

VOLUNTEERS Gladstone Needs YOU!

Are you looking for a new opportunity to serve in your community? If so, consider applying to serve on a City board, commission or committee. The City has six (6) active boards, commissions and committees that are composed of volunteers. Recruitment is underway for 24 open positions to be filled by January 1, 2022.

At the December 14, 2021 meeting, the City Council will consider requests for appointments and re-appointments to the following boards, commissions and committees:



- Two (2) terms on the Planning Commission;
- Three (3) terms on the Budget Committee;
- Two (2) terms on the Traffic Safety Advisory Board;
- One (1) term on the Senior Center Advisory Board;
- One (1) term on the Audit Committee.

Boards, commissions and committees review new and existing operations in specific areas and suggest an appropriate course of action to City department heads and the City Council. Members of boards, commissions and committees provide an invaluable service to the City by advising the City Council on a wide variety of subjects and making recommendations on important policy matters.

Let your voice be heard by sharing your experience, expertise and time. You can provide valuable insight from the citizen's point of view to the operations of the City and the City Council's decision-making process.

To obtain an application and information about serving on a committee, board or commission, visit the city's website at <https://www.ci.gladstone.or.us/bc>, email bannick@ci.gladstone.or.us, call 503-557-2769 or stop by City Hall at 18505 Portland Avenue. Applications must be returned by 5:00 pm on November 30, 2021.

Neighbors Helping Neighbors

As Gladstone's new, innovative way to help people with hardships, the elderly or help those who have code enforcement issues on their property, Neighbors Helping Neighbors is an opportunity to give back to your community.

The program allows for a team of community volunteers to help those in need deal with minor yard issues rather than immediately turning to enforcement. The volunteers will assist the City's livability team with projects around the City.

Recently, Neighbors Helping Neighbors volunteers, Ralph Matile, Pat Smith, Bruce Hildreth, and Michael McCallister, helped a resident with removing 6-7 small shrubs, trimming remaining scrubs and cleaning the front yard of excess debris.



Would you like to volunteer on a team that helps neighbors with hardships, solve common code issues such as overgrown vegetation, removing debris, or who may just need their lawn mowed? Sign up today to help a neighbor! Visit the City's website at www.ci.gladstone.or.us/police/webform/neighbors-helping-neighbors. For questions, contact Sean Boyle at 503-557-2763 or boyle@gladstoneoregon.us

Upcoming City Meetings

City meetings will continue to be held virtually. Upcoming meetings are as follows:

- Park and Recreation Advisory Board will be meeting on Monday, November 8, 2021 at 6:30 pm
- City Council will be meeting on Tuesday, November 9, 2021 at 6:30 pm
- Senior Center Advisory Board will be meeting on Tuesday, November 16, 2021 at 3:30 pm
- Planning Commission will be meeting on Tuesday, November 16, 2021 at 6:30 pm

More information regarding all City meetings can be found at www.ci.gladstone.or.us/meetings.

City Closures

City offices, including the Gladstone Civic Center, will be closed:

- Thursday, November 11, 2021 for Veteran's Day
- Thursday, November 25th and Friday, November 26, 2021 for Thanksgiving.

During this time, payments may be placed in the dropbox located in the center of the Civic Center parking lot. Other payment options can be found on the City's website at www.ci.gladstone.or.us/community/page/online-payments



Be Prepared- One Month At A Time- Part 7

If there is one thing we can take from the past year, it is that natural disasters are unpredictable. Days long power outage's, home evacuations or flooding are natural disasters that we may be faced with. It is important that you and your family are ready for anything that life may bring.

What is the best way to get started? Being prepared may seem overwhelming and costly but breaking up the task throughout the year helps lessen the burden. Over the next several newsletters, we will include a few items that can be good to have included in your emergency kit, as well as a task to complete to make sure your home and family are prepared.

Month 7 supplies:

- Pain reliever (Adult and Child)
- Toothpaste and Toothbrush *
- Whistle

Month 7 activities:

- Make copies of pet's veterinary records, including vaccination and licenses
- Check with your children's daycare center or school about disaster plans and points of contact.

*per person and/or pet in the household.

Utility Bill Drop Box

Did you know you can drop off your monthly utility bills, including: PGE, NW Natural, Gladstone Water/Sewer and Gladstone Disposal, at the Senior Center? No stamps needed! A drop box is located inside the main entry door as well as a 24/7 green drop-box located outside the main entrance.

Winterizing Your Sprinkler System



Follow these 5 simple steps to winterize your sprinkler system:

1. Turn off the water to the irrigation system at the main shut-off valve.
2. Open all drain valves. Drain valves are usually located at low points. If they are not opened water can collect and freeze.
3. Remove water from system. Opening the drain valves is not usually enough. Drain valves generally will only allow a small amount of water to escape. Thus, sprinkler heads, valves, and pipes will remain full of water. The best way to fully ensure all of the water is removed from your irrigation system is to blow the system out with air. It is recommended to hire a landscape professional to perform this step.
4. Wrap all above ground valves and backflow prevention devices with insulating material to prevent freezing.
5. Shut down the automatic controller by either putting it on "rain mode" which will keep all of the programming information (start times, valve run times, etc.) or simple shut the power off to the controller. If you shut the controller off, you will have to reset your irrigation times and settings in the spring.

This approach to shutting down, shutting off, and winterizing your irrigation system will not only help you reduce the water you use, but it also helps to prevent costly damage and water wasting problems in the next season. Visit Clackamas River Water Providers website at www.clackamasproviders.org for more information and tips to help you reduce unnecessary water use.

