

Turkey Trot Sponsors

We would like to give a hearty and appreciative thank you to all of the corporate and individual sponsors of this year's Turkey Trot. Thank you!



MIDTOWN

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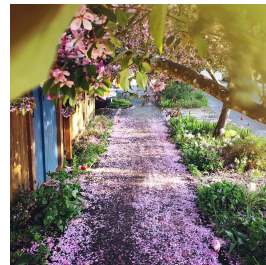


The Montlake Flyer

Spring 2022

We invite you to share in the news and events of Montlake. This bi-annual publication is intended to inform, educate and entertain the residents of our beloved neighborhood.

The Montlake Flyer is produced by the The Montlake Community Club (MCC), originally founded in the early twentieth century as the Interlaken Improvement Club. The club is comprised of residents who share a goal of improving the neighborhood through community activism, social engagement, and historical preservation.



President's Letter



Dear Montlake Neighbor,

I hope you and your loved ones are healthy. While these past two years have been challenging for many of us, I value my community now more than ever. I would like to extend my appreciation to you for being part of our wonderful neighborhood. Together, Montlake residents, business owners and staff create a caring and engaged neighborhood. A heartfelt thank you to all who supported the Montlake Community Club (MCC) over the past year because without you, none of what we do would be possible.

Today, I am asking you to volunteer or donate to build connections and make Montlake an even better place to live.

The MCC is run entirely by volunteers who work year-round to address issues that benefit Montlake and the larger community. We need your support. All contributions go directly into making Montlake a better community. Our recent projects and accomplishments include:

- Hosting the **Montlake Turkey Trot** that has raised over \$151,000 for the University District Food Bank- **this year we raised \$26,500 for the UDFB with our all-virtual event**
- Advocating to improve transportation and safety in our neighborhood
- Building a tiny house to provide shelter to a previously unhoused person
- Publishing the Montlake Flyer
- Sponsoring the festive winter lights that adorn downtown Montlake- **The lights cost about \$7,000 each year and we depend on donations to defray the costs. Without an influx of support, we may not be able to afford the lights.**

We invite you to make your gift by check in the enclosed envelope or through PayPal by [visiting Montlake.net](https://www.paypal.com/donate/?url=https://www.montlakecc.org). The MCC is a 501(c)(3) charitable organization so your donation qualifies for a federal tax deduction.

In addition to funding, we also need neighbors to step up and engage in their neighborhood. You can volunteer for a specific project or opt to join as an MCC Board member- we have a wide range of opportunities and would love to talk and connect you with ways to build community.

On behalf of the entire MCC board and your fellow Montlake neighbors, thank you!

Heather Hardin,

President Montlake Community Club

P.S. Please let me know if you have feedback or are interested in getting more involved in your neighborhood. Please email me at hjhardin@gmail.com



The Montlake Community Club is proud to share the results of the 2021 Montlake Turkey Trot. This was the second year that we opted to hold a virtual race, to ensure we maximized the health and safety of the entire community. We had a dual goal of raising money for the University District Food Bank while creating a fun and family focused event. This year's Turkey Trot featured nearly 400 runners, stylish beanies and fall colored race bibs, and net proceeds of \$26,500 for the University District Food Bank. This brings the 6 years of proceeds donated to the UDFB to \$151,000!

We are very grateful to our sponsors, who with race participants and individual donors helped propel Montlake Turkey Trot to success. 2021 sponsors included our Race Partner [Windermere Real Estate Midtown](#), as well as Premium Sponsors [Cafe Lago](#), [Glam and Tonics](#), [Graham Construction](#), and [Hilleberg the Tentmaker](#). We had the sponsorship of [Burbs Burgers](#), [Fuel Coffee](#) and the [Montlake Bicycle Shop](#) at the Turkey Trotter level. A huge thank you to all of our sponsors! Be sure to thank them the next time you patronize their terrific businesses.

