



A community-based newspaper serving the Puget Sound area since 1981



The Voice

June
2013
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

‘What Matters Most’ — NH hosts annual breakfast, explores client successes



PHOTO BY TYLER ROUSH

Career Developer Naima Abshir shared the story of Mahat Mohamed, a Neighborhood House client who found a job and a home for his family with support from agency staff. Neighborhood House staff Nathan Buck and Fartun Mohamed look on. The May 2 breakfast, which drew 600 guests to the Washington State Convention Center, raised more than \$165,000 for Neighborhood House programs.

What you can do to help your teen have a safe summer

The end of the school year is the season for prom, graduations, and summer fun.

Every year, prom and graduation nights are memorable moments for students — an opportunity to dress up, have fun, and celebrate with their friends. Most teens have safe and drug-free celebrations. Unfortunately, some teens feel pressure to use drugs and/or alcohol as part of their celebration.

Summer is also a fun time for teens to relax and have fun. But because they have so much free time some kids may be tempted to experiment with drugs and alcohol. This can start with kids as young as 9 years old, so start talking to your kids early about the dangers of drugs and alcohol.

Here are some tips for parents to keep your kids safe and healthy this summer:

- Clearly communicate your family’s expectations about the use of drugs and alcohol, the dangers involved, and the consequences.
 - Create a safety plan where you and your teen discuss what they can do if they find themselves in an uncomfortable or unsafe situation. Let them know it is always OK for them to call you to pick them up.
 - Know who your kids are hanging out with and where. Most parents contact other parents before letting their kids go to other kids’ homes.
 - If possible, sign your kids up for summer activities to keep them busy.
- Visit a Neighborhood House office or Community Center near you for potential activities.
- Set times for your kids to be home in the evening.

Please see “Summer” on Page 2

Greenbridge musician aims for pop stardom

BY TYLER ROUSH
The Voice editor

Sarey Savy is a musician with a mission.

The Greenbridge resident, 17, is looking to break through as a pop star. He’s already signed to a record label in California, has released a mixtape and a number of singles, and has fans around the world. What’s more, there’s a fire in his eyes and a drive to his voice that suggests he can do it.

“It’s all by motivation—you know, how bad do you want it?” Savy said.

Music — and especially vocal aptitude — runs in his family. Savy and each of his four sisters all sing. Their mother, a singer in her native Cambodia, first introduced Savy to music. He says he’s been singing since age 8.

“There’s not one day where there isn’t someone singing in the house,” Savy said.

A student at the Arts and Academics Academy in Burien, Savy performs in the school’s choir. But his first passion is for his own music. Though his music most closely fits into the R&B and dance genres, Savy doesn’t like to label himself.

“I don’t really categorize myself,” he said. “I don’t want to be put in a box.”

One of the biggest challenges of being a musician, Savy said, is to learn to tune out the people who don’t like you. As

a young artist, that means letting go of the natural inclination to want to seek approval.

“When you’re young ... you want people to like you, to fit in and to not feel like an outcast,” Savy said. “I try to fully express myself without caring about what people think.

“That’s the biggest challenge.”

As a young Cambodian-American on the rise in mainstream music, Savy is already a surprising success story — there simply aren’t very many Cambodian-American pop stars. But there’s another part of Savy’s identity that helps set him apart in both the R&B community and in his own culture. He’s openly gay, and writes nearly all of his music with the LGBT experience in mind.

“I can’t really hide myself in the closet,” he said.

While public sentiment in the United States is increasingly more supportive of LGBT rights, as evidenced by public polling results on the issue of same-sex marriage and on the increased visibility of anti-bullying campaigns such as the “It Gets Better” videos, Savy’s own experience as a young gay man is also influenced by his Cambodian heritage.

“In the Cambodian tradition, it’s different if you’re gay,” Savy said. “It was hard for me to accept my culture looking down on me.”



PHOTO COURTESY OF SAREY SAVY

Please see “Music” on Page 2

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Health Notes

A column devoted to your well-being

Protect yourself from summer heat

As the temperatures begin to climb, everyone should take steps to protect themselves from the summer heat. Older adults, children and those with chronic illness are particularly vulnerable to hot temperatures. Below are ways to help you combat the ill effects of excessive heat.

- Avoid going outside during the hottest times of the day, typically from 1 – 4:30 p.m.

- If you must be outside, try to rest often in shady areas and cut down on exercise. If you do exercise, drink two to four glasses of water each hour.

- Drink plenty of water. When possible, carry a bottle of water with you.

- Avoid caffeine and alcohol, which can speed up dehydration.

- Pull down the drapes or shades, turn off the lights, and close windows to keep cool air in.

- Wear lightweight clothing.

- The inside of a car becomes a danger-

ous place during hot weather. Park in the shade whenever possible. Regardless of the temperature, never leave your child unattended in a car.

- Eat small meals, and eat more often. Avoid foods that are high in protein, which increase metabolic heat. Avoid using salt tablets unless directed to do so by a physician.

- Watch for signs of heat-related illness such as hallucinations, headache, weakness, profuse sweating, nausea, fainting, and rapid breathing or heart rate. If you see any of these signs, seek medical attention and take immediate measures to cool off.

- Have a buddy system. Check frequently on other older adults, those who have a mental illness, and those who are physically ill, especially with heart disease or high blood pressure.

- Don't forget your pets — make sure they have plenty of water at all times during the day.

Southeast Senior Resource Fair & Luncheon

Thursday, June 13

10 a.m. – 1 p.m.

Rainier Community Center, 4600 38th Ave S in Seattle

The Southeast Senior Resource Fair & Luncheon is a great opportunity to get information on resources and discounts for older adults. A host of agencies and businesses will be on hand with displays, giveaways and lots of information! Health care, retirement homes, energy assistance, employment opportunities, insurance, recreation and more ... all in one place. For ages 50 and over. Call 206-684-7484 for more information.

Music

Continued from Page 1

To date, Savy said that no openly gay Cambodian has achieved significant popular success in the country. He added that he hopes to break that cycle. In the process, Savy aspires to be a source of inspiration for Cambodian-Americans and members of the LGBT community.

Advocacy for the LGBT community goes beyond Savy's music — he's active in the Washington state chapter of the Gay, Lesbian and Straight Education Network (GLSEN) and in Proud, Out and Wonderful! (POW!), a group for LGBT youth ages 13-21 in Burien. The group meets from 4 – 6 p.m. Wednesdays at 1033 SW 152nd St. Savy will also be performing at the Capitol

Hill Pride Festival on June 29, where he'll premier his new single, "Da Bass Rock."

His message to young men and women in the LGBT community is simple: Be yourself.

"Be who you are—put yourself in a place where you can be happy, and be who you are," he said.

Savy embraces that philosophy in his own music.

