



N.S.N.C.

Trolley Times

Vol. 17

• News of the North Slope Neighborhood Coalition •

February 2000

Docents Needed for Historic Homes Tour

Docents are needed for the Historic Homes Tour. Ron Banick would like to hear from all those who wish to serve as docents the Tacoma Historical Society's 2000 Historic Homes Tour, May 6 and 7. Ron may be reached at 984-7079.

Also, the Home Selection Committee is in the last stages of home selections in the North Slope but can use several more good homes. If you are interested, contact Babs Weston at 566-4995.



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The North Slope Neighborhood Coalition is made up of the people living between "I" and Grant Streets from Division to Steele Streets. If you live in this area as a property owner or tenant, please join us on Saturday morning, **February 5** at Immanuel Presbyterian Church, 9th & J St. Refreshments will be provided.

North End Neighborhood Council Update

An election for board positions was held this past November and several new board members have joined the NENC. New members are: Gail Brandt, Judith Chelotti and Bill Johnston (a North Slope resident). Bill previously served on the board and we look forward to his return. Reelected members are Walter Evanishyn, Bill Hagens, Carol Sloman, and Ralph Tomberg. Other members are Gary Forman, Thomas Hudson, Jim Lovejoy, Jonathan Phillips, Dale Samtkuyll, and Chris Webster.

The NENC is one of eight neighborhood councils that were established by City Ordinance in 1993. The purpose of the Councils is to "directly advise city govern-

The Historical Society has published Volume II of Tacoma, Voices of the Past. It is a book by 19 authors, short stories about early Tacoma. Volume I, 23 stories about homes, neighborhoods, schools and first jobs, has sold out but will have a reprint soon. The cost is \$19.95. For information about orders, call 752-7722.

Innovative Grants

Over the past several years, the city of Tacoma has made available to the Neighborhood Councils several thousands of dollars for the innovative grant program. Citizens with ideas on projects that in some way improve their neighborhood write up the plan, determine a cost, and submit it to the Council for approval.

This year three projects have been

put forward for consideration. They include: 1) A traffic circle at 9th and North J; 2) Historical signs to be added to the "pivotal" houses in the North Slope Historic District; and 3) the placing of one of the surplus kiosks (formerly on Broadway downtown) on the corner of 5th and N. K for neighborhood postings, notices and news.

The Neighborhood Council Grant Committee has moved all the projects forward to the detail-gathering stage. Each project author has been asked to give the North End Committee more information.

On final passage by the North End Neighborhood Council and the City Council, each project will be "guided" to final completion by the members of the neighborhood council.

"NENC News" cont'd

ment and the City Council concerning the general health, safety and welfare of their neighborhoods and the City at large".

The NENC meets the first Monday of every month. These meetings are held at Jane Clark Park Building, N. 39th & N. Huson, starting at 7:00 p.m. All are welcome to attend these meetings. Committees meet on the 2nd Monday of each month, or as needed. All interested neighbors are invited to participate on a committee. You do not need to be a member of the board to participate on a committee. The meeting schedule may change during the summer and holidays. Call 759-2789 to confirm meeting dates, times and locations. Or visit their web page at www.nenc.org.

Police/Community Meeting Set

The next Tacoma Police/Community meeting for Sector 2 will be Thursday, March 9 at 7:00 p.m. at Metropolitan Park Headquarters, 4702 S. 19th.

The subject for discussion is tentatively "auto theft". All North Slope residents who are concerned about auto theft should take this opportunity to hear the discussion.

Curtis Kingsolver to Attend Future Coalition Meeting

City Traffic Engineer, Curtis Kingsolver, will attend a future NSNC Coalition meeting to discuss concerns residents may have in the way of crosswalks, sidewalks, traffic signals, traffic circles (or whatever else you think of related to traffic). It is our hope that he'll be available to attend our next Coalition meeting, which is tentatively slated to take place in the

evening, rather than a Saturday morning. This advance notice is to get you thinking about whatever concerns you may have so we may have a productive discussion with Curtis.

SAFE ST

Safe Streets News

Safe Streets has a new Mobilization Specialist for the North Slope: Joy Browne. A mother of eight children and former missionary to seven foreign countries, the quality of life in our neighborhoods is very important to Joy. Please call her at 272-6824 if you have concerns about your neighborhood and would like to arrange a block meeting.

