

FALL 2016 UPDATE



We at the O2 program are pleased to announce another school year and fall season calendar of events! We have many amazing events to offer to include: Tuesday and Wednesday after school workshops, weekend trips and service projects. **Please NOTE — We have scheduled the Tuesday and Wednesday workshop hours 30 minutes later than in prior years to account for the later departing time from school.** Both locations will be hosting a planning meeting this season, to gather O2 participants for event ideas for the upcoming school year. The south-end will be focusing on ocean and aquatic themes for the months of October and November. In addition, the south-end will be attending a Haunted House, Go-Karting, and an O2 Video Release party. The north-end will be exploring tide pools, riding the electric boats at Lake Union, celebrating fall with a visit to the Haunted House and much more!

O2 trips will include camping events to the spectacular Deception Pass State Park on Whidbey Island, and cabins trips to Wallace Falls and The Olympic Peninsula. We will also have a joint north/south trip to a cabin at Mt. Rainier in December to get out in the snow! The O2 service projects will include a fall planting project in Lake Sammamish State Park and a service project at the West Seattle Food Bank around Thanksgiving.

We are also very excited to welcome our new AmeriCorps Representatives for the upcoming 2016/2017 year! **Evan McKenna** will be with Emily in the north-end, while **Suzannah Klaniiecki** will be with Bob in the south-end. **Evan** enjoys snow sports, hiking, backpacking and climbing and he loves to write! **Suzannah** is at home in the dirt as a gardener, loves to hike and has a cute doggy companion! They are both excited to join the O2 family and look forward to meeting you. You can expect to receive calls from our new AmeriCorps members soon. Please reach out and give them a warm welcome!

Lastly – the O2 program will be offering another **SOS snowboarding program this coming winter season.** The snowboarding program will provide all the equipment, lessons and lift tickets for a five consecutive week program. The program will run on Thursdays after school until 10 PM from early January until mid-February. The sessions cover all the expenses and are intended for beginner boarders. **It is important to note that these boarding sessions are offered to those O2 participants that attend the highest number of events during the fall season.** So if you are interested, please inform O2 staff of your interest and make an effort to be amongst the ones attending events and receiving the invites!

We look forward to another incredible school year and hope to see you soon!!

~ Bob, Emily, Evan & Suzannah ~

Pickup Location Map.....12
Waivers.....13
Equipment List.....14

Suzannah Klaniiecki | 206-423-3460
Evan McKenna | 206-423-1501
Bob Warner | 206-890-2513
Emily Sachwald | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!



September



Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniacki (South) | 206-423-3460
www.Facebook.com/groups/O2program

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October



Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
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November



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Suzannah Klaniacki (South) | 206-423-3460
[www.Facebook.com/groups/O2program](https://www.facebook.com/groups/O2program)

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December



Contact us to sign up for events!
Evan McKenna (North) | 206-423-1501
Suzannah Klaniacki (South) | 206-423-3460
[www.Facebook.com/groups/O2program](https://www.facebook.com/groups/O2program)

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NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, October 5: O2 Planning Party

Welcome back to school and another year of O2 fun! Come hang out and feast as we get together to catch up and brainstorm the adventures that you want to happen at O2 for the rest of the year. If there is an adventure you have always wanted to have, now is the time to make it a reality with O2.

Wednesday, October 12: Fall Foliage Hike

Tis the season to walk around Discovery Park and see the changing colors of the leaves as well as enjoy a breath of fresh air after sitting in school all day. Come stroll the largest park in Seattle and take in the views of the Puget Sound on this fall adventure.

Wednesday, October 19: Native Ink and Fabric

The DIY (do it yourself) movement started long before Pinterest. Native people had their own techniques to create their inks and fabric. Learn about these different methods and try them out by tie dying your own shirt or bandanna!

Wednesday, October 26: Haunted House and Day of the Dead Celebration

The Power 93 Haunted House is one of the scariest haunted houses in Seattle! Come if you dare and be prepared to have your heart pound and scream like a baby. This is always a very popular event, so please call Evan to reserve your spot. ***Later pickup times will apply—text us for more details***

Wednesday, November 2: The Future—planning for what's NEXT and what to do NOW

You made it to high school and everybody keeps asking you what you are doing AFTER high school. What happened to seizing the moment, and what ARE you going to do? This workshop will help you figure out your timeline for getting the most out of your high school experience as well as plan for what is going to happen after you graduate. Enjoy today while planning for tomorrow.



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Wednesday, November 9: Nighttime Tide Pools

Tide pools are secret worlds of creatures that only appear at low tide, so most people don't even know they exist! Come explore these ecosystems at low tide by flashlight and discover a whole new world.

