



FELIDA NA

(FELIDA NEIGHBORHOOD ASSOCIATION)

NEWSLETTER – MAY 2011

Felida Neighborhood Association Annual Meeting -- May 31, 2011 (Tuesday)
at 7:00pm, Felida Fire Station, 11800 Lakeshore (south of signal at NW 119th St/Lakeshore)

Proposed Agenda:

- 7:00pm Welcome, 2010-2011 Awards report, “administrivia” - President
Financial Report – Treasurer
Board Elections – several positions (page 2) -- ballots to eligible voters
- 7:20pm Port of Vancouver & Projects Update
- 7:40pm Bonneville Power Administration Status Update
- 8:00pm Proposed Salmon Creek Hospice Facility
- 8:20pm Proposed Home Rule Charter Status – 2011
- 8:25pm Felida NA Election Results & “Focus Area” Committees’ Updates:
- Bliss/Seward Roads Intersection – design by engineer/County
 - McCann Road/36th Street LOS F & McCann Committee
 - Cougar Creek Woods Community Park Committee
 - Sorenson Neighborhood Park Committee
 - Sgt. Brad Crawford Neighborhood Park Committee & Fundraising
 - Felida Community Park Committee
 - July 4 Children’s Parade and after parade activities
 - Proposed Sustainable House and Rain Garden in Felida NA
- 8:45pm Community Roundtable – Children’s Klinefelter Fishing Derby, project proposals, & concerns

May 21, 2011 (Saturday), 10:30am -- “Stars & Stripes Forever” -- 47th Parade of Bands in Hazel Dell and Activities.
Hazel Dell - Salmon Creek Business Association and co-sponsors proudly present the 3rd largest event in the state.
Walk/Run fundraiser to benefit Clark County Veterans Assistance Center. (Page 5.)

May 26, 2011 (Thursday), dinner 5:00pm to 6:15pm, concert 6:30pm to 8:30pm -- Dining With the Award-Winning “Elvis” aka Mark Stevenz. Proceeds benefit the Clark County Veterans Court. For information, community sponsorships, and to purchase tickets, call the Allen team - (360)573-4030 or Clark County Veterans Assistance Center -- (360)693-7030. Visit www.ClarkCountyVetsCourtBoard.org. \$30 dinner & concert, or \$20 Elvis concert only.

May 30, 2011 (Monday), 11:00am -- Memorial Day Ceremony to honor military, veterans, and their families. Historic Fort Vancouver Barracks tour. Co-sponsored by: The Community Military Appreciation Committee (CMAC), Waste Connections, Vancouver, American Red Cross; 40 et 8, Marine Corps, Coast Guard, Navy, Air Force, Army, and community. (Milada Allen & Sue Lintz are liaisons, appointed to CMAC by the Neighborhood Assoc. Council of CCo).

June 9 – August 3, 2011: “Border to Border Jean E. Toland Memorial Ride” to benefit Share, Serving the Hungry & Homeless: www.TolandsBorderToBorderBenefit.org. Help Tolands, NA members, to raise \$25,000 (see page 5).

June 12, 2011 (Sunday), 3:00pm – 4:30pm, at NW 115th and NW 16th Avenue -- Cougar Creek Park (CCP) Community Celebration. Light refreshments, information, and a quick tour of the community park (Phase 1) and future trail/trailhead site. Contact CCP Committee Co-Chair, Dianna Cruz: (360)574-8704. Do you have fundraising ideas?

June 15, 2011 (Wednesday), 7:00pm – 9:00pm, NW 119th, Felida, Thomas Jefferson Middle School. McCann Road transportation & safety improvements options researched by Clark County Public Works. (Page 5.)

July 4, 2011 (Monday), Annual Children’s Parade and After Parade activities – Felida Park (back page). Help plan!!!

FELIDA NA

Executive Board

Officers (Volunteers):

Dr. Milada Allen, President*
Maxine Kelly, Vice President
Helen Koeppen, Sec, SBCPC
Shirley Albeck, Treasurer*

Directors (Volunteers):

Ben Dennis, ECC
Kay Hust*
Becky Lillie & Brad Inman,
CCPC & SNPC co-chairs
Rob Kerr*
Leah Lothspeich
Ty Stober**

* terms expire ** moving

Jamie Allen (Volunteer)
Ex-Officio President
NA Parks Committee Co-Chair

Please call if you are interested in serving on the Felida NA board or focused area/project committees.

