



Salmon Creek Herald

You Don't Have To Move To Live In A Better Neighborhood!
The Official Newsletter of the NSCNA

Free Publication



Issue 28

November, 2011

ELECTIONS 2012

The November 15th general meeting is the time to elect your 2012 NSCNA board which means now is the time to start looking for candidates. We hope you will consider running for one of the positions described below. Officer positions have a one year term. Duties are defined in the bylaws. The list below identifies some specific tasks beyond the "generic description" found in the bylaws.

PRESIDENT - acts as the primary executive officer; presides over all deliberations and activities of the NSCNA general membership, board, and advisory committees; is the official spokesperson and primary liaison to Clark County staff.

VICE PRESIDENT - assists the President in all duties and performs the functions of the President in his/her absence.

SECRETARY - is responsible for keeping a permanent file of all NSCNA's general and executive meetings; may also write other general communications.

TREASURER - writes checks and makes deposits as directed by the NSCNA board; documents and updates financial records and transactions; tracks account/fund balances; and prepares and provides quarterly and annual financial reports.

DIRECTOR - directors represent a specific geographic area of the NSCNA so they can be familiar with issues that affect their district. These positions have a two year term with half the positions expiring each year. This being an odd number year means district director positions for district 1, 3, and 5 (see district map at Salmon Creek Live!) will expire this year. Directors are the key liaison to their district and may become

involved in zoning issue. It is worth it when you see what a difference you can make in the Salmon Creek community. PLEASE CONSIDER VOLUNTEERING. Attend the November 15th general meeting, throw your hat in the ring, and VOTE! The general meeting will be held at Riverview Bank in the Fred Meyer shopping center at 7:00pm



Follow us at www.salmoncreeklive.com

COME FOR THE COFFEE, STAY TO VOTE



Enjoy a cup of Peet's coffee and other light refreshments and vote for your 2012 NSCNA officers on

Tuesday, November 15th at Riverview Community Bank in the Fred Meyer shopping center. The meeting begins at 7 pm so arrive a few minutes early in order to secure your raffle ticket and pick up your ballot. We will also be hearing from a guest speaker or two!

SATISFY YOUR SWEET TOOTH AT THANKSGIVING!

Visit **Yo2Go** November 21 & 22 with the **coupon on the back page** and they will donate 10% of all sales for these two days to the benefit of Chinook Park!



OFFICERS:

Paul Scarpelli—President
360-524-2624

Steve Smith—Vice President
360-852-8763

Samantha Guse—Treasurer
360-314-6347

Barbara Anderson—Secretary
360-573-2240

Jennifer Konopasek—District 1

Jim Frazier—District 2

Mitch Canton—District 3

Carrie Anne Palandrani—District 4

Larry Gentry—District 5

Ron Wilson—District 6

Ann Foster—District 7

ASK SAMMY

(The NSCNA spokesperson)

Q: Now that it's getting darker earlier, I've noticed several street lights out in my neighborhood. How do I get them replaced?



Sammy says: If you notice a streetlight out in your area tie a ribbon around it and call CPUD at 360-992-3000. Give them the approximate address and tell them you marked the light pole. The light should be replaced shortly.

If you have a question like the one above send it to:

asksammy.nscna@gmail.com

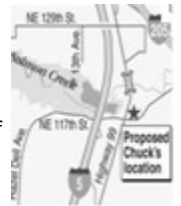
Salmon Creek Lowdown — Local Business Scuttlebutt



