



# Cascade Highlands Herald

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

July 2014

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

## Upcoming Events

**July 21**, Annual Dessert Meeting, Homestead Park, 7 pm.

**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.

**Aug 5**, National Night Out

## Agenda for July 21 meeting

**Maureen Humbert** - will speak about the brown marmorated stink bugs that are causing so much trouble in our gardens

**Terry Snyder** - presentation regarding the fitness equipment grant award and equipment choices

**Vote** - on fitness equipment selections

## CHNA Sparkler Recognition

**Jim Burgara**, our new NPO (Neighborhood Police Officer) will introduce himself and answer questions

**Erika Johnson** - tree planting info

**LeeAnn O'Neil** - Community Coordinator, New Seasons Market-Fisher's Landing

## Cleanup Signups and Info



**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, Son Do, Julie Dunn, Edith Hartley, Ann Horstman, Brenda Jensen, Mark Johnson,

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

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## N.A. Cleanup Information

Our **annual neighborhood cleanup**, sponsored by the City of Vancouver and Waste Connections (our garbage and yard waste hauler), will be

**Saturday, July 26, from 8:00 a.m. until 12:00 p.m. at the Mountain View H.S. north parking lot (1500 SE Blairmont).**

### Items accepted at the cleanup include:

- 1) yard waste (the chipper/shredder will be present) - large yard debris, clippings, leaves, branches, bushes, small stumps, grass clippings, etc. NO plastic bags, rocks, inorganic items, nor lumber.
- 2) junk - kitchen sink, play sets, broken patio furniture, rotten fencing, deck boards, plumbing items, filthy sofas, etc.
- 3) non-working lawn mowers, rototillers, etc. (to be recycled by Gary)
- 4) bicycles for the Community Cycling Center (please bring a \$5.00 donation for each bicycle)
- 5) other recyclables - metal, computers, TV's, cardboard, block foam, electronic items. We are segregating these items for recycling. The Goodwill truck will have large cardboard boxes (called melons) in which recyclable items will be sorted.

### Items NOT accepted:

- 1) liquids of any kind
- 2) hazardous waste (paint, aerosol cans, automotive fluids, oil filters, cleaners, polishes, fluorescent light bulbs, fuel-propane tanks, household batteries, lawn or garden chemicals, mercury thermometers, sharps, or any container with the words *poison*, *corrosive*, *combustible*, *caustic*, *volatile*, *flammable*, *danger*, *caution*, or *warning* written on it.
- 3) air conditioners, refrigerators/freezers, or dirt.

The **green coupon** attached to this newsletter will be required for each load. Please sign and address it before you arrive at our welcome area. If you need more than one coupon perhaps you could talk with your neighbor and use his/hers. After all, this is a neighborhood project and we like promoting neighborliness. Although, if you're transporting your 'junk' in a small car, we can make

allowances for you to make two trips on one coupon.

We will also be collecting canned goods, paper products, and personal hygiene items to donate to F.I.S.H. of Orchards, so please plan to bring those things as well.

We will accept donations of money to be deposited in our account as a match to get future grants for fitness equipment for Homestead Park.

**We need volunteers** to work 2+hour shifts at the cleanup (shifts are 7:50-10, 10-cleanup about 12:20). Jobs are: greeters, unloaders, yard-debris monitors, and recyclers. Please call 896-7291 (or email [jeaken@pacifier.com](mailto:jeaken@pacifier.com)) to sign up.

If you need assistance getting your items to the dumpster/shredder on cleanup day please call in advance of the day to arrange for help. (896-7291)

## Cleanup-Timing Information

Our N.A. cleanup is coming soon. We schedule it for the last Saturday in July because that date places the cleanup smack-dab between the yard debris coupons the city gives us (spring cleanup and fall leaf pickup). We hope you've been saving your metal for recycling at the cleanup. CHNA gets the proceeds from selling the metal to a recycler.

## CHNA Fiscal Report

by Treasurer Son Do

The current balance as of April 19, 2014 is \$3,530.97. We received one \$200.00 donation and another \$20.00 donation.