Drop Off Unwanted Prescriptions at Gladstone Police Department

Flushing drugs down the toilet or putting them into the garbage may have damaging effects on our environment and can contaminate our surface and groundwater supplies. Both drinking and wastewater treatment plants are not designed to treat for these kinds of chemicals. Drop off your old, expired or unwanted prescriptions at the Gladstone Police Department, located at 18505 Portland Ave., MED RETURN receptacle, Monday-Friday, 8:00 am to 5:00 pm*. No paperwork or fee required!
*Excluding holidays.



Studded Tire Season

Studded tires are legal in Oregon from November 1 through March 31. Because of the damage caused by studded tires, the Department of Transportation encourages motorists to use studded tires only when necessary. Delaying putting on studded tires or using other traction tires is helpful to the condition of the highways.

Report a Streetlight Problem



Contact Portland General Electric (PGE) at 1-800-544-1795 (press 3) or email info, including address of streetlight outage or problem, nearest cross street, pole & map number (on pole), if available, to lightout@pge.com.

Checking For Leaks

The Gladstone Utility Billing Department has recently received many phone calls with concerns regarding water usage. If there has been no change to how water is being used in the home, but you notice an increase in your consumption, it is important to look to see if a leak could be the reason for the water increase. Undetected leaks can be costly. Your water meter can tell you how much water you use in a day, week or a month. It can also help you measure the effectiveness of your household's water conservation program and help detect leaks. Whether inside or outside your home a leak can waste hundreds of gallons of water per year. Some leaks are easy to see or hear. Others are small. However, big or small, any leak cost you money and should be repaired as soon as possible.

How to locate your meter:

Your water meter should be located in front of your house, inside a concrete or plastic meter box that is set flush with the ground. Look for your meter behind the sidewalk at a side lot line near the street. If your home is on a corner lot, your water meter could be located either on the front or side street. Sometimes, meter boxes are not easily visible due to landscaping and other obstructions.

Checking your system for leaks:

There is a simple test you can perform to use your water meter to detect leaks. First, turn off all your faucets and water-using appliances (such as dish and clothes washers) and be sure no one is using any water. Then go to your water meter and lift the cover of the meter dial. Write down all the numbers you see on the meter. Then, wait 30-60 minutes and write down all the numbers again. If the numbers have changed at all, you probably have a leak somewhere in your system. If the small red diamond shaped indicator on the face of the

meter is moving, it also means you probably have a leak. Retest to be certain; then locate the leak by inspecting all the pipes, fixtures and appliances that use water.

Where to look for leaks:

- Your toilet may have a silent leak. Drop a little food coloring in the tank. Wait about 10 minutes without flushing. If color appears in the bowl you have a leak.
- Check for moist spots around and under house plumbing and around the outdoor plumbing.
- Replace worn washers in faucets and showerheads. A little drip waste many gallons each day.

Below shows the approximate water that is used with different types of leaks:

- *A dripping leak consumes: 15 gal. Per day, 450 gal. per month
- *1/8 in. leak consumes: 3,806 gal. Per day, 114,200 gal. per month
- *1/32 in. leak consumes: 264 gal. Per day, 7,920 gal. per month
- *1/4 in. leak consumes: 15,226 gal. Per day, 456,800 gal. per month
- *1/16 in. leak consumes: 943 gal. Per day, 28,300 gal. per month
- *1/2 in. leak consumes: 60,900 gal. Per day, 1,827,000 gal. per month

Found a leak?

The first thing you should do once you have found a leak is to get it fixed! Any leak that is located from the house to the meter are the responsibility of the property owner. This may mean that you will need to contact a plumber for repairs.

Once the leak is fixed, you can submit copies of the receipt from the repair to the Utility Billing Department and request a leak credit.

If you have any questions, please contact the Utility Billing Office at 503-557-2771

Leaf Pickup Program and Code Compliance

The Gladstone Public Works Department schedules leaf pick-up services with cost effectiveness and efficiency in mind. Public Works asks for your cooperation by filling your yard debris container first before putting your leaves in the street. Each resident who puts their leaves in their yard debris container each week helps reduce the cost of sending out the street sweeper, a loader, and up to two dump trucks to provide this service to our residents. We do appreciate all our citizens who contribute in helping to maintain efficiency in our city. When placing your leaves in the street please put them in one large pile at least one foot from the curb. This extra space between the curb and the leaf pile is to allow water to drain into the city's storm basins. With the rainy season coming, any help you can provide to keep your neighborhood's storm water catch basins clear of leaves and debris will benefit both you and your neighbors. While it is

important to have your leaves ready for pick-up by the first day on your schedule, please remember that leaves placed in the street too far in advance of your leaf pick-up date is a violation of city code and will cause the leaves to wash into our storm drains, increasing the risk of flooding in your neighborhood. THE BEST PRACTICE IS TO PUT YOUR LEAVES OUT FOR PICKUP THE DAY BEFORE YOUR AREA'S FIRST SCHEDULED DAY OF SERVICE. We ask that you please not mix anything in with your leaves such as limbs, etc. Public Works always appreciates our citizen cooperation in helping to keep our city streets clean and our storm drains clear of leaves, allowing rain water to drain away from homes and businesses.

If you have any questions, please call your Public Works Department at 503-656-7957, e-mail PWOffice@ci.gladstone.or.us or call Code Compliance at 503-557-2763. Our staff and crew look forward to serving you!

Curbside Leaf Pick-up Program

Gladstone Public Works is happy to provide our leaf pick up schedule for 2021. The Public Works Department asks that residents follow the simple guidelines below, together we can make our Curbside Leaf Pick-up Program a success!