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

FELIDA NA NEEDS VOLUNTEERS.

Proposed development projects, policy and code changes, impacts, infrastructure, environment, storm water, watersheds, parks, trails, events + require 1,000s of volunteer hours to research and coordinate.

If students need community service hours or wish to volunteer, they must be supervised by adult mentors.

*If you would like to sponsor a community event/project, children's celebration area; boulders & memorial arches in Sgt. Crawford Park; park benches or bricks in Felida Community Park; help with fundraisers; OR need information about Felida NA, please call:
Dr. Milada Allen, (360)573-4030*

2010-2011 FELIDA NEIGHBORHOOD ASSOCIATION AWARDS

MARCH 23, 2011, 7:00 pm -- in BOCCC Hearing Room

Felida NA: has +/-17,000 stakeholders, 700 volunteers; belongs to the Neighborhood Associations Council (NACCC); cooperates with 6 other Neighborhood Associations; and has over 250 partners from Clark, Skamania, Cowlitz, Multnomah, and Washington counties.

Commissioner Tom Mielke and Dr. Milada Allen, President of the Felida NA, welcomed those in attendance. They spoke about the importance of volunteers and partners working together to improve the quality of life in our communities.

As bells started to ring throughout the hearing room, Commissioner Mielke took over the awards ceremony, made a brief speech, and helped Barbara Anderson, North Salmon Creek NA; Ila Stanek, West Hazel Dell NA; and Sue Lintz, East Minnehaha NA to present a surprise, impressive, and formal "Community Angel Award" to Dr. Milada Allen, our President.

Commissioner and three NA leaders spoke about partnerships with collaboration, cooperation, and coordination of community volunteers brought together by Dr. Allen to improve the quality of life and "make a difference" countywide.

Felida NA President quickly proceeded to present awards:

"GOLD" EAGLE AWARDS

- **Pat Jollota –Children's Justice Center Board**
Felida Neighborhood Association Partner & Local Historian
Served on the Children's Justice Center Board & Vancouver Council
- **Garret Hergert -- G2 Outdoor Living, Landscape Design**
Sgt. Brad Crawford Neighborhood Park & Community Projects Donor
- **Steve Smith & Darcie Robertson-Smith Team**
North Salmon Creek NA partners for the July 4 parade in Felida
- **John Russell, President, CCVAC (CC Veterans Assistance Center)**

Terry & Milada Allen were nominated for Gold Eagle awards, again. As Dr. Allen is NA President, they express their gratitude and declined awards. Instead, they encourage the community to donate to: CCVAC, (501(c)(3).

"SILVER" EAGLE AWARDS

- **Brian Potter -- Vancouver-Clark Parks**
- **Scott Brantley -- Vancouver-Clark Parks**
- **Jamie Clark – Felida NA Parks Committee member**
- **Restorative Community Service -- Clark Co. Juvenile Court**
- **Cody Shults -- Restorative Community Service Mentor**
- **Ian McIntosh, Pastor – New Summit View Church - Felida**
- **Mark Stevenz aka Elvis – "Ambassador of Goodwill"**
- **Gary & Darcy Shull -- NW Natural Gas "Ambassadors"**
- **Maxine-Gonzalez Kelly -- Felida NA Vice President**
- **Clark County Veterans Assistance Center Team (page 5)**
- **Commissioner Mielke & Carmen Mielke, Volunteers**
- **Sue Gilbert, Enterprise/Paradise NA President**
- **Clark County Veterans Assistance Center Team (p. 3)**

TEAM AWARDS

Gonzalez-Kelly & Allen Teams (multiple events)

**Maxine-Gonzalez Kelly, Gold & Silver Eagles, FNA Vice President & Maestra
Allan Paul Kelly, FNA Asst to Vice President**

** Emily Tesdale	** Sam Nigro II	** Jordanelle Tsugawa
** Levi Garvey	** Heidi Morgan	Julie Sylvastrri
Marcus Holling	Molly Doan	Sophia Sylvastrri
Jackie Shipe	Nikki Olson	Brian Rippentrop – Troop343
Nolan Stitzel	Kevin Ranger (CA)	Bob Anthony - Troop 104

**** These Woodland High School volunteers helped with several events including: July 4 Children's parade & activities in Felida Park, Childrens' Community Christmas Party in Hazel Dell, and Clark County Veterans Assistance Center fundraiser at Applebee's – SC.**

