



of the **Greater Avenues Community Council**
representing the Avenues and Federal Heights neighborhoods of Salt Lake City, Utah

Searching for the Qualities of a ‘Unique Neighborhood’

by Dave Alderman
2016 Chairman

I recently came across an article on ‘What Makes a Great Neighborhood.’ I thought I’d share some of those ideas and add some of my own to perhaps start a discussion about how those ideas fit with the Greater Avenues.

The first step for me is to differentiate between a unique neighborhood and a great neighborhood.

What makes a neighborhood unique probably comes down to individual preferences. A great neighborhood could be anywhere—in the suburbs, an urban high rise, or a small town—and the criteria would be similar regardless of the location.

I think everyone would agree that security and a low crime rate would be a requirement for a great neighborhood. Easy access to medical facilities would be another.

Another one of the criteria would be good schools, which might seem an odd choice for an empty nester like me. But without good schools, a neighborhood won’t draw young families. Without young families, a neighborhood won’t grow and regenerate itself.

One of the key criteria is pride of ownership. Residents, both owners and renters, take care of their houses and yards. It’s obvious they view this as their home, not just a temporary residence. This pride of ownership goes beyond just the physical aspects of their houses, but also their community spirit and volunteerism.

This sense of community is important to me. A great neighborhood would have residents who are considerate of their neighbors, and watch out for each other. They take responsibility for what happens in their neighborhood. A place where someone shovels the sidewalk because they know the resident can’t. A place ‘where everybody knows your name.’

A sense of continuity is also important. This one is more difficult for me to explain. I think a great neighborhood would be rooted in its past, but not stuck there. There would be people that could remember when there was a store on the corner, or when the area with the new houses was an open field, or when the new school was built. But newcomers would also be welcome. Older buildings would be cherished and maintained. But businesses would come and go over time and new schools would be built and then renovated or even replaced. But all within a context of what’s been before.



Dave Alderman,
2016 Chair

GACC Community Meeting

Sweet Library

9th Avenue and F Street

April 6, 7 p.m.

7:00 to 7:05—Welcome, Announcements, Chair

7:05 to 7:30—Reports: Fire, Library, Police, City, County, School Board

7:30 to 8:00—Mayor Jackie Biskupski

8:00 to 8:30—Legislative Update – Sen. Jim Dabakis, Rep. Rebecca Chavez-Houck

8:30 to 8:40—Salt Lake Marathon

8:40 to 8:50—Open Forum.

8:50 to 9:00—Adjourn and Clean Up.

A neighborhood to me is like any other living organism. It needs to have stability, but also to grow. Without revitalizing itself, it will wither and die. Residents move out, but new ones move in. Buildings are cared for and updated. New businesses start up to replace older ones that are no longer needed.

All of these criteria are general enough to apply to a neighborhood in any location. The first three contain a component of physical characteristics, but the last three are all about attitude

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AVENUES COMMUNITY MEETINGS**GACC Council Meeting**

Wednesday, April 6, 2016, at 7 p.m., Sweet Library. For special accommodations contact the GACC chair at gaccchair@slc-avenues.org. Open to the public, all welcome.

GACC Board Meeting

Wednesday, April 13, 2016, 7 p.m., Sweet Library.

Community Life / Resources / Free Stuff!

Sweet Branch Library, 455 F Street (at 9th Avenue), 801-594-8651, www.slclpl.org. Kids' Events: *Book Baby*, WednesdayS, 10:15 a.m.; *Preschool Storytime*, Wednesdays, 11:15 a.m.; *Playtime*, Tuesdays, 10:15 a.m.; *Kids' Art & Science*. April 7 at 4 p.m.; *Legos Club*, April 14 at 4 p.m.; *Crafty Thursday*, April 21 at 4 p.m.; *Family Yoga*, April 28 at 4 p.m.; *Adult Events: Bring Your Own Devices*, April 15 at 10 a.m. to noon, Get the most out of your tablets, eReaders, and other gadgets. Library staff will show you how to use your device as well as how to check out and download digital Library materials. Please bring your device, library card, and applicable passwords. *Art Exhibit: A Public Spectacle Essay* by Emily Dyer Barker ends April 16; *DIY Card Wallets*, Friday, April 22 from 2 p.m. to 4 p.m. Transform your old postcards, greeting cards, or stationary into a vintage-looking card wallet. Patrons are encouraged to bring their own paper materials. Additional craft items will be provided by the Library. *Insight Series - Estate Planning + Social Security Planning*, Saturday, April 23, 10 a.m. to noon, Learn how to maximize your Social Security retirement benefits, and an estate plan is a map of how you want your personal and financial affairs to be handled in the future. *Teen: "Energy Detectives"* - Participants will learn how money can be saved while also protecting the environment (Grades 6-8), April 28, 5:30 to 6:30 p.m.