Wednesday, November 16: The Science of Sweet

Most of us love dessert and sweet treats, but we never think about how our sweet tooth is impacting the environment. Learn what it means for a dessert to be Salmon-Safe and how to create some yummy desserts at home that are good for the environment and taste delicious.

Wednesday, November 23: Discover Lake Union by Boat

We drive by Lake Union all the time, but how did it get here and what is its place in Seattle history? Learn more as you ride an electric boat around the lake and get a new perspective on this area of Seattle and its place in the Puget Sound ecosystem.

Wednesday, November 30: Hibernation Preparation

Are you smart enough to help your team win the hibernation game? Try your hand at living the hibernation lifestyle of our local creatures and see if you would survive.

Wednesday, December 7: Ice Skating

December is here and so is the season to enjoy cold weather sports! Come out to the rink with us and try your fancy footwork at ice skating. Even if we don't qualify for the Olympics, it's guaranteed to be a lot of fun.

Tuesday, December 13: JOINT Winter Party

The annual O2 Winter Party is a great way to celebrate the winter and holiday season! We will gather as a program, enjoy warm drinks by the fire, eat holiday sweets and participate in our traditional "white elephant" gift exchange, in which each person brings a silly, useless, wrapped gift. The gift is typically something from around your house that nobody truly wants. When it is your turn, you can either steal another person's gift or take another from the tree. This night is a lot of fun!



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4:00 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, October 4: O2 - 2016 / 2017 Planning Session

We value and need your help in the planning of the upcoming O2 school-year calendar of events! The O2 Planning Session is an important time to get O2 participant feedback and ideas on the remaining O2 school year. Please come with creative ideas for upcoming trips, projects and after-school events. With your thoughts and ideas, we will make this coming year an amazing experience!

Tuesday, October 11: Ballard Locks and Aquatic Life

Seattle is intimately connected with the Puget Sound and aquatic life. Come to the Ballard Locks to explore and learn about the sea and what makes this place so special and unique.

Tuesday, October 18 : Wonders of the World's Oceans

The world's oceans are directly connected to the atmosphere and the land. In this workshop, we will turn from aquatic life to how the oceans affect our atmosphere, climate and weather. We will also discuss how global warming could affect these connected systems and identify potential solutions to this g

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The Power 93 Haunted House is one of the scariest haunted prepared to have your heart pound and scream like a baby. call Suzannah to reserve your spot! ***Later pickup times w*

Tuesday, November 1 :Boating 101 – Sunset Boat Ride

In following the fall Aquatic theme, we will take a sunset boat cruise in South Lake Union. The Seattle Electric boats provide a covered, warm and super fun way c will also visit the Center for Wooden Boats to learn about t



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Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, November 8: O2 Video Release Party and Movie Night

A team of O2 participants along with our very own Kate Waind have been hard at work producing an O2 promo video. Come to the video release party to see the final product. We will also be watching short feature films by a roaring fire at Camp Long.

Tuesday, November 15: Bowling

We would like to welcome all of our new O2 participants into the program by hosting an O2 bowling event. This is always great fun, so bring your loudest shirt and prepare yourself for some crazy times!

Tuesday, November 22: Go-Karting

Back by popular demand! The O2 program is heading back to K-2 go-karting for a night on the track. Beginner and intermediate drivers are welcome!

Tuesday, November 29: Fish – the Fishing Industry and Sushi

Seattle and the greater Puget Sound area have always been the center of the fishing industry in our region. Come learn about the fish industry and sustainable fish. We will also wrap sushi rolls in the process.

Tuesday, December 6: Photography: Nature and the Outdoors

Photography is an amazing art and practical skill. Come check out the secrets that make photographers great! Feel free to either bring your own camera or use an O2 camera. We will head out to Olympic Sculpture Park to refine our newly acquired skills.

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Pickups and Drop-offs for Trips:

NORTH-END TRIPS

Saturday—Sunday, October 15-16: Deception Pass Camping

Join us on our last tent camping trip of the season!

Deception Pass is one of Emily's personal favorite places to camp for its beauty and location next to the water. Explore the area with us, build a camp fire, laugh and look for marine life.

Saturday—Sunday, November 19-20: Wallace Falls Cabins

Waterfalls abound at Wallace Falls, so come explore with us! Stay in heated cabins this weekend and hike the area to experience the beauty of the Cascades.

SOUTH-END TRIPS

Saturday—Sunday, October 8-9: Whidbey Island Camp

Deception Pass is one of the most beautiful coastal areas in the state. We will explore the area, make delicious food, and have a blazing fire.

