



Northwest Olympia Neighborhood Association

Neighborhood: the closest community...

October 2004 — September 2005

NWONA Board:

President:
Tom Connor
Vice President:
Hugh O'Neill
Treasurer:
Karin Kraft
Secretary:
Marla Kentfield

Additional Board members:

Greg Black
Lyle Tribwell

Committees:

Land Use
Transportation & Safety
Social & Recreation
Communications

Webmaster: Scott Bishop

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President's Message

By Tom Connor

The NWONA Board and numerous volunteers have spent many hours dedicated to improving the quality of our neighborhood. 2005 has been filled with many inspiring and meaningful accomplishments. A few are noted below.

Read about the efforts of Lyle Tribwell and his hardworking volunteers, who with a Neighborhood Matching Grant, created a beautiful Garfield Nature Trail Overlook (pg. 4). Complete with bench, this very pleasant addition to the Park allows for a relaxing moment and panoramic view of a neighborhood treasure.

Read about our gorgeous new "mandala" at the intersection of Garfield and Plymouth (pg. 2). This intersection will continue to create a "sense of place" for others to enjoy.

Read how NWONA secured a grant from Thurston County Department of Health to assist in improving the quality of walking experiences in the neighborhood (pg. 3).

The Walkability Assessment allows for future planning by NWONA's Transportation and Safety Committee.

Recently, on very short notice, Jamie Peck (whose son goes to Garfield), the Garfield PTA, and folks from the Homeless Backpack, together with donations from NWONA members, worked quickly to assemble and send over 100 boxes to aid people in the Gulf states affected by hurricane Katrina.

As your President, I am proud to serve with the fine members of our neighborhood. All have worked hard and continue to be engaged. Our varied accomplishments will be on display at the Annual Meeting, October 24th at Garfield Elementary School in the multi-purpose room at 6 p.m. Please celebrate with us.

Together with your direct support and participation, our neighborhood will shine ever brighter and be

2006 Commuter Contest

By Karin Kraft

Following the Bicycle Commuter Contest held in May each year and sponsored by the Energy Outreach Center, NWONA will hold its very own *COMMUTER CONTEST* from June through August 2006. Prizes will be awarded for those who demonstrate the highest level of commitment to using alternative modes transportation, which will be measured by numbers of days people go without using single occupancy vehicles. The prizes, which are yet to be determined, will most likely be edible in nature, but we welcome ideas, dona-

tions and volunteers to this project.

At the contest's completion, we will challenge other neighborhoods to hold their own commuter contests as we wean our neighborhoods off oil and improve our air quality and fitness levels. For those interested in making this contest a success, please contact Transportation & Safety Chair Karin Kraft at 754-5352 or kraftk@comcast.net.

Emergency Preparedness Plan for NWONA

By Angel Przybylowicz

Do you have a family emergency plan?

Do you know where your gas, electric, and water shut-off valves are?

Would you be ready to survive 3 days without going to the grocery store or having heat in your house?

These are some of the questions that the NWONA Transportation and Safety committee want to help you answer.

As we all experienced the impact of



hurricane Katrina in the dryness of our homes, it has become very clear that it would behoove us to develop an emergency preparedness plan for our home and our neighborhood.

The Committee is developing check sheets and "how-to" descriptions to make the preparation easier and more complete for you and your neighbors.

Please come to the next NWONA meeting and learn more about becoming prepared because when push comes to shove, it's going to be the support of your neighbors that help you pull through a disaster.



Pets are family too! Let's learn how to create a pet survival kit.

Neighborhood Mandala — The power of place

By Kathleen Byrd, Village Improvement Project member

The intersection of Garfield and Plymouth has been graced again with a community inspired and created mandala, and this time its permanent! A mandala is a unified art piece, inspired by universal principles of geometry found in nature and art across cultures.

On Sunday September 25th, volunteers from Olympia's Village Improvement Project (V.I.P.), Mariah Art School and the neighborhood came to gather in celebration and place-making to create a colorful street painting that was approved by the city council and funded in part by a neighborhood matching grant requested by NWONA.

The first celebration of place and art

installation was inspired by Garfield elementary Peace Scouts and took place last Spring. At that time, participants painted a temporary mandala, worked on a cob (a natural building material of sand, straw and clay) dragon bench and

*"... create beautiful places
that inspire ... community."*

dedicated a large wooden bench to Iris Bennett a neighborhood girl whose life was lost to leukemia two years ago. The bench was donated by her father, Brian Bennett -- a neighborhood craftsman, and offers

a place for neighbors to sit and enjoy the view of Mount Rainier.

The philosophy behind Olympia's Village Improvement Project is to inspire neighbors to act collectively to create beautiful places that inspire collaboration and community. The intersection is sure to inspire further celebration and transformation in the northwest neighborhood and throughout Olympia.

Come on by to take a rest on the bench, or visit Mariah for photos and more information on the event and how ideas for further enhancement may be suggested.

Get your neighborhood news via e-mail!

NWONA sends out e-mail updates to anyone who would like announcements of association meetings and items of neighborhood interest. The mailings are not too frequent, hide recipients' e-mail addresses, and are not used for commercial purposes. To join the list, contact NWONA secretary at marlamk@comcast.net.

