



GLADSTONE CITY NEWSLETTER

July 2020

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A Note from Mayor Stempel - Trolley Trail Bridge Replacement Survey



I would like to thank all of you that submitted comments on how you would prefer to cross the Trolley Trail Bridge! We are creating a scoring matrix and will present the results of the survey we initiated when finalized. Some asked “why do we need the bridge?” and I would like to address these comments. This project has been going on for 8 years, community engagement has been part of the process at every step. There are essentially three phases to getting it done. The feasibility study- to determine if it was even possible or a good idea. That has been completed and the answer is yes and yes. Now we are at the engineering design and permitting phase, that is why you received the survey request, which is part of the required community engagement. Last will be the actual construction, which was recently approved by Metro to be included under future transportation funding. So why do we need the bridge?

To begin with, the Portland Avenue Trolley Bridge feasibility study was funded by transportation dollars, none of which could be used for our sewer, storm, and water infrastructure issues or the general maintenance of our roads. A percentage of all federal and state transportation funding has to be used for pedestrian and bicycle projects. When the bridge is rebuilt, the same transportation limitations will be applied to the funds sought. Again, none of this money could be used for our critical infrastructure needs.

Second, the Trolley Bridge is on the State, regional and Metro active transportation plans. This means that after many years of discussing critical gaps and needs in our transportation system, by more committee’s and experts than can be listed, this bridge was identified and included. This bridge is not just a Gladstone desire; it is a regional need! The current bridge at 82nd is no longer owned by Gladstone, but is instead owned by the county. Its main purpose is the conveyance of sewer/water lines over the river. The pedestrian piece is not a priority. At any time, the county could determine the main lines need to be deck mounted, or the structural integrity of the bridge would support infrastructure purposes only, and would then close the bridge for pedestrian and bike access. We have no control in the use of this bridge. This was apparent during the multiple times it has been recently closed down for repairs and seismic upgrading.

The Portland Avenue Trolley Bridge is part of the regional resiliency plan. Currently the I-205, and 99E bridge are not seismically sound. The 82nd bridge was just upgraded, but the upgrade centered around the pipe conveyance as they don’t want our sewer leaking into the river in a catastrophe. When the large earthquake hits, and the statement ‘when’ is critical, our existing bridges are not structurally sound enough to withstand it. I believe the only bridge over the Clackamas that has been built to seismic standards is the one recently built at Carver. We need a bridge that will withstand this earthquake, allowing both people and first responders access to both sides of the river. This bridge would be built for such a purpose.

Fourth, we need a safe way for our pedestrians and bicyclists to access employment lands and services which are not car-centric. As I’m sure you know, 99E is too narrow and clearly not safe. Adding an additional ped/bike bridge at 99E would be almost impossible. The land on both sides is not conducive to adding a bridge, as well as being privately owned. At Portland Avenue there was already a bridge built, so the egress on both sides is already designed for this development. The Trolley Trail ends at Portland Avenue, a straight shot to this bridge. The trail on the Oregon City side is already in place and waiting for this connection.

Fifth, this connection is a huge piece of the regional tourism desire to attract more bicyclists. The goal is to have over 1,000 miles of trails in the region, so we could become a ped/bike destination. This bridge will bring people to our city, slow them down so they can see how wonderful our town is, and spur business development along our downtown core. The potential positive economic impacts are huge! I recently met with a restaurant owner that wants to open a place on Portland Avenue because of the bridge and the potential customers that would come over from the new Oregon City residential developments. The bridge is the reason they are looking our direction.

Sixth, this bridge takes the focus off of cars, and on to non-polluting forms of transportation. Whether you are a believer in climate change or not, you have to believe that less pollution is a good thing.

Seventh, regarding wildlife. I am an environmental consultant and spend a significant amount of my time doing National Environmental Policy Act surveys, wildlife being part of that process. Anytime a project like this is considered, a wildlife survey is a part of the requirement, both in water and land based. All impacts are evaluated. The feasibility study recently completed included those issues.

During past town hall and Portland Avenue Redevelopment committee meetings, this bridge was the number one desire of our community. ODOT wants a safe ped/bicycle bridge in the 99E corridor and Portland Avenue fits that requirement. Clackamas County wants a pedestrian/bicycle bridge that meets their active transportation plan requirements, as well as for resiliency purposes. Metro wants this bridge to meet their active transportation plan as well as to add the missing piece of their Trolley Trail and help cut green-house gas emissions. Clackamas County Tourism wants this bridge for the tourism potential. Gladstone wants this bridge for the economic development boost this could bring to our downtown core as well as a wonderful way to access the river for both recreation and exercise. WES wants this bridge as an option for pipe conveyance. This is not just a Gladstone want, but is a regional need.

Our , storm, and water system is absolutely critical but the money used for transportation projects cannot be used for these needs. However, we have recently entered into an agreement with the DEQ that addresses the overflow issues and gives us both a guideline and timeline to get the problem resolved, this has been discussed and can be reviewed at any time. Thank you, I hope this answers some of your concerns.

Utility Rate Increase

Starting July 1, 2020, the pass-through rates for Oak Lodge Sanitary District will increase .5%, the pass-through rate for Water Environmental Services (WES) will increase by 5% and the pass-through rate for North Clackamas Water Commission (NCCWC) will decrease .66%. For those accounts served by WES, the sewer Treatment will increase \$.84 to \$26.20, Oak Lodge Sanitary District will increase \$.28 to \$55.47. 1-6 units of water (748-4,488 gallons) will be charged \$1.24 per unit, 7-10 units of water (4,489-7,480 gallons) will be charged \$1.99 per unit and 11+ units of water (7,481+ gallons) will be charged \$2.74 per unit

Upcoming City Meetings

Due to COVID-19 and current State regulations, all City meetings are being held virtually. Upcoming meetings are as follows: Park and Recreation Advisory Board- July 13th at 6:30pm, City Council- July 14th at 6:30pm, Senior Center Advisory Board- July 21st at 3:00pm and Planning Commission July 21st at 6:30pm. For more information and direction on how to join the meeting, visit <https://www.ci.gladstone.or.us/meetings>

Disclaimer: This Newsletter contains information provided by various community individuals/groups which are not affiliated with the City of Gladstone. The City does not necessarily endorse such information and provides it simply as an informational service to our community.