Finally, the Montlake Turkey Trot is fueled by volunteers. A huge thanks to all who donated time and talent to make this virtual event a success. We'd like to recognize everyone who volunteered- University District Food Bank staff and board, Maxwell Burton and the [Seattle Pedaling Relief Project](#), Sharsti Sandal, MCC President Emeritus and the entire Montlake Community Club. Once again, this community did not disappoint! We are already dreaming of the 2022 Montlake Turkey Trot. Please reach out to Heather at the MCC at hjhardin@gmail.com to let her know that you'd like to be involved; no matter your skill set or interests, we can use your volunteer power.





Montlake's Urban Wildlife

In the early months of the pandemic, when many people were spending their days at home, sightings of our neighborhood wildlife species soared. While most experts think that animal behavior changed less than that of their human observers, it was a great opportunity to appreciate the abundance of wildlife that we coexist with here in Montlake.

Our most abundant larger wild mammals include eastern cottontails, raccoons, and coyotes. The eastern cottontail was introduced to Washington State in the 1930s, and has thrived here in a habitat that includes an abundance of lawns and gardens, as well as plenty of cover for hiding from predators. The population has boomed in the past couple of years, perhaps in part because of our recent milder winters and pandemic-inspired gardens. It's not clear yet how they fared in the December cold snap, our longest stretch of subfreezing weather since 1998.

One beneficiary of the rabbit boom has been our urban coyote population. Coyotes are now well-established in Seattle, with numerous sightings across the city. In our neighborhood, most sightings have been in and around the arboretum and Interlaken park. Clues to identifying a coyote include its size (20-35 pounds), long tail often tipped in black, and tall and pointed ears. Our other larger local omnivore is the raccoon, a common backyard visitor that can weigh 15-40 pounds. While raccoons and coyotes will generally avoid interactions with humans, they can at times pose a threat to neighborhood outdoor pets. Recommended strategies to prevent negative interactions include avoiding deliberate or inadvertent feeding by keeping pet food inside, using garbage cans with well-secured lids, picking up fallen fruits around trees, keeping compost piles fenced in and covered, burying food added to compost, enclosing backyard chickens in secure pens, and preventing buildup of feeder food under bird feeders. Keeping smaller dogs and cats indoors, especially between dusk and dawn, is another important safety measure. An added benefit to keeping your cat indoors is protection of our backyard birds; outdoor cats kill an estimated 2.4 billion birds a year in the United States!

The Seattle Urban Carnivore Project, a joint effort of the Woodland Park Zoo and Seattle University, studies how carnivorous animals and people co-exist in Seattle's urban and suburban neighborhoods. It focuses on black bears, bobcats, cougars, coyotes, opossum, raccoons, river otters, and red fox. We can all help with this very cool study by reporting local sightings of any of these animals through the website carnivorespotter.org. Sightings in our community in the past year have included coyotes, raccoons, and river otters. This is a great opportunity to become citizen scientists and help us better understand and appreciate our Montlake neighborhood wildlife!



A Word from Montlake Elementary

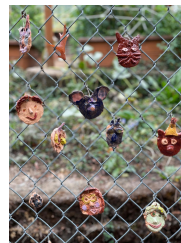
Montlake students remain strong and healthy, true PNWers- eating lunch outside, playing in the rain, practicing social distancing and the ever-present masks. Along with high vaccination rates, Montlake has one of the lowest Covid rates in the district. Keep up the good work, fine neighbors!

The mighty Montlake Farmy has been learning about our school rain garden and working the soil as we prepare the gardens for spring planting. Wellness Wednesdays begin with a group meditation and close with full compost barrels and dirty hands. Never have you seen such enthusiasm for raking, pruning, and weeding! Stay tuned for information on our student-led Spring Garden Starts Sale.

Salmon in the Schools has arrived again at Montlake, delivering 200 Coho salmon eggs to our school tank. Students and fantastic parent volunteers have cared for and observed the wondrous development from soft pink gelatinous eggs to alevin. In the spring students will release the fry into the waters of Portage Bay where they will live for several years, before moving on to Puget Sound.