Lindsay Lohan is serving time in jail again (no big surprise) and Charlie Sheen is still out of work (NOT winning) but let's get to things that matter. We have lots of new business neighbors coming in and old business friends expanding. Congratulations to Debbie Belden at **Farrar's Bistro** located at 12314 NW 36th Ave. She has recently almost doubled the seating capacity just in time for your holiday party or event. **Miller Paint** is another old business friend who is expanding their floor space by relocating to the old Hollywood Video store located at 14300 NE 20th. They expect to be open for business around the first of the year. We'd like to welcome Peggy Eisenhower and her new business **Studio E Fitness** located behind the Wayside Market at 1309 NE 134th in building #2. Studio E Fitness of-

fers Zumba classes and plans to offer other dance/fitness classes in the future. Rumor has it that a new veterinary clinic will be coming to us soon along with a new fast food chain. We'll keep you posted as things develop. One thing we know for sure is that Kelly Campbell is now open for business at **Specialty Graphics** located at 14407 NE 13th Ave., Suite 100. Check out their showroom just off NE 10th Ave. a few blocks north of Fred Meyer. You may have heard some talk about a Fred Meyer gas station being built on the lot just north of the Fred Meyer store. That project is being reassessed due to fees and permitting. Developers are currently working with the county. If anything more on this subject comes up, we'll pass it along. On a positive note, we hear that a new childcare/

preschool facility will be opening around the end of November. Details will be coming your way soon. Word is out that a new **Chuck's Produce** will be built on the northeast corner of Highway 99 and 117th Street. Chuck's developers are in the design stage at this point, with a projected opening date of Spring 2012. If you're curious as to what the new store might look like, there is a store at 13215 SE Mill Plain you can check out. If you hear of any new business locating to Salmon Creek send the info to



salmoncreeklowdown@gmail.com.

Yard Debris & Holiday Recycling

RECYCLE YOUR HALLOWEEN PUMPKIN



Did you know you are allowed to place your old pumpkins (no candles!) in your yard debris cart instead of your garbage can? This means they will be recycled into compost instead of ending up buried in the landfill. This is the only exception to normal yard debris. No other food will be accepted. Carts can only hold up to 140 pounds so please limit the number of pumpkins you include.



RECYCLE YOUR CHRISTMAS TREE

You **CAN** recycle your Christmas tree. **Remember:** Before recycling, remove all materials that are not a part of the original tree. Wreaths and swags can also be recycled, but take them off of the frames and wires. There are several ways to have your used tree removed:

1. **Boy Scouts**— a \$7 donation is suggested.
2. **Curbside Collection**— curbside customers may set out a tree (5 feet or less) in or next to their yard debris cart on regular yard debris collection day. If the tree is in addition to the 96-gallon limit, a fee of \$2.12—\$3.05 will be charged depending on your area.
3. Take your tree to a recycling center.



For more information call Clark Co. Environmental Svc 360-397-2121 ext. 4352

Free Leaf Disposal

For Vancouver and Clark County residents only

With this coupon

October 1 - December 20, 2011

Prevent street flooding – Don't place leaves in the street.

Instead, use this coupon for free leaf disposal at:

- H & H Wood Recyclers - 8401 NE 117th Avenue, 360-892-2805
- West Van Materials Recovery Center - 6601 NW Old Lower River Road, 360-737-1727
- McFarlane's Bark - 8806 NE 117th Avenue, 360-892-6125

See reverse side for map of above locations and hours of operation.

This coupon must be presented at the drop-off site and is for **leaves only**. Yard debris or mixed loads will be charged at the regular price. Leaves must be emptied from plastic bags.

To redeem coupon, complete the following information:

Name: _____ Street Address/Zip: _____

*City of Vancouver residents: Funding for your participation in this program is provided through your garbage rates.
 Clark County residents: Funding for your participation in this program is provided by Clark County Public Works and Environmental Services.*



HELPFUL YARD TIPS FROM SAMMY

Instead of raking up your leaves, try using your lawnmower to pick up those messy things. Then dispose of them in your curbside yard debris cart. You'll save a trip to a recycling center and your yard will look tip top!



Chinook Park Update



Chinook Park site before any major clearing.