Help Prevent System Back-ups: Kitchen & Bathroom

COVID-19 has changed our day to day lives and activities, people are spending more time at home, cooking, working, schooling kids and enjoying the safety our homes offer. The City of Gladstone and our partners are taking every opportunity to advise the public of actions that may seem harmless but in reality have great risk to both private and city systems.



First up the Kitchen: avoid pouring fats, oils and grease (FOG) down kitchen sinks and garbage disposals after meals or while washing dishes as it can lead to backups, overflows and expensive pipe damage. Over time, FOG builds up by sticking to the inner sides of pipes and forms thick clusters that clog pipes, which can result in sewer overflows in your home or your neighbors' home, requiring expensive cleanups and repairs. It can also cause larger problems, overflows in yards, streets and parks, which can result in pollutants being carried into streams and rivers.

Fats, Oils and Grease (FOG) are in many common foods and ingredients, including: meats, butter, lard, shortening, cooking oil, mayonnaise, gravy, dairy products, salad dressings, sour cream, and sauces that contain thickening agents.

What should you do with FOG to safely dispose of it?

- Pouring cooled fats, oils and grease into a covered, disposable container and tossing it into trash. A heat-safe container, such as an empty soup can also be used for this and stored in the freezer. Once solidified, toss can into the garbage.
- Soaking up remaining FOG with paper towels and placing in the trash.
- Wiping all pots, pans, dishes, and cooking utensils with a paper towel prior to washing to absorb the grease.
- Using sink strainers to catch food waste while washing dishes.

Next up the Bathroom: With the great toilet paper shortage of 2020, people may have resorted to using items that they wouldn't have normally used in the bathroom. Paper towels, baby wipes, facial tissue and wet wipes that are marketed as "flushable". Wipe manufacturers are not legally required to pass any testing to call their wipes "flushable". Truth is: Sewer systems were designed to handle two things — human waste and toilet paper. Flushing anything else down the toilet can cause big problems for homeowners, Gladstone's aging sewer system and the local wastewater treatment facilities.



School District provides free meals for youths

Gladstone Schools has a new pickup schedule for grab & go meals. Stop by each Wednesday to pick up 5 breakfasts & 5 lunches per students. Drive through & walk up service is provided to protect social distancing. Children need not come with you.

Meals can be picked up from Gladstone Center for Children & Families, 18905 Portland Avenue from 9 a.m. to 10 a.m. every Wednesday through August 12th.

Address Numbers on Your Home

The Gladstone Fire Dept. requests residents to check address numbers placed on the front of their homes. Address numbers need to be 4 inches or larger, have a light for night and stand out in a contrasting color to the home. Their quick response when responding to emergencies is dependent upon them finding your home. Please do your part and place large, lighted, numbers on your home!



High Rocks



COVID-19 has changed many things this year including the ability to have AMR's River Rescue Team (Lifeguards) at High Rocks. There will NOT be lifeguards at the park until they can provide the service safely.

The safety of the public is our priority. We want the public to know of this change and be prepared. A life jacket loaner kiosk has been placed at High Rocks for those individuals that would like to borrow a lifejacket. In the absence of AMR's River Rescue Team at High Rocks, visitors need to be extra careful and take the following suggestions to heart:

Wear a life jacket when you are near or in the water (children should wear them at all times and should be under constant supervision)

Be aware of the risk of cold shock due to the cold-water temperatures. Swim at your own risk.



SHOC WALK & RUN for OVARIAN CANCER Virtual Edition

The SHOC Foundation will present our first-ever VIRTUAL event with its 16th Annual SHOC Walk & Run in support of ovarian and gynecologic cancer research.

Join us virtually on **Saturday, August 1, 2020**, with kick-off at 8:00 am as we "race in place" together...but apart. Supporters can participate on their own time, in their own place, at their own pace. Choose your own beautiful course—through the park, along the water, your favorite trail in the woods—or stay inside and hit the treadmill!

This also means we will not be "gathering" at an actual event location in Gladstone or having a pancake breakfast, but we hope the online camaraderie will bridge that gap. We hope you'll join us virtually and make a difference! **@shocfoundation #shocwalk**

For more information and to register online visit shocfoundation.org.



Wondering 'Who's Open?' in Clackamas County?



Who's Open (www.clackamas.us/business/whos-open) is a new web-based mapping tool offered through Clackamas County in order to help businesses reach customers and help people find out where they can get goods and services in Clackamas County during the COVID-19 pandemic.

If you are a business who is open and operating during this time, visit the above website to "Add your business to the map" or "Edit or update business information" to help local costumers find

your business. This tool is dependent on business owners and/or representatives to add and update their information on the site. Businesses can enter their name, business location, contact information as well as services or items they offer or supply and hours they are open.

If you are a customer wanting to find a local business, visit the website to "See 'Who's Open'" or view the map located at <https://ccgismapservice.maps.arcgis.com/apps/webappviewer/index.html?id=3bcd62a700b945d1b907a28dff29f354> to see information from surrounding businesses. The map includes many types of businesses including: Automotive, Contractor, Dry Cleaning, Grocery/Market, Healthcare/medical, Non-profit, Pet Services, Professional Service, Restaurant/Food, Retail, Spa/Beauty Salons/Fitness, Veterinarian and Wholesale.

