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Celebrating Local Heroes – Ballard Stories of Living Sustainably

Sustainable Ballard's annual festival is all about sharing ideas for living more lightly on the earth, individually and as a community. In the four years Sustainable Ballard has been around, we've interacted with many residents and businesses who are actively making changes, large and small, to reduce their ecological footprint. As we planned this year's Festival "Fishwrapper," we put out a call for people to share their stories. We refer to these folks as Local Heroes

– because in our eyes everyone who is willing to make changes to live more sustainably is a local hero.

What follows is a small sampling of stories from the many local heroes in Ballard. We hope they will inspire you to take new steps toward living more sustainably, and also to share your own experiences so we can continue to learn from each other. ■

SHARE YOUR LOCAL HERO STORY!
Go to stories.sustainableballard.org.



JOHN MARTINOTTI

When you order a pizza from Snoose Junction Pizzeria on Market Street, it'll be delivered to you by bicycle! Cyclists handle 100% of Snoose's deliveries, using either a bike rack or a specially designed pizza backpack. Each insulated case holds four pies. Co-owner Mark Ball's brother Michael designed them, and they've applied for a patent. ■



sustainable
BALLARD
4th Annual Festival
Sept 29-30, 2007
Ballard Commons Park

**TURN OVER TO READ
THE FESTIVAL
GUIDE!**

We Make the Road By Walking: We're All in This Together

BY JENNY HEINS

What is it that inspires each of us to take a step that deepens our commitment to reduce our consumption, increase our energy independence or speak up about global warming? For many of us, finding the sense of community, the kindred spirits, and the welcoming arms of Sustainable Ballard is the impetus we need.

So many of us have spent far too much time in discussions about what could be, in planning sessions trying to create the perfect solution to a problem, or in bemoaning the state of the union. It is time to actually stray from the path

of least resistance. When faced with a challenge as big and as overwhelming as world preservation, the best strategy is to act – in a big way, in a small way, in a community way.

The goal and the challenge of Sustainable Ballard is to find and activate the people like you and me who care about our neighborhoods, our planet, our children, our future. And, get this, it is our only goal. Oh, sure, there are lots of ways to accomplish this goal – through classes, blogs, websites, meetings, discussions, pamphlets, tables on the street, even parties! But, we can't design the

future, anymore than we can change the past. What we can do – each and every one of us – is visualize the sustainable future that we want to live in and start to act to make it happen.

This is what I have learned from our past President, **Vic Opperman**. Vic is a great champion. Yes, a champion of environmental and social justice. Yes, a champion of economic and social reform. But mostly, she is a champion of people and courage and personal power – the surprising ability that each of us holds to challenge ourselves and each other – to make a difference in our communities and in this lifetime. Thanks to Vic, I am happy to take the lead in creating a Sustainable Ballard, and I am happy to offer you the same opportunity. ■

—JENNY HEINS is President of Sustainable Ballard, owner of Small Wonder Farm, and Regional Director for Co-op America's Green Festival in Seattle.

Sustainable Ballard, "A Blueprint for EveryTown USA," builds community and takes action on a neighborhood level in response to climate change, peak oil, and other sustainability challenges. With a membership of more than 1,000 and an active wiki-based website, we aspire to make changes in our own lives and in our community to create a healthier planet.

THE SUSTAINABLE BALLARD FESTIVAL GUIDE AND FISHWRAPPER is published by Sustainable Ballard, September 2007. Managing Editor and Designer: Julia Field. Editors: Will Jackson, Kathy Pelish, and Jenny Heins. Contributing writers: Fulvio Casali, Andrea Faste, Julia Field, Jody Grage, Jenny Heins, Will Jackson, Jeff June, Rebecca Nelson, Christy Nordstrom, Vic Opperman, Ann Scheerer, Ingela Wanerstrand, and Penny Webb. Contributing photographers: Julia Field, John Martinotti, Ann Scheerer, Bridget Smith, and Scott Steele. Distribution: Valerie Sammons. Thanks to all our Local Heroes for sharing your stories. Copyright rests with the individual authors.