Not a part of the above current balance, we also have an additional \$475 in our park foundation account held by the Park Foundation of Clark County.

## House Number Painted 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.



## Recyclingest Neighborhood Training

We attended a Vancouver Solid Waste and Waste Connections (W.C.) sponsored recycling training class and learned some interesting things; successful recycling is market driven, i.e. if there is nobody to purchase what you're recycling, then it cannot be recycled. An example is the recent halt in recycling mixed rigid plastics (these are objects like plastic cake covers, veggie trays, berry 'boxes', and other plastic packaging which is single use). The Chinese company buying our northwest mixed rigid plastics stopped purchasing what we were collecting so the market has dried up and we can no longer recycle them at the Clark County transfer stations. Far West Fibers, in Portland, accepts sorted rigid plastics in their drop off area.

See [www.FarWestFibers.com](http://www.FarWestFibers.com) for sorting instructions. New Seasons and Whole Foods also accept some sorted rigids at their stores.

The recycled objects which we put in our big blue roll carts are sorted, for the most part, by machine although there is a crew which pulls recyclable plastics (those with a neck like a milk jug or catsup 'bottle') and other recyclables missed by the machine. Items not able to be recycled go into the garbage at the transfer station.

As for 'cardboard' - if it had food in it and the food was stored in the freezer or refrigerator, it can NOT be recycled as it has been treated with 'wet strength' a chemical which prevents disintegration under wet conditions. Thus your pop or beer can cardboard packaging or frozen foods boxes must be tossed in the grey roll cart (the garbage can) not the blue roll cart.

The metal shipping containers which haul our garbage from the transfer stations (which is where W.C. empties the trucks which pick up our garbage) can hold 31 tons (that's five Packy elephants) of garbage. These containers are trucked to the port where they are loaded onto barges which transport our garbage up the Columbia River to Boardman, Oregon and Finley Butte where the dump is located and the shipping containers emptied. The enemies of a land fill are 1) water, 2) light, and 3) air. Thus our garbage is packed into layers or 'cells' which are encased in plastic to keep the garbage from rotting and producing methane gas.

The best thing we can do for this garbage process is to produce less of it - be sure to place yard debris in the yard debris container, not the gray garbage cart. Think before purchasing something - do I really need this item? If I do, is it packaged in a non-garbage-producing way or is it possible to reuse the packaging? Let us work to lower the 8.3 pounds of garbage each one of us produces per day (2012 statistic).

## Parks Foundation Grant Application - Take III

The Clark County Parks Foundation Board has awarded the City of Vancouver with us as beneficiaries a grant of \$10,000.00 for installation of fitness equipment in Homestead Park.

Our initial thought is that we would move forward with 2 components: The Overhead Health Ladder and the Horizontal Chin-Up Bars with guide frames as well as signage, however we would like the attendees at the upcoming meeting to vote on the components on which they would like to spend the grant money.

We did not have to use our \$3,500 as a match to obtain this grant and intend to apply next year for additional money for additional equipment.

Printed from the Foundation's newsletter was the following:

*"At the June 3 Parks Foundation luncheon, \$192,157 was awarded in support of parks, trails, and recreation programs throughout Clark County.*

*The **City of Vancouver** received a \$10,000 grant to fund the purchase of new fitness equipment for Homestead Park. The fitness stations were installed as original elements of the park, located in the Cascade Highlands Neighborhood, more than 25 years ago. The wooden stations gradually deteriorated and have been removed from the park. The Parks Foundation funding of the replacement of the fitness stations supports Vancouver Parks and Recreation's focus on maintaining current assets without creating an additional burden on the Park's maintenance budget."*



## **National Night Out is Coming**

The first Tuesday in August, August 5th this year, is National Night Out, where we promote and encourage neighborliness and spending time with your immediate neighbors. A police officer will stop by to answer questions and talk with your get-together for a bit, if you want. Let Judi Bailey know your plans if you want a police officer to come. ([neighborhoods@cityofvancouver.us](mailto:neighborhoods@cityofvancouver.us)).

