

Bulletin for Responsible Scholars, **March 9, 2018**

Welcome to Eckstein.
We are creating a Community of Lifelong Learners!

SCHOOL HOURS: Mon, Tues, Thurs, Frid - 8:55–3:45p.m.; Wed 8:55-2:30p.m.

BUILDING HOURS: 8:00a.m. – 4:00p.m.

Students should not arrive before 8:30a.m.

All Parents/Guardians and Visitors must check in at the Main Office Upon Entering the Building

Mar 11	** Daylight Savings Time Begins
Mar 12	PTSA Board Meeting, 7:00p.m., LRC
Mar 20	Eckstein Choir Concert, 6:00-8:00p.m
Mar 22	Eckstein MS Jazz Band Festival, 7:30p
Mar 23	Eckstein Orchestra Winter Concert, 7:30p
Mar 24	Solo & Ensemble, All Day
Mar 31	**RESCHEDULED ~ Solo & Ensemble, All Day
Apr 2	Band Parent Meeting, 7:30p, Room 118
Apr 9-13	Spring Break, No School
Apr 17	Orchestra Parent Meeting, 7:00p.m., Room 117
Apr 23	PTSA Board Meeting, 7:00p.m., LRC
Apr 23	** SBA Writing Assessment
Apr 26	Eckstein Top Ensembles, 7:30p
Apr 28	Eckstein Rummage Sale, Day
May 3	Student-Led Conferences, No School for students
May 7	Band Parent Meeting, 7:30p, Room 118
May 8	Orchestra Parent Meeting, 7:00p.m., Room 117
May 14	PTSA Board Meeting, 7:00p.m., LRC
May 18-19	Eckstein Musical Performances
May 21-24	** SBA Math Assessment
May 28	Memorial Day, No School
June 4	Band Parent Meeting, 7:30p, Room 118
June 7	All Bands Concert, 7:30p
June 11	General PTSA Meeting, 7:00p.m., LRC
June 12	Eckstein Choir Concert, 7:30p.m.
June 14	Eckstein Swing Dance, 7:30p
June 15	Eckstein Orchestra Concert, 6:00p.m.
June 21	** 8 th Grade Promotion
June 22	Last Day of School, District-wide 1-Hr Early Dismissal

**** = New from last printing**

Eckstein Website: <http://ecksteinms.seattleschools.org/home> If you are already receiving the Bulletins directly to your Inbox, you do not have to re-enroll. If you are new to Eckstein or have changed your email address you need to sign up for Parent Emails and other important announcements that go directly to your inbox. Click here to enroll [Subscribe to Eckstein Parent Emails](#)

Orchestra News: [Eckstein Orchestra Website](#)

Band News: [Eckstein Band Website](#)

Volunteering at Eckstein Middle School

Lunchtime volunteers still needed! We need parent volunteers to help support our students during lunchtime to ensure a fun and safe school environment for all students. Volunteer once a week or every other week for 90 minutes. M/Tu/F lunch time is 11:15-12:45, Weds 10:35-11:55 and Thurs 11:35-1:00. To volunteer or for more information, please email Celeste Hansen at crhansen@seattleschools.org

ECKSTEIN NEWS

****9th Grade Registration Info:** Here is the general timeline for 9th grade risers. The timeline is dependent on when schools receive the list from the District.

- The day before Spring Break – High Schools receive list of risers from the District
- Families will receive Welcome/Registration packets sometime during Spring Break or right after
- High School Counselors will be visiting Eckstein sometime after Spring Break; time TBD

Families can preview High School course descriptions posted on individual High School websites.

****Eckstein ASB Popcorn Fundraiser:** Eckstein's ASB council would love your participation in another round of fundraising through Double Good (formerly Popcorn Palace). Your students will adore these delicious popcorn treats, and they are a great snack for guests. We were delighted with the amount of sales made from our See's Candies fundraiser, and would be honored to collect just as many funds, if not more. These sales will be used for field trips, planners, sports teams, student supplies, student financial aid, and so much more. On March 19, your students will come home with a form, which will need to be turned in by April 6, which is the day before Spring Break. These forms will include the list of different popcorn options, along with pricing. We will be picking up the forms on March 23, 30 and April 6. Once the purchase order is created, we expect 1-2 weeks for the shipment, similar to our last fundraiser. The ASB students tried samples of a couple of the flavors and were thoroughly impressed with the treats. We look forward to your support!

