

# The Bulletin

## CAPITOL HILL NEIGHBORHOOD COUNCIL

### Neighbor Profile

Nathalie Chanut  
Fitness Instructor

*Editor's note: We thought the community might occasionally be interested in learning more about some of our neighborhood businesses. This profile features the Right To The Core studio located here on Capitol Hill and run by our own Nathalie Chanut.*

"My goal is to guide you in a body-mind connection workout to help you build strength, flexibility, and balance," says Capitol Hill resident and fitness instructor Nathalie Chanut, a native of France. Nathalie, her husband Jean-Francois, their three children, and dog Shane moved to Salt Lake in 2008 from Phoenix. Jean-Francois, also from France, works in the aerospace industry. Nathalie's well-equipped fitness studio, Right To The Core Studio, is located in their beautiful home at 439 North Main Street. "This studio is your place to get in shape, to recover after an injury, or stay fit at any age," says Nathalie.

"We absolutely love Capitol Hill and Salt Lake!" says Nathalie. "We love being close to City Creek Canyon for biking, running, and walking, and to downtown, for the Utah Symphony and other events. We also enjoy skiing."

Nathalie, who has been dancing and exercising since she was a teenager, has a degree in civil law and business from the University of Toulouse, France, and is a certified instructor in fitness from the French Federation of Gymnastic. She worked at the Gym et Danse du Trocadero in Paris, where she taught the Martha Graham dance method and the ballet bar. Graham was a student of Joseph Pilates, creator of Pilates exercises.

Nathalie passed her certification with PMA (Pilates Method Alliance), which is the only national credential for teachers of the Pilates method. Nathalie is also certified in Yamuna Body Rolling (YBR). She took her training in Los Angeles and in New York City, with Yamuna herself. She is also certified in CPR through the American Red Cross.

Overall fitness, energy, and balance. "Pilates and body rolling are complementary and provide the energy and balance you need," says Nathalie. Her enthusiasm for Pilates and YBR is contagious: "I love sharing the benefits of Pilates and YBR, no matter what your shape or expertise level. I've taken special workshops to teach senior citizens, pregnant women, and people suffering osteoporosis. I specially adapt every class to each client, according to his or her level and goals."

"Nathalie's classes are friendly, fun, and

very effective!" says Capitol Hill resident Megan Gaida. "I feel great since I started visiting her studio."

"The principles of Pilates are concentration, control, centering, flow, precision, and breath," says Nathalie. "Pilates is excellent for everyone—athletes, dancers, senior citizens, pregnant ladies, children, and clients with physical limitations. Pilates develops strong abdominal muscles. It focuses on the body core strength and great posture, and it increases the range of motion."

"Yamuna Body Rolling is a natural complement to Pilates," says Nathalie. "They both eliminate stress and tension. After a class, you'll feel relaxed and energized at the same time! You will improve your posture and alignment. YBR is health, fitness, and massage rolled into one! It allows you to work specific muscles to create suppleness in tight areas and optimize range of motion. YBR reeducates muscles and stimulates bones, creating positive and permanent changes in the body. Lying on the ball, you literally roll your body out almost like dough, stretching and elongating your muscles."

Right to the Core Studio also features the Power Plate, a premium vibration device

### CAPITOL HILL NEIGHBORHOOD COUNCIL MEETINGS

Wednesday, April 21, 2010

Capitol Copper Room  
(SW corner of Senate cafeteria)

#### 6:00pm Mobile Watch Meeting

#### 6:30pm Neighborhood Council Meeting

- *Welcome by Chair*
- Mobile Watch Report, Georg Stutzenberger
- Police Report, Brian Wahlin
- Elected Officials Reports
- Mayor's Office Report, Joyce Valdez
- Unfinished Items: Northwest Quadrant; Vanessa Welch, Water Shed Specialist; Boy Scout Statue
- North Temple Changes, Mike Howard
- Library Committee, Mark Ewing
- Public Forum
- Adjourn

NEXT MEETING:  
MAY 19, 2010, 6:30 P.M.