"Everyone has a different beginning ... everyone has a different story," he said.

To learn more about Sarey Savy and his music, visit www.facebook.com/SareySavyOfficial. A free download of his mixtape is available at mixtapefactory.com/thinking_out_loud.html (contains some explicit lyrics).

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority and the King County Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House, SHA or KCHA. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at www.nhwa.org and at www.seattlehousing.org.

Be safe

911 Response Time

By KELLY MCKINNEY
Seattle Neighborhood Group

Okay, so you have called 911. You answered all of the operator's questions. The police should be here any moment, shouldn't they?

The police take calls to 911 very seriously. However, due to the high number of calls, the police have to prioritize calls based on immediate danger to the public.

The Seattle Police Department uses four categories to prioritize 911 responses:

Priority 1: Calls regarding incidents that involve threats to life are the highest priority. The type of incidents that receive a Priority 1 rating include: Officers calling for assistance, assaults, medical emergencies (person down), calls that involve the Seattle Fire Department, bank robberies and suspicious packages.

Hang up calls to 911 are often handled as a Priority 1 call, since the operators do not know why the call ended. When 911 receives a hang-up call, they call the number back. If there is no answer, the operator will assume that the person who made the call is in danger and an officer will be dispatched to the location of the call.

Priority 2: Calls regarding property crimes in progress, alarms tripped by people, conflicts between people that seem to be getting worse and with a potential of violence are rated as Priority 2 calls. Officers are dispatched to these calls when all Priority 1 calls in a precinct have been resolved.

Priority 3: Calls that require a police officer to do an investigation or to standby to preserve the peace in a volatile situation are categorized as Priority 3 calls. Incidents included in this category are calls for theft, burglary and property damage after the suspect has left the area and is unlikely to be caught. Calls regarding these kinds of incidents are responded to after all priority one and two calls have been resolved.

Priority 4: These calls are characterized by calls for services that may not require a written report. Calls included in this category are nuisance calls including most noise complaints. These calls are responded after all Priority 1, 2 and 3 calls have been resolved.

The other factor that determines 911 response time is how busy the police are. On a very busy day it may take a long time for the police to respond to a Priority 3 call. On a quiet day the police may be able to respond to a Priority 4 call very quickly.

Last month the Be Safe column explained what to expect when calling 911. This month we explained how 911 calls are prioritized.

It is our hope that by having a better understanding of how 911 operates, it will reduce the frustration many people have when calling 911.

Kelly McKinney (206-323-7084) and Allan Davis (206-323-7094) are Community Education Coordinators for Seattle Neighborhood Group.

Saying thank you to our 2013 Breakfast Celebration sponsors



Neighborhood House would like to sincerely thank the above companies, organizations and people who donated their money, time and talents to help make our 2013 Breakfast Celebration a success. Thank you very much for your support!

To see a gallery of photos from the Neighborhood House breakfast event, "like" our Facebook page — search "Neighborhood House."

Summer

Continued from Page 1

- For prom and graduation, know the plan for both before and after the event — where they will be and who they will be with throughout the evening. Many schools have "Safe Grad Night" events. Encourage your teen to participate in these.

- Make sure your teen has a safe way

to get to and from prom and graduation activities and remind them to never ride in a car with someone who has been drinking or using drugs.

- For more information about how to talk to your kids, go to <http://starttalkingnow.org>.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

Pacific NW Regional Council awards scholarships to three King County Housing residents

For two Kent-Meridian seniors and scholarship winners, college has been a lifelong dream

BY KING COUNTY HOUSING AUTHORITY

College has always been a goal for Mahdi Ramadan and Sergey Russu. Ramadan has long dreamed of a career in neuroscience. Russu wants to become an electrical engineer.

Both of these children of new arrivals in this country have excelled in school and are among this year's four winners of Pacific Northwest Regional Council of the National Association of Housing & Redevelopment Officials (PNRC-NAHRO) college scholarships.

Ramadan received the \$4,000 John Collins scholarship named in memory of a former Vancouver Housing Authority commissioner. It will provide him with \$1,000 for each year at a four-year college. Russu received the two-year Resident Community College scholarship in the amount of \$2,000 (\$1,000 for each year).

The King County Housing Authority, which sponsored the applications of both young scholars, will contribute an additional \$250 grant toward each of their educations.

"With hard work, intelligence and resolve, Mahdi and Sergey have overcome cultural and economic barriers, showing exceptional academic prowess that will allow them to realize their professional dreams," said Stephen Norman, executive director of the King County Housing Authority. "These young men are classic examples of how the children of immigrants are creating pathways to a better life. Their pursuit of higher education and the careers that will follow will help generate a stronger future economy."

Sister a source of inspiration for Mahdi Ramadan

Ramadan, 18, lives with his family at Birch Creek, a 262-unit public housing complex owned and managed by the King County Housing Authority. Born in Lebanon, Ramadan and his mother moved to Kent when he was 2 years old. When Ramadan was 7, he was sent back to Lebanon to live with relatives. His stay was terminated during the Hezbollah/Israel war in 2006, when he had to be evacuated back to the U.S. Ramadan was 11.

Transitioning back to life in the U.S. was challenging. Ramadan studied hard and read voraciously. Now a top-ranked high school student, Ramadan has earned a GPA of 3.84 and is studying college-level neuroscience, a subject about which he is passionate. The multicultural Ramadan, who speaks English, Arabic and Spanish, is also passionate about global issues, particularly promoting peace in the Middle East. He has been a counselor at the Middle East Peace Camp since he entered high school.

Ramadan credits his younger sister, Ghida, who has cerebral palsy, and her speech pathologist, Laura Snow, Ph.D., who also teaches at the University of Washington and is a family friend, with sparking his interest in neuroscience.

"My whole life, I've seen the difficulties people face, including war and poverty, like in Lebanon, and the physical, like my sister," says Ramadan. "She is proof that if you try hard enough, you can achieve your dreams."

"I am grateful for the opportunity to go to college and continue my education to



Mahdi Ramadan



Sergey Russu

lead a more successful and happy life, but also to satisfy my desire to learn and use that knowledge to make the world a better place for everyone."

After spending the summer as an intern in a neuroscience lab at UW, Ramadan will attend the UW this fall. He plans to study pre-medicine or neuroscience.

Sergey Russu pursues the dream denied to his mother

Russu, 18, lives with his family in Kent. They participate in KCHA's Section 8 housing voucher program. Originally from Ukraine, Russu's family immigrated to Washington when he was in the first grade. His very first challenge was to learn English.

A Running Start student who takes college-level courses including calculus, technical writing and physics at Highline Community College, where he plans to get an associate degree, Russu maintains a 3.97 GPA. He intends to transfer from there to a four-year college to get a bachelor's degree in electrical engineering. Also drawn to robotics, the enterprising senior is a member of the Kent-Meridian High School robotics club. If possible, Russu would like to merge these two areas of interest.