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Jenny Heins (left) and Vic Opperman, July 2007

BRIDGET SMITH

After five years dedicated to this community, I just want to express how thankful I am for this wonderful group of people. Helping bring a small and unique non-profit to success has been tops! What gives me great pleasure is seeing our community become empowered, seeing people grow, seeing Sustainable Ballard continue to thrive in discovery mode. The joy has been in the process, in focusing on this community and loving these neighbors through projects of their own making. It's part hands-on, part academic, part floundering, part adventure, all exploratory. Let's keep it going! ■

—Sustainable Ballard co-founder VIC OPPERMAN served as SB's President for the past three years. She's trained as an architect, does green building design (Opperman Design), and chairs the Ballard Chamber's Sustainability Committee.

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JASMIN AND DEISI

The Millennial Generation Speaks

BY JULIA FIELD

We met Ballard High School students Jasmin Kwan and Deisi Fernandez at Seafoodfest, when we were managing the Sustainable Corral of environmental groups. We were impressed by their enthusiasm and commitment to living the green life – so I met up with them to find out how the world looks to some 17-year-olds.

Jasmin has been involved with Ballard High School's Earth Service Corps, in conjunction with the YMCA, for two years. She originally started going for the free pizza, but stayed because she likes what they are up to. "People complain about global warming, but they buy gas, drive their cars. We should all get together and do something," says Jasmin. Deisi agrees. "If we want our world to get better, we have to help it. If we start now, we can make it better for our kids."

Both Jasmin and Deisi keep their families in line. "I made my mom buy a compost bin and set up recycling in the kitchen. She's learning," Jasmin says.

Jasmin likes to buy local, goes to the farmers' market, and shops for clothes at Goodwill. She's a vegetarian – almost: "I don't eat anything with legs." They

both wish more kids were interested in things other than cell phones and cars. At 17, Deisi doesn't have a driver's license and says she doesn't need one. "I walk everywhere, or take the bus. It's healthy, and I meet a whole bunch of people. It bugs me when people don't want to walk – the other day my friend didn't want to walk six blocks to Hollywood Video. I told him, 'Walking's healthy for you; save gas, save the world!'"

They both look up to **Megan Vogel**, who teaches Biology and Marine Science at Ballard High. "She doesn't ask you to care about the environment, but she motivates us to learn – and if you learn you start caring," says Jasmin. "She makes it real hands-on," says Deisi. Ms. Vogel leads trips that kids can apply to go on, for two weeks at spring break. Jasmin went to Costa Rica last year, and Deisi's going this year. Other destinations include Peru and the Galapagos. "Being in Costa Rica really changed my perspective on life," says Jasmin. "Seeing how everything in the rainforest affects everything else – it's all connected." They both appreciate Ms. Vogel's passion and commitment. "She gets so excited



Jasmin and Deisi at Bergen Place

about nature – sometimes I feel bad that I don't get as into it as she does," says Deisi. Jasmin laughs, "Yeah; she's like a cool mom, basically." ■

—JULIA FIELD writes, edits, designs, and makes art in Ballard. She is Sustainable Ballard's Treasurer and heads up the Undriving Ballard project.

RESOURCES:

ballard.seattleschools.org
www.seattle.gov/util/Services/Recycling/index.asp
100milediet.sustainableballard.org
www.fremontmarket.com/ballard
www.seattlegoodwill.org/shop
walkscore.com
www.fourthturning.com/html/millennial_generation.html

PATRICK BROWND

Biodiesel at Home and on the Road

BY JULIA FIELD

At a dinner party a few years back, Patrick Brownd got into a conversation about biodiesel with a man named Dan Freeman. Dan knew what he was talking about; he's the owner of **Dr. Dan's Biodiesel**, the business that introduced biodiesel to the Puget Sound region in 2001. When Patrick learned he could use biodiesel in his oil-burning furnace, he jumped on it. He started by blending biodiesel with the diesel in his oil tank, and got it to 100% as soon as he could. "I've been telling our neighbors with oil heat to give this a try," he says. "It's a no-brainer in my opinion. It burns real

clean, and doesn't produce nearly so much particulate. So it's good for the environment, plus we're not contributing to an oil war."

