



Cascade Highlands Herald

www.neighborhoodlink.com/vancouver/cascadehighlands

April/May 2014

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

Upcoming Events

July 21: Annual Dessert Meeting

Homestead Park, 7:00 pm. Speakers (so far): Rod Tinnemore, Wood Stove Coordinator, Air Quality Program.

July 26: Neighborhood Cleanup

8 a.m. - noon (volunteers needed for 2-hour shifts)
There is NO garage sale this year - we had one last year and will have one next year. Thanks.

CHNA Fiscal Report by Treasurer Son Do

The current balance as of April 19, 2014 is \$3,510.97. We received one \$200.00 donation.

Not a part of the above current balance, we also have an additional \$425 in our park foundation account held by the Park Foundation of Clark County.

Erika Johnson applied for and received a sustainability grant of \$1,075.00 for us to plant trees. This amount was deposited and then paid out for our tree planting earlier this year.



Thank you to all of our dedicated newsletter distributors - you help make Cascade Highlands a great place to live! Thank you to David Bilby, Gary Bohman, Rosenna and Ken Cheng, Mark Crawford, Cecil Davies, Marion Dittman, Julie Dunn, Edith Hartley, Ann Horstman, Brenda Jensen, Jean Kent, Annette

Idler, Yu-Ying Liu, Sheila McKay, Elise Miller, Holly Orr, Pat Poe, Diane Pudans, Roseanne and Tony Ranft, Steve Schmidkofer, Marianne Stein, and Mike Stroy for helping with the newsletter.

C.H.N.A. LEADERSHIP

Chair

Jean Kent 896-7291

jeaken@pacifier.com

Vice-Chair

Gary Bohman 254-2009

pegarma@aol.com

Treasurer

Son Do 891-0923

Son-do@hotmail.com

Secretary

Mark Johnson 260-9140

City Liaison

Natasha Ramras 487-8484

Natasha.Ramras@cityofvancouver.us

cityofvancouver.us

Newsletter Editor

Mark Johnson 260-9140

Newsletter Distributor

Erika Johnson 260-9140

Website Coordinator

Dan West

dan@westofnorthwest.org

Neighborhood Police Officer

Corporal Jim Burgara

487-7540

Jim.Burgara@cityofvancouver.us

Are You TIP Volunteer Material?

Trauma Intervention Programs of Portland/Vancouver, Inc. (TIP) is recruiting for volunteers in the Multnomah, Clackamas and Clark Counties to serve on the team.

What is a TIP Volunteer? TIP Volunteers are called by local police, fire, medical and hospital personnel to respond to scenes of sudden or unexpected death (natural, homicide, suicide, accidental, infant), industrial accidents, sexual assaults, violent crimes and other traumatic incidents to provide immediate emotional and practical support to families, friends, witnesses and victims.

How do you join TIP? Register online at www.tipnw.org or Call: (503) 823.3937.

Traffic Hot Line

If there are traffic problems on a street near you, feel free to call 487-7402 and leave a report. When the police have an opportunity they will patrol that area. It works best if you can relate specifics, particularly when reporting issues which repeat - include the time of day, which day(s) of the week, specific vehicle identification (if appropriate) and the specific concern.



Appliance Pickup

As a single-family resident of Vancouver who subscribes to garbage service, you 'get' one free non-working appliance pickup per year. To

schedule this pickup, call 892-5370 one-to-two weeks in advance. If you have additional bulky items to get rid of, save them for our cleanup or call Waste Connections (number above) for pickup (for a fee).