First Round of Leaf Pick-Up

| | |
|------------|----------------------------------------------|
| Area 6 & 7 | Nov. 1 st – Nov. 5 th |
| Area 8 | Nov. 8 th – Nov. 12 th |

Final Round of Leaf Pick-Up

| | |
|------------|-----------------------------------------------|
| Area 1 & 2 | Nov. 15 th – Nov. 19 th |
| Area 3 & 4 | Nov. 29 th – Dec. 3 rd |
| Area 5 & 6 | Dec. 6 th – Dec. 10 th |
| Area 7 & 8 | Dec. 13 th – Dec. 17 th |

Please have your leaf pile ready for pick-up by the first day of your area's designated pick-up schedule. While it is important to have your leaves ready for pick-up by the first day on your schedule, please remember that leaves placed in the street too far in advance of leaf pick-up will cause the leaves to wash into our storm drains, increasing the risk of flooding in your neighborhood. Best practice is to put your leaves out for pick-up the day before your area's first scheduled day.

Please have your leaves placed in one large pile in the street, at least one foot from the curb. This extra space between the curb and the leaf pile allows water to drain into the city's storm basins. With the rainy season coming, any help you can provide to keep your neighborhood's stormwater catch basins clear of leaves and debris will benefit both you and your neighbors. A rake is all it takes!

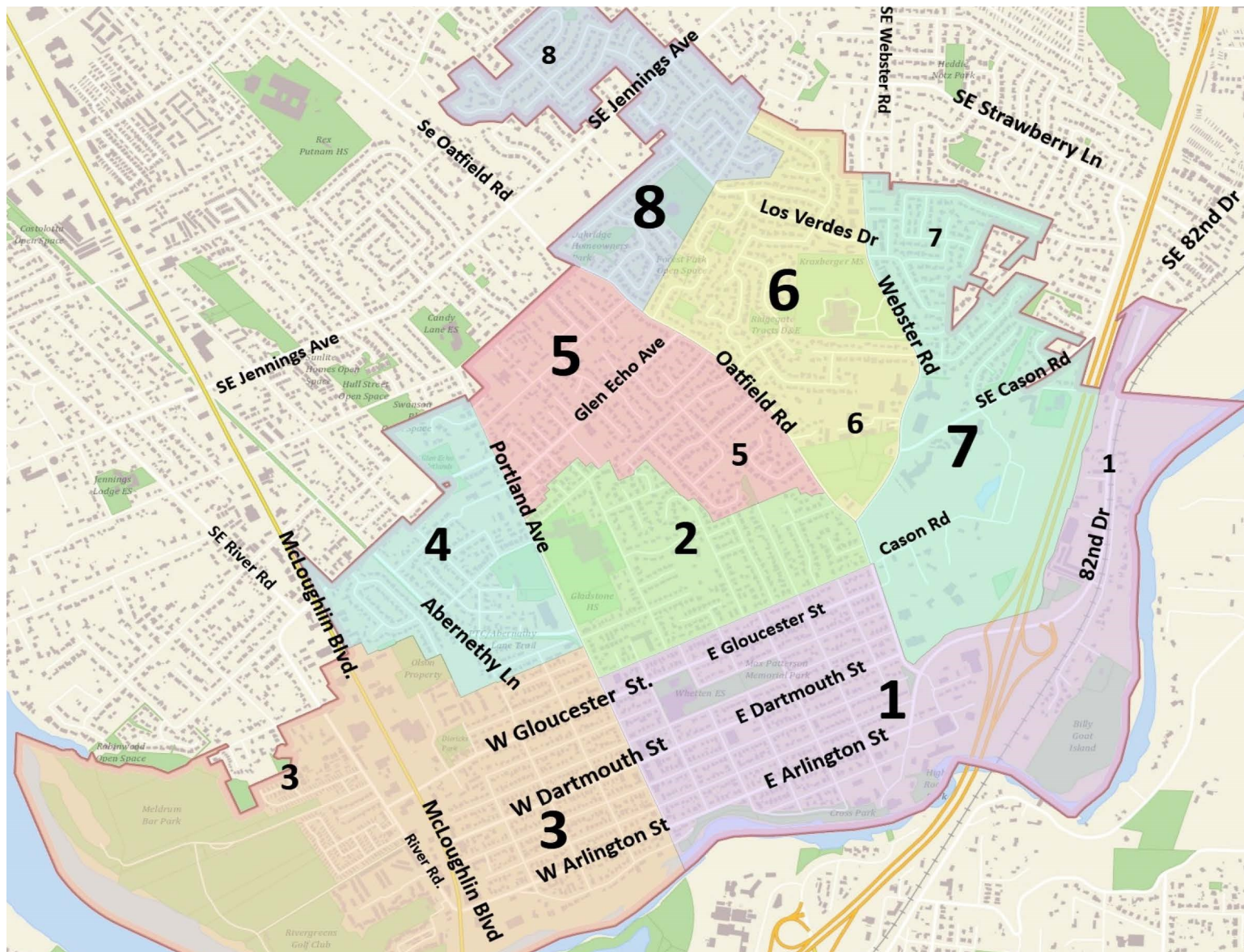
Do not block: Bike lanes, sidewalks, pathways, mailboxes, driveways, or intersections with leaf piles. Keep leaf piles separate from garbage cans and yard debris bins.

Remove any obstructions: Including basketball hoops and parked cars, to allow for the leaf pick-up equipment.

Crews will not pick up: Yard debris, tree branches, grass clippings, construction materials, or garbage during leaf pick-up operations. Please do **NOT** place these items in your leaf piles!

Please place small piles of leaves in your yard debris bin! Let's keep small piles out of the street!

