

November 2016

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Email your comments or content to lictonsprings@hotmail.com Community Meetings

- January 22, 2016
- February 17, 2016
- March 16, 2016
- April 20, 2016
- May 18, 2016
- June 15, 2016
- July 20, 2016
- August – No Meeting
- September 21, 2016
- October 19, 2016
- November 16, 2016
- December- No Meeting

Facebook: Licton Springs Neighborhood www.lictonsprings.org

Community Council Meetings are open to the public



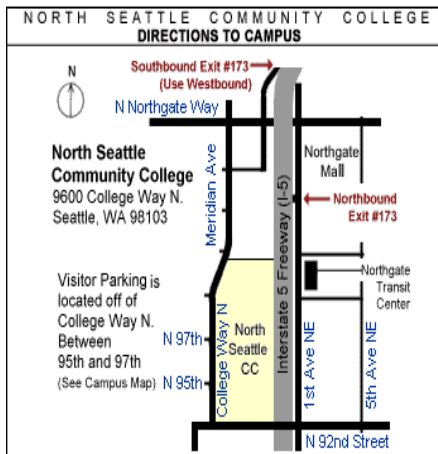
Licton Springs CURRENTS

Published by the Licton Springs Community Council

“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS.” —Margaret Mead

Licton Springs Community Council Meetings are held the 3rd Wednesday of each month except for August and December at 7PM at **North Seattle College OCE&E Building 2nd Floor Conference Room.**

Directions to Campus



LSCC meeting location Directions are as follows:

The Opportunity Center for Employment and Education building, The OCE&E building, blue building, is located on the south end of the NSC campus. Please enter at the lower eastside doors, take the elevator to the **2nd floor conference room** at the top of the stairs.

Please park on the East side of the OCE&E and enter the building from the lower East doors. There is an elevator inside the lobby.



Hello Neighbors!
Please join us **Wednesday November 16th** for our monthly Community Meeting at 7pm.

Please join us and help support and lead change in our neighborhood!



Agenda:

Old business:

- 1. Licton Lights events
- 2. Report on Halloween
- 3. Status of Tax exempt status restoration
- 4. Report from communication Outreach task force
- 5. Support letter on behalf of ALUV grant application
- 6. Decision on brochure reprint
- 7. By-law revision completing the process

New Business:

- 1. Bridging the Gap to Pathways Home -Oct 21 statement by Mayor Murray
- 2. Outreach to Debora Juarez

Licton Springs Park



**HAVE FUN, GET FIT and
Contribute to your
Neighborhood.**

Join FRIENDS OF LICTON SPRINGS for our monthly work parties. Get yourself and Licton Springs Park in shape!

Liven up your fitness plan with:

- Canary Reed pulls!
- Mulch barrow jogs!
- Wood chip bends!
- Planters' squats!
- Bramble root digs!

Work Party Dates 2016

Always the 2nd Saturday of the month, except no meeting in August

- January 09
- February 13
- March 12
- April 9
- May 14
- June 11
- July 9
- August- No Meeting
- September 10
- October 8
- November 12
- December 10

Meet at the "comfort station" in the park, 97th and Ashworth:

- 2nd Saturday of each month
- 10 am to 2 pm – rain or shine

For more information call:
Liz Kearns (206) 525-5243
Want to contribute but can't
make the work parties?
Ask about needed donations!

Tools and gloves provided. Wear appropriate clothing.

(Muck boots recommended)

PLANTING SEEDS



Licton Springs P-Patch Project
lictonspringsppatch@gmail.com

Visit their website for current information:
<http://lictonspringsppatch.wix.com/seattle>

Face book- Licton Springs P-Patch

City of Seattle's website:
<http://www.seattle.gov/neighborhoods/ppatch/gardening.htm>

Want updates to work parties and meetings? To subscribe to our mailing list send message to Listserv@talk2.seattle.gov and type "subscribe Licton Springs" into the body of the email.

