



The 11th District Journal



January 2010 Volume 8, Issue 1

11th LD Democratic Organization Chair

Kate Kruller

Happy New Year! We have closed out 2009 with good cause for fond reflection and celebration! There were many Democratic victories that made for a successful 11th LD Annual Holiday Party - and it was packed with members! There was a great spread of food and beverages, well-deserved awards, wonderful raffle prizes and top-flight entertainment that all made for a perfect night! Absolutely everyone is to be thanked for assisting with table arrangements and decorations, home-cooked recipes, carving the turkey, raffle items, and just being present and accounted for to make it all turn out right. Geoff and Birney (our favorite musicians from a certain Irish Pub in Burien) again regaled us with great performances in singing, and we were treated to the seasonal wit of the Beaconettes to set the tone for the holidays! Everyone really got a chance to relax and enjoy an evening with friends and more formal manner – honoring them with awards for their hard work and efforts in 2009:

Robert Kangas and Roxanne Drennen - 2009 Rising Star Award

Jim Flynn - 2009 Precinct Committee Officer of the Year

Martha Koester - 2009 Legislator's Award (Perpetual)

Rosemary Quesenberry - 2009 Emily Willoughby Service Award (Perpetual)

Dennis Moyers – 2009 Grassroots Activist Award (We were fortunate to have Woody Gordon on hand to accept the award for Dennis)

Each award was well-earned, and a couple of people were flat blown away when we called out their name. That made for a very special and heart-warming experience. In reality, ALL the membership have a reason to feel good about what each of us has done this year – everyone really made a contribution and made a difference in their own unique way. For that, I cheerfully offer my sincere thanks to all of you because so much good came out of our collective efforts in 2009! We set a very high standard in all areas, and I wish you all a very Happy New Year as we continue on this path and enjoy the fruits of things yet to come from being active and involved!

Looking ahead, we have much to do in 2010 as the mid-term elections come to the fore regarding our US Congressional Delegation. We need to roll up our sleeves and help all of our Democrat electeds “hold the line” this year – because the other party thinks this will be a time to attack the Democratic Party and try to unseat the people with key positions and seniority. We will start with our Legislative District Caucus in March and continue on to November with a deliberate effort to keep Democrats elected and add to the total with new Democrat candidates vying for offices!

Upcoming Programs

*** Be sure to attend our next meeting on **Tuesday, January 19, 2010 – 7 p.m. at Carpenter’s Hall**. We will address the budget and calendar for the year. We will talk about how our organization works. We will start looking ahead to what we need to do to continue to get Democrats elected and build the organization to ensure our voice is heard and makes a difference in government! Make sure you renew your membership with us so you can vote on all the issues before the membership.

The 11th Legislative District Democratic Organization is stepping into a new decade with lots of promise and potential. We continue our demand for positive change and a better future for America. I hope to see you at the next meeting to make that happen!

GO DEMS!

Kate Kruller - Chair

11th Legislative District Democratic Organization

Welcome to the 11th Legislative Democratic Organization

You are Invited to attend the Monthly Meetings
and engage in democracy in action!
Your dues enable you to receive the district newsletter,
help us defer our meeting expenses,
and support our efforts on behalf of Democratic candidates.
We provide or participate actively in fun and
informative opportunities to reach out to Democrats
and other voters in the 11th District.

Your volunteer efforts will further our goal
of active members in all of the 11th District precincts.

We welcome you!

2009— 2011 11th Legislative District Democratic Organization Executive Board

Officers				
Chair	Kate	Kruller	206-853-9330	11demschair@gmail.com
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Please Send in Your 2010 Membership Dues Now
(Make checks payable to the 11th District Democrats)



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PO BOX 1133, Renton, WA. 98057-1133

**11th Legislative District Monthly Meeting
Tuesday, December 8, 2009 – 7:00 p.m.
Carpenter’s Hall – 231 Burnett Avenue North
Renton, Washington 98057**

7:00 p.m.

Call to Order
Flag Salute
Introductions

7:03 p.m.

Approve Past Minutes –MSA
Comment from Chair that Agenda should be amended to include a contribution to KCDCC in December

7:04p.m.

Motion to suspend the rules –MSA

7:05p.m.

Motion to Amend the Agenda –MSA

7:06 p.m.

Motion to Amend the Agenda to consider campaign contributions –MSA

7:07 p.m.

Approved Agenda

7:08 p.m.

Motion to make the following campaign fund/expense recovery contributions:

Dow Constantine - \$500

Rob Holland -\$500

Jim Flynn - \$400

Seconded and Approved

7:10 p.m.

