



Twenty Years Old and Counting

by *Charlie Pope*

Many years ago, Arizona Avenue crossed over DeKalb Avenue and the railroad tracks before it dead-ended at a truck depot on the other side of DeKalb (now an Atlanta Youth Soccer Association soccer field). Later, to accommodate MARTA, Arizona Avenue was cut in half creating two unconnected segments north and south of Dekalb Avenue.

Twenty years ago unsuspecting commuters looking for a short cut would be disappointed.

Once a through street to Dekalb but suddenly a dead-end at the Arizona Avenue cul-de-sac, the commuters would see on one side "Pray-for-me-Joe" living in a crude shelter in hedges along a field where Lake Claire Co-Housing now sits. At night a large lighted sign hyping the Marlboro Man cast an ethereal glow. All too often, trash, old couches, and stolen cars - interiors stripped and wheels missing - would be dumped and abandoned, making it difficult to turn around. On the other side of the cul-de-sac was a kudzu-covered hill littered with garbage and junk. The house next door was boarded up with kudzu climbing the back walls. Three doors up a fire-damaged vacant house awaited demolition.

During the same period, a group of neighbors stood on the hill overlooking this depressed sight. They were celebrating both the formation of a non-profit corporation and the successful purchase of the property upon which they stood. Twenty years ago this year the first seeds were planted in a garden that would become a place and an opportunity for friends and neighbors to celebrate nature and community. Twenty years ago this year the Lake Claire Community Land Trust became a reality.

Soon after the purchase of three lots that now comprise most of the Land Trust, a bulldozer was contracted to remove an accumulation of trash and kudzu. Terraces were constructed to better accommodate gardens and recreational areas. Tree companies delivered the first of many hundreds of loads of wood chips, beginning the long process of transforming Georgia red clay into the rich fertile gardens that flourish today.

A rope swing was hung from a large pecan tree and the first of many loads of sand was piled nearby. Parents and their kids began to enjoy lazy summer days lounging in the shade and playing in the sand. The first structure was a sauna/sweat lodge followed by a garden shed that later transformed into the concession area. Bare-rooted shrubs and trees were purchased in 1992 and a small nursery was started to harden these plants for future landscape. These same trees and shrubs now provide wildlife habitat and welcomed shade. Today the Land Trust is recognized as an official Audubon wildlife habitat.

In the mid 90's and in collaboration with Tree Climber International a compost toilet was constructed. Soon to follow was a gazebo and another garden shed. In 2002 a covered stage was built and finally in 2005 a flush toilet was constructed.

Lake Claire Neighborhood Meeting: NOVEMBER 16

Frazer Center - 1815 S. Ponce de Leon or back entrance at end of Ridgewood Road

Lake Claire Neighbors meets every third Thursday of the month at 7 p.m. Meetings are open to all and cover:

- **Planning neighborhood events**
- **Reviewing variances to city zoning within Lake Claire**
- **Providing a community voice to city elected representatives**
- **Allowing neighbors to voice their concerns, meet and/or share interests**

Meetings from past months' meetings, upcoming meeting agenda and more can be found at www.lakeclaire.org.

Twenty cont.

For those of us who have been fortunate enough to know this magical oasis it is hard to imagine what our community would be like without the Land Trust. In a society that finds little time for community involvement the Land Trust is continually beckoning neighbors to join together. Be it in the garden or the sweat lodge...a music fest or a pumpkin carving...a garden tour or a wake...a lazy day in the sun or a birthday party...a wedding or a drum circle.

Tens of thousands of dollars and thousand of hours of labor have been invested by local neighbors for the benefit of our kids and our community and our planet. Much sweat and many tears have contributed to the fertile magic that is this priceless sanctuary.

And the work is not done, nor should it ever be.

Community is not easy and at times can be downright frustrating but as the years pass and the roots become firmly anchored in the foundation of a loving and sharing community we can celebrate the knowledge that Every Neighborhood Needs a Land Trust.

Thanks to the many, many, many friends and neighbors that have joined together to cultivate this amazing experience. And special thanks to those who walk or bike to the Land Trust!