## **NEXT.DOOR website**

CHNA is participating in the next.door website and we enthusiastically urge you to consider joining. [Homestead Acres has its own and separate account.] next.door now allows you to select whether or not you can see posts by nearby neighborhood members. [cascadehighlands.nextdoor.com/join/](http://cascadehighlands.nextdoor.com/join/)

## **The Ooze-Tube Diaries**

As perhaps you remember, our tree maven, Erika Johnson, wrote a grant to obtain 26 Ooze-Tubes to give to the people who participated in our last tree planting - and, happily, it was awarded to us. So if you see those green large plastic baggy-type things gracing the ground around some newly planted trees you can know that the trees' watering needs are being met so the trees will send down deep and strong roots for a hopefully long and happy life. The only responsibility is for the tree owner to keep water in the bag, a refilling task required every one to two weeks.

## **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.

## **Young Tree Water Usage vs. Toilet Tank Use**

We read that to adequately water a young tree requires 10 gallons of water a week. Regular toilet flushing (five times a day with a 1.6 gallon tank) uses roughly that amount of water in but three days.

## **Can You Text 9-1-1 In Clark County? Not Yet, but sometime moderately soon - article by CRESA (Clark Region Emergency Services Agency)**

From a CRESA article; May 15th marked the deadline for mobile carriers to be ready to allow consumers to text 9-1-1 for emergencies. You likely saw this topic heavily reported on the news, in trade magazines, and on social media. Government-owned 9-1-1 infrastructure must also be prepared to take SMS messages and be able to process them in a way that gives agencies like CRESA the information necessary to act on the text message. CRESA is currently working on equipment upgrades that will allow us to receive text messages in SW Washington once the State has upgraded the system to deliver that information. Currently, if you send a text to 9-1-1 in an area that is not text-capable, you will receive a bounce-back message from the carrier that will let you know that your text message was not received by a 9-1-1 agency.

And while we appreciate the situations in which text will be useful (if the caller cannot use his/her voice), you will always hear us say that "Voice is the Choice" and most preferred method of sharing information. This is because we can confirm your location and gather information about the emergency much more quickly from a voice caller. When "every second counts" in an emergency, we want to be sure that we can effectively and efficiently dispatch the emergency services you need to respond to your call.

Help us help you by being sure that your friends and family understand that May 15th was only a significant marker for the phone carrier side of this equation. Please keep watching for news from CRESA as to when we will be ready to receive your text messages.





## What to do with Dead Florescent Bulbs

Burnt out florescent bulbs should not be put in your garbage, nor can they be put in your big blue recycling cart. They need to be taken to one of the transfer stations to be recycled as Hazardous Waste. Additionally, some retail stores will accept dead florescent bulbs, as will Clark Public Utilities. Please do not put the bulbs in either your garbage or recycling roll carts as they contain a small amount of mercury which is poisonous.

## 163rd Place Cleanup

Around the weekend of May 31/June 1, 14 people spent time cleaning up the leaves, blackberry vines, dead branches from the sycamores, brown juniper bushes and other debris (plus a giant bag of litter and some recyclables) from the west side of the 164th Ave. fence. This area used to be cleaned up twice a year by first county, and later city crews, but with the cutbacks in funding for the parks department, the work has fallen to residents to carry out.

Here's a big thank you to the city of Vancouver for providing us with and paying the tipping fees for two debris boxes, and to those 14 people who spent time helping make that part of the neighborhood look better and be healthier.

## Leaf Box Delivery

We're happy to report that we will again have a leaf-box dropped in our neighborhood for one weekend early in November and one weekend early in December. The location will be the same as last year. This is paid for by Vancouver Solid Waste.

## Are You Willing to Donate Water?

If you're willing to allow Jean and Erika to use your water to fill the pickup truck's 25 five-gallon water buckets to water the neighborhood trees and baby bushes, please call 896-7291 or email [jeaken@pacifier.com](mailto:jeaken@pacifier.com). Each tree gets 10 gallons per week during the dry weather, and each baby shrub gets one to two gallons once or twice a week. Thank you for your generosity and neighborly contribution!

