



East Fork Frontier Neighborhood Association

Volume No. 4, Issue No. 2 --- February 28, 2011

BPA Communication to EFFNA

The following is from an email we received on February 8, 2011, from Seth Baker of EnviroIssues at BPA. You will notice that BPA claims it has no preferred route. Those of us who have attended meetings and hearings and have read their notices believe this to be untrue. It has appeared from the beginning that the preferred route, regardless of how much negative impact it has on existing improved property, is along its current I-5 corridor. And if they have not made a decision about the route, on what route is the EIS (Environmental Impact Statement) being made?

Seth Baker of BPA wrote:

"Thank you for the opportunity to share project information in your neighborhood email update. The text is attached in a Microsoft Word document. Please let me know if you have any trouble viewing the document.

We'll look forward to finding out if your neighborhood is interested in meeting. Until then, please let me know if you need any further information from me.

Sincerely,

Seth Baker | EnviroIssues

1515 SW Fifth Ave., Suite 1022 | Portland, OR 97201-5449
503.248.9500 | www.enviroissues.com"

And this is how the attachment to the email reads:

The Bonneville Power Administration (BPA) is proposing the I-5 Corridor Reinforcement Project, which calls for a new 500-kilovolt transmission line to run between potential new substations at Castle Rock, Wash., and Troutdale, Ore. The distance between the two proposed substations is approximately 70 miles. The line is needed to relieve projected congestion on the regional transmission grid due to growth in southwest Washington and northwest Oregon.

As part of the National Environmental Policy Act (NEPA) process, BPA has identified a number of route segment alternatives that will undergo further analysis in an environmental impact statement (EIS). The analysis will look at the potential environmental and community effects of each segment according to a variety of factors including, but not limited to, impacts on social, cultural, and economic resources, as well as natural resources. This analysis will assist BPA in determining if the line should be built, and if so, what the most appropriate route would be. At this point in the process, BPA does not have a preferred alternative. The draft EIS for the project is expected in fall 2011 and a final decision will be made on the project in 2013. BPA continues to take public comments on the project. For more information, visit www.bpa.gov/go/i5.

Lewis River News Website

Check out the attached web sites for LewisRiver.com news and events.

<http://lewisriver.com/news-forum/>

<http://lewisriver.com/gallery.html>

Friends of the Eastfork – Contact Info.

Here is the website for *Friends of the East Fork*. Please share it with anyone you know that cares about this beautiful river and it's inhabitants. <http://www.eastforklewisriver.org>

Valerie Alexander, coyoteridge@tds.net

Parks Foundation St. Patrick's Day Fun

Excerpts from February Newsletter:

"Don't forget the March 18 St. Paddy's for Parks featuring music by Patrick Lamb and March 19 St. Paddy's for Kids events at Shorty's Garden and Home on Mill Plain. Two great events you won't want to miss! "

"Thank you to each and every one of you who supported the 2011 Parks Foundation Community Grants Award program through your donation. A big thank you also to the Parks Foundation board members who contributed significantly to the success of this campaign through their \$25 per contribution match!

Master Gardener Information - WSU supports Gardening Outreach

Residents of Clark County enjoy their summer gardens and green landscapes filled with a myriad of trees, shrubs, conifers and flowers. When it comes time to selecting new plants, and managing pests they can call upon a trained Master Gardener volunteer who has the skills and knowledge to answer their questions with a sound, non-biased, research backed approach. You can either e-mail your questions to: mganswerclinic@clark.wa.gov or call a volunteer at 397-6060, ext. 7725. We have over 250 volunteers serving all year long out of both the Brush Prairie Extension office, as well as the Heritage Farm on 78th St across from Grover Electric. As a non-profit agency, the majority of information from WSU comes free of charge.

Many Northwest Neighborhood Association residents have attended the Master Gardener's Mother's Day Plant Sale and taken home flats filled with vegetable starts and low-cost perennials. If you have plants that you would like to donate to this community event send an e-mail to Nancy Funk (nancysgarden@comcast.net) who will schedule a Dig Team to come to your yard and dig out excess plants, and help answer many of your gardening questions, all free of charge.

Did you know that Clark County has preserved the entire 79 acre Heritage Farm? Yes, right in Hazel Dell we will have a restored farm that will be the new home for the Extension office in May 2011, along with community garden plots, and a brand new state of the art Lexan greenhouse.

Charles Brun, Horticulture Advisor

WSU Extension, 397-6060, Ext. 7713, or Ext. 7718

brunc@wsu.edu

New York Botanical Garden offers images of 2,500 plants

The New York Botanical Garden has become "the first major herbarium to digitize and upload images of 2,500 representatives of your plants." The website is

<http://sciweb.nybg.org/science2/VirtualHerbarium.asp>.