Ratification vote regarding the endorsement vote conducted online in November starting noon November 20, 2009 and adjourned at noon November 22, 2009 – MSA

7:12 p.m.

Pay KCDCC \$600 a month in advance (2010 requested contribution) - MSA.

7:15 p.m.- Adjourn

Respectfully submitted by K.S.G. Kruller

[10 Ways to Go Sustainable in '10](#)

by [Katherine Gustafson](#)

Published *January 01, 2010 @ 06:00AM PT*

It's New Year's resolution time. What's yours? Lose ten pounds? Be nicer to your in-laws? Stop driving in the lane that's about to close to get ahead of a bunch of suckers before you're forced to merge? (You know who you are. Jerk.)

Well, anyway, I've got an idea! How about resolving to get more sustainable in your eating this year?

The options for improvement are many, ranging from getting your hands dirty to tapping a few buttons on your cell phone. There's sure to be something for everyone in this list of 10 ways to get more sustainable in 2010. Read on to discover what you can do to make good on a sustainable-food resolution ...

- **Visit the farmers market.** Venture out once a week or even once a month. The vendors are friendly, the food picturesque and the economy local. Find the options near you on [Local Harvest](#).
- **Join a [CSA](#).** You pay up front and then a box of veggies arrives regularly all summer as if by magic. Just be aware that you'll probably have more leafy greens that you can shake a stick at.
- **Start a garden.** Here's the pinnacle of eating local. This clearly isn't an option for everyone, but with [urban farming](#) growing in popularity, you can probably find some place near you to hoe your row.
- **Learn to [can](#).** Now that you've grown more tomatoes than you can possibly eat or bought a whole flat of summer strawberries on a whim, storing them properly for the winter is a great way to keep your local eating going long past harvest season. If canning is too daunting, try freezing your bounty or making jam.
- **Eat less [meat](#).** Nothing says high-impact like a big, old steak, so if you want to step less heavily on the planet, dial down your inner carnivore. Use meat as a side or a topping and concentrate on animals less intensive to produce. Goose, I've been told, is the most efficient meat-producer.
- **Do a [meat-share with friends](#).** Buying direct from the farmer can be a great option if you have friends to split the purchase with. You either need a lot of friends or a big freezer. Of course, in life it never hurts to have both.
- **Seek out seasonal recipes.** Avoid asparagus in September and broccoli in May. Check out what's in season near you on Epicurious' [seasonal ingredient map](#).
- **Buy frozen fish.** One of the lowest-impact ways to eat fish caught far away is to [buy it frozen](#). If you happen to live next to the ocean and can access its bounty directly, forget this advice. But, if you're in Maryland purchasing Alaskan salmon, think about the freezer aisle.
- **Text FishPhone.** Blue Ocean Institute's [FishPhone service](#) will tell you whether the fish you're thinking of buying is a sustainable pick. Text the word FISH and the name of the fish you want to buy to the number 30644, and you'll get back a message giving you thumbs-up or -down.
- **Forage.** Food is growing all around us. If only we had eyes to see it. Pick [fruit](#) from trees overhanging public spaces, seek [mushrooms and other edible plants](#) in local woods (only if you know how to avoid poisoning yourself) or, if you're brave, try dumpster diving, also known as "[urban foraging](#)."

The great thing about changing the way you eat is that you have full control. While various other plans might be hindered by circumstances you have no say in, such as the dreaded office party that ruins your resolution to lose 10 pounds or the witch-on-wheels mother-in-law who scuttles your determination to be nicer to your in-laws, no one else can be in your kitchen unless you let them.

Build your 2010 on a welcoming attitude toward sustainable food, and you're sure to have a good year. Happy New Year!



Official Call

11th Legislative District Monthly Meeting
Tuesday January 19, 2010 - 7:00 p.m.

Renton Carpenters Hall
231 Burnett Avenue North

Proposed Agenda

- 7:00 p.m.
Call to Order
- Flag Salute
- 7:05 p.m.
Approve Past Minutes
- Approve Agenda
- 7:10 p.m.
Hot Topics – What's ahead this year?
- 7:30 p.m.
Effective Ways to Work in the Democratic Organization
- 8:00 p.m. Break
- 8:10 p.m. Annual Calendar
- 8:15 p.m. Annual Budget
- 8:20 p.m. Officer Reports
- 8:45 p.m. - Raffle Prizes
- 8:50 p.m. - Good of the Order
- 9:00 p.m. - Adjourn

The 11th District Journal is published on a monthly basis as a means of notice of general membership meetings. It is published and distributed 10 days preceding general meetings pursuant to District Bylaws.

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