



# Cascade Highlands Herald

[www.neighborhoodlink.com/vancouver/cascadehighlands](http://www.neighborhoodlink.com/vancouver/cascadehighlands)

October 2012

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

## Important Neighborhood Dates

### 1) CHNA Tree Planting, November 17

See article on page 4 for more information.

### 2) Leaf Drop Box, December 1,2

Location: SE 19<sup>th</sup> at 159<sup>th</sup> Place

## Current CHNA Bank Balance

Current Balance is \$2,680.33. Park maintenance funds are \$660 (+ an additional \$425 in our foundation account); monkey bars replacement portion is \$2020.33. [We need \$4400.00 per season to keep our park green and mowed.] We are also saving money to go towards the installation of replacement monkey bars in our park and the ADA (Americans with Disability Act) upgrades which are required as part of that installation.

This total includes the addition of \$100 from the city in recognition of the recycling we do during our cleanup, as well as several curb painting donations and a donation for the park maintenance.



**Thank you** to all of our dedicated newsletter distributors - you help make Cascade Highlands a great place to live! Thank you to David Bilby, Judy and Dick Bird, Eileen and Joe Blackman, Gary Bohman, Joe Byrne, Rosenna and Ken Cheng, Cecil Davies, Marion Dittman, Julie Dunn, Edith Hartley, Ann Horstman,

Brenda Jensen, Erika Johnson, Jean Kent, Larry and Carol Kirk, Annette Leone, Peggy Liang, Yu-Ying Liu, Bob McDaniel, Sheila McKay, Elise Miller, Doug Mineau, Holly Orr, Pat Poe, Roseanne and Tony Ran, Barbara Scherr, Steve Schmidtkofer, Marianne Stein, Donna Stolz, Jim Strouse, Mike Stroy, Anne Vitort and Bill Wilton for helping with the newsletter.

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## CHNA Cleanup - 2012 Version

"This is SUCH a great community event!" exclaimed one neighbor as she exited the parking lot in her newly empty van, "All this stuff has been sitting next to my garage for TWO YEARS!" Many people - 111 Dumpster coupons-worth (and some of those made multiple trips) shared that sentiment! We filled two truckloads of bulky items totaling 5.93 tons for the packer trucks, and three drop boxes of yard debris totaling 6.01 tons. We also recycled metal which was handled by Marcus' two workers. (Ralph was unable to come.) Next year, we have the option of pocketing the money from the recycled metal for CHNA which will be excellent for our treasury, but will require an additional volunteer as the metal guys have always worked hard to snag all the metal people bring to the cleanup.

People participating in the cleanup donated 748 pounds of food, personal care products and \$35.00 to F.I.S.H. of Orchards. Don, the president of F.I.S.H. said that 'our' food is sorely needed and he was very grateful. The chipper and yard debris bins were also busy; 58 chipper coupons were used to dump the yard debris gleaned from cleaning up yards around the neighborhood. We donated 5 bicycles (and their processing donation) to The Community Cycling Center in Portland.

We cannot provide this service without volunteers, so please be sure to thank your neighbors who volunteered to spend two+ hours on a beautiful Saturday to help us spiffy-up our neighborhood: Mark Crawford and Jean Kent stayed for the entire 4 hours, Rob Orr, Pat Poe, Cynthia Poe, Mark Harris, Gary Bohman, Dan West, David Bilby, and Joseph Liang all worked a shift to make this event work smoothly. Rob, Pat, Mark C., and Gary all volunteered their vehicles as well as their time to deliver bicycles (to Portland), block foam (to 4th Plain), and garden pots to (NE 117th Ave. transfer station).

The city provided us with a chipper and two people to work that. Waste Connections provided the workers to drive the packer trucks and the yard debris bin truck. Goodwill

provided a big truck into which we put electronics as well as a myriad of recyclable items. And Evergreen Public Schools allowed us to use one of their parking lots.

Neighbors also donated money for our beautiful Homestead Park: \$30.00 for the maintenance fund, and \$89.00 for the monkey bars. THANKS everyone!