Nathalie Chanut (right) instructs a student on the proper "swan" exercise.

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that Nathalie says powers a new dimension in wellness solutions for all ages, lifestyles, and physical abilities. "The vibrations transmit waves of energy throughout the body, activating muscle contractions. The Power Plate increases blood circulation, boosts metabolism, increases muscle strength and flexibility, and increases bone density," says Nathalie.

This summer, Natalie will add a cardio class using a Swiss ball and music. Check out the photos of Nathalie's studio, read more about her, and see a schedule of classes and prices at [www.RightToTheCoreStudio.com](http://www.RightToTheCoreStudio.com). "Please ask about special classes for pregnant women, people with osteoporosis, and seniors," says Nathalie.

Special invitation for Capitol Hill residents. "I want to especially invite Capitol Hill residents to visit my studio and see what is available for you, whatever your age or physical condition," says Nathalie. "When you bring the April issue of The Bulletin with you or mention it when you call me (801-550-9054), you'll get \$5 off one group class or one free class when you sign up for three classes, plus you'll receive a free, private assessment appointment to see how I could help you stay pain-free. I look forward to meeting you!"



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[www.ldshospital.com](http://www.ldshospital.com)

## Neighborhood Council Meeting Report

March 17, 2010

It seems that our March gathering was like a budget meeting. Our legislative representative, Rebecca Chavez-Houck, reported that the biggest and toughest issue (among the 700 matters considered) this past session was the budget. She felt the legislature accomplished its goals by crafting and approving a budget with few cuts.

Joyce Valdez from the Mayor's office stated that Salt Lake City is currently working on the challenges of its budget. As with the State, revenues are down and the City is facing some cuts in services. Of note is that our neighborhood residents can discuss personal concerns with the Mayor by making an appointment to meet with him, one-on-one at his regular scheduled meetings, by calling 801-565-6333.

Paul Nelson, our Salt Lake School Board representative, advised that the Board is struggling with the decision of what it can cut from the District budget. The District will lose about 5 percent of its revenues from the State and its transportation reimbursements have been cut. The Board will protect teachers, but must reduce other costs.

Of particular interest was a report by Nancy Saxton, representing the Jordan River Restoration Network (JRRN). Nancy addressed the issue of the new soccer and sports complex being proposed by the City in the flood control zone at 2200 North

and Redwood Rd. Nancy forcefully spoke against locating the complex in this flood and environmental zone and expressed her frustration at the City's "cover-up" of information regarding this development and asked for support in locating the sports complex at a more suitable, less expensive location.

Salt Lake City Watershed Specialist Vanessa Welch reported on a terrible problem in City Creek Canyon, where the noxious and nasty yellow starthistle is taking over the native habitat. She presented various solutions to the problem and notified us that the public tour of the canyon will be held on May 5th and 19th. Call 801-483-6884 to register for a tour.

Katherine Gardner submitted a survey to those in attendance to determine the level of concern regarding issues involving our CHNC. Members were most concerned about the abandoned development of RDA property on 300 West between 5th and 6th North and the forthcoming demolition and closure of the North Temple viaduct. Of course, there are many other matters to consider.

## Thoughts from the Chair

by Katherine Gardner

Please notice that we are now meeting in the same building but in the Copper Room, which is in the Southwest corner of the Cafeteria.

I was disappointed when the Planning Commission asked CHNC and (others) to poll our members on the amendment to the Alcohol Bill, and then did not want to

### CAPITOL HILL NEIGHBORHOOD COUNCIL MEMBERS

Chair	Katherine Gardner	801-328-1724
Vice-Chair	Dean Larsen	801-575-8135
Vice-Chair	Sam Peterson	
Secretary/Treasurer	Rosann Greenway	801-518-5471
Historian	Shirley McLaughlan	801-328-4182