Russu's drive stems in part from his family's history. Despite being a promising high school student who won a number of regional competitions in physics, his mother was prevented from pursuing an advanced education in her native Ukraine and was only allowed to make a living as a seamstress. Russu sees it as his mission to pursue the education and opportunities she was denied.

"This scholarship is a blessing," said Russu. "I look forward to becoming an electrical engineer, with the intention of going abroad and helping people in other countries. One day I will look back upon my life and say, 'I realized the value of education and I took advantage of it.'"

PNRC-NAHRO created its scholarship program for residents of its members' public and affordable housing programs in Alaska, Idaho, Oregon and Washington in 1993. Since then, 72 scholarships worth \$231,000 have been awarded.

Spiritwood Manor residents excels while balancing a demanding schedule



PHOTO COURTESY OF KCHA

Helen Kapitonenko, a Spiritwood Manor resident, has been awarded a Pacific Northwest Regional Council scholarship worth \$10,000.

BY KING COUNTY HOUSING AUTHORITY

Helen Kapitonenko juggles a demanding academic schedule, takes care of her siblings while her mother works and volunteers with equally remarkable results.

Kapitonenko, 18, lives with her family at Spiritwood Manor, a 130-unit subsidized apartment complex owned and managed by the King County Housing Authority.

On April 29, she was awarded the Jesse Epstein scholarship, given annually by the Pacific Northwest Regional Council of the National Association of Housing & Redevelopment Officials (PNRC-NAHRO). The \$10,000 scholarship will provide her with \$2,500 for each of four years at the college or university of her choice. King County Housing Authority sponsored Kapitonenko's application and will contribute an additional \$250 grant toward her education.

"Helen's accomplishments speak to her intelligence, compassion, drive, and hard work," said Stephen Norman, executive director of the King County Housing Authority. "With this scholarship, she's firmly on the path to attaining the American Dream – allowing her to create a better future for herself and her family, contributing to the region's economy."

The oldest of four children born to Ukrainian immigrants, Kapitonenko has faced many challenges, including a period when she and her family were homeless. Despite a sporadically insecure home life – she attended three different schools during fifth grade – the Sammamish High School senior has a 3.97 GPA while taking Advanced Placement and honors classes in statistics, world history, trigonometry and pre-calculus. She has been a member of the National Honor Society for three years, was named "Most Inspirational Female Youth Leader" by Youth Link in 2010, and was twice named student of the

month at Sammamish High School. In addition, she volunteers at Jubilee REACH, a nonprofit agency that provides a range of outreach services to children and families in the greater Lake Hills community of Bellevue, and where she was chosen by her peers to be president of the Jubilee art club. In 2011, Kapitonenko was named the Jubilee art studio summer internship program's "Most Outstanding" intern. All this while preparing dinner for her three younger siblings and helping them with their homework each evening.

"Education is important to me because it is the best investment to succeed in life. I want to get a good job and help my family get out of poverty," said Kapitonenko. "Hard work has been my constant companion. This scholarship will allow me to take advantage of many new opportunities and experiences without worrying as much about the financial burden of going to college. I have learned to advocate for myself, and now I want to help advocate for others."

Kapitonenko wants to study communications and business administration. She plans to work in the nonprofit sector because of her desire to give back to the community and because "I just really like helping people." She has been accepted at four area colleges, including Seattle University, but is still undecided about where she will enroll.

The Pacific Northwest Council of the National Association of Housing and Redevelopment Officials created its scholarship program for residents of its members' public and affordable housing programs in Alaska, Idaho, Oregon and Washington in 1993. Since then, 72 scholarships worth \$231,000 have been awarded. The Jesse Epstein Scholarship, which is only awarded to one graduating senior each year, is named after the late public housing activist and founder of the Seattle Housing Authority.



Please recycle me



TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Protect yourself from the summer heat

ከበጋው የሞቃት አየር ራስህን ጠብቅ ትልልቅ ሰዎች በበጋው ሙቀት ምክንያት ሰውነታቸው የማቀዝቀዝ ችሎታው ስለሚቀንስ ለዚህ ዓይነቱ ጉዳት የተጋለጡ ናቸው። መርዘኛ ህመምና በህክምና ላይ ካሉ ደግሞ ለዚህ ዓይነቱ የተጋለጡ ነዎት። ከዚህ በታች የተጻፉት በሙቀቱ ምክንያት ለሚፈጠሩት ችግሮች ይረዳዎታል።

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መሞከር።

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ስወነትኩም ካብ ናይ ሳመር ዋዒ ምክልኻል።

ሽማግሌታት ብቅሊሉ ግዳይ ናይ ሳመር ሙቕት ክኾኑ ይኸእሉ ምክንያቱ ሰብ ክዓቢ ወይድማ ክኣርግ እንከሉ ስወነትና ናይ ሙቕት ምጽዋር ብቕዓቱ ስለዝደክም አይ። ሕዱር ሕማምን ምጥቃም መድሃኒትን ስወነት ሙቕት ንኸይዳወር ይግበሩ።

ካብዚ ንታሕቲ ዘለዉ ጠቀምቲ ምክርታትት ንምክልኻል ሙቕት ዝሕግዙ እንሄልኩም።

ሙቕት ኣዝዩ ኣብ ዝብርትዓሉ ግዜ ንግዳም ኣይትውጽኡ

ብዙሕ ፈሳሲ ስተዩ ወላወን ከይጸማእኩም ጽማኢ ኣብ ዝስምዓኩም ግዜ ስወነትኩም ነቕጺ ኣጥቂዕዎ ክኸወን ይኸእል እዩ ሽማግሌታት ብዙሕ ግዜ ናይ ጽምኢ ስምዒት ኣይስምዖምን አይ ኣድ ኣደ መድሃኒታት ነቕጺ ስወነት ክስዕቡ ይኸእሉ አዩም።

መጋረጃ ኣወርድዎ መብራህቲ ኣጥፍእዎ ምሳኹቲ ዕጸዉ ዝሓል ኣየር ኣብ ዉሽጢ ቤት ንምዕቃብ ዝሕል ምስበለ ከፊትዎ ኣየር መታን ክኣቱ። ብርሑዝ ስፖንጅ ሽጎማንን