## SE 159th Place Spruced Up

On Saturday morning, August 11th, close to a dozen Homestead Place residents came out to trim the knickknack bushes lining the attractive entry street. People trimmed, raked, pruned, pulled, swept, dust-panned, blew, and shared muscles and comraderie all in the effort to spruce up the area. A few extension cords bit the dust, and there was one finger injury requiring stitches, but the morning was a successful neighborly effort.

There was a broom, a rake and an extension cord (cut or not - we're not sure LOL) left over. Call 896-7291 if you're missing yours and you worked that morning. THANKS to ALL!

## Thanks for Sharing Water

Here's a **big** thank you to all who've let us use your water to give our baby bushes and some neighborhood trees a drink this summer: Pam, Jill, Bob (Sunpark), the Poes, Karen, Linda F and Linda G., Lynne, Geraldine, and Don of West Highland Brewing. The dry season isn't over yet, so we'll still be hitting you up occasionally!

## Free Leaf Disposal Coupons Attached

The coupons attached to this newsletter are good from **October 1 - December 20** and are good for up to 5 cubic yards of LEAVES ONLY, at three local area drop-off sites. (Yard debris or mixed loads will be charged at the regular price.) These coupons encourage prevention of street flooding in the neighborhood and allow us to handle a greater number of leaves than that which fits in our roll carts.



## Timeline for a BIG Neighborhood Project (painting the 164th Fence)

1) Leadership decided to take on the project of repairing and repainting the 'outside' of the 164th fence between Village Loop and 15th St.

2) Formed a committee - Mark Crawford, Jay Altenhofen, Jean Kent, Len and Jen Jensen, Andy Sulla, and, later David Bilby.

3) Committee met on a regular basis. Decided on basic plan. Contacted various companies/individuals regarding paint and painting.

4) Committee published a memo describing basic tasks and plan, distributed memo to all 101 residents of H.A. (Homestead Acres).

5) Contacted the City whose crew accomplished trimming of large trees and bushes on 164th side of fence.

6) Committee members visited all 101 residences to explain project in person and collect donations. Followed up visits repeatedly on people not home. As of this writing, over \$4K has been donated to this ongoing project from residents and even neighbors who live outside of the H.A. boundaries. Thank you to all who have donated! Also, all H.A. residents were strongly encouraged to join nextdoor.com so communication could be facilitated and neighborliness facilitated.

7) Volunteers cleaned rest of leaves, debris, dirt, litter, and etc. (including an 'experienced' i.e. rusty water main street hole cover). "Corner" areas trimmed/cleaned up.

8) Committee members evaluated the condition of the fence, figured repair materials, purchased said materials, and repaired the fence panels in need of repair.

9) Volunteers pressure washed the fence.

10) Neighbors voted on fence paint color.

11) Painters contracted and one was hired.

12) Final high-quality paint applied on post boards.

PHEW!

Future projects for H.A. committee and residents include: Painting the 'inside' (163rd Place side), pulling weeds, trimming bushes, raking leaves (and more leaves!), possibly spreading barkdust on appropriate locations around the periphery. Repainting remaining periphery fence when needed. Ultimately, the goal is to replace the wooden fences with brick or some other kind of permanent fence which does NOT need painting and which will increase the level of protection for the development from traffic noise.

## Homestead Acres Maintenance Project Budget Report

Income (to date) \$4,520.00

### EXPENSES:

Bank fees (check printing) \$15.55

Fence Repair Materials \$127.16

Paint & Labor (Jeff Pulliam) \$2,850.00

TOTAL EXPENSES \$2,992.71

CURRENT BALANCE: \$1,527.29

## nextdoor.com

Cascade Highlands has set up our very own social media site which can allow you to be connected to your neighbors on-line. The website is <https://cascadehighlands.nextdoor.com/join/> and you can join and can invite others within our neighborhood to join. You can enter personal bios (or not), use the site to look for an item you want or sell something you want to get rid of (or not), write reviews of restaurants or whatever (or not). It's yours to use as you see fit.

The Homestead Acres area has their own nextdoor.com account and would like everyone with internet access to consider joining. The address for that website is [homesteadacres.nextdoor.com/join/](https://homesteadacres.nextdoor.com/join/).



## Caring for Your Street Tree and Our Community Forest

You can help keep Vancouver's street trees -- those are trees which are planted in the

dirt/grass planting strip right of way between the sidewalk and the street -- in good condition.