### NEIGHBORHOOD TRUSTEES

Capitol	Carol Wood	801-355-6475
DeSoto/Cortez	Jenny Welsh	801-364-4668
Ensign Downs	Gordon Russell	801-364-7335
Kimball	Victoria Collard	801-595-8575
St. Marks	Nephi Kemmthmueller	801-359-3936
Swedestown	Dorothy Lambe	801-328-4665
Temple	Erlinda Davis	801-531-1964
Warm Springs	Minta Brandon	801-355-1363
Washington	Polly Hart	801-355-7203
West High	Bonnie Archer	801-328-1325
At large - 2010	Juliann Calderon	801-243-2673

### SLPD / CRISIS INTERVENTION

Salt Lake City Police	Det. Brian Wahlin	801-799-3314
	<a href="mailto:brian.wahlin@slgov.com">brian.wahlin@slgov.com</a>	
Abandoned Shopping Cart Hotline		801-446-7984
Graffiti Busters		801-972-7885
Mobile Watch	Robert King	801-359-9992
	Georg Stutzenberger	801-510-1603

### THE BULLETIN

Advertising	Sylvia Lloyd	<a href="mailto:sylviaklloyd@msn.com">sylviaklloyd@msn.com</a>
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Layout & Website	Kelly Badger	<a href="mailto:kelly.badger@gmail.com">kelly.badger@gmail.com</a>

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hear the results. But I was also encouraged when the mayor sent a message saying he had no objection to further study of the associated problems with the amendment. Salt Lake Community Network (SLCN) is studying the problems and looking for solutions. Any suggestions? Give them to your trustees.

Thanks to the dog owners who remember their baggies when they walk their dogs — very thoughtful of you owners.

### Salt Lake City Public Utilities

Vanessa Welsh, Watershed Specialist  
801-483-6884  
vanessa.welsh@slcgov.com

Salt Lake City Public Utilities is gearing up for the summer season in City Creek Canyon. Noxious weeds infestations in the canyon have become a particular concern for not only city managers, but land managers state-wide. These weeds have the potential to permanently damage wildlife habitat, water quality, and recreation feasibility. City Creek's trail connectivity, high recreation use, pristine habitat, and protected watershed area make it top priority for the immediate control of weeds. Several weeds management projects have been planned, or are proposed for implementation. The

success of these projects is dependent on community involvement. These projects include:

**The Salt Lake City Woad Runner – a community-based weed pulling event.** The event is designed to rid City Creek, and its adjacent foothills, of Dyers Woad. This is the 5th year of the event and we have had proven success in 'running' dyers woad out of our urban wildlands. Volunteers are invited to come to a scheduled event donning work gloves and a vengeful attitude toward noxious weeds.

- Morris Meadows - Tuesday May 11th 5:30 – 8:00 pm
- Ensign Peak – Tuesday May 18th 5:30 – 8:00 pm
- City Creek Riparian Corridor – Tuesday May 25th 5:30 – 8:00 pm

**Pleasant Valley Yellow Starthistle Infestation.** A 70 acre Yellow Starthistle infestation in the Pleasant Valley area of City Creek Canyon (Area 12) threatens the ecological health of the canyon as a whole. Yellow Starthistle is an aggressive noxious weed that can outcompete even cheat grass for water resources. The

plant's sharp barbs act as a travel barrier for wildlife and canyon users alike. The Utah Watershed Restoration Initiative (UWRI), a collective of local and federal land managers, has ranked the control of this infestation a top priority over all other land conservation projects in the state. The UWRI has offered funding to stop the infestation's spread in one of two proposed ways, pending public input. The first proposed treatment of the infestation is the application of Milestone, a watershed-safe herbicide, followed by the aerial broadcast of native grass seed to restore the site. The second is the application of Milestone to the perimeter of the infestation, then the release of Yellow Starthistle specific biocontrol insects to the interior. The community's input on this proposed project methodology is important. Acceptance of funds from UWRI and project implementation is pending public input. For more background information, maps, online comment form, and project details please visit [www.slch20.com](http://www.slch20.com).