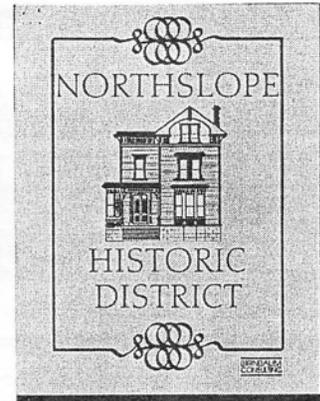
Workshops: The Safety Streets Campaign is holding an Academy in Tacoma at Gault Middle School (1115 E. Division Lane) for six weeks every Thursday night from 6:00 p.m.-9:00 p.m., January 13th-February 17th.

Workshops will include: Leadership, Emergency Preparedness, Risk and Protective Factors, Gangs, Methamphetamines (a Pierce County epidemic), Group Dynamics, and Asset Mapping.

For more information, call the Safe Streets Campaign at 272-6824.

2nd Annual Holiday Lights Competition

A great time was had by all! This year's Grand Prize of \$100.00 went to Mike and Wendy McDonald, 516 N. M St. Honorable mention went to Bob and Sandy Thomas at 1321 N. 5th and the People's Choice award went to Dennis and Karen Faker at 915 N. Sheridan. Honorable Mention & People's Choice winners received a gift certificate from Eagle Hard-



The North Slope Historic District Second Expansion has not received notification yet to go

before the City Council. Some minor adjustments are being made to the ordinance and once that is complete, a request will be made to get on the City Council's schedule. We anticipate the final hearing to take place in early Spring.

This is the last step in the process. Watch for your hearing notice and **plan to attend!** We need to show continuing support for the Historic designation.

Velda McDonald
627-4192

ware. Great job, everyone! A big thanks to our judges: Tim Farrell, City Planning Office; Pastor Paul Galbreath, Immanuel Presbyterian Church; Fabian Gomez, United Airlines; George Hollis, Jr., ADT Security; Kim Ann Koontz, Grant Preschool; John & Amelita Pike, Pike Construction; Carol Sloman, President of North End Neighborhood Council; Ralph and Barbara Tomberg, NENC; and Dr. Bob & Barbie Wagner, Chase Chiropractic.

Thanks go to the main sponsors: Papa John's pizza, who provided free pizza to all contestants and to Thomas Hudson of Century 21 Magic, "Mr. History", for all his hard work in bringing it together.

I think everyone agrees we had more lights this year. Blessings to you and yours in this New Millennium.

Thomas Hudson

Community Supported Agriculture

Many homes in the North End are on smaller lots, forcing us to be creative in carving out space for a variety of uses. Do you have children? Where will their play space be? What about animals? Do you want flowers, trees and plants? What about a vegetable or cutting garden? All of these uses vie for the limited space on a city lot. However, there is an alternative to growing your own vegetable garden that is gaining popularity around the country: CSA. CSA stands for "community-supported agriculture" - a relatively new trend in farming aimed at creating sustainable farms and a deeper appreciation among consumers of the land and its bounty.

CSA farmers grow fruits and vegetables for area consumers who have prepaid a set amount for weekly boxes of seasonal produce. The boxes are either picked up at the farm, or at delivery points, or in some instances, will be delivered right to your house or workplace. The dollar amount varies from farm to farm, with an average being

Exercise Your Heart, Start Walking for Life!

With Spring just a couple of months away, now is the perfect time to start designing an exercise program appropriate to your fitness level. Heart disease is America's number one killer. According to the American Heart Association, heart disease claims a life every 32 seconds, which translates into nearly a million deaths per year. In our state alone, more than 15,000 people will die this year from heart disease and stroke.

The good news is that you can greatly reduce your risk of heart

somewhere between \$250 and \$500 per season. (The season varies also, but in the Pacific Northwest, it usually begins in June and goes through October).

You may wonder if you'd get your money's worth. You may be concerned that you'll spend all this money and not be able to use all of the vegetables. During some parts of the season, that may actually occur, but you can always share with friends and neighbors, or donate some to a food shelter. Says one CSA member, "When we joined a CSA program two years ago, it seemed expensive to us, but now my husband and two children couldn't live without it. When we get home, we're like kids at Christmas rummaging through it, as you don't know what you're getting". Many farms provide weekly recipes for vegetables you may not have previously tried. A good example is fennel.

Another concern you might have is about the quality of the produce. The fruits and vegetables at most CSAs are organically grown. The

disease and increase your chances of a longer and healthier life by controlling your diet, reducing your weight and exercising. Exercise doesn't have to be a nasty word. Walking is the easiest, most natural way to fitness. The more physically active you become, the healthier you're likely to be.