Nextdoor.com Website

CHNA is participating in the nextdoor.com website and we urge you to consider joining. [Homestead Acres has its own and separate account.] The website now allows you to select whether or not you can see posts by nearby neighborhoods. Some recent posts have covered topics such as: bed for sale, recommended painters and chimney sweeps, handymen, plumbers, garbage theft, etc. etc. Just go to:

cascadehighlands.nextdoor.com/join/

Nextdoor.com (and General Life) Etiquette

Our mission is to use the power of technology to build stronger and safer communities everywhere. We hope to inspire each Nextdoor member to be a better neighbor. We challenge members to hold themselves, and each other, to the highest standard of neighborly behavior:

- Treat everyone with respect.
- Assume good intentions in others and give them the benefit of the doubt.
- Disagree without being disagreeable; focus on issues and do not engage in personal attacks.
- Practice moderation and do not over-post in a way that dominates conversations.
- Send private messages or post to a smaller Group when a limited audience is more appropriate.
- Refrain from using profanity or posting messages that will be perceived as discriminatory.
- Share helpful information.
- Answer fellow members' questions.
- Share information about crime and safety issues.
- Recommend local businesses and services (without spamming or inappropriate self-promotion).
- Sell, share, or give away personal items that you no longer want or need.
- Discuss community issues (but avoid campaigning).
- Spread the word about local events.
- Provide support to fellow members in need.
- Honestly represent yourself.
- Use your real name, not an alias, pseudonym, or abbreviation.
- Join as an individual not as a couple, family, or organization.
- Take the time to add a photo and to fill out your profile.

Waiting for the Street Sweeper to Come By?

Check out this website:

<http://www.cityofvancouver.us/publicworks/page/street-sweeping>.

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 (msg.) or email. THANKS, and *welcome to the neighborhood!*



Recycle and Reuse Paint

A seventh store has joined Clark County's program to recycle and reuse unwanted paints and paint-related products. Miller Paint, 9609 NE. 117th Ave., is now

accepting latex and oil-based paints, paint thinners and similar products.

Paints and thinners can be hazardous waste. They should not be poured down a drain or placed in garbage cans. Recycling and reuse are the only environmentally safe ways to dispose of them. Latex paint is recycled. Oil-based paint and related products can be reprocessed and used as alternative fuel.

Participating stores will accept up to 25 gallons of paint and other products per household per day. Products must be in containers no larger than five gallons. Leaking, damaged and unlabeled containers will not be accepted. The following stores participate in the Paint-Take-Back program. Paints, stains and thinners can be dropped off during the times listed:

Habitat for Humanity Clark County ReStore, 5000 N.E. Fourth Plain Blvd., (360) 213-1313; 9 a.m. to 5 p.m. Tuesday through Saturday. Also sells reusable paint. Proceeds support local Habitat for Humanity projects.

Miller Paint Company

2607 N.E. Andresen Road, (360) 254-3434 and 9609 N.E. 117th Ave, (360) 448-2110; 7 a.m. to 6 p.m. Monday through Saturday.

Parkrose Hardware

16509 S.E. First St., (360) 693-7881; 7 a.m. to 7 p.m. Monday through Saturday, 8 a.m. to 6 p.m. Sunday.

Rodda Paint and Décor

7723 N.E. Fourth Plain Blvd., (360) 253-5877; 7 a.m. to 6 p.m. Monday through Friday, 8 a.m. to 4 p.m. Saturday.

Clark County's three solid waste transfer stations and household hazardous waste disposal events also accept unwanted paints and related products.

For more information about the Paint-Take-Back program, or disposal options for commercial operators, call Clark County Environmental Services, (360) 397-2121 ext. 4352, or visit the department's website:

www.clark.wa.gov/recycle/recyclingA-Z.html.

2014 Clark County Road Atlas now Available at County's GIS Store

The 36th edition of the Clark County Road Atlas is now available for purchase at the GIS Map Store in Suite 232 on the second floor of the Public Service Center, 1300 Franklin St. The price, including tax, is \$22.05.

Business hours at the store are 8 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday, and 9 a.m. to 5 p.m. Wednesday.

The 36th edition is the result of cooperation between local government agencies throughout southwest Washington as well as input from previous Atlas clients. The atlas features the latest in Geographic Information Systems (GIS) Technology, aerial photography and enhanced symbology.

Contact: Clifton McCarley, Assessment and GIS at (360) 397-2002 ext. 4651;

clifton.mccarley@clark.wa.gov

Vancouver Shredding Events

Sat., May 24 - 9 a.m. – 1 p.m., [Fisher's Landing Transit Center, 3510 SE 164th Ave., south parking lot.](#)

Clark County Environmental Services 360-397-2121 x4352. Please bring non-perishable food items for local food banks.