Gecho Teams (multiple events)

Jill Gecho – Team Leader	Sam Gecho	Chace Miller
Chloe Gecho	Allys Gecho	Allie Reynolds
Max Gecho	Desmond Gecho	Brittney Reynolds
Sarah Fried	Nicole Olson	Analese Reynolds

Barbara Anderson and North SC NA Team – July 4, 2010 & Children's Holiday Event

Barbara Anderson, Gold & Silver Eagles, Ex-officio President, Parks Chair

Dawn Anderson	Gavin Balderas	Kari Wallingford
Barbara Anderson	Mitch Canton	Alicia Wallingford
Tiffini Feliciano	Ali Cook	Jared Wallingford
Doreen Naughton	Mardy Guion	Jennifer Konopasek
Kylie Hill	Shane Guion	Michele McFatrige
Pat Hughes	Shaylynn Guion	Sarah McFatrige
Avril Massey	Carla Priddy	Juan & Terri Piedra,
Marcy Mee	Fliz Reutz	Mi Gente
Avaly Mobbs	Kendyl Soom	Captain Crystal Stout*
Julie Syvestri	Paul Scarpelli, President	Dr. Don Stout, Morning
Tom Walker	Ken Wheeler	Star Balloon Company

Clark County Veterans Assistance Center (CCVAC) Team

John Russell, President – Gold Eagle Award Winner -- presented Silver Eagles to:

Karla Bean	Pam Brokaw	Morris & Roberta Giesler
Sally Garcia	Carla Jo Whitson	Jerry & Marsha Keen
Scott Nielson	Bobbi Casanova	Ron & Donna Brandon
Marti Sanders	Bob Nichols	Jerry Keese

The CCVAC Team thanked Commissioner Mielke for recognizing the need for a center to assist veterans, military personnel, and their families -- living in our community -- to connect to services, benefits, housing and jobs.

**The CCVAC Team presented a Silver Eagle award to:
Commissioner Tom Mielke & Carmen Mielke, Volunteers**

John Russell thanked Milada Allen & NAs for key role, help, & community support.

Felida Neighborhood Association Volunteers (Several events & projects):

Ben Dennis, Fly Fishing Demo King, Environmental Committee – Chair

Bob Marley	Maxine Kelly, VP	Leah Lothspeich, Board
Gary & Darcy Shull	Allan Kelly	Helen Koeppen, Secretary
Lauren Shull	Rob Kerr, Board	Olivia Koeppen
Carol Ostrom	Ty Stober	Shell McKedy, SBCPC
Shirley Albeck, Board	David Kerr	Cameron McKedy
Ty Stober, Board	Andy Marshall	Gracie McKedy
Ken Rowe, CCPC	Becky Lillie, Board	Chris Crossland
Alice Rowe, CCPC	Brad Inman, Board	Glenn Owen, CCPC Chair
Diana Cruz, CCPC	Rob Kerr	Karen Owen, CCPC Chair
Joe Rossi, SBCPC	Greg Rousett, CCPC	Dean Howell, CCPC
Betty Rossi, SBCPC	Diane Rousett, CCPC	Lori Howell, CCPC
JR Ralston, CCPC	Robert Rudink, CCPC	Heather Calhoun, CCPC
Kay Hust, Board	Sally Rudink, CCPC	A.J. & Jerry Sallee, SPC Chairs

Terry, Sean, & Milada Allen Team were nominated for awards. Dr. Milada Allen is President of Felida NA. Therefore, the team respectfully declined recognition.

Salmon Creek Lions:

Doug Ballou, President	Sam Gunn	Al Jaffe (prior Gold Eagle recipient)
Don Holly, Secretary	Jan Hurtubise	Sherry Parker
Elsie Holly, Asst to Sec	Gary Pevey	Terry Sable
Dan Bodell, Vice Pres	Paul Monroe	Steve Schmitt
Rich Lessing	David Page	

Clark County Sheriff's Office:

Mike Cooke, Commander – Task Force

Mike McCabe, Commander – Central Precinct (Outreach WP)

Hazel Dell-Salmon Creek Business Association - Donor

Don Dexter – On-the-Spot Engraving, Hazel Dell – Donor

Farrar's Bistro – Debbie Belden, Felida – Donor

McDonalds – Val Hadwin and Ann Pickle – Event participants

Kohl's – Hazel Dell - "A" Team Volunteers and Donors:

