
Winter 2016 CAPITOL HILL

• COMMUNITY BULLETIN •

IT'S READY!!!



GRAND OPENING

February 27, 2016

10:00 a.m. to 6:00 p.m.

Ribbon Cutting at 10:30 a.m.

Please come at any time and welcome our newest neighbor!!

Schedule of Meetings and Events

January 4, 2016

Board Meeting 6:30 p.m.

West High School – Room 207

January 20, 2016

Regular Council Meeting 6:30 p.m.

Copper Room – East Annex, State Capitol

February 1, 2016

Board Meeting 6:30 p.m.

West High School – Room 207

February 17, 2016

Regular Council Meeting 6:30 p.m.

Copper Room – East Annex, State Capitol

March 7, 2016

Board Meeting 6:30 p.m.

Conference Room Marmalade Library

March 17, 2016

Regular Council Meeting 6:30 p.m.

Conference Room Marmalade Library

American Red Cross

BE READY!!

The Utah Chapter of the American Red Cross is graciously providing our Neighborhood Council with quarterly preparedness guidelines to help our residents prepare for emergencies of all types.

We appreciate what the Red Cross does for our community. Please consider volunteering or donating to their efforts in our neighborhood and statewide.

Home Preparedness

The biggest disaster threat in the United States is not flooding, hurricanes or tornadoes; it's FIRE. The American Red Cross responds to nearly 70,000 disasters each year - one every eight minutes and most are home fires. Home fires can happen quickly, devastating lives and property. But, unlike other disasters, most home fires can be prevented.

Fire experts agree that people may have as

Red Cross cont.

little as two minutes to escape a burning home before it's too late to get out. The Red Cross recommends two easy steps to help protect your home to increase your chances of surviving a fire:

1. Install smoke alarms
2. Create a fire escape plan
 - Working smoke alarms cut the risk of dying in a home fire in half.
 - Place smoke alarms on every level of your home, including bedrooms.
 - Change batteries in alarms at least once a year. Install new batteries immediately if an alarm chirps, warning that the battery is low.
 - Teach children what the smoke alarm sounds like and what to do when they hear it.
 - Never disable a smoke alarm
 - Test smoke alarms once per month and replace batteries at least once per year.
 - You may only have two minutes to escape when a fire occurs, but most people mistakenly believe they have more than twice as long to get out of their house than they will actually have in the event of an emergency.
 - Home fire plans should include at least two ways to escape from every room of your home.
 - Select a meeting spot at a safe distance from your home where family members can meet after a fire.
 - Discuss the plan with everyone in the household and practice it at least twice a year. Make sure that you practice that plan until every member of your household can escape in less than two minutes.

Winter driving and safety tips:

Make sure your vehicle is ready for winter with jumper cables, window scraper, small snow shovel, kitty litter or sand in case you get stuck, extra clothes and a Disaster Supplies Kit in your trunk.

Your Disaster Supplies Kit should include things like high-protein snacks, water, first aid kit, flashlight, small battery-operated radio, an emergency contact card with names and phone numbers, extra prescription medications, blankets and important documents or information you may need. Cell phone charger.

For more information and practical ideas please visit :

<http://www.redcross.org>

Chairperson Message



Happy New Year!!

As we look forward to an active 2016, we can look back at a productive 2015 of working collaboratively to improve our neighborhood.

We will continue working closely with neighborhoods and the City to improve quality of life this coming year. There is much to do as a neighborhood.

Over the next few months

* Our focus on emergency preparedness for individuals, families and neighborhoods will continue.

* We have a number of development proposals which have and will come before our Council. We need to continue to engage with the City and developers in reviewing proposed developments in our neighborhoods to provide input and recommendations. Our Council has discussed on many occasions our Master Plan that indicates higher density is acceptable in our downtown neighborhoods only when it has been addressed properly and takes into consideration the historical fabric of the surrounding neighborhoods.

* We will be continuing our efforts in renovating Warm Springs Park

* We will continue our efforts in renovating the Ensign Peak Trail

* We will continue to have opportunities to work together in cleaning up our neighborhood and specialized projects such as the Ensign Peak Trailhead or Pugsley Park.

Please come to our meetings to participate in these discussions. So much important information comes from our State legislators and City representatives at our meetings. There is much for each of us to do to make our neighborhoods better places to live, work and play.

Link To Our Neighborhood E-Mail Website and Blog

Please make sure you are regularly linking to our website for updates on neighborhood and City issues, projects, activities and happenings in the Capitol Hill area. You will find schedules of upcoming meetings with topics to be discussed, contact information if you have questions and links to City services and City departments. The website is a wealth of knowledge and information. There is also opportunity on our blog for you to comment and make suggestions about issues in our neighborhood. Please visit the website and please make suggestions on how we can improve. www.chnc-slc.org

Arctic Court Rehabilitation

Utah Heritage Foundation (UHF) partnered with the Salt Lake City Redevelopment Agency (RDA) to rehabilitate a historic property in the West Capitol Hill Neighborhood located at 571 N. Pugsley Street. Titled the Preservation at Work Project House, the project began in 2012. As the house was rehabilitated, UHF hosted public workshops on-site to illustrate the issues and solutions in reconditioning an old building. Once the project was completed, a preservation easement was put in place and the house was sold to a new owner.

