

AGENDA

OF THE GREATER AVENUES COMMUNITY COUNCIL

www.slc-avenues.org

May, 2019

Vol. XXIII

Issue 5

Representing the Avenues and
Federal Heights neighborhoods
of Salt Lake City, Utah

Chair's Message for May

What do you collect? I collect quotes.

My Grandma Sperry left me scrapbooks filled with poems and quotes she loved. I too collect quotes that inspire me and photos of family and friends. This month, I'd like to share some of my favorite quotes. *"Be the change you wish to see in the world."* – Gandhi

If I want to be accepted then I need to be accepting. If I want to receive kindness, then I must demonstrate kindness. If we don't be the change we want to see, other people, like the man in Christchurch, New Zealand who killed 50 people at two mosques, will try to make the world they wish to see.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." -- Margaret Mead

"Every day, people serve their neighbors and our nation in many different ways, from helping a child learn, easing the loneliness of those without a family or defending our freedom overseas. It is in this spirit of dedication to others and to our country that I believe service should be broadly and deeply encouraged." --John McCain

"He has a right to criticize, who has a heart to help." -- Abraham Lincoln

Each May the GACC sponsors the Memory Grove Cleanup service project. This is a service to our community, but also to our city and to visitors from all over who find the Park a unique place. After we give a little of our time and energy, LDS Hospital gives us lunch. One year I was asked to take photos of the people involved for our web page. There was a woman in a motorized wheelchair who came to serve. She was given plastic garbage bags to distribute. She drove up and down the street passing out bags and smiles. I never caught her name, but I sure caught her spirit. She was a service to me.

"Doing nothing for others is the undoing of ourselves." — Horace Mann

"No one is useless in this world who lightens the burdens of another." — Charles Dickens

My husband is a news junkie so we listen and watch lots of news. A few weeks ago while listening, I learned about an experiment at the University of Iowa in Ames that piqued my interest. Dr. Doug Gentile, professor of psychology, and his team of researchers set out to see if some simple behaviors could really change one's mood. They enlisted the help



GACC Community Meeting

May 1, 2019, 7:00 p.m.

Sweet Library - 9th Avenue and F Street

7:00 to 7:05 p.m.—Welcome, Announcements

7:06 to 7:40—Reports: Library, Police, Fire, City, School Board, Legislative, LDS Hospital, GACC Committees.

7:41 to 8:40—Bryant Middle School Science Program:

Bryant Principal Larry Madden and Principals from Bryant feeder schools: Ensign-Erik Jacobson, Wasatch- Deborah Candler, Washington-John Kelly. Presentations followed by Q&A.

8:41 to 8:50—Open Announcements

8:51 to 9:00—Adjourn, Conversation with Neighbors & Clean Up

of 500 ISU students and asked them each to walk around the halls of buildings for twelve minutes. They each had to do one of four random things while they walked: Wish each other well, think about how they were connected to each other; think about how they might be better off than others, or just look at fashion.

When the students checked back in, the students who wished other people well felt better, a lot better. "The biggest surprise, for me, was that we could see this effect in such a short amount of time - just 10 or 12 minutes of doing this simple thing changed their mood and lessened their anxiety."

When he was asked if it would be easy for other people to do, he answered, "Perhaps not, because it's so easy for us to get caught by our own thoughts rather than actually paying attention to the people around us."

While it may take effort at first, Gentile says this is one quick fix you can believe in and you may be on your way to more happiness in just a few minutes. *(cont. on Pg. 3)*

Memory Grove Cleanup

Saturday, May 18

8:00 a.m. to 12:00 noon

Memory Grove Park Entrance

AVENUES COMMUNITY MEETINGS

GACC Council Meeting

***Wednesday, May 1, 2019**, at 7 p.m., Sweet Library. For special accommodations contact GACC chair Jill Van Langeveld at gaccchair@slc-avenues.org. Open to the public, all are welcome.

GACC Board Meeting

***Thursday, May 8, 2019**, at 7 p.m., Sweet Library. For special accommodations contact the GACC chair at gaccchair@slc-avenues.org. Open to the public, all are welcome.