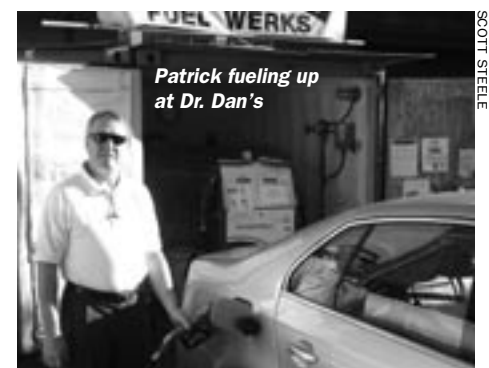
Next Patrick bought a Volkswagen with a diesel engine; he's been driving on 100% biodiesel for the past 14 months. He's become a bit of a biodiesel evangelist; he got his brother-in-law to switch over to biodiesel. "My co-workers in Los Angeles make fun of me [for being so gung-ho]," Patrick says. "But hey, my car gets 45-50 miles per gallon and doesn't pollute as much." He covers a six-state area as a medical sales rep, so reducing his impact is important to him.

Dr. Dan, according to Patrick, is "one of the best kept secrets in the Northwest" for his knowledge about all the issues surrounding biodiesel. "I go to Dr. Dan's because it's convenient, affordable, and it feels good to support a local business,"

he says. "I can trust that the fuel I get there for my home and car is locally sourced, high quality, and sustainably produced." ■

RESOURCES:

www.drdansbiodiesel.com
www.nwbiodiesel.org
preview.tinyurl.com/22xgl5
(New York Times article on palm oil)



A Green-Built Urban Chicken Coop

I loved the treasure hunt of gathering fresh eggs with their rich-tasting golden yolks from my friend's henhouse and hoped that maybe some day—if I moved out to the country—I'd be able to have chickens of my own. But after a little research I found that many people keep hens in the city and that it doesn't take much time, space or money!

So, I designed, and with the help of my amateur builder friend, David Wright, built a coop that is very easy to keep clean, occupies only 6' x 12', and is pretty enough to sit in my front yard. The front part has a feed/bedding storage shed on one side and henhouse on the other. It has doors for easy cleaning, egg gathering, and food/water filling, and windows that open for ventilation. It's painted with leftover house paint, and is covered by a "green roof" planted with a patchwork of drought-tolerant plants.

The 6' x 6' run has a pine-shaving-strewn dirt floor which the hens like to scratch and run around in. With a 7' ceiling and doors that open out over adjacent compost bins, cleaning is fast and easy, and yields valuable garden mulch. To keep out predators, the walls of the run are made of 1/4" heavy wire mesh screwed down on the edges through 1" wide metal flashing and buried a foot deep, and the doors have latches that confound nimble-fingered raccoons. The clear polycarbonate roof keeps the run dry, lets sunshine through, and cleanly collects rainwater channeled into recycled olive oil barrels.



JULIA FIELD

To save money and build it as sustainably as possible, we first gathered scrap wood from building sites' "free" piles and then trolled the treasure troves of The RE Store and Hardwick's for used materials. Finally, we bought Forest Stewardship Council (FSC)-certified wood, from sustainably managed forests, at Dunn Lumber on north Lake Union.

My little hens, as it turns out, are also entertaining pets with distinct personalities. Their 'waste,' easily composted with their bedding of pine shavings, creates a beautiful garden mulch that is an incredible asset—nurseries charge \$25 a yard for the same stuff I scoop out of the coop! So when they begin laying at 20 weeks of age, those golden-yolked eggs will seem like icing on the cake. ■

—INGELA WANERSTRAND is a garden designer, landscaper, and gardening coach living in Ballard.