As of this printing, all major development for the Chinook Neighborhood Park has been put on hold pending the Board of County Commissioners' work session on capital issues which will take place Tuesday, November 8th in the sixth floor training room of the Public Service Center, 1300 Franklin Street at 1:30 pm. The NSCNA continues to raise funds to support the completion of this park. We have been waiting a long time for a park to call our own, so please continue to support its development!



Chinook Park site cleared of underbrush, debris, and unhealthy trees.

I-5 Interchange Project



The Salmon Creek Interchange Project has been designed to reduce traffic congestion and improve safety in the fast growing Salmon Creek area by constructing a new I-5 interchange at NE 139th Street, improving the I-205 northbound off-ramp to NE 134th Street, and constructing other local road improvements. As of this printing, the Salmon Creek Park & Ride has moved to its new location just east of NE 10th Ave. on the east side of the Fred Meyer shopping center and is now fully operational. Clark County has wrapped up its local improvements on NE 139th Street, completing stage 2 of the four stage process. Next up (stage 3), WSDOT is scheduled to add a lane in both directions of I-5 between NE 139th Street and the NE 179th Street exit and add a lane on the northbound I-205 off-ramp to NE 134th Street and is currently soliciting bids for this stage.

2011 Halloween Decorating Contest Winners

Winners of the 2011 NSCNA Halloween Decorating Contest

First Place—The Stevenson Family of Quail Park Neighborhood

Second Place—The Deklyen Family of Chinook Springs Neighborhood

Third Place—The Nelson Family of Whipple Creek Place Neighborhood

Honorable Mention: The Castleberry Family of Shorecrest Neighborhood and The Doddridge Family of Whipple Creek Estates.

Congratulations to all our winners and a big thank you to all who participated!





November 2011

Schedule of Events

- Nov. 12: Crystal Plum Bazaar - Alki M.S. 9am - 4pm.
- Nov. 12: Family Movie Series - Three Creeks Library 2 pm
- Nov. 12: Skyview Choir "Night of a Hundred Stars" - Heathman Lodge
- Nov. 15: NSCNA general meeting - Riverview Bank: 7:00 pm (all are welcome).
- Nov. 16: VSD Patron Tour-- RSVP to 360-313-4720
- Nov. 18- 20: Clark Co. Holiday Gift Fair - Clark Co. Event Ctr. 10 am - 6 pm.
- Nov. 18: Chinook PTSA Family Movie Night
- Nov. 18: Salmon Cr. Elem. PTA Family Night 6-7:30 pm
- Nov. 19: Pancake Breakfast - Applebee's: 8-10 am.
- Nov. 25 - 27: Festival of Trees - Pearson Air Museum.
- Nov. 26: Tree Lighting - Esther Short Park 5:30 pm
- Nov. 26: Vancouver Pops Concert - the Hilton 7 pm
- Nov. 28: Hot Buttered Run & Kids Kandy Kane Race - Pearson Air Museum

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 <small>Daylight Savings Ends</small>	7	8	9	10	11 <small>Veteran's Day</small>	12
13	14	15	16	17	18	19
20	21	22	23	24 <small>Thanksgiving</small>	25 <small>Black Friday—Shop 'til you drop!</small>	26
27	28	29	30			

"What a child doesn't receive, he can seldom later give." — P. D. James
Time to Be in Earnest

Neighbors in Need

With the economic downturn in 2011 more people in our community need assistance. This makes support of the annual **Walk & Knock** more important than ever. You won't even need to leave the neighborhood as Riverview Community Bank is a local drop off spot for donations. The annual collection event is Dec. 3rd beginning at 8 am. This project is like no other. It brings the entire community together by helping those in need. You can support this in several ways by volunteering. Sign up in advance to participate in the food drive or to volunteer at www.walkandknock.org. When you receive your donation bag give generously. If you won't be home Dec. 3rd make sure to leave your filled bag on your doorstep or drop off donations at Riverview Bank!