## Now is the time to stop mosquitoes

There are plenty of great reasons to be outdoors this time of year, but mosquitoes aren't among them. Culex mosquitoes can spread West Nile Virus, a potentially serious or fatal disease for which there is no specific treatment. You can reduce your risk of exposure to the disease by eliminating mosquito habitat around your home and doing your best to avoid getting bitten by a mosquito.

To prevent mosquitoes from breeding:

- Drain standing water from old tires, flower pots, plastic tarps, wheelbarrows and anything else that can hold water, even a teensy amount.
- Change water in bird baths, ponds, wading pools, pet bowls and animal troughs twice a week.
- Repair leaking faucets and sprinklers.

Residents who notice areas of standing water in their neighborhoods are encouraged to contact the Mosquito Control District at (360) 397-8430.

For more information, contact the Mosquito Control District at (360) 397-8430 or visit [www.clark.wa.gov/public-health/about/mosquito.html](http://www.clark.wa.gov/public-health/about/mosquito.html).

## Birds and Bugs Trivia

According to an Arbor Day Foundation publication (Bulletin 13), a Baltimore oriole can consume 17 hairy caterpillars in a minute, a house wren feeds 500 insects to its young every summer afternoon, a pair of flickers consider 5,000 ants a mere snack, a swallow can devour 1,000 insects every 12 hours, a brown thrasher has been known to eat 6,180 insects in one day, and a pair of scarlet tanagers have been seen eating 630 newly hatched caterpillars of the gypsy moths in 18 minutes.

## Newsletter Distributors Needed

Do you enjoy reading this publication and enjoy taking a walk? If so, please consider volunteering to be a distributor. Our newsletter-distributor organizer, Erika Johnson, 260-9140, will be happy to offer you a route. 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 to his/her a route. Thank you for volunteering!

## Nextdoor.Com

by Mark Crawford

Cascade Highlands and Homestead Acres are using a private online network called (respectively) Nextdoor Cascade Highlands and Nextdoor Homestead Acres (HA). On these Nextdoor sites, neighbors share community events, recommendations, items for sale, crime reports, ideas about how to improve our neighborhoods and more. The site is free for use and the goal is to have everyone in CHNA and HA signed up. Simply go to <http://nextdoor.com> and type in Cascade Highlands or Homestead Acres (depending on where you live, since you can only join the site in which you live) and follow the prompts.

## Homestead Acres Maintenance Fund Update

by Mark Crawford

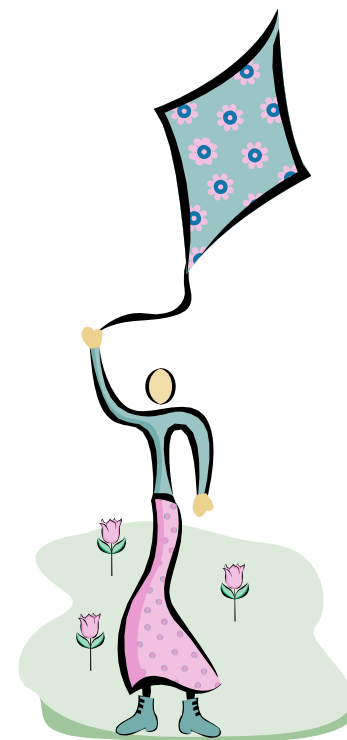
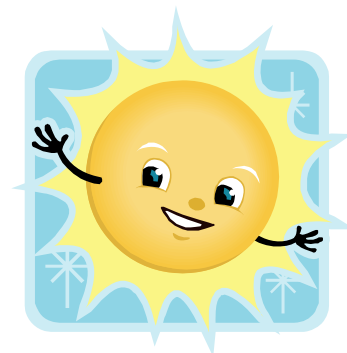
Three years ago a group of folks came together to address the ongoing issue of maintaining the "common" areas in and around the perimeter of Homestead Acres (HA). The primary focus was to deal with the 1,200+ foot long fence along 164th Ave/163rd Place. Painting both sides of the fence, trimming and maintaining the adjacent shrubbery and eventual replacement of the fence were the goals. Door-to-door visits were undertaken to ask for annual \$60 donations to enable steps to this end.

