

News & events brought to you by your Community Council

September 2016



nextdoor.com #Fairpark

Next meeting Thurs 9/22 6:30 pm **Northwest Community Center** 

Issue 103

Visit our website www.fairparkcommunity.org for complete articles as well as others.

# Pedal in the City

#### **Preparing for Cooler Weather:** Bicycle Maintenance

Fall weather is upon us and it's time to think about tuning up the bike after summer of riding. You could visit your local bike shop and get a tune up - or you can do it yourself!

The Bicycle League of American

Bicyclists offers an entire page of information on bicycle maintenance, including these categories:

- -Fix a Flat (including causes of flats)
- -Tire pressure
- -Patching tubes
- -Brake basics
- -Front and Rear derailer adjustment
- -Packing your bike
- -Tools for the road
- -General Mechanics

Whichever way you choose to tune up your bicycle, be sure it is in safe riding condition for cooler weather. Pedal safe! http://bikeleague.org/content/bike-maintenance



# Dirt2Table: Preserving Your Fall Harvest for Food All Winter

This time of year we find ourselves dealing with more fruits and vegetables than we can eat fresh. So, we have to find ways to preserve our produce for use during the winter months.

There are many ways to preserve our fruits and vegetables, including drying, canning and freezing. There

isn't any one best way, although some produce gives better results with a particular method. We found for instance that our green beans were better frozen than canned. We haven't tried drying them yet, but plan to do that this year.

Some examples from the Dirt2Table project this year include making jam, fruit leather, dried fruit, salsa, spaghetti sauce and frozen green beans. Our plans for the rest of the fall include more fruit drying, (apples haven't been harvested yet), more tomato based canning and further experiments with drying food from the garden.

We recently obtained a second food dehydrator, an Excalibur 3900 nine tray unit. We strongly recommend that you get one of these or something substantially similar if you intend to do any food drying. You can make fruit leather, dried fruit of many kinds, even jerky with a food dehydrator. If you don't have a dehydrator you can still dry foods like peaches, apples etc. by putting them on a tray and putting them in the oven set at 150 degrees (actually 130 is better, but most ovens don't have that low of a setting) and if possible direct the flow of air from a small fan across the items being dried.

Have fun with whatever way you choose to preserve your produce this year!

### Agenda **Fairpark Community Council September 22, 2016**

6:30 Welcome and Start Meeting/Announcements

6:40 **Public Safety** Det. Bryce Curdie and Det. Eldon Oliver Fire Station 7

6:55 City Council Members/Legislative Report-Those in Attendance

7:10 Mayor's Office Report Nate Salazar and Hildegard Koenig

7:20 Collective Impact Presentation on SLC Homelessness Shaleane Gee, Salt Lake County

8:00 Adjourn



## **Education Corner:** Education Nurturing a Growth Mindset With Your

How would you describe your child's mindset towards

school? Is your child eager to learn, accepting challenges and mistakes as opportunities as she progresses through your days at school? Or does your child experience low self esteem, giving up easily because she does not feel she is able to learn as readily as her peers?

The research of Dr. Carol Dweck on Mindsets has expanded beyond leaps and bounds in the last 10 years in all realms, including education and parenting. The two types of mindsets that have emerged from her research, and are the focus of many initiatives, are Fixed and Growth Mindsets.

A person with a Grown Mindset is believes that intelligence can be developed and that learning is a process through challenges and mistakes and productive struggle. A person with a Fixed Mindset believes that intelligence is static and cannot be developed - that "you are who you are" and there is nothing to be done to improve that.

As parents, we have the power to help shape the mindsets of

Melissa Benaroya of Grow Parenting in Seattle advises these three things to nurture a growth mindset in your children:

Use Encouragement

Respond To Setbacks As Opportunities for Learning and Improvement

Modeling a Growth Mindset As A Parent

http://www.growparenting.com/pages/blog\_files/Growth-Mindset.php

Fairpark Community Council c/o Salt Lake Community Network 606 Trolley Square Salt Lake City, UT 84102

NONPROFIT ORG U.S. POSTAGE **PAID** 

Salt Lake City, UT. PERMIT NO. 5919



6:30 pm Northwest Community Center

NATIONAL PUBLIC LANDS DAY "TAKE BACK OUR RIVERSIDE" COMMUNITY CLEANUP SATURDAY, SEPTEMBER 24, 10AM-12:30PM ALONG THE JORDAN RIVER ON THE WEST SIDE OF BACKMAN ELEMENTARY SCHOOL, 601 NORTH 1500

Advertise Here 1-801-455-5801



JOIN US ON SUNDAYS AND WEDNESDAY NIGHTS SUNDAYS:

Sunday Bible Study: 9:45AM Sunday Services: English 11 AM - Noon Spanish 1 PM - 2 PM WEDNESDAY NIGHTS:

Men's Bible Study: Women's Bible Study: 6:30 PM Youth Night (6th-12th grade): 7:00 PM



We can help you BUY, FIX or KEEP your home.

801-539-1590

www.nwsaltlake.org · Resident Leadership

Homeownership · Economic Development

Youth Pre-Employment



#### All Star Motel

754 West North Temple, SLC, 84116 801-531-7300

Part of our neighborhood since 1946

- Large comfortable rooms with refrig/microwave in all rooms
- Free Continental Breakfast
- Free Movie Channels & WiFi
- **♦** Swimming Pools
- ◆ Kitchenettes available ♦ Weekly Room Rates
- Best rates in town



www.Sutherlands.com

\*May not be combined with any other offer. Excludes gift cards, taxes and labor. Salt Lake location only. See store for details.



SATURDAYS/SUNDAYS 10AM

5 EGG DISHES, TAMALES, POZOLE SOPAPILLAS, FLAN, TRES LECHES

736 W. North Temple/801.322.1489 866 W. SOUTH TEMPLE/801.214.6050

Value of the second second second second





www.HotPropertySaltLake.com Brook Bernier, Realton 801.604.1895

SALES AND PROPERTY MANAGEMENT