ስወነትኩም ኣተርክስዎ።

ፋን ተጠቅሙ ኣብ ዝዘሓለ ቦታ ብምቕማጥ ኣብ ቤተምንግስቲ ህዝባዊ ቦታታት ሾፒንግ ሞል ተኣልዩ ዝሓል ኮንዲሽን ዝለዘለዎ። መብዛሕትኦም ናይ ኪንግ ካወንቲ ኣባይቲ አየር ኮንዲሽን ክጥቀሙ ኣይፍቀድን አዩ ብምክንያት ናይ ባርዕ ሓዊ ምክልኻል ሕገ ኮድ መሰረት ።ክባቢኹም ተላልዩ ኮሚኒቲ ፍምስ ካልኣት ናይ መእከቢ ቦታትት ዝዘሓሉ አዩም።

ኣብ ኣድ ኣደ ፍሉይ ኩነት ተቐማጦ አየር ኮንዲሽን ይፍቀደሎም እዩ ብምክንያት ሕማምን ስንክልናን ፣ ብዛዕባ እዚ ፍቓድ ናይ አየር ኮንዲሽን ክትፈልጡ ምስ ትደልዩ ንምናጀርኩም ትዘራረቡ።

ምልክታት ሳዕቢን ዋዒ ነቕጺ ስወነት ሕማማት ዓጀውጀው ሕማም ርእሲ ድኻም ብዝሒ ምርሃጽ ዕግርግር ንብሲ ምስኣት ብቕልጡፍ ምስትንፋሲ ብዝሒ ትርግታ ልቢ ክምኡወን ካልኣት ምልክታት ምስትዕዘቡ ኣኪም ትኸዱ ተቐላጢፍኩም ስወነትኩም ድማ ተዝሕሉ።

Protect yourself from the summer heat
ክኣርግ እንከሉ ስወነትና ናይ ሙቕት ምጽዋር ብቕዓቱ ስለዝደክም አይ። ሕዱር ሕማምን ምጥቃም መድሃኒትን ስወነት ሙቕት ንኸይዳወር ይግበሩ። ካብዚ ንታሕቲ ዘለዉ ጠቀምቲ ምክርታትት ንምክልኻል ሙቕት ዝሕግዙ እንሄልኩም። ሙቕት ኣዝዩ ኣብ ዝብርትዓሉ ግዜ ንግዳም ኣይትውጽኡ ብዙሕ ፈሳሲ ስተዩ ወላወን ከይጸማእኩም ጽማኢ ኣብ ዝስምዓኩም ግዜ ስወነትኩም ነቕጺ ኣጥቂዕዎ ክኸወን ይኸእል እዩ ሽማግሌታት ብዙሕ ግዜ ናይ ጽምኢ ስምዒት ኣይስምዖምን አይ ኣድ ኣደ መድሃኒታት ነቕጺ ስወነት ክስዕቡ ይኸእሉ አዩም። መጋረጃ ኣወርድዎ መብራህቲ ኣጥፍእዎ ምሳኹቲ ዕጸዉ ዝሓል ኣየር ኣብ ዉሽጢ ቤት ንምዕቃብ ዝሕል ምስበለ ከፊትዎ ኣየር መታን ክኣቱ። ብርሑዝ ስፖንጅ ሽጎማንን

Protect yourself from the summer heat
Предохраняйте себя от летней жары
Пожилые люди подвержены отрицательному влиянию летней жары, так как по мере старения уменьшается способность тела охлаждаться. Хронические болезни и лекарства также могут делать вас более чувствительными к жаре. Ниже приводятся советы, как бороться с отрицательными эффектами чрезмерной жары.

Избегайте выходить на улицу во время самого жаркого времени дня.

Пейте побольше воды, даже если вы не чувствуете жажды. До того, как вы почувствуете жажду, ваше тело уже может быть обезвожено. Пожилые люди менее чувствительны к жажде; некоторые лекарства повышают вероятность обезвоживания.

Задёргивайте занавески или закрывайте жалюзи, выключайте свет и закрывайте окна, чтобы сохранить холодный воздух внутри. Как толжко спадёт жара, открывайте окна, чтобы впустить внутрь прохладный воздух.

Обтирайтесь влажными, прохладными полотенцами.

Используйте вентилятор или пойдите туда, где попрохладнее, например, в ближайшее публичное место или торговый центр. Многие квартиры ЖУОК не могут иметь кондиционеров по соображениям пожарной безопасности. У вас есть возможность поближе познакомиться с соседями, проводя время в вестибюлях и в общественных комнатах вашего дома, где, как правило, прохладнее.

В некоторых случаях жителям позволяет установка кондиционеров в квартирах, для чего требуется разрешение на установку в связи с инвалидностью. Для того, чтобы определить возможность установки кондиционера, свяжитесь с управляющим своего дома.

Обращайте внимание на болезненные проявления перегрева, такие, как галлюцинации, головная боль, слабость, повышенное потоотделение, тошнота, обморок и учащённое дыхание или сердцебиение. Если вы почувствуете какие-либо из этих симптомов, обратитесь за медицинской помощью и примите немедленные меры для охлаждения.

Iska difaac kulayka kulaylaha
Waayeelku waa u nugul yihiin waxyeelada kulaylka kulaylaha waayo da'da ayaa wax u dhinta hadka isqaboojinta jirka. Xannuun jooqto ah iyo daawoba waxay kaa dhigi karaan mid u nugul kulaylka. Hoos waxaad kala socotaa sidii aad isaga difaaci lahayd waxyeeladadu keeno kulayluhu.

Ha u bixin bannaanka marka ay aad u kulushahay.
Biyo badanna cb xataa hadii aaddab oomanayn. Markaad oon dareento, jiraagu waaba qallalan yahay.
Daahyaha dariishdaha sii daa, al-baabadana xir, nalalkana dami si aad u celiso hawada qabow ee gudaha.
Isticmaal marwaxad ama qa-

boojiye ama aad meel qaboojiye leh sida mallka iyo dhimayaasha waaweyn. In badan oo ka mid ah KCHA malaha qaboojiyeyaal sababtoo ah cabsi dab. Baro dariskaaga, booqana goobaha jaaliddu isugu yimaadaan kuwaas oo ah bii'oo qabooow.
Dadka qaarkiis waxay helaan shuqooyin qaboojiye leh curyaanimo darted. Si aad u ogaato arringtaas, la xiriiir maamulka dhismahaaga. fiiro gaar ah u lohoow xannuunada uu keeno kulayka. Sida neefku dhegga, madax xanuunka, diciifnimada, dhidix fara badan, lab-labbo, indho madoobaad, neeftuur, iyo wadno garaac.. haddii aad aragto qaar ka mid ah calaamadahaan, la xiriiir dhakhtarkaaga. Sameena arrin degdeg ah oo aad jirkaaga ku qaboojiso.