YOU CAN HELP the NSCNA make this holiday season brighter for local families in need in several ways:

1. Bring an unwrapped toy or non-perishable food items to collection barrels located at **Three Creeks Library**—800 Tenney Rd. or **Riverview Community Bank** (two locations) at 800 Tenney Rd. and 1220 NE 88th St.
2. Buy tickets for a pancake breakfast at **Applebee's**—tickets available at both **Riverview Bank** locations.

The items donated and funds raised will be used for the Children in Need Holiday Celebration.

Wrappers are also needed for this event. For details call 360-573-2240.



Stop by the **Wendy's** located at
 8000 NE 6th Ave.
 Wednesday, Nov. 16
 5-8 pm

10% of all sales (no coupon needed) will be donated to benefit the Children in Need Holiday Celebration. *"There can be no keener revelation of a society's soul than the way it treats its children."* - Nelson Mandela.



December 2011

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 <small>Hanukkah Begins</small>	21	22 <small>Fist Day of Winter</small>	23	24
25 <small>Christmas Day</small>	26 <small>Kwanzaa Begins</small>	27	28	29	30	31

- Dec. 3: Walk & Knock beginning - 8:00 am.
- Dec. 3: Gift wrap workshop - 10:30 am call 573-2240 for location details.
- Dec. 3: Alki Choir Sings - Three Creeks Library 11-12:30
- Dec. 6: Alki Choir Winter Concert 7 pm
- Dec. 7: Club Hope Infertility Clinic - Legacy Salmon Creek Med. Ctr. Call center for details.
- Dec. 7: Chinook PTSA Skate Night - call school for details.
- Dec. 8: Three Creeks Advisory Council meeting –Clark Regional Wastewater Dist. 10 am - noon
- Dec. 8: Skyview Winter Choir Concert 7 pm
- Dec. 10 Gift wrap workshop 1-5 pm call 573-2240 for location details
- Dec. 13: Alki Band Concert 7 pm
- Dec. 15: Alki Orchestra Concert 7 pm

“Give what you have. To someone, it may be better than you dare to think.” — Henry Wadsworth Longfellow

Holiday Lighting & Decorating Contest



CALLING SANTA CLAUS, ST. NICK, ALL ELVES, AND TOPO GIGIO

It's time to get your Griswold on and keep CPUD in business with your holiday light displays! The first annual "Winter Wonderland" house decorating contest is almost here. All entries will be judged on quantity of lights and special effects such as music. This year we will be looking specifically for the best use of bows and packages. Small details such as color coordination can be keys to winning the big prize. A special prize will be awarded to the entry with the largest bow in their display. To enter, send your name, address, and contact information to nscna.winter@gmail.com. By entering this contest you are giving consent for the NSCNA to post a picture of your display on salmoncreeklive.com for a special on-line people's choice award. Judging will take place on Thursday evening Dec. 22nd beginning at 7 pm.

WINTER WONDERLAND RULES:



1. House must be within the NSCNA boundaries (S=Salmon Creek, N=164th St., E=I-5, W=NW 41st Ave).
2. Entries must be received by midnight Wednesday, Dec. 21st
3. Milk and cookies must be left outside in plain view just prior to judging :)

The winners will be notified via the email address they enter with or by phone (you must leave your phone number for this option) and be announced at the January general meeting at Riverview Bank.



Sammy says:

Did you know we have a local U. S. post office?

HOLIDAY HOURS FOR LOCAL POST OFFICE

The Salmon Creek Wayside Shell Market has an in-store **FULL SERVICE** United States post office! Beginning December 1st and up through Christmas, they will open one hour earlier for your convenience. Their friendly staff can assist you with all your holiday mailings and package shipping at post office prices. Call 360-574-0155 if you have any questions. Holiday hours of operations are:

Monday—Friday 8 am—7 pm

Saturday—Sunday 9 am—7 pm



HOLIDAY SEASON SAFETY TIPS

Planning for the holidays is a busy and joyful time. But all of the decorations, extra electrical cords and the parade of people going in and out of your home calls for more safety precautions to help you make this holiday season safe and happy for you and your family.