Jamie Tompkins	Teri Baquette	Janelle Dochow
Amanda Wehling	Jill Clark	Barbara Neusom

Fire District #6 – Volunteers & Firefighters:

Jeremy Anthony	Captain Ryan Reese	Casey Taylor, Firefighter
Mark Puch	Lauren Allen	Dave Sinclair, Firefighter
Ben Porter	Dawn Johnson	& Paramedic

Applebee's – Salmon Creek:

Jennifer Renteria,	Wayne Peters, Assoc	Austin Boeglin
General Manager	Manager & Chef	Chris Chavira
Jay Ventura	Eric Peters	

East Minnehaha Neighborhood Association -- Sue Lintz, President

West Hazel Dell Neighborhood Association – Ila Stanek, President

NE Hazel Dell Neighborhood Association – Bud Van Cleve, President

Green Meadows Neighborhood Association – Art Stubbs, President

Fairgrounds Neighborhood Association – Vickie Fitzimmons

Neighborhood Associations Council of Clark County -- Doug Ballou

Clark County Veterans Assistance Center (CCVAC) was opened on April 1, 2011. The CCVAC's mission is to: 1) provide a welcoming and safe environment; 2) assist veterans and their families connect to benefits, services and resources to meet basic needs; and 3) provide support to re-integrate into the community. Thank you for donating furniture and supplies, volunteering, and attending the Freedom Flapjack fundraiser with Elvis (aka Mark Stevenz), at Applebee's in Salmon Creek. (Proceeds used to pay for a portion of utilities.) CCVAC needs more volunteers. Apply at 1305 Columbia Street, # 100, Vancouver, M-F, 8am – 5pm. If you wish to donate, make checks payable to CCVAC and mail to: P.O. Box 56, Vancouver, WA 98666. For information, call: (360)693-7030; or e-mail: ccvac@qwestoffice.net; or visit website: www.ccvac.net. Tax-exempt, 501(c)(3).

Stars & Stripes Forever -- **47th Parade of Bands in Hazel Dell** and Activities May 21, 2011 (Saturday), 10:30am. Grand Marshalls: Sgt. Brian Radke, US Army (parents still live in Felida) and Sgt. Jack Carrier, US Army. Route on: www.hdscba.org. **Lion's Club Breakfast**: 8800 NE Hazel Dell Avenue Fire Station, 7:00am-10:00am. Check in/Line up: Registration station at the corner of Hazel Dell Avenue & NW 94th Street -- 8:00am. Judging at 9:00am for registered parade entries. The parade begins at 10:30am. BE SAFE, WavE & HAVE FUN. **A 2.5 Mile Parade Run/Walk** starts at 10:15am. Portion of proceeds benefit the new **Clark County Veterans Assistance Center** (see above) – same route as the parade. Please register at the MaxMuscle, Hazel Dell. **Clark County Veterans Assistance Center** car will feature "Elvis" and other celebrities to publicize fundraisers. Banner donated by Don Dexter (veteran, Felida NA member), On the Spot Engraving, 7728 NE Hazel Dell Avenue

McCann Road Volunteer Committee – 2nd public meeting: June 15, 2011 (Wednesday), 7pm-9pm, Thomas Jefferson Middle School, NW 119th Street, 2nd block west of NW 36th Avenue, Felida. This is a follow up to the first public meeting of May 18, 2010, proposing safety improvement alternatives (NW McCann/NW 43rd Avenue), safety improvements on the McCann curves (between NW 36th and NW 39th Avenues), and traffic control (at or near NW McCann and NW 36th Avenue). Background information can be found at: www.McCannRoad.com.

May 24, 2011, (Tuesday) **Stormwater Management Workshop** (free), 6:30pm to 8:30pm, Water Resources Education Center, 4600 SE Columbia Way, (360)487-7130 or e-mail surfacewater@cityofvancouver.us. Learn about: Stormwater management to ensure that facilities in your neighborhood remain effective; legal obligation to maintain your private stormwater facility; water quality, healthy streams and clean drinking water.

May 2011, **WSU Clark County Extension** is moving to the Heritage Farms: 1919 NE 78th Street in Hazel Dell. (360)397-6060, by appointment from 8am to 5pm. Regular hours: Closed on Mondays; T & W 8:30am-2:00pm; Th & F 11:30am – 5:00pm. (Heritage Farms site is home to the community garden with several ADA accessible rows.)

