

The Hilltop Herald

SEATTLE, October 2021

My work is loving the world.
Here the sunflowers, there the hummingbird -
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?
Am I no longer young and still not half-perfect?
Let me keep my mind on what matters,
which is my work.

Which is mostly standing still and learning to be
astonished.
The phoebe, the delphinium.
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all ingredients
are here,

Which is gratitude, to be given a mind and a
heart
and these body-clothes,
a mouth with which to give shouts of joy
to the moth and wren, to the sleepy dug-up
clam,
telling them all, over and over, how it is
that we live forever.

The Messenger
By Mary Oliver





WHAT BIRD IS THAT?

Birding at Hilltop House by Katie Yankula

As an avid birder, I really enjoy the doses of nature that the Hilltop garden offers with its beautiful flowers and the birds splashing in the birdbath. I thought it might be fun to offer some interesting tidbits about our birdy residents. To start with, a big favorite – hummingbirds!

The hummingbirds so often spotted feeding on flower nectar or buzzing through the garden are Anna's Hummingbirds. They are stunning with their iridescent emerald green feathers and hot pink throat patches, called gorgets. The males' gorget actually extends to the tops of their heads, and unusually, even the females have a small red patch.

Anna's Hummingbird is Western Washington's only year-round hummingbird resident.

This hardy little bird that weighs less than a nickel, has expanded its range since about the 1960's. Their range used to be restricted to the chaparral of California and Baja California, but it has adapted well to suburban areas and feeding on non-native plants resulting in its range expanding north into British Columbia and east into Arizona.

So how do they survive colder temperatures? When it gets cold outside, Anna's enter torpor, which is a slowing of breathing and heart rate, and a lowering of body temperature – down as low as 48 degrees Fahrenheit! A torpid hummingbird will have fluffed up feathers and eyes closed. The hummingbirds can become active again in a few minutes once the temperature warms up again.

Hummingbirds are found only in the Western Hemisphere and there are over 300 species. Their tiny little legs don't allow them to walk or hop, but they can scoot sideways while perched.

They have very high metabolisms with a resting heart rate of 420-460 beats per minute and in-flight heart rate of 1220 beats per minute! That all takes a lot of fuel, and that takes us back to the gorgeous flowers grown in the Hilltop garden!

Fun Fact: *Hummingbirds are the only birds that can fly backwards.*



THE WORD OF THORNTON



Welcome to Fall. Here are some things to know:

- It may not look like it yet, but work has actually begun on our elevators. Many engineers have been in to measure them again and again. Materials are on order. I do not have an official date for when the more intrusive and interruptive work will begin, but I suspect it will begin in early 2022.
- Work on the lobby floor should begin in October. People have asked about the aquarium. It is not going away. It may be moved slightly. Clayton Aquariums, the vendor, suggested a better spot for the aquarium for the health of the fish. I hoped for an even larger tank, but they do not lease larger tanks.
- The blinds in the Café will also be changed in October.
- I was asked recently why marijuana is not allowed at Hilltop since it is legal in Seattle. First, smoking is not allowed in Hilltop regardless (it is a “material” violation of the lease). Second, because Hilltop receives federal funding in the form of HUD payments, and marijuana is still, legally, a federally controlled substance, federal rules take the lead over state and local rules.
- Thank you for all the work and attention you have given to proper disposal of food waste, recycling, and garbage.