Charlie Pope is one of the original Trustees of the Lake Claire Community Land Trust.

***A neighborhood is a place...
community is a quality...***

***The more one works at one
the more one becomes the other.***

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Come Eat with Your Neighbors

Lake Claire neighbors and their family and friends are cordially invited to the Annual Lake Claire Holiday Party. Mark your calendar for Thursday, December 14 at 7:00 p.m. to attend the neighborhood Potluck at The Frazer Center. Bring your favorite casserole or other main dish to share. The Neighborhood Association will also provide salad, bread, & dessert. Come and share in the holiday spirit and meet your neighbors!

Got Folks. Need Ideas!

A huge thanks goes out to all those who answered the newsletter call for volunteers. Susan Johnson has joined the staff as Editor. Troy Nielsen is the new Distribution Coordinator. Julia Brooke, Christen McClain, Mary Jo Bryan, Katie Brady, Kevin Thomson-Hooper and Yvonne Head have joined the delivery staff. Rose Goff will assist with advertising. These wonderful folks join the existing staff: Boyd Baker, layout coordinator; Glenn Frankel, Webmaster; and Gay Arneri, advertising coordinator. Another twenty or so volunteers make up the staff that makes sure that the Clarion comes to your door.

The newsletter is always looking for ideas and sources for articles and features. One-time or recurring contributions to the content are always welcome. For information, contact editor@lakeclaire.org . No matter big or small, you can play a part in this fun aspect of our community. Thank you for your support!

Submissions to the Lake Claire Newsletter will be accepted for publication under the following terms:

- Submissions should be no more than 250 words.
- Submissions may be edited by the newsletter editor.
- Submissions may be on any topic of interest that benefits quality of life in the neighborhood.
- Submissions of cost-free event or activity announcements will be considered for publication over activities with cost.

The opinions expressed in the letters that are published by the Lake Claire Newsletter do not necessarily reflect the opinions of Lake Claire Neighbors, Inc. or the newsletter editor, and should be viewed as the opinions of the writer only.



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KEEP AN EYE ON THE CRIME AND THE TIME by Dan Wright

Crime in Zone 6 (which includes Lake Claire) is up so far in 2006, which corresponds with an increase in crime across the City of Atlanta and follows the general trend of an increase in crime across the country starting in 2005. The category showing the greatest increase in our Zone is burglary. Burglary is defined as breaking into and stealing from a residence (technically, “the unlawful entry into a structure to commit a felony or a theft”). Follow this link to see a comparison of crime in Zone 6 this year versus last year through August: <http://www.atlantapd.org/ucr/2006/z6aug06.pdf>

It is unclear why, after a ten-year downward trend, crime is rising again. Some have suggested that a combination of a number of factors, including a focus on terrorism and homeland security pushing resources away from counteracting “garden variety” domestic crime, the “baby boom” children of the 1990s coming into their teenage years, and an increase and spread of gangs into previously uninfected cities and towns has produced the increase. <http://www.npr.org/templates/story/story.php?storyId=5480227> Regardless of the reason, please continue to be aware of what is happening around you and report any suspicious activity to the police. Also, keep in touch with your neighbors—neighbors are your best defense against crime. If they know where you are and who is or is not likely to be entering or hanging around your house while you are away, they can protect you with a single phone call.

2006 September crime stats (Weeks 37-40) for Lake Claire and Closely Surrounding Areas

Date — Time — Block Address – Description

LARCENY FROM AUTO

Tuesday 9/19 – 1:15 p.m. – 1600 block Mclendon Ave – Passenger side door of Volvo parked in parking lot smashed, electronic equipment removed. Prints attempted, none recovered.

Thursday 9/21 – 4:05 p.m. – 1200 block Dekalb Ave – Witness observed perpetrator enter pickup and remove drill. Gary Elliott of Social Circle, GA arrested for the crime.

Wednesday 9/27 – 12:30-1:00 p.m. – 1600 block Dekalb Ave – Property stolen from van parked in parking lot. Camera accessories, lenses, electronic equipment taken. No prints taken.

