



East Fork Frontier Neighborhood Association

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StopTowersNow rally against BPA Towers – June 24th

No lines in populated Areas, whether urban or rural

The three groups leading the effort to stop Bonneville Power Administration from erecting giant towers to carry power to Oregon and California, are conducting a street rally against the towers on **June 24th at 11:00 a.m.** The rally will take place at BPA's Vancouver Mall location, 7600 NE 41st St., across the street from the Holiday Inn on the north side of SR 500.

The trio of groups (Citizen's Against the Towers, Another Way BPA, and the Yale Valley Coalition) urges you and your family to participate in this effort. Park in designated areas. Don't impede either vehicle or pedestrian traffic. Bring your own signs, but bring no skateboards, bikes or pets for safety reasons. But first and foremost, RESPECT THE LAW!

"We need to be strong in our opposition to having the 15 story towers and 500 kv high voltage lines built in populated areas, rural and urban."

Clark-Skamania Drug Task Force sheds new light on marijuana grows.

At the May 9th NACCC meeting, Commander Mike Cooke of the CCSO Drug Task Force gave a presentation on the impact that legislation allowing medical use of marijuana has had in our area. The PowerPoint presentation included photos of the interiors of the extensive damage to upscale homes that had been used by renters for illegal grow operations. There were also photos reflecting the extensive destruction and pollution that outdoor marijuana grow operations are inflicting on federal land.

Commander Cooke also spoke about the proliferation of illegal marijuana dispensaries cropping up in the state and noted that many of those participating in the program were, in fact, trafficking in the drug. The federal government has said it would prosecute anyone operating a dispensary as, regardless of state law allowing use of marijuana for severe medical conditions, dispensaries are illegal under federal law.

Members of Neighbors On Watch (NOW) out of Ridgefield were responsible for spotting and notifying law enforcement of a drug house in the Ridgefield area.

Is there interest in having the Drug Task force do a presentation in our neighborhood?

GANGS ACTIVE IN CLARK COUNTY

At the June 13th meeting of NACCC Joe Walsh of Safe Communities and Cleve Thompson of Clark County Drug and Alcohol Program gave an update on Gang activity in Clark County.

There are eight active gangs and another ten that are not so active but 125 members have been identified. A free parent's conference

has been started and it will meet monthly rather than annually. The "Back On Track" program through the Boys & Girls Clubs is addressing some of the issues associated with gangs. For more information visit www.safecommunitiestaskforce.org

La Center's Annual Citywide Garage Sale

The City of La Center is having its annual citywide garage sale on Saturday July 16th 8 a.m. – 4 p.m. Perhaps this is a good time for EFFNA to set up a neighborhood garage sale as well. If someone is interested in coordinating this with the city the number to call is 921-5021. A city map and list of the participants in the city-wide garage sale will be available the day of the sale by the bridge coming into town. Maps will also be available on the city's web site (<http://ci.lacenter.wa.us/>), city Hall and with local merchants. A form is available for registering your garage sale. For those attending the sales the Lion's Club will be serving pancakes at the La Center Evangelical Free Church located on 5th and Aspen from 7:00 a.m. – 9:30 a.m. If you have interest in setting of a garage sale for our neighborhood contact Sandra Bennett at 263-3336.

A Simple Explanation of Baseball

This is a game played by two teams, one out, the other in.

The one that's in sends players out one at a time to see if they can get in before they get out. If they get out before they get in, they come in, but it doesn't count. If they get in before they get out, it does count.

When the ones out get three outs from the ones in before they get in without being out, the team that's out comes in and the team in goes out to get those going in out before they get in without being out.

When both teams have been in and out nine times, the game is over. The team with the most in without being out before coming in wins unless the ones in are equal. In which case, the last ones in go out to get the ones in out before they get in without being out.

The game will end when each team has the same number of ins out but one team has more in without being out before coming in.

Thinking of Selling? –Real Estate Websites

www.zillow.com : free app for iPhone/iPad and Windows and Android phones that yields data on all U.S. homes – not just homes for sale – allowing users to determine home values, check prices on properties for sale or rent, enjoy a curbside view of a home via Google Street View and more

Other popular real estate websites with free mobile apps: www.Trulia.com, www.Hotpads.com, www.BHGexecutive.com, www.SmarterAgent.com, www.MyNewPlace.com, www.Homes.com.

Apps from www.WalkScore. Om and www.UrbanSpoon.com help users see how easy it is to get around by foot in the area of interest and check out local restaurants.

WSU Master Gardeners at your service

WSU Master Gardeners – a dedicated group of volunteers “has labored many hours doing research to bring information to Clark County. More than 8 years of articles and photos are archived for you to investigate. The website is http://clark.wsu.edu/volunteer/mg/gm_tips/Grow.html.

Willow Water to start your cuttings

Tip from the spring 2011 newsletter of the NatureScaping Wildlife Botanical Gardens on 149th St. in Brush Prairie:

Did you know that willows contain high concentrations of auxins. The hormones that make roots grow? Cut small willow branches, pour boiling water over them, and steep for 10 minutes. Dip your cuttings in the cooled tea before planting, then water with the remainder of the tea for the next three days (keep tea refrigerated).