Hãy lau người với miếng thấm những nước lạnh, hoặc với khăn ẩm lạnh
Hãy mở máy quạt, hoặc tìm tới các cao ốc công cộng hay các khu thương xá (có máy lạnh). Có nhiều khu chung cư thuộc quận King (KCHA) không thể có máy lạnh được vì qui định luật phòng chống hỏa hoạn. Hãy làm quen với người hàng xóm bằng cách đến các phòng họp cộng đồng, khu vực công cộng mà có thể có máy lạnh.
Trong một vài trường hợp, thì cư dân có thể được phép gắn máy lạnh vì lý do bệnh tật. Để biết có được phép gắn máy lạnh hay không, xin liên lạc Người Quản Lý, manager của cộng đồng mình đang cư ngụ.
Hãy để ý đến các triệu chứng của các bệnh do thời tiết nóng gây ra, như bệnh ảo giác, nhức đầu, cảm thấy yếu ớt, ra mồ hôi đầm đìa, buồn nôn, ngất xỉu, tìm mạch đập nhanh. Nếu quý vị thấy bất cứ triệu chứng nào trên đây, hãy đi chữa trị ngay, và lập tức tìm trú nơi thoáng mát

Connecting their community to technology



Digital Connectors complete more than 1,000 hours of service

By TYLER ROUSH
The Voice editor

RV Rainier Vista has graduated a new generation of technology ambassadors. The Digital Connectors, a group of young people who develop computer skills that they can in turn use to educate their community, completed the nine-month program with a graduation celebration on Thursday, May 23.

"They've shared as much passion and knowledge with me as I've shared with them," said instructor Kat McGhee.

The group of 16 young people, who range in age from 14 to 21, completed more than 1,000 hours of community service during the session, which began in September. Upon successfully completing the Digital Connectors program, each graduate received a laptop computer and a digital camera. One lucky winner also received a Nintendo Wii.

Participants developed computer and technology skills that they could apply to serving their community. Many in the Rainier Vista neighborhood are not computer literate, so the Digital Con-

nectors provide a vital service, particularly to older adults and those who are immigrants or refugees.

Before certificates were awarded, the group presented educational videos that they completed as part of the program.

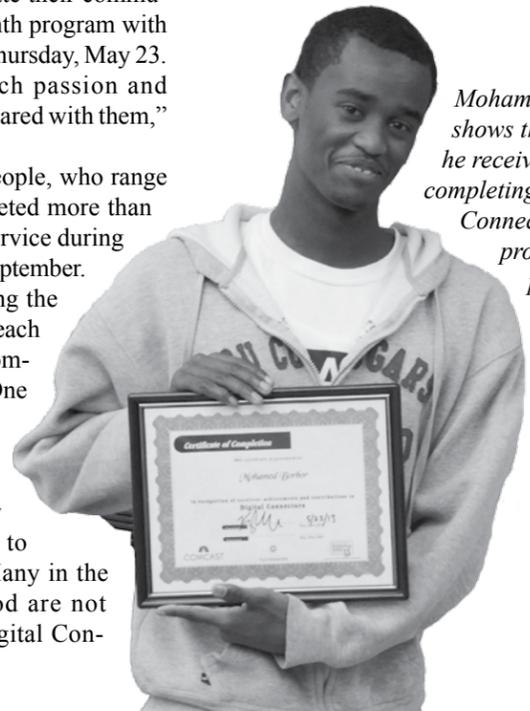
The videos explored a range of social justice issues, including fairness and equity in the education system; the reliability of public transportation; and the hazards that cigarette smoking poses to the health of the Rainier Vista

Please see "Digital" on Page 4

The 16 graduates of Rainier Vista's Digital Connectors program (above) present their certificates during a graduation party Thursday, May 23.

Kat McGhee (left, at right), the Digital Connectors program coordinator, presents a certificate to Mijoy Rackley.

PHOTOS BY TYLER ROUSH



Mohamed Borbor shows the certificate he received for completing the Digital Connectors program, a part of the Rainier Vista Technology Center.

PHOTO BY TYLER ROUSH

Amid transition in agency leadership, commitment to Yesler community remains strong

By TYLER ROUSH
The Voice editor

YT As the redevelopment of Yesler Terrace transitions from planning to implementation, the leadership team at Seattle Housing Authority is undergoing some changes of its own.

Deputy Executive Director Al Levine, who helped lead the planning and visioning of the Yesler redevelopment, will retire from the housing authority at the end of June. His successor is someone who will be very familiar to anyone who has followed redevelopment — Anne Fiske Zuniga, currently a senior development program manager, has been tapped as his replacement. The elevation of Fiske Zuniga, who has managed the Yesler redevelopment for more than three years, into the deputy director role ensures continuity among the housing authority's leadership as construction begins on the ambitious project.

As Levine retires, Fiske Zuniga and Seattle Housing Development Director Stephanie Van Dyke will be there to guide the redevelopment as it moves from conception to reality.

"I want Yesler Terrace residents to know I bring a personal commitment to the project in a different role," Fiske Zuniga said.

The contributions of all three individuals have been essential to the redevelopment of the neighborhood on Seattle's First Hill, with each person bringing his or her strengths to the fore. Levine brought credibility to the project forged through connec-



Al Levine



Anne Fiske-Zuniga



Stephanie Van Dyke

tions in the public and private sectors, and worked directly with HUD, the city of Seattle and private developers. Van Dyke's background is in construction development, with 12 years of experience working for the city on the redevelopment of Seattle Center. And Fiske Zuniga is an expert administrator, having spent nearly two decades in the city's budget office, the Department of Neighborhoods and the Seattle Department of Transportation.

"We have the ability to communicate through separate skillsets, which brings a strong credibility to the project," Fiske Zuniga said.

Van Dyke, who worked on completing the HOPE VI redevelopments at High Point, NewHolly and Rainier Vista during her tenure as development director, says

Please see "Yesler" on Page 2

RAC elections to be held June 12

Council will meet at its new office location in Jefferson Terrace

By JIM BUSH
RAC Secretary

The Resident Action Council will hold its 2013 elections Wednesday, June 12 at Jefferson Terrace (800 Jefferson Street), beginning with an informal meet-and-greet at 11:30 a.m. and continuing with voting at 1:30 p.m. Please note that the Jefferson Terrace location is the new home for the RAC's office and meeting space.

To be eligible to vote in the election, you must be a Low Income Public Housing tenant who has attended at least one RAC meeting in the 12 months preceding the election.

Scattered Sites tenants and LIPH residents in HOPE VI communities are eligible for active membership, but Section 8 tenants are not.

The election schedule is as follows:
11:30 a.m. — Informal meet and greet with the candidates.

Noon — Candidate presentations and questions from the audience. Questions will be submitted in writing, with the question-and-answer session moderated by a third-party representative.

1:30 p.m. — Voting will begin.

2:30 p.m. — Election results will be announced. A short meeting of the board-elect will take place after results are announced.

The election will be conducted, observed and certified by an independent third-party.