If you have a street tree in front of your home, please make sure to keep it properly pruned. Don't top the tree: prune the branches so they are about 10-12 feet from the ground on the street side and about 7 feet from the ground on the sidewalk side. That way, both vehicles and people can easily and safely move around our urban forest. One caveat: If you're 7-feet tall, take extra care not to bump your head!

Neatly pruned trees also allow the city's street sweeper the room needed to get close enough to the curb to brush away the debris which accumulates there. It's important to keep the street and sidewalk clear of colorful autumn leaves by composting or including leaves in your yard debris cart. Never sweep or blow them onto the street where they will clog stormwater drains and cause standing water when the rains return. To help with fall leaves, look for leaf disposal coupons in the Recycling Refresher, mailed to all Waste Connections customers in October, or in this newsletter.

Not sure how to properly prune your street tree? No problem: join Vancouver Urban Forestry for a free pruning workshop. Contact 487-8308 or [urbanforestry@cityofvancouver.us](mailto:urbanforestry@cityofvancouver.us) for upcoming workshop dates. Interested in learning more about upcoming planting events, tree regulations or hiring a tree care professional? Visit [www.cityofvancouver.us/urbanforestry](http://www.cityofvancouver.us/urbanforestry). Thanks for your help in keeping our community green!

## This Winter's Tree Planting

If you're interested in participating in this year's CHNA tree planting you can go to the [friendsoftrees.org](http://friendsoftrees.org) website to sign up. Our planting date is 11/17/12. We will participate with the Fishers Creek N.A. The last day to sign up on the website is 10/15 and the last day to place your tree order will be 10/29. Questions? Please contact Erika Johnson.

## Donating for Homestead Park Through the Foundation Website

If you would like to donate towards the upkeep of Homestead Park through the Parks Foundation website, please go to <http://www.parksfoundation.us/support/donate>, click on "Make a Donation" and under "Descriptions", type in "Homestead Park Maintenance". That way you will receive a receipt from the foundation for the tax-deductible donation. The one negative to donating in this manner is that the credit card companies deduct their fee from your donation amount.

You may also donate directly to the CHNA account, but you won't receive a tax deduction for your donation.

## New Social Service Connection

The county has begun an additional way for you to connect to social services such as rent assistance, shelter, food pantries, low cost medical clinics, non-profits, faith-based organizations and other state and local governmental agencies. Now you can text them at 898211. Online? <http://211info.org>. Phone? dial or click 211. *211info* is funded by United Way, grants and local governments.

## Information about Local Street Resurfacing

This summer, Vancouver residents have experienced paving and other preventive surface treatments on several major streets around the community and on a number of neighborhood streets east of Interstate 205.

It's all part of the City of Vancouver's annual Pavement Management Program, which will put an estimated \$5 million to work in our community this year. To learn more, please visit [www.cityofvancouver.us/pavement](http://www.cityofvancouver.us/pavement) or call the Operations Center office at 360-487-7708. For questions related to the actual microsurfacing, slurry or cape seal construction work, please contact the city's Construction Services office at 360-487-7750, between 7:30 a.m. and 4:30 p.m., Mondays through Fridays.



## Newsletter Distributors Needed

We need individuals willing to be a distributor of this newsletter. Our newsletter-distributor organizer, Erika

Johnson, 260-9140, will be happy to offer you a route. THANKS. At this time we need four routes covered; each route has about 35 houses. We also need subs for when a regular deliverer is temporarily unable to deliver his/her a route.

## Is Your Street Address Readily Visible?

The Fire Department asks: Is your home's address easily seen from the street? Please consider posting your address in a highly visible place. In an emergency, you could really benefit. For a painted curb address, you may call Jean (896-7291) and we will paint your address on the curb in front of your house. We'd like a donation to the park fund, but will do it for free if you cannot afford a donation.

## Can Your Toothpaste Packaging be Recycled?

Probably not! And most likely not your aluminum foil box also. Why? Because it has some silver (aluminum) somewhere on the surface of the label - all the better to get your attention, thinks the manufacturer. However, this causes an expensive and wasteful problem: the cardboard is recycled with no difficulty, but little bits of metal are left in the paper slurry which is then used to make additional cardboard which is used in different packaging, like a cereal box.