****Eckstein Garden Committee Needs Volunteers:** The Garden Committee has been busy cleaning up the fruit tree beds in the courtyard garden in preparation for mulching. We're halfway done with cleanup and are meeting again **Saturday, March 17 at 11am**. We have gloves and tools, you can just show up if you'd like to help. Donations of cardboard boxes are also welcome. We're aiming to spread mulch the weekend of April 7th and 8th, and need volunteers to complete this part of the project. If you can commit some time spreading mulch on one of these days, please contact Rochelle Lucero at rochelle.lucero@gmail.com

****Spring Sports Practice Schedule:**

- Track – Tues/Thur
- Boys' Soccer – M/Thur
- Volleyball –
 - o Mon – 4:00-5:30 JV Teams
 - o Wed – 2:45-4:00 JV Teams
 - o Wed – 4:00-5:30 Varsity
 - o Fri – 4:00-5:30 Varsity

****Eckstein Track Info from the Coach:**

[Track Spring 2018 Letter](#)
[Eckstein Track Off Campus Running Release](#)
[Track Schedule 2017-18](#)
[Eckstein Track Expectations](#)

****Eckstein Band Rummage Sale:** Our Annual Eckstein Band Rummage sale is set for Saturday, April 28th from 9AM to 3PM. We need your donations to make this year's sale a success! Please set aside your gently used clothing, household items, books, music, furniture, sports equipment and more. Bring your donations to the Eckstein cafeteria on Friday, April 27th from 1:30 to 4PM. Mark your calendars and come to this popular rummage sale event. There will be wonderful bargains, delicious baked goods for sale and lively jazz music from our student combos. Monies raised from the Rummage Sale go directly to our Eckstein Music Programs and are used to support instrument repairs, scholarship funds and off-campus music performances. At Eckstein we work to make our outstanding music programs accessible to every student and family. Thank you for supporting this important event! If you have any questions please email: Maria Callahan at mlcallahan@seattleschools.org or Kristen Yagle at kristenyagle@q.com

Seattle Schools has changed how they record and track immunizations. They have collaborated with the Washington State Immunization Registry service that requires healthcare provider verified records. You can access your family's immunizations and certificate of immunization form through the Department of Health website [MyIR](#). For information and directions click [HERE](#)

Buy Yearbooks Online Now Until 3/22! Yearbooks are available for order online at [schoolpay.com](#) until 3/22 for \$30.00 and is always available in the Main Office with cash or check payable to Eckstein Middle School. Don't delay – order yours now before they run out.

Rescheduled ~ 2018 Solo & Ensemble Contest at Eckstein March 31: *This event has been rescheduled because of a recently scheduled march on March 24th (March For Our Lives). We know many families may be participating in this march, so we have rescheduled this event.* Signup Deadline is Friday March 16, 2018. Musicians of all abilities in sixth through eighth grade are encouraged to participate in this year's Solo and Ensemble contest, to take place on Saturday, March 31. The event gives students in choir, band, and orchestra an opportunity to play a short piece -- individually or with a group -- before a local professional musician who will encourage students and provide feedback on their performance. All participants will receive a medal and certificate. Students should check with music teachers to learn if incentives are offered to those who participate. Registration closes Friday March 16, 2018. We will try to honor all time requests, but the earlier we receive your application the more likely we can make your time request work! Scholarships are available to cover the entry fee. Students are assigned a performance time, so it is a fairly short time commitment on March 31. Please remind your student to bring a copy of their music for the adjudicator to look at while they are performing. If you have questions, feel free to contact your student's music teacher. Click [HERE](#) for information on the contest, and to download the forms for the [Solo Entry Form](#) or [Ensemble Entry Form](#)

Does your student want to play Boys' Soccer, Coed Track or Girls' Volleyball? Athletic Packets are due Monday, March 5. Packets are available in the Main Office or on the Eckstein Website at https://ecksteinms.seattleschools.org/student_activities/athletics

Student-Led Conferences – May 3: During the month of March and April, be on the lookout for information regarding Student-Led Conferences. Student-led conferences give parents/guardians an opportunity to come into the student's homeroom at a scheduled time on May 3 so the student can share his/her goals and progress. Parents can ask questions and comment on student work. The teachers is the classroom host/facilitator and the student conducts the conference. Conferences are by appointment. Parents/Guardians will be contacted about scheduling a time on May 3 by their student's homeroom teacher. Stay-tuned for more information.