Walking is especially good because it's inexpensive, safe and easy - yet offers the same conditioning benefits as jogging, swimming and bicycling. In fact, it helps improve overall physical fitness, flexibility and endurance; improved blood flow; burns calories; reduces arthritis pain and muscle aches; keeps bones stronger longer; and relieves tension and stress.

Small changes make a big difference. Start with something simple, like a five minute walk. Soon, you

quality matches that of a farmers market produce stand: fuller flavors and greater sweetness over what you can find in the supermarket. Usually the produce is harvested the morning of your delivery day...it doesn't get much fresher than that!

In our ever-increasingly hectic schedules, you may want to try a CSA farm this year. For more information about CSA farms in our area, you may contact the Biodynamic Farming and Gardening Association at 800-516-7797.

Adopt-a-Spot Starts Up Again

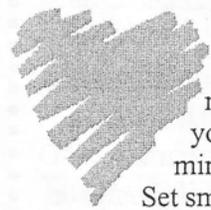
The coalition's "Adopt-a-Spot litter pick up on I Street will start again after a winter break, directly following the February 5 Coalition meeting. Those who wish to volunteer should wear warm clothing. Gloves, safety vests and bags are provided. During 1999's three pick-ups, 200 pounds of litter was removed from I Street.

If it is raining on February 5, the clean up will be postponed until April. Hope to see some new volunteers, as well as previous helpers! It takes about an hour when we all help.

may find you want to take two five minute walks a day, then even more. Be creative. Find ways to boost your activity level. Take the stairs instead of the elevator, walk to the store, take a 10 minute walk during your lunch hour, a 20 minute walk after work.

Set small goals that you can reach.

Make a commitment to a regular walking exercise program and know that you're doing one of the nicest things possible for yourself - you're strengthening your heart, keeping your body in shape and improving your quality of life!



City Phone Numbers:

Police Liaison Officers
PPO Kothstein - 591-5290
PPO Stark - 594-7837
Abandoned autos: 591-5926
Suspicious activity: 591-2030
Street light replacement: 383-2471
Plugged sewers: 591-5588
Potholes: 591-5495
Rats: 591-6478

Dates to Remember:

February 5, 10:00 a.m.,
Tacoma Cares sponsored
litter pick up on I Street
February 14: St. Valentine's
Day
March 9, 7:00 p.m., Tacoma
Police/Community meeting,
Parks Headquarters, 4702 S.
19th
March 17: St. Patrick's Day

Thank you to:

Tacoma Cares

for the printing of the
newsletter. We appreci-
ate your support!

Tacoma Solid Waste Utility will pick up large items and household junk free, two times a year for customers in single-family homes or duplexes. To schedule a collection date or for more information, call 573-2468. Let's keep the North Slope litter-free and looking good!

Bits & Pieces: Quotes of the Day

"Age is not important unless you're a cheese". Helen Hayes
"Perpetual optimism is a force multiplier". Colin Powell
"Happiness often sneaks in a door you didn't know you left open". John Barrymore
"Advice is what we ask for when we already know the answer but wish we didn't". Erica Jong
"Never go to a doctor whose office plants have died". Erma Bombeck

Committee Contacts

Historic District Expansion (Sheridan through Ainsworth/Grant):
Velda McDonald @ 627-4192

North End Neighborhood Council: "Tom" Tomberg @ 572-1532
Walter Evanishyn @ 272-2425
Thomas Hudson @ 973-3700
Bill Johnston @ 627-6860

Newsletter: Angie Klein @ 272-0938
Marilyn Torgerson @ 627-4537
Patty LeBlanc @ 272-2884
Tom Hubbell @ 593-0749

North Slope Coalition Steering Committee:

Nick Kristensen & Patty LeBlanc @ 272-2884
Julie Turner @ 383-2329
Dan & Angie Klein @ 272-0938
Velda McDonald @ 627-4192
Judy Martin @ 272-0609
Marilyn Torgerson @ 627-4537
Dennis Faker @ 572-6508

Other: Safe Streets: 272-6824
Tacoma Cares: 591-5001

Next Coalition Meeting @ Immanuel Presbyterian Church: February, 5, 9:00 a.m.

Join us for an informative morning! Meeting begins at 9:00 and promptly ends at 10:00. On this month's agenda:

- Innovative Grants
- North End Neighborhood Council Update
- Treasurer's Report
- Historic District Expansion Update
- Progressive Dinner Funds: Ideas for using the funds
- Litter Pick-up Announcement