Sat., Sept. 13 - 9 a.m. – 1 p.m., [Clark College, Purple Lot 1, 1800 Fort Vancouver Way](#)

Clark County Environmental Services 360-397-2121 x4352. Please bring non-perishable food items for local food banks.

More information at:

<http://www.co.clark.wa.us/recycle/A-Z/Resources/shreddingevent2.html#verytop>

Free Clinic of Southwest Washington Offers Free Vaccines

Free Vaccines for Uninsured Adults ages 19+ Wednesdays, 1 to 3 p.m. Walk in; 4100 Plomondon Street Vancouver, WA 98661.

What vaccines are offered? Flu, Hepatitis A and B, HPV, Meningococcal, MMR, Pneumococcal, Tdap, and Varicella Zoster.

Children may not obtain vaccines during this time. For more information, 360.313.1390 or <http://www.freeclinics.org>.

Is MYN for YOU?

MYN stands for Map Your Neighborhood - a program created by Washington State Emergency Management (<http://www.emd.wa.gov/myn/>). Its purpose is to pull together your immediate neighbors (10 to 20 residences is ideal) to share contact information, skills, and lists of useful equipment. It also guides you to make a broad plan to follow in case there is an emergency. If we have a big emergency, our emergency personnel (the 911 responders) will be overwhelmed. We need to help each other - particularly during that critical first hour. Judi Bailey (360.487.8608 | C: 360.910.5704, Judi.Bailey@cityofvancouver.us) has copies of the pamphlet for you and each of your immediate neighbors, as well as a DVD which will help you get yourselves organized.

The MYN meeting takes about 2 hours total. You view the DVD together - play it, pause it, and discuss the information - it's easy, it's simple, it's very beneficial, and it helps create a sense of community. This program is highly recommended! It helps you help yourselves and starts with the acceptance of your personal vulnerability in the case of an emergency. Contact Jean Kent or Judi for more information.

House Number on Your Curb?

Would you like your house number painted on your curb out front? Police and Fire staff would really appreciate it if everybody had their curb number painted! Call or email Jean Kent to schedule the work. We'd like a donation for the park but will do the work for free if you cannot or are unwilling to donate at this time.

Coupon for Yard Debris in W.C. Bill

When you receive your next Waste Connection bill, there will be three coupons in it: two yard debris coupons and a tire coupon which are good through June 30.

Parks Foundation Grant Application in the Works - Take II

The Clark County Parks Foundation Board observed presentations from the three grant application sources which were submitted for this year. In mid-April, we, Jean Kent and Terry Snyder (Landscape Architect for the City of Vancouver), made a brief statement to the Foundation Board and answered the board's questions regarding the Homestead Park replacement fitness equipment grant

application. We should find out whether or not we were awarded any money in June. As part of the application we agreed to pay \$3,500.00 towards the installation of the equipment.



Trees and Sidewalks

At maturity, trees should be pruned to allow eight feet of clearance over sidewalks and 12 feet of clearance over streets. Please be sure to trim

bushes, tree branches, and or foliage back so people can walk comfortably on the sidewalk. As a resident with a sidewalk, you are responsible to keep it safe for pedestrians.

Care and prevention are the keys to maintaining trees. Healthy trees provide shade, reduce energy costs, prevent soil erosion, beautify landscapes, and filter air and water. Trees can add significant value to your property, while their removal can be expensive and the value of your home can be reduced.

If properly cared for, trees can live longer than humans do. Care includes pruning (not "topping"), which, when done properly, improves the health and vigor of trees. Pruning is necessary to remove dead or diseased branches, improve tree structure, thin the tree crown, and enhance the tree's shape and size.

Donating for Homestead Park Through the Foundation Website?

If you would like to donate towards the upkeep of Homestead Park or for the purchase of our fitness equipment through the Parks Foundation website, please enter the URL below and type in "Homestead Park Maintenance" in the notation box. 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.