Eckstein Garden Committee Needs Volunteers: The Garden Committee is looking for volunteers to help clean up the fruit tree beds in the courtyard garden by laying more cardboard and then topping it with compost. The cardboard can be done little by little, but the compost delivery and spreading should happen over the course of a day or two. Details are still being finalized, but compost spreading will likely happen in early to mid-March. If you are willing to help with this project, or in any way in the courtyard garden, please contact [Rochelle Lucero](#).

Eckstein Sporting Event Pictures for the Yearbook: If you have a digital image of students participating in an Eckstein Sport, forward them to Julia Detering at jrdetering@seattleschools.org

Mr. Weyers is looking for parent volunteers who would be willing to tutor 7th graders in Washington State History: Mr. Weyers is looking for, specifically, 2nd period but he could use tutors in all periods except 4th and 5th. He is looking for coverage every school day, and consistency would be appreciated. Contact Assist. Secretary Celeste Hansen at crhansen@seattleschools.org

MUSICAL INFORMATION - The Pirates of Neverland: Information sheet and audition packets now available in the Main Office, online (www.ecksteinms.seattleschools.org) or there will be packets available on the audition days. Some of the times have changed. Please click on the links. [Audition Packet](#) [Audition Information](#)
Questions? Email Director at ecksteinmusical@gmail.com.

Eckstein Subject Selection Sheets for the 2018-2019 School Year for current 6th and 7th graders are due into the Main Office by Friday, February 16. Please help your student complete the form by prioritizing their selection and

signing the form. If the form is misplaced, you can download the forms: [Eckstein 7th Gr SSS 2018-19](#) and [Eckstein 8th Gr SSS 2018-19](#)

Eckstein Skier Parents/Guardians: Please use the parking lots along 30th Avenue NE to drop off your students on Friday mornings, even with their ski equipment. The back parking lot has too much student traffic to drive through safely.

Yearbook Update: Yearbook price is now \$30. Schoolpay.com is off online for 4-weeks, but you can bring a check or cash to the Main Office.

Eckstein JV and JVC Basketball Games: [Eckstein JV and JVC Basketball Schedule](#)

Texting for Family Notifications: In February, Seattle Public Schools is launching text messaging to help families stay up to date. With this new service you can opt-in to receive text messages on a cellular phone number that is on record with your student's school. [Read more about text messages from the district.](#)

Box Tops! Please continue to send in your Box Tops to the Front Office. Thank you so much for all that have been sent in so far! Each one earns Eckstein \$.10. If you are able to take a moment to cut them down to size and make sure they are not expired that is super helpful. Thanks for your support!

Sign Up for Eckstein After School YMCA Clubs: Registration is available online at www.universityfamilyymca.org. Register online or click on the link below and download a hardcopy. Completed forms can be faxed to (206) 524-8613 or mailed to the University Y at 5003 12th Ave NE, Seattle 98105. Questions, call 206-524-1400. Classes will not be held on No School Days. Registration for transportation will not be guaranteed. Students who fall within the walking range will not be eligible. Mon, Tues, Thurs 3:45-5:15 at Eckstein. Wed 2:30-5:15. Fall Semester: January 22-March 23 [Eckstein YMCA Fall Jan 22 - March 23 2018](#)

Eckstein Basketball Games:
[Eckstein Girls Varsity Basketball Schedule](#)
[Eckstein Boys Varsity Basketball Schedule](#)

Source Accounts: Source accounts parents and guardians set up prior to August 2017 of this year with a username that does NOT match the email address on PowerSchool > Demographics > Student Contact will be DISABLED Saturday, February 3, 2018.

Some parents may still be using these old Source accounts. When you log in, and see an alert, but have not taken action, you will NOT have access to Data Verification Forms or SchoolPay. In this case you will need to provide Eckstein (Sue Wong st Wong@seattleschools.org, Ann Peterson apeterson@seattleschools.org or Julia Detering jrdetering@seattleschools.org) the **same email address for each SPS student in their family** to ensure continued Source access. If the school updates parent/guardian email addresses, the change will take 2 hours to sync with the Source. After waiting 2 hours, the parent/guardian will need to clear the cache on their browser, close their browser, reopen and [set up](#) their Source account with the new email address.

