



Fircrest Neighborhood Association

Fircrest Neighborhood Newsletter

Join us at

<https://nextdoor.com> for more information.

July 2024

Get current neighborhood news
and the newsletter delivered to
your inbox. Send an email to
fircrestna@gmail.com to be
added!

Annual Eastside Community Picnic and National Night Out Tuesday, August 6, 2024 5pm to 8pm

Come on out to LeRoy Haagen
Memorial Community Park for
our Annual Eastside Community
Picnic and National Night Out.
There will be food*, music, games,
bounce house**, obstacle course**,
and lots of booths/vendors!

Thank you to our sponsors and partners!



* Some food is for purchase.

**Each turn on the bounce house or obstacle course costs 25 cents, OR you can purchase a \$5 wristband for unlimited turns!

**Questions? Call/text Margaret at 360-836-6736, or email fircrestna@gmail.com,
or go to www.facebook.com/eastsidepicnic.**

Welcome To Our New Neighborhood Police Officer!



Our new Neighborhood Police Officer is Officer Cole Larson. You can contact him by emailing cole.larson@cityofvancouver.us. You can call him at 360-903-8020, but **he prefers email**. (Remember, in an emergency, call 911.)

City of Vancouver Disclaimer

The City of Vancouver supports the Neighborhood Associations in their effort to share vital information with residents to create a more informed public. However, the information provided and the opinions and views expressed in the Neighborhood Association newsletter or other documents do not necessarily represent the position of the City of Vancouver, nor does the City determine whether the information published is accurate or appropriate. Printed by the City of Vancouver Office of Neighborhoods.

Summer Meals



Evergreen Public Schools will again be able to offer children free meals during the summer through the Summer Food Service Program (SFSP) for 2024. Children ages 1 to 18, regardless of if they attend school in the district, are eligible to receive one breakfast and one lunch per day when meal sites are open. The program is funded by the U.S. Department of Agriculture. Under USDA requirements, *meals should be consumed on site.*

One of the locations is Legacy High School at 13300 NE 9th Street through August 2, Monday through Friday: Breakfast from 8:30 to 9:30 and Lunch from 11:30 to 12:30

Also, Share is offering free lunches at
**Cascade Park Community Library through
August 9: Mondays - Fridays from noon to 1.**



Reminder: 9th Street Work

As you have surely noticed, work has begun on 9th Street to replace aging water and sewer lines. This project has several components and has started with water and sewer utility work. When the utility work is finished, pavement resurfacing is planned for NE 9th Street, between NE 112th and NE 127th avenues. After paving, new street striping elements will be installed for NE 9th Street.

Construction has begun along NE 9th Street with utility and pavement work planned from now through the fall. Contractors will then move to NE 112th Avenue, working between NE 9th and NE 18th streets from the fall to early next year to finish the water main installation.

Protect Yourself In The Heat!

by Mike A.



[ClipArt Link](#)

National Ski Patroller, trained as Outdoor Emergency Care Technician (the ski patrol version of EMT)

With this hot weather going for an extended period I just want to share some first aid and preventative measures. Be careful during the hot days of summer. This is just a quick guide (not to be comprehensive) that may help.

Dehydration is the first stage. → Stay hydrated. For every 3-4 liters of water you need to mix in Gatorade or similar drinks to prevent flushing your electrolytes. If you are outside or in a heated area, one liter an hour is the minimum you should drink. If you are not needing to go pee, you are not drinking enough. If your urine is not clear, you are not drinking enough. Avoid alcohol or caffeinated drinks as they are diuretics.

Heat Cramps. This is the second stage. → Strong stomach cramps, nausea, sweating. Get person into a cool room with a fan. Let them sip electrolyte drinks slowly. It will take time for their body to regain balance. Saltine crackers are good to suck on to reduce nausea and to get salt into them. Salt helps the body to retain fluids.

Heat Exhaustion. Third stage. → can be serious. Person will be very sweaty, cool to the touch, skin is pale, disorientation. The body is trying to cool itself but failing. Get them into a cool area with a fan. Spray them with water to help their body cool, as perspiration will be failing. If completely conscious, they also can sip on an electrolyte drink. If they don't show signs of recovery after 15-30 minutes, take to an ER as they may need IV. Or if they start to lose consciousness. Even if they show recovery, they must not do any exertion or exposure to heat for 24 hours. It will take this long to fully recover.

