the newly-renovated units in March. At the March 31 opening celebration they enjoyed refreshments and a traditional Chinese Southern Lion Dance by the Mak Fai Washington Kung Fu Club. The yellow-faced lion wove its way through the clapping hands of on-lookers, creating a festive mood.

Following the dance, amidst the echoes of translators, Ralph Forquera, executive director of the Seattle Indian Health Board, spoke about the long and complementary relationship between the American Indian community and the Asian and Pacific Islanders in the neighborhood. Forquera emphasized that partnering with SHA has been a "wonderful working experience."

Originally built in 1987, the four-story building held just 34 units. In August 2013, a significant renovation and expansion of the 26-year-old building began.

There are now 69 affordable apartments for seniors. The original 34 units have been completely remodeled and another 35 have been constructed in a five-story expansion, with enclosed parking below. Four of the new units are completely ADA accessible.



COURTESY SEATTLE HOUSING AUTHORITY

Many units feature views of Elliot Bay and Mt Rainier. The building complies with the Washington State Energy Code and Evergreen Sustainable Development Standards. Improved safety features include a new camera security and intercom system.

Nora Gibson, chair of the Seattle Housing

Authority Board of Commissioners, also spoke at the re-opening celebration, commending project construction partners, including representatives from Bank of America, Wells Fargo, the City of Seattle Office of Housing, and the Washington State Housing Finance Commission.

Leschi House, built in 1987, recently reopened after a two-year renovation project. Residents and organizers formally celebrated the opening of the 'new' building which features additional units, another level and enclosed parking beneath the building.