One of the last parts in the production of any packaged food is to run the full package through a metal detector. If any metal is detected, the foodstuff (in this case the cereal) is deleted as hazardous and thrown away even though there's no metal in the food itself.

Bottom line? Please do NOT recycle your toothpaste box, nor aluminum foil packaging, or any box with a label which has a metallic sheen to it.

## Unwanted Electronics?

You can recycle them at *Goodwill* - right there on SE 12th St. within our N.A. boundaries: Dead cables, ear phones, TV's, stereos, cell phones, solar yard lights, computers, monitors, printers, radios, ear buds - all electronic working and non-working equipment can be taken to *Goodwill*. [You can also take electronic waste (as well as block foam) to *Empower Up* on 4th Plain if you prefer.]

## An Observation

by Jean Kent

I don't know about you, but what I've noticed about the newly resurfaced McGillivray (and Briarwood and parts of 160th, and of course 164th) is that it's MUCH QUIETER when vehicles traverse it! Who knew that one way to quiet noise from a busy street would be to repave it? Well, now we do!

## July 23rd CHNA Meeting Notes

1. Jim Bittner, Project Estimator, Cascade Radon, Inc.

Jim noted that soil in this area contains material from the Missoula Flood Plain which contains radon (which has a strong connection to lung cancer). Odds in this area are 1 in 2 that the radon level will be high. You can purchase an activated charcoal kit from your local hardware store (about \$10). If you have a high level of radon, companies like Cascade Radon can help you get vent and expel the gas from below your home.

Later in the meeting Jean commented that removing her foundation vent plugs eliminated her radon contamination. (She tested before - while the plugs were in - and the contamination was very high, and after - she removed the plugs - and there was an extremely low radon reading.)

2. Trent Hall, Director New Vision Programs  
Trent and Joy Lyons came to inform neighbors about Parkcrest Homes (of which Joy is director). This houses 6 teenage boys, age 13-18 (it is a transitional living house, not a recovery or halfway house). While they have staff, they also do accept volunteers and mentors: interested parties can contact Jean Kent for additional information.



### 3. Mark Crawford, Homestead Acres Maintenance Committee

Mark noted that residents of Homestead Acres can pay \$5 a month (\$60 a year) to help pay for maintenance of the area. Mark would also consider volunteers to create work parties in the Homestead Acres area. This idea is also open to any other areas of the CHNA which are interested: Homestead Place, Morningside, etc.

### 4. Erika Johnson, Tree Plantings

Erika noted that there will be an 11th Annual tree planting in the neighborhood on November 17. Having planted 220 trees in Cascade Highlands in the last ten years, she's hoping to get even more people involved this year, especially as the tree canopy (amount of land shaded by trees) for Vancouver has dropped from 19 to 18 % (the overall goal for Vancouver is 46%) in the last ten years. Those interested in getting a tree can go to [friendsoftrees.org](http://friendsoftrees.org) for more information. If interested, **you need to create an account by Oct. 15** to participate in this year's planting.

### 5. LeeAnn O'Neil, community coordinator, New Seasons Market

LeeAnn noted that New Seasons is working to make a great difference in the community, which includes giving money to local non-profits and charities and encouraging employees to participate in volunteer opportunities. She noted that there are free wellness classes (on various topics), as well as nutritionists available. She said there are green comment cards if you ever have ideas, complaints, etc. for the market.

### 6. Vote on by-laws change, introduce new treasurer (Son Do).

The by-law changes were voted on and approved unanimously.

### 7. Neighborhood Topics

a) Neighborhood cleanup: Jean noted that it would be Saturday, July 28 from 8 am – noon and that volunteers were needed.

b) National Night Out: Jean recommended that groups of neighbors come together the night of August 7 to participate in this event. Charlie Ford, our NPO (Neighborhood Policing Officer) attempts to attend all NNO events in his area.

c) Flyers and other information: Jean brought Take Back Your Meds flyers, FireCorps flyers, and information on outdoor burning.

d) NTSA Report – Dan West

Dan said that CHNA was #3 out of 6 projects that applied for funding last year (this project was to finish curb cuts on Parkcrest). He noted that the sub-committee that awards these projects has to prioritize projects for the benefit of the greater

community, so getting funding can take time. Money for funding these types of projects occurs every other year.