Border to Border Jean E. Tooland Memorial Ride to Benefit Share – serving the hungry & homeless: On July 9, 2011, four riders will begin a 1,700 mile journey down the Pacific Coast, from Canada to Mexico. The riders will be on the road for approximately 25 days, averaging 80 miles per day. Their goal is to raise \$15/mile, or \$25,000, for Share of Vancouver -- an organization that assists homeless and hungry in Clark County. (Many of them are veterans.) This ride is dedicated to Jean Estella (Olsen) Toland – a "friend to the homeless." Riders are: Terry Toland (son), Sarah & Shannon Toland (14 & 11), & Kevin Putnam. Diane Toland -- Terry's wife and tai chi instructor at LakeShore Athletic Club -- will drive a car. Visit website: www.TolandsBordertoBorderBenefit.org. Send pledges to: "Share - Border to Border," Attn: Finance Director, P.O. Box 1209, Vancouver, WA 98666. The average age of homeless in the USA: **8 years old**. Visit Border to Border booth on **July 4, 2011, Felida Park**.

Ridgefield Wildlife Refuge Habitat Restoration. Invasive plant removal every Wed & Sat beginning on June 22, ending on August 31. Tree Planting Repair and Invasive Removal on May 18 and June 4, 9am - 12:30pm. Meet at the River "S" Unit kiosk (beginning of auto tour route. Contact: Jill Peoples@fws.gov, (360)887-3883, x 14.

June 14, 2011, 9am-10am -- **50+ Travel Program Expo** at Luepke Center, 1009 E. McLoughlin Blvd, (360)487-7084 or 487-7100. Win gift certificates/coupons to use for trips. Learn about affordable day trips planned and guided by trained volunteers to explore nature, culture, and places. Trips listed on www.vanclarkparks-rec.org, or in the free **Senior Messenger** (call 487-8701 to subscribe). 2011 trips include: Willamette Star Yacht Cruise, Elk Farm & Nursery, Swampland & Oregon Coast Aquarium, Big Canoe Adventure, Timberline Lodge at Mt. Hood, Cascade Raptor Center, Skamania Lodge/Columbia Gorge Museum, Hot Air Balloon Ride & Brunch. Barney Trust Fund assistance is \$30/person/year for a trip. (e.g., Timberline Lodge trip fee is \$38 - less \$30 => cost \$8.)

Summer Concert Series at Esther Short Park. **Noon Hour Concerts (Free)**: Wednesdays, 12 to 1pm; July 6, Vancouver Pops Orchestra; July 13, Justin Klum; July 20, Key of Dreams; July 27, Tom May, Aug 10, Misty Mamas. **Riverview Six to Sunset Concerts**: July 7, GruVbox; July 14, 5 Guys Named Moe; July 21, Patrick Lamb; July 28, Quarterflash; August 4, The Antics, August 11, Hit Machine. Call (360)487-8631 for more information.

DISPOSING OF SHARPS, MEDICATIONS, AND MERCURY THERMOMETERS SAFELY

Have you ever wondered what to do with unwanted medications? How to clean-up a broken mercury thermometer? Where to dispose of syringes and needles? If so, visit: [Medications](#), [Mercury Thermometer](#), or [Sharps](#) at [Recycling A-Z.com](#) for answers to many of your questions, including: what sharps are, how to identify a mercury thermometer, how to safely clean up a broken thermometer, why improper disposal is dangerous, and where you can properly dispose of controlled substances, unwanted medications, sharps, and mercury thermometers and other products containing mercury.

If you would like to receive free copies of the *Medications, Mercury Thermometer, and Sharps* brochures, call Clark County Environmental Services at (360)397-2121, ext. 4352. Also be sure to bookmark [RecyclingA-Z.com](#) as one of your favorites to have more recycling information at your fingertips. (Also check with your pharmacy.)

RECYCLING INFORMATION -- IN RESPONSE TO QUESTIONS

Did you know that about 25% of the solid waste stream is compostable? Materials like leaves, grass and yard waste can be composted. For about the price of one matinee movie ticket, you can have up to 96 gallons of yard debris picked up every-other-week. Right at your curb! Yard debris that is placed in your garbage container is not pulled out at the processing facility; it ends up in the landfill as garbage. Waste Connections' yard debris service is a sanitary way to locally recycle any unwanted yard waste. All yard debris from Clark County is processed within the region and is available locally for purchase as compost!