Two site tours of the Pleasant Valley Yellow Starthistle Infestation are scheduled in May. These tours are for everyone see the infestation and discuss **see page 4**

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**ANNOUNCEMENTS**

**EARTHQUAKE PREPAREDNESS**

A presentation on preparing oneself for a potential earthquake will be given by Maralin Y. Hoff (aka "Earthquake Lady") on Thursday, April 15. This will take place at the LDS church building at 142 West 200 North starting at 7:00 PM. Topics will include how to prepare yourself no matter where you are when a quake strikes, and how to safeguard your home and place of business. All are invited.

*Our sincere thanks to LDS Hospital for printing The Bulletin.*

**INTERNET RESOURCES**

www.chnc-slc.org  
www.downtownrising.com  
www.downtownslc.org/events  
www.glbtcu.org  
www.lds.org  
www.saltlakeactingcompany.org  
www.slcgov.com  
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\$25 per month for 1" x 1 column (\$275/yr.)

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Capitol Hill Neighborhood Council  
c/o Salt Lake Association of Community Councils  
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Salt Lake City UT 84152

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## ADDRESS SERVICE REQUESTED

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the threat the infestation poses, treatment options, and future restoration of the canyon.

City Creek Weeds Tours:

- Wednesday May 5th: 6pm – 8 pm
- Wednesday May 19th: 6pm – 8pm

We will meet at the City Creek Canyon gate and shuttle to Area 12 – Pleasant Valley. Please come prepared to hike a short distance on uneven terrain.

**BioControl Transect Establishment for Dalmatian Toadflax and Yellow Starthistle.** The US Forest Service has granted Salt Lake City funding for the purchase of biocontrol insects to be used in City Creek Canyon. Specifically, these insects will be used to help slow the spread of Dalmatian Toadflax and Yellow Starthistle in remote areas where other treatment methods are not feasible. Volunteers will be needed to release the insects when they become available, and to monitor their progress at established monitoring sites throughout the summer. These biocontrol insects have been extensively tested and approved for use by the US Department of Agriculture.

Your participation and input are encouraged and welcome. For more information on any of these projects, please visit [www.slch20.com](http://www.slch20.com). Further questions please contact Vanessa Welsh, Watershed Specialist, at 801-483-6884, or e-mail [vanessa.welsh@slcgov.com](mailto:vanessa.welsh@slcgov.com).

City Creek was the first water source used by the Mormon Pioneers settling the Salt Lake Valley in 1847. In the early years water flowed through ditches for irrigating gardens. Residents hand dipped water for their culinary and domestic needs. In 1866, City Creek was first diverted into a municipally-owned, piped water distribution system to provide fire protection and culinary water supply to city residents. Chlorine was added to City Creek water in 1917 to inactivate (disinfect) water-borne pathogen bacteria in the public drinking water supply.

Excessive and careless recreational use during the early 1900's resulted in noticeable pollution of the City Creek Canyon drinking water supply, and the canyon was closed to public use from 1952 to 1966. In 1953, City Creek became the site for Utah 's first municipally owned water treatment plant. A \$10M upgrade of the treatment plant was completed in 2006. City Creek Canyon collects water from 19.2 square miles of watershed that feeds the 14.5 mile-long City Creek stream. Flow in City Creek varies from about 7 cubic feet per second ( cfs ) in the winter to over 45 cfs at peak runoff in May.

The maximum recorded flow in City Creek during the floods of 1983 was 322 cfs , which resulted in considerable debris flows, flooding and damage through downtown Salt Lake City as State Street was converted into a temporary "river" after debris clogged the City's storm drain

pipes. Major repairs and reconfiguration of the City Creek storm drain system were accomplished following the 1983 and 1984 floods to reduce the risk debris damming and future flooding.

For a fascinating history of City Creek, visit Salt Lake City's Department of Public Utilities website at [http://www.slcgov.com/Utilities/ud\\_source\\_protection.htm](http://www.slcgov.com/Utilities/ud_source_protection.htm) and download the article City Creek: Salt Lake City's First Water Supply.



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