



Cascade Highlands Herald

www.neighborhoodlink.com/vancouver/cascadehighlands

September 2009

A little time, a little effort, makes for a better neighborhood!

New Move-Ins to the Neighborhood

If you just moved in (or have a newly moved-in neighbor) and would like to receive our welcoming newcomer 'information sheets', please contact Jean Kent 896-7291. THANKS, and *welcome to the neighborhood!*

Current CHNA Bank Balance

Original balance of \$980.59 + \$250.00 in garage sale fees + \$15.00 in additional donations to CHNA - \$212.86 for garage sale costs = \$1032.73.

\$1032.73 + 3,267.64 for Homestead Acres fence painting - \$1,000.00 down payment for painting work = \$3,300.37.

Because First Independent Bank is now charging non-profit groups such as CHNA a \$24.00 yearly fee, we switched our checking account to a different type at First Indy. We will need to revisit this situation next August to see if the fee will be waived again, or if we will need to move our money to a different bank.

Thank you to all of our dedicated newsletter distributors - you help make Cascade Highlands a great place to live! Thank you to *Judy and Dick Bird, Eileen and Joe Blackman, Gary Bohman, Joe Byrne, Jennifer*



Chariarse, Rosenna and Ken Cheng, Cecil Davies, Marion Dittman, Son Do, Julie Dunn, Terry Fraser, Edith Hartley, Jim Hoover and Shareefah Abdullah, Ann Horstman, Brenda Jensen, Erika and Mark Johnson, Jean Kent, Annette Leone, Peggy Liang, Sheila McKay, Doug Mineau, Leane Olmstead, Holly Orr, Pat Poe, Diane Pudans, Ron and Shirley Royer, Barbara Scherr, Steve Schmidkofer, Marianne Stein, Jim Strouse, Anne Vitort, Chelinda Weber, and Bill Wilton for helping with the last newsletter.

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The Annual Cleanup Report

A high, thin haze kept the temperature down to merely hot (rather than miserable) on our Neighborhood Association Cleanup Day, Saturday, July 15th. Thirty-six Bella Vista, 109 CHNA dumpster, and 61 CHNA chipper coupons were used by neighbors. Nine bicycles (and \$50.00 for their donation to the Cycling Center), 990 pounds of food and \$141.00 was donated to F.I.S.H. (Friends In Service to Humanity) of Orchards. Casey, Tim, and Bob from Waste Connections - three employees who have worked our cleanups for years, worked hard, were cheerful, funny, and cooperative. Our neighbors who donated their time - Susan, Joseph, Erika, Mark, Dan, Cynthia, Cynthia's friend, Pat, Gary, Eileen, Joe, Jim and Shareefah all helped make the day a successful one. Jerry and Bob from Bella Vista N.A. also donated their time and muscles.

Pickup owners Bob, Pat, Bryan, Joe, and Shareefah allowed us to use their trucks to transfer recyclables (THREE, count 'em, trucks full of block foam, one (but two trips), of garden pots, one of bicycles) which really helped out. GoodWill brought a truck which had enormous (like even bigger than watermelon boxes) cardboard boxes in it, and we filled almost all of them with cardboard, electronics, clothes, and miscellaneous items. Ralph and his family took all the metal - what a gift that was! Three pickup loads and a big trailer piled high with metal is what we 'produced' in our cleanup (and to think that we used to just throw all of that metal away).

Greg, with Stephen's help, made two trips with his pickup to the back side of Mtn. View, ferrying all the donated lawn mowers for the small engine class at the high school.

Some neighbors made multiple trips to the cleanup, carrying their own and their neighbors' yard waste or dumpster items to the cleanup. Yeah for NEIGHBORLINESS!

Here's a big thank you to Waste Connections and to the City of Vancouver for paying for the chipper, the packer trucks, the dumpsters, the tipping fees and the city and W.C. worker salaries to make our cleanup a success. The partnership of volunteers and positive city and

company staff members makes this worthwhile event possible.

Thanks again to all who helped out!

One thing we learned is that Shorty's won't take just 'any' used garden pot. They only take pots which originate in a nursery setting. The rest of all those zillion garden pots we 'collected' were delivered to the rigid plastics recycling bin at the transfer station. THANKS, Shareefah and Jim!

N.A. Activated Cleanup-Type Activities

1. Yard debris and tire coupons - good between April 1 and June 30. Are attached to our March newsletter (usually, anyway)
2. Curbside pickup of non-working major appliances - call in February and March for pickup in April
3. Neighborhood Cleanup (includes chipper) - in July
4. Leaf Disposal coupons - good from October 1 through mid-December. Are attached to our September newsletter (again, usually!)