As always, if you have any questions, please contact the Public Works Department at 503 656-7957 or e-mail our office at PWOffice@ci.gladstone.or.us. Office hours are weekdays, from 8:00 am to 4:30 pm. Our staff and crew look forward to serving you!



Use our GIS Map to Locate your Zone with your Address, in 3 Easy Steps

1. Visit the City's website at www.ci.gladstone.or.us, under the tab "I Want to" Click on "View GIS Mapping"
2. In the search bar at the top of the page, enter your street address and click on the spy glass.
3. Your address should appear in the left side toolbar, look for: "In Street Zone"

City of Gladstone—Senior Center

1050 Portland Ave. Gladstone, Or. 97027

Phone: 503-655-7701 | [Www.ci.gladstone.or.us/sc](http://www.ci.gladstone.or.us/sc)



Welcome our new Community Services Manager: Tiffany Kirkpatrick!

Hi Community, I'm Tiffany Kirkpatrick. I am fortunate to be able to be part of this sweet community after a month long process of interview panels about my abilities and skills to run the center and represent the community center.

My mother shared, by example, a love of caring for the aged. At 18years old I accepted my first job as an Activities Director at a Swedish retirement center in Chicago Illinois. I stayed in the career of social services to the aged for 25years. (dating myself).

Working with older adults changed my life and shaped my life in so many undeniable ways, including caring about personal narratives/story, living in the moment, history, memory, patience, grief, advocacy and leadership. In the aging field I have worn many hats in leadership and Alzheimer's research at OHSU. I'm so blessed that I have these experiences in my pocket. They helped me have more of an urgency about doing somethings in my head and heart, as a leap of faith.

My passion for this specific population of the community really started as a child watching my mother and aunt work as nurses and as care givers in the community and even in our home. We took in "the sick and shut-in older adults" from church who needed care. It's quite a story I'd love to share with you sometime over coffee at the center if you're interested.

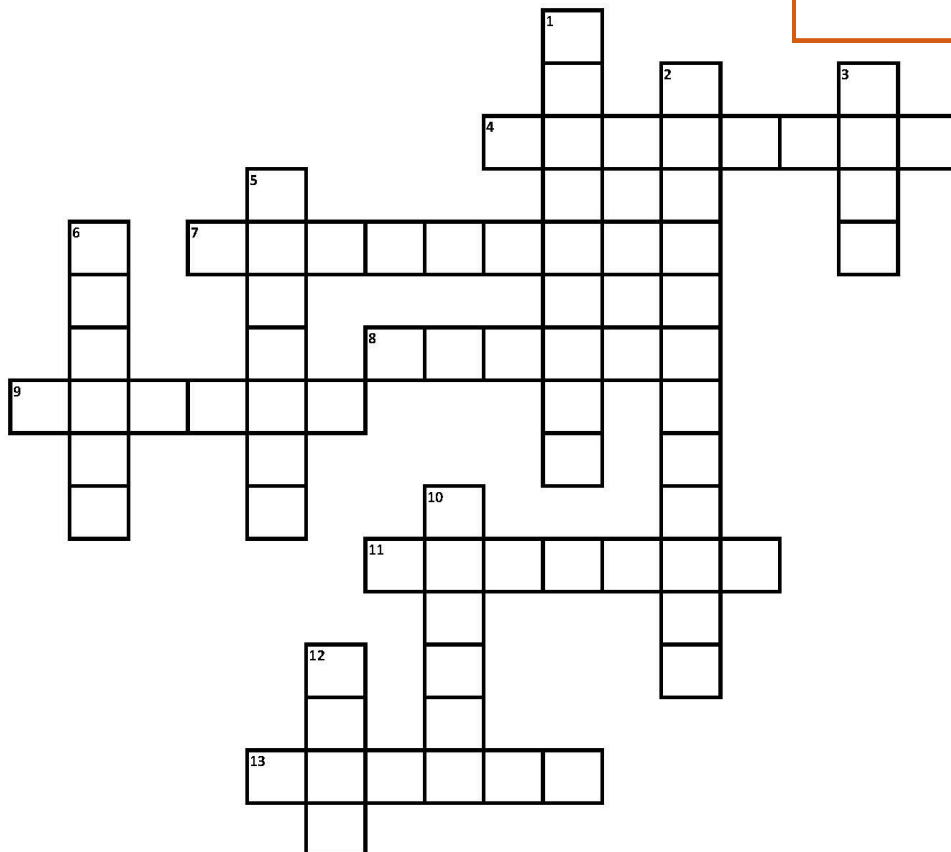
Tiffany. Email: Kirkpatrick@ci.gladstone.or.us Cell: 971-221-2420

Volunteer Needs:

- ◇ Exercise leader on Tuesdays- weekly
- ◇ Scrabble Club leader- weekly
- ◇ Art Therapy assistant- weekly
- ◇ GARDEN CLUB assistant- raised beds/indoor planting

Calling all artists and wanna-be artists:

We are looking for participants for our art therapy classes, which we intend to start in December. If you are creative or want to start a new creative path. Please contact the center about this class.



A HOPEFUL NEW NORMAL

The Gladstone Senior Center is fully committed to bringing back a fully open and safe social environment for this community. We look forward to familiar, and new + improved classes and learning opportunities starting the 1st of the New Year. This does include in-person dining services at the center. If you have an interest in leading any activities or programs please reach, Tiffany Kirkpatrick, MA, Community Services Manager 503-655-7701

•RENTAL SPACE IS OPEN/AVAILABLE AT THE CENTER: Call the center for details/prices

•DINIING SERVICES UPDATE:

Looking forward to starting a small number for in-person dining at the center and continuing to increase our dining attendance and experience- January 2022 by reservation only— TO BE ANNOUNCED SOON

•CRIBBAGE IS BACK- every Thursday at 1pm in the HALL

•SCRABBLE CLUB- Interested?

