

# MAPLEWOOD GLEN NEIGHBORHOOD ASSOC.

*Est. March 2001*



June 2011 - Issue 1

## Planting Seeds

To find help and Volunteers such as you to help re-establish our Neighborhood again.

**Meeting - Tuesday, June 28, 2011 @ 7:00pm**

**Where: Maplewood Park - 3400 SE. 6th Street**

We need a Committee to establish new and exciting opportunities for our Neighborhood. Your ideas and backgrounds can help us to re-gain a better Neighborhood and working with the City of Renton.

### Groups of Areas Needed (Several People in Each):

**MWG Signage** (Possible New Grant to upgrade area)

**Social Events** (Picnics, Fundraisers, Community Svs., City Events)

**Clean-up** - Neighborhood, Homes

**Newsletter/Communication** (Maintain a Newsletter, Website, Facebook and Distribution of Material)

**New Move-Ins** (Welcome New Neighbors w/ Welcome Packets)

**Others** - What Else would you like to work on and see?

### Contacts for Maplewood Glen:

Wendy, Chris Bluhm - 425.277.3094

Email: [Maplewoodglen@gmail.com](mailto:Maplewoodglen@gmail.com)

[http://www.neighborhoodlink.com/Maplewood\\_Glen](http://www.neighborhoodlink.com/Maplewood_Glen)

### City of Renton Contacts:

**Neighborhood Liaison - Tim Williams**

425.430.6615 Wk. 425.207.6336 Mbl.

Email: [twilliams@rentonwa.gov](mailto:twilliams@rentonwa.gov)

1055 South Grady Way. Renton, WA 98057

**Neighborhood Prog. Coordinators:** (City of Renton)

**Norma McQuiller** - 425.430.6595

**Wendy Kirchner** - 425.430.6594

### Up Coming Events (Volunteers Needed ASAP)

**Community Neighborhood Picnic (5 Nbrhd Includ)**

**Wednesday, August 24, 2011 - 5:30pm**

**@ Maplewood Park - 3400 SE. 6th Street**

More Info To Be Announced

Community Picnic Sponsored by City of Renton

Contact: Valorie Hall 206.226.5702 (Maplewood)

Email: [valorie.hall@comcast.net](mailto:valorie.hall@comcast.net)

You may also Contact Wendy, Chris Bluhm (Mplwd Glen)



## Sunflower Seed - Facts

Sunflowers are grown for their edible seeds and are enjoyed by many as a delicious, nutritious snack. Sunflower seeds can be eaten directly as they are or roasted - many folks like them roasted, shells-on, with a little salt. Either way, the seeds are used in different kinds of dishes, in salads or baked goods. Sunflower seeds can also replace nuts as a substitution in most recipes with ease. But sunflower seeds are not only a great ingredient and snack, the seeds can be pressed to extract sunflower oil. This oil is frequently used for cooking in the kitchen and also is used in the manufacture of cosmetics and machinery lubricants. Experiments have shown that sunflower oil can be made into plastics, and future research shows that sunflower oil has the potential to create fuel for cars and other machinery.

Who knew that such a pretty flower held such amazing possibilities?