

PREPARING FOR THE FUTURE

ARNADA NEIGHBORHOOD

ARNADA NEIGHBORHOOD ASSOCIATION NEWSLETTER



Newsletter May 2024

**Next Meeting is May 9th 7:00 PM at VHA 2500 Main Street
Meeting Zoom**

<https://us02web.zoom.us/j/85879930209?pwd=Y2ZTSkRNMWlNbnDAwOTRNQVBZUytkZz09>

**Approve April Minutes; Treasury Balance; Civic Updates - Mayor, Police, Port
Eric Florip from C-TRAN The Vine BRT onto the Highway 99 corridor
Laurel Priest CoV Upper Main Street Mobility Project
Discuss and approve or reject funding a June concert in our Arnada Park**

Guest Speakers and Topics at the May Meeting

Eric Florip from C-TRAN which currently in planning for a project to bring The Vine, C-TRAN's bus rapid transit system, to the Highway 99 corridor. This would include a stretch of Broadway and Main Street in the area north of downtown Vancouver running through Arnada. It's currently served by Routes 31 and 71. C-TRAN can answer any questions through the about how this will affect us

For background, here's the project website with a fact sheet and other information:

<https://www.catchthevine.com/highway99>

Laurel Priest with City of Vancouver will attend virtually to discuss the latest on the City's Upper Main Street Mobility project that will modify Main Street from Fourth Plain north to 99th Street.

Help Wanted!

Join the Team to Help Your Neighborhood Association

We are looking for volunteers to expand our efforts to bring new sponsors to our monthly ad sheets. That's what you see appended to this newsletter and I'm sure you remember them running four pages or more in the recent past. We'd like to see that happen again because that was our major source of funds for Arnada projects and donations. If you have any interest in helping or want more information please contact Russ Pascoe or Ken Visser using the contacts list on the following page of this newsletter.

Gardening Tips to Save Your Back

Gardening season is upon us and while tending to our gardens can reduce anxiety and stress, it can also take a toll on our backs. A typical gardening session can often last 2-3 times longer than a “traditional gym workout” and be a large toll on your body. Here are some tips to help save your back this spring/summer.

Warm Up

Your back is the most vulnerable to injury the first 1-2 hours after waking up so don't head straight out to beat the heat without warming up first. Take a walk around the block to warm your muscles then do some stretches that will counter the bent over crunched position gardening often requires. Helpful stretches include: lazy pushups (lay on your and use your arms to slowly raise your upper body only), back bends (hands on lower back and lean back slightly), or a hallelujah stretch - sit on a chair with a small cushion behind your upper back, bring both arms up above your head, and lean back.

Work with Support

Heavy bags, big pots, and large plants are common when gardening. When lifting, support your back... bend your legs, squeeze your glutes, keep items close to your body, and lift with your legs as you stand. You can also take the load off your back by leaning on a wall or shovel handle while working, or by resting your elbow on your knees while squatting.

Use Proper Equipment

Use a wagon, dolly, or wheelbarrow to help with heavy loads and make sure your tools are sharp and in good condition. This minimizes the effort required to use the tool. Long-handled tools can also reduce the need to bend forward, reducing back strain.

Take Care of your Knees

Use foam sheets or knee pads to cushion your knees from the ground or pavement. Kneelers typically include a cushioned base and handles, sometimes converting to a low chair.

Alternate Tasks

Alternate between different gardening tasks to prevent overuse injuries aggravated by repetitive movements such as pruning, weed pulling, or digging.

Take Breaks

Take regular breaks to rest, stretch, and drink water. It's easy to lose all track of time while gardening so consider setting a timer for 30 minutes to remind yourself to stop and take a break.

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Clark County Animal Control
Weekdays 8:30-4:30 360 397-2488

Traffic Compliance Hotline 360 487-7402

Parking Hot-line 360 487-8653

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Garden While Standing

Consider vertical gardening if sitting or kneeling is not an option for you. Vertical gardening uses walls or trellises to grow plants vertically at an easier to reach height.

Ask for Help

Get to know your neighbors! Take an extra few minutes to find someone that can help with heavy loads.

SPRING CLEANUP

May 11th

Spruce up the Heart of Vancouver

The Vancouver's Downtown Association, City of Vancouver, Uptown Village, and the Parks Foundation of Clark County, are joining forces to clean our downtown from 5th to 25th streets and plant Propstra Square with vibrant flowers. Join us to make a positive impact.

Downtown: 9:30am-12:00pm | Uptown: 9:00am-11:30am

Thank you to our sponsors

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RSVPs are **REQUIRED**, register today!



VDA

 **CITY OF Vancouver**
WASHINGTON

PARKS FOUNDATION
OF CLARK COUNTY



May Events Calendar

Date/Time	Event	Details
Fri., May 3: 4 - 8 p.m.	First Friday Downtown Art Walk	Visit downtown Vancouver's wide array of gallery spaces and art-centric businesses. FREE. Map: vdausa.org/first-friday/
Fri., May 10: Appt. Only Sat., May 11: Appt. only Sun., May 12: 10 a.m. - 1 p.m.	Mother's Day Weekend Plant Sale 78 th Street Heritage Farm 1919 NE 78th St.	Come for all your garden needs; Perennials, annuals, vegetables, herbs, houseplants, hanging baskets, mixed flower pots, used tools and garden supplies. FREE. Friday and Saturday appointments available 9:30 a.m. to 2:30 p.m. at www.mgfcc.com
Sat., May 11: 10 a.m.	Alley Way Flea Market The Alley next to Kindred 606 Main St.	Discover everything from handmade good to vintage furniture and home decor. Groove to live music from Ronald Records, and delight in family fun with a bubble machine and chalk art. The 2 nd Saturday of every month.
Sat., May 18: 8 a.m. - 2 p.m.	Kids Fishing Fest Columbia Springs 12208 SE Evergreen Hwy.	Fishing for kids ages 5-14 with an expert fishing mentor, hands-on science and nature activities, BBQ lunch, and more! Advance registration for a fishing time slot and ticket purchase is required for all attendees ages 2 and over. Tickets are \$8 per person. Register: www.columbiasprings.org/events/kids-fishing-fest/
Tues., May 21: 4:30 - 6:30 p.m.	Connect and Navigate Fourth Plain Community Commons 3101 E Fourth Plain Blvd.	A free small business fair to connect entrepreneurs, start-ups and local small businesses with tools and resources to grow and thrive in Vancouver. FREE.
Sat., May 25: 1 - 4 p.m.	Bread and Butter Day Cedar Creek Grist Mill 43907 NE Grist Mill Road, Woodland, WA 98674	Learn to churn rich fresh cream into butter and then spread it on fresh made bread. FREE.
Every Thursday: 11 a.m. - 1 p.m	Train Day at Kazoodles 13503 SE Mill Plain Blvd. Suite #B-3	Calling all toddler train enthusiasts! Let Brio take you on an exciting adventure and experience the pure joy of play with a day of wooden train play that's perfect for toddlers. FREE.

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.