

## How are you doing?

We know it's hard to maintain any kind of normalcy during these difficult times. Much less maintain a sustainable lifestyle when sterile = wrapped in plastic or products containing phthalates. We'd love to hear how you are coping and any little (or big) ways you've found to maintain your health and happiness. Please post your answer to our [Facebook](#) or [Twitter](#) page.

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### Join us for a 10-Day Local Food Challenge in August



Want to eat more local food and support your farmers?  
For **10 days**, eat food grown within **100 miles** of home,  
with just **10 exotics** (foods from afar you can't live without). Let's do this together!

[Details...](#)

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### Sustainable Ballard Knitters meet virtually - August 18



Join the knitters! Jody Grage is leading this group to knit simple hats and scarves for community members who do not have a warm home. Every third Tuesday in the comfort of your own home via Zoom. **Tuesday, August 18 from 7 to 9 p.m.**

[Details...](#)

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## Screening & Discussion - August 23



*Presented by Meaningful Movies : Sustainable Ballard*

The Biggest Little Farm is an eight year journey where Molly and John Chester traded city living for a 200 acre farm. They transformed barren farmland into an ecosystem where harvest and harmony co-exist. Join us for this spectacular film and then an online discussion.

[Details...](#)

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## Screening and Discussion - August 27



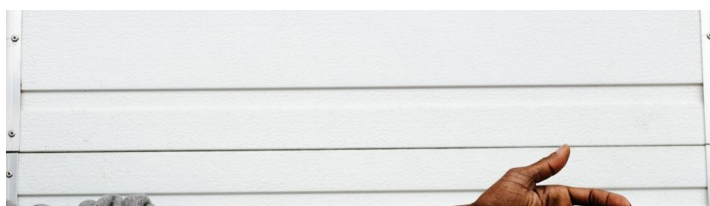
*Presented by Meaningful Movies Project*

"Stories of Us: Camp Second Chance" takes a deep and personal look into the homelessness crisis in Seattle. The film takes a unique perspective on the daily challenges of people living in Camp Second Chance. Director Melinda Raebyne joins us after the screening for an online discussion.

[Details...](#)

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## Black Lives Matter Updates





Ballard protests continue through August. City Council votes down last week's defund proposal. Five Seattle protestors file a lawsuit claiming that the expense of gear required to protect them from Seattle police has created a barrier to participating in peaceful protests.

[Details...](#)

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## Meals With Neighbors Update



We still need help to prepare boxed dinners on Sundays if you are able to do any in-person volunteering. Want to help connect your neighbors with meals, but need to stay home? You can **pack brown bag lunches** for distribution anytime!

[Details...](#)

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## Activate Your Tool Library Membership



Supporting Individuals, Supporting Households and Sustaining Households of Sustainable Ballard: Did you know that your membership includes access to the **Ballard Tool Library**? Just contact Kimberly at [manager@ballardtoollibrary.org](mailto:manager@ballardtoollibrary.org) to activate your membership.

[Details...](#)

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**Meet Stu!**



Say hello to another Sustainable Ballard member and volunteer. This is Stu, board member and solar professional.

[Details...](#)



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## Upcoming Events

*BLM Protests - Fridays in Aug*

*Ballard Knitters - Aug 18*

*The Biggest Little Farm - Aug  
23*

*Stories of Us: Camp Second  
Chance - Aug 27*

*UnFestival - June-Nov 2020*

[See All](#)



## Community Board

[Trees For Neighborhoods  
Application Closes August 10](#)

[Sustainable Seattle:  
Sailgating! - August 11](#)

[Clean and Safe Buildings  
Webinar - August 13](#)

[Seattle Zero Waste Virtual  
Monthly Social - August 19](#)

[Tilth Alliance Virtual Class:  
Basic Canning - August 29](#)

[2020 Eat Local Farm Guide](#)

[Take the Community  
Preparedness Survey](#)

["Reefs at Risk"](#)

[Standing with Northwest  
Tribes for Food Sovereignty](#)



## Get Involved

*There are so many ways to support Sustainable Ballard - we've got options for everyone.*

[Join or renew your membership](#)

[Make a donation](#)

[Volunteer with one of our  
working groups](#)

[Get involved with one of our projects](#)

[Participate in our events](#)

[Follow us on social](#)

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## Thank you to our Sponsors



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## Thanks to our most recent members, renewals and donors!

*Lynne Hyerle  
Peter Ernst  
Julia Buck  
Melissa Rice  
Rob Bright  
Barney Blough  
Keith Anderson  
Carol Hepburn  
David Yount  
Maggie Brunger  
Michelle Guan  
Susan Newsheller  
Leslie Nellerhoe  
Ken Cousins & Leyla Rocchi*

Ken Cousins & Leyla Rocchi  
Johnny Smith  
Ruth Berge  
Rob Feigal-Stickles  
Maddy Miller  
Kazuyoshi Kato  
Rob Brennecki  
Elizabeth Mooney  
Connor Vander Zalm

Our organization and its many projects run largely on passion, creativity, and volunteer commitment, with financial support from individuals like you, sponsors, grants, and contracts. Want to see your name here?

[Donate Today!](#)



## Member Spotlights

Do you know a Sustainable Ballard Member who should be featured on our website and social media?

[Fill out a nomination form today!](#)



*Sustainable Ballard, a blueprint for Everytown, USA, educates, inspires, and engages neighbors to take action to live more sustainably both individually and collectively. Our vision is an inclusive, joyful, sustainable community co-creating a world for this and future generations where eco-systems are healthy and peace is inevitable.*

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