### e) Leaf Drop-Box

Jean said that there would be a leaf drop-box in the neighborhood on December 1 and 2. Leaves must be loose or bagged (but not in plastic). She also noted that there will be another leaf-box November 17 and 18 on the corner of Olympia and 12th.

### 8. Topics of interest or concern

a) Graffiti: Charlie Ford noted that there has been a small increase in graffiti in the area. He recommended that if people see graffiti that they take a picture of it, send it to Charlie (because Charlie may know by what type of graffiti it is who did it), and then paint over it.

b) Stolen Cars: Charlie also noted that someone was stealing cars from the Cascade 16 theatre parking lot once or twice a month.

c) Other crime: it was noted that taillights were recently broken out on ½ dozen cars in the neighborhood.

d) Resources: If there is a vandalism issue, it's recommended that you go to the police website and make an online report. If there is a speeding issue, it's recommended that you contact the city's traffic hotline. Dan also noted that the NTSA has toolkits for traffic calming. If you would like to see improvements made in the neighborhood, it was recommended that you go to the City of Vancouver website and submit the things you'd like to be considered.

<http://www.cityofvancouver.us/servicerequest.asp?menuid=10465&submenuID=17081>

### 9. Sharing of desserts and neighborly camaraderie.

We have pamphlets left from the meeting. If you'd like one, please contact Jean Kent. *Radon Testing and Mitigation, Become a Master Gardener, New Seasons Market Health and Wellness Class Schedule, and Unwanted Medications; what to do with them.*

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.

Printed by the City of Vancouver Office of Neighborhoods

# Free Household Hazardous Waste (HHW) Disposal

Bring unwanted hazardous products to a  
HHW collection facility or event.

Clark County residents may dispose of unwanted household hazardous waste products at one of the following county sponsored HHW collection facilities or events. Seniors and persons with disabilities who are unable to transport material to a HHW facility or event can call 360-397-2121 ext. 4352 to see if they are eligible for free pickup. Business-generated hazardous waste will not be accepted.

## Central Transfer and Recycling Center

360-256-8482

11034 NE 117th Avenue, Vancouver

8 a.m. - 4 p.m. Saturday & Sunday

## West Van Materials Recovery Center

360-737-1727

6601 NW Old Lower River Road, Vancouver

8 a.m. - 4 p.m. Friday & Saturday

## Washougal Transfer Station

360-835-2500

4020 S. Grant, Washougal

8 a.m. - 4 p.m. Third Saturday

## Mobile Collection Events

Call Clark County Public Works

360-397-2121 ext. 4352

for collection event schedules.

Coupon Not Required / No Expiration Date

## FALL SPECIAL WASTE COLLECTION EVENTS

### • Unwanted Medications Collection

10 a.m. - 2 p.m.

Saturday, Sept. 29

Fisher's Landing Transit Center

3510 SE 164th Avenue

### • Medications, Thermometers, Cell Phones and Eyeglasses Collection

9 a.m. - noon

Tuesday, Oct. 2

Legacy Salmon Creek

2211 NE 139th Street (at the main entrance)

### • Medications, Thermometers, Cell Phones and Eyeglasses Collection

1 - 4 p.m.

Wednesday, Oct. 3

Peacehealth Southwest Medical Center

400 NE Mother Joseph Place (92nd Ave entrance)

### • HHW, Electronics and Block Foam

9 a.m. - 1 p.m.

Saturday, Oct. 6

Clark County Public Works

4700 NE 78th Street

For more information, please call

360-397-2121 ext. 4352.