<http://www.parksfoundation.us/DonateNow.php>

You may also donate directly to the CHNA account, but you won't receive a tax deduction for your donation. You may contact treasurer Son Do for help with that.

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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A GUIDE FOR PULLING TOGETHER A DISASTER PREPAREDNESS KIT ON A TIGHT BUDGET.

- 1) Reminder: You don't have to put a disaster preparedness kit together all at once so take a deep breath and do it little by little.
- 2) Start by asking your self some basic questions: What will I need to stay warm? What will I need to stay cool? What will I need to store water (tip: you can use empty soda bottles after you wash them with soap and hot water for water containers) and food in? What will I need to see in the dark? What will I need to eat, drink and cook with? What will I need to build a make-shift shelter? What will comfort me and give me a sense of relief (i.e. comfort foods, travel sized lotions that smell good or a favorite book)? You have the idea!
- 3) Ask yourself this: What do I already have in my home? More than likely, you already have a few items you can add to your disaster preparedness kit and free stuff is a bonus. Think about clothing, sleeping bags, blankets, flash lights or head lamps, a whistle, a back packing stove, duct tape, tools, a can opener, batteries, a whistle, pet supplies, plastic bags, things you need to eat with, personal care items, shoes, gloves, a hard hat and matches (*take care not to burn candles or cook on an unauthorized stove inside your house! Doing so may lead to a fire). You can add anything else you may need...Be Creative! After you have a list of items already in your home you can calculate how much the remaining items will cost you.
- 4) Look in your pantry! Do you have extra canned tuna (packed with water) or cans of soup? Both may help hydrate you in a pinch. How about peanut butter? This is good for sustaining your energy. Do you have any protein bars? These are small, inexpensive and good to eat on the run. Nuts are also good at giving you energy. Anything else that travels well and packs up small would be good to add.
- 5) Food-wise don't forget some comfort food. Chocolate, hard candy, gum or mints can be a good mood elevator and they're cheap to buy.
- 6) Work with friends and family. They often have extras of things they don't use and you can take them or trade for them.
- 7) Use the Web! Two great sites to surf for free, trades or cheap goods: www.craigslist.org and www.freecycle.org
- 8) How about shopping at thrift stores, surplus warehouses or any dollar store in your area? Often you can find inexpensive essentials like: back packs, bins, things you need to eat and drink with (no glass), toys for kids or clothing. Look around when you are there and ask yourself the basic questions listed on line #1 above.
- 9) What about department or large discount stores (tip: look for sale bins sometimes placed in the very front or back of the store). Membership clubs and warehouse stores are also great and they sell items in bulk (tip: go in together with others on bulk items you may need and split them up for cost savings). Ask your doctor, dentist or eye doctor if they have any free samples you can add like bandages, a tooth brush, some paste or floss, contact solution, a contact case or a glasses case.
- 10) Are you planning to stay at a hotel in the near future? Take the personal sized soap or small shampoo, the plastic cup, or any other small sized freebie items left by the staff.
- 11) Check the community pages, bulletin boards and garage sales in your area for inexpensive items you can add.
- 12) Don't forget about personal documentation and money: have copies of your driver's license, social security card and birth certificate in your kit. If possible keep a little bit of money (like \$5, \$10 or \$20 in small bills and some quarters (for the phone booth if your phone is out) on hand. *Keep all personal information and money in a secure location at all times.
- 13) "Kids are people too". Kids will need toys, coloring books, and treats, which provide them a sense of normalcy and routine in a disaster. Check with your local fire department because they may have some cool story books, coloring books and calendars for free. Not only are they fun, but they also list great disaster preparedness tips.
- 14) Manuals that tell you how to survive in the woods are a great reference. Often they will tell you what you can and cannot eat right in your own yard. Now that's free!

Written by Carrie Akerstrom with special thanks to Carol Dunn, Seattle Red Cross, Mary Schoenfeldt, Everett Office of Emergency Management, Cindy Van Wambeck, SAMMI volunteer of the year in Sammamish 2007 and to ReadyCorps staff and volunteers.