CHNA Sparkle Award Winner

This year's Cascade Highlands N.A. Vancouver Sparkles award winner is Mike Stroy, who regularly and faithfully cares for and empties the doggie-doo garbage can in our beautiful Homestead Park. We appreciate Mike's follow through and his other efforts to keep our neighborhood litter-free and pleasant. Thank you, Mike!

Water Donators

Here's a big thanks to neighbors who've offered their water to be used to nourish our neighborhood trees and baby bushes: Carol, Bob, Jennifer, Son, Pam, Roy and Ramona, Bob, Joan, and Ronald & Joann. THANKS!

Upcoming Dates

Block Foam Collections - Oct. 3, Dec. 5; both at Fisher's Landing Transit Center (3510 SE 164th Ave.) Questions? 619-4120 or www.cityofvancouver.us/solidwaste.



Prevent Auto Theft & Auto Prowls!

Our Neighborhood Police Officer Charlie Ford provides these tips to keep your car and belongings safe:

1. Lock your car doors and close your windows.
2. Don't leave valuables in your car. If you do, make sure they are kept out of plain sight—hide them under a blanket, or better yet, lock them in your trunk.
3. When transporting valuables, place them in the trunk before you get to the location where you intend to park. Don't transfer them at the parking place in open view of other people.
4. If you have a garage, use it.
5. Don't leave your garage door opener on the dashboard or front seat. Put it in your glove box, hide it, or take it with you.
6. Always park in a well-lighted area.
7. Use slide or portable mounts on add-on radios, citizens' band radios (CBs), tape decks, and telephones. When you leave your car, put them in the trunk or take them with you.
8. Mark radios, CBs, tape decks, telephones, batteries, wheel covers, and tires with an Operation Identification number. If the stolen item is found later, the number can be traced back to you. To enroll in Operation ID, contact Community Crime Prevention/SAFE at 612-673-2749.
9. Remember: briefcases, sunglasses, clothing, keys, gym bags, and small change are all tempting to a thief.
10. Leave only the ignition key with the parking attendant in a commercial parking lot.
11. Keep your driver's license and vehicle registration with you. Left with the car, the documents can be used by a thief to impersonate you when transferring the car's ownership.
12. Car keys left at home (or at your business) should always be hidden. This will help prevent the theft of your vehicle if you are burglarized.
13. There are locks made for various marketable parts of cars. Battery locks, wheel locks, and special tape deck lock mounts can save these items plus any damage that may occur in the process of stealing them.
14. Install a locking gas tank cap to help prevent gasoline theft and limit a thief's driving

range.

15. Park the front wheel turned sharply to the right or left, making it difficult for the professional thief to tow your car away backwards.

16. With front wheel drive cars: When you park, pull on the emergency brake and place your vehicle in Park. If you have a stick shift, pull on the emergency brake and shift into forward or reverse gear. All four wheels will be locked, making it difficult for a thief to tow your car.

17. Call 911 as soon as theft occurs.

New Catch Basins on McGillivray

The pavement around the new catch basin at Park Crest and McGillivray has been replaced. We're awaiting the upgrade to the pavement at the intersection of Briarwood and McGillivray. Thanks, City of Vancouver Operations! We hope the rainwater drains better and will no longer pool at those intersections.

Homestead Park Maintenance

We spoke with the man who maintains our beautiful Homestead Park and he reported that over the summer 20 (that's TWENTY!) sprinkler heads had been broken off (this results in the brown spots in the grass because that area does not get watered, plus the water is mostly just wasted by overwatering the area in the immediate vicinity of the broken sprinkler head). He said that kids wait until the sprinklers come on in the middle of the night and then kick the heads off. This vandalism starts when school lets out in June and stops when school starts up again in September.

Homestead Acres Fence Painting

Almost all of the periphery fence owners of Homestead Acres have decided to have the outside of their fences repainted. The 164th Ave. fence will not be repainted. At this writing, we're in final negotiations with the painter they have hired. The fences will be pressure washed and painted white. The contrasting vertical support posts will be painted the contrasting color as before.

CERT Classes Coming This Fall

Are you ready for a disaster?

Can you and your immediate neighborhood be self-sufficient for at least three days after a disaster?

Who will help the injured and rescue trapped victims in your neighborhood if rescuers are not available?

C.E.R.T. (Community Emergency Response Team) volunteers receive 20 hours of training in disaster preparedness, fire suppression, basic disaster medical services, light search and rescue, team organization, and protection against terrorist threats. C.E.R.T. members act as an extension of first responder services by offering immediate help to victims until professional services arrive.

