



Council of Neighborhoods

AGENDA

Wednesday, December 3, 2014

7:00 – 9:00 pm

Shoreline City Hall, Council Chambers

Social Time - You are invited to socialize and share

6:30 – 7:00 pm

I. Call to Order and Poem

7:00– 7:03 pm

June Howard, Chair

Poem

We read a poem to bring our attention to the task at before us, to focus our thoughts and to provide a point of beginning to our evening.

II. Review December 3 Agenda and November 5 Minutes

7:03 – 7:05 pm

III. Public Comment (5 minutes each person; add time as needed)

7:05 – 7:10 pm

IV. Presentation: International Community Health Services Programs

7:10 – 7:30 pm

Joe Sperry, Health Center Manager, International Community Health Services, Shoreline

International Community Health Services (**ICHS**) recently opened a new clinic in Shoreline. ICHS is a nonprofit community health center that offers culturally and linguistically appropriate services to improve the health of Asian Pacific Islanders and the broader community.

V. Presentation: New Beginnings - Ending Domestic Violence 7:30 – 7:50 pm

Erin Pankow, Community Engagement Coordinator, New Beginnings—Ending Domestic Violence

New Beginnings provides services to those whose lives have been affected by domestic violence, including serving Shoreline residents.

BREAK

7:50 – 8:00 pm

VI. Neighborhood Sharing

8:00 – 8:25 pm

A time for a representative from each neighborhood to share what you want with the whole group; for instance a highlight, a reflection of 2015, a lesson learned or a current issue.

VII. Group Discussion: Topics for 2015

8:25 – 8:45 pm

A time for the whole group to discuss topics of interest for 2015 meetings.

VIII. Board Report

8:45 – 8:50 pm

- Reports from Task Forces: Meaningful Movies, Diversity, Training/Education

- Invitation to January 7 Potluck and Training (details at end of agenda)

VIII. Neighborhood Coordinator Report

8:50 – 8:55 pm

IX. Announcements

8:55 pm

X. Adjourn

9:00 pm

FUTURE EVENTS - Mark Your Calendar!

All Council of Neighborhoods representatives and alternates are invited to share dinner with the City Council:

Joint Council of Neighborhoods and City Council Dinner

Monday, December 8, 5:45-6:45 pm in City Hall lobby

Please RSVP to nsmith@shorelinewa.gov by November 26.

Wednesday, Jan. 7, 2015 - **New Year's Potluck, 6 pm and Communications Training, 7 pm**
OPEN TO ALL LEADERSHIP and KEY VOLUNTEERS in your Neighborhood Association!

TRAINING: **Creating Conversations that Connect**

This interactive, educational and entertaining session is designed to accelerate real learning and its application on the spot. People learn best by doing. If they enjoy the process, they become more relaxed. As they relax, they become more creative. As they let themselves be more creative, they learn how to be more effective at communication and relationship building. Discover how applied improvisation principles and techniques, practice, and role play enhance both transferrable and targeted interpersonal communication skills:

Make wise choices about what to say and when and how to say it. Gain critical awareness, tips, and tools you can use to more readily adapt your response to the person and situation before you and get better results with people.

Learn to

- *listen and respond in ways that foster connection, trust and relationship*
- *stay focused, at ease, positive, and constructive*
- *talk so people will listen, and listen so people will talk and tell you what you need to know*

About the Presenter:

Sandy Bjorgen is the founder of IMPROV-able Results. She teaches business leaders, staff, and teams to communicate with confidence, credibility, and impact: before groups, on camera, and one-to-one. She has an MA degree in Coaching Psychology, specializes in applied improvisation, and has over 25 years combined experience in the following fields: education, training and development, sales and marketing, organizational leadership and management, public speaking and performance, creative problem solving and innovation, conflict management. Sandy is also an RSP (Recovered Shy Person) who helps people transform their lives by turning nerves into nerve! Learn more about Sandy at www.improv-ableresults.com.

To submit an agenda item for the Council of Neighborhoods monthly meeting:

1. Request that the item be added to the next meeting's agenda during the Council of Neighborhoods meeting; or
2. Contact any Board member or Neighborhood Coordinator (Nora Smith) at least two weeks prior to the next Council of Neighborhoods meeting date to request the agenda item; or
3. Attend a Board meeting to request the agenda item. Board meetings are generally scheduled two weeks before the Council of Neighborhoods meeting. Call a Board member or staff to confirm meeting time and place; or
4. Request an agenda item be added at the start of the Council of Neighborhoods meeting (during the approval of the agenda). This is the least preferred method and subject to the prerogative of the Chair.