If parents/guardians use a smart phone to view the Source, remember to use a supported browser such as **Chrome** or **Firefox** and the Source URL: <http://ps.seattleschools.org> Do **NOT** install the PowerSchool APP as it does not support SPS customizations.

Update: Student Assignment Transition Plan and High School Boundaries: The Seattle School Board voted **not** to adopt the 2018-19 Student Assignment Transition Plan (SATP) at the Dec. 6, 2017 board meeting. The 2018-19 SATP included recommendations on new high school highly capable pathways for 2019-20. This means that options for programs and enrollment outlined in the 2017-18 SATP will carry forward through next school year. For the full text click [HERE](#).

District Open Enrollment: Key Dates for 2018-19:

Jan. 8, 2018: Online Registration begins for the 2018-2019 school year

Jan. 20, 2018: Admissions Fair for Option Schools at Mercer International Middle School (10:00am - 2:00pm)

Feb. 5, 2018: Open Enrollment Begins; Choice forms available

Feb. 16, 2018: Open Enrollment Ends (on time applications)

May 31, 2018: School Choice deadline (late applications)

Jun. 1, 2018: Non-Resident registration begins

Aug. 31, 2018: Wait lists from Open Enrollment dissolve

Aug. 31, 2018: Non-Resident registration deadline

Girls' & Boys' Basketball Update: Girl's Practice will be on T/Th 4-7:00 PM and Boy's M/W 4:00-7:00 F 4:-5:30 (times will depend on what team your student is placed on). Lists and updates are posted outside the Main Office. Questions, contact Ms. Horton at rghorton@seattleschools.org

Eckstein Middle School – Homework Club: Mondays and Tuesdays from 3:50– 5:00pm until June 5th. Do you need further understanding of classwork, assignments or extra support in your Math, Science, Language Arts or Social Studies classes? Eckstein Teachers are here to support your student. Snacks will be provided and Metro Bus Tokens for transportation home.

- Rody (Rm 216) – Monday 6th grade Math
- Ohashi (Rm 133) – Mondays 8th grade Math
- Smargiassi (Rm 116) – Tuesday 7th grade Math
- Brothers (Rm 208) – Tuesdays 7th LA & SS
- Horton and Evans (Rm 215) – Mondays and Tuesdays 6th and 8th LA & SS

Email Ms. Evans for more information and application at deevans@seattleschools.org

Shop at Amazon and Support Eckstein Band: Shop at Amazon through <http://www.smile.amazon.com> and designate your “**Eckstein PTSA and Band**”. Then, 0.5% of eligible purchases support your charity of choice. There is no added cost to you. If you bookmark this link and use it to access Amazon any time you make purchases, Eckstein bands will automatically receive the benefit! Please spread the word to all your friends and family. These funds will go a long way to offset the costs of the many performances, trips, sheet music and instrument repairs as well as help provide scholarships for those students who needs them. Thank You!

- Go to “Your Account”
- Select “Change your Charity”
- Under “or pick your own charitable organization”
- Type in “**Eckstein PTSA and Band**” (WA State PTSAs are based out of Tacoma/Olympia)
- Hit “Select”, and all your future purchases that you buy at [smile.amazon.com](http://www.smile.amazon.com) goes directly to support Eckstein Band.

Birthday Opt Out: We are celebrating student and staff birthdays this year by putting their names on our monthly birthday bulletin board and sending home a personalized card during their birthday month. We know that not all families celebrate birthdays, so if you would like to opt your student out of this, please email the student's name and grade to stwong@seattleschools.org

Got cool crafting/robotics/programming supplies around you'd like to donate to the library? Student have been using the Eckstein Library MakerSpace at lunch and after school. The MakerSpace currently includes materials such as a green screen and iPad, LittleBits electronics kit, 2 Sphero robots, Makey Makey kits, whiteboard tables, and some fun engineering materials. I will be training some students how to use a Cricut printer and a stop motion animation camera soon! The goal behind the Eckstein MakerSpace is to encourage students to work together and become designers and creators. If you have supplies you'd like to donate, contact the librarian Erin Sterling at emsterling@seattleschools.org to arrange a time to drop-off. Supplies that would be great to have: Lego boards, Lego blocks, small robotics equipment, scissors that could cut cardboard, Playdoh, LEDs, copper foil tape, Keva structures, K'Nex, electronic/robotics parts such as motors, switches, and batteries, duct tape, painter's tape, craft sticks, conductive fabric, conductive thread, or Velcro.