HELP! We really need

Thanksgiving dinner Sponsors by Nov. 12th.

The Gladstone Senior Center will deliver hot delicious turkey meals to 40 participants who are receiving our weekly meals. We need your help to pay for these nutritious turkey dinners which will be enjoyed by community older adults.

503-655-7701 Call for more info

Cash donation at the center or make checks out to Gladstone Senior Center Foundation



Weekly Drop in Activities opens 8:00 am - 4:00 pm

Coffee chat/lounge- Please join us for a cup of coffee/tea and socialize with friends

Monday: Pool room is open and available 10:00 am - 4:00 pm

Tuesday: 1. Exercise Class is back 10:30 am - 11:30 am
2. Bingo 1:00 pm

Wednesday: Bunco 1:00 pm

Thursday: 1. Pinochle/Rummikub at 1:00 pm
2. Cribbage at 1:00 pm

Friday: Bridge 12:00 pm

Pool Room: Daily from 10:00 am - 4:00 pm

Foot Clinic: Nov. 8th and Nov. 9th (always 2nd Monday and Tuesday by appointment only)

Blood Pressure Clinic: Nov. 9th (always 2nd Tuesday)

All activities require participants to wear a mask unless eating or drinking.

Fall Crossword

Across

- 4. Jewish Holiday, Rosh _____
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. change colors
- 11. for carving and pie
- 13. Color

Down

- 1. Used to frighten birds
- 2. Feast holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks

Community Resource Numbers - It is okay to not be okay

With everything going on in the world today, it is important to remember that it is always okay to ask for help. From locating a warming center to suicide prevention, help for Veterans to help for Seniors, Clackamas County is here for you.

Oregon Warmline Hotline

Website: communitycounselingsolutions.org/, Phone: Toll-Free 1-800-698-2392,

This Warm Line is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health issues.

The Trevor Project

Website: www.thetrevorproject.org/, Phone: 1-866-488-7386

The Trevor Project organization provides crisis intervention and suicide prevention services to LGBTQ+ people under 25. The organization's counselors offer support 24/7.

Lifeline

Website: suicidepreventionlifeline.org/, Phone: 1-800-273-8255

The Lifeline provides mental health services and emotional support. Most crisis centers are non-profit and many utilize trained volunteers as well as mental health professionals.

Veterans Crisis Line

Website: www.veteranscrisisline.net/, Phone: 1-800-273-8255 press 1

This free support is confidential, available every day, 24/7. Serves all Veterans, all service members, National Guard and Reserve, and their family members and friends.

Crisis Text Line

Website: www.crisistextline.org/, Text "HOME" to 741741

Crisis Text Line provides free, 24/7, text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Senior Loneliness Line

Website: seniorlonelinessline.org/, Phone: 503-200-1633

This free service is designed for adults 55 and older who may be isolated or lonely. Volunteers and staff are specially trained in working with older adults, providing ongoing support, and connecting individuals with resources. Information is completely confidential.

NAMI

Website: www.nami.org/Home, Phone: 1-800-950-6264, Email: info@nami.org

HelpLine volunteers work to answer questions, offer support and provide practical next steps.

Call to Safety

Website: calltosafety.org/, Phone: 888-235-5333

Call to Safety believes everyone deserves a life free of domestic and sexual violence.

Housing Resources

Website: www.clackamas.us/guide/housing-resources, Phone: 503-655-8575

Clackamas County Coordinated Housing Access is the starting point for housing and

support services. Free services that may be available include: emergency, transitional and permanent housing referrals, and resources to prevent loss of housing.

Clearinghouse

Website: www.mhselfhelp.org/warmlines/category/Oregon, Phone: 971-239-7255

Clearinghouse is a peer-run national technical assistance and resource center that fosters recovery, self-determination, and community inclusion.

Lines For Life

Website: www.linesforlife.org/, Phone: 1-800-273-8255

Confidential, free services are available 24/7.

Welcome to THRIVE

Website: thrivelifeline.org/, Text 'THRIVE' to +1 (313) 662-8209 24/7/365, must be 18 years or older.

Treatment Providers

Hilltop Behavioral Health Clinic, 998

Library Ct., Oregon City, OR 97045

Website: www.clackamas.us/healthcenters/hilltop.html, Phone: 503-655-8401,

Services include:

Adult mental health treatment
Adult substance use disorder treatment.
Peer support and services
Care Coordination
Consultation
Crisis Intervention.
Focused Individual Psychotherapy.
Group Therapy and Skill Building.
Individual Skills Training.
Medication Evaluation and Management.
OHP Application Assistors

Urgent Mental Health Walk-In Center,

11211 SE 82nd Ave. Suite O, Happy Valley, 97086

Website: www.clackamas.us/behavioralhealth/urgentmentalhealth, Phone: 503-655-8585

Services Include:

24-hour phone crisis intervention
Emergency or urgent intake appointments
Brief treatment sessions for crisis stabilization
Community consultation, information and referral to other agencies or services

Sandy Behavioral Health Center, 38872

Proctor Blvd., Sandy, OR 97055

Website: www.clackamas.us/healthcenters/sandy.html, Phone: 503-722-6950,

Services include:

Adult mental health treatment
Adult substance use disorder treatment
Peer support and services
Care Coordination
Consultation
Crisis Intervention
Focused Individual Psychotherapy
Group Therapy and Skill Building

Individual Skills Training

Medication Evaluation and Management

OHP Application Assistors

Stewart Behavioral Health Center, 1002

Library Ct., Oregon City, OR 97045

Website: www.clackamas.us/healthcenters/stewart.html, Phone: 503-655-8264

Services Include:

