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A leftist community zine for the Eastside of Lake Washington



A LETTER FROM THE EDITORS

Hello Readers, and welcome to our first edition of the LEFTOvers. We are a small group of left-leaning residents on the Eastside of Lake Washington. We originally found each other through Palestinian advocacy, writing letters, protesting, and fundraising for the cause. The community we created with each other has been an important source of encouragement to keep our efforts going. Having gotten a taste of what our small group can do, we were inspired to find more people.

Unlike in Seattle, though, it can be hard to find left-leaning community on the Eastside. So we thought, what if we made a resource for people to find each other, and the Zine was born. In this Zine you'll find hyper local news on progressive causes, interviews with local people who are doing the work, and directories of local groups and their events. We will also have fun things like art and family recipes, because community should be fun!

If any of this sounds interesting, take a read. We hope you'll enjoy joining us on this journey.

Cheers,
The Editors
Chelsea, Reta, and Yaro



A Conversation with Move Redmond

By Chelsea Liekhus-Schmaltz

A couple weeks ago I was fortunate to meet a representative of Move Redmond at a community event on the Eastside. Their goal is to increase the availability of safe walking, biking, and public transit options in Redmond. We

live in a car centric world that inhibits our ability to connect with our community and unnecessarily increases our risk of injury in our daily lives.

Move Redmond wants to change this. I reached out to Kelli Refer, their executive director, to learn more.

Chelsea: Thank you so much for the opportunity to talk to you more about Move Redmond. As a Redmond resident, I am so happy to hear that your organization exists. Can you tell me a bit about how it got started and who is involved?



Kelli: Move Redmond was originally known as the Greater Redmond Transportation Management Association (GRTMA) in the early 1990's. A part of the clean air act, Washington state adopted a Commute Trip Reduction policy in the early 1990's impacting large employers to reduce the number of people who drive alone to work. As a result Transportation Management Associations were formed to support large employers in managing transportation programs and conducting surveys to gather data. Redmond is a major employment hub in the region and thus GRTMA was formed with large employers making up the majority of our members.



Kelli: In 2019 our board of directors updated the strategic plan goals to include advocacy as a key part of the organizational mission. It is important to advocate for moving forward policies that keep our streets safer and fund projects that improve walking, biking and pedestrian infrastructure in and around Redmond.



We still work to serve our members and ensure employees have reliable and safe options aside from driving alone and have expanded to support the larger Redmond community with information and resources to get around without a car.

Chelsea: What are the main goals of Move Redmond, and are there any that you are particularly excited about?



Kelli: We have three main goals of the organization

- Safety
 - We advocate for policies like Vision Zero and the Safe Systems Approach to traffic engineering that focuses on designing streets so they are safer for all users
 - Advocate that the city, county and state build low-stress bike lanes and trails connecting the region
- Frequent, Reliable & Affordable Transportation Options
 - People have viable transportation options and it is easy and affordable to access light rail, take the bus and get around without a car. We advocate for funding both capital projects that build things like light rail and bike lanes, as well as operations and maintenance to fund transit service and taking care of the infrastructure that exists already.
- Shifting Individual Transportation Habits
 - Move Redmond does a lot of education about people's transportation options through outreach, presentations and distribution of tools like our station access maps that highlight the biking, walking and transit connections on the Eastside.
 - Move Redmond hosts highly subsidized learn to ride bicycle classes for adults in the Spring.
 - We also distribute Free Youth ORCA cards, hold events to access low income fare cards called ORCA LIFT and promote the ORCA Business Passport programs that provide transit passes for employees.

Chelsea: What are the most effective ways you've seen Move Redmond achieve its goals?

Kelli:

One of our most successful recent advocacy efforts was pushing through the East Link Starter Line after the construction delay of the I-90 bridge pushed back opening the full 2 Line. We worked to collect stories of people who would benefit from the 2 Line opening between South Bellevue and Redmond Technology Station. It was a multifaceted campaign that involved collaborating with many stakeholders, gathering stories and testifying to the Sound Transit Board.

After it passed, Move Redmond worked with a local map maker, Orin Virincy to develop our station access map that helps people get to the light rail to better serve non-drivers and shift the paradigm that you must park and ride.