Waste Connections' curbside yard debris service is a convenient alternative to self-hauling yard debris -- saving you time and fuel. If you've hesitated to sign up because you don't think that you would utilize the service year around, you don't have to! Waste connections offers an "on-call" service option. On-call service allows you to keep the cart until you decide it needs to be picked up! Find out more about curbside Yard Debris service at our web site [wcnorthwest.com](#). Starting service today will divert weight from your garbage and possibly help to lower your garbage bill. When you call or email Waste Connections to start service, a container will be delivered to you and will be picked up on the next service day in your area! Waste Connections Inc., (360)892-5370, 3/11

E-CYCLE WASHINGTON, EMPOWER UP, AND THE RESTORE

E-Cycle Washington: Since January 2010, Waste Connections has been prohibited from accepting computers, monitors, TVs and laptops as garbage. The restrictions are the result of a new Oregon Law banning the land filling of old electronic equipment. Because the landfill that serves Clark County is located in Oregon, the law applies indirectly here, too. However, you can still get rid of old televisions, computers, and monitors for free, thanks to a Washington law requiring manufacturers to underwrite a statewide electronics recycling program. E-Cycle Washington is a program that provides free recycling of computers, monitors, laptops and TVs. Peripherals and accessories such as mice, printers and scanners are NOT covered under the program. For recycling locations, please call 1-800-recycle or visit [www.ecyclewashington.org](#).

Empower Up is a non-profit organization focusing on recycle education and computer reuse. They accept used computers, computer parts and other consumer electronics from the public at no charge. Empower Up prefers to accept only working equipment that is no more than 5 years old, though it will accept non-working or older equipment at this time. Used computers are available for purchase in the Empower Up Thrift Store. Empower Up, 5000 E Fourth Plain, is now collecting block foam, also known as Styrofoam or polystyrene, from 9am to 5:30pm, Tuesday through Saturday. Visit: [www.empowerupnow.org](#), and/or call 360)397-6118 ext. 4352.

The Habitat for Humanity ReStore is a thrift store that sells donated new and used building and home improvement products. The stock is constantly changing but often includes lighting fixtures, sinks, toilets, major appliances, floor coverings and furniture. Sales from the ReStore help build homes for low income families. The Clark County ReStore is located at 5000 E Fourth Plain.. Store hours are 9am to 5pm Tuesday through Saturday. For more information on the ReStore, see [www.pdxrestore.org](#) or call (360)213-1313.

Both, Empower Up and ReStore, have many opportunities for volunteers to get involved in their community.

WHAT IS “WOMENHEART” AND WHY IT IS IMPORTANT TO EVERY WOMAN YOUNG, OLD, AND IN-BETWEEN IN OUR COMMUNITY

“Heart disease is the number one killer of women of all ages -- it is not a disease only of older women. One in four of us will die of heart disease -- more than of breast cancer, diabetes, or accident.”

Leslea Steffel-Dennis, Felida NA resident, article author

WomenHeart is a national non-profit organization, headquartered in D.C., yet a local community based organization. It was founded by three women who in their 40's suffered heart attacks. They did not know each other, lived in different parts of the U.S., and were brought together by a magazine interested in writing an article about women's heart disease. After meeting and exchanging experiences, they realized that there is a general lack of understanding, education, and information -- resulting in misconceptions and dismissal of the pain as something unrelated to heart disease.

In March 1999, they became advocates for women of all ages, at risk, or survivors of heart disease. WomenHeart is for all women throughout the country whose lives are compromised by heart disease.

Each year, WomenHeart selects 50 women (heart survivors), who serve WomenHeart within their own communities, and provide them with an opportunity to attend a 5-day symposium at Mayo Clinic in Minnesota. They receive cutting edge information about women's heart health with the country's leading cardiologists and other heart health professionals. They then attend a seminar, in St. Louis, to further enhance the knowledge as volunteer coordinators.

In Clark County, Bj Babcock, born with a serious heart defect, is the local WomenHeart Coordinator. Co-coordinator, Leslea Steffel-Dennis, is a senior citizen who was recently diagnosed and treated for heart disease. While neither is a medical professional, they work within the community to provide information and education through monthly support meetings, presentations, collaboration with Vancouver cardiac clinics and other community outreach organizations.