New Resident at Hilltop House



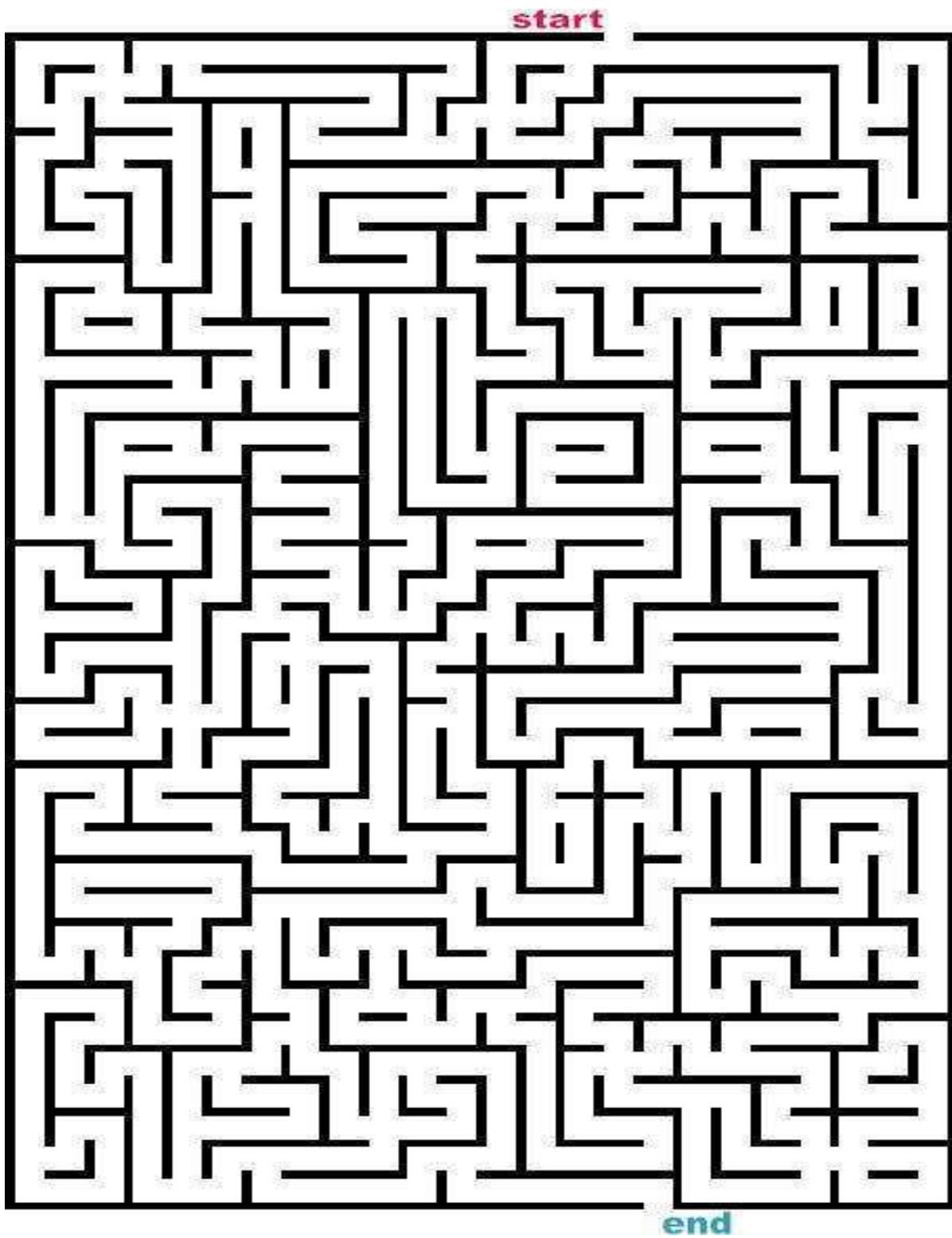
Daniel McLeod #310



Vernon Durocher #904



Maze



Sharif's Recipes: Carrot Cake Pancakes

Dry Ingredients

- 6 oz flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon allspice
- $\frac{1}{8}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg

Wet Ingredients

- 6 oz shredded carrots (approximately 3 medium sized)
- 5 oz white sugar
- 1 oz brown sugar
- 1 whole egg
- 3 oz yogurt
- 3 oz vegetable oil
- 1 egg white



Mix dry ingredients.

Mix wet ingredients.

Mix the dry & wet ingredients together!

Oil and/or butter your skillet at medium heat.

Pour your batter onto skillet in circular 4 oz portions.

Flip with a spatula when you see little bubbles in the cooking batter.

Cook to golden brown.

Enjoy!

National Hispanic Heritage Month September 15—October 15



Karen Carlos, Service Coordinator

*Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of approximately 60.5 million American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Día de la Raza, which is October 12, falls within this 30-day period.