Saturday—Sunday, November 5-6: Olympic Peninsula Camp

Whiskey Creek is one of the most beautiful beach areas in the state. We will explore the area, make delicious food, and have a blazing fire on the beach!

JOINT TRIPS

Friday—Sunday December 9-11: Mt. Rainier Cabin Trip

Join us for an awesome North/South joint trip to Mt. Rainier. We will include avalanche awareness, and we'll even build snow. At the end of the trip we will warm up with hot chocolate and apple cider. This is a special overnight in a pretty cool mountain lodge, so don't miss it! **NOTE—Friday Pick up times will be the same for north and south-end workshop pick up times!**



Pickup and Drop-offs for Trips:

NORTH-END students can meet the green Parks van at:
Rainier Community Center – 9:15 a.m.
Garfield Community Center – 9:30 a.m.
Northgate Community Center—10 a.m.
Return Garfield CC/Garfield CC – by 6 p.m.

SOUTH-END students can meet the green Parks van at:
Camp Long – 9:30 a.m.
Jefferson Community Center – 9:45 a.m.
Rainier Beach Community Center – 10:00 a.m.
Return to Jefferson CC/Rainier CC/Camp Long by 6 p.m.

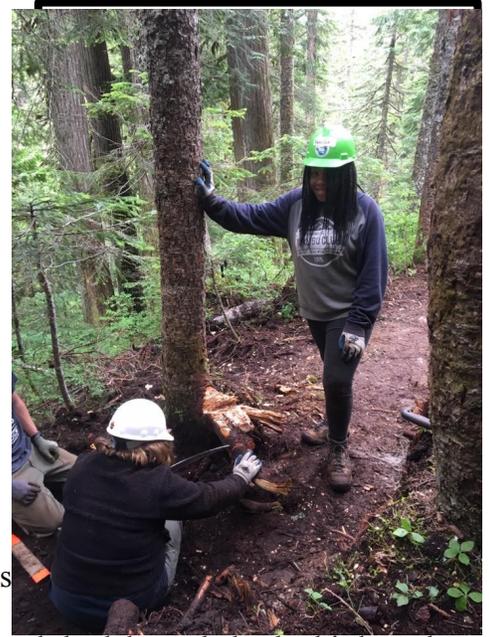
Joint Service Projects:

Saturday, October 22: Tree Planting at Lake Sammamish

It's planting season, which means it is the perfect time to give some love to Lake Sammamish. Join us and our partners, Mountain to Sound Greenway Trust, in planting trees around the lake to help the birds and animals that live there thrive. *Please bring a copy of the signed waiver on page 13.*

Saturday, November 12: West Seattle Food Bank

In the spirit of giving thanks and service to those in need, we will be volunteering at the West Seattle Food Bank during the month of November. Your efforts will help people within our communities and feed families during this holiday and Thanksgiving time.