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Wednesday 10/4 – 9:00-11:50 p.m. – 1600 block Mclendon Ave – Rear passenger side window of Buick parked in parking lot smashed, computer stolen. No prints taken.

BURGLARY

Tuesday 9/12 – 4:50-5:00 p.m. – 1500 block Mclendon Ave – Side window of house broken, miscellaneous items stolen. Blood discovered in house as well. Evi-

dence taken for identification purposes.

Thursday 9/14 – 1:30 p.m. – 1200 block Mclendon Ave – Front door of house forced open. Victim who was inside house at time heard glass breaking from front door. Perpetrator fled. No entry made, nothing taken.

Saturday 9/16 – morning – 1400 block Mclendon Ave – Unknown suspect entered house via bathroom window. Small amount of coinage, a satchel taken.

Monday 9/25 – early afternoon – 400 block Harold Ave – Carport storage door kicked in, lawnmower taken.

****Special Note—Identification of Suspects:* The goal of providing descriptions of suspects, provided by the police, is to aid in the arrest of suspects; hence, all identifying information whatsoever is included. Where information appears to be missing, it is because it was not reported.—compiled/reported by VP—Public Safety, Dan Wright

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Recycling electronics conserves landfill space and natural resources. Collection will allow for the proper disposal of items through recovery and reuse of valuable materials. In the next few years, the waste from obsolete computers alone is expected to contain 4 billion pounds of plastic, 1 billion pounds of lead, 1.9 million pounds of cadmium, 1.2 million pounds of chromium, and 400,000 pounds of mercury.



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The Conscientious Gardener *by Gay Arneri*

Fall Vegetable gardening has been a real treat for me this year. Early on, as I set out first plantings of beans, broccoli, etc., I planted carrots and potatoes (white, red, and sweet). The carrots (to my amazement) look just like carrots and are filling out beautifully. I pick one or two every week or so now to see if they are big enough to harvest, since this is my first successful season of growing them. It takes some trial and error to judge when they are ready.



The potatoes are another story. I used "spent" potatoes from the grocery store cut to divide each potato in pieces that had a good sprout on it for the red and white potatoes, and used nursery-bought plants for the sweet potatoes. In the very first digging (first week end of Oct.) I reeled in a few under-developed white potatoes and some

very nice red potatoes. The first sweet potato was very nice, the second was a behemoth – almost 4 pounds! This is the real fun of gardening for me. The surprises can be thrilling. They can make up for so many misses and disappointments. This is one that I won't forget, and since I have barely begun to excavate the potato patch, who knows what else I'll find!

Lately I've noticed several large trees on my street being taken down because of illness and/or death. This can be a great opportunity to get FREE mulch. Usually tree trimming/chipper trucks are hoping for a near-by drop site and will happily drop their load of wood chips locally for free. Just stop and ask them. You can save them a trip to someplace like Douglasville or Jonesboro and improve your garden at the same time. Don't be too shy or worried about what you will do with all those chips. The neighbors will help use them up in a hurry, I guarantee!

This month: With the weather cooling off and over-night temperatures reaching the 60s and below on a regular basis, now is a good time to renovate your lawn with weeding and seeding. Just remember to keep it well watered for the first 2 weeks after setting out the new grass seed.



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Simple Yoga

by Jaya Devi Bhagavati

The winter holiday season is a great time to begin a meditation practice. Meditation creates continuity, linking us to the continuous essence of the true Self. It is simple and accessible. Through meditation, we practice linking to the depth of our soul and listening to the voice of our heart. This prepares us for the final stage of yoga – samadhi – a sense of wholeness and oneness with everything that exists. Currently 10 million Americans claim to have a regular meditation practice. Anyone can meditate, no matter how chaotic the mind. It benefits everyone who does it; even if you sometimes feel that it is an exercise in frustration.

Simple Peace Meditation - Tonglen

This meditation, which has been practiced for thousands of years, is an excellent tool in awareness. It helps you to remember that we are all the same, connecting us to the universal source of love. Practice each stage for at least a few days before moving on to the next.