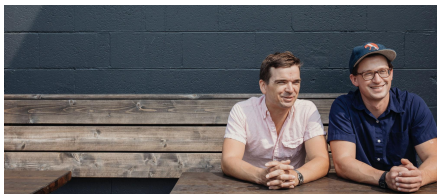
The Cats vs. Dogs Art Show was featured at the Museum of Museums in Seattle in February and March. We hope you were able to support our local arts scene and find comfort and joy in the artistic celebrations of our best four-legged family members! Other events included the Lost and Found Fashion Show before the morning bell on February 15, and the new winter edition of the Montlake Review carried at all little libraries around the neighborhood!

The Montlake Elementary Remodel breaks ground in Summer 2023! Our much beloved and historical old building will be receiving an extensive remodel, nearly doubling the capacity of our tiny school. A design team composed of both parents and staff is working closely with the DRL architecture firm to conceptualize the ultimate learning environment. Much to look forward to-stay tuned!



Oxbow

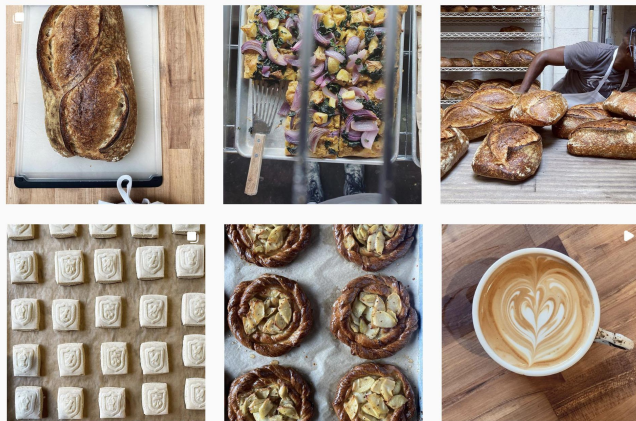
Have you noticed all the construction in the space next to Café Lago? Well, get ready to fall in love with a new neighborhood spot this spring. Oxbow will feature bagels, cookies, muffins, quiche, and espresso drinks in a totally remodeled space.



Many of us know and love Sea Wolf Bakery in Fremont and are delighted that brothers Kit and Jesse Schumann, owners and bakers, are bringing their flair for baked goods and cozy spaces to Montlake.

The project has been two years in the making, partnering with designers Heliotrope to create an open, bright space with exposed beams and natural light. Oxbow will feature ovens baking pastries that will be the perfect morning pick me up after dropping the kids off at school, or to take along for a brisk walk through the Arboretum.

Kit Schumann says initially they'll start with a focus on take-out. Once the pandemic eases, he and his brother envision a warm and inviting space where someone can catch up with a friend or linger over a book and latte featuring local roaster Hyacinth espresso. Kit also shares that Oxbow will offer some of the breads that Seawolf fans have learned to crave—baguettes, sourdough, and perhaps some rye offerings as well. We can't wait for the opening of Oxbow and are delighted by the thought of having delicious artisan baked goods so close to home.



Montlake Gear Blowout Sale

A few years ago the Montlake Community Club designed and purchased stylish Montlake sweatshirts, t-shirts and hats, printed or stitched with the Montlake Bridge logo. As a fundraiser for the Montlake Community Club, we sold the gear at the 2019 Montlake Turkey Trot and during the winter holidays.

We still have most sizes and styles of the Montlake gear in stock. All items will be on sale for \$10 each, except for the adult hoodies which will be \$20 each. Please go to our web site – montlake.net – and scroll down to Montlake Gear to see photos.

We also have extra Montlake gaiters and colorful beanies from the Virtual Turkey Trots in 2020 and 2021. You can purchase a beanie for \$10. We will throw in a gaiter with every order of a sweatshirt, t-shirt or beanie. The money raised from the sale of all beanies will go to the University District Food Bank.



Please contact us through treasurer@montlake.net to order your items. We take checks, cash, and credit cards. Those of you who purchased sweatshirts and t-shirts at the last in-person Montlake Turkey Trot can attest to the great quality and style of the gear.

Thank you for your purchases and for supporting your Montlake Community Club activities.