Community Life / Resources / Free Stuff!

Sweet Branch Library, 455 F Street, 801-594-8651, www.slcp.org/branches/view/Corinne+and+Jack+Sweet
Book Baby, Wednesdays, 10:30 - 11:00 a.m., May 01, 08, 15, 22, 29. **Art and Maker Class with Clever Octopus**, Teens, Kids, Wednesdays 4:00pm - 5:00pm, May 1, 08, 15, 22, 29.
Babywearing Dance, Mom & Baby, Toddlers, Friday, May 03: 11:00am - 11:30am. **May the 4th Star Wars Celebration**, All Ages, Friday, May 03: 1:30pm - 6:00 p.m.
Star Wars Teen Lock-In with NASA, Friday May 3: 6:00 to 8:35pm. Pre-registration required: <http://events.slcp.org/event/1908524>. **Musical Playtime**, Preschooler and Baby, Tuesdays, 10:00am - 11:00am, May 7, 14, 21, 28. **Dungeons and Dragons for Beginners**, All ages, Tuesdays 6:00 to 8:00 pm, May 07, 14, 21, 28, 6:00 to 8:00pm. **Preschool Dance Party**, Saturday, 11:00 to 11:30am, Ages 3-7, May 11. **Duct Tape Makers Day**, tweens and teens, Friday, May 17: 3:30pm - 5:00pm. **Author In The House**, Thursday, May 23: 7:00pm - 8:00pm. **Sweet Reads**, The monthly Avenues book club for adults and seniors, Tuesday, May 28: 7:00pm - 8:30pm.
Wasatch Elementary School, 82 N R Sstreet, 801-578-8564 <https://wasatch.slcschools.org/calendars/month/2019-05>.
Annual Arts Showcase, May 17, 5:30pm to 8:00pm. Town Meeting, May 22 and 29, 1:30pm to 2:30pm. 6th Grade Promotion June 4, 11am.
Ensign Elementary School, 775 12th Avenue, 801-578-8150 <https://ensign.slcschools.org/>.
 6th Grade Promotion, May 31, 9:15am.
The Open Classroom, 134 D Street, 801-578-8144, <http://ocslc.org/>. Steering Meeting May 14, 6:30pm.
City Academy, 555 E. 200 S., 801-596-8489, www.cityacad-emyslc.org, Tuition-free 7th-12th grade public charter school since 2000. Enroll now for fall 2019. **Joy and Inspiration: A Magical Musical Revue** May 9-10 at 7 p.m. and May 11 at 2 p.m. and 7 p.m., Adults \$8, Students \$6. Dinner Theater tickets for 6:15 p.m. each day and Afternoon Tea Theater tickets for 1:15 p.m. May 11, advance tickets required, \$15.

The Agenda

Publisher's Statement

The monthly Greater Avenues Community Council newsletter "The Agenda" is mailed free to all residences in the Avenues. This publication is created to conduct the business of the Greater Avenues Community Council. Mail correspondence to P. O. Box 1679, Salt Lake City, UT 84110. For advertising call 801-859-5858 or email newsletter@slc-avenues.org.

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The GACC web page is www.slc-avenues.org.

City Academy, cont.

Annual Pickleball Tournament at 11th Avenue Park, May 17-18, sign up at www.pickleballtournaments.com. Graduation, June 1, 2 p.m. at the U of U FMAB.

Bryant Middle School, 140 S 800 East, 801-578-8118, <https://bryant.slcschools.org>. School Community Council, May 17, 7:00am.

Neighborhood Avenues Exercise Class: Mondays and Wednesdays, 8:30 to 9:40 a.m. - **FREE!** - 278 North Alta Street, Federal Heights Ward, East entrance. Everyone welcome! Call if you have questions Renate Nebeker 801-534-1443 or renatenebeker@gmail.com.

10th East Senior Center: 237 S 1000 East, Mon.-Fri. 8am to 5pm, Daily lunch, daily activities for Seniors. 385-468-3140, www.slco.org/tenttheast.