RESOURCES:

BUILDING MATERIALS:

www.greenroofs.com
www.re-store.org – 206-297-9119
www.fscus.org
www.ehardwicks.com – 206-632-1203
www.dunnlum.com — 206-632-2129

CHICKENS:

www.bantamclub.com
www.seattleilth.org/classes-and-workshops/citychickens101
home.centurytel.net/thecitychicken/index.html
www.feathersite.com/Poultry/BRKPoultrySites.html

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“Inconvenient Truth”-Teller

Not me! A year ago that would have been my answer if someone had said I'd be giving presentations in front of people on a hot topic. Literally.

After seeing “An Inconvenient Truth” the first weekend it was on the big screen, I connected with other concerned people in my community: Sustainable Ballard, the Eco-Spirit group at Saint Mark's Cathedral, and Seattle Renewables. But I still felt I needed to do more. When I read an e-mail from Al Gore asking for volunteers to be trained to give an updated slideshow based on his book and movie, I knew that I was next in line to put my foot forward.

In January 2007 I traveled to Nashville to join with some of the eventual 1,000 Climate Project Presenters – citizens of all stripes – for three days of training. In the eight months since, I've presented “The Climate Project” slide-shows to 22 community, faith, business, and political groups.

Global warming is changing the world's climate, and our personal and political choices will determine how

Christy volunteering at a recycling station at Ballard's SeafoodFest this July

BILL ASTON



much damage it can inflict. People are spending more time at the end of my presentations discussing action steps that they can take in their homes, workplaces and communities. There's also a growing body of policy and advocacy that we can learn about and participate in at our city, state and regional level. I include information below about how global warming specifically is and will be affecting us in the Northwest.

I stepped onto this path as a creature concerned with the future of this awe-inspiring earth. I've discovered a community of incredibly committed people who inspire me every day, and each presentation introduces me to more concerned people who have their own community circles they can go back to and energize. I have also become active with Clean Air Northwest and this fall, I start an MBA program in Sustainable Energy Solutions at Bainbridge Graduate Institute—things I never dreamt of a year ago.

Human beings are amazingly resourceful and creative. We already have all the technology we need to get started to reduce our carbon dioxide and greenhouse gas emissions—what we need now is the collective and political will. I am optimistic that we can pull together to create a clean energy future. ■

—CHRISTY NORDSTROM is available to present “The Climate Project” slide show to your group. Contact her at answerthecall.seattle@gmail.com.

RESOURCES:

- www.theclimateproject.org
- www.achievenetgreen.com
- www.nativeenergy.com
- www.climatetrust.org
- www.seattlerenewables.com
- www.climatesolutions.org
- www.nwf.org
- www.alternativeenergymeetup.com
- www.cleanairnw.org
- www.climatedialogs.org
- www.seattle.gov/environment
- www.solarwashington.org
- www.earthministry.org
- www.ecy.wa.gov
- www.pscleanair.org
- www.greentagsusa.org
- www.climateprotect.org/ah12



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Living more sustainably = Living more simply

For me, the most enjoyable part of working toward sustainability is the freedom it creates. Living lightly means I live well with less stuff and in less space. And that, in turn, means that I live well using less money and less time. I figured out long ago that there are substitutes for money—but not for time. Having less stuff and less space to care for leaves even more time for doing what I want.

Less stuff is a good beginning. I have a two-step process for getting rid of things. If I decide I don't want it in my life, it goes into the staging area. When there's enough stuff collected, I figure out where it goes. In contrast, with a one-step process, deciding you don't want something is dependent on knowing right then and there where it will go—so things are kept that really

should go!

I'm good at finding good homes for things I don't want. Serviceable clothing goes to the North End Emergency Fund. Clothing suitable for the work place goes to the YWCA Displaced Homemaker program. Odds and ends that could be used for craft projects go to the Ballard Boys and Girls Club. Needlework supplies go to the Methodist Church at 5th & Columbia for use by the homeless women who spend their days there. Miscellaneous things go out front under my "Free" sign.