The candidates appearing on this year's ballot include:

President
Kristin O'Donnell, Yesler Terrace

Vice President
Troy Smith, Olive Ridge

Secretary
Jim Bush, Center Park

Treasurer
Lydia Shepherd, Stewart Manor
Nancy Sherman, Ross Manor

Ombudsperson
Susan Irwin, Olympic West
Jude Morris, Lake City House

At-large Members
Matthew Anderson, University House
Dennis Bejin, Jefferson Terrace

Please see "RAC" on Page 2

Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.

- High Point Herald
- NewHolly Notes
- Rainier Vista News
- Yesler Happenings

Middle East healthcare delegation visits High Point



PHOTO BY TYLER ROUSH

HP A delegation of health professionals were guests at the High Point Center as part of the U.S. State Department's International Visitor Leadership Program. The group was traveling in the United States to learn about health policy and exchange ideas. The delegation included nurses Hala Taha and Rabab Aloraimi of the United Arab Emirates and Dr. Fatemah Bendhafari and Dr. Anwaar Buhamrah of Kuwait. They are seen here with Neighborhood House staff Jen Calleja and Trang Hoang and volunteer Masara Hamam (front row, left to right) and volunteer Ayaan Aden (back row, left). Not pictured is Dr. Mourad Abdulkarim Elmourad of Saudi Arabia.

Correction: An ad in the May 2013 edition reported a live klezmer performance at University House. The event was open to U-House residents only and not to the general public.

Celebrate Juneteenth!

The annual Yesler Terrace Juneteenth celebration, Friday, June 14 at the Yesler Community Center, 917 Yesler Way



Yesler

Continued from Page 1

that the agency has the experience of those past redevelopments to apply to the current project at Yesler.

"The scale is unprecedented and, I think, the opportunities are unprecedented," Van Dyke said. "So much of it could be replicated in other neighborhoods, in other cities."

By focusing and refining those lessons into the redevelopment of Yesler Terrace, Van Dyke sees a model for public-housing development that could be of national significance. But the agency's first commitment is to this neighborhood, and to ensuring that the vibrant community will be preserved — not replaced.

"The driving force behind this project is the challenge to maintain the strength of the existing community ... and to find the ways to support that community and its expression in an urban neighborhood," Van Dyke said.

One key strategy in sustaining community at the new Yesler Terrace will be to create useable open space, where neighbors can gather and enjoy positive interactions on a daily basis, notes Fiske Zuniga. Successes like a new park or community space and improvements to streets and other infrastructure can go a long way toward creating a flourishing neighborhood.

Levine recalls his own childhood grow-

ing up on a block in New York City shared by perhaps 400 other people. Because neighbors would interact frequently — in parks, schools, places of worship, even the corner grocery — Levine sensed the community was much stronger than in less dense, more suburban communities that discouraged daily interactions.

"We wish to build housing that respects the people living there, and ensure that residents respect the housing," Levine said. "That's how you build a community."

That commitment to the Yesler community is a common thread through their work on the project.

"We want to preserve the sense of community that exists there now," Fiske Zuniga said.

Meeting resident needs will also be fundamental to the project's success.

"Our measure of success will be for low-income residents to live in a high-opportunity neighborhood," Van Dyke said. "Everything builds around that."

"The location of Yesler makes that really possible," she added.

Opportunities — for access to social services and support, to education and to more and better jobs. With its proximity to downtown, to the medical centers of First Hill and to two college campuses, it's well-connected to those amenities. The under-construction First Hill Streetcar and nearby International District light-rail station will

SSHP rent policy review committee seeks a new member

By SEATTLE HOUSING AUTHORITY

The Seattle Housing Authority is seeking a Seattle Senior Housing Program (SSHP) resident to serve as a member of the SSHP Rent Policy Review Committee. Established in 2003, this advisory committee is responsible for monitoring SSHP rent policies and ensuring that rents are adequate to maintain both the program's long-term financial viability and access for extremely low-income households.

The committee meets at least twice each year to review the annual budget and financial performance and make rent policy recommendations to ensure that the program is bringing in enough revenue to meet its expenses, as well as continuing

to serve households with the desired mix of incomes. A total of 11 people serve on the committee, representing various constituencies that have an interest in SSHP.

If you are interested in serving a three-year term as a member of the SSHP Rent Policy Review Committee, please submit a letter describing why you are interested and your related skills and qualifications to Beka Smith, Seattle Housing Authority, PO Box 19028, Seattle, WA 98109. Letters of interest will be accepted at any time until the deadline of July 18. Seattle Housing's Executive Director will appoint the new committee member in August. For more information contact Beka Smith at 206-615-3576 or bsmith@seattlehousing.org.



Visit the NewHolly Community website at <http://www.newholly.org/>

You'll find a Directory of Services, announcements of neighborhood events and community projects, a link to The Voice resident newspaper and much more.

RAC

Continued from Page 1

Anitra Freeman, International Terrace
Lois Gruber, Lake City House
Gary Knudsen, Center West
Robert Mull, Olive Ridge
Lynda Musselman, Lake City House
Julie Sahlberg, Center Park
Glenn Slemmer, Green Lake Plaza
Diana Sylvertsen, University West
Robert Wright, Tri-Court

Though only active RAC members will be eligible to vote in the upcoming election, anyone who is interested to learn more about the Resident Action Council or the election process is encouraged to attend, meet RAC members and greet the 2013 election class.

For more information about the RAC, contact Jim Bush at jbwa2@yahoo.com.

provide greater access to mass transit, Van Dyke noted.

Both Van Dyke and Fiske Zuniga reiterated that residents will continue to be engaged in the project.

"We are here to serve low-income people through the work we do," Van Dyke said. "We've made a lot of promises (to Yesler residents), and we're going to keep them."

And Fiske Zuniga noted that "I have a relationship with the residents at Yesler and will continue to engage them in the process."

As for Levine, in retirement he's looking forward to time spent traveling and with family on the East Coast. He'll also continue to teach at the University of Washington's Runstad Center for Real Estate Studies. But after beginning his career in 1969, he said he's looking forward to some time off.

"After 44 years, it's time for a break," said Levine, whose final day is June 29.

As the project moves from the conceptual into implementation, the group agreed that the timing of Levine's retirement is good. And with his unique skillset and experience, he will still be a resource for Seattle Housing staff.

"Al's not going away," Fiske Zuniga said. That includes a promise from Levine to attend as many Yesler Terrace groundbreaking as time will allow. While Levine has promised he'll come back to Yesler Terrace, true success will be measured in how many of the neighborhood's current residents return — not just for each groundbreaking, but to call the new Yesler Terrace their home.

"Success is when the people who said that they wanted to come back (to Yesler) actually do come back," Fiske Zuniga said. "It's important to create a neighborhood that the residents will be just as proud of and protective of as they are now."