Shriners Hospital for Children, 1275 E. Fairfax Rd, 801-536-3500, www.shrinershospitalforchildren.org/salt-lake-city.

Ronald McDonald House, 935 E South Temple, 801-363-4663, <https://www.rmhcslc.org/>. Volunteer opportunities and Adopt-a-meal scheduling, contact Kacie Pecor kacie@rmhslc.org or sign up here: <https://www.signupgenius.com/go/30e0d4daaa922a3f58-ronald7>.

About Bryant Middle School

Bryant is a STEM focused school, grades seven and eight, which works in partnership with the Salt Lake Center for Science Education.

Bryant students will develop critical thinking ability, become effective collaborators, hone their oral and written communication skills, learn to be flexible and adaptable, access and analyze information, and expand their curiosity and imagination.

Bryant is relatively small at around 440 students. The schedule is structured to create even smaller learning communities that work with teams of teachers. This environment provides greater opportunity for students to be well known by faculty, staff, and each other. The better we know our students, the better we can meet their individual needs.

Why Science? Science is an exciting and motivating context to serve as a central theme for the school. Through science, we develop thinking skills that are useful in all walks of life. Students that exit high school well prepared in math and science will have more opportunities open to them as they move into the next stage of their lives. All Bryant students receive extended time in Mathematics and Science.

Bryant students use modern technology such as scientific probes, 3-D printers, laser cutters, and heat presses to engage in design-thinking and engineering processes.

Bryant offers rigorous curriculum with high expectations for ALL students. We realize that students are at different places on a continuum of learning and they are all capable of exceptional amounts of growth and achievement.

Avenues Athletic Association 2019 Basketball Champions

The Game Blouses won the mens basketball league. (The team's name comes from TV's Chappelle Show.) Top row: David Sunderland, Allen Schowengerdt and Ryan Anderson, Bottom row: Greg Foster, Bryan Anderson and Casey Nye. Not pictured: Libby Ferlic. Congratulations!



Coed soccer signups are being taken now for play starting in May. Sign up and info at www.aaaslc.com.

Avenues Street Fair Seeks Bands, Artists, Vendors and Volunteers!

If you have a rock band, country band, big band, classical string quartet, jazz, folk, reggae, or a combination of all of the above; we'd love to hear from you! All entertainment at the Street Fair is unpaid; however you may sell CDs or other merchandise during your performance. To apply, provide a demo, link to a website, YouTube video, etc. to Brian Berkelbach at berkelba@gmail.com. We will accept band applications until June 16th. All bands will play for an hour.

Avenues area artists are invited to enter your art in the **People's Art Gallery**. Artwork will be judged and prizes will be awarded in four categories: Under 12 years, 13 to 18 years, Adult Amateur and Adult Professional. Applications are due by August 15th.

We are accepting vendor applications for the Fair. Applications are due by August 15. Vendors may apply at www.avenuesstreetfair.org.

In addition we are looking for help on the planning committee to head up Business Donations and Publicity efforts. Please reach out to Daniel.

The Avenues Street Fair is scheduled for Saturday, September 7th. The location is still being finalized. Stay tuned!

The next planning meeting is May 5th at 10 AM at the Sweet Branch Library, 455 N F Street.

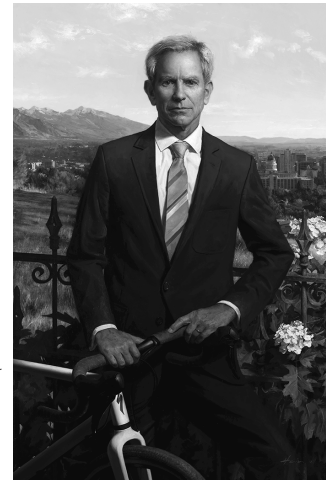
Daniel Gaffin, Avenues Street Fair Chair 2019
801-550-1294, DanielGaffin@gmail.com.

Mayor Ralph Becker Portrait Unveiled

The original of this portrait of Salt Lake Mayor Ralph Becker (2008-2016) was unveiled in the "Hall of Mayors" in the City and County Building in March. Becker chose Avenues resident Jeff Hein because of his ability to "bring out the true character of his subjects." At www.jeffhein.com you can see other Hein portraits that are so full of life.