Mother Earth can no longer support The American Dream. Changing the dream voluntarily is a very good idea – for us as individuals, for the USA, and as an example for the rest of the world of how we should have done it in the first place. Good planets are hard to find... ■



JULIA FIELD

—JODY GRAGE, 71 years old (and planning on living to 105), is a Seattle native and Ballard resident since 1975 who lives in a 400-square-foot cabin. A long-time Sustainable Seattle and Voluntary Simplicity participant, Norwegian folk costume expert, knitter and sewer since childhood, she is also on the Steering Committee of the Green Party of the United States.

RESOURCES:

- www.simpleliving.net
- www.firstchurchseattle.org
- www.sustainableseattle.org
- groups.yahoo.com/group/freecycleseattle
- www.gp.org

JULIA FIELD



Rebecca with Jason Mikos, one of the owners of La Isla

LA ISLA

Waste-Reducing Restaurant: Sí Se Puede

BY WILL JACKSON

YES, WE CAN DO IT!

Rebecca Nelson, who works as a server/bartender at La Isla on Market Street, nominated her workplace as a Local Hero. The restaurant – formerly known as Sofrito Rico – started 5 years ago as a small food vendor at the Sunday Fremont Market and has evolved into what may be Washington's only Puerto Rican restaurant. It's had an earth-friendly bent from the start, with wild-caught seafood and a number of flavorful vegan and vegetarian dishes.

"Recently," Rebecca told us, "the owners announced we would be implementing a recycling program in partnership with Cedar Grove Compost." Participating in the "Green Scene" program meant that the restaurant would be recycling all compostable waste including paper and cardboard.

"Although I recycle and compost at home, I was reluctant," Rebecca says. "More work, I thought. No room in our small place. Added chaos. Dreaded change. But three months later, our program is up

and running beautifully. The transition to go green was almost effortless."

Now, by composting food and napkin scraps, La Isla has reduced weekly garbage output from a cubic yard container to a 50-gallon tote. They've eliminated the use of plastic trash bags and use bio-degradable bags now. Glass, cans and appropriately coded plastic all get recycled. And Standard Biodiesel picks up the restaurant's used fryer oil for use in biodiesel fuel!

"I am proud of my employers who care about our community and took the initiative to become more environmentally responsible." Rebecca concludes. "It feels much better at work, knowing we're just not thinking about the problem, we're actually leading by example and doing something every single day to reduce unnecessary waste. Businesses CAN do more when it comes to being part of the solution. We did! Come by and say hello, and we'll show you how it works!" ■

—WILL JACKSON is a writer and editor living in Ballard.

RESOURCES:

- www.laislaseattle.com
- www.gogreenscene.com
- www.cedar-grove.com
- www.standardbiodiesel.com

Other Ballard businesses participating in Cedar Grove's Green Scene program include Ballard Blossom, Ballard Food Bank, Ballard QFC, Café Fiore, Cupcake Royale, Great Harvest Bakery, Hattie's Hat, Miro Tea, Pagliacci Pizza on 85th, Snoose Junction Pizzeria, Tall Grass Bakery, and Tex Mex Austin Cantina.

Sharing the Harvest at the Ballard P-Patch

Most people around here know about the Seattle P-Patch Program, but you might not know that P-Patchers have taken on the mission of providing locally grown, healthy, organic fruits, vegetables, herbs, spices and occasional bouquets of flowers to our neighbors through the network of local food banks.

In this age of concern over food security and sustainable agricultural practices, people are placing increased importance on knowing where and how their food is produced. Affluent or middle-income consumers can shop at large name-brand grocers or farmers' markets to obtain locally grown food. Lower-income families who supplement their diets with food bank donations have a more difficult time obtaining healthy, sustainable food products.

The Ballard and Interbay P-Patches support the Ballard Food Bank at 70th and 24th Ave NW. At the Ballard P-Patch, several 10' x 20' growing plots are set aside specifically for growing food bank donations. I coordinate a cheery cadre of volunteer gardeners who plant, water, weed, harvest and deliver freshly picked vegetables to the food bank each week. Most gardeners in the P-Patch also donate additional food from their own P-Patch plots.