Supported Employment
Cognitive-Behavioral Therapy and CBT for Psychosis
Cognitive Remediation Services
Substance Abuse Treatment
Peer Support
Skills Training
Case Management/ Resource Coordination
Medication Skills Training

Cascadia Behavioral Healthcare

Website: cascadiabhcc.org/, Phone: (503) 674-7777

Services are available at four primary locations:

Cascadia Plaza Health Center, 2415 SE 43rd Portland, 97206 | (503)230-9654

Cascadia Garlington Health Center, 3036 NE Martin Luther King, Jr. Blvd. Portland, 97212 | (503) 283-3763

Cascadia Clackamas Health Center, 17070 SE McLoughlin Blvd Milwaukie, 97267 | (503)303-4000

Cascadia Woodland Park Health Center, 10373 NE Hancock St, Suite 200 Portland, 97220 | (503)253-6754

Services Include:

Crisis Intervention
Mental Health Treatment
Addiction and Recovery Services
Community Supports and Services
Primary Medical Care
Housing Resources

LifeWorks NW, 4105 SE International

Way, Ste 501 Milwaukie OR, 97222

Website: www.lifeworksnw.org/, Phone: 503-645-9010 or 888-645-1666

Services Include:

Mental Health Services
Addiction Services
Prevention Services
Holistic Health Services

Lifescape Health, 880 SE 82nd Drive

Gladstone OR, 97027

Website: lifescape.com/, Phone 503-659-1994

Services Include:

Mental Health Services
Substance Use Disorder Treatment
Autism Program
School Based Program
Attention Deficit Hyperactivity Disorder (ADHD) Treatment
Group Therapy

A Minute of Gladstone History

By: Kim Argraves Huey

Gladstone Historical Society Historian

In 1874, the original intent of the Summer Assembly, which grew into the Chautauqua movement, was to provide a source of instruction that would help Sunday School teachers better teach the Bible.

However, Eva Emery Dye, Gladstone's First Lady of Chautauqua, viewed the Summer Assembly in a slightly different light as did its creator, Rev. John Heyl Vincent. Eva Dye, the inspiration and determination that brought the two-week summer educational event to Gladstone Park, was a lover of all things Greek, especially the Greek language and Greek literature. To her way of thinking, the Chautauqua Assembly was an "actual adaption of Plato's school in the groves of Athens of 2000 years earlier" and benefited the public by presenting programs and classes that educated, enlightened, and expanded one's thinking and understanding.



↑ Isadora Duncan in interpretative dance

Sometime around 1897, Isadora Duncan and her older brother Raymond came to Portland to present their unique method of modern interpretative dance and explore the possibilities of opening a dance school in the Pacific northwest. Growing up in a Bohemian enclave in Oakland, California, the Duncan siblings had been greatly exposed to art and literature and fell in love with anything Greek. At ages 8 and 11, they had started a dance school in their home with their first students being the neighbor kids, Gertrude Stein and her brother Leo. By the time the Duncan's had reached their twenties, they were anxious to establish a real dance school and were hoping that Portland might be their new home.

That summer, Eva Dye and a friend attended the Duncan's Portland performance in which Raymond drew pictures of ancient Greek vases while Isadora danced interpretively as the female figures on those vases. Eva was enraptured, later saying that Isadora brought the figures "living, breathing grace in airy flight". After the performance Eva met with the Duncans, and upon learning of their discouragement that Portland had no taste for classic art, she invited them to visit Gladstone. A few days later, Isadora and Raymond drove out to Gladstone Park where they arrived with Isadora wearing a loose Grecian garb and Raymond wearing a toga and sandals, clothing that would be the mainstay of their wardrobes for years to come. The Duncans spent the afternoon strolling the grounds, exploring the Beehive Pavilion, and discussing the lovely little community of Gladstone. Years later, Eva recounted "that after discussing at length the establishment of a dance school in Gladstone, they all concluded that Gladstone was no more ready for interpretative dance than Portland had been.

Soon after, the Duncans left the west coast for the east and then moved about Europe for some years. Isadora would go on to receive world-wide acclaim for her reshaping of dance by introducing interpretation and Raymond, besides living with the Klamath Indians for several months in 1911, went on to be many things, including a successful classical arts and crafts teacher, a dancer, an actor, an artist of some renown, a philanthropist, and a very active and important member of the French resistance.

For all the latest Gladstone Historical Society happenings visit our website: www.GladstoneHistoricalSociety.org Got a historical question or a suggestion for this column? Email: GladstoneHistoricalSociety@gmail.com.



↓ Raymond Duncan with his wife and child

Cooking Safety Tips

For most, the kitchen is the heart of the home, especially during the holidays. From testing family recipes to decorating cakes and cookies, everyone enjoys being part of the preparations.

So keeping fire safety top of mind in the kitchen during this joyous but hectic time is important, especially when there's a lot of activity and people at home. As you start preparing your holiday schedule and organizing that large family feast, remember, by following a few simple safety tips you can enjoy time with your loved ones and keep yourself and your family safer from fire.

Top 10 safety tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.

Make sure your smoke alarms are working. Test them by pushing the test button.

Thanksgiving fire facts

- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day, the day before Thanksgiving, Easter, and Christmas Eve.
- In 2018, U.S. fire departments responded to an estimated 1,630 home cooking fires on Thanksgiving, the peak day for such fires.
- Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths.
- Cooking caused almost half of all reported home fires and home fire injuries, and it is the second leading cause of home fire deaths in 2014-2018.