Website Committee Looking for Avenues Photos. The GACC has a committee currently working to upgrade our website. We are looking for high quality photos that we may be able to use for the website. The submitter will retain ownership of the photo(s) but the GACC will have the right to use them, including altering the image (cropping, Photoshop, etc.). For more information, email slavenues@gmail.com.

Avenues Exercise Class -Free- Federal Heights LDS Ward, 1300 Fairfax Road. Mondays and Wednesdays, 8:30 a.m. to 9:45 a.m. Stretching, Weights, Mat Pilates. Renate Nebeker 801-534-1443.

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.

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

Free Yoga Class. Tuesday and Thursday 8:30 a.m.-9:30 a.m. LDS Chapel, 135 A Street. Call the instructor, Barbara Cramer, with questions, 801-355-1856. Please bring your own mat.

May 26 is set for the Spring Concert of the Avenues Community Choir. Performance will be at 7:30 p.m. at Libby Gardner Hall on the University of Utah campus. As always, admission is free. Also, the choir is seeking an assistant performance accompanist, a trumpet, drums, bass and electric guitar. Interested musicians should email ginaduncan@gmail.com for further information. The choir, coming off a successful holiday season performance, has proven a hit with local audiences. The choir is an officially supported group of the Greater Avenues Community Council.

Mark Your Calendars for the Memory Grove Cleanup on May 14.

The annual Memory Grove Cleanup is set for May 14. Volunteers weed, rake, prune and plant to spruce up this urban treasure and get it ready for the summer season. You'll meet around 8 a.m. at the park, work for several hours and be treated to a lunch compliments of LDS Hospital. Several hundred persons turn out each year to this popular event. Salt Lake City parks workers help with scoop loaders and dump trucks in picking up what usually amounts to around eight truckfuls of debris. Wear a good hat, good shoes and bring your own gloves. Tools will be provided.



Popperton Garden Update Following a series of work meetings in March, gardeners at the Popperton Garden are getting ready for the planting season. James Woolf, garden steward, said the garden will be adding four new plots bringing the total of plots to 41. Nine new gardeners have joined the group, which plans to begin planting around Mothers Day—or earlier, if weather permits.

Deer seem to be a problem in the Avenues. We're on the edge of a wildlands area, and everybody knows deer perennially "live" in the city cemetery.

Our City Councilman Stan Penford has circulated a news item warning against people feeding deer, which can actually sometimes kill them.

"It is important to know that, according to the Utah DWR, feeding deer can hurt them more than help..."

A deer can die of starvation even with a belly full of food if it is the wrong kind of food--food, such as kitchen garbage, which is not of the type that the deer's digestion can handle.

Plus, says Councilman Penfold, deer will congregate near sources of food, even food which is toxic to them. Better to leave deer to their own devices, rather than attempt to feed them, he said.