## West Van Materials Recovery Center

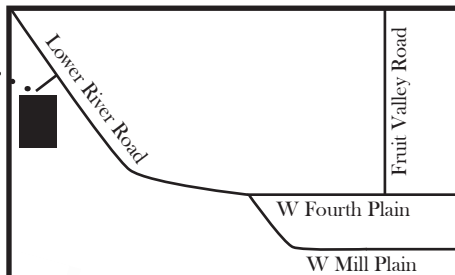
6601 NW Old Lower River Road, 360-737-1727

Hours: 6 am to 6 pm Monday-Friday

8 am to 4 pm Saturday

Closed Sunday

Closed Thanksgiving



## H&H Wood Recyclers, Inc.

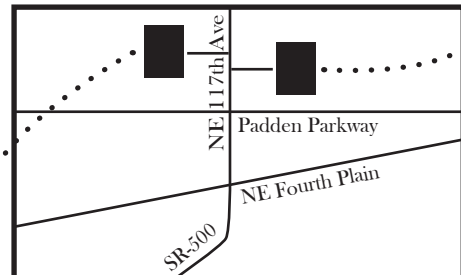
8401 NE 117th Avenue, 360-892-2805

Hours: 7 am to 6 pm Monday-Saturday (in Oct)

8 am to 5 pm Monday-Saturday (in Nov/Dec)

9 am to 4 pm Sunday (all months)

Closed Thanksgiving



## McFarlane's Bark

8806 NE 117th Avenue, 360-892-6125

Hours: 8 am to 6 pm Monday-Sunday (in Oct)

8 am to 5 pm Monday-Saturday (in Nov/Dec)

Closed Thanksgiving and every Sunday in Nov & Dec



Maps to leaf debris sites

# Composting

## Master Composter/Recycler Training and Workshops

Compost is rich in nutrients that help plants to grow, acts to retain soil moisture and can help suppress plant disease. Using compost is good for your soil and can reduce the need to irrigate your garden or use toxic herbicides or pesticides. It's easy to turn your yard debris and kitchen scraps into compost. Just as in nature, leaves and plant debris feed and enrich the soil, you can recycle the food scraps from your kitchen and yard debris back into your soil.



Learn how by attending a Free Backyard Composting Workshop, or Wormshop (\$35 materials fee). The Master Composter/Recycler Program is a volunteer-based community program whose mission is to educate the community about recycling and help keep recyclable materials out of the waste-stream.

Compost bins are for sale at Columbia Springs; the FreeGarden brand compost bin is \$55 and the Seattle Composter is \$65.

To purchase a compost bin, find out more about the Master Composter/Recycler Program, or register for a class: call 360-882-0936, ext. 224, or e-mail [MCR@columbiasprings.org](mailto:MCR@columbiasprings.org)

Their website is [www.columbiasprings.org/MCR](http://www.columbiasprings.org/MCR)

### Composting Workshops

Learn the basics of backyard composting. Pre-registration is required.

Time	Date	Class
10 a.m. - noon	Sat. Sept 29	Backyard Composting
10 a.m. - noon	Sat. Oct 13	Backyard Composting

### Wormshops

Participants will learn about the care and feeding of redworms for vermicomposting. Family Wormshop participants assemble their own worm bin to take home. (\$35 includes the cost of the workshop, bin and worms.) This workshop is family friendly. Pre-registration is required.

Time	Date	Class
10 a.m. - noon	Sat. Oct 6	Family Wormshop (\$35)
10 a.m. - noon	Sat. Nov 10	Family Wormshop (\$35)

## Free Leaf Disposal

For Vancouver and Clark County residents only

With this coupon

**October 1 - December 20, 2012**

Prevent street flooding - Don't place leaves in the street.  
Instead, use this coupon for free leaf disposal at:

**H & H Wood Recyclers**  
8401 NE 117th Avenue  
360-892-2805

**West Van Materials Recovery Center**  
6601 NW Old Lower River Road  
360-737-1727

**McFarlane's Bark**  
8806 NE 117th Avenue  
360-892-6125

(See reverse side for map of above locations and hours of operation.)

This coupon must be presented at the drop-off site and is for **LEAVES ONLY**, up to 5 cubic yards. Yard debris or mixed loads will be charged at the regular price. Leaves must be emptied from plastic bags.

Sponsored by:



To redeem coupon, complete the following information:

Name: \_\_\_\_\_

Street Address/Zip: \_\_\_\_\_

City of Vancouver residents: Funding for your participation in this program is provided through your garbage rates.

Clark County residents: Funding for your participation in this program is provided by Clark County Public Works and Environmental Services.