If you have questions, contact the Clackamas County Economic Development by phone at 503-742-4249 or email at 4biz@clackamas.us

The City Council is an elected policy decision-making body for the City of Gladstone. The council serves with an equal number of "lay members" on the Budget Committee and hears land use appeals of decisions made by the Planning Commission. Council members also serve as liaisons on City advisory boards, committees and commissions. Four-year terms of City Council positions #2, #4 & #6, held by Linda Neace, Neal Reisner and Thomas Mersereau respectively, will expire 12-31-2020. If you are interested in being a candidate, you must be a registered voter and have resided in the City for twelve months immediately preceding the election on November 3, 2020. A nomination petition or declaration of candidacy must be filed between July 6 and August 25, 2020. Information and instructions are posted on the city's website, <https://www.ci.gladstone.or.us/administration/page/elections-2>.

A message from Fire Marshall Mike Funk

Greeting Gladstone Community. I hope this note finds you and your family well. First, I want to tell you that I am so very proud of the men and women at the Gladstone Fire Department that have been serving and protecting our community during days of civil unrest and the months of being a front line responder to care for our community as we fight a disease with so many unknowns. Every 911 call is screened by the 911 dispatch center and then your firefighters cover and protect ourselves as best we can when we enter your home or workplace to stabilize your medical emergency. Please arm yourself with the knowledge of COVID symptoms as outlined by the CDC. Thank you for the support you have shown Gladstone firefighters as we have had to limit our contact with you and miss numerous community events. We look forward to the day that we can openly meet with you again, and engage in meaningful community events.

With the year half gone, we start to enjoy the warmer weather that comes with July then into hot August nights. With warmer temperatures comes an increased chance of fires. Please be sure to do your part to Keep Oregon Green. I am excited to introduce you to a new Fire Safety friend. A Northwest legend is joining Smoky Bear with some new messages about fires.



Be safe this season with regard to fires this summer. If you live in the City limits of Gladstone, please be sure to know when and where you can and can't burn. Detailed information can be found on the City's website at <https://www.ci.gladstone.or.us/fire/page/burning-regulations>. If it is not dry seasoned firewood you cannot burn it in the City limits due to Metro DEQ burn regulations. Be mindful of any smoke that you create when burning. Smoke may be irritating to anyone with respiratory issues, so please be a thoughtful neighbor.

With the warm weather during summer months, make sure to keep well hydrated. Don't forget to check on our older loved ones during the very hot weather, as we age our body changes physically in the way it deals with the heat. Watch for any signs of heat exhaustion when working outside. Be aware that heat stroke may be near once exposed to prolonged heat and no longer sweating.

If you choose to take to our local waterways, be sure to know the dangers of our local rivers. The water is COLD due to the snowmelt and currents in the Clackamas river change every year. With no lifeguards at High Rocks this season, please consider staying away from this section of the river. Stay safe and wear your lifejacket when you are near the water this year, and be sure that your child's lifejacket fits correctly. THANKS and have a fire safe summer.

For questions or to report fire safety concerns, contact Fire Marshal, Michael Funk at - funk@ci.gladstone.or.us or 503-557-2775.

Vehicle Temperatures During Warm Weather

When outside temperatures are in the low 70s, the temperature inside a vehicle can reach deadly levels in only 10 minutes, even with a window rolled down two inches. Children's bodies in particular overheat easily, and infants and children under four years old are at the greatest risk for heat-related illness. Losing one child is one too many. That's why we're calling on everyone to work together to help protect kids from this very preventable tragedy. Whether you are a parent or caregiver, or just a concerned bystander, you can help save lives.

VEHICLE TEMPERATURE		
Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Motorcycle Safety

While the weather is warm, we see more motorcycles on our streets here in Gladstone. Motorcycle crashes involving another motor vehicle continue to account for nearly half of all motorcyclist fatalities in the United States. While motorcycling offers riders a sense of freedom, and a chance to reduce their carbon footprint, riding a motorcycle doesn't offer the structural protection that a car does to keep riders safe in the event of an accident. That's why motorcyclists need to get special rider training, and wear special gear to protect their body and make them more visible to other road users.



Make sure you are always attentive to those around you while driving to motorcycles, bicycles, pedestrians and other drivers. Together we can reduce the injuries and crashes in our community.

Outdoor Conservation Tips

How many times have you seen someone hose off their driveway or sidewalk? Or a sprinkler that hits the pavement as often as it hits the lawn? Or someone wash their car with a hose that doesn't shut off? Summer is peak water use time and these are all too common examples of water waste. Each summer water use in our area doubles and triples due to lawn and garden watering, causing most water bills to jump! In fact, about 32% of your total yearly water bill goes to watering during the summer months. A large part of this may simply be the result of overwatering – something that can be controlled.

A healthy garden doesn't necessarily need a lot of water. By learning how to amended your soil, choose the right plant for the right place, and how to water efficiently, you can save hundreds or even thousands of gallons of water a year.

Summer is also the time of year when the Clackamas River is flowing at its lowest levels. The Clackamas River is also home to Chinook, Coho, and Steelhead all of which are listed as threatened species under the federal Endangered Species Act. Using water wisely allows us to have beautiful lawns and gardens while leaving more water in the river for fish. North Clackamas County Water Commission (NCCWC) has 10 outdoor conversation tips:

- Water your lawn only when it needs it.** A good way to see if your lawn needs water is to step on the grass. If it springs back up when you move, it doesn't need water. If it stays flat, fetch the sprinkler.
- Deep soak your lawn.** When you do water, do it long enough for the moisture to soak down to the roots where it will do the most good. A light sprinkling can evaporate quickly and tend to encourage shallow root systems.
- Water during the cool part of the day to avoid evaporation.** Early morning is generally better than dusk since it helps prevent growth of fungus.
- Don't water the pavement.** Position your sprinkler so water lands on the lawn or garden, not on paved areas. Also avoid watering on windy days.
- Plant drought-resistant trees and plants.** Many beautiful trees and plants thrive with far less watering than other plants.
- Put a layer of mulch around trees and plants.** Mulch will slow evaporation or moisture and discourage weed growth, too.
- Use a broom, not a hose, to clean driveways and sidewalks.**
- Don't run the hose while washing your car.** Clean the car with a bucket of soapy water. Use the hose just to rinse it off.
- Use a commercial car wash that recycles water.**
- Set mower blades one notch higher** since longer grass means less evaporation.