Big Rehab for 11th Avenue Tennis Courts Will Add Pickleball

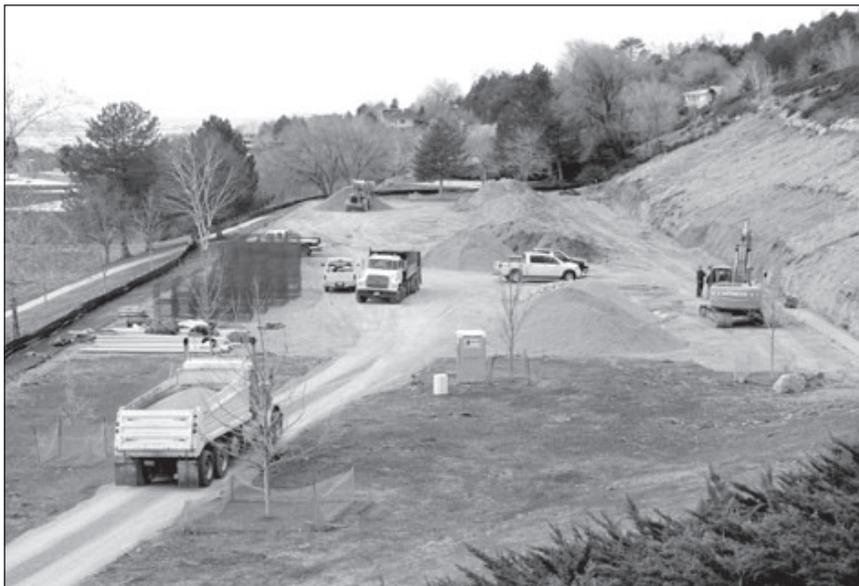
The 11th Avenue tennis courts are getting an extensive makeover that will result in six brand new tennis courts and six brand new pickleball courts. Pickleball is a tennis-like sport that "combines many elements of tennis, badminton and ping-pong" according to the Sports & Fitness Industry Association.

Pickleball, said to be the fastest growing of them all right now, was created for all ages and skill levels.

The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

According to the SFIA'S 2015 Participant Report, pickleball participation nationwide is 2.46 million. Pickleball facilities are located in all 50 states and in Utah there are already more than 70 pickleball courts. The construction project is due to be finished in June.



Old tennis courts will make way for all new pickleball and tennis courts.

28th Season of The Madeleine Festival of The Arts & Humanities

April 3 – May 1, 2016

All performances will be Sunday evenings at 8:00 p.m. in the Cathedral of the Madeleine, 331 E South Temple. For more information: utcotm.org and select the "Music & Arts" tab. Performances open to the public and free of admission.

April 3: Michael Lucarelli: Classical guitarist Michael Lucarelli has enthralled audiences across the U.S. for over 30 years.

April 10: Kenshin Taiko SLC: Taiko is used to celebrate festivals and religious ceremonies and each song has a name and story behind it borrowing on thousands of years of tradition.

April 17: SYNKOFA: Celtic Music: The four-piece Celtic Jazz ensemble plays Celtic roots music with a gypsy Jazz flair.

April 24: The Utah Baroque Ensemble (UBE) was founded with a focus on Bach in their performances under the direction of Martha Sargent.

April 28: The Madeleine Award Dinner in honor of Dr. Glenn Olsen, Professor Emeritus, Medieval History University of Utah. Alta Club. Social hour 6 p.m.; dinner and award presentation at 7. Reservations required.

May 1: The Choir of the Cathedral of the Madeleine featuring the Choristers of The Madeleine Choir School present Benjamin Britten's Noye's Fludde (Noah's Flood). This creative and engaging one-act opera meant for a large cast of children, this performance features the students of The Madeleine Choir School along with The Choir of the Cathedral of the Madeleine in the adult roles.

Get Ready for Co-ed Soccer League

The Avenues Athletic Association will soon be starting our co-ed soccer league. Our season will run from May 26 through the middle of July. Games will tentatively be held on Thursday nights at 7 p.m. and 8 p.m.

The registration fee for the entire season is \$5 per player. We hope to reserve the fields at Popperton Park on Virginia Street and 11th Avenue, but any change of venue will be posted on our website at www.aaaslc.com.

Registration will commence in mid-April and can be done on our website or at the first game.

Registration may be capped depending on the availability of field space and level of participation, so we encourage you to sign up early on our website. You can sign up on a designated team or as a "free agent" and we can place you on a team.

As this is a co-ed league, each team must have at least two women playing in a game at any given time. All players must be 18 or over and willing to sign a waiver.

For any questions, please contact Dave Langeland at davelangeland@gmail.com.

from Page One

and mindset. Even schools and security have a large component of mindset and attitude. In other words, it's the people who live there and how they take responsibility for their neighborhood. And I haven't even mentioned location or trees or historic districts or public transportation or parks. All of the other physical items that help make a neighborhood great or unique. I plan to explore some of those issues in a future newsletter. Let me hear from you - What are your ideas on what makes a great neighborhood?