Heat Stroke. Critical stage. → They will be hot to the touch, skin is bright red as there is no perspiration left to cool. They are cooking!!! Immediately call 911. They most likely will be non-responsive. Get them into a cool area and if possible submerge their body in cool, not cold water except for their head. You must cool them quickly to prevent organ and brain damage. If you do not have a tub, soak towels in cold water and place on their body. Placing ice packs under their arms along the side will help cool the blood as it circulates. Monitor breathing and pulse. Do not try to give anything by mouth as they most likely will not be able to swallow safely.

Anytime you have any of the above issues with cramps or heat exhaustion, you can call 911. Paramedics will make an assessment if the person needs further care.

The best way to prevent any of the above is to stay out of direct sunlight, limit your exposure to heat. So take more and longer breaks, and watch each other for any signs that heat is taking its toll.

The earlier you can catch the effects of heat and sun, the easier the recovery.

Property Tax Exemption Program

Did you know Clark County has a program that helps senior citizens and people with disabilities remain in their homes despite rising property taxes? Participants in this program will not need to repay those taxes, and there is no lien placed against your home.

Follow this link for more information:

<https://assessor-property-tax-exemption-program-clarkcountywa.hub.arcgis.com/>

Radon Information

(from the Clark County Website)

According to the U.S. Environmental Protection Agency (EPA), radon is the number one cause of lung cancer among non-smokers and the second leading cause of lung cancer overall, responsible for about 20,000 lung cancer deaths every year.

Radon is an invisible, odorless, and tasteless gas that comes from the breakdown of uranium inside the earth. It causes no immediate health symptoms. Simple test kits can reveal the amount of radon in any building. In most buildings, levels of radon can be reduced with easy and affordable venting techniques. Homes built on a concrete slab or homes with a basement may also be at a higher risk for radon gas.

For more information, go to → <https://clark.wa.gov/public-health/indoor-air-quality>

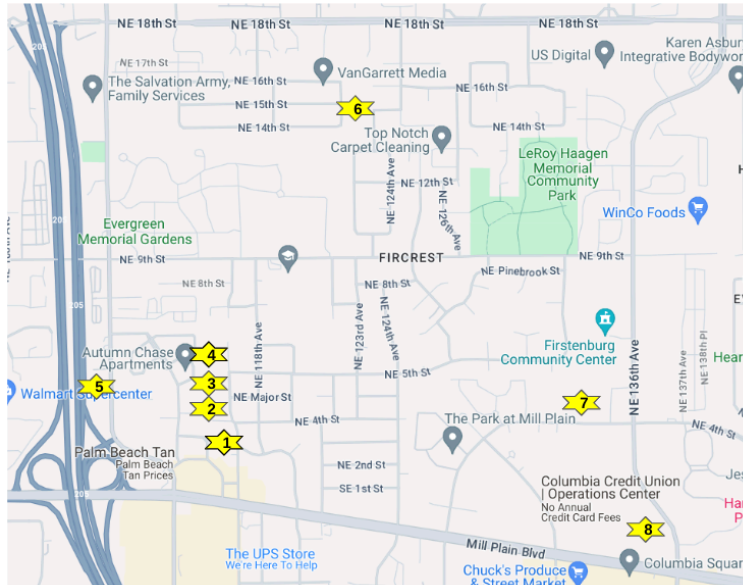
Thank You!

Have you noticed how many Little Libraries have popped up throughout our neighborhood? Thank you to everyone who has set one up on their property!



Current and Proposed Development In the Fircrest Neighborhood

Remember, if you want to keep up with the progress of these projects, including opportunities for public comment, please email us at fircrestna@gmail.com to let us know that you would like to be on our “Fircrest Development Interest Group” email list.



- 1 = 300 NE 117th Ave: Crestwood (Twergo Site Plan)
 - 2 low-income apartments, fronting on NE 3rd St., current home will have 4 apartments
(Note: these plans seem to be in flux.)
- 2 = 404 NE 117th Ave: 117th Ave Duplexes
 - 13 units plus original home
- 3 = 420 NE 117th Ave: Fircrest Site Plan
 - 8 single family attached homes and 20 townhomes
- 4 = 512 NE 117th Ave: Maple Valley
 - 32 townhomes
- 5 = OSSM: 514 NE 112th - Expansion of Just Right Heating and Cooling
(by adding a second floor, we think)
- 6 = Fircrest Meadows: between NE 121st and NE 123rd Avenues, north of NE 13th Street
 - 57 single family homes
- 7 = 13330 NE 4th Street: The Finch (Vancouver Housing Authority):
 - 161 affordable housing apartments
- 8 = In-N-Out Burger: 13511 SE 3rd Way