In 2006, we gave a total of over 2,200 lbs of healthy locally grown food from our little half acre of land provided to the P-Patch program by Our Redeemer's Lutheran Church. We also try to grow herbs and spices not normally available from grocery store donations to food banks. Since the Ballard Food Bank serves a richly diverse ethnic community, we have also diversified what we grow to provide produce native to many Asian and South American countries.

During the winter months when P-Patch food production is low, we challenge local grocery stores to match what the P-Patch has donated during the summer. It only takes a few hours of time each month by a caring group of P-Patchers to make a real difference in the quality of food available at local food banks and provide this food in an environmentally sustainable manner. ■

—JEFF JUNE is a marine biologist and coordinator of the Ballard P-Patch food bank garden program.

RESOURCES:

www.seattle.gov/neighborhoods/ppatch
www.ballardfoodbank.org
www.fremontpublic.org/client/moremarra.html



Jeff June with some of a summer week's bounty.

JULIA FIELD

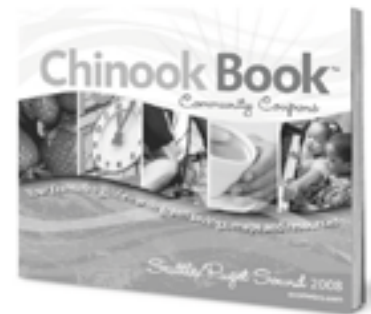
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Miles, Grace, and Penny Webb with their friend Ava Rosenbaum (front)

PENNY WEBB

Undriving to School: Biking for Family Health

After my husband, Dean, lost his battle to brain cancer in June of last year, I pretty much sat around the backyard smoking cigarettes and drinking wine, grieving the summer away.

When school started and my youngest entered kindergarten, I was faced for the first time in eight years of actually having time alone. Dean and I had both been dedicated cyclists in our lives BC (before children/before cancer) and I had been ruminating on how ridiculous it was to drive my car to and from school twice a day – a total of 4 miles – when we could just as easily be riding bikes or walking. I thought, well, it’s time to live your ideals, girl. So on day two of school, I loaded Grace on the trail-a-bike, Miles on his

own, and we rode to Adams Elementary school.

It was exhilarating! It was also, not surprisingly, hard. All those years taking care of others, including the last three concentrating on my husband’s well-being, had left me spiritually rich, but muscle poor. I was REALLY out of shape. I huffed it back up the hill and thought, Wow, THAT felt good. Let me catch my breath! Where are my cigarettes?

We kept at it, and it got easier. And, the coolest thing happened. Other kids and parents started riding too! Pretty soon the bike racks were filled, and after school the playground was full of scooters, bikes, and unicycles zipping around.

When the rains started, the kids

weren’t hip to riding to school much, but I kept riding on my own. Throughout the winter I rode, including a standing Wednesday date with a fellow mom.

The kids and I got back on the saddle in the spring, and in May I organized Bike to School month at Adams Elementary with the help of Cascade Bicycle Club. We encouraged kids and parents to reduce their carbon footprint and gasoline usage by walking, biking, scootering, or taking the bus. 85 kids signed up and we totaled over 1,200 trip reductions for the month! Wow! That doesn’t even count the trip reductions of parents who may have continued on from school on foot or bike. And, when May ended, I am happy to report, the bike racks stayed full!

In October, I will be organizing Walk to School month, again with Cascade. I’m hoping to incorporate a bike safety curriculum into our PE classes, get bikes into the hands of our economically challenged students, start a bike club for the kids, and a weekly social ride for the parents. Maybe a little friendly trip reduction competition between classes. Lots of ideas...and no more cigarettes. ■

–PENNY WEBB lives in Ballard and plays bass in the Kegels.

RESOURCES:

- www.seattleschools.org/schools/adams/a1.html
- www.cascade.org
- www.cancerlifeline.org
- www.cancer.org/docroot/DON/DON_0.asp
- www.quitnet.com

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The Unexpected Joys of Car-free Living

BY ANN SCHEERER

Ask Todd Gentry what inspired him to be an Undriver and he'll reply, "It really wasn't inspiration, it was survival!"