1. Rainier Community Center

4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center

323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3

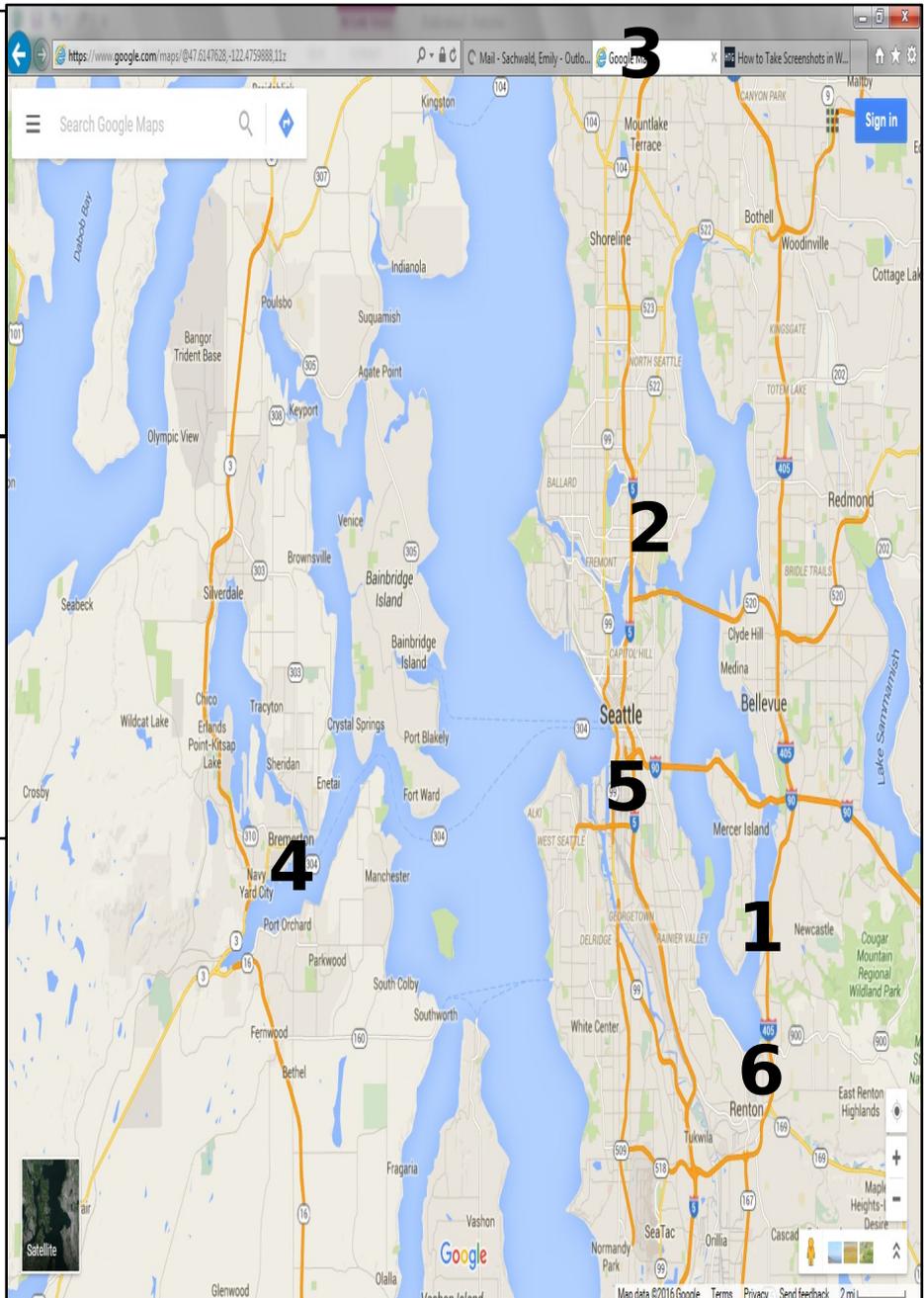
Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.
Meeting Location: Meet the Parks van in the lot behind the library next to the playground.



Camp Long Environmental Learning Center
 5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW.

Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

6. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.



Greenway Trust
PO Box 203

Volunteer Line: 206-812-0122
Email: volunteer@mtsgreenway.org
Web: www.mtsgreenway.org

Permission

environmental restoration project in the Mountains to Sound Greenway
written permission. Please fill out the form below, sign, and make
volunteer event. **Minors without signed releases will not be**

permitted to participate in any activities.

Waiver

I understand adult supervisors trained in first aid and safe work procedures will accompany my child on all projects and activities. I understand that each project or activity will involve the normal level of risk associated with such projects or activities and I hereby release the Mountains to Sound Greenway Trust and any of their partners, officers, agents, and employees from all claims and liabilities of any nature arising out of my child/ward's participation in any aspect of the volunteer program. In the event my child/ward is photographed or videotaped while participating in a Mountains to Sound Greenway Trust project, the photo or videotape may be used for promotional or educational materials specific to the Mountains to Sound Greenway Trust or any of their partners or sponsoring agencies.

Medical Care Authorization

I will attest that my child/ward named below is in good health on the dates he/she is volunteering. In case of medical emergency, after every reasonable effort has been made to contact me, the family physician, or relatives or friends named below, I hereby give my permission to the physician secured by the adult in charge of the volunteer activities to hospitalize, secure treatment for and to secure injection, anesthesia or surgery for my child/ward. In the event any such treatment is not covered by insurance applicable to the activities, I will pay the expenses incurred in such emergency treatment.

Parents'/Guardians' Responsibility

I will take the responsibility to see that my child/ward is properly prepared for all activities including: having the proper clothing and equipment and being in good health. I will inform the supervising adults of any particular physical, mental, social or other condition of my child/ward of which the supervisor should be aware.

Youth Name: _____

Parent/Guardian Name: _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Cell Phone: (_____) _____

Address: _____

List any allergies or environmental sensitivities:

List any special medical problems or conditions:

Date of last tetanus immunization/booster: _____

Family Physician: _____ Phone: (_____) _____

Local Emergency Contact (if unable to reach you):

Name: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

Relationship: _____

I have read, understand and agree to the above statements:

Parent/Guardian Signature: _____ Date: _____

Fall 2016 Equipment Lists

Make sure you show up to your fall events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!