Following the successful outcome of the first Preservation at Work Project House, UHF and the RDA are ready to start the next one. The RDA purchased the properties at 524 and 528 Arctic Court to the east of the new Marmalade Library. The existing home at 528 Arctic Court is the second Preservation at Work Project House, whereas the property at 524 Arctic Court is currently a vacant lot. On January 6, UHF launched a Design Competition for a compatible infill single-family home for the vacant lot. There will be a Jury Award winner and a People's Choice Award winner. Submissions for the Design Competition will be displayed at the new Marmalade Branch City Library in March and will be open for public voting at that time.

Stay tuned for more information about upcoming workshops and the announcement of the design competition winners at UHF's Annual Heritage Awards on March 31. More information on both projects and attending Heritage Awards can be found on our website: utahheritagefoundation.org.

There are many partners helping make the Preservation at Work Project House a success including: George S. and Dolores Doré Eccles Foundation; the Salt Lake City Redevelopment Agency; Salt Lake County Zoo, Arts, and Parks Program; the Utah Heritage Foundation Historic Properties Committee; and countless community partners.

CAPITOL HILL NEIGHBORHOOD COUNCIL BOARD OF DIRECTORS

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of The Capitol Hill Neighborhood Council
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Stopping Crime

The Police Department is constantly working hard to combat property crimes. It seems that whenever we get the crime to trend downward it will quickly trend back up. You can minimize the likelihood you'll fall prey to a costly car burglary by following these simple burglary prevention tips.

1. Hide your valuables. Purses, wallets, GPS, Cell phones, Back packs, and loose change. These items draw the attention of a smash and grab burglar.
2. Keep your car visible. Park in areas near vehicular traffic or pedestrian traffic. Park in lots with parking attendants.
3. Make Burglaries difficult. Lock your doors, roll up your windows, and consider tinting your windows. Avoid using the console or glove box as mobile lockboxes; prowlers often pry into locked boxes. Don't leave your keys in your car.
4. Trust your instincts. If you see suspicious activity, find another place to park and don't be afraid to notify police.

Have a record of every item with a serial number including, computers, phones, GPS Systems, Cell phones, etc. The serial number greatly enhances your chances of retrieving your property, and possibly catching the suspect.

To avoid the burglary of a home, lock your doors at all times (even when you are home). Use an alarm system if you have it, audible alarms do well to spook a burglar, at night, light up your property using porch lights. Keep an eye on your neighborhood and report suspicious vehicles/people. If we do the small things we can deter these criminals from our neighborhoods.

SLAC

Salt Lake Acting Company (SLAC) is proud to belong to the eclectic and charming Marmalade Hills Neighborhood, and to call the old 19th Ward House home! SLAC has been producing brave, contemporary theatre for 45 years, and is excited to ring in the New Year with the second half of their 2015/2016 Season in Flight!

SLAC opens 2016 with the World Premiere of **STREETLIGHT WOODPECKER** by Shawn Fisher, running February 10-March 6. Benji, a Marine who has returned home after being critically injured during battle, must now face the emotional wounds he avoided by going to war.

In March, SLAC is proudly producing the World Premiere of **CLIMBING WITH TIGERS**, based on the book by 8-year-old Nathan Glad who was born with brittle bones disease and Dallas Graham who founded the Red Fred Project. Through a captivating combination of music, storytelling, animation, and film, **CLIMBING WITH TIGERS** runs March 4-26, and tells the story of a little black bird named Blue who dreams of one day being able to fly.

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10 GOOD MORNING HABITS

Avoid Resolution Burnout with a Better Start to Your Day

Rise and shine! From hitting the snooze button incessantly to running late, a "good morning" can turn sour real quick. Let's change that this year! Try these early morning habits that can jump-start your day and make it great!

1. **Don't hit that snooze button!** Get out of bed and get going as soon as your alarm goes off. This will make it so you won't feel as groggy. Try not to be tempted to jump back under the covers!
2. **Commit to a morning routine/plan of action.** Plan out your day the night before! Make a list of things that need to be done and make a plan of action.
3. **Prioritize.** Look at tomorrow's plan and prioritize your tasks. If you're feeling motivated in the AM, knock out your most dreaded task first so the rest of the day doesn't drag on.
4. **Eat breakfast.** Do we have to tell you twice?
5. **Substitute tea for coffee.** Green tea has antioxidants and the caffeine you need to jump-start your morning. If coffee is more your style, wait an hour or two before your first cup.
6. **Listen to music.** Turn on your favorite playlist and get motivated for the day!
7. **Hydrate!** Drink a cup or two of water before you head out, it works wonders. 16 oz. of water will kick-start your metabolism, rehydrate you, and flush out toxins.
8. **Take a shower.** A morning shower can leave you awake and refreshed, ready to start the day.
9. **Get active!** Stretch and try to get a workout in (even if it's just 15 minutes!) before you leave for the day. Some morning exercise will help you feel energized and focused.
10. **Stay ahead of schedule.** Give yourself time to get ready so you don't feel stressed or rushed. Check your emails and phone so you can plan for the day accordingly.

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