What goes in the bin?

On average, each American throws out more than four pounds of waste per day. Recycling saves materials from the landfill, which makes products more affordable for shoppers and manufacturers, reduces energy use, and cuts greenhouse gas emissions. But knowing the best way to dispose of something can get confusing. All plastics, metal and glass items that are placed in the recycle bin should be emptied and rinsed, metal containers should NOT flattened. Labels do not need to be removed but caps and corks should be placed in the garbage.

What can be recycled together



- Papers: newspaper, cardboard (flattened), magazines and phone books, mail and catalogs, scrap paper ,paper bags, cartons (rinsed): milk, juice, soup, and shredded paper (in paper bag)

- In Clackamas County recycles plastics by shape and size, not the numbers on the container. Plastics: bottles, jugs, and tubs (clean, 6 ounces or larger), buckets (clean, 5 gallons or smaller), and rigid plant pots (clean, 4 inches across or larger).

- Metal: aluminum, tin and steel food cans, metal paint cans (empty and dry), aerosol cans (empty), aluminum foil and pie plates, scrap metal (smaller than 30" and less than 30 lbs.)

- Recycle in your Separate Glass-Only Container: glass bottles and glass jars

Special recycling

Some items not accepted in your recycling at home or work are accepted at recycling depots. These include: batteries, electronics light bulbs and florescent lamps, plastic film, bags and wrap, scrap metal larger than 30 lbs./30", tires

Do not Recycle These at Home

- Plastic bags and wrap: when mixed recycling is sorted, it passes over a series of machines and belts. Thin plastics will become wound in the machinery and can cause severe, expensive damage.

- Plastic lids, tops, and caps: thin lids have a way of sneaking in among paper and cardboard and have to be thrown away.

- Plastic produce, fruit, and pastry containers: due to their brittle nature, they can break apart during the recycling process and sneak in with the paper and cardboard.

- "Compostable" plastics: compostable plastics are not plastics, and cannot be recycled into new materials. They also aren't compostable in our local compost facilities. To learn why composters serving Oregon don't want compostable packaging and service ware visit <https://dochub.clackamas.us/documents/drupal/2001cbb9-5fb8-4b0a-9bb3-c8f2002a1fla>

- Large, bulky plastics (lawn chairs, kiddie pools, etc.): our recycling facilities cannot process these materials.

- Take-out food containers, cups, utensils, straws, etc. (paper, cardboard, and plastic): Cardboard takeout boxes are often lined with plastic, which makes them unrecyclable. Smaller items can sneak in among paper and cardboard have to be thrown away.

- Envelopes lined with bubble wrap (paper and plastic): similar to plastic bags and plastic wrap, this material can get wound up in the machinery and cause severe, expensive damage.

- Frozen food boxes (for ice cream, microwave dinners, etc.): cardboard boxes destined for the freezer are infuses with plastics to help them withstand moist, cold conditions. Because of this, they cannot be pulped to make new paper products.

- Glassware, ceramics, light bulbs, etc.: These kinds of glass have different melting points than food-grade glass. If mixed together during the recycling process, it can result in weak glass that can crack or explode.

- Styrofoam: this material breaks and crumbles. It makes a mess and mixes with other recyclables, making them harder to recycle.

For answers about how to recycle or properly dispose of materials, email us at wasteinfo@clackamas.us or call Metro's Recycling Information Center at 503-234-3000.

Barriers Around Swimming Pools



Years ago the City Council adopted state building codes that pertain to barriers around swimming pools. The building code defines a swimming pool as "any structure intended for swimming or recreational bathing that contains water more than 24" deep" and includes pools, spas, hot tubs, etc. A four foot high barrier is required around swimming pools, and if a wall of the house forms one of the barriers, then the building code requires the pool to have either a motorized cover or to have all exterior doors that access the swimming pool enclosure be self closing/latching. Clackamas County administers the state building code in Gladstone. For questions about barrier requirements around swimming pools, call the county at 503-742-4400.

Low Income Discount for Gladstone Water-Sewer-Stormwater Bills

Water and sewer discounts of 50% are available to low-income residents who are billed directly by the City. Applications are renewable on an annual fiscal year basis and are due by July 15h. Low-income discounts are based on Housing and Urban Development (HUD) income limits/very low income for the Portland - Vancouver - Hillsboro area. Applications and all qualifying information can be found on the City's website at <https://www.ci.gladstone.or.us/finance/page/low-income-utility-assistance-program>. If you have any questions or want to see if you qualify, please contact the Utility Billing Department by calling 503-557-2771.

Hard Facts about Heatstroke

On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. In the span of 10 minutes, a car can heat up by 20 degrees, enough to kill a child left alone in the vehicle. And cracking a window doesn't help. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own. Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.



Consumer Confidence Report

The 2019 Consumer Confidence Report can be found on the City's website at www.ci.gladstone.or.us. This Report provides information about the quality of our drinking water. If you have any questions regarding our drinking water, please contact Gladstone Public Works Department at 503-656-7957, or PWOffice@ci.gladstone.or.us

Gladstone Community Festival Cancelled for 2020

The 2020 Gladstone Community Festival planned for July 31st to August 2nd has been cancelled. The local businesses who usually step up to sponsor the event have been hit hard by the economic downturn and many will be unable to provide funding this year.