Jeff commented, "In the year I worked with Ralph, I never saw him drive a car. He would show up to the studio on his bike even if it was bitter cold, snowing or raining." If you look at the bottom of the portrait, it shows Becker's love of bicycles and the outdoors. When asked why he and his wife picked the Avenues to call home 14 years ago, Jeff said because it was "greener," "older," and they "felt at home."

Next time you are in the City and County Building, go up to the 3rd floor and enjoy in person Jeff Hein's portrait of our former mayor Ralph Becker.



Chair's Article, Cont. from Page 1

"There is no exercise better for the heart than reaching down and lifting people up." - John Holmes

"Strong people don't put others down... They lift them up." - Michael P. Watson

"If you're not making someone else's life better, then you're wasting your time. Your life will become better by making other lives better." - Will Smith

"I cannot do all the good that the world needs. But the world needs all the good that I can do." - Jana Stanfield

"No act of kindness, no matter how small, is ever wasted." - Aesop

What is the change in the world you wish to see?

Jill Van Langeveld

Salt Lake City Trails and Natural Lands presents "SLC Trail Trekkers" – a free, friendly hiking club that is open to all! **May 1st @ 5:30 PM – 7:00 PM:** Jordan River Parkway Trail, 1150 W 1700 S. We will hike 2.5 Miles beginner friendly to the International Peace Gardens and return. <https://www.slc.gov/parks/trails-natural-lands/slc-trail-trekkers/>.



City Plans 11th Avenue Park Improvements

Improvements for 11th Avenue Park, funded in the FY 2018-2019 Budget, include an improved looped path, a new pavilion, trees, benches and park signage. The failing asphalt walkway that surrounds the multi-use fields will be replaced with a six-foot concrete pathway to create a better walking surface for this



well-used feature. Tree plantings and benches will be added near the pathway for shade and rest. The area around the playground and near the parking lot will get a new pavilion with several picnic tables, and new trees will add more shade tree diversity in the park. This project will relocate the portable restrooms with a screening shelter to improve park aesthetics. New park signage will add naming and wayfinding signs to the park as well as a monument sign along Terrace Hills Drive. Design is underway and construction anticipated to begin in summer or early fall. For questions about this project, please contact Public Lands Landscape Architect, Nancy Monteith at 801-972-7818 or via email nancy.monteith@slcgov.com.

Pickleball Tournament at 11th Avenue Park

Friday, May 17 and Saturday, May 18, at 11th Avenue Park. Get your paddles ready and sign up at www.cityacademyslc.org.

Avenues Community Garden Begins 6th Year

With nine new gardeners and all the spring snow and rain, Popperton Plots is growing! Don't miss the **Wasatch Community Gardens Plant Sale** on Saturday, May 11, 8:00am to 1:00pm at Rowland Hall, 720 Guardsman Way. For more information visit www.wasatchgardens.org.

City Proposes Changes to Off-Leash Dog Areas

The City Council is considering a change to the way off-leash dog areas are designated. Resolution 52 would be replaced with a streamlined approach managed by the Administration, similar to other open space uses, allowing the Public Services Department Director to close parks and open space areas to protect public safety or sensitive environmental resources. The new ordinance allows Salt Lake County Animal Services to enforce compliance at these places. Under the new proposal, the Council would have final approval for creating or closing off-leash areas. To send your thoughts about the proposed changes call the 24-hour comment line 801-535-7654 or send an email to council.comments@slcgov.com.

UTA Survey on Bus Service Frequency

The Utah Transit Authority is asking for your opinion on bus route frequency and geographic coverage.

Bus service is important to UTA because it carries over half of UTA's customers and is the only way to get service to most people.

Should UTA have a bus network focused on increasing ridership? This would mean fewer routes with greater frequency.

Or should UTA focus on coverage? This would reach more areas and people, but with less frequency.

To help decide these questions and others, UTA is asking for input from the community. Go to www.rideUTA.com/Service-Choices to take a short survey and learn more about the issues. Thank you for being part of UTA's decision making process.