Same course as last year; morning of April 16

Salt Lake Marathon Will Again Circle the Avenues

from the Salt Lake Marathon website:

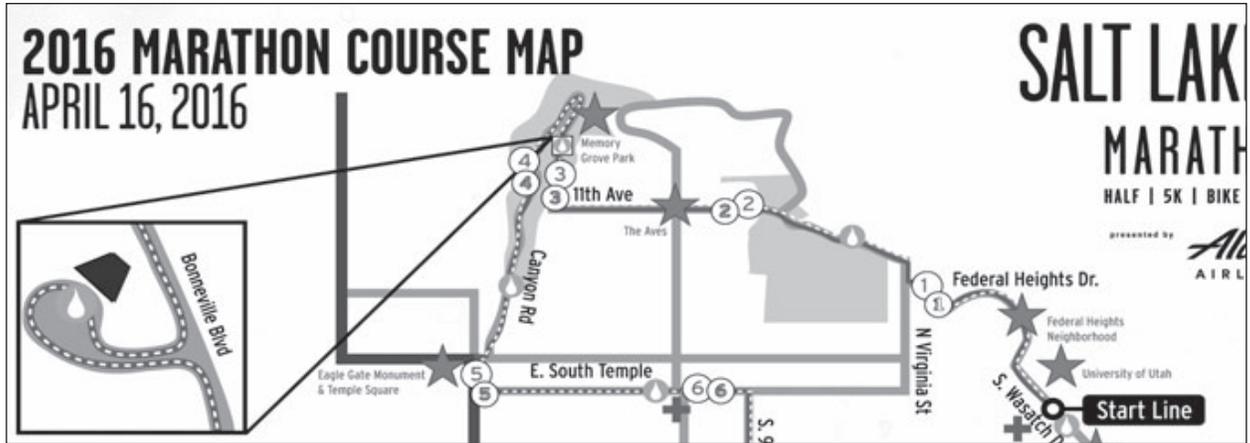
Warm weather is right around the corner, and with it is the Salt Lake City Marathon! The marathon will be held on Saturday, April 16th, from 6 a.m. to 1:30 p.m. The race course is the same as it was last year.

This year, we will provide more route marshals, emergency responders, and police standing by than ever before to ensure a smooth flow between

businesses and residents in the community and the runners. Notification and signage for the race will be put up on April 9th. There is an experienced, dedicated, improved team organizing and running the event this year. Last year we received abundant positive feedback about how the race was run and we look forward to an excellent race during 2016!

The Greater Avenues and Federal Heights areas are integral parts of the community that are necessary for both the logistics and culture of this race. These are still numerous volunteer opportunities available that can be found at saltlakecitymarathon.com! Please be on the look out for road closures in the early morning. The race starts at the University of Utah, runs through Federal Heights, into City Creek Canyon, and down to South Temple (please see Course Map for more detail). We encourage everyone

in the community to pull out the lawn chairs and cheer on the runners, who are fellow members of our community that have invested weeks of training and planning in anticipation of race day!



Same route as last year, the Salt Lake Marathon will enter the Avenues at Federal Heights Drive, loop around 11th Avenue and Bonneville Drive and course down Canyon Road. Expect traffic delays around 7 to 10 a.m.

One of our top priorities in organizing the Salt Lake City marathon has been to put the needs and awareness of the community first. If you have any questions, please contact the toll-free information number at 801-810-4139 or email communityslcm@gmail.com.

Most importantly, the Salt Lake Marathon raises funding for an incredibly important and worthy cause: cancer research at the Huntsman Cancer Institute. The marathon provides an opportunity for the whole city to contribute to these efforts. We are very excited for the race and look forward to this fun event that brings the whole community together!



Share the Extra Fruit From Fruit Trees in Your Yard

Are your fruit trees becoming a bit too much to handle?

The Green Urban Lunch Box wants to add your overwhelming fruit trees to our Fruit Share program.

The Green Urban Lunch Box is a local non-profit that strives to eliminate hunger in our valley by eliminating food waste. Each year, hundreds of our Salt Lake natives go without fresh, nutritious foods, while at the same time, thousands of pounds of fruit goes to waste on the ground.

Our goal is to revitalize abandoned orchards and fruit trees to make use of the food that goes to waste on the ground each year by caring for your trees and donating the fruit to immediate hunger relief agencies in the valley.