"Gladstone's festival has been a treasured tradition since our first Chautauqua gathering in July of 1894," said Festival leader Dr. Bob Everett. "Though the Festival can't happen this year, we want people to know our event will continue when it's safe, likely in the summer of 2021."

All vendor and sponsor fees for the 2020 event will be returned this spring. Anyone with questions about the cancellation should email Bob Everett at reverett78@yahoo.com.

Rivers East Village now serving Gladstone



Rivers East Village is a non-profit organization that serves local older adults. The goal is to support members living in their homes and help them stay connected to their communities. Volunteers provide a variety of services and socialization, for a low cost annual membership fee. Services include rides, errands, occasional household or garden chores. Call 971-808-2340 or email info@riverseatvillage.org for more information, or to schedule an informational visit from our volunteers.



Virtual Programming at the Senior Center

A big thank you to all that completed the Senior Center Community Survey, your input is greatly appreciated and valued! Until the time we are able to return to pre-COVID operations, we are working to shift onsite activities to remote/virtual programming so that our clients can continue to participate in the classes and groups that they enjoy and benefit from. We're looking at creative ways to offer programming to our clients who are at home and crave social, emotional, physical, and intellectual connection. On the home page of the Senior Center on the City of Gladstone website, you will find a new menu item titled Virtual Programming. Please take a moment to check it out and let us know what you think. It is a work in progress and will be updated as we fine-tune our offerings.



7 Ways to Boost Your Loved One's Morale During the Coronavirus Epidemic. There is a great article on the AARP website dated March 2020, which discusses ways to keep loved one's spirits up during this really challenging time for us all. For the full article, please visit: www.aarp.org/caregiving/health/info-2020/boost-morale-during-coronavirus.html. Here are the 7 ways you can help: 1. Send an old fashion letter. Handwritten cards and letters are more special than ever, perhaps because electronic communication is increasingly supplanting them. Recipients can display the cards and re-read correspondence to remind themselves that you care. 2. Share a virtual meal. Plan a long-distance date. Order what your loved one likes and pay for it! Then call to talk during the meal. 3. Use other delivery services. You know the snacks your loved likes. Since you can't bring a few packages of treats during a visit, arrange for a bulk delivery. 4. Create your own FaceTime book club. If your kids are at an age where they love being read to, make sure Grandma or Grandpa has some kids' books they can read aloud and if they don't, order some online. 5. Order a jigsaw puzzle of your family. Mail-order companies specialize in custom puzzles from photographs or perhaps your child's artwork. 6. Play a board game. Think about the games your family loved growing up, such as Clue, Monopoly, Life, Scrabble or Sorry, or if you have young kids, children's classics such as Candyland or Chutes and Ladders. Familiarity with the rules is important. 7. Assemble a hobby box. This is the time to find a nice box at a craft store, perhaps decorate it and fill it with items that your loved ones can come back to again and again. I know for me personally, I am fortunate to have my grandmother around still, at 95 years young! I call at least twice a week to check in on her, send her photos through Costco, and my girls send her drawings and letters about twice a month. These little things mean more than we can possibly imagine. These simple, 7 ways will make a huge difference in their lives!



Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Reduce Your Risk of Getting Sick. There are things you can do to **reduce your risk of getting sick**. 1. Stay home if possible. 2. Wash your hands often. 3. Take everyday precautions to keep space between yourself and others (stay 6 feet away, which is about two arm lengths).

Coping with stress. Older people and people of any age who have serious underlying health conditions are at higher risk for severe illness from COVID-19. These conditions and situations may result in increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Things you can do to support yourself: 1. Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting. 2. Take care of your body. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. 3. Connect with others. Talk with people you trust about your concerns and how you are feeling. 4. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Have a plan for if you get sick. Know how to stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, and community health workers if you become sick. Determine who can care for you if your caregiver gets sick. Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time. Have enough household items and groceries on hand so that you will be prepared to stay at home.



Family and caregiver support. Here are some great ideas on how you can be of help. 1. Know what medications your loved one is taking and see if you can help them have extra on hand. 2. Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan. 3. Stock up on non-perishable food to have on hand in your home to minimize trips to stores. For more information

Senior Loneliness Line: They're there to listen

Social connections can help keep people healthy. The Senior Loneliness Line supports seniors in our community who are feeling lonely and having difficulty connecting. This free service is designed for adults 55 and older living in Clackamas County who may be isolated or lonely. Their team of volunteers and staff are specially trained in working with older adults, and they can provide ongoing support, connect you or someone you know with resources, or just listen. Your information is completely confidential. Sometimes knowing there is someone who cares and wants to listen can be of great help. If you are experiencing loneliness, or simply just want to talk to someone, please call today. Please call us at (503)200-1633 or if you prefer to, visit us online at: <http://seniorlonelinessline.org/>.



If you reside in Clackamas County and have questions on resources available to you, please contact the ADRC Monday through Thursday, 8:30am to 4:30pm at (503) 650-8522 or email at: clackamasadrc@clackamas.us. You can also visit them online at: <https://www.adrcforegon.org/consite/index.php>. Stay Home, Stay Safe.

Friends of Gladstone Nature Park (FOGNAP)

Due to COVID-19 Arbor Day 2020 has been canceled and will not be re-scheduled. FOGNAP hopes that 2021 will see a return to all our community events.

Mark your calendars! Saturday, July 25th from 9:00am - 12:00pm, join your neighbors and bring your friends to our 4th Saturday work-party at the Nature park, located at 1811 Webster Rd in Gladstone.

The Gladstone Nature Park has been inhabited by fairies! AmeriCorps and Gladstone resident, Molly Agrimson, has constructed seven houses for fairies to live in. Fairies are also environmentally friendly creature, so at each house there is a small fact or tip about environmental conservation or energy efficiency. All seven fairy houses can be found in the mail paved path. Fairy houses are also delicate, so please be very gentle and try not to disturb the fairies that may be inside!