Or you can go to www.nybg.org and from the main page hit the "science" tab at the top of the page and then look at the "C.V. Starr Virtual Herbarium."

Organic wart remedy

Try this...GARLIC. Known to have strong antiviral properties crushed garlic can permanently remove warts. Apply crushed or finely chopped garlic to the wart area with a bandage – twice a day until the wart disappears – usually in a week or two. Or, use an oil-based garlic extract which can be purchased from health food stores.

Bottom Line, Natural Healing Winter 2011

What plastic containers to use & how

Plastic containers contain cancer-causing chemicals that can leach into your food. This was first discovered in 1987 at Tufts Medical School and since then numerous studies have proven the plastic-cancer link.

Not all plastics are alike, however. Some are very toxic and others are safer. So, how can you tell which is which. Check the recycling number on the container (usually on the bottom enclosed in a small triangle).

The MOST dangerous are those with a 3, 6 or 7 on the bottom. These contain high amounts of BPA and should be avoided. And containers with a 4 or 5 are not much better.

Only containers with a 1 or a 2 are considered to be safe for storing food and drink. However, even these should NEVER be used in a microwave.

Excerpt from *Bottom Line*, Winter 2011

Identify Theft

Detective Thomas Mitchum, Major Crimes Fraud and Forgery Unit, Clark County Sheriff's Office, provided the following information:

Watch this KTLA - Los Angeles TV News story below explaining how electronic-pickpocketing works on stealing your credit card information:

<http://www.wreg.com/news/wreg-electronic-pickpocketing-story,0,5636726,full.story>

And here is a link to site that sells products that protect against RFID theft: <http://www.idstronghold.com/protect-your-information.asp>

This site sells Secure Sleeve® and Secure Badgeholder® products which create an RFID shield by blocking the electromagnetic energy necessary to power and communicate with contactless smart cards, passports, enhanced drivers licenses (EDLs), TWIC, PIV, CAC and transit cards. This is essential to total security because although most contactless smart card systems implement industry-standard security mechanisms, readers can be modified to access information without authorization.

Credit card readers can be easily purchased that will read the credit account number, expiration date, and even name off your new RFID enabled credit card. These readers can easily be concealed by electronic pick-pockets so that someone could walk through a crowd, ride on a subway, elevator, or other crowded area and steal nearby credit card information without the card holder ever knowing it happened.

BBB Rating for Identity Stronghold LLC

Based on BBB files, Identity Stronghold LLC has a BBB Rating of A on a scale from A+ to F.

Support our Veterans Freedom Flapjack Breakfast *a benefit to support the opening of the new* Clark County Veterans Assistance Center

March 12, 8-10 a.m.

Salmon Creek Applebee's

13006 NE Hwy 99

Vancouver, WA 98686

Sponsored by the Clark County Veterans Assistance Center Committee (CCVAC)

For advance tickets, or more information call Marti Sanders at CDM Services 360-896-9695 X 21 or Milada Allen at 360-573-4030.

The Clark County Veteran's Assistance Center is finally a 501(c)(3) and ready to take off. The CCVAC needs to fundraise very quickly to pay for utilities and outreach designed to connect veterans in our communities with need-specific services and assistance.



FREE CONSUMER INFORMATION CATALOG

Revised and published quarterly, the Consumer Information *Catalog* brings together publications from more than 40 agencies, providing the public with one convenient source for federal consumer information. Consumers can get a free catalog by requesting on line at <http://www.pueblo.gsa.gov/cicform.htm> or call toll free at 1-888-878-3256.

Each *Catalog* lists more than 200 free and low-cost federal publications on a variety of consumer topics. Before publishing each *Catalog*, we review the booklets listed for timeliness and relevance. Topics include:

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College for Free

America's top professors are putting their courses online.

By David Hochman, *Reader's Digest*, March 2011

The author, David Hochman, said he "stuck with free offerings from accredited universities and ...mostly favored video lectures over audio ones." The first challenge he discovered about "going to school without actually showing up: Nobody's taking attendance, and nobody's grading you or offering feedback or job tips or course credit (not for free, anyway, though interactive tuition-based curricula – for credit – are emerging)."

Here are some sites recommended by the author:

iTunes U: Apple's well-tended education portal aims to help you "learn anything, anytime, anywhere."

Academic Earth (www.academicearth.org): Browse lectures at such schools as Harvard, Stanford, and Yale; post questions and comments; see which lectures get A+ grades from fellow users.