Fall classes are scheduled for Oct/Nov. For registration go to

<http://www.ci.vancouver.wa.us/parks-recreation/index.asp> click "Rec Connect," click "Classes & activities tab" & enter class number (65839) where it says "Find Class".

The Vancouver Fire Department is pleased to support the development and training of a grassroots group of citizens who are committed to responsible preparation for community emergencies.

Ongoing refresher training is available to citizens that have completed the basic C.E.R.T. course. Refresher training for the Vancouver area is held:

The second Tuesday of each month at 7 p.m.

Walnut Grove Fire House, (VFD Headquarters), 7110 NE 63rd Street, Vancouver

Contact: Tami Kihs, Vancouver Emergency Management Coordinator, (360) 487-8627 or tami.kihs@ci.vancouver.wa.us.

The third Wednesday of each month at 7 p.m.

Clark County Fire District 6 - Station 1, 8800 NE Hazel Dell Avenue

Contact: Dawn Johnson, CCFD6 Public Information and Education, (360) 576-1175 or dawn.johnson@ccfd6.org.

Use of Postcards to Communicate with Neighbors

For the first time in our N.A. history, we sent out postcards to all residents residing within our boundaries. Those of you who regularly receive a hand-delivered newsletter received a post card also and thus received two notifications of the garage sale and the cleanup. Our main purpose in asking the city to distribute the postcards was to ensure that the apartment dwellers would also receive direct communication from us as we only deliver our newsletters to the apartment managers and it is up to them to inform their tenants. [It is also possible for everyone to view our newsletter online at the city's website or directly using our web address.]

No one living in the apartments participated in the garage sale nor brought items to the cleanup and used the post card to identify him/herself.

One neighbor wrote on the post card used at the cleanup that he thought the post card was easier to manage than the dumpster and chipper coupons were.

If you have an opinion on using post cards to communicate future neighborhood events, please contact your chair, Jean Kent with your idea(s). At this point, we are allowed to use post cards once a year. Thanks!

Downed Streetlight on Greenpark

The Greenpark streetlight which was knocked down in July will be replaced in October. The city doesn't have a pole available right now, and the crews are busy on other projects anyway.

Keep Watering those Baby Trees!

If you have a tree three years old or younger, please give it 10 gallons of water all at one time per week. If it's really hot, water it more frequently. Deep watering promotes deep root growth which helps the tree thrive in our dry summers and prevents sidewalk or driveway disturbances. Ten gallons is water flowing from the hose at the rate of the diameter of your little finger for approximately 30 minutes.

Alert Clark County Sign Up: Be Informed!

Clark County has implemented an emergency community warning system that is able to send emergency messages via telephone, cellular phone, Voice over Internet Protocol (VoIP) and email to residents and businesses within the county. This system may be used by emergency response personnel to notify specific homes and businesses at risk with specific information about the emergency event. You will only be called when the associated address will be impacted by an emergency.

The system is already programmed with landline phone numbers (both listed and unlisted) from phone company records. HOWEVER, unless you take the actions described below, it cannot contact your cellular phone, VoIP phone or email address. To ensure that you receive these warnings you will need to register the telephone numbers for your cellular phone, Voice over Internet Protocol (VoIP) phone, and email address.

If the call is picked up by an answering machine it will leave a message and not retry the call. If the number is busy or does not answer, the system will make two additional attempts. Also, this system can contact TTY/TDD devices used by the deaf and hard-of-hearing community.

Common reasons to sign up:

- Receive emergency information affecting your home
 - Receive emergency information for locations other than your home (like your business or another family member that you care for)
- Type of information you may receive:
- Police needing your help to solve crimes or find missing persons
 - Knowledge about a hazardous situation near your home (fire, hazardous materials release, or police response activities)
 - Emergency protective measures during a disaster

Receive current emergency and preparedness information by subscribing to CRESA's blog and Twitter feed today.

CRESA's Blog: www.cresa911.blogspot.com.

CRESA's Twitter: www.Twitter.com/CRESA.

Need Shade? Friends of Trees Can Help!

On Wed., July 29, as afternoon temperatures soared in the 100s, Friends of Trees staff greeted drivers, bicyclers and pedestrians by waving signs that said "Trees = Shade" and "Plant Trees Today for Shade Tomorrow." Using a Fluke Infrared Thermometer, a FOT staff member showed that the temperature of the pavement rose to 150 degrees in the sun while the pavement remained a relatively cool 100 in the shade of a tree.