Miner's Lettuce (*Claytonia perfoliata*) - Growing wild in your yard



During the California Gold rush, miners prevent scurvy by eating this plant (also called winter purslane), since it's high in vitamin C. Claytonia is easy to grow in cool conditions and wet soil. The plants produce clumps of heart-shaped leaves

wrapped around tender stems. If harvested regularly, before flowers form, the plants readily sprout again. Claytonia is extremely hard and can tolerate moderate frost, or can be grown year-round under cloches.

Need to take the Bus?

Did you know that C-Tran comes to many sites in La Center

C-Tran Phone: 695-0123 or <http://www.ctran.com/> With an online C-Tran trip planner that is linked with Portland's TriMet system.

Cost: \$1.55 for adults, 75 cents for seniors and disabled passengers, \$3.75 for a day pass (within Clark County. EXACT CHANGE is REQUIRED.

Hard to believe

Hawaii pays the richest unemployment benefits in the U.S., with an average weekly stipend of \$416, or 54 percent of the average weekly wage. Despite concerns that generous benefits discourage job-hunting the state's unemployment rate is only 6.3 percent

(DailyFinance.com)

What sheep herders do when they're bored

You know these guys have way too much time on their hands when you see this unbelievable stunt.

<http://www.wimp.com/sheeplight/>

Your Medical Emergency Grab-an-Go File

Having your medical information with you will speed things in the ER. But you may be distracted as you head out or unable to gather it all. So in advance, create a file for each member of the family that includes:

- A short medical history, including past surgeries or major problems.
- Current medical conditions
- Doctors and their phone numbers
- Medications
- Immunizations
- Allergies (especially drugs, latex)
- Insurance information

If an emergency strikes before you've prepared a file, grab the patient's medicine bottles (if any) and insurance info. It's also crucial to give signed medical consent forms for your kids to babysitters or anyone who might need to bring the kids to the hospital, says ACEP president Linda Lawrence, M.D.

Print out a medical-history form for each family member at www.goodhousekeeping.com/healthform

Children did their part in WWII

We are a nation at war, but do you really feel that it is affecting our life? Or that you can do things to help? Kids during World War II certainly did. For them, the struggle against Germany and Japan was part of their everyday lives.

Air-raid sirens often went off as practice. When that happened, people had to turn off all lights in their homes and businesses and block their windows with special blackout curtains. Neighborhood wardens made sure everything was dark so that if an actual attack came by air, enemy pilots would have no lights to guide them.

Across the nation, many foods were in very short supply during the war, and people had to have special coupons to buy them. The same was true for shoes, clothes and other items. Each family was given a limited number of coupons (called ration books), so kids learned how to conserve.

Children collected all kinds of scrap metal, even the foil from gum wrappers, which was used to build airplanes and other war items. Students were encouraged to save their nickels and dimes to buy war bonds, which helped pay for the war.

Want to Help?

There is a lot you can do to help support the soldiers fighting in Iraq and Afghanistan. Something as simple as writing a letter to a soldier could brighten a day.

Putting together care packages helps troops enjoy a bit of home. Some soldiers need phone cards so they can call home. If you would like to help, the Department of Defense has a Web site, www.americasupportsyou.mil that links to organizations that explain what you can do. Parents, make sure your children always check with you before going online or giving out any personal information.

(*The Washington Post*)

Clark County Residents to benefit from MyEncoreYears.org outreach program

VANCOUVER, WA – Residents 50 and older can learn about age-related topics ranging from assisted living options and health care to dog walking services and continuing education classes through a new website, www.MyEncoreYears.org.

The outreach program is aimed at helping older residents with life transitions by providing access to a wide array of community services from one location. The program connects residents with resources to help address the challenges and opportunities that come with aging.

The website will feature five area agencies that are clearinghouses for information on issues of aging. Callers can get referrals to a variety of services as well as help determining what services or agencies they or family members need.

Thousands of refrigerator/household magnets featuring the program's toll-free hotline and website address are being distributed through Clark County fire districts, law enforcement agencies, hospital and health clinic networks, public agencies and community centers.

By 2025, a quarter of Clark County's population is projected to be 60 or older. Last year, the Board of County Commissioners appointed a task force to assess the county's capacity to serve a growing number of older people. The task force is considering housing, transportation, health care, supportive services and civic/social engagement as it develops an Aging Readiness Plan. A draft plan could be available late this year.

MyEncoreYears.org, developed by Leadership Clark County, is made possible by financial and in-kind contributions from Clark County, Southwest Washington Agency on Aging & Disability, 211 Info, United Way of Columbia-Willamette and Human Services Council in partnership with Leadership Clark County's 2011 project team.