A Minute of Gladstone History – by Kim Argraves Huey, Gladstone Historical Society Historian

Who is Herbert K. Beals (1934-2013), the author of the first three and most extensive volumes of the History of Gladstone? Whenever the Gladstone Historical Society displays their books for sale, this is one of the most often asked questions. We are proud to present this short bio.

Herb was born and raised in Portland, OR. He attended Jefferson High School, Reed College, and graduated from Portland State University with a BA in Social Studies and MA in history. From 1953-1956, he served in the US Army in the Army Security Agency, after which he pursued a career in government, holding various positions that included Senior Planner for Clackamas County, Planning Consultant for the Bureau of Governmental Research and Service (U of O), and Principal planner for the Portland Metro Service District.

In 1962, Herb and his wife, Barbara, moved to Gladstone where they raised three children and enjoyed small town life. In 1996, Herb retired and became actively involved in community projects and events, serving on numerous boards and committees, which included the Library, Senior Center, City of Gladstone, Chautauqua Festival, etc. For twenty-five years, he served as the official historian for the Gladstone Historical Society and the City of Gladstone.

But Herb's first love (after Barbara and the kids) was history. He read it, he researched it, and he wrote it. His particular interest was maritime exploration, with a secondary interest in Roman coins. During his writing career, he had sixty-five articles published in World Coin News and Coins Magazine, nine articles included in The Oxford Companion to World Exploration, and numerous articles published in the Oregon Historical Quarterly. In 1989, Herb received a Lyman Book Award from the North American Society for Oceanic History for his editing and translating of Juan Pérez on the Northwest Coast, Six Documents of his Expedition in 1774. From 1992-1998, he researched and wrote the three volumes of A History of Gladstone, Oregon. And in 2007, the prestigious Hakluyt Society of London, England included Herb's manuscript, The 1775 Journal of Juan Francisco de la Bodega y Quadra, in their Series III, vol. 18, Ashgate publication, Four Travel Journals: The Americas, Antarctica and Africa, 1775 – 1874.

Regardless of his extensive civic contributions and literary achievements, those who were fortunate enough to know Herb remember him as a really nice gentleman; a quiet, unassuming, walking encyclopedia of historical knowledge who wore a jaunty tweed cap over one eye, gave great Chautauqua historical tours of old town, and was never too busy to stop and chat about how Gladstone got its name (or pass on an interesting little tidbit about Tiberius). Herb, we all miss you! {Copies of Herb's three volumes of A History of Gladstone are available from the Gladstone Historical Society. For more info: GladstoneHistoricalSociety@gmail.com or www.GladstoneHistoricalSociety.org.}

Your number is next: DMV offers more services by appointment-only

A limited selection of in-person services will now be available at 40 DMV offices, including the Gladstone DMV office, across the state. Offices are operating as appointment only for limited transactions. Schedule an appointment time most convenient for you by visiting https://dmv2u.oregon.gov/eServices/_/ and completing the appointment request form or by calling 503-299-9999.

Services that are available by mail or online will not be available at field offices.

In-person appointments can be made for:

- Driver licensing and ID cards – originals, renewals and replacements, including passenger car and commercial licenses, and instruction permits
- Driver knowledge tests
- Driving privilege reinstatements
- Disabled parking placards
- VIN inspections for new-to-Oregon vehicles previously titled elsewhere
- Farm endorsements

If you need to renew a license or ID card, consider waiting until later in the summer when the initial demand for services may have subsided.

“Our first priority is the people who were unable to get the services we can do only in person, such as replace a lost driver license or ID, issuing commercial driver licenses, knowledge tests, and reinstating driving privileges,” DMV Administrator Tom McClellan said. “Please be patient and expect longer than normal wait times on the phone and for an available appointment. If you can wait to renew until later in the summer, please consider waiting so that appointments are available for those who need them most.”

Offices have been equipped with plastic shields at each workstation, lobby furniture has been moved to promote social distancing, and extra cleaning of offices is scheduled to help keep customers and employees safe.

“When you do visit a DMV office, expect to follow safe social distancing and other measures in place for customers and employees,” McClellan said.

Enter the office for your appointment alone, unless a parent or guardian is needed to sign an application for a teenager applying for driving privileges or translator is needed for knowledge tests. Please cancel your appointment if you get ill, and reschedule if showing flu-like symptoms.

More about doing business with DMV at: https://www.oregon.gov/odot/dmv/pages/COVID_Alert.aspx



STAY HOME. SAVE LIVES.

Gladstone City Newsletter

If you have a community event you would like to see in the upcoming Gladstone City Newsletter, please send it to kratz@ci.gladstone.or.us. Articles are due on or before the 18th of each month to appear in the upcoming Newsletter.

GEF asks Community to Help Families and Restaurants

The Gladstone Education Foundation [GEF] has initiated a program to directly benefit those suffering hardship in their community due to COVID-19. The relief effort will distribute restaurant meal gift certificates to people using the Gladstone Food Pantry. This effort will benefit both the recipients of the meal certificates and the local restaurants where the certificates are being purchased.

The Gladstone Education Foundation and the Food Pantry invite community members to join this urgent effort to help those in need. Contributors can help the Giving Chain through this online portal: <http://gladstonefoundation.ejoinme.org/donate>

The GEF has invested \$5,000 to initiate The Giving Chain program. The Foundation will also match dollar-for-dollar the first \$5,000 donated by others to The Giving Chain.

"It will take us all working together to make it through this pandemic and the many impacts on our lives, our community, and our local businesses," said GEF President Terry Marsh. "The Giving Chain is our opportunity to provide immediate assistance to those businesses and community members needing it most."