The first year an outstanding 63% participation rate for donations was received from the 101 residences (some even gave more than the suggested \$60); donations from other residents of CHNA arrived also. Last year's donations were not as much, but were a still respectable 41%, probably due to less door-to-door work.

A painter was hired in year one and year two from the funds collected and both sides of the fence were repaired and painted. Additionally, from the generosity of a few HA residents' time, the long-neglected shrubs, trees and their surrounding beds around the most of the perimeter of HA got some well-needed attention. After paying all the bills, we currently have a balance of \$2,162.69 in the maintenance fund account.

Going forward, work is underway to solidify the strategy for the fund – how much to collect, how to collect it, and most importantly what the funds will be used for. After discussions with the city, fence replacement is no longer one of

the goals. A more robust discussion of the fund has been written up and will be distributed to the HA residents and will also be posted on NextDoor.com (not a member of Next Door? – see the article in this newsletter). Part of that discussion is a survey to find out how HA residents feel about being asked to donate and what the funds should be used for.



## CHNA wishes you a great summer!

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

**\* \* DUMPSTER COUPON \* \***

Cascade Highlands Neighborhood Association Cleanup

Good for drop-off of bulky items. No hazardous waste nor concrete, please.

**Mountain View H. S. Parking Lot** (1500 SE Blairmont)

**VALID: Saturday, July 26, 2014**

**8:00 a.m. to 12:00 p.m. only**

You must live between SE Blairmont/Parkcrest and SE 164th Aves.,  
and McGillivray and Mill Plain, please.

*My signature releases all CHNA volunteers from any damage that may occur as a result of the  
neighborhood cleanup.*

---

signature

street address

Please bring these/this **coupon(s)** and some **canned**, non-perishable **goods**, household cleaning, or **personal care  
products** to **donate**. Thank you!

**ONE COUPON PER LOAD - NO LIQUIDS** of any kind.

**\* \* CHIPPER COUPON \* \***

Cascade Highlands Neighborhood Association Cleanup

Good for drop-off of large yard debris, clippings, leaves. No plastic bags nor wood, please.

**Mountain View H. S. Parking Lot** (1500 SE Blairmont)

**VALID: Saturday, July 26, 2014**

**8:00 a.m. to 12:00 p.m. only**

You must live between SE Blairmont/Parkcrest and SE 164th Aves.,  
and McGillivray and Mill Plain, please.

*My signature releases all CHNA volunteers from any damage that may occur as a result of the  
neighborhood cleanup.*

---

signature

street address



## **Bike Safety Tips**

There are many great reasons to ride your bike. It offers fun, freedom, exercise, and it's good for the environment. Here are some tips so that you will be as safe as possible while you are riding your bike.

- **Wear a Helmet, Every Ride.**
  - Use appropriate helmets for different activities. A bicycle helmet is okay for all wheeled activities but skateboarding and long boarding. When skateboarding or long boarding wear a skateboarding helmet.
- **Helmet Fit Matters:** Use this simple fit test:
  - Eyes: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
  - Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be snug but comfortable.
  - Mouth: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.
- **Proper Equipment and Maintenance Are Important**
  - Ensure proper bike fit for the person riding.
  - Before the ride, make sure the reflectors are secure, the brakes work, gears shift smoothly, and tires are tightly secured and properly inflated.
  - Dress appropriately. Long or loose clothing can get caught in bike chains or wheel spokes.
- **Keep an Eye Out:** Actively supervise children until you're comfortable that they are responsible to ride on their own.
- **Model and Teach Good Behavior**
  - Always follow the safety rules and traffic laws.
  - Ride right. Bikes travel with traffic not against it.
  - Children under 10 should stay on sidewalks and paths until age 10 and able to make safe decisions.
  - Use hand signals when turning.
  - Before you cross the street stop and look LEFT, RIGHT, and LEFT AGAIN. Use a crosswalk if possible. Make eye contact with drivers before crossing.
- **Be Bright, Use Lights**
  - When riding at dusk, dawn, or in the evening, be bright and use lights – make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to make sure bikers can be seen by motorists.
  - Ride with a front light so that you can be seen.
- **Enjoy the Ride!!!**