Major Risk Factors for Women include:

- Heredity -- mother, father, grandparents, siblings
- Smoking and years of second-hand smoke
- Obesity -- a waist circumference over 35", 10 or more pounds overweight, body mass (BMI) over 25
- Diabetes -- all types
- Cholesterol levels -- a total over 200 (blood test), High LDL (bad), low HDL (good), triglycerides, fasting glucose
- Stress -- ongoing and significant -- from all sources
- Lack of aerobic exercise -- at least 30 minutes, 5 days a week
- Unhealthy diet and lack of information on a heart-healthy diet
- Not knowing symptoms of heart disease and heart attack
- Denial--the biggest killer of women who won't acknowledge symptoms

To learn more about WomenHeart: Visit: www.womenheart.org and/or attend free monthly meetings -- held on 3rd Thursday of the month, from 7pm to 8:30 pm, at Legacy Salmon Creek Hospital, 3rd floor Conference Room (A/B). For more information contact: Bj Babcock, (360)887-4694, or e-mail: bbabcock.52@gmail.com; and/or Leslea Steffel-Dennis, (360)597-3061, or e-mail: Lsdheart@gmail.com

PUBLIC HEALTH ASKS: “WHAT’S YOUR VISION FOR A HEALTHIER CLARK COUNTY?”

Clark County's 20-year Comprehensive Growth Management Plan needs to include strategies to promote and protect health. Please provide your input on how and why Clark County could/should grow healthier? Share your ideas at the *Growing Healthier* forum on May 25, 5:30pm – 7:30pm, Vancouver Housing Authority, 2500 Mail Street. E-mail: GrowingHealthier@clark.wa.gov, or call (360)397-8000, x 7281. Public Health ad states:

- People eat more fruits and vegetables when they live near a supermarket.
- People are more likely to exercise if they live near a park (e.g., Felida, Cougar Creek, Kline Park).
- Only 13% of children bike or walk to school today -- compared with 48% in 1969.
- Many people who ride buses get enough exercise each day just by walking to the bus.

On behalf of ALL unincorporated neighborhood associations, Neighborhood Associations Council of Clark County (NACCC) wrote a letter to the Clark County Board of Commissioners to support plans to include the “health chapter” in the Comprehensive Plan. Several neighborhood leaders said: “Finally!” What do you think?

- Several benches and bricks are still available for sponsorship in [Felida Community Park](#).
- [Sgt Brad Crawford Neighborhood Park, Phase II](#): \$23,000+ is in the Foundation Account (raised by Felida NA members). Need \$125,000 more (total +/- \$150,000*) for 3 rows of boulders, memorial arches, and a climbing wall. Write checks to: "The Parks Foundation--Sgt. Brad Crawford Park Acct." Please coordinate with, or let Felida NA know about your donations. (*Less if the V-C Parks/CC Public Works receive donations of building materials, arches, boulders, or re-vegetation/landscaping repair after construction.)
- [Annual Felida Children's July 4 Parade](#) and activities in Felida Park. Need more sponsors, display booths, volunteers, and ideas for games. Felida NA partners with Salmon Creek Lions, Hazel Dell – Salmon Creek Business Association, North Salmon Creek NA, Smith Team, Woodland High School, and many public, and community organizations. Help us plan a great July 4, 2011 community celebration!!! Everything in the park is free. Donations welcome. Felida NA is a registered, nonprofit, tax-exempt, 501(c)(3), organization.
 >>For more information, call: Jamie Allen, Parks Chair & Ex-Officio; or Milada Allen, President: (360)573-4030.<<
 >>Clark County Neighborhoods web: www.clark.wa.gov/neighborhoods/weeklyupdate -- Felida NA<<

TO ALL SERVING IN THE UNITED STATES MILITARY AND TO PAST & PRESENT VETERANS:
THANK YOU FOR YOUR SERVICE!!!
 Visit the new Clark County Veterans Assistance Center at 1305 Columbia Street, Vancouver (p.5).

Neighborhood Association newsletters are copied free of charge by the Clark County Public Information & Outreach Office. The information and views expressed are solely those of the Neighborhood Association and not Clark County government or the Public Information and Outreach Office.

Dr. Milada Allen, President
Felida Neighborhood Association
P.O. Box 61552
Vancouver, WA 98666

PRESORTED STANDARD U.S. POSTAGE PAID VANCOUVER, WA PERMIT No. 130