In 1998, Todd was living in Kirkland and had just leased a brand new Pontiac Grand Prix with an awesome stereo. He was feeling very cool until he had to pay the \$300 monthly car payments,

ANN SCHEERER



\$150 monthly insurance, and gas. After a year, he realized he could not afford these fancy new wheels. Lucky for him, his parents were willing to take the new Grand Prix and the lease in exchange for their old 1990 Acura sedan.

In 2005, Todd moved to Ballard, and a year later, his old Acura broke down. Todd went to a mechanic to find out how much it would cost to fix it, and when the mechanic said \$2,000, Todd realized he simply didn't have the money to fix his beater or enough to invest in a new car. He donated the car and got a \$500 tax write off.

Todd was initially apprehensive at the thought of not having the freedom of his own wheels. But since moving to Ballard he had been riding his bike a lot for exercise and to visit friends, so

Todd riding helmet-free, just this once for his picture

he was comfortable with biking around the neighborhood. It was the downtown work commute that was intimidating: the traffic, the weather...no stereo!

Todd learned a lot about the tricks and tips of urban commuting from his Sustainable Ballard friends and neighbors. Friends gave him biking gear. He joined the Ballard in Motion program last year and received all sorts of goodies, including free bus tickets.

Today Todd has realized a whole new world of the joys and benefits of not owning a car. He has a minimal carbon footprint, is nearly out of debt, has less driving stress, has gained 10 lbs of muscle, bonded with his neighbors, gotten free stuff—and has lots of funny stories to tell! ■

—ANN SCHEERER is Vice-President of Sustainable Ballard and an Undriver herself.

RESOURCES:

www.transportationchoices.org
www.bicyclealliance.org
www.metrokc.gov/kcdot/transit/inmotion/ballard/
www.feetfirst.info

FULVIO CASALI

Taking the 100 Mile Diet Challenge

Because of my concern for global climate change, peak oil and the strength of our local economy, I made a pledge to follow the 100 Mile Diet for the month of August, along with 80 other Sustainable Ballard members. I signed up with great enthusiasm, and masochistically went for the most difficult pledge level: 100% of my food from less than 100 miles. I quickly learned I was not ready for the challenge.

My problem: I'd never paid much attention to my food or nutrition before. It came as a shock when I realized what I had to give up for a month: bread, rice, olive oil, salt, and just about anything that comes in a fancy package. (At least I'd already given up caffeine a few months before.)

After a week I had lost 3 pounds. What I had gained, though, was a whole new world. I found out I could replace olive oil with local hazelnut oil, which tastes great! I found blueberry vinegar, local strawberry and raspberry jams,

and I learned to add dried kelp from the San Juan Islands to my food to replace salt. I developed a real fondness for farro (grown just outside the 100 mile radius) as a replacement for rice.

The 100 Mile Diet gave me a perfect excuse to gorge myself on sweet fresh fruit from the farmers market. In fact, the vast majority of what I ate came from farmers markets – in Ballard, Phinney, the U-District, Magnolia....

Another satisfying experience was realizing that I can cook (if I need to). While I've always been able to follow a recipe, I'd never cooked anything "off the cuff" before, just figuring out what I could make out of what was on hand. Also, I got myself a pressure cooker, which cooks grains and beans (and most anything else) in a fraction of the time, and saves energy too.

Looking at my garbage one day, I noticed that almost everything was compostable, because I was buying so much less packaged food. And the simple act of looking at where my food came from gave me a whole new appreciation for the region where we live.

I enjoyed sharing the experience with the other dieters, as we learned from each other and exchanged tips, discover-

JULIA FIELD



Fulvio (left) and friends eating locally

ies and also confessions. First thing I'm going to eat after the month is over? Frozen pizza! ■

—FULVIO CASALI is an Undriver and IT manager who lives sustainably on a sailboat in Ballard.

RESOURCES:

100milediet.sustainableballard.org
www.seasonalcornucopia.com
www.sustainabletable.org
www.100milediet.org

TURN THIS OVER TO READ THE SUSTAINABLE BALLARD FESTIVAL GUIDE!