Dept of Neighborhoods link to Licton Springs P-Patch:
<http://www.seattle.gov/neighborhoods/ppatch/locations/89.htm>

<http://www.seattle.gov/neighborhoods/ppatch/>

<http://www.CITYFRUIT.org>

More info here:
<http://cityfruit.org/classes/>

www.kingcounty.gov/weeds/



Community News

From Seattle PUD
<http://atyourservice.seattle.gov/>

Top Tips for Preventing Food Waste

How much food do you throw out?

The average American throws away over 200 pounds of food every year.[1] That adds up to over \$40 billion worth of household food waste annually.

But money isn't the only thing we're wasting when we toss out a mushy apple or last night's spaghetti. We're also throwing out all the water, energy, and other resources that were used to grow that apple, make that spaghetti, and get them to your plate.

Yikes.

Luckily, there are things we can do to prevent food waste. Check out a few of our favorite tips below, and visit Seattle Public Utilities' Prevent Food Waste page for more ideas.

Store Smarter



Storing certain foods the right way can make them last longer.

- Store bananas away from other produce (they give off a lot of ethylene gas and make other fruits ripen faster than they would on their own).
- Keep apples in the fridge (they keep ripening even after they're picked, so keeping them in the fridge will preserve them for longer).
- Store lettuce and other leafy greens in a sealed container lined with a damp towel. To liven up greens that have gone limp, immerse them in ice water for 30 minutes.

For many more great food storage tips, visit SPU's Fruit & Vegetable Storage Guide.

Give those Leftovers some Love



Eating leftovers doesn't have to mean heating up last night's meat loaf. Make those leftovers delicious the second time around, or use up an abundance of fruits and vegetables from your garden, with a quick visit to one of the sites listed below. They're chock full of recipes that will put your leftovers to good use.

- [In Praise of Leftovers \(a local blog\)](#)
- [King County's Recipe Resource](#) (they've pulled together a great list of leftovers-focused sites and recipes)
- [AllRecipes.com](#) (has a nice collection of leftovers recipes)
- [The Kitchen](#) (lots of great food posts, including this list of canning websites to help you preserve your late-summer and fall fruits and veggies)

Know Your Food Date Facts



Here's something that might surprise you: almost none of the date labels on food products—*sell-by*, *best-by*, *use-by*—indicate the safety of food[2]. In fact, they're just suggestions by the manufacturer for when they believe the food is at its freshest and tastiest, not when it will become unsafe to eat.

Get to know your food date terms and you'll avoid throwing away perfectly good, edible food. Here's what the USDA has to say about this:

Except for "use-by" dates, product dates don't always pertain to home storage and use after purchase. "Use-by" dates usually refer to best quality and are not safety dates. Even if the date expires during home storage, a product should be safe, wholesome and of good quality if handled properly...If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product according to the times on the chart below.

Visit the USDA website for more information on food product dating.

Buy What You Need



Before you go to the grocery store, take an inventory of your refrigerator and cupboards to find out what you need to buy, and then make a list. According to the National Resource Defense Council, research has shown that shoppers who make grocery lists – and stick to them – have lower grocery bills and make fewer shopping trips. They're also less susceptible to impulse buys.

And Finally, Don't Forget to Compost!



Make sure the food waste you do generate ends up in your household's Food & Yard Waste bin so it can be composted and returned to the earth.

[1] Food and Agriculture Organization of the United Nations, Global Food Losses and Food Waste.
http://www.fao.org/ag/ags/ags-division/publications/publication/en/?dyna_fef%5Buid%5D=74045.

[2] Natural Resources Defense Council, "The Dating Game" How Confusing Food Date Labels Lead to Food Waste in America.
<http://www.nrdc.org/food/expiration-dates.asp>

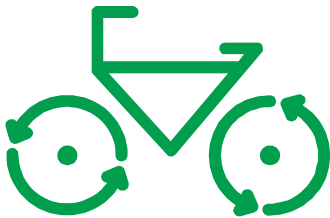
North Seattle College
(9600 College Way N)
<https://news.northseattle.edu/>

Free Computer Classes

The OCE&E offers a free computer skills training every Tuesday 1:30-3 p.m. Ask for directions at the front desk on the first floor!