Important Contact Information

Margaret Milem

Chair, Fircrest Neighborhood Association

360-836-6736 (call or text) fircrestna@gmail.com

Officer Cole Larson

Neighborhood Police Officer

Officer Larson prefers email → cole.larson@cityofvancouver.us

360-903-8020 (call or text, but in an emergency, call 911)

Public Works (streets, traffic signals, street lights, signs, sidewalks)

www.cityofvancouver.us/publicworks/webform/service-requests-public-works

360-487-8177

Concerned about speeding vehicles or other traffic safety issues?

Report your observations, so they can be entered into a database that is monitored by the Vancouver Police Department's Traffic Safety Unit:

<https://www.cityofvancouver.us/services/report-concern/#traffic>

You can also call the Traffic Complaint Hotline at 360-487-7402. Remember, the more data they have about our area, the better they can deploy their resources!

Concerned about people struggling with homelessness?

Initiate outreach by leaving a voicemail at 360-450-0802 or sending an email to outreach@councilforthehomeless.org or by letting the city's Homeless Response and Assistance Team know by calling 360-487-8626 or by emailing

hartteam@cityofvancouver.us

Also, please let Margaret (Chair of the Fircrest Neighborhood Association) know by calling/texting 360-836-6736 or emailing fircrestna@gmail.com, and she will pass the information on to our neighborhood police officer.

Non-emergency law enforcement situations

311

Important Contact Information (continued)

Code Compliance questions or concerns

Call 360-487-7810

Or go to <https://www.cityofvancouver.us/cdd/page/code-compliance>

What are the rules for Recreational Vehicle parking

<https://www.cityofvancouver.us/wp-content/uploads/2023/07/Recreational-Vehicle-ROW-Permit.pdf> (Scroll down for the rules.)

“One Stop Shop” for concerns (parking, traffic, code compliance, public works like pot holes and lights)

Go to → <https://www.cityofvancouver.us/services/report-concern/> and scroll down.

How do I contact City Council members?

Go here → <https://www.cityofvancouver.us/departments/mayor-city-council/#form>

and click on “Requests and Contact Form” to get to “Contact City Council.”

Go here →

<https://www.cityofvancouver.us/government/mayor-and-city-council/meetings-agendas-minutes/>

for information about city council meetings, agendas, and minutes.

Remember!