We also hosted the opening celebration for the 2 Line this past April 27th at the Overlake Village Station. It was an amazing day with 35,000 attendees!

Chelsea: How have you seen Move Redmond change Redmond over its existence and your time at Move?



Kelli: Move Redmond has shifted a lot since I first joined the organization in 2020, as the Advocacy and Communications Director. In 2021 we renamed the organization to Move Redmond from GRTMA and developed our advocacy program. Our theory of change includes building support for transportation changes in the community through our membership and events and use that public support to advocate for both policy change and funding of better infrastructure. We've added more public events and collaborate with more community based organizations, in addition to the work we do with our members on the Commute Trip Reduction programs.

Chelsea: On your website I saw you talk a lot about the importance of intersectionality. How do you think about this topic, and how does Move Redmond implement this?



Kelli: Everyone's lives are impacted by transportation. Having access to get where you need to go safely and easily without forced car dependency. At least 25% of people in Washington State do not have a driver's license and it is imperative that we provide reliable and fast transportation options for all people. Move Redmond participates in the National Week Without Driving, highlighting the challenges non-drivers face in getting where they need to go. This movement centers disabled people and people who are low-income and cannot afford a car. Improving transit options, benefits everyone.

Transportation intersects with so many issues. Highway building destroyed communities of color. These highways divide communities and cut off opportunities for people to thrive. Today people who live near highways have higher rates of asthma and are more likely to be low income. Traffic fatalities and serious injuries disproportionately impact Black and Indigenous people and seniors. Transportation plays a critical role in our public health.

Finally, as a society we need to reduce our Greenhouse Gas Emissions and driving alone is one of the single greatest causes of GHG emissions in King County. Shifting transportation habits is critical to meeting our climate goals and it is something we can do individually that leads to major systemic changes. When people shift their habits it builds more public demand for investments in walkable communities and frequent transit and that builds public will for electeds to change budgets and policies.

If you want to learn more or get involved, you can find Move Redmond at moveredmond.org.



FROM LOCAL TO WORLDWIDE

A Family in Palestine needs our help

by Reta Nemesszeghy

Meet Dyana, a sweet 6-year-old child from Gaza. She should be going to school and enjoying her childhood, but instead she is living in a tent, cooking, and cleaning in the dust of the encampment they have been displaced to. Her mother has been filming and posting her daughter doing these tasks in hopes that when people see how much they have to go through, they will find it in their hearts to donate to them so that she, Dyana, and Dyana's father can get out of Gaza.



It costs \$5,000 for an adult and \$2,500 for a child to cross the border, which means **Dyana's family will need to pay \$12,500 just to leave the bombings, terror, and difficult life they must currently endure.** With no jobs or opportunity in Gaza, they cannot make this money on their own.

We as a community must band together not only to improve our own lives but to help save the lives of those who do not have the same resources as us. If you have even \$5 to spare, please consider donating to this family's GoFundMe by scanning the QR code below.

If you can't spare money, there are some free things you can do to help people who have the funds find this family.

- Share their story and link with your friends and family.
- **Find them on Tiktok (@khetamzeyad)** and uplift their videos.
- Make your own video on Tiktok or Instagram promoting their GoFundMe link.

Link to Dyana's GoFundMe →
Please read their story and donate if you can!



Community Recipe: Hungarian Chicken Paprikás

by Reta Nemesszeghy

As we continue making this zine, we hope to highlight some of the cultures that live in our community with our favorite love language: food! Today, I wanted to share a bit of my own culture with you in the form of my favorite dish from my childhood. Please let us know if you end up trying it!



Ingredients:

- Cooking oil
- One large Onion
- 1-2 Bell or spicy peppers (optional)
- Mushrooms (optional)
- Chicken (If using boneless breast or thighs, it should be cut into large cubes)
- Hungarian Paprika
- Salt and pepper
- Cayenne Pepper (if you want it spicy!)
- Water
- Sour cream
- Noodles (any kind works but egg noodles are more traditional)

Vegan option: Mushroom Paprikás!

Increase the mushrooms in your dish instead of adding chicken and skip step 3 for an equally delicious and vegan dinner.

