

NEIGHBORLY NOTES

Newsletter of the Vancouver Heights Neighborhood Association

The VHNA needs your help! Consider Volunteering Today

As a resident of Vancouver Heights, you have the opportunity to play a vital role in shaping the future of our community. The Vancouver Heights Neighborhood Association is currently in need of a vice chair for the board and we hope you will consider serving in this capacity. All board members are volunteers who are elected to the position by a majority vote during VHNA meetings. They coordinate with the city, neighborhood police officer regarding concerns, and help with neighborhood communications.

By joining the board, you will have a voice in important decisions that affect our neighborhood and be able to work with others to address issues and plan events. Furthermore, serving on the board provides a unique opportunity to meet new people, develop leadership skills, and make a positive impact in your community. So why not step up and take this opportunity to get involved and make a difference? Please consider becoming a board member today. Reach out to Park Llafet to express your interest. He can be reached at the contact info provided on page four.

We are also in need of a newsletter coordinator. This person would help to coordinate the delivery of newsletters each month. It involves counting out newsletters and notifying our deliverers when they are ready. This occurs ten times each year and is just 2-4 hours of work. Please email Jeff, at jthogg@outlook.com if you can help.

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VHNA needs your help

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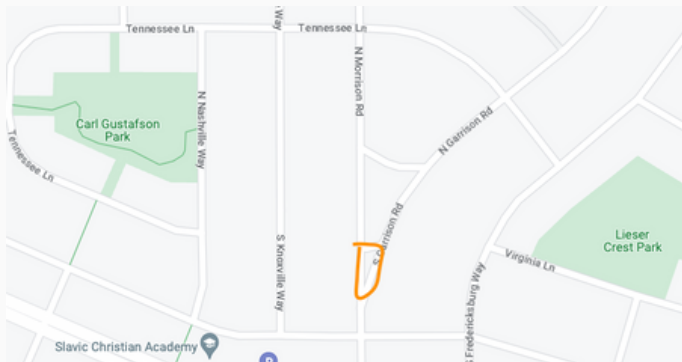
Chipper Day

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Vaugh Rhoden Memorial Tree Dedication

Please join us for the Vaughn Rhoden Memorial Tree Dedication ceremony at the Garrison Triangle, located between N Morrison Rd and S Garrison Rd, north of MacArthur Blvd. It is set to take place on Saturday, March 4th at 11:00 AM. Invitees from the City of Vancouver and partners will be on hand for this day. This special event is being held to honor the memory of Vaughn Rhoden and celebrate his contributions to the community. The dedication ceremony will be followed by a no-host lunch, providing an opportunity for attendees to socialize and reflect on the significance of the day. Whether you knew Vaughn personally or simply wish to show your support for this meaningful cause, be sure to mark your calendars for this event.



Lieser School Bricks

Bricks from the recently demolished Lieser School Campus are now for sale for \$10 per brick. The sale will take place at the February meeting of the VHNA. This is a unique opportunity for those who attended the Lieser School or have a connection to the campus to own a piece of history. These bricks serve as a physical reminder of the past, and they also represent the cherished memories and experiences that took place within the Lieser School community. All proceeds support the VHNA.

Did you or a family member attend Lieser School? Share your stories of the campus, favorite teachers, or treasured memories for a future edition of the newsletter. Send an email to Jeff, at jthogg@outlook.com to help ensure your story is told.

Yoga : Balance your Mind and Body.

Yoga is a great way to keep yourself fit and going at any point in your life.

Yoga improves strength, balance and flexibility, and gives relief from back pain and symptoms of arthritis. Yoga also helps lower blood pressure, cholesterol and blood sugar, all of which are good for your heart and blood vessels. Practicing yoga regularly helps you with any digestion related issues.

For working professionals, students, and home makers who are struggling to deal with stress, yoga is a great way to relax. To go through simple Asanas and pranayama practices daily under trained supervision and help overcome stress, all you need is to spare 25-30 minutes a few times a week.

For senior citizens, simple mind calming Asanas and Pranayama practiced 2 or 3 days a week help maintain better energy throughout the day and allow better sleep.

In all, yoga is the perfect fitness regime for all age groups.

Writeup by: Mrs. Shaik
(Vancouver, WA)

Announcements and Events

Event Title	Date	Location
V. Rhoden/Covid Tree Dedication	Saturday March 4th @ 11:00 AM	Garrison Triangle
Jim Mahar presents "A Practically Pragmatic Guide to Environmentally Sustainable Living and Gardening"	February 14 @ 7pm	Online http://www.mgfcc.com/Events.html
Composter Recycler Training	Wednesdays from 2/1 - 3/15 7:00 - 8:30 PM	Apply online at clarkcountycomposts.org

Please join us for our next VHNA meeting!
February 23 @ 7:00 PM

C-Tran Representative Kelly McCoy will be present to answer questions on all things C-Tran, including the recent addition of the Vine to Mill Plain Blvd.

Immanuel Lutheran Church
Watch online w/ Zoom @ tinyurl.com/vhnameeting
Passcode: 654772

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 Neighborly Notes 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

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Volunteer Opportunity

VHNA publishes this newsletter to provide information and resources to residents and businesses located within the boundaries of VHNA. Neighborly Notes and other neighborhood information is available at cityofvancouver.us/nhoods.asp

VANCOUVER HEIGHTS
NEIGHBORHOOD ASSOCIATION

CHIPPER DAY 2023

OK for the chipper

- Branches, twigs, tree pruning (up to 4" in diameter)
- Tree limbs (up to 4" in diameter)
- Trunks
- Woody debris does not need to be dried prior to chipping

Please NO

- Juniper, arborvitae, ivy, vines, bamboo and blackberry briars get tangled in machinery
- Leaves or grass clippings
- Pine needles
- Rocks and dirt, or large stumps
- Painted or treated wood

SATURDAY APRIL 1, 2023
8 A.M. TO 12 P.M.
COLUMBIA PRESBYTERIAN CHURCH
805 COLUMBIA RIDGE DR.

City staff will operate the chipper, no limit to the number of loads you may bring.
Donations are encouraged.