Source: NFPA's Home Cooking Fires and Home Structure Fires reports: <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Thanksgiving>

← Still from video: Dangers of Turkey Fryers

City of Gladstone Low Income Assistance Program

The City of Gladstone provides residential customers a Low Income Utility Assistance Program which permits a reduced monthly charge for City billed services such as Water, Sewer and Stormwater utilities.

Qualifications:

- A residential customer of Gladstone with one or more utility services provided by the City.
- The property is the principal residence and occupied by the applicant.
- No delinquent payments owed to the City, including utilities, court fines, and any other assessed fees or charges.
- Written application must be submitted on the City form and include all requested documentation for proof of income from all sources listed, from all income earners.
- Approval expires every year on June 30th and re-qualification must be submitted with current information annually.

The Finance Department will

notify all applicants of approval or denial in writing. If denied the applicant will have the ability to appeal within ten days from the date of the denial letter.

Income Limits:

- Based upon Housing and Urban Development (HUD) Income Limits/ Very Low Income Limits (50% of Median Family Income) for the Portland-Vancouver-Hillsboro, OR-WA MSA as published at HUD.gov and updated annually. Limits in effect as of July 1 will apply for the fiscal year period.
- Income limit areas are based on the current fiscal year Fair Market Rent (FMR) areas.
- Income levels are incrementally based on households of one to eight persons. For more information on income limits or to complete an application form, please visit the City's website at www.ci.gladstone.or.us/finance/page/low-income-utility-assistance-program.

Gladstone School Food Pantry Provides Free Groceries



The Gladstone School Food Pantry provides free groceries to families with children in Gladstone Schools. The pantry also serves residents of Gladstone, Jennings Lodge, and Oak Grove. The pantry is open to shoppers every Thursday from 3 to 5:30 p.m. at 6460 Glen Echo, behind Hillside Fellowship. Parking is available. Please bring bags to carry your groceries.

This shopping-style pantry offers a wide variety of nutritious, high-quality foods including meat and fresh produce provided by Bob's Red Mill, Dave's Killer Bread, and the Oregon Food Bank. A team of friendly volunteers is on hand to help you.

To volunteer or to donate, contact Pantry Manager Alex VanPelt at 503.737.5283 or email avanpelt@nwfs.org. The food pantry is a partnership between Northwest Family Services, the Gladstone School District, Hillside Fellowship, and the Oregon Food Bank.

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. It is best to follow these walking safety tips:

1. Be predictable. Follow the rules of the road and obey signs and signals.
2. Walk on sidewalks whenever they are available.
3. If there is no sidewalk, walk facing traffic and as far from traffic as possible.
4. Keep alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
5. Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians. Look for cars in all directions, including those turning left or right.
6. If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
7. Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
8. Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.
9. Watch for cars entering or exiting driveways, or backing up in parking lots.
10. Avoid alcohol and drugs when walking; they impair your abilities and your judgment.

Nature Park Offers Service Opportunities To GHS

As our community works toward life after the COVID pandemic, a familiar group returns to the Nature Park: The Gladstone High School (GHS) Key Club. These energetic students worked in the park September 25th and again on October 16th. The fall weather was mild both times and everyone enjoyed being outside.

GHS students worked hard removing debris that accumulated from last winter's ice storm, spread fresh bark chips on trails, and planted new native plants on the Butterfly/Pollinator Hill. Projects that would have taken two people a several days were completed by the students in only a couple of hours. The students were able to socially distance and maintain safe practices at all times.

Math teacher Lynnda Prom advises the Key Club and has brought students to the park for community service work for over five years.

Volunteers from youth organizations, scout groups, nonprofits, churches, elementary, middle, and high schools

➔ Pictured (left to right): Nathan Sperberg, Josefina De La Riva, Advisor Lynnda Prom, Heaven Wallack, and Sady Miller, rebuild a trail near Kern's Market.



COVID-19 vaccines -- 4-7 p.m. November 10th at Gladstone High



On November 10th, Gladstone High will host a free COVID-19 vaccine clinic from 4 to 7 p.m. at 18800 Portland Avenue. [Use Athletic Entrance] Walk-ins are welcome, but register now to save time: <https://bit.ly/3lhzaTN>

This event is for:

- Anyone age 12+ who needs their first COVID-19 vaccine.
- Anyone seeking their second Pfizer vaccine.
- People who qualify for a Pfizer booster.

At this event, health officials will look up vaccine records for students of any age so you can find out which school-required vaccines to ask your doctor about.

Vaccine options include:

- Pfizer [FDA-approved two-shot series authorized for ages 12+]
- Johnson & Johnson [a single shot for ages 18 and older]

Last planned vaccine clinic:

- December 1

Veterans Invited to Celebration



Veterans or enlisted personnel from any branch of military service are invited to attend a special event in their honor. Gladstone High School is hosting their annual Veterans' Assembly on Tuesday, November 9th.

Veterans, active duty members, and their guests, please plan to arrive between 9:40 AM – 9:55 AM to sign in and visit with students and other guests. The assembly will begin at 10:15 AM and conclude by 11:00 AM. Enjoy a guest speaker, plus music and melodies from the GHS band and choir. Each branch of the service will be honored.

RSVP to Leslie Robinette at 503-974-5077 or email robinettel@gladstone.k12.or.us.