Walkability Assessment

By Karin Kraft

NWONA inhabitants enthusiastically received Thurston County's neighborhood Walkability Assessment as 45 individuals walked our neighborhood looking for ways to improve the ease and safety of walking. To lure ambulatory assessors to the project, Thurston County provided pizza and salad at Apollo's for their restless volunteers.

This project was sponsored by the U.S. Department of Health and Human Services as it attempts to address chronic diseases such as obesity and diabetes II. This initiative is called STEPS to a Healthier US and will provide financial support for up to five years in selected states and communities. Thurston County was one of only five counties in Washington State selected for funding by the STEPS initiative. The purpose of the assessment by the county is to provide support to individuals, organizations and communities to live more actively.

We participated in the Thurston County Healthy STEPS Walkability Assessment Program for several reasons. We are primarily interested in improving the quality of our lives through the reduction of

car traffic throughout our neighborhoods to reduce the noise from car traffic, improve ambient air quality, facilitate the ease in use of alternative transportation and reduce our dependence on oil.



We learned that most people feel safe walking in our neighborhood, there are many interesting views, yards and homes and that overall the sidewalks are clean and free of trash.

The top three items needing improvement are that sidewalks frequently stopped and started, there are trees and shrubs hanging over the sidewalks and that it would be difficult for a wheelchair or stroller to follow the route by using the sidewalk.

We also learned that the top five reasons for walking were health/fitness, stress relief, getting outdoors, enjoyment/fun and a way to get somewhere.

Our neighborhood will receive a \$1000 grant from the county to activate an action plan to make our community more pedestrian friendly. The action plan, determined at a separate meeting chummed with zero trans-fat cookies, is to create a 3'x5' map of our neighborhood for perusal in meetings and to locate where specific improvements need to be made. This will allow us to hire youth in the community to cut branches and haul debris to the dump. It will also pinpoint where new sidewalk sections need to be installed to fill in and complete sidewalks. Some suggested a collaborative effort with the city and laboring NWONANITES to pave the way to fully connected sidewalks.

In addition some funds will be used to complete a Bikeability Assessment. Both the Walkability and Bikeability assessments will precede the NWONA Commuter Contest planned for the summer of 2006.

For more information on the STEPS program, logon to their website at www.co.thurston.wa.us/health/steps

What can NWONA do for you?

By Greg Black

Sidewalks, West Bay Drive, cell tower ordinance, Hurricane Katrina relief efforts, sexual offender residents, proposed rezoning, parks improvements ... These are just some of the issues presented at board meetings over the past year.

NWONA's board encourages and respects the individual and collec-

tive voices of our community. We want to give the attention, action and commitment to these myriad issues that matches the passion of volunteers willing to support a neighborhood response.

Proposed guidelines were drafted on how issues might most effec-

tively be brought to NWONA's board for consideration. The guidelines are posted on our website at www.NWONA.org. We would like your opinion on these guidelines. Please logon to review and comment on the guidelines or contact Marla Kentfield, 214 Sherman St NW, if you would like to have a

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*A special thanks to the City of Olympia for assistance
in printing of our newsletter!*



Neighborhood: the closest community...

We're On the WEB

www.NWONA.org

Membership Information —

Northwest Olympia Neighborhood Association (NWONA) is a non-profit association of your neighbors who are interested in promoting the quality of life for the residents of our community. NWONA's mission is to enhance the livability of our community through citizen participation at all levels of our community. We strive to communicate, cooperate, and collaborate.

Our neighborhood is the place where we live - the land we share in common. It is where we raise our families, our children attend school, take evening strolls to walk the dog, ride our bikes, and socialize with our friends. NWONA consists of a collection of home owners, business owners and home renters. The membership is diverse — it is made of young and old, students and workers. Our strength comes from being able to speak with an organized voice in the community.

Join Us. Be Heard. Be Active.

Membership Form is available at our website or by phone or mail-in request to NWONA's president.

NWONA Takes Care of Its Nature Trail

By Lyle Tribwell

In 2005, NWONA demonstrated what a neighborhood that cares about its park can do. Forty volunteers constructed the Garfield Nature Trail Overlook at the corner of Percival and Madison in 274 hours with a Neighborhood Improvement grant from the City of Olympia.

A dedication ceremony was held in June that was attended by Mayor Mark Foutch, Parks Dept staff and neighbors who worked on the project.

The Overlook provides the neighborhood with an attractive pedestrian destination as well as replacing the weed patch and broken down guardrail that were there. Native plant landscaping demonstrates for neighbors how they can use these species in their yards.

In addition to the overlook work, forty-seven volunteers cleared 12,814 sq ft of English Ivy along the Garfield trail. Seven work parties were led by volunteers, Lyle Tribwell and Emily Truitt. The volunteers were of all ages, men and women, boys and girls.



The Overlook railing comes together

Ivy removal makes way for a wide variety of forest floor plant species. In the wet months, the

cleared areas will be re-vegetated with native plants rescued from building sites by the Native Plant Salvage Project that is led by Erica Guttman, who is also a NWONA member.

The next work parties will be on Saturdays, Oct 8th and Nov 12th from 9-noon. Bring clippers and gloves. In November we will be planting.

Volunteers Lyle Tribwell and Glen Bushman also led ten after school hikes, Exploring the Garfield Nature Trail, with students from Garfield Elementary School. Students learned about forest ecology, biodiversity, how to behave in the park and landmarks to prevent getting lost. They saved a couple large fir trees by clearing away ivy and planted some native trees and shrubs.