This shows how much difference the shade of a tree can make when the weather is hot.

City trees improve our health and the health of our environment in other ways also.

- Trees provide shade to reduce the amount of energy we use to cool our buildings, and they release mist through transpiration to cool the air around them.
- Trees reduce the urban heat island effect created when pavement and rooftops absorb heat and retain it through the night, keeping the city from cooling.
- Trees minimize the elevation of surface temperatures that increase ground-level ozone formation and harmful smog.
- Trees cool runoff from pavement, keeping rivers cooler and protecting endangered fish.

Friends of Trees is celebrating 20 years of bringing people in the Portland-Vancouver metro area together to plant and care for city trees and green spaces. Happy Birthday, FOT!

Do CHNA's 'Public' Bushes Need Trimming?

Perhaps you've noticed that many of our 'public' bushes, such as those on SE 160th Ave., Park Crest, 18th and 17th Streets, and McGillivray have grown and are looking a bit ragged. These bushes grow on the ROW - Right of Way. In the past, they have been maintained by either the Operations crew, or the county Offender crews. Due to budget cuts those groups are no longer able to do this work. So, if a neighbor would be willing to take a ½ hour with your clippers or trimmers, a rake, and an empty yard-waste bin, it would really help to make these 'public' areas look good again.



Recycling Idea - WORMS Eat My Garbage (well, some of it)

by Jean Kent

You can set up a worm bin very easily. Worms happily munch their way through your apple cores, potato peelings, watermelon rinds (their FAVORITE), banana skins, and floppy carrots. They produce worm 'tea' which can be used in place of liquid fertilizer concentrate, and they produce wonderful compost (known as worm castings) for your garden.

Here's what you need to set up your own worm bin:

A large plastic bin with a 'snapping' lid (15" x 19" x 32", or a slightly smaller one 15 x 17 x 24), a ½" drill bit/and drill, a sheet of black plastic the size of the inside of the bin, a five inch stack of newspapers (which weighs about 11 lb.), a small shovel of dirt, red worms (*Eisenia foetida* or *Lumbricus rubellus*), a few odd pieces of wood, a writes-on-anything pen, water (3 X the weight of the paper or 33 lbs. of water, or 4 gallons), vegetable peelings, skins, cores, etc., and a shallow bowl you don't care about. (I cut off the top ⅓ of an old 'tupperware' bowl and it works great!)

Drill 8 semi-evenly placed holes in the lid (let your artistry GO!).

Drill a hole in one corner of the bottom of the plastic bin. Write HOLE with an arrow down on the outside corner of the bin above where you drilled this hole (so you'll know where the hole is without having to peer underneath the bin).

Tear the newspapers into 1" wide, or narrower, strips. (You can also use the effluent from your paper shredder which the worms think is luxurious bedding indeed.) Place these in the bin.

Toss in the dirt in a thin sprinkling.

Add 3x the weight of the newspapers of water.

MIX

Add your worms and (yum yum) onion skins, celery tops, brown lettuce leaves, tea bags,

coffee grounds, whatever vegetable matter you have. No cheese, meat, egg, or other protein or fat. Worms don't eat that stuff and it just molds in your worm bin (yuck).

Cover up the mixture of worms, food, and newspapers with a sheet of black plastic. (Wormies like it DARK!)

Snap on the cover.

Place the bin so that it is at a slight angle off the horizontal and the worm 'tea' which is produced will run out of the hole you drilled in the bottom corner. Place your unneeded bowl under the hole to catch the tea. You'll need to empty this when it gets towards being full. [Dilute the 'tea' with water 1:10 before watering your plants with it. (I didn't do that the first time I used the 'tea' and almost killed all my new marigold plants!)]

I keep a bag of newspapers (or the shredder 'results') next to my worm bin so that when I add my vegetable leftovers/rejects to the bin, it's convenient to tear up a section of newspaper (or grab a handful of shredded paper) to cover up the retired veggies.

This bin should not be placed in the sun, nor should it be unprotected when it freezes or gets really cold. I leave my bin outside in the winter, but 'winterize' it with a 'jacket' of cardboard and an old sleeping bag for insulation when the thermometer dips below freezing. The worms greatly slow down their consumption of veggies when it's cold.

Sometimes I get fruit flies, sometimes I get some non-red-wormy type thing or other 'fauna', however, all the critters hang out together in the bin with seemingly no upsets.