Sell Your Art!

The NSC Art Group is looking for vendors for their 18th Annual Art and Craft Sale. Apply by Nov. 15. For more info and to apply, visit: www.nscartgroup.com.



Cascade Bicycle club

<http://www.cascade.org>

Cascade Bicycle Club is a nonprofit organization working to improve lives through bicycling. We offer daily rides, exceptional events, advocacy and lobbying, and education for all riders of all ages and abilities. Our staff and 16,000 members envision Bicycling for All.

Check out the website for daily group free rides, classes and more!

Sound Transit Northgate Link

Open for service: 2021

Northgate Link Extension project update:

<http://www.soundtransit.org/Projects-and-Plans/Northgate-Link-Extension>

For more information contact **Andrea Burnett**
Community Outreach Specialist (206) 903-7522
andrea.burnett@soundtransit.org

To request accommodations for persons with disabilities, call 1-800-823-9230 / TTY Relay: 711 or email accessibility@soundtransit.org

**Support the Licton Springs Community Council by becoming a member .
Make a donation to the Council and the activities it supports.**

We now accept credit cards via PayPal on the website at <http://www.lictonsprings.org/>

Cascadia Elementary School and Robert Eagle Staff Middle School

<http://bex.seattleschools.org/bex-iv/cascadia-es-and-robert-eagle-staff-ms/>

HALA Housing Affordability Living Act- Zoning Changes

<https://hala.consider.it/?tab=Draft%20zoning%20changes>

Please add your opinion about how to secure quality, affordable housing for Seattle for many years to come

“We are facing our worst housing affordability crisis in decades. My vision is a city where people who work in Seattle can afford to live here...We all

share a responsibility in making Seattle affordable. Together, HALA will take us there.”

Mayor Ed Murray

Licton Haller Greenways

<http://seattlegreenways.org/neighborhoods/licton-haller-greenways/>

Licton Haller Greenways



Who Are We?

Licton Haller Greenways is a group of neighbors like you who are working to make our streets safer and more comfortable for everybody.

We live, work, shop, play, and travel in, to and through Seattle’s Licton Springs and Haller Lake neighborhoods. Since the spring of 2014, we have been engaged in community building, advocacy, and action-based projects to make streets safer for all people, particularly for children and elders and people who are walking and bicycling.

Our community group works on projects important to many neighborhoods in NW Seattle, and our current focus is on the Licton Springs and Haller Lake neighborhoods.

November 29th (Tuesday) Charrette with Rob Johnson

ALUV is hosting a public charrette with land use chair & Councilman Rob Johnson from 6pm-9pm at North Seattle Community College

~ end

LSCC MEMBERSHIP, DONATION AND REQUEST FOR INFORMATION FORM

PLEASE PRINT THIS FORM, COMPLETE AND MAIL AS SOON AS POSSIBLE OR

**IF PAYING BY CREDIT CARD USE OUR PAYPAL ACCOUNT ON OUR WEBSITE
(<http://www.lictonsprings.org/>) AND EMAIL THIS INFORMATION.**

\$20 Start my Tax deductible Membership for 2016 \$20 Renew my Tax deductible membership for 2016

**Sign me up for the Licton Springs Community Council List serve
(Please include your email address below)**

Support work in the community with a tax deductible donation at one of the following levels:

\$10 Bubble \$25 Trickle \$45 Stream \$75 Spring

Other \$ _____

Donation to be used for:

Annual Halloween Event Where Most Needed

Other _____

I would like assistance with the following neighborhood improvement project:

Traffic Safety /Calming Neighborhood Block Watch

Art project Neighborhood Clean Up Other _____

Project ideas or list assistance needed above

Name(s) as you would like it to appear

Phone

Address

Email address

*Please go to our website (<http://www.lictonsprings.org/>) and pay by **PayPal** or
Make checks payable to and mail to: **Licton Springs Community Council**
C/o Marie Oliver; 8849 Densmore Ave N, Seattle WA 98013
Lictonsprings@hotmail.com*