Kindergarten registration is open El registro para Kinder estará abierto



Children who will be age 5 on or before September 1 are invited to enroll for kindergarten for the 2020-21 school year. Online Registration is open. The link will be posted on the Gladstone Center for Children and Families [GCCF] website <http://gladstone.k12.or.us/center/>. While there is no registration deadline, families are urged to register as soon as possible so teachers and staff can prepare to welcome new students. If you have any questions, contact school secretary Heidi Smith at smithh@gladstone.k12.or.us or 503.496.3939.

Families who reside outside of the Gladstone School District boundaries and wish to transfer into Gladstone School District contact Natalie Weninger at weningern@gladstone.k12.or.us

Los niños que tendrán 5 años de edad en o antes del 1 ero de septiembre están invitados a inscribirse en el jardín de infantes para el año escolar 2020-21. El registro en línea se abrirá el 23 de abril de 2020. El enlace se publicará en el sitio web del Gladstone Center for Children and Families [GCCF] <http://gladstone.k12.or.us/center/>. Si bien no hay plazo de inscripción, se insta a las familias a registrarse lo antes posible para que los maestros y el personal puedan prepararse para dar la bienvenida a los nuevos estudiantes. Si tiene alguna pregunta, comuníquese con la secretaria de la escuela Heidi Smith a smithh@gladstone.k12.or.us o 503.496.3939.

Las familias que residen fuera de los límites del Distrito Escolar de Gladstone y desean transferirse al Distrito Escolar de Gladstone deben enviar un correo electrónico a Natalie Weninger a weningern@gladstone.k12.or.us



July Is Impaired Driving Awareness Month



Gladstone citizens love to celebrate the 4th of July with family, friends, food, and fireworks. But all too often the festivities turn tragic on the road. This iconic American holiday is also one of the deadliest holidays of the year due to drunk-driving crashes.

Be a designated driver. It's the patriotic thing to do. Friends help friends get home safe. This Independence Day, your friends are depending on you. Celebrate the 4th how you want...just keep the party off the road. Everyone has different ways of celebrating. But in Gladstone we can all agree not to drive impaired. Celebrate your own way. Just don't drive impaired. Link to an Oregon promotional logo— <https://www.oregon.gov/ODOT/Safety/Documents/GreenState.pdf>

Sidewalk Reminder

Having safe sidewalks is vital to communities. Safe and passable sidewalks include sidewalks free of vegetation, hazards, and obstructions. Partially blocked sidewalks can be dangerous for pedestrians and the property owner. Sidewalk hazards may result in costly repairs and unnecessary insurance claims. The adjacent property owner is required to maintain sidewalks. The Americans with Disabilities Act requires sidewalk repair and or replacement when the lift or dip is a quarter inch or greater. For more information please contact Code Enforcement at 503-557-2763.

A Message from Our Community Cat Rescue

Hello Neighbors! Kitten season is here! How many feral cats does one feral mother cat lead to? According to the Feral Cat Coalition of Oregon (FCCO), 1 unaltered cat and all her offspring having a litter of 4 each over a 10-year period may result in a startling 1,398,101 cats.

Please do not take baby kittens if you find them. Call us so we can get mama, too.

We are collecting cans and bottles for July in lieu of no yard sale. Email us at ourcommunitycatrescue@gmail.com or <https://www.facebook.com/OurCommunityCatRescue/?ref=bookmarks> donations can be mailed to P.O. Box 771 Gladstone, Oregon 97027

Thank you, Rachel and Maya, volunteers.

Please Keep Dogs on Leash



Residents are reminded when walking dogs in Gladstone or visiting Gladstone parks dogs are required to be on a leash or under the immediate control of its keeper, per Chapter 6.04 of the Gladstone Municipal Code. Be a good neighbor and keep you dog on a leash and be mindful to pick up pet waste and dispose of properly.

Pedestrian Safety

Whether it be in a parking lot, crosswalk, or on a road, everyone is a pedestrian. Pedestrian safety is crucial to know for both pedestrians and motor vehicle operators. Drivers and pedestrians have a shared responsibility to follow the rules of the road and to act safely and responsibly on America's roads. Remaining alert for all road users and focusing on the road, sidewalk, crosswalk, or however you may be traveling helps everyone get to their destination safely. While it is the responsibility of the driver to stay alert and aware of their surroundings, there are also actions the pedestrian can take to stay safe, like being predictable and using crosswalks or intersections if possible, and walking on a sidewalk or path when one is available.



Get Social

Connect with the City of Gladstone on Facebook, Instagram and Twitter. Stay up-to-date with all the latest news and events happening around you.



Local Telephone Numbers

- *City Hall General Business Line 503-656-5225
- *Utility Billing/Water/Sewer Acct Info 503-557-2771
- *Municipal Court/Traffic Citations..... 503-557-2772
- *Public Works 503-656-7957
- *Police Dept. M-F, 8am to 5pm 503-557-2797
- *Fire Dept. M-F, 8am to 5pm 503-557-2776
- *Library 503-655-8540
- *Senior Center 503-655-7701
- *Recreation/Business License 503-557-2766
- *Planning 503-742-4510
- *Electrical/Plumbing Permits 503-742-4240
- *Nuisance Concerns/Code Compliance 503-557-2763
- *Gladstone School District 503-655-2777
- *Gladstone High School 503-655-2544
- *Kraxberger Middle School 503-655-3636
- *Wetten Elementary School 503-656-6564
- *Gladstone Disposal Company 503-656-9426
- *Dept. of Motor Vehicles (DMV) 503-299-9999
- *Portland General Electric 503-228-6322
- *Northwest Natural Gas 503-226-4211
- *Comcast Cable 1-800-934-6489
- *Non-Emergency Dispatch 503-655-8211 (option 1 for police or fire calls)



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Gladstone Public Library Foundation (GPLF) Updates

Happy summer. We hope those of you who bought veggies at our 'electronic' plant sale are beginning to see sprouts of tomatoes, peppers, etc. coming out; maybe even already harvesting some. We can't thank you enough for supporting our library.