Our program works by recruiting homeowners to volunteer their unused fruit trees. Harvesting and thinning services are done for free, while pruning, fertilization, and other tree services are available to you at cost.

At harvest time, the homeowner receives a third of the fruit, a third goes to our volunteers, and the other third goes to immediate

hunger relief.

For more information about The Green Urban Lunch Box, or how to register your trees, go to thegreenurbanlunchbox.com. Look for our flyer on April 2nd.

A team of volunteers will be in The Greater Avenues spreading the word about our programs.

—Sarah Radcliff

The Downtown Farmers Winter Market still has some weeks left if you want fresh produce from local farmers.

Held at the Rio Grande Depot, 300 S. Rio Grande Street, the Market will be open Saturday, April 9 from 10:00 to 2 p.m. and Saturday, April 23, same hours. After that, the Farmers Market takes over at Pioneer Park.

Get Ready for the Utah ShakeOut Drill on April 21

The ShakeOut Drill is scheduled for 10:15 a.m. on April 21, 2016. This means that wherever you are at that moment—at home, at work, at school, anywhere—you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds.

There will not be any freeway closures, power outages, or other simulated effects of the hypothetical earthquake, unless your local government or utility company specifically notifies you about something of this nature.

The ShakeOut is not something you need to leave work to participate in—in fact, participating at work is encouraged!

Businesses, organizations, schools, and government agencies can register and have their employees practice Drop, Cover, and Hold On or have a more

extensive emergency drill.

The main goal of the ShakeOut is to get Utahns prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake.

Visit <http://www.earthquakecountry.org/sevensteps> for tips on how to prepare, survive, and recover.

Anyone in Utah can participate, from a single individual at

their home to a major company at the office.

Talk to your coworkers, neighbors and friends about the ShakeOut and encourage their participation. Sign up for free at www.ShakeOut.org.

Your 96-hour kit

It used to be called a 72-hour kit but then the reality of major disasters became obvious to everyone: you cannot expect much help from authorities until about four days after a flood, fire or earthquake.

You can, and should, assemble a 96-hour kit to help you make it through the immediate aftermath. The list of important items is extensive, too long to be repeated

here, so here's the link plus a QR code to download a single-page PDF to get you started.

Once assembled the kit should be kept in a place that won't be buried or incinerated or otherwise damaged by the disaster. It's no good to you if it's destroyed.



[org/Utah/register](http://www.ShakeOut.org/Utah/register) to be counted in the ShakeOut Drill, get email updates, and more.

Meetings of the 2016 Street Fair planning committee are the second Saturday of each month. The Street Fair is tentatively scheduled for Saturday, September 10. Even if you can't make the or-

ganizing meetings, there will be plenty of opportunities to help, including the day of the Fair. To attend a planning meeting, go to the Sweet Branch Library at 9 a.m. and knock on the door, as the branch doesn't

open until 10 a.m. Meetings run until around 11 a.m. The Fair is run entirely by volunteers, and no one's help is refused. The Fair committee, for instance, has a booth that must be manned every minute.

COLONOSCOPY

This simple procedure saves lives each day at LDS Hospital.

Colorectal cancer is the third most common cancer, and it's the second leading cause of cancer-related deaths in the United States. Although symptoms are not common in early-stage colorectal cancer, treatment at this stage is extremely effective with cure rates greater than 90 percent. Once symptoms appear in later stages of the disease, changes of survival decrease substantially.

A colonoscopy screening is recommended every ten years beginning at age 50. This is when your changes of being diagnosed with colorectal cancer increase dramatically. If you have a family history of colorectal cancer it is recommended to start your screenings ten years prior to when your family member was diagnosed. 1 in 5 of all screenings result in findings that need to be removed.

Find out more and view an infographic about colonoscopy at intermountainhealthcare.org/getchecked. Schedule your colonoscopy by calling the Endoscopy Center at LDS Hospital: (801) 408-4049.

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View an infographic and get more info at intermountainhealthcare.org/getchecked.



Greater Avenues Community Council

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THIS MONTH'S MEETING:
WEDNESDAY, APRIL 6, 2016,
7:00 P.M.
SWEET LIBRARY,
9TH AVE. AT F STREET

Dated material. Please deliver in-home not later than April 2nd.

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

Leo Sotiriou, M.D.
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