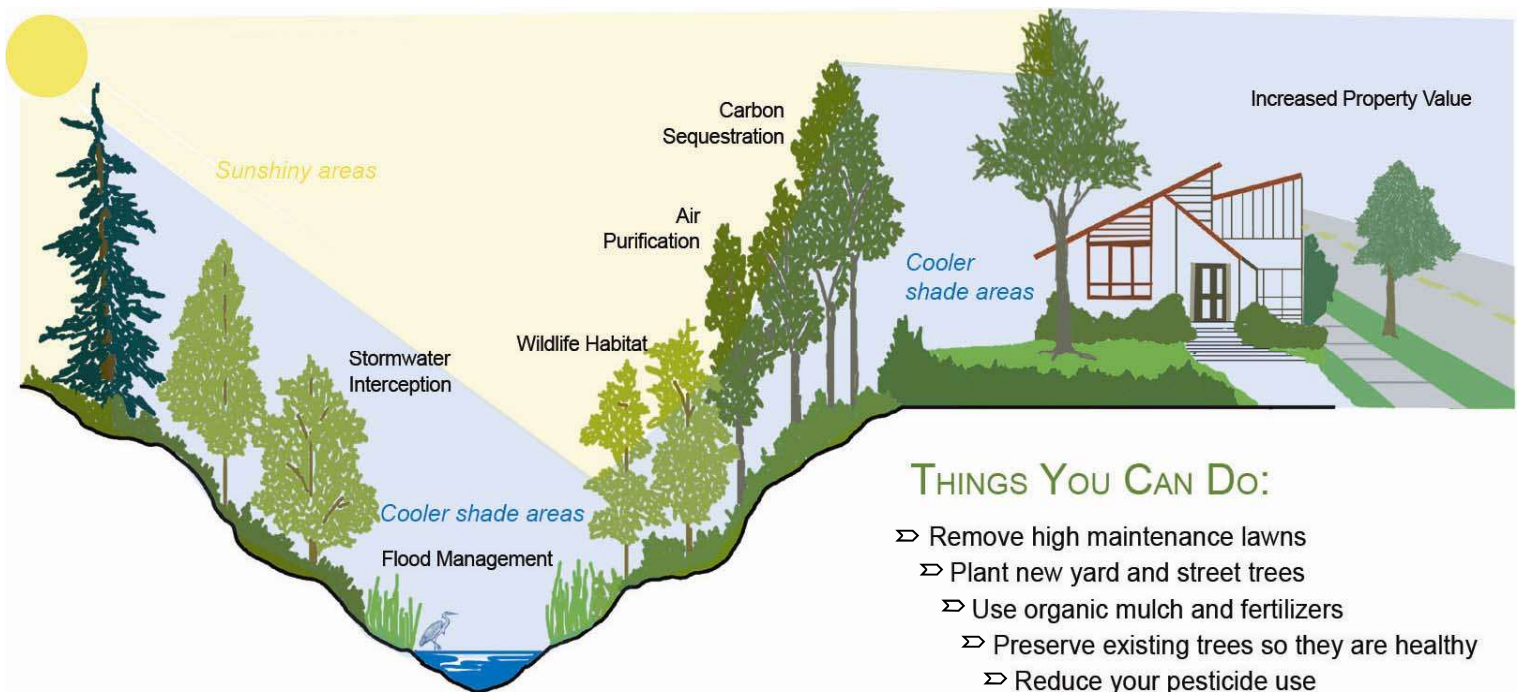
The Fircrest Neighborhood Association meets the first Tuesday of each month at 7pm - currently via Zoom. [Exceptions: Our August “meeting” is the Eastside Community Picnic and National Night Out (see page 1), and we have no meeting in December.] Join our email list, or watch for our reminders on Nextdoor and on our Facebook page. Email us at fircrestna@gmail.com, or call/text Margaret at 360-836-6736 for details.

BENEFITS OF TREES

Did you know that the way we landscape directly impacts the quality of our water? Planting, properly maintaining and preserving trees is a cost effective and easy way to assist in managing stormwater. As homeowners, landscapers and property managers there are a few simple steps you can take to protect water quality where you live: remove high maintenance turf, plant new yard and street trees, use organic mulch, reduce your pesticide use, preserve existing trees and properly maintain your trees so they remain healthy.

Urban forests help to reduce the amount of polluted runoff that moves through urban areas and into lakes, rivers and other water bodies. Planting, properly maintaining and preserving trees creates a “green infrastructure” which is a great way to protect and restore the quality of our water resources.

- 🌿 Trees clean dust and other pollutants from the air
- 🌿 Trees help cool air in the summer and warm air in the winter
- 🌿 Properly placed trees increase property value
- 🌿 Birds, bugs and other wildlife find food and shelter in trees
- 🌿 Trees provide a shady place to rest on a hot day!
- 🌿 Tree canopy acts as a sponge, protecting soil from rain splash damage while slowing runoff
- 🌿 Roots hold soil in place and reduce erosion
- 🌿 Urban forests are essential to the replenishment of groundwater for a steady supply of clean drinking water
- 🌿 Decomposed leaves, roots and branches enrich the soil
- 🌿 Trees make our neighborhoods green and beautiful
- 🌿 Trees act as windbreaks
- 🌿 Logs and snags provide habitat and food for wildlife
- 🌿 Foliage shades and cools streams so fish and other wildlife can survive



THINGS YOU CAN DO:

- Remove high maintenance lawns
- Plant new yard and street trees
 - Use organic mulch and fertilizers
 - Preserve existing trees so they are healthy
 - Reduce your pesticide use

References and additional information:

The Center for Urban Forest Research: *Pacific Southwest Research Station, USDA Forest Service, Davis, California, July 2002, Factsheet*

The Center for Urban Forest Research: *Western WA and OR Community Tree Guide: Benefits, Costs and Strategic Planting*

Day, S.D. and S.B. Dickson: *Managing Stormwater for Urban Sustainability Using Trees and Structural*

Environmental Protection Agency: *Using Smart Growth Techniques as Stormwater Best Management Practices*

Washington State University Pierce County Extension: *Low Impact Development Technical Guidance Manual for Puget Sound*