Listed below are three invaluable resources in our community:

El Centro de la Raza <https://www.elcentrodelaraza.org>
2524 16th Ave S | Seattle, WA 98144 |(206) 957-4634

As an organization grounded in the Latino community of Washington State, it is the mission of El Centro de la Raza (The Center for People of All Races) to build the Beloved Community through unifying all racial and economic sectors; to organize, empower, and defend the basic human rights of our most vulnerable and marginalized populations; and to bring critical consciousness, justice, dignity, and equity to all the peoples of the world.

Sea Mar <https://www.seamar.org>

Sea Mar Community Health Centers, founded in 1978, is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos in Washington state.

Continued

Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation, and regardless of ability to pay for services.

Casa Latina <https://casa-latina.org>
317 17th Avenue South | Seattle, WA 98144 | (206) 956-0779

Casa Latina is a nonprofit organization that advances the power and well-being of Latino immigrants through employment, education, and community organizing.

Our vision is that the Latino community participates fully in the economy and democracy of this country.

Casa Latina was founded in 1994 to advance the power of Seattle's Latino immigrants by providing them educational and economic opportunities, giving people the tools they need to work, live, and support their families.

But wait, there's more.... What is the difference between Latino and Hispanic?

Hispanic and Latino are often used interchangeably though they actually mean two different things. Hispanic refers to people who speak Spanish or are descended from Spanish-speaking populations, while Latino refers to people who are from or descended from people from Latin America.

*Information in this article was put together from the Census Bureau and the U.S. Department of Education

Ideas to honor National Hispanic Heritage Month

<https://www.oprahdaily.com/life/g36651645/hispanic-heritage-month-activities/>

**Hispanic
Heritage Month
September 15-October 15**



The Pictures in My Head By Gary Rea

When I go out to “photograph,” as Ralph Gibson would say, even if I’m taking a while to get “warmed up,” I will eventually reach that point at which “I’m in the zone,” as they say, and the pictures begin coming to me more rapidly, more easily, without any thought at all as to what I’m doing. By the time I begin to feel like it’s time to quit and go home, it is often difficult to do so.

Even as I ride the bus home, my camera turned off, the lens cap on, the camera hanging by its strap, I’m still seeing photographs everywhere I look. So, I begin to play this sort of mental game with myself. Silently framing the “scenes” I see before me with my eyes, seeing, in my mind, how they would appear as black and white photographs. And, when the elements of the scene I’m watching all come together, at the peak moment. When the scene is everything it should be, I think, or sometimes say. “click”.



This little “click” game I play in my head has become something I do all the time, whenever I’m out, whether I have a camera with me or not. It has become a method of sharpening my eye, my instincts, and of exercising my mind’s eye, so that my image making skills are always in use, even if the weather has been inhospitable to my photographic needs and I haven’t picked up a camera in days, or even weeks. It happens. It’s just life in the Northwest. I must say I envy those photographers who live in regions where there are always gloriously sunny days, with long, deep shadows and contrasty light. But, as I remind myself when I miss a wonderful shot, “You can’t get them all.” This can be a source of frustration, though, especially if I find myself without a camera and thinking “click” every few minutes.

Now and then, I’ll see a perfect silhouette shot, even on a cloudy day, as there are such opportunities out there, in any light, though they are too few to make it really worthwhile to always carry a camera. I have entertained that possibility, though. In fact, I have a couple of pocket-sized compact cameras I bought to use that way, i.e., carried in my pocket, always ready in case I see a good scene. But, alas, I never followed through with forming that habit. Even a pocket-sized camera can feel a bit too bulky, at times, and there are times when my mind is on shopping for groceries or going to the ATM, or whatever it was I went out for, so I’m not really in a photographic frame of mind at the time. This makes sense, as I usually go out with a camera expressly to do photography and, for a couple of hours or so, that is what my mind is on. I like that ability to concentrate on that one task and get to that point at which I’m “in the zone.” That zone isn’t really there when my attention is divided and my thoughts are on buying groceries. That’s why the advice to “always carry a camera” has never worked for me. The type of photography I do requires my full attention and my power of observation need to be second nature, and that just doesn’t happen for me if I’m thinking about what’s on my shopping list.