YouTube EDU (www.youtube.com/education): The site's sprawling academic collections features content from more than 300 colleges and universities from ten countries in seven languages.

The Einstein Knowledge Network (www.einstein.com): Access to complete courses, including downloadable syllabuses and documents, across more than 35 categories, from 100-plus university providers.

Khan Academy (www.khanacademy.org): One very wise man lecturing on hundreds of topics. Heavy emphasis on numbers and science. (Kahn reaches 300,000 a month)

Open Culture (www.openculture.com): A smart guide to free audiobooks, language lessons, academic podcasts, classes, and intelligent video sites.

ANNOUNCEMENTS FROM THE COUNTY

Special Waste Collections

Block Foam : Saturday, March 12, 9am - 1pm, Clark College Yellow 1 Parking Lot, Fort Vancouver Way. FREE. Recycle clean, dry block foam at this event. No packing peanuts (but you can check with your local shipping store to see if they can use them) or polyurethane foam will be accepted. E-Waste will be collected by Empower Up. Please no televisions, monitors or microwave ovens. For more information call 360-397-2121 ext 4352. To learn more about Empower Up, go to www.empowerupnow.org . Have items you want to recycle but aren't sure where to take them? Check out www.RecyclingA-Z.com for a comprehensive resource guide.

Workshops

Permeable Pavement Workshop, Thursday, March 3, , 6:30 - 8:00pm , Three Creeks Library, 800 NE Tenney Road, Vancouver (across the parking lot from Fred Meyer on 135th Street). WSU Clark County Extension and Clark County Environmental Services co-sponsor this workshop. Pre-registration is required. Call WSU Extension at 360-397-6060 ext 7703. Class size is limited to 30 participants. This is a free workshop.

Fruit Tree Pruning Workshop , Thursday, March 3, 4:30pm. For more information and location, contact Erika Johnson, 360-771-1296, info@myurbanabundance.org

Master Composter/Recyclers will be having several backyard composting and vermicomposting workshops beginning in April. For more information call 360-882-0936 ext 224. For a complete list of

upcoming workshops go to:

<http://www.columbiasprings.org/mcr/classes.html>

Events

The **2011 StreamTeam calendar of events** is now posted on our website: www.StreamTeam.net . The StreamTeam is a volunteer driven stream restoration and environmental education program that is bringing salmon back to Salmon Creek. The team will be out February 12 & 26 planting trees for four hours. To join the team, please contact Lisa Beranek to register at (360) 992-8585 or StreamTeam@clarkpud.com .

Fruit and Nut Tree Planting in observance of International Women's Day. Bagley Downs Neighborhood Garden at Columbia Signs, 4700 E Fourth Plain Blvd. 9am - noon. More info call 360-921-7826 or email Jessica.antione@ci.vancouver.wa.us or patti@abcinc.us .

World Water Day, Saturday, March 12, Second Saturday at the Water Resource Education Center. Family activities 1-3pm, free admission. Details call 360-487-7115. The Water Center is located at 4600 SE Columbia Way. www.cityofvancouver.us/watercenter .

Food and Film: A Series on Water Tuesday, March 15, 6 - 9pm. . This month's film is 'The Great Salmon Run'. Unitarian Universalist Church of Vancouver, 4505 E 18th Street.

Better Living Show March 25 - 27, at the Expo Center, www.betterlivingshow.org

Volunteer Opportunities

Saturday, March 5, 9am - 1pm, WSU Vancouver Library room VLIB 201. In March-June 2011, the **Salmon Creek Watershed Council** will conduct the 2nd year of a volunteer-led headwater stream reconnaissance project to improve our stream maps and build our watershed knowledge of Salmon Creek. Interested volunteers are being recruited for a Saturday, March 5th training session. Trained volunteers will visit and survey streams at road crossings, documenting habitat with photographs, channel measurements, and site maps. All ages are welcome and no prior experience is necessary, but children should be accompanied by a parent/guardian. Questions and RSVP to: Randall.pearl@scwsc.org

Request from Steigerwald National Wildlife Refuge - 9am Saturdays and Sundays January 8- March 27. There are about 6500 trees that need planting and we will be starting that process in January - we'd like individuals, families, groups- the more the merrier. Large groups should call ahead to make sure we can accommodate them, otherwise, just show up at the Gibbons Creek trailhead at Steigerwald NWR. For more info people can email volunteer@refugestewards.org , or call Refuge Manager Jim Clapp at 360-835-8767.

Request from Ridgefield Wildlife Refuge - We are planting for the first time in the Roth unit (southern part of the Refuge) allowing access into some very nice ash forest canopy riparian stands not open to the public along intertidal Campbell Slough. The plantation maintenance is work to remove old tree protector tubes and quality control new plantings to fix up things a bit.