Local Telephone Numbers

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|------------------------------------------|----------------|
| 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 |
| Clackamas County Dog Services | 503-655-8628 |
| 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 |
| Century Link | 1-866-642-0444 |
| Non-Emergency Dispatch | 503-655-8211 |
| (option 1 for police or fire calls) | |

We appreciate your patience and cooperation with safety measures (such as masks for ages 5+) posted at the library when you visit. Our hours continue as usual: **Monday, Friday, Saturday, and Sunday: 10 am – 6 pm, Tuesday and Thursday: 12 noon – 8 pm, Wednesday: 10 am – 8 pm**

- **CLOSED** Thursday, November 11th for Veterans' Day and Thursday, November 25th for Thanksgiving.
- The *Twice Sold Tales* bookstore within the Library will re-open November 1st with a great selection of books and DVDs for all ages (and prices have not increased!). The bookstore is run by the Gladstone Public Library Foundation, who is once again accepting donations of books and DVDs at the Library (limit two bags or boxes).
- **Food for Fines**- Nov. 1st — Dec. 18th. Each nonperishable food item donated earns \$1 off overdue fines (we can't accept expired, damaged items, or ramen noodles). Donations will remain local and benefit Gladstone while supporting the **2021 Gladstone Toy & Food Drive** partnering

- with the Gladstone Fire Department Membership Association, Gladstone High School, and other community partners.
- New **Just for Kids** page launched on our website, visit clackamas.us/lib/kids to check it out!
- StoryWalk® at the Gladstone Nature Park. Follow the signs through the park to read the English/Spanish "Call Me Tree" by Maya Christina Gonzalez, and perform the activities on each panel. Presented in partnership with the Friends of Gladstone Nature Park and the Gladstone Public Library Foundation.
- ZOOM Virtual Storytime Wednesdays at 10:30 am with Teacher Heather; request meeting link/password at gladstone@lincc.org (this changes each week).
- Gladstone Task Force meeting! For meeting schedules and links, visit clackamas.us/meetings/communityproject/oakgladproj. Please contact us by phone at 503-655-8540, or by email at gladstone@lincc.org if you have questions.

Free Clothes for Kids Open Saturdays, 10 a.m. to noon



The Gladstone Kids Clothes Closet is open for free clothes shopping and donation drop-offs each Saturday from 10 a.m. to noon. It is located off Nelson Lane in a portable classroom on the north side of Gladstone High School.

The facility serves any youth from birth to age 18. They provide free gently-used clothing, jackets, and shoes, as well as new socks and underwear. All are welcome. For more information, contact Clothes Closet Coordinator Becky Speulda at bbspeulda@yahoo.com or call 503.997.8503.

'Tis the season to give thanks. And we are most thankful for our volunteers, library patrons, all who have made purchases at our pop-up book sales, plus donations to our book sale. Speaking of which, we are accepting books and CDs in good condition only, no VHS, magazines or text books. Please limit your donations to two bags or boxes per person/per day. We expect to have our Twice Sold Tales in the same spot in the library up and running by Nov 1st.

Enjoy a brisk walk through the Story Stroll in the Nature Park. Our virtual book sale/display board is located at the end of the walk.



Fred Meyer's Reward and AmazonSmile, raises money for our Library. Link us on to your existing account, or sign up at AmazonSmile.com and follow the prompts. For Fred Meyer, go to: www.fredmeyer.com/



communityrewards.com To learn more about our Library Foundation, please visit our website at: <https://gpl-foundation.org>. To donate, mail to GPLF, PO Box 146, Gladstone, OR 97027-0146. Better yet, donate online through our website. All proceeds go to support our library.

"The only thing you have to know is the location of the library." – Albert Einstein.
Stay safe, stay healthy, and read!

**CITY OF GLADSTONE
18505 PORTLAND AVENUE
GLADSTONE, OR 97027**



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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.

Clear Storm Drains to Protect Your Property and Our Water



Regularly clearing your storm drains of leaves and debris helps reduce flooding and property damage while protecting watershed health and the quality of our drinking water.

Follow these tips:

- Find the storm drain grates in the street by your home or business and clear them of leaves and debris.
 - Use a rake or pitchfork to clear leaves, limbs, and debris from the storm drain. Do not try to remove the grate, only the debris on top of it.
 - When leaves fall into the street, rake them at least one foot away from the curb so they won't block the path of rainwater. Please do not rake or blow leaves from your yard into the street.
 - Never dump anything into a storm drain.
- Learn more at clackamas.us/wes/education



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| <p>City Meetings:</p> <p>*City Council- 2nd Tuesday & 4th Tuesday (if necessary) - 6:30 pm—currently being held on Zoom</p> <p>*Planning Commission- 3rd Tuesday (as needed) - 6:30 pm currently being held on Zoom</p> <p>*Traffic Safety- 4th Monday every other month (as needed) - 6:30 pm—currently being held on Zoom</p> <p>*Park & Recreation- 2nd Monday (as needed) - 6:30 pm, currently being held on Zoom</p> <p>*Senior Center Advisory- held bi-monthly on the 3rd Tuesday at 3:30 pm at the Gladstone Senior Center., 1050 Portland Avenue.</p> | <p>Copies of all City meeting packets and agendas can be found on the City's website at: www.ci.gladstone.or.us/meetings</p> <p>Local Meetings:</p> <p>*Friends of Gladstone Nature Park- Meets the last Saturday of the month from 9:00 am-12:00 pm at 18111 Webster Rd, Gladstone. For more info visit protecttheparks.org</p> <p>*Gladstone Historical Society- Please visit www.gladstonehistorical.society.org/ for more information.</p> |
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Working Smoke Alarms Save Lives



Remember smoke alarms do not last forever. The effective life of a smoke alarm is 10 years. Even if the alarm still operates when you test it, please replace it after 10 years. Between the 10 year device replacements, you should perform battery testing and replacement. If you have a 10 year battery in your alarm (and you test it monthly), the battery should last 7-10 years. If you do not manage to test your smoke alarm on a regular basis, the battery should be changed out yearly.