Got Eckstein Sports and/or Music Photos? Can we use them in the yearbook? If so, please email digital images to jrdetering@seattleschools.org.

Phone Calls Home: Robocalls and emails are sent to all contact numbers for listed guardians. To modify this please go to the Seattle Public Schools website: https://www.seattleschools.org/district/calendars/communication_preferences You can only change permission for yourself, so each guardian will have to login separately.

How to Enter Eckstein's Building: Enter through the door at the NW corner of the building, facing NE 75th Street. All other doors are locked during school hours.

To remove your name from the Eckstein mailing list: If your student no longer attends Eckstein MS or if you no longer wish to receive these messages, you can remove your name from our mailing list by scrolling to the bottom of this bulletin and clicking the “SafeUnsubscribe” link.

Community News

(These items are not endorsed or sponsored by Eckstein Middle School)

****Interested in helping your child find positive ways to deal with self-esteem and healthy life style choices when they are struggling with weight issues?** Seattle Children’s and the YMCA work together to bring the ACT! Program to local Y’s. A new session is beginning March 13th at Sandpoint Elementary School. It will be held on Tuesdays from 5:30-7:00 pm. It is an evidence based program that is of no cost to you. A parent or guardian must attend with the students. The program is facilitated by trained professionals. When you and your family participate in the program you will receive a complimentary membership to a YMCA near you for the duration of the 12 week program. A health care professional must co-sign the application. The school nurse at your child’s school is able to help with that. Please contact the Y program director: Cathy House at 206-524-1400 for more information. Click [HERE](#) for application form.

****Aspiring Youth Summer Camps enrollment is open:** Convenient locations in Seattle (NE Seattle, West Seattle and Beacon Hill), Redmond and Bellevue. <http://aspiringyouth.net/enroll.php>

- Aged-based camps: Two mornings per week, we do habitat restoration projects, where campers improve the environment and earn a \$15 weekly internship stipend.
- Theme-based camps: Include: Improv/Theatre, Video Production and Building & Inventing. We also offer girls-only sessions: Girls Rule!.

This year, we also offer Delphi Summer Internship, for clients ages 18 and over. Young adults participate in group internship projects that take them throughout Seattle. [More info click here.](#)

Come Enjoy Nathan Hale's Concert Orchestra, Wind Ensemble and Chamber Orchestra under the direction of Katrina Sibicky in an evening of inspiring music in the Hale Performing Arts Center. Thursday, March 15, 7 pm, FREE. Banh mi sandwiches and treats available with suggested donation

Roosevelt High School Youth Football Camp: Grades 1-8 (as of 2018/19 school year). July 17-20, 10-1:00p.m. @ RHS. Suggested donation \$125.00. For registration information and forms, click [HERE](#). Registration forms are available at <http://roughridersfb.org/camp>.

Raise awareness of proposed safety treatments to NE 35th Street for our friends and neighbors on foot, bike, or in a car. Meet this Sunday, March 4th, 10am, at Cafe Javasti (8617 35th Ave NE, Seattle, WA 98115) with your favorite means of transportation (sneakers or wheels) and travel down 35th Avenue with your neighbors.

WWFHA.com Western Washington Female Hockey Association is having a free try hockey session on Saturday March 10th, 2018 at Highland Ice Arena on Aurora Ave in Shoreline. <http://www.wwfha.com/mar-10-try-hockey-free> [Mar 10 Try Hockey: OPEN](#)

Stone Soup Theatre, Spring Programs: www.stonesouptheatre.org

- Stone Soup Kids – Aesop’s Nonstop Fables (ages 5-7) 4/17-6/6
- Youth Conservatory - Shrek the Musical (ages 8-14) group Auditions 4/16-6/9
- Spring Break Camp – Shrek the Musical (ages 7-14 4/9-4/13 w/extended care

University of Washington’s Summer Youth Program: Registration is now open for our full and half-day middle school programs with a wide variety of STEM and Arts-Humanities topics. For complete details visit our website at: www.summer-camp.uw.edu.