Memory Grove Cleanup May 18

The 22nd annual Memory Grove Cleanup will take place on Saturday, May 18, from 8:00 a.m. to 12:00 noon in Memory Grove Park, 500 North Canyon Road, Salt Lake City. We invite all ages of volunteers to help clear brush, pull weeds and plant flowers.

Intermountain LDS Hospital will again provide a free lunch to all volunteers!

Check in at the entrance gate on Canyon Road. Wear appropriate clothing, bring gloves, water, and sunscreen. All tools will be provided by Salt Lake City Parks Department.

Thank you to Salt Lake City Corporation, Salt Lake City Parks, the Ensign Stake, Greater Avenues Community Council, and Intermountain Healthcare/LDS Hospital for supporting this project. Thank you to the event organizers Phil Carroll and Brian Berkelbach.

Salt Lake Marathon in the Avenues

On April 13 many Avenues residents participated in the 16th annual Salt Lake Marathon, Half Marathon, 10K, 5K, Skate Race, and Bike Tour. The route circled the Avenues before heading south. Volunteers from the Avenues, the GACC Board, and Scouts from Troop 34 manned the Mile 4 water station in Memory Grove Park.

Congratulations to all the participants, and a big Thank You to all the volunteers who had a fun time helping and seeing the bikers and runners up close!

If you raced, please take the survey in your email and vote for the Mile 4 water station as the best!



Warm Springs Alliance

There's a hot spring in Salt Lake! The indigenous people of Utah knew it, and now so do you! The Warm Springs Alliance is a non-profit, grassroots movement formed to protect and preserve the Warm Springs landmark site at 840 North 300 West, the former Utah Children's Museum building.

The group's plan is to revitalize the hot springs and create a public gathering place that serves the whole community. We envision an extraordinarily beautiful space that inspires and fosters collaboration and sharing between many communities. There are lots of ways to get involved! Take the survey here: <https://www.surveymonkey.com/r/RD3N9VV>.

Join us on Facebook, or sign up to get updates, hear about meetings, volunteer, and share ideas here: <http://www.warmspringsalliance.org/sign-up/>.

See a recent KUTV article here: <https://kutv.com/news/local/why-not-now-warm-springs-advocates-hope-to-bring-back-iconic-utah-mineral-pools>.



3 SIMPLE STRETCHES TO HELP YOU SLEEP BETTER

Jeffrey Beck, Exercise Physiologist

Following a basic stretching routine just before bedtime will not only enhance your flexibility, but also relax and clear your mind to prepare you for some deep sleep. Keep the stretches gentle and slow — a rigorous workout before bed can energize you and make it hard to fall asleep. Here are three simple stretches to enhance your bedtime routine:


Seated Side Reach: Sit up straight with the bottoms of your feet touching each other. Place your left hand on the ground outside your left hip and gently lean toward the left side while bringing your right arm above your head. Hold for five breaths and release. Repeat on the other side. Do 2-3 sets per side.

Foot Flexion/Extension: Sit up straight with your legs together and straight. Gently pull your feet toward you so your toes are pointed at the ceiling. Then point your toes away from you so they're facing forward. Do this for ten breaths. Complete 2-3 sets.

Laying Stretch: Lie down with the bottoms of your feet touching each other and place your hands on your stomach. Simply hold this position for ten breaths. Complete 2-3 sets.

Just 10 minutes is all it takes. Give this simple stretching routine a try this week and see if it improves your sleep.

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THIS MONTH'S MEETING:
WEDNESDAY,
MAY 1, 2019, 7:00 P.M.
SWEET LIBRARY,
9TH AVE. AT F STREET

Important dated material. Please deliver in-home by April 30.

Greater Avenues Community Council thanks IHC/LDS Hospital for their generous sponsorship of our activities.

We encourage your support of these events and businesses who give their support to the Greater Avenues Community Council.

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 Info: treasurer@slc-avenues.org

Memory Grove Cleanup

Saturday, May 18

8:00 a.m. to 11 a.m.

Memory Grove Park Entrance

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