Here's a checklist for home holiday safety:

- **Ask a friend or neighbor to watch your house** and take in your newspaper and mail if you plan to spend the holidays away from home. Put lights throughout the house on timers to turn them on and off in your normal living pattern.
- **If you display a live Christmas tree, select the freshest possible.** Look for a trunk sticky with sap and for green needles that bend and are secure on the branches. Cut the base at a 45-degree angle, place it in a container of water and always keep the water level above the cut.
- **Place trees a safe distance from stoves, radiators, vents, fireplaces and any other heat source** that may dry the tree. Inspect the tree for dryness daily.
- **Inspect all holiday light wiring.** Defective, worn or frayed electrical wiring should be thrown away. Check for the UL label on lights. Also, be sure to use fixtures specifically designed for outdoor use if you decorate your house, trees or yard. Use no more than three light sets on any one extension cord. Also, don't run electrical cords under rugs.
- Place candles and other open flames away from decorations. **Never leave burning candles unattended** and always supervise children when burning candles.
- **Keep a fire extinguisher near your Christmas tree.** Make sure your family has a fire emergency escape plan. In case of fire, leave your home and call for help from a neighbor's home.
- When buying artificial decorations, **check for "flameproof" or "fire retardant" qualities.**
- **Never burn wrapping paper in a fireplace or wood stove.** Certain ink pigments react with heat and create airborne particulates that are dangerous to inhale. Also don't burn evergreens, they could flare out of control and send flames and smoke into your house.
- Cooking is a leading cause of home fires and home fire injuries. When you cook, be sure to wear clothes that fit close to the body so they won't be ignited by hot burners. **Do not leave items cooking on the stove and be sure that pot handles are turned in.**

The decorations around your house, lights, gifts, music and the presence of loved ones make the holiday season festive and fun, and with the proper precautions, safe.

Learn more about home safety, maintenance and other homeownership advice through your local homebuilders association, Building Industry Association of Clark County, at www.biaofclarkcounty.org.

10 WAYS TO PREVENT THE HOLIDAY **BULGE**

1. **Eat four to six smaller meals rather than "saving" yourself for that special holiday meal**—smaller, more frequent meals enhance metabolic activity.
2. **Don't stand by the food at the party!** - you'll be more likely to graze if you're mingling near the appetizer trays.
3. **Stick to a regular routine with sleep and exercise**—many times feeling tired or stressed is mistaken for hunger.
4. **Eat a small, healthy meal before party time**—your metabolism slows down when you skip meals and is more likely to store body fat if you wait too long to eat.
5. **Plan a workout before a holiday party or big meal**—use all the carbohydrates found in starchy dishes like mashed potatoes or sugars found in cranberry sauce to replace the calories you burned in your workout!
6. **Eat slowly**—it takes about 20 minutes for your stomach to tell your brain you're full.
7. **Cut back on the nibbling!**
8. **Watch out for liquid calories, especially alcohol.**
9. **It's OK to say "no"** - Don't feel like you have to accept everyone's offers of food or drink at a party.
10. **Try recipe modification**—making modifications of your favorite recipes can make a dish healthier and perhaps even tastier. Make sure you practice the modified recipe before the big day.



Salmon Creek Farmer's Market 2012

Stay up to date on plans for the third annual Salmon Creek Farmer's Market by visiting their web site at:

www.salmomcreefarmersmarket.com



Paul's Pet Corner

Although many cats enjoy being outside where they can hunt prey and explore their surroundings, it's a myth that going outside is a requirement for your cat's happiness and well being. Playing regularly with your cat easily satisfies its stalking instinct, keeps it stimulated, and provides needed exercise. Here are some tips for safely confining your cat and making the great indoors an interesting, feline-friendly environment that meets all of your cat's needs:

1. **Provide a screened porch** or other safe way for your cat to experience the outdoors.
2. **Consider buying a harness and training your cat to walk on a leash.** This training takes time and patience, for both you and your cat, and it's easiest when your cat is young.
3. **Install a perch indoors** near a sunny window, buy a ready-made cat tree or make your own. If you can, locate the cat tree next to a window so your cat can watch the action outdoors.
4. **Play with your cat each day.**
5. **Plant cat grass** (available from pet supply stores) in indoor pots so your feline can graze.
6. **Clean the litter box regularly.**



Even cats who are protected from roaming free are required throughout Clark County to be licensed and should be outfitted with a collar and visible identification. Call Clark County Animal Protection & Control at 360-397-2488 or go to www.clark.wa.gov/pets for more information.

SALMON CREEK LIONS CLUB HOLIDAY WREATH SALE

The Salmon Creek Lions Club will be selling holiday wreaths and swags on Saturday, November 26th from 9 am until 4 pm at the Burgerville located at 13309 NE Hwy. 99 in Salmon Creek. No trees are felled to make these wreaths. Trimmings used to make them promote healthy new growth in old forests. Net proceeds from your purchase go toward Lions Sight and Hearing Programs in Clark County.



TAGGERS HIT SALMON CREEK

Taggers have recently marked up a portion of the sound barrier wall on NE 139th Street just north of Fred Meyer. The fact that the wall is a nice neutral color may have something to do with why taggers are attracted to it. It creates a nice blank slate for their "art." One way to deter taggers is to clean up the paint as soon as possible so that few people see it. One of the goals of a tagger is to show off their art to as many people as possible so if we are able to limit the time their tags are viewed by others, we may be able to discourage re-tagging. If you spot any graffiti in Salmon Creek you can call the West Precinct's graffiti hotline at **360-397-6079** and report it.



Sammy says: "here are some numbers you should know!"

To report a power outage: 360-992-3000

To report a gas leak: 1-800-882-3377

Clark Co. Sheriff's Office West Precinct: 360-397-6079

If you need help with health & human services in Clark Co. dial **2-1-1** and they will direct you to the appropriate people.

AS ALWAYS IF YOU EXPERIENCE AN EMERGENCY DIAL 9-1-1 AND STAY ON THE LINE UNTIL HELP ARRIVES.

TOP FIVE THINGS WE ALREADY MISS ABOUT SUMMER



5. Seeing the sun before 10 am
4. Taking the back roads while blasting music
3. Driving with the top down
2. Relaxing on the porch and chatting with neighbors.
1. **ICE CREAM MAN!**

SAFETY TIPS FOR WINTER TRIPS

As colder weather approaches, here are some tips for driving in the winter over an extended distance. Always be prepared; you have to be ready for what you may encounter. Most of this is common sense, but how many of us jump in our vehicles when the weather looks nice and end up in a storm? Make sure you have the following items in your vehicle before starting a road trip in winter:

*Flashlight, blanket, snacks, and water.

*Jumper cables, tire chains or traction mats, and windshield scraper.

*At least a half tank full of gas at all times.





Find us on Facebook at North Salmon Creek Neighborhood Association; on Google+ at NSCNA; and Twitter at Clarkcountylive!

COUPON TO SUPPORT YOUR PARK



Clip this coupon and present it at Yo2Go frozen yogurt November 21 & 22 and 10% of all sales that accompany this coupon will be donated to the benefit of Chinook Park! Yo2Go is located at 13309 NE Hwy. 99 Suite 105 in the Burgerville shopping center.

The Salmon Creek Herald is looking for pictures of Salmon Creek both old and new. If you lived in the area before all of the construction, we'd love to see before and after shots. Send photos to: asksammy.nscna@gmail.com.



A huge **THANK YOU** to KC Teriyaki and Michael Choe for the donation to Chinook Park!



Thank you to Peet's Coffee & Tea for continuing to provide refreshments at our bi-monthly meetings and to El Tapatio for providing refreshments for September's general meeting.

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