In lieu of our annual book sale we hope to have a couple of pop-up book sales sometime in the next few months after the library opens.

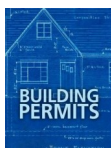
In the meantime, here are a few things you can do to help support the library. One, save those books, CDs, and other donations for the book sale. Two, when the library opens, check out our Twice Sold Tales on the book shelves in the reading room. Three, join Fred Meyer Rewards and link to the Gladstone Public Library Foundation. It's free. Four, make a monetary contribution to the Foundation, (see address below).

If you'd like to learn more about us, our address is: GPLF, PO Box 146, Gladstone, OR 97027-0146. Check us out at: www.gpl-foundation.org. Like us on Facebook, or follow us on Instagram. As always, we thank you for your continued support. Please join with us in our journey to build a new library.

Did you know: As far back as 1905 librarians used horse-drawn wagons to lend books to people in rural areas where there were no libraries.

Stay safe, stay healthy, and read.

Planning & Permits



The City contracts with Clackamas County for administration of the City's land use planning and building permits, including plumbing, electrical, grading, etc. For more information, visit the county's website, clackamas.us/building or call 503-742-4510.

National Night Out

Due to COVID-19, National Night Out has been moved to October 6th. Stay tuned for more information.



CITY OF GLADSTONE
18505 PORTLAND AVENUE
GLADSTONE, OR 97027



Library News—135 E. Dartmouth

503-655-8540

The Gladstone Public Library continues to evolve and expand the services we can offer our patrons.

Imagine Your Story, our Summer Reading Program for ages 0 to 18, is in full swing; visit clackamas.us/lib/summer-reading-program to print Reading Logs (which can be turned in after August 1st for a prize book) and watch prerecorded stories, games, and songs featuring Teacher Heather!

No-contact holds pickup is available by appointment while library is closed. If you have holds available, call 503-655-8540 to make a Tuesday, Thursday, or Saturday appointment. Mailing of holds continues for patrons unable to visit the library.

Book drops are open all hours, although check-in of all items must be delayed for safety.

Help plan your new library! Community project and task force meetings continue so the library project remains on schedule. Gladstone's Community Library Task Force will meet Wednesday, July 1st at 5:30 pm. Visit clackamas.us/meetings/communityproject/oakgladproj for schedules and information on attending these online meetings. Share your voice in a virtual open house and survey happening July 7th at clackamas.us/communityproject.

Staff is answering phones and emails daily 10 am to 6 pm, and monitoring after-hour messages:

Phone: 503-655-8540 (please note new number!)

Email: gladstone@lincc.org

The Oak Lodge & Gladstone Libraries Playlist on Clackamas County's YouTube channel (#ClackCo TV) is growing. Learn how to register for an eCard; change the PIN, email or phone number on your library account; manage your holds, and more.

Free passes to local venues, such as The Oregon Garden, Portland Japanese Garden, and Evergreen Aviation Museum are available at culturalpassexpress.quipugroup.net with your card number and PIN.

*Things change quickly! For updates, watch clackamas.us/lib and Gladstone Public Library's Facebook and NextDoor posts; lincc.org also offers service updates on all libraries in Clackamas County and information on using online resources.



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STANDARD RATE
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PAID
Gladstone, OR
Permit #28

POSTAL CUSTOMER

Gladstone Food Pantry

City Hall—18505 Portland Ave
Police Department—18505 Portland Ave
Fire Department—555 Portland Ave
Public Works Department—18595 Portland Ave
Senior Center—1050 Portland Ave
Library—135 E. Dartmouth St.

CITY MEETINGS:

- *City Council—2nd Tuesday & 4th Tuesday (if necessary) - 6:30 pm—in the City Hall Council Chambers
- *Planning Commission—3rd Tuesday (as needed) - 6:30 pm In City Hall Council Chambers
- *Library Board—1st Tuesday—6:30 pm—City Hall Council Chamber
- *Traffic Safety—4th Monday every other month (as needed) - 6:00 pm—City Hall Council Chambers
- *Park & Recreation—2nd Monday (as needed) - 6:30 pm In City Hall Council Chambers
- *Senior Center Advisory—held bi-monthly —3rd Tuesday—3:00 pm—Gladstone Senior Center

Copies of City Council and Planning Commission meeting packets are on our website at www.ci.gladstone.or.us

Individuals or businesses that are interested in making a monetary contribution to support the needs and operation of the Gladstone Food Pantry can do so by donating to the Gladstone Education Foundation. To ensure the donation is directed to the Gladstone Food Pantry, please indicate "donation for the Gladstone Food Pantry" in the memo portion of your check or include a note with the same wording along with the donation. If the donation is in cash, please be sure to include a note, as mentioned above, and include your full name and mailing address so that the appropriate receipt can be generated.

Please mail the donation to: Gladstone Education Foundation, 17789 Webster Rd, Gladstone, OR 97027.

Please make checks payable to "Gladstone Education Foundation" and include a note or memo, per above, to ensure proper designation of the funds.

For more information, to donate, or to volunteer: contact Pantry Manager Reyna Welliver at welliver4@gmail.com

Local Meetings—

◆For questions or information regarding the Gladstone Business Owners & Managers Meetings, contact Doug Loose at 503-595-

5379 or dougwithTLC@msn.com.

◆Friends of Gladstone Nature Park meets the last Saturday of the month from 9:00am-12:00pm at 18111 Webster Rd, Gladstone. For more info visit [\[theparks.org\]\(http://theparks.org\)](http://protect</p></div>
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◆ For questions regarding the Gladstone Historical Society visit gladstone-historicalsociety.org