Stage One: A Foundation of Peace

Sit in a comfortable position with your back straight and upright, legs comfortable.

Close your eyes and focus on the breath. Just watch the rhythmic pace of your own breath coming in and going out. Begin to breathe deeply and fully. As you breathe in, think, “breathing in peace.” As you breathe out, think, “breathing out peace.” Notice the space between the breaths – the slight pause after you have inhaled fully and after you have exhaled fully. As you continue the breath, focus on your body for a moment and feel peace begin to permeate your body. Stay with this for 3 or 4 minutes or up to half an hour. Once this feeling is firmly established, move your focus to your heart and begin to establish peace in your heart. Continue until you really feel it and then turn your focus to your mind, creating and establishing peace in your mind. Calming your mind can take some time and patience, but each time you find your mind wandering, bring it back to the breath, breathing in peace.

Stage Two: Addressing Your Own Suffering

Having begun with Stage One, begin to take the meditation a little deeper. As you continue to breathe long deep breaths think, “breathing in peace.” As you exhale, think, “breathing out suffering.” Use this practice to notice where you are suffering, and then to let it go. Are you suffering in your mind? Perhaps thinking of a painful incident over and over? Breathe it out and let it go. Are you experiencing anxiety or fear? Allow yourself to feel it and then, when you are ready, let it go. Are you lonely? Breathe in peace and breathe out your



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loneliness. Imagine your suffering riding out on the breath. Practice with depth until you feel differently, until you begin to feel peace replacing some of your suffering.

Stage Three: Healing for the World

Having gone through Stages One and Two, you can take meditation to a universal place of love and healing. You choose to act as a conduit for world peace, as a place where the energy of suffering can be transformed. As you continue meditation with long deep breaths, this time think, "Breathing in suffering." As you exhale, think, "Breathing out peace." Be aware of being an empty vessel and no suffering will adhere to you at all. To end, go back to the Stage One practice for a few breaths or a few minutes. As you breathe in, think, "Breathing in peace." As you breathe out, think, "Breathing out peace," establishing peace within your entire being.

Jaya Devi is the Executive Director of Kashi Atlanta, Urban Yoga Ashram



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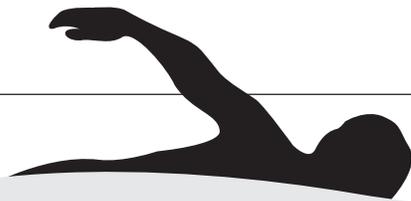
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September 25, 2006
Mike Thurmond
President
Clifton Sanctuary Ministries Inc.
369 Connecticut Ave NE.
Atlanta Georgia 30307

Dear Mike ,
On the eve of Clifton Ministries return to Lake Claire we at Lake Claire Neighbors Inc. would like to take this opportunity to welcome you home after a one year absence. In the 27 years that Clifton Ministries has been a part of our neighborhood your presence here has provided a defining social service program that in turn helps define our neighborhood not only as compassionate community but also unique in the City of Atlanta. The services your ministry has provided for over a quarter century within the heart of residential Lake Claire has profoundly contributed to the betterment of the lives of those you serve and their surrounding neighbors.

We look forward to sending a neighborhood delegation to your annual fundraising dinner in October and pledge our ongoing financial and moral support for the remarkable work your ministry performs.

I hope that the next quarter century in Lake Claire is as mutually beneficial as the last 25 years

Sincerely,
Dan White
President

***The LCNA voted to donate \$1000 to Clifton Sanctuary Ministries Inc. for landscaping.*

LAKE CLAIRE NEIGHBORHOOD ASSOCIATION 2007 OFFICER SLATE

President- Kathy Evans

Safety- Dan Wright

Treasurer- Diane Moore

Secretary- Glenn Frankel

Fundraising - Boyd Baker

Environment - Nabil Hammam

NPU - Dan White

Zoning - *Vacant*

1) We need you to be our ZONING VP. Email president@lakeclaire.org for more info.

2) We need help with NEWSLETTER LAYOUT.

Graphic Designers or Wannabes welcome. Email layout@lakeclaire.org for more info.