Wed Mar 2 - Tree plantation maintenance - Meet at the Carty Unit Kiosk

Sat Mar 5 - Tree plantation maintenance - Meet at the Carty Unit Kiosk

Sat Mar 12 - Tree planting at the Roth Unit - Meet at the River S. Kiosk

Lynn Cornelius, Habitat Restoration Coordinator, Friends of Ridgefield National Wildlife Refuge, 360 887 3883 x 14, Lynn.Cornelius@fws.gov For more information, check out these websites: www.ridgefieldfriends.org or www.fws.gov/ridgefieldrefuges/ridgefield

Harvesting our Urban Orchard Program offers tools for the community to register trees to be harvested and volunteers to bring in the harvest. Thousands of pounds of fruit and nuts fall to the ground each year creating messes in yards across Vancouver yet many in our community go hungry or lack access to fresh healthy foods each day. Do you have a tree that produces more than your family can eat? Contact Erika Johnson, info@myurbanabundance.com or call 360-771-1296 if you'd like to get involved in this worthwhile program.

How to Contact your elected federal officials:

Links to contact information for federal and state officials as well as media companies
www.capwiz.com/afanet/home

The President

President Barak Obama
The White House
Washington, DC 20500

Salutation: Dear Mr. President

Comment line: 202-456-1111

E-mail: comments@whitehouse.gov

Web: www.whitehouse.gov/contact

U. S. Senate

The Honorable _____
Washington, DC 20510
Salutation: Dear Senator _____
Switchboard: 202-224-3121

U. S. House of Representatives

The Honorable _____
Washington, DC 20515
Salutation: Dear Congressman (or Congresswoman) _____
Switchboard: 202-224-3121

The Cold Truth About Electric Cars

If you live anywhere affected by frigid weather, said Charles Lane of the Washington Post, you should be glad you're not driving an all-electric car. President Obama's State of the Union address set a goal of putting 1 million plug-in hybrids and all-electric vehicles on the road by 2015. But electric batteries have a chemical problem that needs to be addressed – They run down quickly in cold weather. A drop of 10 degrees, in fact, could sap 50percent of a battery's output, dramatically reducing the already limited range of these vehicles. It's not hard to imagine the battery running down in the midst of a brutal snow and ice storm, stranding you and your fellow electric car drivers on a highway. Not incidentally, putting 1 million of these cars on the road would mean 99.6 percent of our vehicles would remain gas-powered, so the reduction in emissions or oil-importation would be negligible. Lane added that he did not think electric cars were ready for prime time.

The Week, February 11, 2011

Computer Virus Alert

BETTER SAFE THAN SORRY....**THIS HAS BEEN CONFIRMED BY SNOPEs:** <http://www.snopes.com/computer/virus/hereyouhave.asp>

Anyone-using Internet mail such as Yahoo, Hotmail, AOL and so on. This information arrived this morning, Direct From both **Microsoft** and **Norton**. You may receive an apparently harmless e-mail

titled "**Here you have it" or "Just For You" or "Here it is," or "Life is Beautiful."** If you open the file, a message will appear on your screen saying: **'It is too late now, your life is no longer beautiful....'** Subsequently you will LOSE EVERYTHING IN YOUR PC, And the person who sent it to you will gain access to your Name, e-mail and password. This is a new virus which started to circulate in late September. AOL has already confirmed the severity, and the anti virus software's are not capable of destroying it.

The virus has been created by a hacker who calls himself 'life owner'.

Neighborhoods On Watch (NOW) Program

In Sunday's newspaper a special section profiled Clark County for 2011. It included a map delineating the various neighborhood associations and each neighborhood was shown in a color that depicted its crime rate. Our neighborhood reflected a rate of 25-50 crimes per 1,000. This was much lower than many but still seemed high considering that we rarely hear about such activity in our neighborhood.

However, Sheriff Lucas is asking the neighborhood if they have an interest in participating in the NOW program and if so, do they have individuals who are interested in taking the required training. He has sent out a fact-finding questionnaire and that document is attached at the end of this newsletter. If you have an interest, please fill out the form and send it to Sheriff with a copy to me at gabriel364@aol.com

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.

Sandra S. Bennett, Interim President, Ph: 263-3336,
gabriel364@aol.com

Susan Woodrum, Interim Vice president
Woodys5@aol.com

Jo Ann Wohlers, Interim Secretary
jkkwohlers@aol.com

The information and views expressed herein are solely those of the neighborhood association and not of Clark County government or the Public Information and Outreach Office