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority and King County Housing Authority. The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail at tylerr@nhwa.org.

All submissions are subject to editing for accuracy, style and length.

Land in High Point fully sold out



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

A row of homes built by Polygon Homes is seen in the High Point neighborhood. Polygon and developers Lennar Homes and BDR have purchased the last available land in the West Seattle neighborhood.

BY SEATTLE HOUSING AUTHORITY STAFF

HP With a recent land sale agreement between Seattle Housing and Florida-based housing developer Lennar Homes, all for-sale home land is now spoken for within the High Point community.

According to Seattle Housing's Senior Program Manager Brian Sullivan, Lennar Homes, along with housing developers

Polygon Homes and BDR, have purchased the last available land at High Point.

If all goes well, approximately 220 more homes will be built throughout the course of the next three years on the last of the purchased land. Sullivan warns that factors ranging from the stability of the economy to local building permit issues can hold up projects, but that the estimated date of completion is summer of 2016.

Teen Night draws dozens to Rainier Vista Technology Center for fun, games — and a focus group

BY MATT MOHAMED-ALI
Neighborhood House AmeriCorps

RV For months, the youth of Rainier Vista have been asking for more programming. Alternative hours, table tennis and a game night have been suggested as new alternatives for after-school activities.

To provide the youth community at Rainier Vista with a forum to discuss new programming, the staff of the Rainier Vista Technology Center brought in Petros Telila, an intern at the Horn of Africa Services and a senior at a local high school. Telila and Sabontu Jamal, a veteran volunteer at the technology center, teamed up and planned an event that would bring the youth of Rainier Vista together for fun and games, and to discuss what direction the community would like to see the program take in the future.

Teen Night, as Telila and Jamal came to call the youth focus group, was a huge success. More than 30 youth, as well as two University of Washington graduate

students and several Neighborhood House staff and volunteers contributed to a positive and enriching experience.

Everyone played games of Survivor and Musical Chairs, participated in giving constructive feedback, and dined on a rather timely pizza delivery. Several youth asked for more events similar to Teen Night in the near future, and others were pleased to have their ideas heard and written down by the staff.

"Our hard work paid off," Jamal said, reflecting the next day about the hours spent planning and collaborating with staff to ensure the success of Teen Night.

Rainier Vista Technology Center AmeriCorps and VISTA Members, staff and volunteers are taking the feedback from the Teen Night and working on how to integrate the suggestions within the center's available resources and framework.

Matt Mohamed-Ali is a Neighborhood House AmeriCorps Member serving at the Rainier Vista Technology Center.



Free lunch! Summer meals program offers lunches for youth under 18

Looking for a bite to eat this summer? Youth under the age of 18 should check out the Washington State Summer Meals Program, which offers free lunches at dozens of sites in Seattle and King County.

Summer meals are safe, healthy, fun and free to anyone under 18. You do not need to be enrolled in a program get a meal, and children are always welcome to come have lunch and enjoy games and other activities.

Sites are open Monday through Friday beginning June 24 and continuing through August. Most sites serve meals at noon, but times may vary slightly by location. To find more information about the summer lunch program site nearest you, call 1-800-4-FOOD-WA after June 15. The hotline offers resources in 10 different languages. You can also visit www.parenthelp123.org and input your address into the search field.

Some of the major sites near Seattle Housing Authority's largest family communities are listed below.

High Point

- Neighborhood House High Point Center, 6400 Sylvan Way SW

- High Point Community Center, 6920 34th Ave. SW
- Safe Futures Youth Center, 6337 35th Ave. SW
- YMCA at West Seattle Elementary, 6760 34th Ave. SW

NewHolly

- Van Asselt Community Center, 2820 S Myrtle St.
- Othello Playground, 4351 S Othello St.
- UGM/Youth Reachout Center, 3800 S Othello St.

Rainier Vista

- Neighborhood House Rainier Vista Center, 4410 29th Ave. S
- Rainier Vista Boys & Girls Club, 4520 MLK Jr. Way S
- Refugee Women's Alliance, 4008 MLK Jr. Way S

Yesler Terrace

- Yesler Community Center, 917 E Yesler Way
- YMCA at Bailey Gatzert, 1301 E Yesler Way
- Raja for Africa, 215 Terry Ave.



Chương trình phục vụ các người mẹ mang thai, các gia đình có lợi tức thấp, hoặc đang có con mới sinh cho tới đúng 5 tuổi, bao gồm cả những gia đình có con em cần những nhu cầu đặc biệt vấpi khuyết tật hiện đang sống trong những khu gia cư: High Point, New Holly, Rainier Vista và Yesler Terrace.

Chương trình phục vụ miễn phí:

- Mỗi tuần, có nhân viên thăm viếng đến tận nhà những người mẹ mang thai và những gia đình có con từ lúc mới sinh cho tới đúng 3 tuổi.
- Ghi tên cho trẻ em từ 3 đến 5 tuổi để đi học lớp vỡ lòng.
- Giám định khả năng và khám nghiệm sức khỏe.
- Tạo cơ hội giúp quý vị học hỏi thêm.
- Sinh hoạt theo nhóm tuổi của các em.
- Giúp trẻ em tăng trưởng khỏe mạnh, biết đọc, biết viết và những việc giao tế trong lãnh vực xã hội.
- Hướng dẫn và giới thiệu đến những cơ quan cần thiết để giúp giải quyết những vấn đề khó khăn.

Cơ chúng tôi có làm việc chung với chương trình của trạm y tế trẻ em Boyers và trường học Seattle.

Early Head Start 206-760-9330 ext. 10; Head Start 206-461-8430 ext. 247





Neighborhood House Early Head Start & Head Start
Wuu ku caawin karaa!!!

Kaalmeenta haweenka uurka leh & dadka daqliga soogalayo uu yaryahay oon dagan guryaha doowlada (SHA) oo haysto ciyaal dadooda tahay 3jir ilaa 5jir iyo caruurta ubaahan gargar qaas ahaaned sida kuwa curyaanka.

Waxbarsho anan LACAG LAAN AH:

- Sitimaanki halmar oo lugu booqanayo dumarka uurka leh Iyo kuwa haysto caruurta u dhaxeso 0-3jir
- Iskool loogu talagalay caruurta u dhaxeso 3-5 sano.
- Barbaarin caruurta, caafimaadka, aqrin & qoris,
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Head Start 206-461-8430 ext 247 OR Early Head Start (206) 760-9330 ext 10



Early Head Start & Head Start Can Support You!!!

Serving low-income pregnant women and families with children ages birth to five, including those with special needs and significant disability living in the SHA garden communities.