Roadrunner Spring Ultimate Frisbee registration and try-outs: *Roadrunner Ultimate is not an Eckstein Sport and practices are held at the Lower Ravenna Park field.* Spring Ultimate Frisbee practices begin at the end of February and registration is now open. The deadline for registration is Monday, February 5. You can still sign up after February 5, but your student may be placed on the waitlist and we may not be able to accommodate everyone. Please note that Spring Ultimate is a club team and not a school-sponsored activity. Team placement will be determined during the first week of practice (Feb. 26 - Mar. 2). There are generally one or two teams per grade.

Information for the club team is shared via email. If you receive emails from rrspringultimate@gmail.com, you are already on the email distribution list. If you are not on the list, you can subscribe by going to <http://lists.youthultimate.net/listinfo.cgi/all-eckstein-youthultimate.net>, filling out the information under "Subscribing to All-Eckstein" and clicking the "Subscribe" button. If you have any questions or need detailed registration information, please email rrspringultimate@gmail.com. [Roadrunner Ultimate Frisbee Expectations](#)

Ecology Youth Corps Summer Job Info: Students can earn almost \$1500 in a summer. You must be 14-17 and apply at www.ecology.wa.gov/EYC.

Neo Art School 2017-18 Mid-Winter, Spring Break, After School and Summer Break classes: Click [HERE](#) to download flyer. Ages 6-12 years old. Contact: 206-632-2530. NeoArtSchool@gmail.com. www.NeoArtSchool.com

NE Seattle Little League Registration is Open for the 2018 Baseball, Softball, and Tee Ball Season:

- Kids 5-6 years old, NESLL's tee ball program.
- NESLL's softball program is for young girls involved in athletics.
- NESLL's baseball program is for boys and girls ages 6-16 to learn about teamwork and the fundamentals of the game.
- For parents, there are plenty of volunteer opportunities within the league and with your child's team.

NESLL has upgraded to a new registration system and website. Families will need to establish a new account. Please go to www.NESLL.net to set up your account and start the registration process. For baseball and tee ball questions contact nesllbaseball@gmail.com. For softball questions contact Eric Knutson at edknutson@gmail.com.

UW Study on Pediatric Sleep Research: Over the last year UW Interdisciplinary research teams have worked with several children and parents to develop a web-based application to improve sleep in school-age children. They now would like to test this application in a larger number of families. The following is the criteria to participate:

- have a child between the ages of 7 to 12 years old
- the child between 7 and 12 needs to be experiencing poor sleep quality
- both children and parents be comfortable with wearing a fitbit for up to month
- interact with a web application.

Participants will receive Amazon Gift Cards. If you're interested, or know of any other families that might be interested in participating please email or call Laura lpina@cs.washington.edu or call 206-913-9138.

Stone Soup Theatre. Winter Youth Programs Jan 30-Apr 7, 2018:

- Youth Conservatory: Shakespeare's Twelfth Night. Auditions Wed., Jan 31. Classes Wed 4:15-6:15p.m. Ages 8-14
- Winter Break: Greek Myths with Perseus. Feb 19-23, 9-3:00p.m. Ages 7-14
- SummerStage 2018: Registration begins Jan 3rd.

Questions? Contact Jeremy at (206) 388-9212 or education@stonesouptheatre.org. www.stonesouptheatre.org.

Middle School Essay, Poster, and Video Contest: "BIOMEDICAL BREAKTHROUGHS AND MY LIFE" Get Your Students Excited About the Life Sciences! Open to all the middle school students in the Northwest* –NO ENTRY FEE! Entries must be submitted by March 15th, 2018! <https://www.nwabr.org/events-programs/student-events/middle-school-essay-poster-and-video-contest>

North Seattle Lacrosse for Boys Grades 3-8: Registration is now open for North Seattle Lacrosse 2018 spring season. Space is available for players in 3rd, 4th, and 6th grades. Prior lacrosse experience is not required. Our mission is to teach the fundamentals of lacrosse, team play and sportsmanship. We encourage learning in a supportive environment where individual effort is affirmed and mistakes are recognized as the foundation of mastery. We believe that winning is important, but consider the opportunity to teach life lessons and for everyone to play higher priorities. Join us! For more information or to register, please visit <http://www.northseattlelacrosse.org/>.

Seattle Cascades – Ultimate Clinics and Events: Sessions from beginner to advanced. Open to all genders. <http://www.seattlecascades.com>