Steps:

1. Dice your onion and optional vegetables. In a large pot, combine oil and onions, stir on a heated stove until glassy. Add optional veggies and sauté until they soften.
2. Add chicken into the pot. Add enough Hungarian paprika to cover the chicken. You can add some cayenne here depending on how spicy you want it. Flip chicken pieces and add enough water to cover the chicken. Stir. Cover the pot and allow the paprikás to come to a boil. Lower the heat and simmer until chicken is cooked.
3. The purpose of this step is to make sure the sour cream doesn't curdle when you add it to the dish. Put your sour cream into a separate bowl, but one spoonful of the broth into the sour cream, stir. Repeat this process, increasing spoonfuls of broth every 2-3 repetitions until the sour cream is a tan color and lukewarm. Pour mixture into the pot and stir until fully incorporated. Allow the paprikás to boil once more and season to taste with salt and pepper.
4. Serve over cooked noodles and enjoy!

COMMUNITY DIRECTORY:

These wonderful organizations are doing the work to better our community and advocate for important causes around the world. If you know of more organizations that should be on this list, please email us at leftoverseastside@gmail.com or fill out the survey on the next page!

- **Bellevue Student Union**

- Mission: create a positive change in our community by working for social justice issues through discussion, study, and direct action
- Info: Find them on Instagram @bellevuestudentunion

- **Eastside Urbanism**

- Mission: A community group excited about creating vibrant neighborhoods on the Eastside. Their goal is to bring together people who want to improve the communities we live in, collaborate on projects, and make their voices heard! And have some fun too.
- Info: They meet every Thursday at 7pm at Jack Sprat in Redmond

- **Issaquah Students League**

- Mission: educate fellow students on socialism, promote solidarity among workers and students, and work for social justice through discussion, study, and direct action
- Info: Find them on Instagram @issaquahstudentsleague

- **Livable Kirkland**

- Mission: create a shared vision for the future of our neighborhoods. The objective of this vision is to create homes for everyone while improving sustainability and quality of life. The key to achieving this vision is to focus this growth into complete communities where people can meet their routine needs without needing to drive, all connected with efficient transportation.
- Info: They meet on Wednesdays at 7am at the Kirkland rotary Central Station

- **Move Redmond**

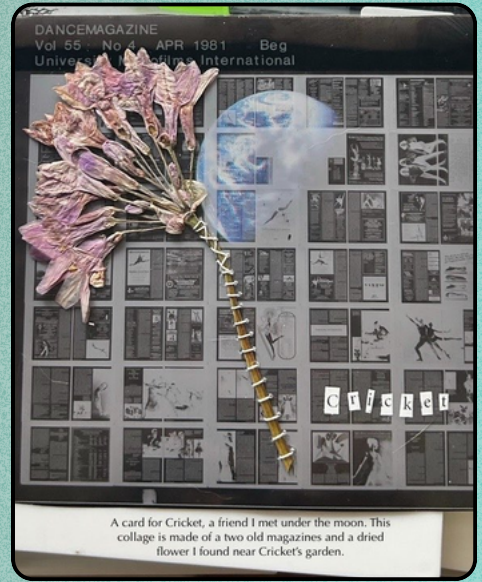
- Mission: Decrease the reliance and need for cars to better the community
- Info: moveredmond.org



ABOUT THE ARTIST:

YOYO - THEY/SHE

Hey! I'm a Filipino Japanese creative on the Eastside, and one of my biggest joys in life is making birthday card collages from my Grandma's old magazines to celebrate and appreciate those around me. I'm grateful I get to share a collage with the world here! The cover art is made of photos I took along stations in the new 2 Line, and shout out to all the conversations I had with strangers along the way.



A card for Cricket, a friend I met under the moon. This collage is made of a two old magazines and a dried flower I found near Cricket's garden.

I believe in stories and that everyone is creative, and that there is great power in community organizing. Long live international solidarity! People and planet over profit!

Also, if you'd like to connect, you can find me here:
escala.so@outlook.com

WE WOULD LOVE TO
HEAR FROM YOU!

One of the goals of this zine is to connect people and organizations so as to expand and help our overall community. If you live on the Eastside, please consider filling out this survey!

you can also contact us at
leftoverseastside@gmail.com if you
have any questions or comments.