After a few months, I separate the worms from the compost and add the compost to my garden beds, saving the worms in the bin for their future composting genius. If there are seeds left over from your cantaloupe (or whatever), you just might get a cantaloupe plant growing in your garden! Questions? Give me a call. I might know the answer, but if not I can certainly find an informational reference.

Car Washing Suds?

Do you wash your car using a sudsy product, or even a biodegradable soap? What do you do with the leftover water? Please flush it down the toilet or put it on your grass; do not allow any sudsy water to go into the storm drain. The sudsy water contains soap, grime, oils, grease, and metals (from the brake pads) which is a huge threat to aquatic life. Soaps in particular dissolve the protective mucous layer on fish and also the natural oils in the fish's gills. That makes the fish more susceptible to disease. Let's help keep our waterways healthy for fish (and for humans). Dispose of your car washing 'water' in the toilet, or toss it on your grass. Please do not put it in the street to flow down the drains to the river.

Bring Change to Homestead Park?

A neighbor has suggested that we set up a Disc Golf course in Homestead Park. This idea brings up several issues:

- 1) Do we want our park to have a disc golf course? In general, the park is currently used for 'passive' use and views, not 'active' use although there are some areas which serve that purpose. Is the park large enough for a reasonable course?
- 2) People from outside of the neighborhood will travel to use the course. Do we want that to happen? Do we have facilities to handle additional visitors like restrooms and sufficient parking?
- 3) Setting up the course will take money which the city does not have available in its park budget. How would we finance the installation and maintenance of a disc golf course?
- 4) To make a change as significant as this to the park requires an update to the master plan which is a large public outreach effort.

If you have an opinion on our pursuing changing the ambience of our park to include disc golf, please send an email to jeaken@pacifier.com so we can compile the responses. Thanks.

July 13, 2009 Homestead Park Dessert Meeting Notes

1. Police Chief Cook – Chief Cook passed out Neighborhood Crime Statistics, including the past 30 days of criminal activity, a pie chart of crimes for the year (by type) and total crimes for the year (by type). The Chief noted that there has been a 13% decrease in overall crimes reported this year in Cascade Highlands, compared to last year. For stats, call 487-7353 or go online at www.vanpolice.org.

Chief Cook also discussed the N.O.W. (Neighbors on Watch) program and how people could get involved in it. For more information on how neighbors can get involved in different ways, call 360-487-7455 or go online at www.vanpolice.org.

2. Treasurer's Report - \$980.59 + \$50.00 garage sale fees so far. It was agreed that Natalie Pinzone would continue to be our treasurer. Also, it was noted that it would now cost \$24.00 per year to have a checking account for CHNA through First Indy Bank. It was brought up that a local credit union might have a better deal, so that will be looked at.

3. Cleanup signup – Jean Kent. It was noted that the cleanup event would be on Saturday, July 25. Goodwill is accepting most items (they take an average of 90% of all items that people bring, the rest goes into the trash), so there was a request for 2 additional pickups to handle other recycled items.

4. Garage Sale – Jean Kent. It was noted that the sale would take place on Friday and Saturday, from 9-3 p.m. There were 31 people signed up for the garage sale so far and Jean said that participants would get packets on Wednesday or Thursday.

5. NTSA Report – Dan West. Neighborhood Traffic Safety Alliance doesn't have much money to distribute this coming year.

6. NNO (National Night Out) – Jean Kent. It was noted that National Night Out is the first Tuesday in August (August 4th) and is a great opportunity to get together with your neighbors on your block.

7. Urban Forestry – Erika Johnson, Liaison Urban Forestry Commission. Erika noted that Urban Forestry recently launched a “no topping” campaign in an effort to raise awareness about the improper pruning practice that can be devastating to our trees. The city planted 954 trees last year and 5,000 trees and shrubs at Leverich Park. Trees provide numerous benefits including cleaner air and water. In Cascade Highlands we have planted over 300 trees in our seven annual plantings.

8. Homestead Acres Fence Painting – the idea was brought up not to have individual homeowners do it, but to hire a painter instead. There had been trouble getting painters to be responsible about returning calls and showing up for an arranged meeting. One estimate would have each resident of that area pay about \$95.00.

9. Topics of Interest or Concern - a neighbor recommended that we thank the higher ups in charge of parks for the outstanding maintenance of our beautiful park.

10. Sharing of Desserts/Neighborly Camaraderie

The City of Vancouver supports the Neighborhood Associations in their effort to share vital information with residents to create a more informed public. However, the information provided and the opinions and views expressed in Neighborhood Association newsletters or other documents, do not necessarily represent the position of the City of Vancouver, nor does the City determine whether the information published is accurate or appropriate.

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