Contact: Colete Anderson, Community Planning, (360) 397-2280 ext. 4516, Colete.Anderson@clark.wa.gov

HOUSEHOLD HAZARDOUS WASTE COLLECTION

July 9, 9:00 am to 1:00 pm, Clark County Fire & Rescue Station 27, 505 SW First St., Battle Ground.

July 16, 9:00 am to 1:00 pm, Fire District 3, Station 31, 17718 NE 159th St., Brush Prairie

October 8, 9:00 am to 1:00 pm, County Operations Center, 4700 NE 78th St.

ACCEPTABLE ITEMS: Household hazardous waste includes pesticides, paints, solvents, batteries, thinners, motor oil, antifreeze and cleaners. Block foam must be clean and bagged and from households only. .

NOT ACCEPTABLE: Plastic-wrapped yellow urethane foam, hot tub covers or packaging peanuts. Explosives, ammunition, biological materials or business generated hazardous waste WILL NOT be accepted.

ACCEPTABLE ELECTRONICS include computers, monitors, televisions, printers, VCRs typewriters and cell phones.

NOT ACCEPTABLE ELECTRONICS: Microwave ovens, smoke detectors and large appliances.

Household and hazardous waste can be taken at no charge to three permanent facilities:

- **Central Transfer Station**, 11034 NE 117th Ave., 8:00 am to 4:00 pm, Saturdays & Sundays.
- **West Van Materials Recovery Center**, 6601 NW Old Lower River Road, 8:00 am to 4:00 pm, Fridays and Saturdays
- **Washougal Transfer Station**, 4020 S. Grant St., 8:00 am to 4:00 pm on the third Saturday of each month.

❖ Do you have a burning permit? ❖

Did you know that you MUST have an open burning permit for small non-recreational burning anywhere in rural Clark County and that it is valid only for fires that are 10 feet and less in diameter?

The permit is good for one year and outdoor burning is NOT permitted from July 15th through September 30th. All burning permits will be rescinded between these two dates. Additionally, depending on weather conditions, fires may not be permitted on other days. Call the fire Marshal's Office at 574-3058, ext 6, to make sure burning is being allowed on the day that you intend to burn.

Burning is restricted to daylight hours and only one pile may be burned at a time. Other restrictions are noted on the permit.

You may download an open burn permit for small fires from <http://www.swcleanair.org/pdf/ClarkBurnPermit.pdf>

The permit should be signed, dated, and kept on your premises.

Summer Solstice Garden Celebration

Sponsored by The Specialty Nursery Association of Clark County (SNACC) a self-guided tour to six of the member nurseries will take place on Saturday, June 25th from 11:00 a.m. to 3:00 p.m. Entrance to the nurseries is free. Participating nurseries will hold demonstrations, tours and/or special deals through out the event.

The Eastfork Nursery, located off the end of Stoughton Road in our EFFNA neighborhood is one of the featured nurseries. This would be a good place to start your tour and pick up information about SNACC.

The other participating gardens include North Fork Landscape in Battle Ground, the Wildlife Botanical Gardens in Brush Prairie, Norwest Nursery Outlet on 72nd Avenue in Vancouver, Scented Acres Lavender on 117th in Vancouver, and Sunset View Nursery on NW 61st Ave. in Ridgefield. A map is available at the SNACC website www.specialtynursery.org

Things Your Burglar Won't Tell You:

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.

5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom - and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door - understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. (Find it at <http://www.faketv.com/>)

EIGHT MORE THINGS A BURGLAR WON'T TELL YOU:

1. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
2. The two things I hate most: loud dogs and nosy neighbors.
3. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again.. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
4. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
5. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.
6. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
7. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.

8. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

Sources: Convicted burglars in North Carolina, Oregon, California, and Kentucky ; security consultant Chris McGoey, who runs <http://www.crimedoctor.com/> and Richard T. Wright, a criminology professor at the University of Missouri-St. Louis, who interviewed 105 burglars for his book Burglars on the Job Protection for you and your home:

If you don't have a gun, here's a more humane way to wreck someone's evil plans for you. (I guess I can get rid of the baseball bat.):

FROM ANOTHER SOURCE

On the heels of a breakin and beating that left an elderly woman in Toledo dead, self defense experts have a tip that could save your life.

Val Glinka teaches self-defense to students at Sylvania Southview High School. For decades, he's suggested putting a can of wasp and hornet spray near your door or bed. Glinka says, "This is better than anything I can teach them." Glinka considers it inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, Glinka says, "spray the culprit in the eyes". It's a tip he's given to students for decades. It's also one he wants everyone to hear. If you're looking for protection, Glinka says look to the spray. "That's going to give you a chance to call the police; maybe get out." Maybe even save a life.



DO YOU HAVE A STORY FOR OUR NEWSLETTER

If you have a story of interest to our neighborhood association, please contact us. We'd very much like to hear from you. Or, if you have an interest in working on the newsletter, please let us know.

Also, if you know of a neighbor who isn't getting the newsletter and would like to receive it, please send us their email address. If they are not on e-mail, please make a copy of the newsletter to share with them.

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