We provide AT NO CHARGE:

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- Classroom programming for children 3-5 years of age.
- Child Development, Health, Literacy & Social Services
- And More



Head Start 206-461-8430 ext 247 OR Early Head Start (206) 760-9330 ext 10

High Point community abuzz about bees



PHOTOS ELLEN CEDERGREEN

The West Seattle Bee Festival launched on Sunday, May 19 with a parade through the High Point neighborhood (above and left). The community had gathered to celebrate the construction of a beehive enclosure in the High Point P-Patch garden (far right). The enclosure, built by High Point resident Lauren Englund with funding support from a City of Seattle Small and Simple Grant, provides the opportunity for High Point residents to safely view activity in the beehives without disturbing them.

BY VOICE STAFF

High Point residents recently welcomed some new neighbors to the community.

A colony of honeybees were recently located in a protective enclosure in the High Point P-Patch garden; neighbors celebrated the West Seattle Bee Festival on Sunday, May 19 to cut the ribbon on the enclosure.

The glass-paneled enclosure allows humans to visit their honey-producing neighbors without disturbing the hives — or worrying that they might get stung. The bees fly out of an opening in the top of the enclosure, well overhead of anyone looking at the hives below.

Lauren Englund, a High Point resident and a neighborhood association trustee, pitched the idea for a beehive enclosure

in 2012. The response was immediate and overwhelmingly positive.

Her inspirations were twofold. First, she wished to dispel misconceptions that honeybees are aggressive. In fact, it's the yellowjacket, a distant cousin of the honeybee, that is the much more common culprit behind insect stings.

Bees are quite docile and will only sting if provoked, Englund noted.

Second, she wanted to do something to respond to colony collapse disorder, which has seen the bee population drop dramatically over the past decade.

The Seattle Department of Neighborhoods awarded the project a \$20,000 Small and Simple grant in the fall of 2012, and construction on the enclosure began the following winter.



Resident leaders hone skills in pair of workshops

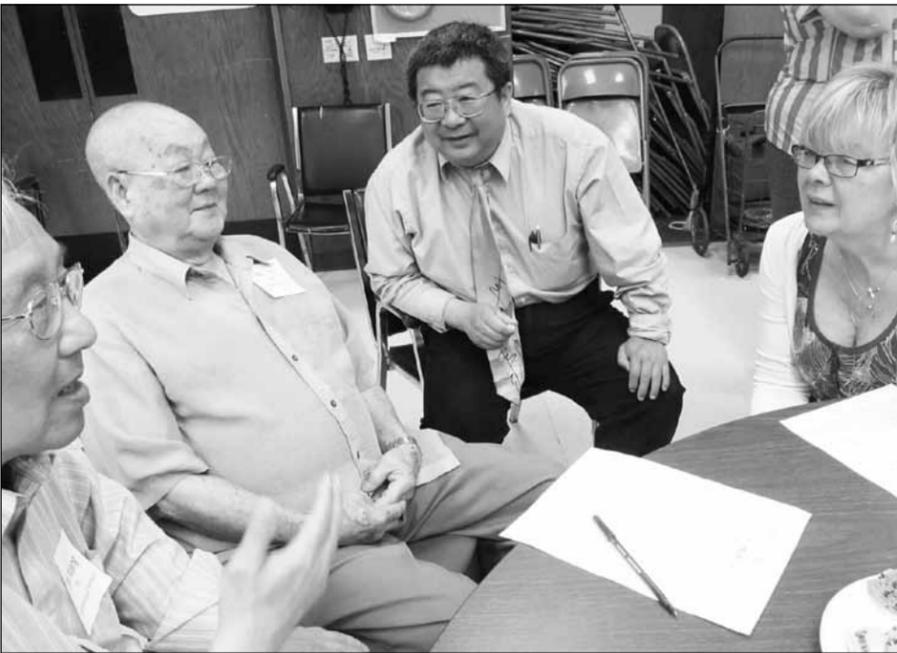


PHOTO BY SUSAN IRWIN

Zhi Xiang Ye (left) of International Terrace speaks with Community Builder Marcia Johnson (right) as Yin Lau of Yesler Terrace (second from left) and interpreter Yang Zeng look on during the May 10 resident leadership training at Jefferson Terrace.

BY KRISTIN O'DONNELL
Resident Leadership Development Team

Veteran and emerging leaders from seventeen Seattle Housing communities attended workshops with professional trainer Mike Beebe last month, learning how to make meetings in their communities more successful. They learned how to include more ideas to make better decisions, using different tools and strategies: How do you track who speaks next? How do other members of a group support the facilitator? How does having an agenda help? How do you decide what things are most important?

"I'm asking questions that don't have a

'Yes' or 'No' answer," said Lydia Shepherd of Stewart Manor.

The Resident Leadership Development Team plans more workshops where community leaders can improve their skills. Next up is a fall workshop with cultural competency educator Caprice Hollins, which will give resident leaders the tools they need to include more of their neighbors in our community's decision making and activities.

Do you have questions about Resident Leadership development workshops or would you like to be part of planning future trainings? Email residentleadershipseattle@yahoo.com or leave a message for RLDT facilitator Kristin O'Donnell at 206-930-6228.

The great American campout – free for High Point families!

HP Families living in the Seattle Housing Authority's High Point neighborhood are invited to attend Camp Long's overnight great American campout! The overnight camping experience, at West Seattle's Camp Long (5200 35th Ave SW) takes place from 3 p.m. Saturday, June 15 to 11 a.m. Sunday, June 16.

Campers will sleep overnight in a cabin at Camp Long and enjoy nature walks and other activities, including a campfire with storytelling and music. Dinner and breakfast are included for all campers.

For more information and to register, contact Dena Nelson at 206-588-4900 or visit the Neighborhood House High Point Center, 6400 Sylvan Way SW.



Digital Continued from Page 1

community.

Mijoy Rackley, 15, said she was inspired to join the Digital Connectors program after her older brother enrolled in technology classes at Seattle Central Community College. She said the skills she developed in the program would help her as she completed high school and began to explore college and a career.

"I'm learning more about computers and building my IT skills," Rackley said.

Halima Ibrahim, 14, said the program has broadened her horizons.

"I really learned a lot of useful things," she said.

McGhee said the program fits well within Neighborhood House's core mis-

sion to move individuals and families toward self-sufficiency. The program not only benefits the participants, but the community members who have access to additional tech assistance from the Digital Connectors.

"In moving people toward self-sufficiency, one major thing we can do is to encourage people to invest time and pride in this work," she said.

The program offers coaching and support in an extracurricular environment. Many of the program's enrollees benefit from the support outside of school. They also learn how to use technology to inspire career development and aid in their college search.

Comcast provided funding support for the program, which has just completed its third year.



Neighborhood House

Strong Families. Strong Communities. Since 1906.